



**iAwake Technologies**  
*Science Meets Stillness*  
iAwakeTechnologies.com

# Vaporize

Performance Anxiety



Powerful Brainwave & Biofield Entrainment Technology  
To Cut Through The Inner Chaos of Stress & Worry

User Manual Includes an Optional Meditation Proven to Vaporize Anxiety

## DISCLAIMER

The user of Vaporize Performance Anxiety (VPA) agrees that this audio program is designed solely for meditation, self-improvement, learning, aid in motivation, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, express or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or have had seizures

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of VPA, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO VPA WHILE DRIVING OR OPERATING MACHINERY.

The user of VPA assumes all risks, waiving any claims against iAwake Technologies, LLC and its affiliates for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons access to VPA.

In no case will iAwake Technologies, Integral Recovery or other distributors of VPA be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its program, instructions or documentation.

The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of the receipt of the written demand, in Provo, Utah or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: The parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived at. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

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## File Information for Optimal Entrainment Results

### NOTES:

- The CD-version features high quality WAV files.
- The download-version contains high-quality (320 kbps) MP3 files which use less compression than typical MP3 files.
- Some versions may also offer AAC audio file format - and you are welcome to convert your audio files to a high quality AAC version.
- We also offer downloadable WAV files for those interested, though it does not retain much of the labeling data and graphics that the high quality uncompressed version carries. We believe, however, that the high quality MP3 files are a very effective audio file format for our technology.

We strongly recommend not converting these tracks to normal MP3 format (anything below 320 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter out a considerable amount of the entrainment power embedded in the CD and download versions. If you wish to burn them to a CD, burning them as WAV files, Apple Lossless files or 320 kbps MP3 files will deliver optimal entrainment results. In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "Apple Lossless Encoder, WAV or 320 kbps MP3."



### NOTE ON HEADPHONES

For optimal results, we recommend that VPA be used with headphones that have a frequency response of 20 – 20,000 Hz.



### Compatible Players

#### MP3

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at [www.getsongbird.org](http://www.getsongbird.org))
- *MP3 Players* – Any MP3 player.



### IMPORTANT NOTES ON USING VPA:

- Although simply by listening to the VPA entrainment stimulus alone (without practicing a meditation technique at the same) will **without doubt** significantly reduce anxiety, we nevertheless recommend **the simultaneous practice of the proven emotional release technique shared in this manual**. Doing so provides the most profound, transformative benefits possible, as it is the quickest way we know to vaporize anxiety, stress and worry.
- **Be sure to drink at least one glass of water before your sessions and one glass of water afterward.** Brainwave entrainment increases blood flow to the brain, and drinking plenty of water helps your brain rid itself of waste by-products.



## Welcome to Vaporize Performance Anxiety

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### How to Listen to VPA



Headphones are recommended for optimal effect, but not required. Because of the embedded biofield entrainment frequencies, entrainment is still effective even when not using headphones. Headphones, however, deliver the best entrainment due to the unique, harmonically layered dual-pulse binaural and rhythmic panning signals encoded into the mix.

#### For Good Results

- 1) Listen to VPA 30 minutes before your test, presentation, job interview or performance. *This is best accomplished with eyes closed, in either a seated or lying position. Allow your awareness to gently rest on the sounds and sensations that arise. If you notice that your attention has wandered, simply bring it back to the sounds and sensations that are arising. Allow whatever is happening to be okay, with no judgment or avoidance. Just BE.*

#### For Better Results

- 2) Do Step 1) while also practicing one or both of the Emotional Release methods shared in this manual.

#### For Great Results

- 3) Do Steps 1) and 2) before your performance, and play the VPA track silently on a smart phone or MP3 player during your performance. iAwake's advanced biofield technology will interface with your biofield to support calm, centered focus even when the volume is turned completely down to zero. This is best accomplished by placing the track on repeat on your portable player, turning the volume all the way down, and placing the player in your LEFT pocket. (The left side of the body is the energetically receptive side of the body.) This effect can be amplified even further by playing the track silently on repeat for hours before your performance. See the Biofield Technology section of this manual for more information.

#### For BEST Results

- 4) Practice Steps 1 through 3) everyday, all day long, every time you feel anxious. The more you practice, the more emotional competence, inner freedom and natural confidence you will display every time you perform in public.



