

# I\A\W\A\K\E

— TECHNOLOGIES —

## Profound **Renewal**

**DEEPLY REST AND RECHARGE  
FEEL REFRESHED, RENEWED, AND READY TO GO!**

GUIDED MEDITATIONS, MUSIC, AND ADVANCED SOUND TECHNOLOGY

I\A\W\A\K\E  
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iAwake Technologies • Joseph Kao

## DISCLAIMER

The user of Profound Renewal 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:

- Those who are wearing a pacemaker

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 Profound Renewal, as they are more susceptible to seizures.

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

The user of Profound Renewal 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 Profound Renewal.

In no case will iAwake Technologies, Integral Recovery or other distributors of Profound Renewal 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

### 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](http://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

— TECHNOLOGIES —

## Welcome to Profound Renewal

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*iAwake Technologies has partnered with Joseph Kao to create*

# Profound Renewal

### From Joseph Kao, creator:

*There is a boundless, irrepressible energy and spontaneity that just about all of us had when we were children.*

*As a father, I see this every day in my three- year-old son. He might sometimes flop down on a bean-bag and take some time out to rest during the day, but ten or twenty minutes later he's bouncing up and down again, running rings around the house and garden, singing songs, and battling dragons.*

*Whether you can remember it or not, it's very likely that you had a similar kind of energy, vitality, and exuberance in your childhood too.*

*As we became adults, each of us undoubtedly gained wisdom, perspective, and a deeper knowledge of the world around us, but many of us also lost something. We lost some of our child-like curiosity, some of our sense of fun, and many people today find that they no longer have the same degree of energy and vitality they once had.*

*Some people carry around stress, tension, and worries, and it makes everything feel like a struggle for them. Other people get caught up in the same rigid routines, the same repetitive thought patterns, which can make everything seem drab and humdrum, and they end up overlooking the beauty, the magnificence, and the fresh possibilities all around them.*

*But we also know that there are people who retain their enthusiasm, curiosity, and joy all throughout their life. People whose eyes twinkle with a sense of mischievous fun. People who can shrug off stresses and irritations, or deal with them with humor and pragmatism. We've all met people like this: people who are passionate, loving, and truly inspiring to spend time with.*

*So the big question is, can you cultivate more of this kind of energy in yourself?*

*Can you re-access more of your natural, child-like energy and vitality, and integrate it into your life as an adult?*

*The Taoist sages of ancient China certainly believed so. The story goes that rather than living in accord with endless rules and directives, those ancient Chinese mystics used meditation and energy-building practices to cultivate a profound, primal life force, or “chi,” which allowed them to renew themselves, to extend their lifespan, and ultimately to rediscover their natural spontaneity, child-like grace, and equanimity.*

*My own experience of working with clients as a hypnotherapist is that when people return from a profound state of deep relaxation - especially people who have been stressed or deeply troubled - they look noticeably more healthy, more radiant, and sometimes they even look younger. Their eyes become brighter, their faces become more expressive, and they talk about how they feel completely renewed and re-invigorated.*

*What’s more, there is a large body of research which shows that taking time out to deeply relax on a regular basis strengthens your immune system, it normalizes your blood pressure, it lifts your mood, it boosts your creativity levels, and it allows you to properly focus and perform at your peak in life.*

*So, whilst not of us are able to retreat to a mountain cave for several decades to meditate and to cultivate chi, like those ancient Taoist sages did, we do have incredible resources available to us in this modern age, which can allow us to deeply relax and renew any time we need to.*

*And that's exactly what I created *Profound Renewal* for.*

*This program combines advanced brainwave entrainment technology with powerful, deeply evocative verbal guidance to allow you to:*

- *Instantly release stress and tension.*
- *Feel completely revitalized in just ten or fifteen minutes.*
- *Experience more ease, relaxation, and flow in your daily life.*
- *Enhance your energy levels, your mood, your mental acuity, and your overall well-being.*

## Track listing

### Track 1: Profound Renewal (16 minutes)

*A guided meditation with multiple voices, designed to significantly enhance your overall energy and vitality.*

The benefits of this track are cumulative. You may experience a noticeable boost to your energy levels immediately after listening, but deeper, more long-lasting benefits to your health and well-being will tend to emerge after you've been regularly listening for several weeks.

### Track 2: The Ten Minute Recharge (10 minutes)

*A supercharged power nap session. You can use this for an instant boost whenever you feel like you need a break.*

After listening to this session, users have reported that it felt like they'd been relaxing for *much* longer than ten minutes, and it was as though they'd just been away on a really enjoyable vacation.

### Track 3: Rejuvenation Frequencies (30 minutes)

*Nature sounds and brainwave frequencies for relaxation and calm, sustainable energy levels.*

You can listen to this track in the background to promote calm attentiveness and increased flow as you work. You can also choose to use it with eyes closed, as a calmly energizing mediation or as a "mind massage."

