



iAwake Technologies
Science Meets Stillness
iAwakeTechnologies.com

GAMMA-BURST

FOR MOTIVATION, ENERGY & INTENSE FOCUS



BrainCatalyst

Enhanced Brain Function for Students, Performers,
Bio-Hackers and Business Professionals

DISCLAIMER

The user of Gamma-Burst (GB) agrees that this audio program is designed solely for meditation, 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 GB, as they are more susceptible to seizures.

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

The user of GB 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 GB.

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

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File Information for Optimal Entrainment Results

NOTE:

- The CD-version features high quality WAV files.
- The download-version contains higher quality (192 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 192 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter some 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 192 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 192 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); SongBird (free at www.getsongbird.org)
- *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.

**NeuroCharger
3.0**

For a Balanced,
Energized Mind

**FlowState
2.0**

A Flow-State
Generator

Gamma-Burst

For Intense Energy
& Motivation

**ADHD
Helper**

Digital
Attention Trainer

Digital Calm

Ultra-Relaxation for
Pre-Performance

Audio Insight

Digital Creativity
Generator



BrainCatalyst™

Enhanced Brain Function for Students, Performers,
Bio-Hackers and Business Professionals

Welcome to Gamma-Burst

How to Listen to Gamma-Burst

Please be aware that this program, although being completely safe, is nonetheless very powerful. It is not advised to listen to this program more than an hour a day. Listening to it more than 3 days a week may lead to temporary mania and/or overstimulation. If this occurs, simply reduce your listening time. For deepest entrainment, always listen to Track 1 before listening to Track 2. Likewise, listen to Track 2 before listening to Track 3.



Headphones are recommended for optimal effect. Because of the embedded biofield entrainment frequencies, entrainment is still effective even when not using headphones. Headphones, however, deliver the best entrainment due to the unique, harmonically layered dual-pulse binaural signals encoded into the mix.



For best results, listen to this program with eyes closed in an upright seated position, in a location where you won't be disturbed.



Alternately, you can listen to this program while you work, exercise or practice whatever skill at which you desire to excel. While seated, eyes-closed listening delivers the best entrainment, this program's entrainment technology is effective enough to entrain your system even if listened to while doing other things.



Use this program whenever you need a burst of:

- Energy
- Motivation
- Extraordinary Focus
- Enthusiasm
- Joy

Allow yourself to be given over to the audio environment, which will increase the efficacy of your session.

You may experience a deep emotional release and tears while listening to this program, or sometime afterwards, or both. This is a good sign. If you notice emotions coming to the surface, this serves as a wonderful opportunity to release them. In fact, it is the pent up emotions we carry with us subconsciously which compound our experience of stress.

The Technology

Biofield Entrainment Technology

For more information about our Biofield Technology –
<http://www.iawaketechnologies.com/biofield-technology-2>

This program features a unique biofield formula designed to help you experience:

- Increase Energy
- Mood Brightening
- Deep Invigoration
- Enduring Energy
- Joy & Enthusiasm

The Biofield Formulation

White Light

Properties: A powerful “spiritual solvent” capable of clearing negative emotions and blocks to spiritual awakening; associated with healing, shielding from negativity; naturally uplifting, blissful and purifying.

Anahata (Heart) Chakra

Properties: The capacity to connect with your heart and love your otherwise “unlovable” habits and characteristics; forgiveness; openness; ability to connect with repressed emotions; release of resistance, inner pain, limiting attitudes and emotional conflicts; self-love; emotional intelligence; emotional stability.

The Energy of the Golden Mean

Properties: Found to be present at sacred pilgrimage sites; sattvic (harmonizing) properties; profound centering and balancing qualities; deeply calming and purifying; involved in prayer and spiritual communion; action at a distance (i.e., nonlocal causality); holiness; saintliness.

Frequencies for Increased Hemispheric Communication

Properties: Facilitates balance between Left and Right modes of perception.

Sahasrara (Crown) Chakra

Properties: Awareness, consciousness, self-knowledge, inspiration, wisdom.

Ajna (Brow) Chakra

Properties: Spiritual vision, insight, intuition, imagination, self-reflection, psychic perception, clarity.

Vishuddha (Throat) Chakra

Properties: Self-expression, speaking one's truth, creativity, integrity, authority, communication.

Solar Plexus Chakra

Properties: Personal power; will; self-definition; purpose; self-esteem.

Navel Chakra

Properties: Creativity; desire; pleasure; sex; energy; inspiration; relationships.

