



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



# DEEP RECOVERY

From the Darkness of Addiction to the  
Happiness & Freedom of Deep Recovery



Music and Guided Meditation  
with neuro-acoustic technology to power relaxation,  
recovery, and transformation.



# iAwake Technologies & Integral Recovery

## DISCLAIMER

The user of **Deep Recovery**, hereby referred to as **DR**, agrees that this audio program is designed solely for meditation, self-improvement, learning, and to 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 not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or who 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 **DR**, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY **DR** AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of **DR** assumes all risks, waiving any claims against iAwake Technologies, LLC, Integral Recovery, LLC, and their affiliates, for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons access to **DR**. In no case, will iAwake Technologies, Integral Recovery, or other distributors of **DR** 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 that 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.

# Deep Recovery

From the Darkness of Addiction  
to the Happiness and Freedom of Deep Recovery

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## Why Meditate With Deep Recovery?

At the beginning of the modern recovery movement, with the birth of AA and the Twelve Steps, meditation was recognized as essential to the recovery process. Step Eleven of the Twelve Steps states,

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.”*

In the following 75 years, we have learned how right that initial intuition was. Not only does meditation deepen our spiritual connection, which is where we find our purpose, direction, hope, and faith, it also heals and transforms the human brain. And as we now know, in addition to other things, addiction is a brain disease that takes over the most primitive part of our brains and from there infects the rest of the brain, our body, our lives, and our world. If we heal the brain, we're going a very long way towards defeating the progressive disease of addiction.

Deep Recovery is meant to be part of a daily meditative practice, and generally we find that first thing in the morning is a good time to do this work. Later sessions can also be very helpful. For example, if one starts to strongly crave alcohol or drugs around 5 p.m. every day, this would be an extraordinarily good time to use these tracks. Daily use of Deep Recovery, as part of an ongoing meditation practice, will rapidly improve mindfulness, increase resilience to stress, aid in working through and releasing old traumas and outdated stories about ourselves and our world, and help to develop a deeper spiritual life and connection.

### Key Benefits of practicing Deep Recovery:

- Deepen your spiritual life.
- Become much more resilient to stress.
- Alleviate cravings.
- Rebuild neurological health and chemical balance.
- Release traumas from the past and present.
- Cultivate a connection with your own inner wisdom voice (as opposed to the constant demands of the addict voice).

*Drugs and alcohol are to addiction what practice is to recovery.*

--John Dupuy

# Information for Optimal Entrainment Results



- The CD version features high quality WAV files.
- The download version contains high quality (160 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 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 160 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 160 kbps MP3.”



## HEADPHONES

For optimal results, we recommend that Deep Recovery (DR) 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](http://www.getsongbird.org))
- MP3 Players: Most MP3 players play WAV files.

### APPLE LOSSLESS



- Computer Media Players: *iTunes*
- MP3 Players: *iPod*

## IMPORTANT NOTES FOR USING DEEP RECOVERY:

- Although simply listening to the Deep Recovery entrainment stimulus alone (without practicing a meditation technique) may have significant beneficial effect on reducing your stress levels and improving your emotional resilience, we nevertheless recommend the simultaneous practice of some meditation technique. Doing so provides the most profound, transformative benefits possible. The verbal visualizations and guidance on Track 1 will be an aid to developing a meditation practice, if you do not have one as yet.
- **Be sure to *drink at least one glass of water before your sessions and one glass of water afterward.***



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## WELCOME TO DEEP RECOVERY

### How to Listen to Deep Recovery during Your Meditation Sessions



→ Headphones are required.

Schedule a regular time every day. This will help your mind/body come to expect to listen to DR and accept it as a “habit” that will be easier to maintain. First thing in the morning and before going to bed will be best. Remember that the progression of the disease of addiction is very chaotic, and recovery needs to be very structured and disciplined. Paradoxically, this leads to much greater freedom.



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You can use a traditional meditation posture—sitting on a cushion with crossed legs, spine straight, and head slightly bent—however, for many of us this is very uncomfortable and cannot be sustained without a lot of time and practice. In lieu of this, you can sit in a comfortable chair, trying to keep the spine as straight as possible. The important thing is to be comfortable so that discomfort does not cause a distraction. Occasionally, if you are very tired, sick, or exhausted, you can lie on your back in a prone position, while deeply relaxing your entire body. In yoga, they call this the “corpse pose.”



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We generally recommend listening with eyes closed, as this helps keep you focused and minimizes distraction for optimal entrainment.



