

# I AWAKE

— TECHNOLOGIES —

## Call of the HEART

Scandinavian Lullabies with Theta Waves  
and Biofield Energy to Open and Heal your Heart



I AWAKE  
— TECHNOLOGIES —

## DISCLAIMER

The user of Call of the Heart (CH) agrees that this audio program is designed solely for meditation, self-improvement, learning, 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

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

- Individuals under the influence of medication or drugs
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or who have had seizures
- 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 CH, as they are more susceptible to seizures.

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

The user of CH 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 CH.

In no case will iAwake Technologies, Integral Recovery, or other distributors of CH 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.

## Table of Contents

<b>File Information for Optimal Results</b> .....	<b>4</b>
Note on Headphones .....	4
Compatible Players .....	4
Important Notes on Using Call of the Heart .....	4
<b>Welcome to Call of the Heart</b> .....	<b>5</b>
About Call of the Heart .....	6
How to Work with Call of the Heart.....	8
Call of the Heart Technology .....	10
About the Creators .....	11
<b>iAwake Support Links</b> .....	<b>12</b>
<b>PMP 3.0 – Full Spectrum</b> .....	<b>13</b>



## FILE INFORMATION FOR OPTIMAL ENTRAINMENT RESULTS

**NOTE:** We strongly recommend not converting Call of the Heart (CH) 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 CH 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 fullest entrainment effect, it is recommended that one use earbuds or headphones when listening to Call of the Heart. Call of the Heart's isochronic and biofield technologies also make it ideal for use with speakers.



## COMPATIBLE PLAYERS

### MP3

- Compatible with all MP3 players.



## IMPORTANT NOTE ON USING CH

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 byproducts.

## SONG CREDITS

All soundtracks from the album "Night Light" by Vidia Wesenlund, licensed by iLicenseMusic 2017.

# I AWAKE

— TECHNOLOGIES —

## Welcome to Call of the Heart

*by Pam Parsons Dupuy*

From the moment I heard these songs, I knew this was it. I had been searching for music that would support entrainment tracks focused on healing, heart opening, and soul. I wanted truly beautiful music. We also wanted to invite Eric Thompson, original co-founder of iAwake Technologies, to add his biofield genius to this project – to which he graciously agreed. Eric has added his very latest work in the nascent field of subtle energy applications to these tracks.

AND somehow, magically, masterfully, Leigh Spusta found a way to infuse these haunting, gorgeous tracks with theta entrainment in a way that blends and supports them. Leigh is a consummate musician, among his many skills, and it truly shows here.

Vidia Wesenlund, originally from Norway, is the creator and the lovely voice on these tracks. They are her only published solo work to date, but she told me recently that after many years away, she is now starting to find her way back to music.

I think you will agree these tracks are beautiful and masterful on so many levels. A friend recently said he thought brainwave entrainment, with its combination of science and music, is a new form of art.

Peace,  
Pam Parsons Dupuy



## About Call of the Heart

The Call of the Heart soundtracks are Scandinavian lullabies, songs mothers sang, and still sing, to soothe their children to sleep. The songs come from Norway, Sweden and Denmark. Here are the words in English (translated from Swedish) from one of the tracks, "Song of Mama Troll".

When mamma troll has put her eleven trolls to bed  
and tied her tail to theirs,  
she slowly sings for her eleven little trolls  
the most beautiful words she knows.  
Ho aj aj aj buff...

*(Translation courtesy of Jenny Parsons)*

The interesting thing about these songs is that even though there is a haunting quality and an emotionality to them, they evoke a peacefulness, a centeredness, that surprises. Of course, they can also evoke different responses from different people:

“As a connoisseur of entrainment tracks, I loved the way the tech was added to the vocals. It is truly a new art form of great beauty.” ~ *Paul*

“These tracks provided a different kind of focus than I've experienced with iAwake products. It was like I became a heart that was focused and thinking, processing emotional issues through the heart. I immediately became still and dropped in to a very deep space that I think is a combination of heart and psyche.” ~ *Lisa Celentano*

“There was a lot of pain erasure: which is to say that the tracks brought up pain to erase that I didn't know was there.” ~ *Christopher Worthington*

“These tracks create deep space, emptiness and fullness present in the now and have changed my relationship to this expanded state of awareness. It feels more accessible.” ~ *Lise Beaulieu*

All these tracks target theta brainwaves, which are associated with deep creativity, insight, healing, intuition, and access to inner guidance. So attend to how these tracks affect you and support you in these areas.