You may experience a deep emotional release and tears while listening to VPA, or sometime afterwards, or both. This is a good sign, as this program elicits the brainwave patterns and states associated not only with deep relaxation but also long-term emotional memory. If you notice emotions coming to the surface, this serves as a wonderful opportunity to release them. In fact, it is the pent up emotions we carry with us subconsciously which compound our experience of stress and anxiety.

## The NeuroFlow™ Series



NeuroFlow™ is a series of releases from iAwake Technologies representing an exciting new breakthrough in neural and biofield entrainment technology. Though the [Profound Meditation Program](#) (PMP) comprises the basis and main focus for the meditation practices we recommend, the NeuroFlow Series will perfectly complement your work with PMP.

The focus of this series is to facilitate transformative flow-states and help you flourish, grow and evolve in today's turbulent times.

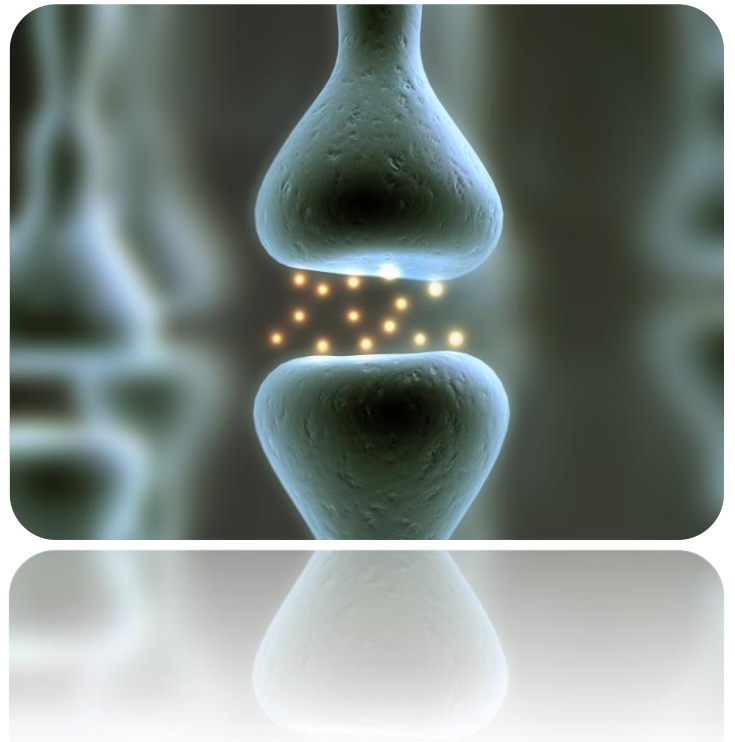
This VPA track is a short preview of a much more powerful track which is just one of a variety of intelligence-enhancing, performance boosting soundtracks included in the iAwake program entitled

## BrainCatalyst

### Peak Performance for Students, Performers and Business Professionals

This exciting new program features:

- **NeuroCharger 3.0** – A much improved version that uses subtle energetic frequencies and rapidly shifting audio signals to naturally tune your brain for maximum performance.
- **Flow State 2.0** – A supercharged version of an earlier popular program released by iAwake, designed to guide your brain and biofield into the Zone.
- Innovative audio frequencies, biofield signals and guided meditations for:
  - Memory improvement
  - Cognitive enhancement
  - Mood elevation
  - Verbal skills improvement
  - Energy and motivation
  - Mental optimization and visualization
  - Accelerated learning and study
  - Deep relaxation



## The Technology

The technology contained in this sneak-preview release is powerfully designed to help you release anxiety **in just 20 minutes**.

*Headphones are recommended for deepest benefit, though listening without headphones will still result in effective entrainment and relaxation.*

### Neural Entrainment Technology

VPA features a number of unique neural entrainment methodologies, including:

- Dual-Pulse Binaural Signals
- Harmonic Layering
- Rhythmic Panning
- Tempo-Pitch Entrainment

### Biofield Entrainment Technology

For more information about our Biofield Technology - <http://www.iawaketechologies.com/biofield-technology-2>

VPA also features a unique biofield technology formula designed to help you feel naturally:

- Relaxed
- Centered
- Poised
- Harmonious
- Confident
- Peaceful

When played, VPA emits an energetic field that influences your biofield to induce tangible states of bliss and peace.

Because of our unique and powerful biofield entrainment technology embedded in VPA, you will experience far more than just a relaxing brainwave pattern (which is what most conventional brain entrainment programs offer), **you'll feel a subtle energetic field enveloping your entire body**, often experienced as **a refreshing cool breeze** or **tingling warmth** against the surface of the skin.