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Have the volume at whatever level is comfortable for you.



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It is recommended that you have a journal handy, so that you can write down important insights after each meditation session. Also, many practitioners have noticed a distinct increase in their dream life and in the power of their dreams. It is good to have a journal next to your bed, where you can record your dreams; or some people like to recount their dreams into a device, such as most smartphones, that will record what they say.

**It is generally NOT recommended to listen to DR tracks more than 2 hours per day, however, in times of heroic practice such as in a spiritual retreat, one might increase that to 3 hours.**

**IMPORTANT:** After each session, allow a few minutes to ease back into your day. Be sure to anchor your deepened awareness in your mind by consciously observing and feeling it in your body. Make it your conscious intention to carry this awareness as you move back into the world.

# QUICK-START INSTRUCTIONS

## Track 1:

**Track 1** is very helpful for beginning meditators, as it has a voice-guided meditation to ease you into your inner work and get you into a deep transformational zone. It is optimal to use Track 1 in the early morning, as it sets a groove for your entire day. Track 1 is a continuous 33-minute track.

## Includes

### Voice-Guided Meditation

**Track 1, with its voice-guided meditation will help get you in a deep meditational, spiritual zone to start your day. There is nothing better. The voice-guided meditation is only 8 minutes long and the rest of Track 1 is simply audio sounds.**

### Alpha 8 Hz (dynamic 8-13) & Theta 4 Hz (dynamic 4-6.5)

**Track 1** helps you to release impressions, traumas, and whatever else you collected in your psyche over the last 24 hours. It gives you an excellent opportunity to get centered, using the voice-guided meditation, and then to continue the practice for the rest of the track that is sounds only.

Both **Track 1 and Track 2** entrain the brain to a low alpha brainwave state (dynamic 8 – 13 Hz) and a theta brainwave state (dynamic 4-6.5 Hz).

**Alpha brainwaves** are related to highly focused concentration, as when one is completely absorbed in writing or reading a book, or when one is in a flow state, such as advanced musicians and athletes often achieve in their playing and competing.

**Theta brainwaves** are associated with REM sleep, or dream states, and with releasing emotional trauma from the past.

These are two extremely useful brainwave states to be entrained to in early recovery, as it is often past trauma, negative conditioning, or negative stories, conscious or unconscious, that we buy into about ourselves or our reality that create the conditions for relapse to occur. With Deep Recovery, we are given the tool and the opportunity to free ourselves from this limiting baggage from the past that keeps us unhappy and enslaved to our compulsive desires and cravings.

## Track 2: Just the Music

**Track 2** can be a standalone meditation. Please use either Track 1 or Track 2 as you feel intuitively guided. A good use of Track 2, especially in the early days of your recovery journey, is to listen to this one in the late afternoon or evening, which is often when we crave drugs and alcohol the most. Of course, you can use Track 2 at any time of day when cravings arise as well.

### Alpha 8 Hz (dynamic 8-13) & Theta 4 Hz (dynamic 4-6.5)

So instead of drinking or using, put on **Track 2** and observe the feelings that emerge in the meditation, whether they are strong cravings, which can build up and then release, or perhaps feelings of peace and freedom. Know that this practice is cumulative and is actually transforming your brain to function at a higher level. The more you use it and practice with it, the more quickly you will become sober, happy, and free.

As you listen to either track, be very conscious of what is going on physically in your body. These particular levels of brainwave state entrainment have a great capacity to aid you in *somatically* releasing negative emotions and traumas from the past and present. It has become well known and widely accepted that for trauma to be released and healed, it must be done somatically and not merely as an intellectual, cognitive exercise.

For additional support and information about this transformational meditation process, see the articles on the [www.integralrecovery.com](http://www.integralrecovery.com) and [www.iawaketechnologies.com](http://www.iawaketechnologies.com) websites and John Dupuy's book, [\*Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction\*](#).

## Overtraining

It is not recommended to use these tracks more than once in the same day, especially in the beginning. As you continue with the practice, you will find that your capacity to meditate for longer periods will increase. Be very attentive to your own progress, and you will be able to feel when you have been pushing too hard.

## Sensitive Individuals

Occasionally, there will be sensitive individuals who find that listening to one entire track is too powerful. In this case, you could simply listen to 5 minutes of either track and then sit quietly in meditation for another 15 to 20 minutes. Even 5 minutes will entrain your brain to a deep meditative state, and you can carry on unaided from there. In a short time, however, you should be able to listen to the entire track without much discomfort or overwhelm. Remember, these tracks are extremely effective in helping to release pain and trauma from the past. And the way we release pain and trauma from the past is by allowing them to express themselves as sensations in our bodies. When something painful emerges, know that if you simply allow it to do what it needs to do, it will express itself as sensations and then release. Each time we allow this process to occur, we become freer from the chains of our past.

