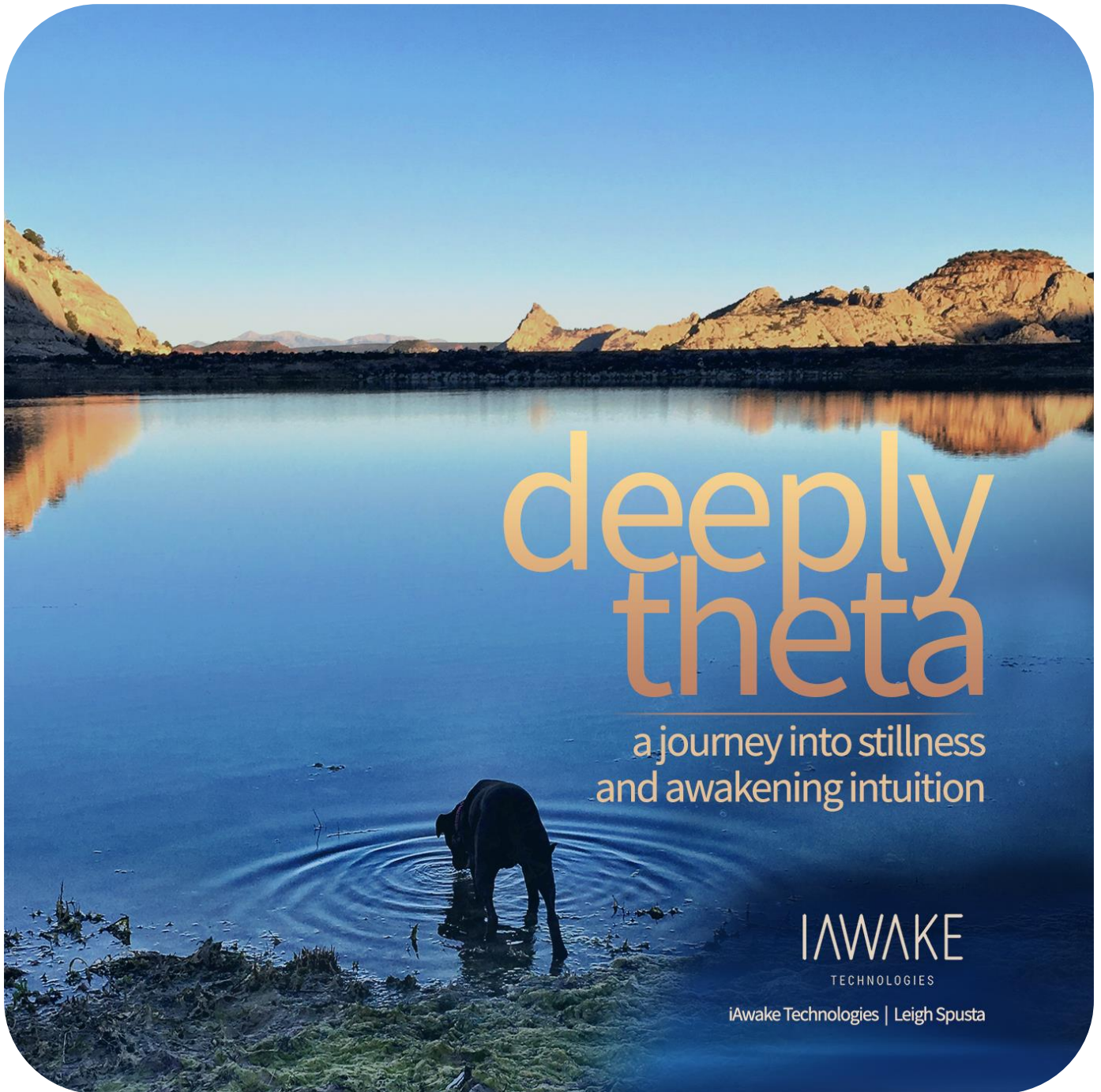


I\A\W\A\K\E

TECHNOLOGIES



deeply theta

a journey into stillness
and awakening intuition

I\A\W\A\K\E
TECHNOLOGIES

iAwake Technologies | Leigh Spusta

DISCLAIMER

The user of *Deeply Theta (DT)* 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 *DT*, as they are more susceptible to seizures.

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

The user of *DT* 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 *DT*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *DT* 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 *Deeply Theta (DT)* 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 *DT* 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 *Deeply Theta*. *Deeply Theta'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 *DEEPLY THETA*

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.