Root Chakra

Properties: Personal power; will; self-definition; purpose; self-esteem.

Rhodiola Rosea

Properties: Natural anti-depressant; adaptogen; anti-fatigue; improves mental performance and attention.

Spirulina

Properties: A form of blue-green algae that springs from warm, fresh water bodies. Boosts immune system and supports increased energy.

Ginseng

Properties: Adaptogen that replenishes and builds qi.

Combination of Potassium Citrate, Silica, Potassium Carbonate, Oleic Acid and Negative Hydrogen Ions

Properties: Powerful antioxidant; supports optimal hydration; significantly increases ATP production.

Yerba Mate

Properties: Invigorating leaves that may reduce the risk of cardiovascular disease.

Matcha Green Tea

Properties: A finely milled green tea powder with powerful antioxidant properties. Assists focus.

Foti Root

Properties: Traditional Chinese tonic herb used to nourish Jing. Powerful kidney and liver tonic, capable of supporting deep, long lasting energy.

Coca Leaf

Properties: Mild stimulant; suppresses hunger, pain and fatigue.

Astragalus

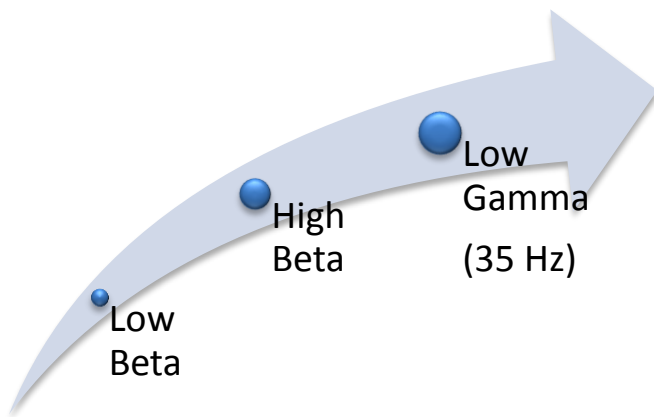
Properties: Powerful tonic herb with excellent antioxidant, qi-building, energizing and restorative properties.

Audio Brain Entrainment Technology

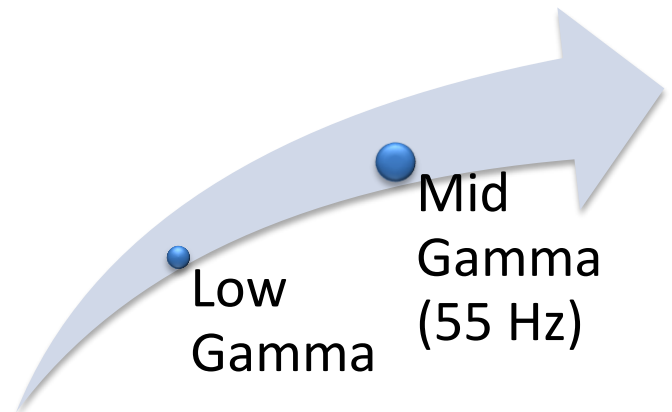
All of the waveforms used in the entrainment signals are custom-designed using the proportions of the **Golden Mean**. This program features the brainwave frequencies of:

- Intense focus
- Increased energy
- Increased social engagement
- Ultra-high information processing
- “Aha!” experiences

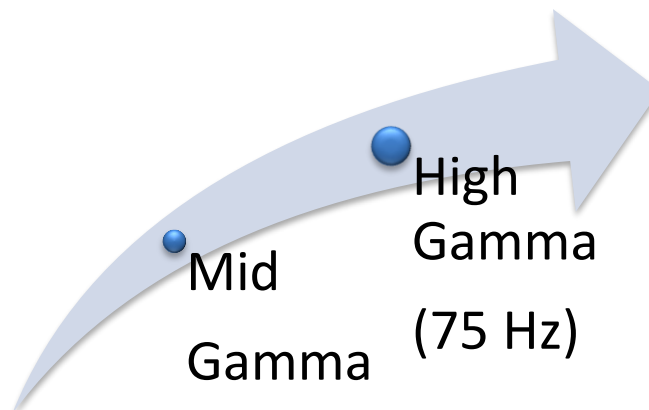
Track 1 – Gamma-Burst-1 – Brainwave Patterns