## What To Do If Painful Thoughts & Feelings Arise

One of the most powerful capacities of this technology is that it allows us to actually release and heal from painful events and traumas from the past or present. If painful thoughts and feelings begin to arise, know that this is a good thing. The correct response is to first notice what thoughts are arising with the feelings; they may sound something like, “Oh, this is too painful to look at.” “If I go into this, I'll get stuck here.” “I deserve this.” “I need to stop this – now!” Or something along these lines. If you pay attention to these mental loops, it will stop the releasing process, and your mind will be akin to a rat on a wheel, running in circles and getting nowhere. So, when and if these thoughts arise, say “thank you, thoughts,” and then bracket them and push them aside. **Put your full attention on the bodily felt sensations.** It is now well known in the field of trauma and recovery, that if trauma isn't released somatically, it is not released. That is why trauma expert Peter Levine says that trauma is not a psychological problem; it's a biological problem.

## Summary of the Effects of Tracks 1 & 2:

The benefits of using these tracks on an ongoing basis are manifold. You will experience an increase in mindfulness, a deeply spiritual connection, less stress, and the capacity to be much more resilient to stress as it arises in your life, greater creativity, and an emerging sense of meaning and purpose that comes from your deepest self, as well as happiness. As we listen to these tracks, instead of avoiding the painful issues of our inner lives and our world, we welcome them as teachers, who help us to grow in depth and wisdom and strengthen our recovery.

## Combining Deep Recovery with other iAwake Technologies tracks

It is to be expected that after a period of using these tracks, you will want to add other iAwake tracks to your transformational library. This is perfectly okay, and we have found that using different tracks in combination over time creates a powerful transformational workout for our brains and our inner emotional and spiritual life. Deep Recovery is also totally appropriate for those who are already advanced meditators and have been using other iAwake tracks for any period of time.



# INTRODUCTION

## Headphones are required for maximum benefit

**NOTE:** For optimal results, we recommend that Deep Recovery be used with headphones that have a frequency response of 20 – 20,000 Hz.

To get started using Deep Recovery, you will need, first of all, a good pair of headphones. I, personally, have used Bose for years, but there are many good headphones out there.

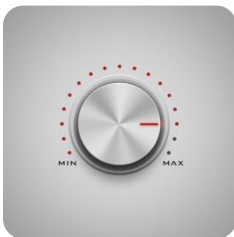
High-end ear buds can be very effective as well. The iBuds that one gets with iPods and iPhones these days are pretty good (but there are also a lot of other good ones out there). Normally, when you get over the \$50 price range, you get some pretty good headphones.

Generally speaking, it is good to have a designated place where you meditate in your home, with good lighting (or lack of it) and a comfortable place to sit. You don't necessarily have to sit on a meditation cushion; you can sit in a comfortable chair, as long as it supports your spine being as straight as possible.

It is also a good idea to have a pen and paper or journal available, as often many profound insights will emerge during your meditation. You will find that it reinforces the learning if you write them down and review your notes later.

If you are extremely exhausted, you can lie down, with your back on the floor, and a cushion under your head and neck, and very effectively use this product.

## Volume Levels



These recordings are best listened to at the highest **COMFORTABLE** volume, with your eyes closed and in a sitting position.

**First of all, it is good to come into a deeply relaxed state. The voice-guided visualizations part of Track 1 will be a great aid in achieving this.**

It is recommended to use the DR track with the voice-guided visualizations for the first few times (Track 1), and then you can switch off to the track that has no voice (Track 2), as you like. If you have previous meditation experience, and you have learned specific techniques as a part of that practice, they will become more powerful and effective using these tracks.

In the beginning, just be very aware of what is going on in your body, your mind, and your emotions. Observe what is happening. For many of us, this can be very dramatic as our brains seem to rapidly recalibrate.

If you want to do a particularly deep and long meditation, you can repeat these tracks as desired, although it is generally recommended to listen to each track only once a day. You should begin feeling the shifts and positive changes in your mind, body, and spirit very quickly—for many of us, even after one set.

**Remember, what gets results is dedicated practice** —meditating every day—for weeks, for months, for years. It is a lifesaver and a game changer. As the street person replied to the tourist in New York City, who asked, “How do you get to Carnegie Hall?” “Practice, practice, practice.”