## Important Notes on iAwake's Biofield Technology

- **THE POWER OF INTENTION:** Because of the informational and energetic properties of this technology, it is especially powerful when used with conscious intention. The meditation offered in this manual is but one example of how anyone can consciously interact with this technology to initiate purposeful change.
- **LASTING EFFECTS:** Although you will feel the effects of this technology while listening to this program, especially when listened to for 20 minutes or more at a time, the effects will also last for quite some time throughout the day.
- **SATURATE YOUR BIOFIELD WITH PEACEFUL ENERGY:** The energetic signatures contained in this program have been amplified millions of times, making them quite potent. The more you listen, the more densely these soothing and calming energies will saturate your biofield for lasting change. You'll carry this feeling of deep calm into your day.
- **ZERO VOLUME:** These calming energies can also be enjoyed by playing this program at zero volume. Simply place this track on repeat and turn the volume down. For the digital version, this can be done by placing it into a playlist by itself on your media player or MP3 player, then setting it to play on repeat. No headphones or speakers are needed. The advanced biofield technology will emit a powerful energetic field that will interact with your biofield. **NOTE:** Depending on your sensitivity, you may not be able to experience the biofield entrainment of the silently played biofield track unless you follow this [Method to Amplify the Biofield Transmission](#). Even then, you may not always feel the subtle energy emitted by the track, but it is nonetheless influencing your mind and body beneficially nonetheless.
- **AMPLIFYING THE BIOFIELD EFFECTS:** There are several ways to amplify the life-enhancing effects of iAwake's biofield technology:
  - 1) **Use multiple media players on your Mac or PC:** <http://www.iawaketechologies.com/iawake-biofield-amplify>
  - 2) **Touching the player (including the screen or speaker) with the fingers of your left hand:** The left side of the body is the energetically receptive side of the body, plus there are many acupuncture points in the fingers and thumbs. This method sends powerful subtle energetic pulses through these acupoints, quickly clearing the acupuncture meridians and intercepting the neurological signals that facilitate dysfunctional states. This is not only a quicker way to saturate your biofield with this life-enhancing subtle energy, but can also be used in tandem with our Emotional Releasing methods to accelerate emotional freedom.
  - 3) **Place your portable MP3 player (or smartphone) under your left foot while the track is playing:** This is an even quicker method than Method 2) for saturating your biofield with the subtle energetic pulses in the biofield technology. The foot has even more acupuncture points on it than your fingers, so the energy permeates your biofield much more quickly and



deeply. If placing your foot on your portable player or smart phone bothers you, you can place a towel over the player before placing your foot on it. You might think of this powerful method as “digital reflexology.”

4) **Place your portable player (playing the iAwake Biofield Track) on or beneath the power cord to your computer:** The subtle energetic field emitted by the iAwake track will interface with the electromagnetic field (EMF) of the power cord. It will then be emitted by your entire computer system (i.e., any part of it that has electricity running through it – the screen, tower, and speakers, for example).

- **SENSING THE ENERGY:** Although some people are sensitive enough to go into light samadhic/trance states while playing this energetic field silently as they work, most people will sense it most deeply during eyes-closed meditation and relaxation.
- **DEEPEN YOUR MEDITATIONS:** To enhance your meditations, play the iAwake biofield track silently an hour before and/or during your normal meditation practice. If you meditate in the evenings, play the biofield technology silently throughout the day, which will saturate your biofield with this calming energy for noticeably deeper and more absorptive meditation.
- **AVOIDING OVERWHELM:** Even though the biofield energies embedded in iAwake programs are calming by nature, they can still have an overwhelming effect on the nervous system if it absorbs more energy than it can handle at one time. Start by playing the biofield energy an hour or two a day and see how you feel. If you notice that you seem to be on edge, this is just your nervous system letting you know that it needs a break. Any overwhelm experienced through excess exposure to this technology is only temporary and never serious or permanent. Simply cut back on your exposure time.
- **EVOLVE YOUR NERVOUS SYSTEM:** Your nervous system will develop a capacity to absorb more and more energy without overwhelm, ***resulting in at first subtle but eventually quite dramatic changes in emotional intelligence, self-identity, and conscious evolution.***
- **FEELING TOO RELAXED?** After an especially deep session, you may feel groggy and ready to lay down. This is similar to how you may feel after a great massage or acupuncture session. This is a perfect time to relax into whatever you are feeling and release pent up stress, emotions and worries using your preferred releasing technique or any of the powerful ones shared below.

