



**iAwake Technologies**  
*Science Meets Stillness*  
iAwakeTechnologies.com

# HARMONIC RESONANCE MEDITATION

Alpha, Theta, Delta and Epsilon Brainwaves



NEUROFLOW  
Series

A Soothing Harmonic Drone Meditation Played  
in the Interval of the Major Fifth

Featuring Innovative Brainwave and Biofield Technology

## DISCLAIMER

The user of Harmonic Resonance Meditation (HRM) 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 HRM, as they are more susceptible to seizures.

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

The user of HRM 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 HRM.

In no case will iAwake Technologies, Integral Recovery or other distributors of HRM 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 download-version contains high-quality (320 kbps) MP3 files, which use less compression than typical MP3 files.

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 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."



### 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](http://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.



### MUSIC CREDITS

Harmonic Resonance Meditation – by Eric Thompson



## Welcome to Harmonic Resonance Meditation

Harmonic Resonance Meditation, the latest in the NeuroFlow series, contains four 15-minute brainwave entrainment tracks - Alpha, Theta, Delta & Epsilon - to deliver a powerful, yet soothing 1 hour meditation. The addition of the proprietary biofield technology provides a deeply calming and centering aspect to the brainwave entrainment.

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### How to Listen to this Program

Headphones are recommended for optimal effect. The audio aspect of the entrainment signals are still somewhat effective even when not using headphones. Headphones, however, deliver the best audio entrainment due to the unique, harmonically layered dual-pulse binaural signals and sculpted waveforms encoded into the mix.

- The soundtrack features a soothing drone sound played in the interval of the Major Fifth.
- Combined with our latest breakthrough brainwave and biofield entrainment technology, this deeply calming meditation can transport you into deep states of meditation very quickly.
- There are four tracks: 1) Alpha; 2) Theta; 3) Delta; and 4) Epsilon, each 15 minutes in length.
- For a 60-min meditation, you can listen to all four tracks in succession (i.e., Track 1, followed by Track 2, and so on).
- Alternatively, you can listen to the tracks in any order you like.
- However, optimal entrainment tends to occur when you listen to Alpha before listening to Theta, and Theta before listening to Delta, and so on.
- If you decide not to follow this rule, you'll still experience good entrainment, but the previous guideline works best.
- As another alternative, you could listen to any of the tracks on constant repeat. For example, you might start with Alpha, then listen to Theta and repeat it twice, for a total of 60 minutes of meditation. Or you might listen to Alpha repeated three times, for a 45-minute session.
- Feel free to experiment and follow the schedule and sequence that best suit you.
- We recommend at least one hour of meditation daily, preferably first thing in the morning, as this helps set the tone of the day.
- This program also features a powerful biofield technology that can be enjoyed even if the volume is turned all the way down to zero. This is a subtle energy technology, and is not dependent upon the audio entrainment to be effective. The biofield signals in this program are formulated to enhance flow, and they occupy the digital space of the audio file independent of the audio spectrum itself. Therefore, you can play this track silently and enjoy its beneficial subtle energetic field-effects. Please see the relevant sections in this manual for the unique biofield formulation as well as methods for amplifying its effects.
- The ability to tangibly sense the subtle energetic biofield technology varies from person to person, depending on a number of factors, including one's previous experience in working with subtle energies (e.g., Shakti, kundalini, qi, reiki, etc.). Please understand, however, that regardless of whether or not you can consciously sense the biofield technology, it is nonetheless positively influencing your biofield.

## How to Listen to this Program

(continued)



Headphones are recommended for optimal effect, but not required. Because of the embedded rhythmic and 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.



As a complement to the Profound Meditation program, you can listen to this program as often as you like. Let your own experience be the judge of how frequently you choose to listen.



To enjoy this program as a meditation, sit in a comfortable chair with head and neck support, or on your meditation cushion.



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.



**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.



You may experience a deep emotional release and tears while listening to this program, or sometime afterwards, or both. This is a good sign, as this program elicits the brainwave patterns and states associated not only with deep relaxation but also long-term emotional memory. 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.



**NOTE:** If you are particularly sensitive to this technology and find that it overstimulates you in any manner, you can help your nervous system more gradually adjust to the technology by listening to the tracks with the volume turned down to zero. Even though you won't hear any sound, the tracks will still emit a silent biofield signal that will nonetheless facilitate relaxation and meditation, yet without the stronger stimulation that can occur with audio carrier waves. This aspect of the iAwake entrainment technology can also be amplified using the methods shared elsewhere in this manual.

# The Technology

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

## 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.

### 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.

### Alpha, Theta and Delta Brainwaves

Properties: Every track contains, in addition to its assigned brainwave pattern (which is evoked by the audio entrainment embedded into the soundtrack), the brainwaves of alpha, theta and delta as well, except that these frequencies appear as biofield (i.e., subtle energetic) frequencies and not audio frequencies. So, for example, Track 2 Theta uses audio frequencies to evoke Theta brainwaves, while the silent biofield frequencies gently evoke alpha, theta and delta brainwaves.

## Audio Brain Entrainment Technology

➤ The soundtrack features a soothing drone sound played in the interval of the Major Fifth.

All of the waveforms used in the entrainment signals are custom-designed using the proportions of the Golden Mean, which may facilitate increased entrainment as well as a balanced mental state.

## Harmonic Resonance Meditation – Brainwave Patterns

1. Alpha – 10 Hz
2. Theta – 5 Hz
3. Delta – 2 Hz
4. Epsilon – 0.1 Hz

## Proprietary Audio Brainwave Entrainment Technology

This recording uses innovative entrainment signals, including an all new technology:

- Waveform Modulation™
- Dual-Pulse™ Binaural Signals
- Rhythmic Panning
- Monaural Signals

## 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](#). 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 lie 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

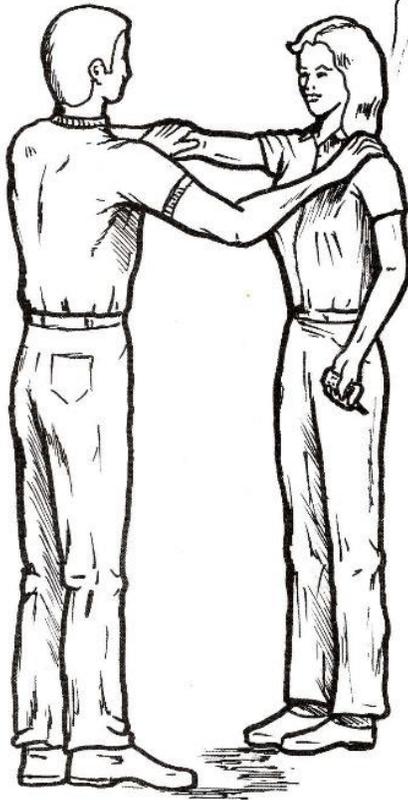
### Biofield Technology

<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



TAP FINGERS ON CENTER OF FOREHEAD SLIGHTLY ABOVE THE EYES, TO WAKE UP YOUR ELECTRICAL SYSTEM

FOR TESTING, PLACE ITEMS IN LEFT HAND



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ProfoundMeditationProgram.com

- 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.iawaketechologies.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>



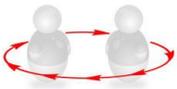
**Profound Meditation Practitioners Forum:**

<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](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.iawaketech.com](http://www.iawaketech.com)