If you have no prior meditation experience, or even if you do, here is a practice that I have used and taught to many of my students and clients, which you might find helpful. It is based on an ancient Christian meditation, or practice, called *Centering Meditation* or *Centering Prayer*. One can leave the theology out or in, as desired.

## Centering Meditation

- Focus on your heart center  
with the intention of surrendering to your higher power or greatest good  
(however you currently understand that).
- When your mind begins to wander from the heart center,  
to thoughts or other distractions,  
simply find a word to bring your attention back to your heart center.
- It doesn't matter if your mind wanders 100 times,  
keep bringing your attention back to center.

This is the practice.

The words I personally use to bring my attention back to my heart center are “Thank you.” However, feel free to choose whatever word works for you.

As we continue this practice, we find that we can begin to live life more consistently from our heart center and from our deepest self. From that place, there is simply no need for drugs, alcohol, or other addictive distractions.

You will find that in a short time, by using this technology and this practice, you will begin to release negative thought patterns and ideas about yourself and the world, and you will somatically release

trauma and pain that has been kept repressed or kept at bay by the use of addictive substances or actions. You will also begin to recognize your own deep, intuitive, wisdom voice and your own inner guidance, and be able to distinguish between the voice of intuitive wisdom and the voice of your ego, and/or your addict self.

## Releasing

This technology has the extraordinary capacity to actually bring up repressed trauma and allow it to be released through our bodies. Often the process of releasing goes like this.

### Releasing Exercise

- Notice the sensations beginning to build and intensify, normally in the heart or gut areas, but they can arise in other parts of our bodies also.
- Thoughts will begin to arise with negative messages about the felt sensations.
- Bracket the thoughts and push them aside; stay with the sensations and the feelings.
- At this point in the process, I often say, “Thank you, teachers. Welcome.” (Referring to the sensations.)
- Allow the feelings to do whatever they need to do:
  - If you need to shake, shake.
  - If you need to cry, cry.
  - Breathe however the feelings want to breathe.
  - Or you can sit quietly, observe, and be aware of what is arising, with great focus and curiosity (without thinking about it).

So, the first part is beginning to *feel* the sensations, the second is the intensifying of the sensations, and then comes the gradual release. You will know when the release is finished, because you will feel open and spacious, often blissful and at peace. At this stage, there is often an intuitive understanding of the issues around the original trauma and where you are currently at, at a deeper and more compassionate level.

With practice, all of this becomes much easier. It starts to become engrained and just what you do when negative emotions begin to arise. Interestingly enough, you can also use the same practice with positive emotions. You might think this is kind of crazy as, why would one want to release good feelings? But after the release, there is always something deeper and even better that emerges.

This technology and this technique are game changers. You should begin to notice new hope arising in your life and a new luminosity in how you perceive both your interior world and the world outside.

## Brainwave Entrainment Basics

The basic science behind brainwave entrainment technology is that it puts different beats and rhythms in each ear that cause a phantom wave of the desired brain wave to form in the midbrain. This technique was discovered as far back as the 1970s. By using sound skillfully, we can entrain our brains to whatever meditative brainwave state we desire. In the last several decades, sound and entrainment technology has become much more effective and much more powerful. One can literally meditate at the deep brainwave state of the master meditator in a very few minutes. Formerly, it took many years of daily practice to achieve this access to these deep brainwave states. And often, even advanced meditators could only reach these states temporarily. This technology will take you to these deep transformative states of meditation and keep you there.

## The Technology in Deep Recovery

**Entrainment Technology 1:** Psycho-acoustic and Hypnotic Composition. Selection of musical tensions, timbre, harmonic spectrum, and tones promoting the relaxation response and the alpha state.

**Entrainment Technology 2: Sacred Geometry.** The Golden Ratio as expressed in tones moving up and then down, using the circle of perfect fifths. Musical key sequence starting in C, natural isochronic tones at 1, 2, 4, (8), 16, 32, 64, etc., Hz, then each perfect fifth climbs up... C-G-D-A-E-B-F#-C#-G#-D#-A#-F-C. The isochronic rhythms shift naturally with the note changes.

