



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



SHAWN PHILLIPS'  
**NEUROSTRENGTH**

Optimized Brainwaves for Advanced Sports Performance

***A Simple but Powerful  
"Push & Play" System  
for Peak Performance***



FEATURING INNOVATIVE NEURAL &  
BIOFIELD ENTRAINMENT TECHNOLOGY



**iAwake**  
technologies

[www.Neuro-Strength.com](http://www.Neuro-Strength.com)

## DISCLAIMER

The user of NeuroStrength 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 NeuroStrength, as they are more susceptible to seizures.

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

The user of NeuroStrength 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 NeuroStrength.

In no case will iAwake Technologies or other distributors of NeuroStrength 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

### 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."



### NOTE ON HEADPHONES

For optimal results, we recommend that NeuroStrength be used with headphones that have a frequency response of 20 – 20,000 Hz.

## Compatible Players

### WAV

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

### APPLE LOSSLESS

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

## IMPORTANT NOTE ON USING NeuroStrength:

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.





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## Welcome to NeuroStrength

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*“There is only one admirable form of the imagination: the imagination that is so intense that it creates a new reality, that it makes things happen.”*

*~ Sean O’Faolain*

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### How to Listen to NeuroStrength

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→ Headphones are required.

#### Track 1 – Enter the Zone (Pre-Workout Track)

**INTRODUCTION:** As the title suggests, this track will help you enter the "Zone" state quickly and easily by entraining your brain and subtle energetic system to specific brainwave patterns and states, facilitating high energy, relaxed focus and a deeply centered mind-body awareness for peak performance.



→ **STEP 1 – POSTURE:** We generally recommend listening while sitting upright with **eyes closed**, as this helps preserve attention and minimize distraction for optimal entrainment.



→ **STEP 2 – INTENTION + ATTENTION:** Before pushing the play button, consciously set your intention as to what you wish to accomplish in this training session. This helps prime your brain and nervous system for precision and success. After pushing the “play” button, allow your full attention to be gently but thoroughly given over to the audio environment, especially the faint tones in the background. Neuroscience shows that *giving your full attention to a stimulus essentially opens a flood gate for new neural energy and information to flow in and help you achieve your goals*. Plainly speaking, this practice of Intention + Attention will radically increase the efficacy of your mental and physical training.





**STEP 3 – MENTAL REHEARSAL AND PREPARATION:** We'll be intentionally activating the frontal lobes of our brain to engage focused concentration and the power of the imagination to create peak performance.

Neuroscience researcher Joe Dispenza defines mental rehearsal as “remembering what we want to demonstrate, and then cognitively experiencing what it is like to physically do the action step by step” (Evolve Your Brain, 2007). As you rehearse mentally, you are in fact laying the groundwork for new neural networks, synaptic connections and dendritic branching to quite literally rewire your brain for peak performance.

Now simply visualize your perfect training session. And don't worry whether or not you can evoke distinct visual images. “Visualization” here refers not only to visual images but images of any sort, whether they be auditory, kinesthetic, intuitive, a general feeling, or what have you.

What matters most in this instance is not the mode of visualization you use, but the precision of *intention and feeling* with which you evoke this inner image. Allow whatever rehearsal mode that feels most natural to you to be okay.

Simply put, you want to embody the profound inner experience of accuracy, effortless and maximum performance while mentally rehearsing your training session. Each time you enter into this state, you will be accruing “Zone minutes.”

According to Sports psychologist Thomas Hawes, the more of these “Zone minutes” you accrue with consistent mental training over time, the more often *incredible reserves of energy and effortless focus* will seem to “come out of nowhere” to help you break your personal performance records.

When the track is finished, *anchor the deeply relaxed yet highly focused and motivated state into your body consciously by "soaking it up" and thoroughly feeling it and enjoying it for a minute or two.* Then inwardly state to yourself your intention to bring this peak performance awareness into your workout session.



## Track 2 – Focused Intensity (Workout Track)

Listen to this track during your training session, and remain inwardly centered in the original intention and vision you set before your workout.

This track can be looped for as long as you like by setting your player on “repeat.”



## Track 3 – Cool Down and Recovery (Post-Workout Track)

This track facilitates a profound state of relaxation, releasing healthy endorphins and growth hormone to help speed up recovery.

Follow the same instructions for listening with Track 1. Instead of visualizing, however, you can just allow your attention to gently rest upon the nature sounds in the soundtrack, without exerting any strenuous mental effort.

When you use these three tracks in succession on a daily basis, you will train your brain to easily transition from highly focused, energetic states to deep relaxation (and back again).

## The Technology

The technology contained in this new release combines exclusive and innovative neural and biofield entrainment technologies.

