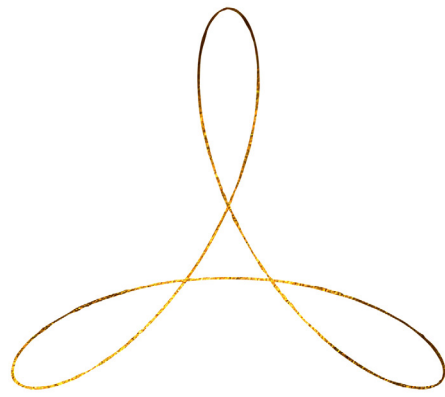


THE SPARK

FRACTAL ENTRAINMENT SERIES

I\A\W\A\K\E

— TECHNOLOGIES —



THE SPARK

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Disclaimer

The user of The Spark (TS) 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, expressed or implied.

Those meeting any of the following conditions, whether knowingly or not, should consult a physician before the use of this product:

- **Those who are wearing a pacemaker**
- **Individuals under the influence of medication or drugs**
- **Individuals who have a history of severe mental illness**

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 TS, as they are more susceptible to seizures.

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

The user of TS 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 TS. In no case will iAwake Technologies, Integral Recovery or other distributors of TS 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.

“The fact that we, sentient and sophisticated creatures, call certain feelings positive and other feelings negative is directly related to the fluidity or strain of the life process.”
A. Damasio



*fractal structure of flowing clouds
Photo by Javi Otero

Information for Optimal Entrainment Results

- The CD version features high quality WAV files.
- The download version contains high quality (320 kbps) MP3 files and AAC files which use the least possible compression.
- We also offer downloadable WAV files for those interested, though it does not retain as 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 160 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."

Headphones

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

Compatible Players

WAV

Computer Media Players: Windows Media Player (free); iTunes (free); SongBird (free at www.getsongbird.org)

MP3 Players: Most MP3 players play WAV files.

APPLE LOSSLESS

Computer Media Players: iTunes

MP3 Players: iPod

IMPORTANT NOTES FOR USING THE SPARK:

Although simply listening to The Spark entrainment stimulus alone (without practicing a meditation technique) may have significant beneficial effect on reducing your stress levels and improving your emotional resilience and focus, we nevertheless recommend the simultaneous practice of some meditation technique. Doing so provides the most profound, transformative benefits possible.

Be sure to drink at least one glass of water before your sessions and one glass of water afterward.

"Clouds are not spheres, mountains are not cones, coastlines are not circles,
and bark is not smooth, nor does lightning travel in a straight line..."
Benoit Mandelbrot



*coastal landscape showing self-similarity
Photo by Javi Otero

THE SPARK

FRACTAL ENTRAINMENT SERIES

Overview

The Spark arrives after a long time quest into how to further harness the healing power of sound energy in the most organic way possible.

It is a unique sonic experience that ignites some of the qualities of the natural state, such as improved cognitive function and emotional regulation, often leaving you in an awake yet relaxed state of vivid sensory awareness.

We are delighted to share this work with you and hope that it will assist your practice by opening up new doors of spiritual possibility.

Description

This piece has been conceived to strongly recruit your attention and so it can be listened to as part of a regular sound-assisted meditation session or just before your practice.

As it uses bilateral stimulation protocols known to balance the frontal regions of the brain, this program can also help restore emotional balance and increase brain efficiency.

Please keep in mind that some might find it too stimulating for night time and that headphones are required for maximum effect.

Benefits

All sounds we hear and listen - even those we are not aware of but that still reach us - impact our nervous system and affect our life energy reservoir. This is why sound can be such a powerful tool to spark and assist transformation.

The benefits of listening to The Spark are cumulative, yet it is you -by noticing the sounds qualities and their effects- who can allow for a really meaningful practice to unfold: sound is a powerful “object of attention”; yet it’s both your awareness being engaged with the content of the session and with how it might inform the rest of your day what can really multiply its many benefits. Here is a list:

1. Mood brightening
more presence and optimism
2. Mind over chatter
quiets internal dialogue and reduces worry
3. Energy boosting
increased stamina and endurance
4. Enhanced mindfulness
increased presence: mixture of calm alertness and stillness
5. Cognitive lift
greater neural flexibility and power
6. Emotional balance
increased self-regulation and expression
7. Joy and appreciation
coherent breathing and heart rates allow us to welcome change
8. Release of emotions
stimulates growth and creativity

The “Belaxation” response

Without resisting how each moment unfolds we are not only feeling “belaxed”, but also embodying the energy of flow, a coherent bodymind state usually experienced as a vivid blend of openness, readiness and relaxed awareness by which change can happen naturally.