## BIOFIELD LINKS

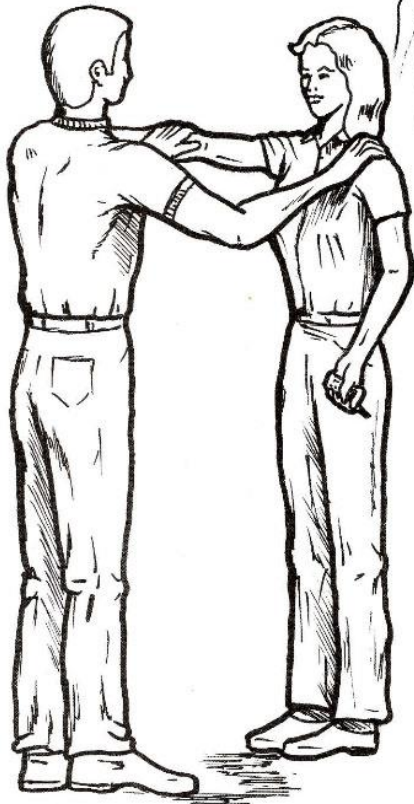
### Biofield Technology

<http://www.iawaketechnologies.com/biofield-technology-2>

- An Introduction to Biofield Science
  - ✓ <http://www.iawaketechnologies.com/biofield-science>
  - ✓ Part 1 – Morphic Resonance
  - ✓ Part 2 – Scientific Evidence for a Connecting Matrix
  - ✓ Part 3 – Biofield Tech: Tapping into the Informational and Energetic Matrix
  
- Our Biofield Method -  
<http://www.iawaketechnologies.com/our-biofield-technology>
- Biofield Frequencies/Level of Consciousness Correlation Chart -  
<http://www.iawaketechnologies.com/biofield-chart>
- How You Can Easily Amplify iAwake’s Biofield Transmission -  
<http://www.iawaketechnologies.com/iawake-biofield-amplify>
- Free Downloadable Media Players (for use in amplifying the biofield transmission) -  
<http://www.iawaketechnologies.com/iawake-biofield-amplify>

## Easy Muscle Testing to Test iAwake Biofield Products

### Easy Muscle Testing to Test iAwake Biofield Products



TAP FINGERS ON CENTER OF FOREHEAD SLIGHTLY ABOVE THE EYES, TO WAKE UP YOUR ELECTRICAL SYSTEM

FOR TESTING, PLACE ITEMS IN LEFT HAND



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Science Meets Stillness  
ProfoundMeditationProgram.com

- 1) **Check for Base Energy** – You—the tester—stand in front of the person to be tested. The person being tested extends their right arm straight out from the shoulder. You tell the person to resist, then push down on their right arm, which should remain strong. If the person tests weak, it means their energy system is unaligned. In such a case, ask them to tap in the area between the eyes, just above the eyebrows. This can help activate the bio-electrical system. Now test their arm again.
- 2) **Testing for Negative Energies** – Place a cell phone in the person's hand during a live conversation with another person on the line, or simply have them place the left hand on top of a computer system (on the tower or screen, with the computer turned on) while standing next to it. Ask them to extend the right arm, tell them to resist, and push down on the arm. The arm should go weak, which means the bio-electrical and acupuncture systems have been energetically compromised.

- 3) **Testing with the iAwake Tracks (or any other iAwake biofield products)** – Now play one or more iAwake biofield tracks on the cell phone or computer (whichever one you are using). Some large computers may require more than one iAwake track to be played simultaneously, in order to fully counteract the negative effects of the computer's EMF. The more tracks you play simultaneously (silently, using this method: <http://www.iawaketechnologies.com/iawake-biofield-amplify>), the greater will be the conversion effect. One iAwake track will be plenty to counteract the negative energetic effects of the cell phone. Now ask the person to extend their arm, tell them to resist, and press down. They should test strong. This means that the tracks are not only protecting your bioenergetic system, but are also actually feeding and strengthening it.

# EMOTIONAL RELEASE MEDITATIONS

## INTRODUCTION

**Insight #1** – Every emotional experience, including anxiety, has two components:

- 1) The story which seems to give rise to the emotional experience
- 2) The energy *behind* that experience, the stream of sensation accompanying it

We often get so caught up in the story that is attached to our emotions that we unwittingly magnify the energy *behind* such experiences, and in reality only complicate the so-called problem. No amount of intellectual analysis can ever discharge the imprisoned energetic stream of communication that underlies the intensity of the experience. This is why such mental approaches to solving emotional problems (like talk therapy and incessant complaining and theorizing) rarely, if ever, offer any deep relief.