## About the Guided Meditations

The verbal guidance in the first two tracks of *Profound Renewal* may be a little bit different from guided meditations you've heard before.

At times you will hear the words coming from the left, from the right, and sometimes it will sound as if they're right in the center of your head.

In places you will hear two voices speaking simultaneously, each one echoing the other, or offering the same suggestion in different ways.

One of the most important benefits of this approach is that it allows you to give your rational, analytical mind a rest, and it helps you to more completely immerse yourself in the experience you are having.

As you relax and allow yourself to drift between the voices, you'll find that within a few minutes you enter a state of complete absorption and profound rest, and this may happen much more quickly and deeply than you might expect.

In hypnotherapy, this principle of using two simultaneous voices to induce an altered state is referred to as a "double induction."

*Profound Renewal* makes use of this principle in new and innovative ways, blending rhythm, rhyme, double meanings, pivot grammar, embedded suggestions, and artful ambiguity, so that the words speak to and resonate with your whole brain. Users of *Profound Renewal* have reported that they often hear new things and understand the words in different ways, each time they listen.

If you occasionally feel confused as you listen, savor and enjoy that confusion! Those moments are a wonderful opportunity to let go of conscious analysis, to step outside your everyday thought patterns, and to drop into a deeper, more instinctive, more full-bodied experience of now.

These tracks do not contain a step-by-step technique that you need to consciously follow. They are designed to be an evocative, multi-layered listening experience — a rejuvenating, revitalizing "mind-massage" that you can just completely immerse yourself in, whenever you want to take time out to deeply rest and recharge.



## How to Use These Tracks

- Please only listen to these tracks in a place where you can safely relax and give them your full and undivided attention. These tracks contain powerful, consciousness-altering sound frequencies, and they should never be listened to whilst driving or operating machinery.
- These recordings are best experienced through headphones.

If you choose to play the tracks through speakers, please make sure the speakers have good stereo separation, and be sure to listen in the center of the stereo field.

- Because these tracks use a combination of relaxing and energizing frequencies, it's best not to listen too close to bedtime, otherwise you may find that your mind is too alert to wind down for sleep.
- In the verbally guided tracks, you will sometimes hear more than one voice speaking at the same time. There is no need to try to focus on each voice – simply allow yourself to comfortably drift between the words.
- Your intention when listening is important. Before you press play, we recommend that you set a deliberate intention for what you'd like to experience, or for what your listening goals are.

You might choose to say to yourself, either in your mind, or out loud:

*"I'm choosing to listen to this track so that in ten minutes I can feel refreshed, renewed, and ready to go."*

Or:

*"I'd like to use the next sixteen minutes to heal, to deeply renew my body and mind, and to improve my overall health and wellbeing."*

Or:

*"I'm listening to this track to become better at releasing stress and tension, so that I can be in a better mood, and more enthusiastic and energized, each and every day."*

## Target Brainwave Frequencies

- **40 Hz Gamma Waves** – Mental clarity, heightened perceptions, the “binding frequency” of the brain.
- **Beta Waves** – Calm alertness, concentration, increased motivation.
- **Alpha Waves** – Deep relaxation, grounding in the here and now, releasing stress.
- **Theta Waves** – Insights, dream-like imagery, non-ordinary states of consciousness.

**Note:** Not all of these brainwave patterns are evoked simultaneously throughout the tracks. There are times when beta waves are emphasized, and other times when the focus is on alpha-theta waves. At certain points, the tracks gently oscillate between these frequencies.

Consequently, you may notice yourself shifting from a state of calm focus, down into deep relaxation and rest, and then back to calm alertness again, sometimes several times as you listen (particularly in Track 3 – “Rejuvenation Frequencies”).

This oscillation between the various frequencies is designed to train your brain to be more adept at smoothly transitioning between different states of consciousness.

In time, you may discover that you are entering states of heightened focus and relaxation at will, so that you can instinctively access an optimal state for whatever situation you're in.

## Brainwave Entrainment Technology

- **Harmonically Layered Binaural Beats** – Whereas some brainwave entrainment products only target one brainwave frequency, *Profound Renewal* 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 recordings 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 Renewal* is encoded with consciousness-altering brainwave frequencies.

## 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>



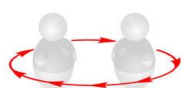
**Profound Meditation Practitioners Forum:**

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



**Free Weekly Teleseminars:**

<http://www.iawaketechnologies.com/support/teleseminars/>



**Coaching:**

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**FAQ:**

<http://www.iawaketechnologies.com/frequently-asked-questions/>



**Blog:**

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



**Customer Support:**

[support@iawaketechnologies.com](mailto:support@iawaketechnologies.com)

# 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.iawaketech.com](http://www.iawaketech.com)