Joy and connectedness are often all about simply letting life flow without strain. These are arguably amongst the most economical states there are, as the energy waste usually associated to resisting the here and now is reduced to a minimum. It is thought that a complex nitric oxide signaling system is involved when sound activates our emotion centers. Life-affirming moments of natural resonance tend to arise together with a sense of increased presence, general brightening and reduced stress, all qualities which are “targeted” by The Spark’s innovative use of sound and resonance.

There are various attention-grabbing protocols designed to increase presence, and, in order to help you move towards a feeling of general brightening, The Spark also includes brain and mood sharpening protocols which also work by reducing anxiety, as most of us carry various layers of conscious and unconscious emotional stress. Please read the next sections for a detailed explanation of this exciting and versatile technology and how to best use it.

Session design

The Spark is a really versatile track that can be considered as enhanced access to flow made audible. It's dense layering of sounds gives it enough latitude to be effectively used with various degrees of awareness; from more focus-intensive sessions in which your full attention will be gently but firmly pulled towards the soundscape, to those with smaller depths of field in which the foreground is intentionally left out slightly blurred (out of focus), so you can be engaged in other activities while listening.

After much testing, we've decided to include three versions to offer you more flexibility and power in one single package. Please read some suggestions below for how each track might be used and do feel free to experiment. Here are your three flavours briefly explained:

TheSpark-1 is more suited for mindfulness meditation training sessions. It's the lightest version and we love its brain-brightening effect too. Please refer to "Important note on volume" below to learn more.

TheSpark-2 is especially efficient when used to bring levels of anxiety down. Please refer to "Using The Spark as anxiolytic/stress reducer" under "Healing with The Spark" on page 12 for information on how to optimise these kind of sessions. As it's more powerful than TheSpark-1, this version works really well for deeper meditations too.

TheSpark-3 is the strongest version and we included it for those who might be more inclined to do more immersive sessions and transformational work - please refer to "Using The Spark for transformation" under "Healing with The Spark" on page 12 for more information.

Important note on volume

The Spark can be used at very-low to low volume to increase its “brain brightening” effect, low to medium volume when used as an anxiolytic (stress reducer) and medium to highest comfortable volume for more immersive and transformative sessions (either during or before your meditation practice).

Other uses

We encourage you to experiment and find out how else it can serve you. Just for inspiration, we have compiled a few more suitable scenarios as found by our extensive testing:

Entering states of flow

*Play The Spark on repeat and enjoy enhanced focus while reading, writing, painting, designing, studying, planning, creating...

Anxiety relief and stress reduction

*Immerse yourself in the soundtrack and feel a quick sense of relaxation and ease.

Balancing mood

*Try it during a sitting meditation session and see your emotional processing improve by gently returning to balance and enjoying a healthy distance with what arises.

Recharging or revitalizing (power-nap effect)

*Listen for an early morning perk up or just before a meeting or focus-intensive session and experience improved performance. Just a few minutes will do!

Masking unwanted background noise

*Loop it at the right volume and use it as a sound machine to block distracting sounds coming from appliances or external traffic noise for increased productivity. It can also work to improve separation by stopping private conversations from “leaking out”.

Sound ambience design

*Acoustically condition spaces like study rooms, meditation rooms, therapy rooms, and spas for an even, non-disturbing soundscape, able to create a unique atmosphere while facilitating relaxation and focus.

The technology

Fractal Entrainment is inspired by the highly aesthetic and contemplative experience of witnessing how cycles occur in nature and designed to facilitate a unique kinetic sonic experience, able to induce the arousal of a harmonious physical, emotional, mental and spiritual well being. In a way, it's our response to one main question: how to modulate our heart, breathing and brainwave rhythms in the most dynamic way possible.

Put simply, the idea that nothing stays ever the same in nature unfolds into a new sound technology which taps into how a beautifully unpredictable and harmonic precision seems to emerge from repeating patterns that are never identical and combines the application of advanced psychoacoustic principles, special recording techniques and cutting edge sound design tools creating uniquely immersive soundscapes that resonate to our natural capacity to respond.

Through intensive audio manipulation and an innovative use of resonance, The Spark's juxtaposed layering of fractal sonic textures becomes as "liquid" and dynamic as the actual experience of changing our state. This characteristic arrangement of signals allows for a more organic experience, not necessarily locked to specific bandwidths, with sessions that do feel very natural, as they recruit more of the many angles that make up experiencing a meditation session.