As the meditations that I will soon share with you demonstrate through direct experience, by attending to the energy giving rise to such experiences, it is possible to resolve anxiety quickly and deeply.

**Insight #2** – There are two types of ineffective emotions that support increased anxiety, stress and lack of confidence:

- 1) Presumptive emotions
- 2) Accumulated emotions

Presumptive emotions result from our rigid expectations as well as attempting to force outcomes to align with those inflexible expectations. They also emerge as a consequence of chronically imagining outcomes that are unaligned with our expectations. These types of emotions carry with them a field of energy that inhibits us from seeing other possibilities and potentials, much like viewing the world through sunglasses; everything we perceive takes on the same tone and hue.

Accumulated emotions are all the emotions we failed to fully experience in the past, resulting in a reservoir of unconsciously and habitually bottled energy that, because it is left unresolved, secretly hinder and sabotage our lives. This stockpile of confined energy, which has been locked into both our physical and subtle bodies, has been linked to numerous unconscious influences, whether it is Carl Jung's concept of the *shadow* or Eckhart Tolle's *pain body*. Regardless of how you wish to conceive it, this habitual avoidance of feeling fully our emotions has real-world consequences.

**Insight #3** – All emotion is energy in motion. It's just energy, and it can't hurt us.

When we realize that all our emotions are actually gifts, we can relax and stop avoiding them or getting lost in their stories. We can accept them for what they really are: *energetic communications*.

**Insight #4** – We can't obtain full clarity regarding the message *behind* emotional energy until:

- 1) We take full responsibility for our emotional state
- 2) We have decided to let go of our story and the payoff of being right
- 3) We have consciously and compassionately felt that energy fully, down to its deepest root

In order to avoid feeling the core of that intensity and being potentially overwhelmed, there is a tendency to deny responsibility for what we feel in certain situations, instead blaming others for “making” us feel what we what feel. Yet it is we who are either consciously or unconsciously choosing to feel the way we feel habitually in the face of such events. Until we take complete responsibility for every vestige of ingrained feeling we experience, that pent up reservoir of unresolved energy can never be integrated, healed and dissolved.

Attending to the root cause *behind* the emotional intensity eventually reveals to us all the hidden attachments and aversions we’ve been unconsciously entertaining. And when we directly experience such insights, that underlying energetic charge often resolves spontaneously because we instantly recognize the error we made in holding onto it. Immediate, piercing and persistent discernment into the root causes behind these emotions (as opposed to mere intellectual recognition) will tend to clear them instantly, especially when that attention is accompanied by nonjudgmental and nurturing compassion.

In order to attend to the energy behind the intensity of the experience, however, it is first necessary to let go of the story that is attached to that experience. This essentially means relinquishing both the thoughts and the “payoff” of being “right” that often accompany our habitual emotions. Only by taking full responsibility for our emotional states and surrendering our stories can we completely feel down into the core of the emotional energy.

**Insight #5** - The more this stored emotional charge builds up in our physical and subtle bodies over time, the greater the stress we will feel whenever life circumstances give rise to similar feelings and reactions.

This pent up energy increases our experience of stress due to its added pressure. It takes a lot of energy to compress and store this repressed stream of energy. This pent up energy eventually spills over into the autonomic nervous system, leading to increased stress and illness, decreased performance, and dysfunctional coping mechanisms like addictions, escapism, and impulsive behavior.

**NOTE:** The habitual acting out of these pent up stresses, which we in the West often refer to as “venting,” not only fails to fully resolve such aggregated energy, it in fact reinforces and adds to that stored pressure by bolstering the inefficient neuroendocrinal networks that support such ongoing stresses and anxieties.

**Insight #6** – This habitual avoidance of thoroughly feeling our emotions happens largely unconsciously and seems to be related to a preverbal fear of being overwhelmed by acute emotional states, which are seemingly too extreme to be fully assimilated.

This insight is important because it helps us realize how conditioned we are to either avoid, or become intensely identified with, what we are feeling. Apparently, before we had the capacity for thought, and before our brains had developed the higher cognitive capacity to make sense of the already intense emotional experiences mediated by the limbic brain (which is, from an evolutionary perspective, much older in the human species and is almost fully wired in humans by age six), we as human beings universally made an unconscious, preverbal decision to avoid feeling the fullness of such emotions. There seemed to be no way to fully assimilate these experiences, so we instinctively cut ourselves off from them. As a result, we not only chronically avoid such experiences, we tend to deeply identify with them on some level, either consciously or unconsciously believing ourselves to be defined by them. And because we made this decision before we developed the capacity for language, it was buried in the recesses of the unconscious.