Track 2 – Gamma-Burst-2 – Brainwave Patterns



Track 3 – Gamma-Burst-3 – Brainwave Patterns



Proprietary Audio Brainwave Entrainment Technology

This recording uses innovative entrainment signals, including:

- Dual-Pulse Binaural Signals
- Harmonic Layering
- Rhythmic Panning
- Monaural Signals
- Exhaustive Entrainment Encoding

Important Notes on iAwake's Biofield Technology

- **THE POWER OF INTENTION:** Because of the informational and energetic properties of this technology, it is especially powerful when used with conscious intention. The meditation offered in this manual is but one example of how anyone can consciously interact with this technology to initiate purposeful change.
- **LASTING EFFECTS:** Although you will feel the effects of this technology while listening to this program, especially when listened to for 20 minutes or more at a time, the effects will also last for quite some time throughout the day.
- **SATURATE YOUR BIOFIELD WITH PEACEFUL ENERGY:** The energetic signatures contained in this program have been amplified millions of times, making them quite potent. The more you listen, the more densely these soothing and calming energies will saturate your biofield for lasting change. You'll carry this feeling of deep calm into your day.
- **ZERO VOLUME:** These calming energies can also be enjoyed by playing this program at zero volume. Simply place this track on repeat and turn the volume down. For the digital version, this can be done by placing it into a playlist by itself on your media player or MP3 player, then setting it to play on repeat. No headphones or speakers are needed. The advanced biofield technology will emit a powerful energetic field that will interact with your biofield. **NOTE:** Depending on your sensitivity, you may not be able to experience the biofield entrainment of the silently played biofield track unless you follow this [Method to Amplify the Biofield Transmission](http://www.iawaketechnologies.com/blog/7-ways-to-amplify-biofield-technology/). Even then, you may not always feel the subtle energy emitted by the track, but it is influencing your mind and body beneficially nonetheless.
- **AMPLIFYING THE BIOFIELD EFFECTS:** There are several ways to amplify the life-enhancing effects of iAwake's biofield technology:
 - 1) **Use multiple media players on your Mac or PC:** <http://www.iawaketechnologies.com/blog/7-ways-to-amplify-biofield-technology/>
 - 2) **Touching the player (including the screen or speaker) with the fingers of your left hand:** The left side of the body is the energetically receptive side of the body, plus there are many acupuncture points in the fingers and thumbs. This method sends powerful subtle energetic

pulses through these acupoints, quickly clearing the acupuncture meridians and intercepting the neurological signals that facilitate dysfunctional states. This is not only a quicker way to saturate your biofield with this life-enhancing subtle energy, but can also be used in tandem with our Emotional Releasing methods to accelerate emotional freedom.

- 3) **When playing on your smartphone or MP3 player, plug regular ear buds into the player:** After doing so, the energetic field will now be emitted all along the ear bud cords, as well as through the ear bud speakers. One way to take advantage of this is to place the player in your left pocket, then run the ear bud cord up the front of the body (either over or under your shirt), and loosely drape the ear buds around your shoulders. The energetic field will now directly influence the acupuncture meridian that runs up the center of the body as well as the chakra system.
- 4) **Place your portable MP3 player (or smartphone) under your left foot while the track is playing:** This is an even quicker method than Method 2) for saturating your biofield with the subtle energetic pulses in the biofield technology. The foot has even more acupuncture points on it than your fingers, so the energy permeates your biofield much more quickly and deeply. If placing your foot on your portable player or smart phone bothers you, you can place a towel over the player before placing your foot on it. You might think of this powerful method as “digital reflexology.”
- 5) **Place your portable player (playing the iAwake Biofield Track) on or beneath the power cord to your computer:** The subtle energetic field emitted by the iAwake track will interface with the electromagnetic field (EMF) of the power cord. It will then be emitted by your entire computer system (i.e., any part of it that has electricity running through it – the screen, tower and speakers, for example).
- 6) **Place one or more rare earth neodymium magnets on the back of your iPhone while playing the biofield tracks.** The biofield signal is amplified significantly, and the magnet will not harm your iPhone.