These are the acoustic stimulation protocols present in The Spark's unique session design:

- **Fractal soundscapes** - - to keep your attention constantly stimulated and moving, while increasing your ability to "belax".

Sound is mathematics in motion and the session's architecture is designed to allow for a more dynamic resonance to arise.

Inspired by Nature, The Spark's fine tonal and rhythmic processing techniques create irregularly regular soundscapes that are built to explore the threshold where randomness becomes coherence.

- **Bilateral stimulation** - - to optimise complex thought, emotional expression, body awareness and somatic release.

Specific excursion rates known to balance the frontal lobes are arranged three-dimensionally for a more immersive effect. Might help alleviation of PTSD.

- **Colored Noise** - - for a unique "belaxing" yet attention-grabbing soundscape.

A mixture of natural impulse noise layers featuring binaural recordings of fire and sparkler sounds, together with fractal additive synthesis techniques -these are proprietary dynamic power spectral densities and overtones designed to resonate to the specific vibrations of the golden mean proportion, nature's main harmonic energy signature, found by researchers to be associated to the beneficial spiking of nitric oxide.

- **Soniphication** - - for an immersive, three-dimensional sonic stimulation experience

Form follows energy and we have translated this natural design principle into acoustics through a unique and complex layering of geometric swirling shapes that have been binaurally recorded and geometrically engineered.

- **Spiritual harmonics** - - for a wider perspective based on a gentle mind quieting and a pleasant cognitive enhancement.

Extremely low amplitude, proprietary spectral harmonic energy blends masked by colored noise and mixed so they hover just below the threshold of awareness

- **Infrasonic tones** - - Ultra-deep frequencies for a calming and flow-inducing session which may increase vitality, strengthen the immune system and have direct healing benefits.

Infrasound technology is used to treat pain, inflammation and swelling and it's remarkably useful in healing muscles of race horses. The inclusion of low frequency sound provides a more tactile (kinesthetic) kind of entrainment, similar to a sound massage. It is speculated that infrasonic sound may be one aspect of Qi (as observed during the low-level energy emissions of qigong healers), and that it's something all humans and some animals produce - most famous example being a cat's purr and its alleged self-healing properties.

- **Binaural recordings** - - for a wider, more realistic and extra immersive soundstage

These are special recording techniques which create vivid three dimensional images of sonic events and objects. All high quality field recordings present in The Spark were archived in this way.

The soundtrack

The Spark is a piece of soundwork that sits somewhere between the sonic and the healing arts. Conceived to appear simultaneously orderly and irregular, all frequencies are meticulously arranged to meet you where you are, celebrating sound and its ability to take you inwards.

The recording has been finely engineered with professional audio tools and features high quality sounds chosen for their rich harmonic content and unpredictable qualities for a combined effect which is at once energizing and calming. The auralization and programming techniques go to granular detail in order to preserve resonance depth while boosting the effectiveness of the session and the final mix is modeled by using high quality compression, EQ and convolution reverb units (with parameters and qualities pertaining to the captured ambience of real spaces).

The recording environment is made of wood and stone and has been subject to subtle energy balancing techniques for an increased informational depth and clarity improving the perceived signal-to-noise ratio and general transmission in all planes and bodies.

The soundspace, imaging, fine detail and crisp tonal balance gently expand the track's sonic depth and breadth allowing for a more natural, spacious and immersive acoustic signature and listening experience which feels activating yet refreshing, like a delicate trip back home. Carried by its lively and textured unfolding, you might move closer to your center by flowing towards a state of relaxation (relaxed alertness).

The experience

Nature is the boundless state of ever becoming - as soon as anything takes shape, it's time to let it go. The Chinese word "Pu" refers to the state of innocence and pure potential that exists before the arising of experience - "the uncarved block". This is our natural state -our birthright- our ability to embrace change, fully dropping our attachment to outcomes.

Meditation is really about opening up to our place, feelings, thoughts and body sensations. Tasting the details of what's here and now, whether they are comforting or painful, is a simple yet radical take on things that can induce transformation. For sound-induced meditation sessions, we suggest you use the audio environment to anchor your attention, just bringing it back to the sounds whenever it drifts away.

We advise you to prepare for the session in advance. The Spark can often induce a joyful and life-affirming appreciation of the present moment, yet returning to your natural state will depend on countless factors, including whatever you might be going through at the time of listening and usually how busy or stressful your day has been. In any case, having undisturbed quality time will greatly impact how much this track can serve you.

The Spark has been engineered to gently grab your attention and help you experience a state of awakened relaxation. The experience will be unique for every listener (and every time), but generally speaking, you can expect your body-mind progressively "belaxing" and becoming clear and spacious like a winter sunny day.