These incomplete emotional experiences continue to influence the development of our emotional brain, hardwiring us to repeat those experiences until we learn the lesson behind them, which can only come when we fully own and feel those emotions, allowing clarity, wisdom and insight to fully blossom.

**Insight #7** – By consciously feeling down into the very core of the trapped energy behind these fragmented experiences, this energy can quickly release and dissolve, leaving in its place the clarity, resolve and capacity necessary to meet any stressful situation with grace, wisdom and compassion.

When we do this, we are actually helping to develop neural pathways between our emotional brain and the part of our brain that can more fully integrate and temper such experiences. This capacity to fully feel our feelings without avoidance, modification, judgment or over-identification is actually a very natural capacity that we all have. We are essentially using higher awareness and compassion as a dynamic solvent to bring resolution and insight into chaotic emotional experiences. But because our parents and society in general weren't handed a no-nonsense guide to the human mind, we were never taught how to do this. The more we do this basic practice, the more inner freedom and emotional competence we experience and the more we realize our highest potential.

Let's jump right in to how to let go of anxiety. None of what follows is wholly original to me. This is a synthesis of all the many different methods of emotional freedom I've ever studied. It's what I practice daily, and it works.

## Releasing Accumulated Performance Anxiety

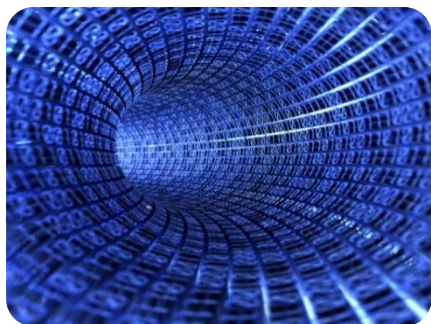
### What It Is:

Accumulated performance anxiety is the conglomeration of all the anxiety and performance-related emotions we have failed to fully experience in the past. That anxious energy has built up over time, and is carried in the body.

### How to Recognize It:

It is always accompanied by a feeling of contraction somewhere in the body, often in the area of the navel, solar plexus, heart or throat; but this contraction could be anywhere in the body.

### What Form the Accumulated Energy Takes:



Accumulated emotions and anxiety seem to take the dynamic, concentrated form of a vortex, much like a tornado.

### How to Release It (You can practice this while listening to the Vaporizing Performance Anxiety track):

- 1) Close your eyes.
- 2) Bring to mind the upcoming performance. Any way you do this is fine. No need to worry about whether or not you are visualizing or imagining it correctly. Your intuition knows exactly how to do this. Just trust your intuition, and allow it to naturally evoke the experience

**The Key is to Feel Down into the Center of the Energy.**

- of the upcoming performance for you.
- 3) As you become aware of anxieties and fears in relation to this performance, notice the contraction in your body and allow your attention to be gently directed toward it.
  - 4) Simply allow the feeling, regardless of how uncomfortable it is, to be okay. Allow it to be there, without avoiding it, modifying it, or getting caught up in its associated story.
  - 5) Pay keen attention to the energy of the feeling.
  - 6) With a compassionate and nonjudgmental posture, allow yourself to “dive” into the very core of this energy. Set your intention to dive into its very core, and your intuition will naturally guide you there.
  - 7) Allow yourself to freely sink into the core of this energy. Just allow it to happen naturally. If you force it, try to speed it up or otherwise attempt to change it, your inner resistance will tighten up, making it more difficult.
  - 8) The key is to allow your awareness to be relaxed and natural yet like a finely tuned laser, aiming at the very center of this vortex-like energy. If you try to feel the whole energetic field at once, it can not only be overwhelming, but can also take longer to release. If you stay relaxed but focused on the center of the vortex, however, you’ll be touching into the very core from which this feeling emanates, and the energy will resolve more easily.
  - 9) While remaining focused on the core, allow the energy to play itself out, until it dissipates. This is most easily accomplished by adopting an inner posture of:
    - Allowing
    - Unconditional acceptance
    - Compassion
    - Nonjudgment
    - Infinite patience
  - 10) If at any point your attention wanders,
    - Bring your attention back to imagining the performance
    - Get in touch with the contracted feeling in your body
    - Dive into the core of that feeling
    - Use occasional word-labels to gently bring your attention back to the core of the energy (For example, before your attention wandered, you may have recognized and labeled the core energy as being the fear of not being worthy. In this case, as you realize your attention has wandered, you would call to mind that word-label [i.e., the fear of not being worthy], and allow it to gently bring you right back into the center of the energy field.) These word-labels, however, are only meant as anchors to keep your attention on the energetic core of the feeling. Attention on the energetic core is primary and the word-labels are secondary in terms of importance.
  - 11) As the feeling becomes more intense, you may be tempted to either move away from the core of the feeling, or get caught up in the story. Do neither. Just keep gently diving into the center of the feeling.
  - 12) If you feel an increase in resistance, like a tightening in your body, you may be forcing it a bit. Give the resistance permission to be there by gently saying “yes” to it until it dissipates. Then gently move back to the center of the energy.
  - 13) You will eventually notice a significant decrease in the level of intensity, but don’t stop until you notice a complete absence of the emotional charge, like dropping a weight. We have such an unconscious tendency to not fully feel our feelings that it can be easy to deceive ourselves back into not fully feeling them.
  - 14) It could take a few minutes, a few hours, a few days, or a few months (in the case of deep-seated emotions), but the core energy will eventually dissipate. When it does, you will notice not only a

