

I AWAKE

TECHNOLOGIES

THE TEACHINGS OF WAN-TSU

SYNCHRONICITY
ON THE SPIRITUAL PATH

LESSON 1

A New Genre in Guided
Experience & Sound Entrainment Emerges...
Meet Wan-Tsu, a sage from 8th century China

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TECHNOLOGIES

iAwake Technologies • Leigh Spusta

DISCLAIMER

The user of The Teachings of Wan-Tsu agrees that this audio program is designed solely for meditation, self-improvement, learning, as an 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:

- People with epilepsy

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

- Pregnant women
- Those who are wearing a pacemaker
- Individuals under the influence of medication or drugs
- Those prone to or who have had seizures
- People with a history of severe mental illness
- Those with a history of tinnitus
- Individuals who are photosensitive

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 The Teachings of Wan-Tsu, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO THE TEACHINGS OF WAN-TSU WHILE DRIVING OR OPERATING MACHINERY.

The user of The Teachings of Wan-Tsu 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 The Teachings of Wan-Tsu.

In no case will iAwake Technologies, Integral Recovery, or other distributors of The Teachings of Wan-Tsu 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. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

Table of Contents

File Information for Optimal Results	4
Note on Headphones	4
Compatible Players	4
Important Notes on Using This Program.....	4
Welcome to The Teachings of Wan-Tsu	5
Track Listing.....	6
How to Use These Tracks	7
Target Brainwave Frequencies	7
About Leigh Spusta	8
iAwake Support Links	9
PMP 3.0 – Full Spectrum	10



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, as well as full uncompressed WAV files – from which the CD files are developed.

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).
- *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 The Teachings of Wan-Tsu

by Leigh Spusta

Would you like to meet a spiritual guide who takes you on a journey where you experience insight and learn new techniques in order to become more aware, more balanced, increasingly in tune with your purpose, and more connected to intuition and synchronicity?

We invite you to embark on a new frontier, as we have created a type of audio program that we believe does not yet exist on the market. This new approach to creating a gateway into memorable experience, learning, and insight is a combination of storytelling and guided imagery—you become part of the story. Stories have been mankind's primary teaching vehicle for millennia, as far back as our records go. They create a natural receptivity to new ideas and allow for vicarious experiences to occur, whereby our learning takes on a deeper level that involves the subconscious mind. When we blend this with guided imagery and hypnotic techniques, the story becomes even more personal and profound, and you become an integral part of the story.

In addition to the hypnotic storytelling elements, the musical accompaniment has been created to further enhance the listener's absorption into the experience. By using both rhythmic entrainment and isochronic tones, the listener is guided into a deep alpha and theta brainwave state, allowing for the mental imagery to take on a fuller and richer depth and immersion.

Discover how this emerging model of engagement can usher in a paradigm shift in the way we acquire experience, create change in the subconscious mind, and positively shape the course of our lives.

"Not only was the story captivating, but it offered concepts that I hadn't really contemplated before. I felt like a metaphysical gateway was opened, and then Wan-Tsu walked me through it. 5 stars!"

Candice G. - Woodland Hills, CA

"I found myself completely absorbed by the story of Wan-Tsu. It was completely immersive. Being guided by Wan-Tsu himself was not only a rich experience, but quite enlightening. Now I have been practicing what I learned on the mountain. Awesome program!"

James T. - Reno, NV

This program combines advanced brainwave entrainment technology with powerful verbal guidance in an interactive, immersive format to enable you to:

- access deep inner resources of resonance and healing
- become more connected to your life's purpose
- become more receptive to the guidance of the Universe
- learn methods for how to move into greater insight and receptivity
- learn how to invoke fire, earth, air, and water, in order to move into balance, centeredness, and expanded awareness
- build a progressive, unfolding student-mentor relationship
- immerse yourself in the experience of being taught by a Taoist sage

Track Listing

4 Tracks – 73 minutes total of guided meditation & story with entrainment encoded music

BONUS 5th Track: 12-minute Meditation (music entrainment only)

01 Wan-Tsu Lesson 1 **Meet Wan-Tsu** (18 minutes)

02 Wan-Tsu Lesson 1 **Wan-Tsu Saves the Day** (10 minutes)

03 Wan-Tsu Lesson 1 **Find Your Purpose** (21 minutes)

04 Wan-Tsu Lesson 1 **Wan-Tsu Meditation** (guided – 24 minutes)

05 **BONUS:** Wan-Tsu Lesson 1 **Meditation** (music entrainment only – 12 minutes)

NOTE: Track 5 is only available for download.

How to Use These Tracks

- The point of the story, in part, is to engage your attention, awareness, and suspension of disbelief to the degree that Wan-Tsu can become as real a character as possible for you to engage with.
- It is completely up to your discretion how often you want to listen to Tracks 1 and 2, in which you are first introduced to Wan-Tsu and you then hear a part of his story.
- In Track 3, with its strong guided meditation element, you're really working with Wan-Tsu: you're at the fire, you're at the stream, you're in the temple, or you're experiencing the elements he asks you to connect with. These things are dynamic in that you will get a different insight, a different awareness, a different expanded experience every time you listen. Once you've had this experience one time, you'll know if and when you want to tap into it again. You can listen to it a few times a week, once a week, once every couple of weeks, once a month—however often you like.
- Track 4 is really just an open space with the entrainment music, with some guidance every few minutes, to focus your awareness throughout your meditation. So, for about 20 minutes, you're able to have an experience where you're in a state of reflection, or you might have an insight, an intuitive type of mindset or awareness going on. You can use this track and Track 5 (entrainment music only) every day.

Target Brainwave Frequencies

- **Alpha Waves** – Deep relaxation, grounding in the here and now, releasing stress.
- **Theta Waves** – Insights, dream-like imagery, non-ordinary states of consciousness.

These tracks are intended to induce plenty of alpha awareness, or brainwave activity, as well as theta, so that between the two, the calm focus/receptivity and the imaginative quality of visualization, listeners can really feel immersed in the story.

About Leigh Spusta



Leigh Spusta, creator of Deep Delta, iAwake Mini Meditations, Solar Infusion, and the sound/entrainment track for Deep Recovery, 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 has become 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.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



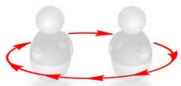
Profound Meditation Practitioners Forum:

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



Free Weekly Teleseminars:

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



Coaching:

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



FAQ:

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



Blog:

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



Customer Support:

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