

I\A\W\A\K\E

— TECHNOLOGIES —

Stealing Flow

Complete Brainwave Suite for Flow State Mastery

Creative Flow | Peak Performance | Insight & Intuition | Focus | Flexibility | Release



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— TECHNOLOGIES —

iAwake Technologies • Douglas Prater

DISCLAIMER

The user of Stealing Flow (SF) agrees that this audio program is designed solely for meditation, self-improvement, and as a study, creative work, focus, and flow aid. 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 SF, as they are more susceptible to seizures.

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

The user of SF 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 SF.

In no case will iAwake Technologies, Integral Recovery, or other distributors of SF 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 rendered by the arbitrators, if any, may be entered in any court having jurisdiction thereof.

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File Information for Optimal Entrainment Results

NOTE: We strongly recommend not converting Stealing Flow (SF) to a smaller MP3 format, because the increased MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality 320 kbps MP3 file. If you wish to burn SF to a CD, burning it as a 320 kbps MP3 file 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 "MP3," then select "Custom," and set to 320 kbps.



NOTE ON HEADPHONES

For the full entrainment effect, it is recommended that one use earbuds or headphones when listening to Stealing Flow.



Compatible Players

MP3

- *Compatible with all MP3 players.*



IMPORTANT NOTE ON USING WE:

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

I AWAKE

— TECHNOLOGIES —

Welcome to Stealing Flow

by Douglas Prater

Have you ever been so fully engaged in something – a creative practice, a sport, a conversation, a meditation, or even (gasp) your job – that it felt completely effortless? Perhaps your sense of time seemed to fall away, and the hours flew by in what felt like a matter of minutes. Or maybe time slowed down, and every second of your experience came alive in rich and vivid detail? When this happens, our “inner critic” goes silent, freeing us from the doubt and fear that held us back. Action merges with awareness. We trust our intuition. And we experience the richest, most enjoyable moments of our lives.

If you’ve ever experienced what I’m describing, you’ve experienced what psychologists call the “flow” state. Athletes call it “being in the zone.” For experienced meditators, it’s *jhana*. Characterized by selflessness, timelessness, effortlessness, and richness, the flow state helps us perform at our best, live our happiest and most fulfilled lives, and bring our gifts to the world. Most of us have had this experience at some point in our lives. For many, though, this state of flow feels elusive, like the stars need to align under perfect conditions for the experience to unfold.

As a writer, I recognized long ago that entering the flow state allowed me to do my best work. In flow, the words poured onto the screen; my fingertips could hardly keep up. The characters of my stories took on a life of their own, acting entirely of their own accord, often in ways that surprised me. I felt free to trust my intuition and see where the journey led. These moments of flow allowed me to create better work, faster. And they have been some of the most rewarding experiences of my career.

The trouble was, it was a challenge to enter the flow state reliably. There were countless days when, even with a deadline looming, the words wouldn’t come. Self-doubt and perfectionism overcame me, and every labored sentence I wrote lacked “magic.” I needed a tool to help me enter the flow state reliably, when I needed it.

The insight hit me, as I struggled with my manuscript for *NaNoWriMo* a few years back, that I needed a tool to help me reach the flow state on demand.

I've been meditating, composing music, and crafting brainwave entrainment tracks for nearly fifteen years, so creating my own tracks to enter flow felt like the realization of a very personal calling – the nexus of my passions. My new mission took on a life of its own as I began experimenting and testing the tracks. The ultimate crucible, of course, was their usefulness in my own creative and productive work. The program had to be strong enough to override the conscious “resistance” that inevitably shows up when pursuing deeply meaningful work, yet harmonically pleasing and smooth enough to use regularly. After countless iterations, I finally succeeded in “Stealing Flow.”

These tracks are the result of that work. The primary tracks, Stealing Flow I (with subtle affirmations) and Stealing Flow II, have been important tools in my own creative work, helping me to enter that place of relaxed, creative attention. They've been the muse in my ears for a number of published works. And I hope that they'll be a powerful tool for you, as well.

The creative process, of course, isn't limited to flow states. And Stealing Flow is far more than a tool for creative work. Bringing our gifts to the world involves an idea generation phase, a highly focused, “convergent” evaluation and polishing phase, and the space to let go and recharge in between bursts of inspired work.

