

I\A\W\A\K\E

— TECHNOLOGIES —

PROFOUND • • RELEASING



POWERFUL, HEART-BASED MEDITATIONS
FOR RELEASING EMOTIONS AND AWAKENING TO PRESENCE

I\A\W\A\K\E

— TECHNOLOGIES —

iAwake Technologies

DISCLAIMER

The user of Profound Releasing (PR) 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 who meet any of the following conditions, whether knowingly or not, should not use this application:

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

And 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 brainwave entrainment, as they are more susceptible to seizures.

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

The user of PR 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 TI.

In no case will iAwake Technologies or other distributors of PR be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of this 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 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.

Profound Releasing

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File Information for Optimal Entrainment Results

NOTE:

- The download-version contains high-quality (320 kbps) MP3 files, which use less compression than typical MP3 files.

We strongly recommend not converting these tracks to normal MP3 format (anything below 192 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 this program 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)
- *MP3 Players* – Any MP3 player.



IMPORTANT NOTES ON USING THIS PROGRAM:

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.

I AWAKE

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Welcome to Profound Releasing

iAwake Technologies has partnered with Joseph Kao to create:

Profound Releasing

From Joseph Kao, creator:

What is releasing?

Imagine this scene for a moment....

Just over there you see a person completely knotted up with tension about an event that happened to them in the past.

Their jaw is locked, their fists are clenched, and their breathing is shallow and jerky. They're clearly fighting and wrestling with something in their inner experience.

Then, something happens....

The person experiences a flash of insight and self-understanding.

Perhaps this happens because a wise, supportive friend says just the right thing to them. Or maybe they make the shift themselves, intuitively and spontaneously. But whatever triggers the change, something immediately softens inside them.

If you look closely, you might see that a wave of compassion and inner release is flowing through their body.

Maybe their eyes are welling up with tears.

They might break out into a smile, or even begin to belly-laugh.

And then you see that person breathe a deep... deep... sigh of relief.

After this experience, the person never thinks about what was troubling them in the same way anymore. It just feels different to them now. There's a sense of being at peace with what happened in the past.

This is the essence of releasing, and it's a universal human ability.

Instead of battling your thoughts, or feeling overwhelmed by emotions that are too intense to cope with, releasing gives you a way of relating to your inner experience with loving-kindness, and creative acceptance.

The more you learn to do this, the more you'll find that any old, limiting emotional patterns simply dissolve away, allowing you to experience more clarity, inner freedom, and more peak experiences in your life.

Track Listing

Track 1: Guided Meditation - 40 minutes

A deeply transformative guided meditation with advanced brainwave entrainment technology, designed to help you to let go of old, limiting emotional patterns, and to experience:

- More inner strength and groundedness
- Deeper compassion for yourself and others
- A gradual awakening into pure awareness

Track 2: Guided Meditation - 20 minutes

An edited version of the main meditation, which you can use when you want to have a shorter releasing session.

Track 3: Music only - 40 minutes

This contains the same music and brainwave entrainment frequencies as Track 1, but it is free from any verbal guidance. Please use this track for self-guided meditations.

Track 4: Music only - 20 minutes

A twenty minute version of the Profound Releasing soundtrack, again for shorter meditation sessions.

About the Guided Meditation

This is a multi-layered meditation, which works with your body, heart and mind, so that as you release, you can do so at every level of your being.

It has been tested and refined with various meditation groups, and each component of the process is there for a reason.

Here is an outline of the meditation itself:

- *Take several, slow, deep breaths, and give yourself some time to settle.*
- *Drop your attention down into the lower abdomen, and find a stable, centred place inside.*
- *Bring to mind different people and beings in this world for whom you feel a deep sense of love.*
- *Imagine that you are breathing in and out warmth and compassion through your chest.*
- *Then, with an open heart, send kindness and compassion to every aspect of your inner experience.*
- *Scan through your body for any experience of tension, contraction or “stuckness”.*
- *Where does that energy most feel like it's located?*
- *From the heart, say “welcome” to the emotion within that energy.*
- *From the heart, say “welcome” to any resistance you feel towards it.*
- *Notice the space, the stillness and the silence both around and within that energy.*
- *Allow yourself to transcend the pattern itself. See it as simply a configuration of energy.*
- *Then, gently invite this energy to release back into the flow.*

