



iAwake
technologies

For Effortless Focus and
Peak Performance

www.iawaketechnologies.com

Flow State

Eric Thompson iAwake Technologies



Flow State

User Manual

IMPORTANT: Please read this manual carefully and in its entirety before your first use.

Disclaimer

The user of Flow State, hereby referred to as FS, agrees that this software is designed solely for 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:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or 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 FS as they are more susceptible to seizures.

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

The user of the FS application assumes all risks in using FS, 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 FS application.

In no case will iAwake Technologies, LLC or other distributors of the FS application be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its technology, 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. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.



What Is Flow State with iNET?

The **Flow State** session is a set of precise frequencies that have been carefully arranged in such a way as to facilitate the brainwave pattern of effortless focus and peak performance.

Headphones are required for maximum benefit.

NOTE: In order to fully capture the full carrier frequency spectrum used in the iNET process, we recommend using headphones with a frequency response of 20 – 20,000 Hz.

As with physical exercise, it is important to train your brain every day. The more you use these recordings (within the limits of the instructions), the more positive changes you will manifest. The more consistent you are in allowing *Flow State* to exercise your brain, the more profound the results you will witness. *Plus, after about a month of daily use, the brain begins to integrate the new capacities it has gained.*

Flow State utilizes a unique form of brainwave entrainment to rhythmically induce healthy brainwaves through the use of pulsed sound and embedded energetic frequencies. Brainwave research has discovered specific brainwave patterns that help facilitate highly focused mental states, optimal brain functioning, uncommonly deep meditation, improved wellbeing and dramatic attitudinal and behavioral changes.

As you listen to **Flow State** your brain will be **precision-tuned** to states of consciousness correlated with accelerated learning and exceptionally engaged cognitive functioning.

File Information For Optimal Entrainment Results

NOTES:

- The CD-version features high quality WAV files.
- The download-version contains high-quality (320 kbps) MP3 files which use less compression than typical MP3 files.
- Some versions may also offer AAC audio file format - and you are welcome to convert your audio files to a high quality AAC version.
- We also offer downloadable WAV files for those interested, though it does not retain much of the labeling data and graphics that the high quality uncompressed version carries. We believe, however, that the high quality mp3 files are a very effective audio file format for our technology.

We strongly recommend not converting these tracks to normal MP3 format (anything below 320 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."

Compatible Players

WAV

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at www.getsongbird.org)
- *MP3 Players* – Most MP3 players play WAV files.

APPLE LOSSLESS

- *Computer Media Players* – iTunes
- *MP3 Players* – iPod

Listening Schedule Guidelines

The following instructions are intended as guidelines only. Feel free to let your own intuition and personal experience guide you in how to best use Flow State to create a transformational practice that best meets your needs (within the confines of the instructions and guidelines offered).

For optimal results, listen to Flow State once daily at least five days per week. Seven days a week is even better. To find the best results for your unique situation, you might even experiment with twice-a-day daily sessions (morning and evening). Find the best schedule for you.

Finally, whenever you want that extra edge for studying, academics, public speaking, sports, sales, etc, listen to Flow State one hour before your performance.

Targeted Brainwave Pattern

Track 1

- Phase-Synchronous Alpha

IMPORTANT NOTES:

1. Although simply by listening to the Flow State entrainment stimulus alone (*without* practicing a concentration technique at the same time) will **without doubt** significantly improve your focus and conscious engagement throughout the day, we nevertheless recommend the simultaneous practice of some visualization technique. By visualizing the exact improvement you wish to make while listening to Flow State, the interior technology (i.e., visualization) and the exterior technology (i.e., Flow State) combine to create a genuinely synergistic form of empowerment.
2. 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.

General Listening Instructions

(Please read these instructions entirely before using. You'll be glad you did :-)

- ✓ Headphones are required.
- ✓ Schedule a time every day. This will help your mind/body to come to expect its use and accept your listening as a "habit" that will be easier to maintain. First thing in the morning and before the evening meal is ideal.
- ✓ Sit in a comfortable chair with head and neck support.
- ✓ Always sit upright while listening, as this best facilitates the increased attention, focus and energy that will accrue during listening sessions.
- ✓ We generally recommend listening with eyes closed, as this helps reserve attention and minimize distraction for optimal entrainment.
- ✓ Allow yourself to be given over to the audio environment, which will increase the efficacy of your session.
- ✓ **It is NOT recommended to listen to Flow State more than 2 hours per day.**
- ✓ **IMPORTANT:** After each session, allow 1- 5 minutes to ease back into your day. Be sure to anchor your deepened awareness in your mind by consciously observing and feeling it in your body. **Soak it up and bathe in it.** Then intend to carry this awareness and effortless focus with you wherever you go.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



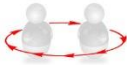
Profound Meditation Practitioners Forum:

<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:

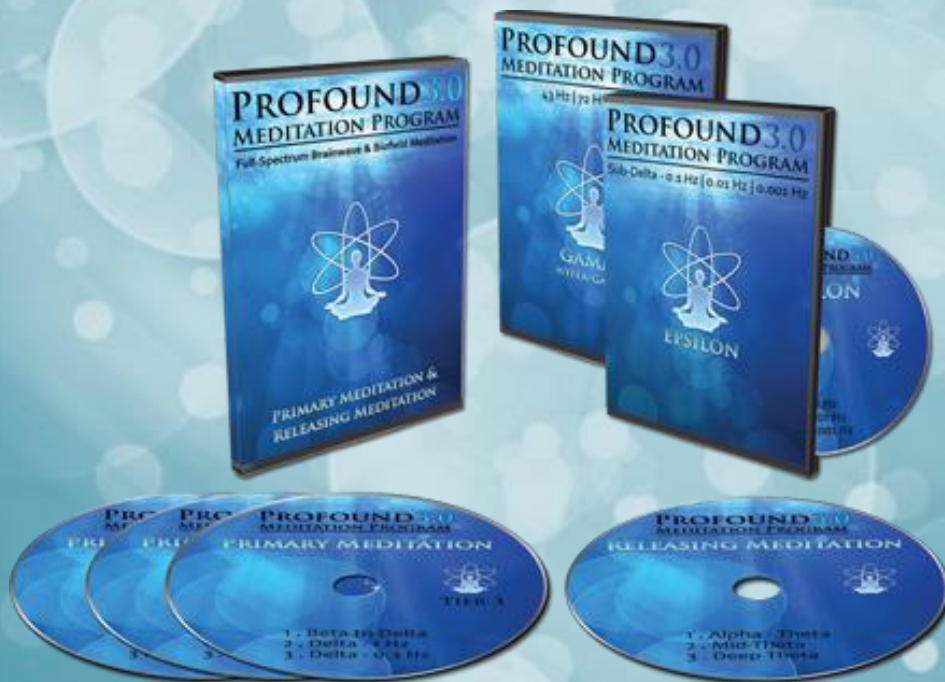
<http://www.iawaketechnologies.com/blog/>



Customer Support:

support@iawaketechnologies.com

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.iawaketechologies.com