## For Health Care Professionals

Deep Recovery and the other recommended tracks listed below are excellent therapeutic tools for those who are struggling with addiction, depression, and other compulsive disorders. After using this technology in my work with my clients over the last decade, I have found a tremendous difference in the depth of our work together; the capacity of my clients to rapidly develop mindfulness, both inner and outer; their ability to release crippling trauma from the past; to recognize and deal with shadow issues; and to begin to develop a deep spiritual connection based on their own experience and practice. It is also strongly recommended that you, as a professional, use the technology too, so that:

- You can understand what your clients are experiencing.
- You may notice an increased capacity to be present with your clients.
- You have increased access to intuitive understanding.
- You experience more joy and effectiveness in your work.

One of the very helpful things about Deep Recovery is that the first track has a guided visualization and meditation, so along with the very powerful effects of the brainwave entrainment, it also helps the client to deepen and begin his or her meditation practice with some initial guidance. I have spent the last decade working with this technology with students and clients in various stages of recovery—so if you would like to contact me personally to talk about this technology and what we're learning, I would be delighted; I use Skype more often than not. It is to be expected as you work with this technology and your clients, you will discover new ways to use this technology in your therapeutic and healing work.

For a beginning practice, I believe early in the morning is the most powerful and effective time to do a meditation practice. It gets one's groove going for the day, sets one's spiritual compass, and also helps one release not only old traumas and conditionings from the past that may stand in the way of your client's recovery, but also helps to release built up impressions and anxieties from the last 24-hour period. Many alcoholics, for example, have specific times when they are most vulnerable, such as the 5 o'clock cocktail hour. It is very helpful to have a specific positive activity planned for that time, to get through that particular area of vulnerability. This could be going to the gym, playing tennis, doing yoga, etc. It can also be very effective to use one of these tracks for a half hour at this time. The cravings may still be there, but they can be approached with more mindfulness and receptivity and tend to pass more quickly. The more one practices and the more time one puts into doing this work, the easier and more effective it gets. Also, let me reassure you that this technology does not do away with the need for therapists, guides, and coaches, but is a very powerful new tool to deepen and support your work with your clients.

Deep Recovery and the associated tracks listed below are very effective in releasing traumas and wounds from the past somatically. In the initial phase when your clients are beginning to experience this release, it is very important to have someone who will offer support and guidance through this process. This technology allows us to work at a level of somatic release that was not possible before.

### **Associated tracks that work especially well for individuals in recovery:**

- Profound Meditation Program 3.0
- Audio Acupuncture
- Deep Delta
- Vision Quest
- Healing Light



### **ABOUT JOHN DUPUY, M.A.**

John is a co-founder and the CEO of iAwake Technologies, LLC, and holds a master's degree in Transpersonal Psychology. John is also the founder of Integral Recovery®, a cutting-edge approach to the treatment of addiction and alcoholism. He has over two decades experience working with addicts and their families and has co-founded two wilderness therapy programs. John is also a co-founder of the Integral Recovery Institute—an Integral training center for people working in the addiction recovery field and for people who want support in implementing an Integral approach to their own recovery.

John travels internationally to teach and inspire on the subjects of Integral Recovery, Integral Transformative Practice, and the use of brainwave entrainment technology to deepen one's meditation practice and in the treatment of addiction, depression, PTSD, and other mental disorders. John is the author of *Integral Recovery: A Revolutionary Approach to the Treatment of Addiction and Alcoholism* (SUNY Press, 2013), winner of the 2013 USA Best Book Award in Health: Addiction & Recovery.



### **ABOUT LEIGH SPUSTA**

Leigh is a behavioral scientist, hypnotherapist, and Certified Therapeutic Imagery Facilitator, specializing in the use of sound frequencies to produce deep, relaxing trance states. His work is internationally recognized, enjoyed by thousands around the world. He has worked with several therapists in Los Angeles, producing a variety of therapeutic audio CDs and has been hired as a consultant and producer working with companies in the United Kingdom. He also works with HMI College of Hypnotherapy and the American Hypnosis Association as Director of Media Production. Leigh combines his talents as a musician and his knowledge of hypnosis and related states, in an effort to pioneer new approaches to creating rich, resonant soundscapes for greater efficacy in healing and meditative products. Leigh is the developer of the proprietary PsimatiX™ therapeutic approaches and technologies.

## Resources and Contact Details

### iAwake Technologies, LLC:

[www.iawaketechnologies.com](http://www.iawaketechnologies.com)

#### [Contact](#)

For more information about brainwave entrainment and biofield technology, please contact iAwake Technologies.