- **SENSING THE ENERGY:** Although some people are sensitive enough to go into light samadhic/trance states while playing this energetic field silently as they work, most people will sense it most deeply during eyes-closed meditation and relaxation.
- **DEEPEN YOUR MEDITATIONS:** To enhance your meditations, play the iAwake biofield track silently an hour before and/or during your normal meditation practice. If you meditate in the evenings, play the biofield technology silently throughout the day, which will saturate your biofield with this calming energy for noticeably deeper and more absorptive meditation.
- **AVOIDING OVERWHELM:** Even though the biofield energies embedded in iAwake programs are calming by nature, they can still have an overwhelming effect on the nervous system if it absorbs more energy than it can handle at one time. Start by playing the biofield energy an hour or two a day and see how you feel. If you notice that you seem to be on edge, this is just your nervous system letting you know that it needs a break. Any overwhelm experienced through excess

exposure to this technology is only temporary and never serious or permanent. Simply cut back on your exposure time.

- **EVOLVE YOUR NERVOUS SYSTEM:** Your nervous system will develop a capacity to absorb more and more energy without overwhelm, ***resulting in at first subtle but eventually quite dramatic changes in emotional intelligence, self-identity and conscious evolution.***
- **FEELING TOO RELAXED?** After an especially deep session, you may feel groggy and ready to lay down. This is similar to how you may feel after a great massage or acupuncture session. This is a perfect time to relax into whatever you are feeling and release pent up stress, emotions and worries using your preferred releasing technique or any of the powerful ones shared below.

BIOFIELD LINKS

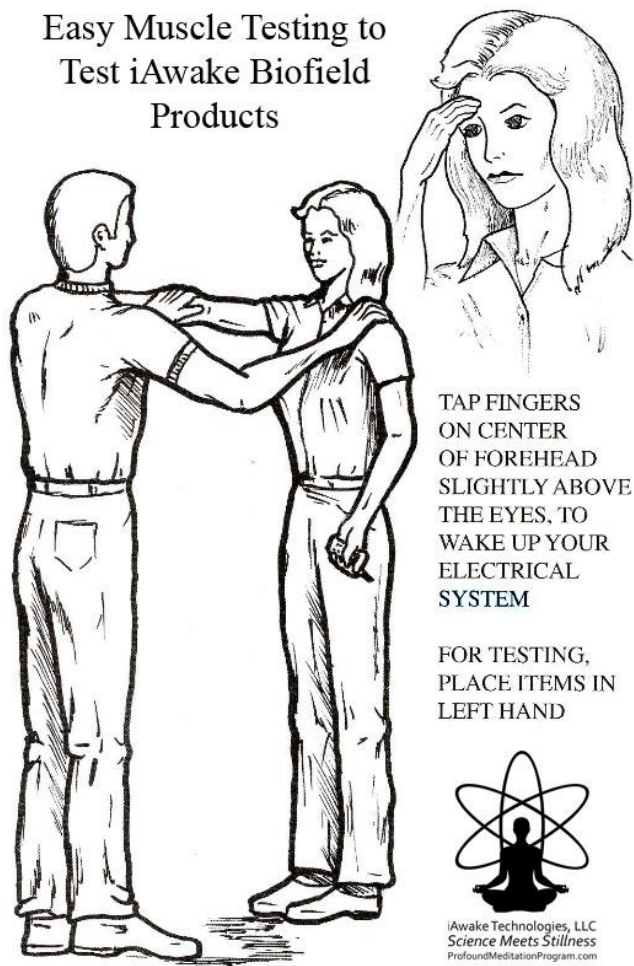
Biofield Technology

<http://www.iawaketechnologies.com/biofield-technology-2>

- An Introduction to Biofield Science
 - ✓ <http://www.iawaketechnologies.com/biofield-science>
 - ✓ Part 1 – Morphic Resonance
 - ✓ Part 2 – Scientific Evidence for a Connecting Matrix
 - ✓ Part 3 – Biofield Tech: Tapping into the Informational and Energetic Matrix
- Our Biofield Method - <http://www.iawaketechnologies.com/our-biofield-technology>
- Biofield Frequencies/Level of Consciousness Correlation Chart - <http://www.iawaketechnologies.com/biofield-chart>
- How You Can Easily Amplify iAwake's Biofield Transmission - <http://www.iawaketechnologies.com/iawake-biofield-amplify>
- Free Downloadable Media Players (for use in amplifying the biofield transmission) - <http://www.iawaketechnologies.com/iawake-biofield-amplify>

Easy Muscle Testing to Test iAwake Biofield Products

Easy Muscle Testing to Test iAwake Biofield Products



1) **Check for Base Energy** – You—the tester—stand in front of the person to be tested. The person being tested extends their right arm straight out from the shoulder. You tell the person to resist, then push down on their right arm, which should remain strong. If the person tests weak, it means their energy system is unaligned. In such a case, ask them to tap in the area between the eyes, just above the eyebrows. This can help activate the bio-electrical system. Now test their arm again.