Perhaps the most interesting track of the series is Warm-up. Designed to build mental flexibility and the ability to rapidly shift mental states on demand, Warm-up has proven to be a powerful meditation track in its own right. And, as the iAwake team serendipitously discovered, Warm-up adds an intensely catalytic effect when used as a precursor to meditation with PMP, Deep Delta, and other iAwake tracks. The Warm-up track alone is, as they say, worth the price of the ticket.

Stealing Flow is something of a departure from iAwake's traditional offerings of meditative, spiritual, and healing programs. But I believe that it fully aligns with our larger mission of helping people to discover their best selves and bring their gifts and talents into the world.

May these tracks guide and empower you on your journey of discovery and creation.

Namaste,

Doug Prater

How To Use Stealing Flow

The Stealing Flow Suite is a diverse and powerful toolkit, and its components may be combined in a number of different ways for a number of situations. My philosophy, as always, is one of open-minded experimentation. As you become familiar with each of the tracks and the way it affects you, you'll have a better idea of which tracks to use for which purposes. As you use Stealing Flow, we encourage you to share your stories with our community of practitioners on Facebook.

Stealing Flow uses a comprehensive entrainment matrix, which includes isochronic and monaural beats, enabling the tracks to work when played through speakers. However, the effect is substantially more powerful when headphones or earbuds are used, so using headphones or earbuds is our "best practice" recommendation when possible.

Keeping the above in mind, here a few sample suggestions that may help you begin your exploration.

Basic Use:

Choose any of the six Stealing Flow tracks that aligns with your desired state: Creative flow, brainstorming, focus, meditation, or relaxation. Slip on your headphones and let the sounds guide you gently into your desired state of mind. Repetition builds state familiarity, so working with your desired state track daily will compound your results.

Using Stealing Flow for Creative Work, Productivity, or Study (with The Pomodoro Technique):

- 1) Begin with Warm-up for the first 25 minutes of your creative period. Before starting the track, establish a clear intention for your creative work. What will you work on? What will you explore? As the track guides your brain waves, allow yourself to run through a "mental rehearsal" of your creative work. See yourself sitting at your desk, standing at your canvas, working at your computer, or performing any task with skill and fluency. (You can also work with any other meditation practice you choose, such as following the breath, using a mantra, circulating chi, focusing on the heart center, and many more.)

By starting your creative work period using Warm-up, you will neurologically push your brain waves through the “Struggle Phase” of the Flow cycle, making “Release” into flow easier and more powerful in the next step.

- 2) When the track finishes, take a 5-minute break. Stretch your legs, drink some water, gather your supplies. (Resist the temptation to surf the web, check your email, or browse social media, as these activities leave a sort of “attention residue” that can detract from your work.)
- 3) Start the primary Stealing Flow track and begin your process of creation. Allow yourself to jump right in and keep moving, working quickly enough to outrun the inner critic. Using your forward momentum as a “meditation object,” continue returning to your work as often as necessary as the “distraction” of the internal monologue falls away. Trust your intuition and go with the flow.
- 4) When the track ends, take a 5-minute break. Even if you’re on a roll. Especially if you’re on a roll. Why stop now? Because you’re deep in the process and excited about what you’re doing. Right now, you’re eager to get started again, whereas if you worked until your brain became fatigued, you’d be less likely to continue. So stand up and stretch your legs. Pet your cat. Do some jumping jacks.
- 5) Repeat steps three and four.
- 6) Repeat steps three and four again. Now you’ve worked for two hours, and it’s time to take a longer break. Take 15-60 minutes to disconnect and recharge. Have a snack, drink some water, get some sunshine. Try to completely disengage from your project; you’re in the recovery phase. This is also a great time to sit (or lie down) and listen to Relax, Release, Recharge.
- 7) Advanced: (Use caution if you’re sensitive to entrainment overwhelm; experiment with the tracks first to see how they affect you.) Repeat the process above. Four blocks work/rest, followed by a longer break.

Note: For any of the work/rest cycles outlined in steps 3 and 4, feel free to substitute High Focus or Breakthrough for the primary Stealing Flow track. Use the right tool for each stage of the process, depending on what you need to do next.