The biofield tech also infused in these tracks is heart-centered and balancing, so you may also want to pay attention to how these tracks may affect you.

*NOTE: A bit about the biofield entrainment, also called subtle energy technology. The science for measuring this technology has not been firmly established, which leads to healthy skepticism, though most of us can acknowledge there are dimensions of experience not easy to categorize or capture – yet.*

Some people can readily detect the subtle energy technology in these tracks and others can't. Typically, you can sense into its impact by feeling warmth on your skin, and a more whole body experience, than that evoked by the brainwave entrainment only, which tends to be more located in the head. Then, of course, there are the internal markers that you will recognize if you are sensitive in this way. Hear from a few people who are sensitive to this dimension:

"I felt energy moving in my body on every track." ~ *Christopher Griffin*

"The effect is otherworldly and feels healing/longing." ~ *Scott*

"The subtle energy technology has a deepening presence." ~ *Charles Flores, PhD*

In the end, what's important is YOUR experience. And we welcome emails letting us know what you experience: [iawake.team@gmail.com](mailto:iawake.team@gmail.com).

# How to Work with Call of the Heart

Call of the Heart tracks may be used in a number of different ways for a number of situations. Our 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 Call of the Heart, we encourage you to share your stories with our community of practitioners on Facebook:

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

**Here are some of the ways people are using the tracks:**

- for heart opening
- for centering
- to be deeply touched
- for helping to feel into and release submerged grief
- to help shift from anger to the underlying sadness
- as opening music for a meditation session
- to prepare for sleep
- to help relieve emotional pain

Call of the Heart uses a masterful entrainment matrix, which includes isochronic and biofield technology, enabling the tracks to work well when played through speakers. However, the effect is typically most 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 are a few sample suggestions that may help you begin your exploration.

## Using Call of the Heart:

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

- Option 1 -- Meditate with the suite of tracks, 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 or relaxation more easily, any time you need to.
- Option 2 -- Begin your meditation with one of the tracks. When the track ends, follow it with *Profound Meditation 3.0* or other iAwake tracks you are using for your meditation practice.
- Option 3 – Play *Call of the Heart* tracks on your speakers to create an environment of beauty and love in your physical space.



- Option 4 – Play *Call of the Heart* tracks to enter a deep trance state for shamanic exploration, self-hypnosis, releasing trauma and emotions, or working with “medicine questions.”
- Option 5 – Play *Call of the Heart* tracks to help fully experience and release grief and sorrow. Immerse yourself in the music and let the feelings come and flow through you.

*Call of the Heart* tracks can be used and combined in many ways, and we’ve offered a few of them here. We look forward to seeing the ways you choose to use them in your own life and practice. Please share your discoveries and applications in the community forum on Facebook: <https://www.facebook.com/groups/profoundmeditation/>

# Call of the Heart Technology

## Target Brainwaves:

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

From Leigh Spusta, developer of the brainwave entrainment tech:

*I kept the same target of 5.5 Hz across all tracks to ensure a solid, continuous entrainment. I used an isochronic tone approach on all tracks, yet each track has its own unique carrier audio, a drone instrument with a timbre and pitch that blended well with each track. On one track, I used a sample of the track itself to embed the isochronic tone into the ocean-like sound. Finally, the depth of the isochronic pulse and the mix level of the carrier audio were determined in each instance by both the effectiveness of the entrainment and by maintaining the soothing aesthetic of the track.*

## Biofield Technology:

From Eric Thompson, developer of the biofield tech:

Here are the energetic signatures included in all the tracks:

- **Golden Mean Energy:** A naturally balancing and soothing energy associated with the Golden Proportion.
- **Heart Activation:** Helps open the heart and facilitate the transmutation of negativity into heart-centered joy.
- **Heart Chakra:** Cleanses and balances the energetic heart.
- **Heart Health:** Helps restore general heart health where needed; may also help with heart arrhythmia.
- **Rose Quartz:** Known as the 'love stone,' as it emits a strong vibration of unconditional love, joy, warmth, and emotional healing.
- **Theta Brain Waves (as energetic signals, not BWE):** The energetic signature of theta. Opening the heart can be surprisingly enervating, and the addition of theta waves helps balance that out, so it isn't overpowering.”