2) **Testing for Negative Energies** – Place a cell phone in the person's hand during a live conversation with another person on the line, or simply have them place the left hand on top of a computer system (on the tower or screen, with the computer turned on) while standing next to it. Ask them to extend the right arm, tell them to resist, and push down on the arm. The arm should go weak, which means the bio-electrical and acupuncture systems have been energetically compromised.

3) **Testing with the iAwake Tracks (or any other iAwake biofield products)** – Now play one or more iAwake biofield tracks on the cell phone or computer (whichever one you are using). Some large computers may require more than one iAwake track to be played simultaneously, in order to fully counteract the negative effects of the computer's EMF. The more tracks you play simultaneously (silently, using this method: <http://www.iawaketechnologies.com/iawake-biofield-amplify>), the greater will be the conversion effect. One iAwake track will be plenty to counteract the negative energetic effects of the cell phone. Now ask the person to extend their arm, tell them to resist, and press down. They should test strong. This means that the tracks are not only protecting your bioenergetic system, but are also actually feeding and strengthening it.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



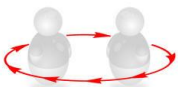
Profound Meditation Practitioners Forum:

<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/>

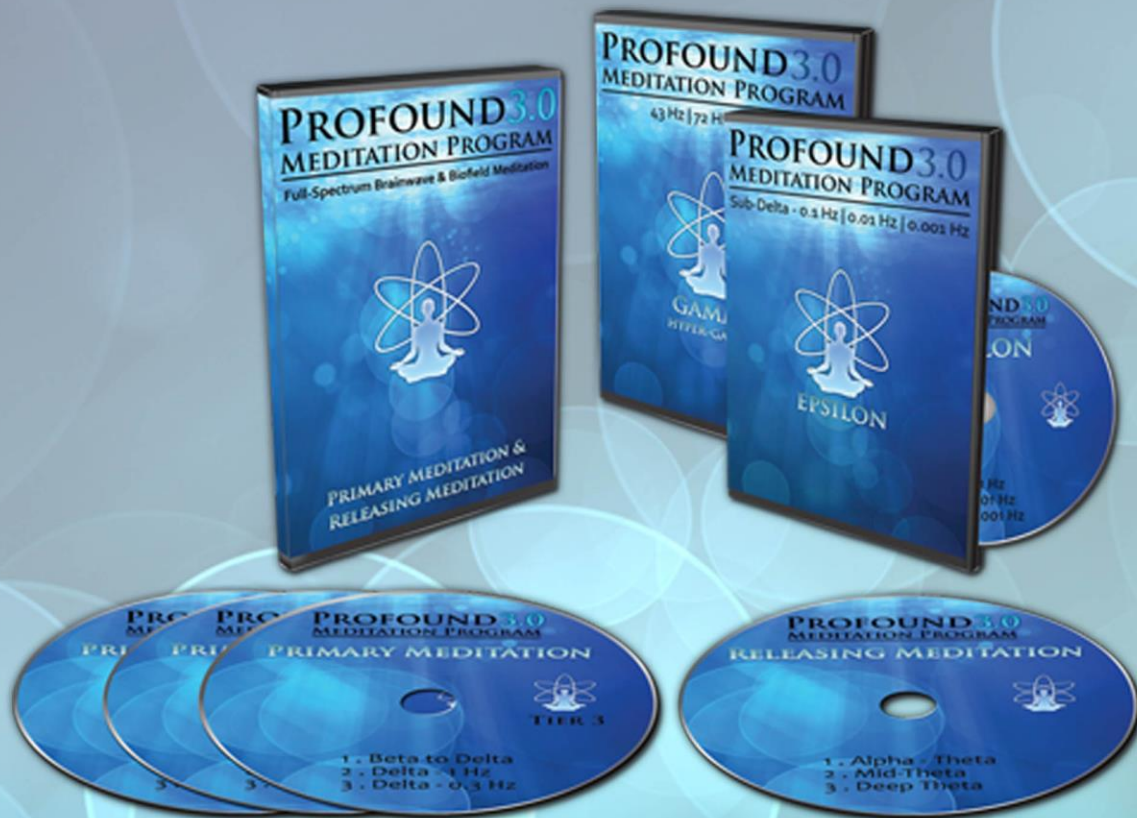


Customer Support:

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.iawaketechnologies.com