The Pomodoro Technique

There's a well-known productivity method called The Pomodoro Technique, which I've found to be incredibly effective. It works with our natural rhythms and energy cycles to help us produce more high quality work, in a short amount of time, without burning out in the process. The key is respecting our brain's need to rest and recharge.

To use The Pomodoro Technique, you work in 25-minute blocks, followed by a 5-minute break. This work/rest cycle is performed four times, followed by a longer break that can range from fifteen minutes to an hour.

All six tracks of Stealing Flow are 25 minutes long, so they double as your "timer." Work while the track is playing, and when it ends, take a quick break. Then you can come back and start another track -- either the same track, or something different, depending on the nature of the work you need to do next.

Using this technique with my writing, I am able to get a lot more done. The work is of a higher caliber, too. Pomodoro and Stealing Flow have helped me create, explore, and produce with better results. For any type of "deep work" that requires focus and creativity, or for students and professionals with piles of material to study, Stealing Flow and The Pomodoro Technique are a powerful combination.

Using the Stealing Flow Suite for Meditation:

There are a number of ways to use Stealing Flow as a stand-alone meditation, or as an addition to your current favorite iAwake tracks:

- Option 1 -- Meditate with *Warm-up*, using your meditation practice of choice. Use the breath, the heart center, or the music as a "meditation object," gently returning your attention when it wanders. This practice helps facilitate "state flexibility," allowing you to drop into meditation, flow, focus, or relaxation more easily, any time you need to.
- Option 2 -- Begin your meditation with *Warm-up*, as described above. When the track ends, follow it with *Relax, Release, Recharge* for a deeply rejuvenating and healing meditation.
- Option 3 -- Begin your meditation with *Warm-up*, as described above, then follow it with *Stealing Flow I* or *Stealing Flow II*. This practice has a twofold effect: First, it facilitates entry into the *jhanas*, or meditative absorptions. Second, it conditions your

brainwaves to enter the flow state more readily in other situations in your daily life. The more you work with this protocol, the more powerful the effect becomes.

- Option 4 -- Begin your meditation with *Warm-up*, as described above, then follow it with *Breakthrough*. The use of *Breakthrough* as a meditation track allows you to enter a deep trance state for shamanic exploration, self-hypnosis, releasing trauma and emotions, or working with “medicine questions.”
- Option 5 -- Begin your meditation with *Warm-up* as described above, then follow it with any of your favorite iAwake tracks. Any program you use immediately following *Warm-up* is intensified and amplified by preparing your mind with the *Warm-up* track. Use appropriate caution in your explorations.
- Option 6 -- Any of the Stealing Flow tracks can be used for meditation on their own, *without* using the *Warm-up* track first. This is particularly useful if you’re short on time.

The Stealing Flow tracks can be used and combined in numerous ways, and we’ve only outlined a small taste of what’s possible. We look forward to seeing the ways you choose to use it in your own life and practice.

Stealing Flow Technology

Target Brainwaves:

Gamma: Energy and focus, bursts of insight, “Aha!” moments of clarity

Beta: Alertness, attention, motivation, focus

Alpha: Relaxed focus, heightened creativity, stress release

Flow Zone: Selflessness, timeless, effortless, richness – peak performance and creativity

Theta: Deep creativity, insight, healing, intuition, access to inner guidance

Delta: Deep, meditative, formless awareness, non-dual consciousness

Warm-up: Designed to facilitate versatility and easy shifting between states, Warm-up is a full-brain, all-state experience. The track begins with **12 Hz alpha**, ramping down to **1 Hz delta**. From there, it ramps slowly to **48 Hz gamma**, then back to a relaxed **10 Hz alpha**.

Stealing Flow I and Stealing Flow II: The track begins with a ramp from 12 Hz alpha to the **8 Hz alpha/theta border—the “Flow Zone.”** Over the course of the track, this target frequency rolls slowly back and forth between 7.5 Hz and 9 Hz, allowing you to find your precise optimal flow frequency. In addition to the alpha/theta “flow zone” entrainment, a more subtle, **48 Hz gamma** helps create moments of **“binding consciousness” and bursts of insight**, particularly as the entrainment intensity of the gamma “peaks out” above the flow bed at several points in the track.