How to Use This Session

- Please only listen to this session in a place where you can safely relax and give it your full and undivided attention. This session contains powerful, consciousness-altering sound frequencies, and it should never be listened to whilst driving or operating machinery.
- You can use this session to release any problematic thoughts, memories or emotions. It has been designed to allow you to bring creative flow and transformation to any part of your life where there has been a sense of stuckness and rigidity.
- Listen to the guided meditation at least three or four times per week for the next month, until the process becomes second nature to you. If you can make the time, listen to it daily.
- Practice applying the principles from the session every day. Take a few minutes here and there to centre yourself, to connect with your heart centre, and to attune to stillness, silence and space.
- As a general guide, if you're just beginning to practice releasing, it's best to work with smaller problems first, rather than diving straight into a major life issue.

For example, try working with a memory of someone who makes you defensive or irritated, or a situation that gives you mild anxiety and butterflies.

- When you can successfully release more every day, low-level emotions like these, then you can gradually begin working with deeper, more significant issues.
- If you're stuck for what to work with in a session, ask yourself *“Where am I feeling tense, stuck or rigid in my life, where I could be experiencing more creativity, freedom and flow?”*
- You can also listen without a specific goal, and just be sensitive to what emerges.

As you do so, you might sometimes notice an area of tension or contraction appearing in your body, and you might not have any conscious understanding of what that sensation represents.

This is absolutely fine. Just use the Profound Releasing process to work with the physical sensation itself. This can be an excellent way of intuitively letting go of unconscious material.

- Please don't expect to have an epiphany with every listening session. Sometimes you might find that you're relaxing, drifting, and following along comfortably, but at the end of the session you're not sure if you've released very much.

Other times, something truly profound and transformational will happen as you listen. You may find yourself experiencing tingling waves of joy, bliss and love, as you release something that's really deep and significant for you.

The important thing is regular practice. Do not lust after instant results. The results will come in time.

Brainwave Entrainment Frequencies Used in This Session

- *Multi-band theta waves*
- *Delta waves*
- *Bursts of beta and gamma waves*

The advanced brainwave entrainment techniques used in this session will guide you into a “mind-awake, body-asleep” state, consisting of a unique blend of theta, delta, beta and gamma brainwave frequencies.

Theta brainwaves are associated with non-ordinary states of consciousness, such as shamanic trance, deep meditation, and going into a dream-like reverie.

Entering a theta-dominant brain-state can help you to experience intuitive insights, and to integrate unconscious thoughts, feelings and memories in a healthy way.

Delta brainwaves are found in the deepest stages of sleep, but they have also been detected at high amplitudes in advanced meditators and yogis.

Some meditation practitioners and researchers have linked delta brainwaves with the experience of having a witnessing consciousness, and a sense of formlessness, spaciousness, and inner silence.

Beta and gamma brainwaves are associated with mental clarity, lucidity, and a heightened sense of compassion and love.

Brainwave Entrainment Technology

Harmonically Layered Binaural Beats – Whereas some brainwave entrainment products only target one brainwave frequency, Profound Releasing contains multiple layers of binaural sound pulses, all harmonically related to one another.

Some researchers have found that this is exactly how these frequencies spontaneously occur in the brain, and the brain may entrain more easily and naturally to frequencies combined in this way.

Isochronic Entrainment Matrix – A unique method of layering isochronic sound pulses in both the audible range, and at the upper and lower frequency ranges of human hearing.

These isochronic beats are “phase-locked” with the binaural frequencies, so that they support and amplify the overall entrainment effect.

Exhaustive Binaural Encoding – All of the music and background sounds that you hear in the recording are binaurally encoded with the core entrainment frequencies of the track.

Unlike many other brainwave entrainment programs that just use music or nature sounds to mask the binaural beats, every single sound you hear in Profound Releasing is encoded with consciousness-altering brainwave frequencies.