These are a few simple tips that can really help you make the most of your session:

- Plan to have enough time for your session to be experienced and integrated
- Make the place comfortable and cozy (use dim lights, incense...)
- Do some light stretching combined with a few deep breaths
- Drink some water

- Sit comfortably, with your spine straight but relaxed
- Smile and wish/ask/trust that the session might take you wherever you need to go
- Put your headphones on, press play and enjoy :)
- Gently return to the sounds, your breath or some body part if your attention wanders

Healing with The Spark

Sound is literally a source of energy that can be used as a creative and healing force, with positive effects on our autonomic nervous system that are cumulative and do become tangible with continued use.

The mixture of protocols present in this recording is best enjoyed with headphones on and has a range of effects going from a noticeable reduction of anxiety and worry, to feelings of connectedness and serenity or a loosening of the narrower ego-mind boundaries in favor of a more contemplative spaciousness.

The Spark has been composed to impede pattern recognition and can provoke a beneficial shift in autonomic nervous system function, helping opening into a finer experience of the present moment and its many related benefits.

For situations in which you might need to fine tune the focus of your work, either by specifically engaging in anxiety-reducing sessions or for activating a greater transformational power, here are our suggestions:

Using The Spark as anxiolytic

Press play and after letting a few deep breaths take you through the first minute or two, just try to “follow” the sounds that move from ear to ear, focusing your attention on whatever issue is bringing up the fear/worry/negativity.

You will often find it hard to keep stressful thoughts in mind. By breaking up the connection between them and the physiological environment they facilitate, this quick sense of relief will help you “drop your stories” and just stay with the feeling until it transforms.

Using The Spark for Transformation

The Spark has been composed to help focus the mind and, used at the highest comfortable volume, its attention-grabbing soundscape will exert a considerable pull keeping you fully engaged in the sounds. Quite

simply, as The Spark's kinetic soundscape becomes dominant, the mind tends to wander less during the meditative process.

The Spark can also assist your emotional processing work. We suggest you go to the experience with the most innocence and curiosity possible. By avoiding expectation and fully giving yourself to the session, you can explore the texture and spaciousness of wherever you are right now, rather than aiming to be where you might not. This might sound counterintuitive, but even experiencing difficulty is really valuable: not only the friction that creates transformation can feel uneasy, but also, our experiences can be used as a mirror in which to find clues about how we relate to life itself. This is how our wounds can become our teachers.

We encourage you to stay pliable and yield to the experience as a way to allow the energy to transform. Just embrace and trust the content of your session, whether it is lived as positive, neutral or negative. Try to welcome it all, even uncomfortable feelings of anger, sadness, pain, confusion... for if allowed, the energy of the soundscape can gently assist you while they dissolve, increasing your stress threshold and promoting a bodymind state shift towards a calm and ample resonance which - hovering above the level of emotions - will give way to a bigger perspective.

With continued use, the effects of The Spark will last beyond each session, so during the integration process, it is also good to stay present to your feelings and emotions. Try to pay attention to your body: that's where most of our stagnant energy and blockages are stored. By staying with the physical sensations without being caught up in analyzing, you can keep a healthy distance and just let the process unfold. At this stage, it is useful not to force the arrival of insights or answers. It is unlikely that they will appear in such a manner, plus a good deal of work will get done without your conscious intervention anyway, so allow for time to unfold if you need to.

Moving your bodymind can also help lots - stretching, writing, brisk walking, painting, singing, dancing to meaningful music, playing sports or instruments or engaging in any other somatic kind of work.

Please refer to the resources at the end of this manual for further input and if you have any questions or need assistance, just drop us a line. We can probably help and will be glad to hear from you.

We wish you all the best with your practice.

Javi Otero and the iAwake team, March 2015

Website | <http://www.iawaketechologies.com> |

Support | <http://www.iawaketechologies.com/faq> |

Contact | support@iawaketechologies.com |

Resources

iAwake resources:

[Practice of meditation](#)

[Emotional Release](#)

External resources:

[Inner Worlds Outer Worlds](#)

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PROFOUND MEDITATION 3.0

FULL SPECTRUM



Science Meets Stillness

An integrated synthesis of leading-edge neurotechnology and energy medicine

“iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of Profound Meditation 3.0. I’ve been a fan of their products from the beginning, and I can say that they just keep getting better. So if you’ve never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won’t be disappointed!”

Ken Wilber—The Integral Vision

www.ProfoundMeditationProgram.com