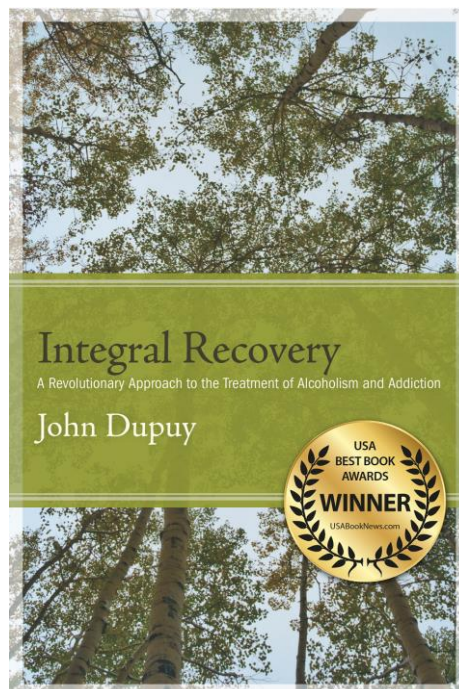
### Integral Recovery:

[www.integralrecovery.com](http://www.integralrecovery.com)

#### [Contact](#)

To learn more about Integral Recovery, online coaching, training for recovery coaches, and workshops, please contact us by email or visit our websites at [www.integralrecovery.com](http://www.integralrecovery.com) or [www.integralrecoveryinstitute.com](http://www.integralrecoveryinstitute.com).

Also, please see my book, [\*Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction\*](#), as I write in depth about the subject of how to use this technology as an Integral approach to recovery. Available at [SUNY Press](#) or [Amazon](#).



## iAwake Support Links



**Profound Meditation on Facebook:**

<https://www.facebook.com/ProfoundMeditationProgram>



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



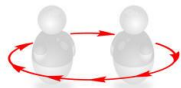
**Profound Meditation Practitioners Forum:**

<https://www.facebook.com/groups/profoundmeditation/>



**Free Weekly Teleseminars:**

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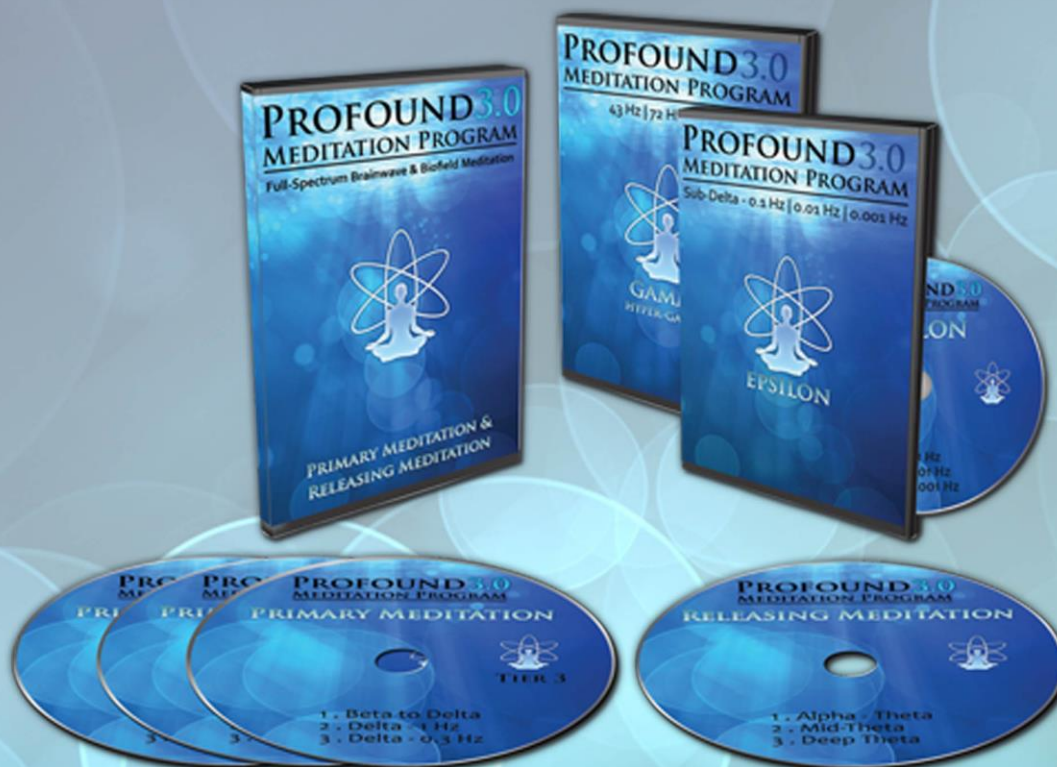
**Customer Support:**

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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.iawaketechnologies.com](http://www.iawaketechnologies.com)