profound and lasting relief, but also a spontaneous capacity to be your best, without all the “efforting” that used to be necessary to fulfill your potential. When you release the underlying weight that makes you feel like you’re swimming with weights on, you naturally float up to surface of the water, so to speak. It becomes much easier to be more of who you really are.

- 15) The more you release this way, the more natural confidence, poise and grace you will bring to your performance.
- 16) Once you’ve fully released on this aspect of the performance anxiety, think of the performance again and see how you feel. If you notice any more contractions in the body, you will naturally realize more of your potential by also releasing these accumulated emotions.
- 17) If you no longer feel any bodily contractions associated with your performance, but instead feel a kind of diffused anxiety, like an auric energy *around* your body (instead of being *in* your body), this is a likely indicator that even though you’ve released the stored charge of anxiety, you still may be giving rise to a less concentrated form of anxiety through your expectations and projections. In this case, practice the following method for releasing Presumptive Emotions.

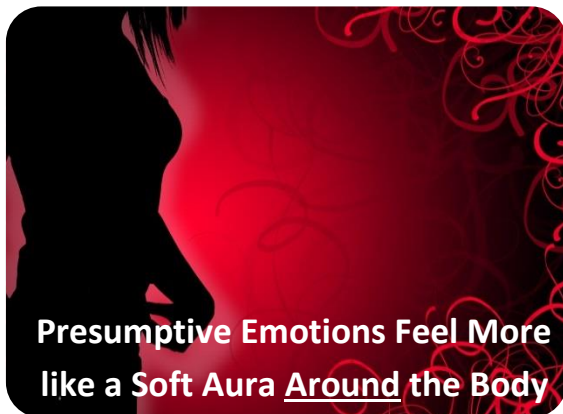
## Releasing Presumptive Performance Anxiety

### What It Is:

Presumptive performance anxiety is a diffused feeling of anxiety, based on the expectations and projections we are entertaining.

### How to Recognize It:

It is a generally diffuse feeling of anxiety that, rather than being accompanied by strong contraction in the body, has a softer feeling, much like a cloud or field *around* the body.



### What Form the Presumptive Energy Takes:

Presumptive emotions feel more like an aura around the form.

### How to Release It (You can practice this while listening to the Vaporizing Performance Anxiety track):

- 1) Close your eyes.
- 2) Think of the performance at hand.
- 3) Notice the diffused aura of anxiety around your body.
- 4) Notice the presumptions, expectations, and projections associated with this anxiety.
- 5) Now gently allow yourself to become aware of the open spaciousness that permeates and interpenetrates your body, your being, and the field of energy around you. Depending on whatever is easiest, you may instead allow your awareness to rest on the background of absolute silence without which you will be unable to hear any of the sounds around you. Or you may become aware of deep stillness, or even infinity.
- 6) Whichever of these you choose, allow your awareness to dive even deeper into that open spaciousness, absolute silence, profound stillness or infinitude; whatever feels the most natural to you. Trust your intuition. It knows exactly how to guide you into this deeper awareness, because



your deepest nature is this awareness.