Recommended Reading

Dwoskin, H. (2003). *The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-Being*. Sedona: Sedona Press.

Fehmi, L., & Robbins, J. (2007). *The open-focus brain: Harnessing the power of attention to heal mind and body*. Boston: Trumpler Books.

Gendlin, E. (1978). *Focusing*. New York: Bantam.

Gilbert, P. (2009). *The Compassionate Mind*. London: Constable Robinson.

Gilligan, S. (2012). *Generative Trance: The experience of creative flow*. Cardiff, Wales: Crown House Publishing.

About Joseph Kao



Joseph Kao is a hypnotherapist and a solution-focused therapist with a private practice in London and Cambridge, UK.

He has been the head scriptwriter for over eight hundred professional hypnotherapy recordings, and he works as a teacher and a course-developer on psychotherapy training courses.

Joseph has been fascinated by philosophy, meditation, and brainwave entrainment technology since he was a teenager, and he's had a daily meditation practice since 1998.

To learn more about Joseph:

<http://www.josephkao.co.uk>

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



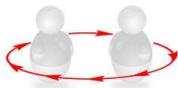
Profound Meditation Practitioners Forum:

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



Free Weekly Teleseminars:

<http://www.iawaketechologies.com/teleseminars>



Coaching:

<http://www.iawaketechologies.com/coaching>



FAQ:

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



Blog:

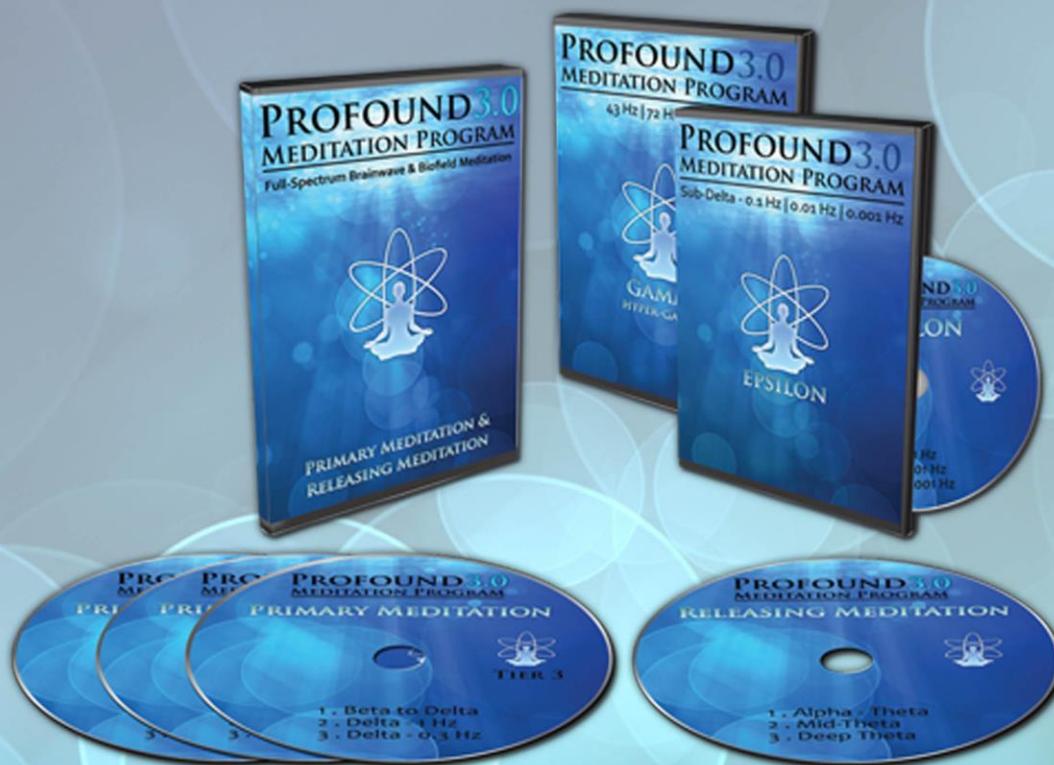
<http://www.iawaketechologies.com/blog/>



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