### Neural Entrainment Technology

NeuroStrength features a number of unique neural entrainment methodologies, including:

- Dual-Pulse Binaural Signals (exclusive)
- Harmonic Layering
- Isochronic Entrainment
- Left-Hemispheric Stimulation (for peak sports performance)
- Exclusive Entrainment Waveforms (for increased entrainment)

NeuroStrength's proprietary technology uses specially proportioned and combined waveforms. One of the unique waveform proportions uses the Golden Proportion (PHI), which has been found in one scientific study to play an essential role in the synthesis of new brainwave patterns from two or more brainwave signatures. That same wave proportion has also been found to have a profound centering effect on mental processes. Another part of this combined waveform proportion uses an exclusive wave proportion empirically found to revitalize the nervous system, while also facilitating deep relaxation.

### Biofield Entrainment Technology

NeuroStrength also features an exclusive biofield entrainment technology which facilitates:

- High energy
- Motivation
- Intense focus
- Increased endurance
- Vasodilation (for increased blood flow)

NeuroStrength's biofield entrainment frequencies are designed to elicit specific neurotransmitters and hormones which support attention, motivation, energy production and increased physical and mental performance. The specially designed alpha and theta brainwaves are intended to complement the high energy state by anchoring awareness in the center rather than allowing it to race chaotically along the periphery of the mind, as can often happen with high energy states.

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

## iAwake Support Links



**Profound Meditation on Facebook:**

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



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



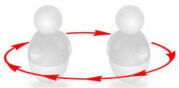
**Profound Meditation Practitioners Forum:**

<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/>



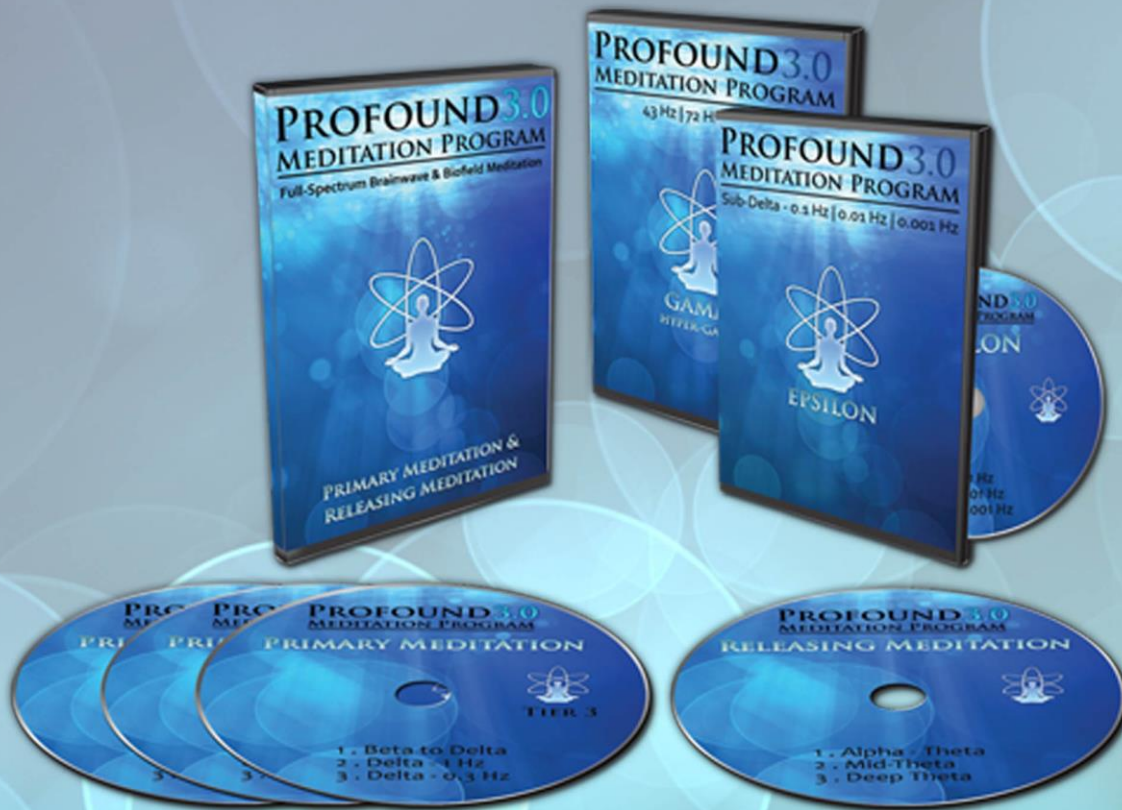
**Customer Support:**

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# 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*

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