



iAwake Technologies
Science Meets Stillness
iAwakeTechnologies.com

NEUROCHARGER 3.0

FOR A BALANCED, ENERGIZED & FOCUSED MIND



BrainCatalyst

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

DISCLAIMER

The user of NeuroCharger 3.0 (NC3) 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 NC3, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY NC3 AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of NC3 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 NC3.

In no case will iAwake Technologies, Integral Recovery or other distributors of NC3 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.

Table of Contents

File Information for Optimal Results.....4
 Note on Headphones.....4
 Compatible Players4
 Important Notes on Using This Program.....4

Welcome to NeuroCharger 3.06
 How to Listen to NeuroCharger 3.0.....6
 The Technology.....7
 Important Notes on iAwake’s Biofield Technology.....10
 Easy Muscle Testing to Test iAwake Biofield Products13

iAwake Support Links.....14

PMP 3.0 – Full Spectrum15



File Information for Optimal Entrainment Results

NOTE:

- 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 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 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)
- *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 NeuroCharger 3.0

NeuroCharger 3.0, part of the BrainCatalyst Series, is designed to facilitate a Balanced, Energized & Focused Mind.

How to Listen to NeuroCharger 3.0

Headphones are recommended for optimal effect, but not required – in relation to the audio technology embedded in this program. Because of the gated audio frequencies included, 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.

The benefits that occur due to the subtle energetic biofield technology, however, is not dependent upon the use of headphones. To reap the benefits of this unique technology, simply **playing the track with or without headphones or volume will deliver the same basic benefits**. This is because the subtle energies encoded into this program occupy the digital space of the audio file independent of volume levels.

Use this program whenever you need to be:

- Focused
 - Creative
 - Productive
-
- Great for **passively absorbing information** that you will think about later.
 - **Great for marathon study/work** sessions or multiple engagements in a single day/week.
 - Perfect for listening to soon after **waking in the morning, to assist in gearing up for the day.**
 - You can listen to this program while you work, exercise or practice whatever skill at which you desire to excel.
 - **You can play NC3 all day**; or, if you find the program to be too stimulating when listened to all day, you can listen for a few hours at a time, and you will still notice lasting effects.
 - This program may **reduce sleep needs** (if you wish to get to bed on time, you should stop listening to NC3 at least 4 hours before bedtime).
 - This program, when listened to while flying, may **reduce jetlag symptoms**. (We appreciate your feedback in this regard, so please let us know if this works for you or not.)
 - Preliminary research also suggests that extended use of this program may increase one's ability to sense/feel the iAwake biofield technology used in all our programs.
 - If you listen to this program for several hours before your meditation sessions, you may notice an ability to **go deeper in your meditations**.
 - May also be useful for helping **offset the negative symptoms of depression**.

- **If you notice that you become overstimulated** after listening for several hours, simply reduce your listening time to a comfortable level that allows for relaxed focus and productivity.
- This program also features a **powerful biofield technology that can be enjoyed even if the volume is turned all the way down to zero**. The biofield signals in this program are formulated to enhance focus, memory and concentration, 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 Technology

Gated Frequencies

This program contains gated frequencies that transition from 20 Hz up to 20,000 Hz and back again more than 30 times per second, which in turn exercises the inner ear, resulting in:

- Increased energy and vitality
- Improved attention, concentration, and memory
- Increased sense of well-being
- Decrease in irritability and stress

This complex matrix of rapid-cycling high- and low- frequency sweeps to exercise the vestibular system of the inner ear has a corresponding energizing effect on the brain, an aspect of which is related to the “Tomatis Effect.”

Note: Alfred A. Tomatis’ work uses, among other things, gating effects designed to innervate the inner ear by requiring it to register extreme disparities between ultra-low and ultra-high frequencies. This innervation, in turn, energizes the brain and, he believed, every major organ in the human body. The rapid- cycling sound technology present in the Neurocharger is designed to evoke this aspect of the Tomatis Effect AND in a fraction of the time. Whereas the traditional sound therapies drawing from Tomatis' applications tend to require listening for several hours a day over a period of several weeks in order to see noticeable improvements in well-being and focus, NeuroCharger 3.0 can produce noticeable results in the first hour of use.