High Focus: The high focus track begins at 14 Hz beta and slowly ramps to 30 Hz high beta. Over the course of the track, the target frequency continues to slowly roll back and forth between **22 Hz and 30 Hz**, mirroring the natural cyclic nature of **energy, motivation, and intensity of focus**. The track concludes at 14 Hz beta.

Breakthrough: The Breakthrough track targets the theta state, oscillating between **4 Hz and 6 Hz** over the course of the session, promoting **profound relaxation, access to insight and intuition, and deep creativity**. It concludes with a return to a relaxed 10 Hz low alpha.

Relax, Release, Recharge: The healing and recharging effects of this track come from the strong, stable entrainment to the Schumann Resonance frequency of **7.83 Hz**. This frequency is associated with a number of powerful effects, including **relaxation, a sense of grounding, balance and harmony, enhanced rejuvenation, and intuition**.

The Music:

Forming the musical bed, recorded and triggered samples of double bass, cello, viola, violin, and a flute ensemble have been dynamically arpeggiated at a rate consistent with the shifting entrainment frequencies, then carefully filtered to accentuate their naturally rich overtone signatures.

Each note of the primary chord, which makes generous use of soothing “perfect fifths” at the golden mean ratio, is played by a different instrument, providing a rich harmony of overtones working in concert. The sounds were run through a slow decay reverb, tuned to the proper room size that allows the reflection series to reach the ears at the rate of flow-state brain waves.

On the lower end of the frequency spectrum, a pair of LFO oscillators drive a gate-triggered filter to shape the envelope of the sound. The result is a tonally smooth and highly effective synergy of non-standard entrainment modalities.

Entrainment:

Stealing Flow combines multiple entrainment modalities, which work together to enhance its effectiveness.

- **Harmonically Layered Binaural Encoding** – Multiple layers of binaural entrainment at harmonically related frequencies
- **Frequency-filtered Isochronic Pulses** for a powerful, but pleasant entrainment effect.
- **Comprehensive Spatial Binaural Encoding** of natural sounds for a complete entrainment experience
- **Psychoacoustic Resonance** in the overtones of the musical bed to promote a natural state of well-being
- **Monaural Beats** created by the layering of musical patterns at the lower end of the frequency spectrum
- Generous use of **“Perfect Fifths” at the Golden Mean Ratio** for balance, wholeness, and harmony.

Subtle Affirmations:

The Stealing Flow Suite includes two versions of the core Stealing Flow track, one of which contains a series of affirmations subtly layered throughout the stereo field. The affirmations have been mixed at a level that is loud enough to be perceived by your ears, but quiet enough to be masked almost completely by the musical tone bed and natural sounds in the recording. In my research and in my own testing, I have found that this level – above the threshold of hearing but below the threshold of conscious perception – is the ideal level for affirmations of this type. At this level, the affirmations can be perceived by the subconscious mind, where they will be the most helpful, but effectively bypass any conscious resistance to the ideas. (Not to mention, the spoken voices won't distract you from your work.)

It's important to note, when working with a recording of this nature, that your subconscious mind cannot and will not be influenced by any suggestion that doesn't align with your personal values and intentions. While I have made every effort to ensure that these suggestions are helpful, positive, and beneficial, I understand that this added element won't appeal to everyone. I chose to include this version of the track, which was originally designed for my personal use, because I have found it to be quite helpful in shifting my mindset. However, you always have the option of using Stealing Flow II, which contains music and entrainment (but no affirmations), should you choose to do so.

Below is a sampling of the affirmations in Stealing Flow I, which have been recorded in first, second, and third person tenses. You can also download a pdf of the full list of affirmations [here](#).

I easily relax into flow.

My focus is sharp and effortless.

I deeply experience the eternal now.

I trust my insight and intuitive guidance.

I am capable and in my element.

I perform with effortless mastery.

I effortlessly follow my intuition.

I am capable.

I am valuable.

I am enough.

You are a valuable and important part of the world.

It is easy and safe for you to express your feelings and ideas.

It is safe for you to be vulnerable.
You feel happy and peaceful.
Your fear is melting away.
You are courageous.
You take courageous actions.
You are comfortable and relaxed.
You know what to do, and you trust your actions.
You trust your creative flow.