## About the Creators

These tracks come from **Vidia Wesenlund's** only solo album. Her music has been featured in the award-winning documentary, Samsara (2011), with music produced by Michael Sterns, Lisa Gerrard, and Marcello De Francisci. Here is what she has to say about these tracks:

*“I remember these Scandinavian lullabies from growing up in Norway, but singing them now gives me an experience of how the depth of darkness and the clarity of light can exist at the same time in one song. And in this way it reflects what is so much a part of the northern countries – light and darkness that show up in such extreme ways.*

*The songs have brought these two opposites together for me, letting our dark and light sides exist in the same space, through the tenderness of the lullabye. I hope you will have your own unique experience as you listen to these songs from the land where the days are dark and the nights are light.”*

---

**Leigh Spusta** 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. Leigh combines his talents as a musician and his knowledge of hypnosis and related states, to pioneer new approaches in creating rich, resonant soundscapes for greater efficacy in healing and meditative products.



---

**Eric Thompson** is the creator of the iNET entrainment process, and was a co-founder and the first Chief Technology Officer of iAwake Technologies, LLC. Eric is no longer with iAwake Technologies, but was a seminal contributor to its development and all initial products, including the Profound Meditation Program. Eric is now the founder of [Subtle Energy Sciences](#) and writes and speaks on the intersection between neuroscience, psychology and spirituality.

# iAwake Support Links



**Profound Meditation on Facebook:**

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



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



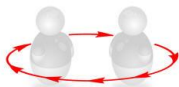
**Profound Meditation Practitioners Forum:**

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



**Free Weekly Teleseminars:**

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



**Coaching:**

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



**FAQ:**

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



**Blog:**

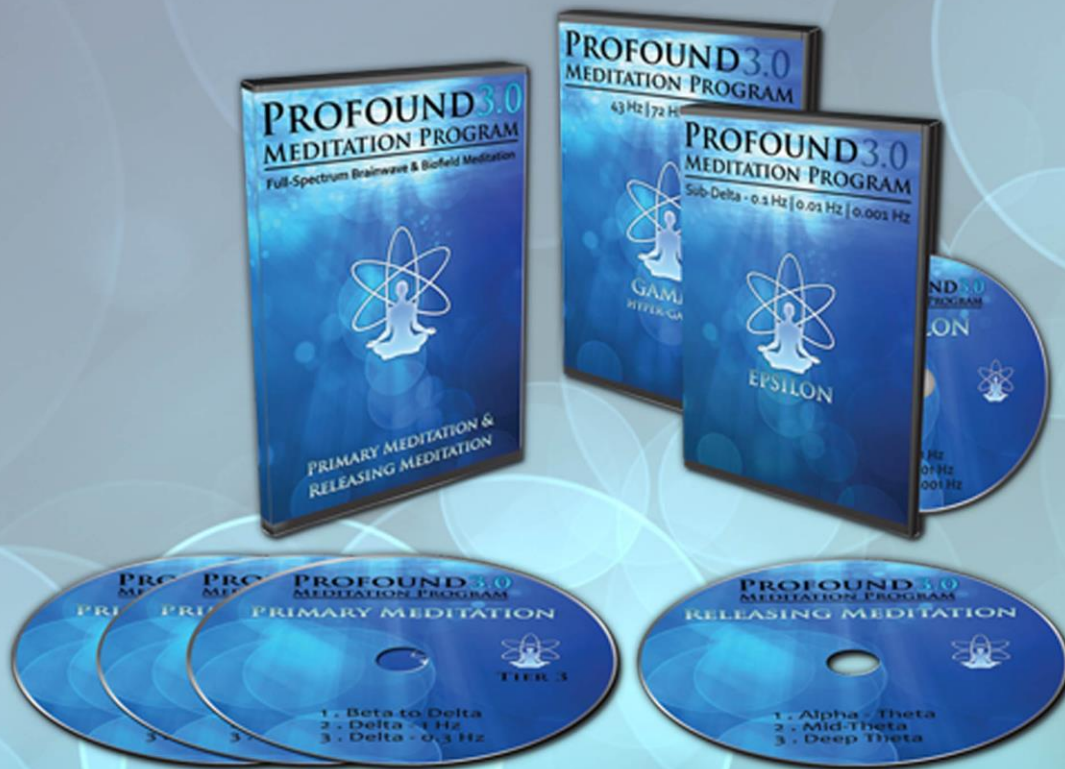
<http://www.iawaketechnologies.com/blog/>



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