Subliminal Harmonics

This program also contains harmonically layered frequencies just below the threshold of conscious hearing, which may facilitate a quiet mind and calm state of focus.

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:

- Increased Focus
- Mood Brightening
- Increased Productivity
- Effortless Learning

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.

Frequencies for Increased Hemispheric Communication

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

Aniracetam

Properties: Neuro-protectant that may improve memory recall, increase intellectual clarity, improve immune function, and generate feelings of health and well-being, particularly in the elderly.

Phenylethylamine (from *Aphanizomenon flos-aquae*)

Properties: Often referred to as the “molecule of love;” associated with “runner’s high,” love and monogamy; positively affects mood and attention; may improve depression and ADHD.

Rhodiola Rosea

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

Ginkgo Leaf

Properties: May reduce anxiety and improve focus.

Gotu Kola

Properties: A rejuvenative nervine that may aid intelligence and memory.

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.

Green Tea

Properties: Powerful antioxidant properties. Assists relaxed focus.

Codonopsis Root

Properties: Traditional Chinese herb that enhances qi and may improve body function; anti fatigue; stimulates nervous system; improves immune system.

Audio Brain Entrainment Technology

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. This program features the brainwave frequencies of:

- Calm focus
- Increased energy
- Cognitive enhancement

Track 1 – NeuroCharger 3.0 – Brainwave Patterns

- High Alpha/Low Beta

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. You 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.
- **ZERO VOLUME:** These subtle energies can also be enjoyed by playing this program at zero volume. 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 samadhi/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

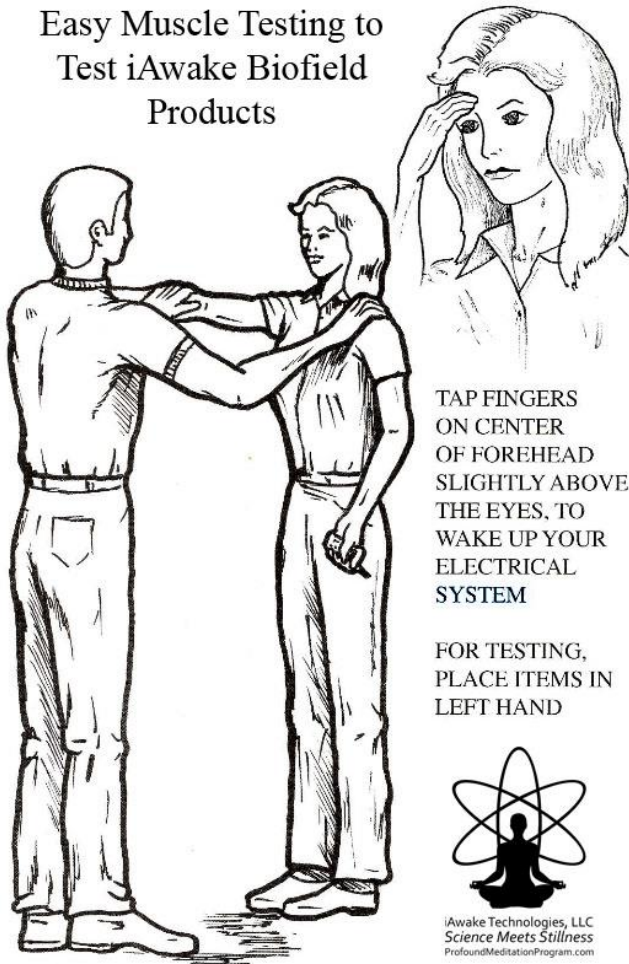
Biofield Technology

<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>



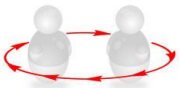
Profound Meditation Practitioners Forum:

<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.iawaketechologies.com