Flow is deep in the present moment.
Immersion is effortless and complete.
Insights come like lightning bolts.
It's okay to be curious.
It's okay to be creative and brilliant.
Superior focus is effortless.
Grit and dedication are rewarding.
There is courage and strength in effortless forward motion.
Relaxing into flow is easy and natural.
Flow brings joy and gratitude.

About Douglas Prater



Doug Prater is an author, meditator, fitness enthusiast, and musician, who holds a degree in Music: Sound Recording Technology from Texas State University. Born and raised in Littleton, Colorado, Doug also spent significant periods of his life in Austin, TX, and Atlanta, GA. Always longing to return to the mountains, he now lives in the Smokey Mountains of western North Carolina.

Doug's diverse work experience as an audio engineer, web designer, author, and actor, make his joining iAwake an excellent addition. Doug has composed and engineered brainwave entrainment audio tracks for his personal use in meditation, creative pursuits, and the attainment of peak performance flow states. He is also the producer, webmaster, and project manager of the Journey of Integral Recovery podcast. Doug is the author of the forthcoming book *The Dharma of Harry Potter: A Muggle's Guide to Buddhism* (and a large catalogue of fiction written under a handful of pseudonyms that he won't tell us... we suspect he writes romance novels.)

Visit Doug's website at:

- DouglasPrater.com

Doug's Publications:

- *The Dharma of Harry Potter: A Muggle's Guide to Buddhism* (Coming in 2017)

iAwake Support Links



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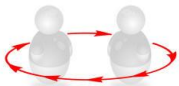
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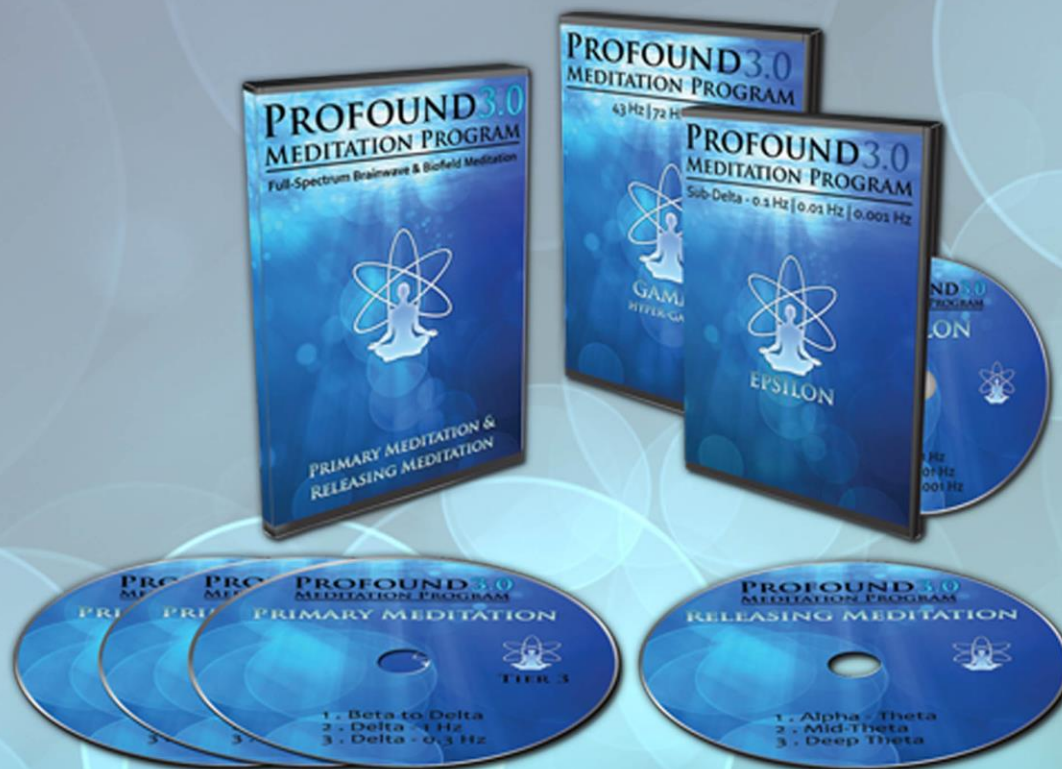
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PROFOUND MEDITATION 3.0 FULL SPECTRUM



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

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