I AWAKE

TECHNOLOGIES

Welcome to *Deeply Theta*

I am delighted to announce the unveiling of *Deeply Theta*. As some of you may know, *Deep Delta* is one of our most popular tracks and a personal favorite of mine. *Deep Delta* was created by one of our resident genius developers, Leigh Spusta. A few months ago, I asked Leigh if he could do the same sort of treatment for theta that he had done for delta—theta being a powerful brainwave associated with dreaming, imagining, releasing, and therapeutic breakthroughs. Well, the results are better than I could have imagined. **Welcome to *Deeply Theta*.**

Anna Wise, brainwave entrainment pioneer, said that some of the issues that could be dealt with and some transformational experiences that can be reached in theta¹ are (but are not limited to):

- Personal healing
- Finding stillness and serenity
- Inner security
- Higher self
- Increased awareness
- Creativity
- Compassion
- Love
- God
- Healing others
- Universal peace
- Awakening

And, I might add, releasing and healing from PTSD and trauma.

This is a wonderful new meditation tool that will aid you in the waking up, growing up, and cleaning up process. Firstly, it's a powerful spiritual meditative aid; and secondly, it's a great tool for releasing unresolved issues and traumas from the past. Thirdly, both of these processes help us to deepen our spiritual experience and understanding as well as develop ourselves to the highest and best version of ourselves.

¹ from *Awakening the Mind* by Anna Wise

Here are some of the voices from our beta testing team:

“There is a definite and consistent feeling of gratitude and being in the moment. I have felt more alive and present after listening to this and then going about my day.” — Gregory

“The tracks brought up an instant reflection on internal events, effortlessly. I feel in the short time I have used this track, it has helped me process some painful, buried experiences in a good way.” — KM

“[Deeply Theta] drops me into a quiet mind state pretty quickly, cutting the mind chatter. I also really like how it’s a full body relaxation experience and heart softening. I feel really clear and relaxed afterwards. It just puts me in a better mood and eliminates any anxiety and stress I might be experiencing.” — Dave

“My Heart center is definitely thanking Leigh & iAwake for giving it a workout. — Christopher Worthing

Deeply Theta consists of three tracks: a 10-minute track, a 20-minute track, and a 40-minute track. These can be used individually or sequenced any way you like—or used before or after other iAwake tracks. However you use *Deeply Theta*, you can look forward to a very deep and healing meditative experience.

So, congratulations on your purchase of *Deeply Theta*, and we wish you great success on your iAwake transformational journey.

Warmly,

John and the iAwake Team

About *Deeply Theta*

Tracks

- 01 Deeply Theta (10 minutes)
- 02 Deeply Theta (20 minutes)
- 03 Deeply Theta (40 minutes)

How to Work with *Deeply Theta*

What Leigh has created are the most powerful theta wave tracks I have ever experienced and used.

Our *Deeply Theta* offering consists of 3 tracks: a 10-minute track, a 20-minute track, and a 40-minute track. The 10-minute and 40-minute tracks include isochronic entrainment technology, and the 20-minute track does not.

Each track can be used individually or together, or you can loop each individual track and listen to it as many times as you feel necessary. As with all of our iAwake tracks, these can be mixed and matched with other tracks, too. For example, you could use the 20-minute *Deeply Theta* track followed by 40 minutes of *Deep Delta*, or, followed by two tracks from *PMP 3.0*, such as 2/2 and 2/3.

I personally recommend that you practice a morning meditation on a daily basis. I normally do an hour every morning – but find the length of time that is most effective for you. Of course if you miss a morning, you could always meditate in the evening. Also, a second, shorter meditation in the evening is always a brilliant addition to your daily morning practice.

As with all of our tracks, for beginners, you can just close your eyes and be aware of what is happening as you move deeply into theta. For more advanced practitioners, it is recommended that one develop a meditation practice to use while listening to these tracks.

***Deeply Theta* is designed for:**

- accessing deeper intuition and insights
- inner journeying work & visualization
- deepening into stillness
- evoking creative processes
- working with your dreams
- deeply relaxing
- inducing healing states
- soothing stressful feelings

***Deeply Theta* can be:**

- Used with or without headphones – though headphones tend to produce a stronger effect
- Played in the background to texture your living space
- Used when you do your daily meditation by combining tracks or looping to match your meditation period

As you use *Deeply Theta*, we encourage you to share your stories with our community of practitioners on Facebook:

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

The Technology

From the Developer, Leigh Spusta:

Deeply Theta has been composed using a 432 Hz tuning versus the standard 440 Hz. This is to emphasize the natural harmonic sequences and interval frequencies that line up much more closely to whole numbers, and many believe that 432 tuning is in sync with our biological frequencies and the planet itself. Through the selection of note values and timbres, we have promoted the presence of natural entrainment rhythms that ultimately target the theta range of 5 Hz. The compositional style emphasizes an ebb and flow, eliciting a gentle deepening into a physical relaxation and an expansion of the mind into a dreamlike state. There is a general psycho-acoustic approach utilized in order to cue the relaxation response and to sponsor mental imagery and feelings of well-being.

Subtle isochronic technology was added to the 10- and 40-minute tracks targeting 4.5 Hz.

About the Developer



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.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



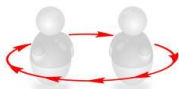
Profound Meditation Practitioners Forum:

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



Group Coaching Call Archive:

<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

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