- 7) And could you allow yourself to dive into it even more? And more? And even more?
- 8) Now take a look at that diffuse field of anxiety. Has it diminished at all?
- 9) Allow your awareness to notice the contrast between these two states: one is contracted and sticky, while the other is open and free.
- 10) Now dive even deeper into that expanded state of awareness, until you are entirely immersed in openness, spaciousness, freedom, stillness, silence and infinitude.
- 11) Remain in this awareness for as long you like.
- 12) When you're ready, check and see if you can find that diffused field of anxiety. If you were able to connect to this deeper awareness, the anxiety-field should have diminished.
- 13) Now recall the expectations and projections that were earlier associated with that diffused field. Make a note to observe them should they arise again. Then immediately dive back into that expanded awareness.

That's it! It's that simple. The more you do this practice, the more inner poise, emotional freedom and natural brilliance you will experience.

This is the basic practice that I credit with helping me to live consistently depression-free for the first time in 25 years. There are additional ways of deepening this process, but what I just shared with you is really all you need to let it all go.

### **Coaching**

If you would like assistance with this process, John Dupuy is available for individual coaching sessions and can be reached at [support@iawaketechnologies.com](mailto:support@iawaketechnologies.com).

*Blessings,  
Eric Thompson*

## Further Reading on the Subject of Releasing

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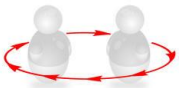
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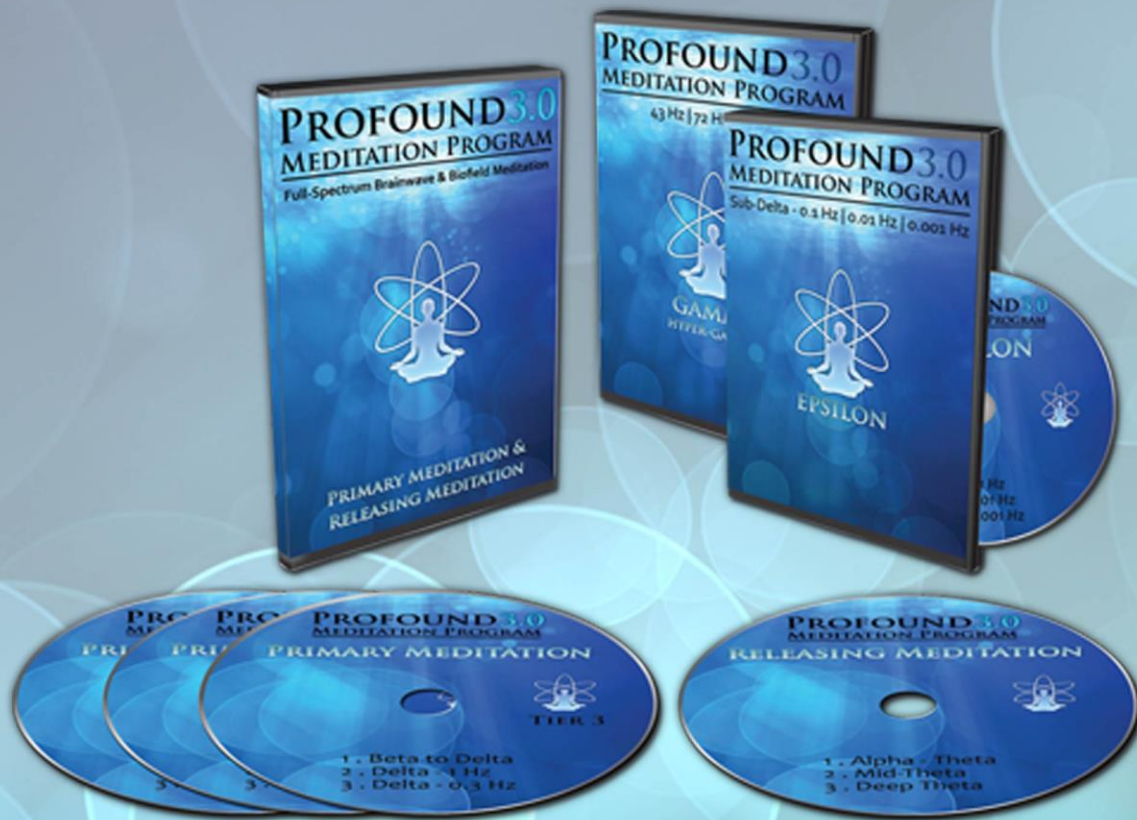
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