



iAwake Technologies
Science Meets Stillness
iAwakeTechnologies.com



PLAYING GOLF IN THE ZONE

DISCLAIMER

The user of Playing Golf in the Zone (PGZ) 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, expressed 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 SH, as they are more susceptible to seizures.

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

The user of SH 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 PGZ.

In no case will iAwake Technologies, Integral Recovery or other distributors of SH 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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Playing Golf in the Zone

Quick Start Guide

Are you looking for a tool that will bring you into a flow state of peak performance? Here is one for you!

At VISION54 we are very excited to do a joint project with iAwake Technologies to offer a collection of neuro-acoustic audio tracks specifically designed to help you optimize your game. We have put together different audio tracks for you to choose from, depending on what your intention is. Listen to them before you play to get more focused, less anxious, and be more present. Listen to them after you play to recharge, consolidate what you have learned, and recover more quickly.

How will Playing Golf in the Zone (PGZ) help my golf game?

- Improve my game - both the game of golf and the game of life!
- **Greatly increase my capacity to focus**
- Create greater awareness: what I'm doing right and what I'm doing wrong
- **Increase my capacity to quiet my mind and be completely present**
- Evolve my brain and change my game from the inside out

How to Use the PGZ Tracks

Load your PGZ tracks into your smartphone, CD player, other portable media device, or your computer. You will want these tracks accessible so you can use them wherever you are.

Wear good headphones/earbuds, when possible, as you listen to the tracks for optimal results.

Stay hydrated before and after listening - some of the tracks are stimulating and your body will respond best when it is hydrated properly.

When to Use the Tracks

CD 1: Entering the Zone: Mastering the Inner Game (70 Minutes)

01: Vaporizing Performance Anxiety • 20 Minutes

For when you feel anxious about your game.

02: Creating the Vision • 15 Minutes

Imagine your perfect swing, your long game, your short game, in the rough, on the putting green: see it, feel it, hear it.

03: Enter the Zone • 15 Minutes

To get your mind ready for a great focus and optimal state

04: Flow • 20 Minutes

To prepare for hitting the links to get your body, mind, and emotions in an optimal performance state

CD 2: After the Game: Clarity & Peace (70 Minutes)

05: Energy & Focus • 20 Minutes

For reflection and clarity after your round

06: Cool Down & Recovery • 25 Minutes

To recover and recharge your energy after your round

07: Peace • 25 Minutes

For cooling down after your round and to create a calm state

Note: Starting out, you can use any of these tracks in an abbreviated form, in other words, 5 to 10 minutes instead of the full length of the track. Over time, you might find you want to use the track for the full length of the recording, and of course, if you're really in the zone, you can repeat the recordings. If you only have 15 minutes before an important match: try Track 03 or Track 04.

From Pia & Lynn:

To play your best golf you want to **run your brain and not let your brain run you**. Your mind is always affecting your body and emotions.

- **Some of you want to be better at paying attention in the Play Box.** (Don't know 'Play Box'? Read Page 16, in our book *Play Your Best Golf Now*)
- **Some of you want to quiet the chatter in the mind between shots.** For example, do you say, "Oh, this is going to the bunker again like yesterday."
- **Some of you want to conserve more mental energy during the round.**
- **Some of you want to feel the motion more as you are swinging or stroking a putt.**

Today's neuroscience has taught us that the brain PRODUCES different types of brainwaves, such as when we are actively thinking vs. when we are more quietly focused, aware or in the zone. With this brainwave technology, you have access to a training tool that facilitates the creation of specific brainwaves to support your optimal inner and outer game.

Listen to the tracks anywhere including in your home, before playing, when traveling...

To optimize the power of this technology, as you listen to the audio tracks, try using traditional meditation techniques such as following your breath as it enters and exits your nostrils, or using a repeated phrase or word (mantra) or simply observing whatever arises in your mind or your body. These practices help you increase your focus and mindfulness. Enjoy!



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)
- *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

VisionQuest - "Curtain" from the album *Illumination* by the artist Robert Rich

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Welcome to Playing Golf in the Zone

iAwake Technologies has partnered with VISION54 to create:

Playing Golf in the Zone: Tune Your Brain, Transform Your Game.

This Special Edition contains SEVEN tracks tailored specifically for golfers and other sports enthusiasts.

From VISION54's Lynn Marriott & Pia Nilsson:

“The more we coach golfers, the more we realize the importance of being sensory based during the execution of the shot, what we call the Play Box..... If you can't do these things, it's very hard to be your own best coach and to master the variability of playing on the golf course.

When we introduce the Essential Playing Skills, many golfers get access to these abilities by learning the eight skills. Some of us need deeper training to be able to have even better Play Boxes, manage our monkey brain (self-talk) and be our own best coaches. Mastery requires us to be self-aware, self-regulate and to more often be able to access mindfulness and a peaceful mind.

As a daily habit Pia has meditated for over 20 years and Lynn has been committed to it for 15 years. Now with access to all the latest neuro-science and conclusive research, it's become even more evident the enormous benefits there are to you as a golfer and as a human being. It's been important for us to read up on this research, and go beyond the religious dogmas.”

About Lynn Marriott and Pia Nilsson:

Mindful golf coaches, Lynn and Pia, are ranked by Golf Digest as the #1 and #2 women teachers in America. Their golf school, VISION54, has been named the #1 golf school in America. They have coached players to more than 100 professional tour victories in the US, Europe and in Asia. They have co-authored a number of books, including best-selling *Every Shot Must Have A Purpose*, *The Game Before The Game* and *Play Your Best Golf Now*. They have also released two VISION54 iPhone apps with exercises for any level golfer.



To learn more about VISION54 and Pia and Lynn, please visit their website: <http://www.vision54.com/>

How to Listen to This Program



Headphones are required for optimal effect to deliver the best audio entrainment due to the unique, harmonically layered pulse signals and sculpted waveforms encoded into the mix.

Playing Golf in the Zone features carefully selected tracks from the iAwake Technologies collection of programs. These tracks are designed to support your optimal golf game by targeting specific aspects of playing golf: releasing anxiety, creating and visualizing your optimal game, entering and maintaining Flow, getting “in the Zone”, maximizing focus and concentration, integrating what you’ve learned, and letting go of negativity.

➤ CD 1 Entering the Zone: Master the Inner Game

- 01 Vaporizing Performance Anxiety (20-min)
For when you feel anxious about your round
- 02 Creating the Vision (VisionQuest) (15-min)
To help you imagine what you do when you play great... see it, feel it, and hear it
- 03 Enter the Zone (NeuroStrength) (15-min)
To get your mind ready for a great focus and state in your Play Box
- 04 Flow (Audio Chi) (20-min)
To warm up for a round of golf to get your body, mind, and emotions in a performance state

➤ CD 2 After the Game: Clarity & Peace

- 05 Energy & Focus (NeuroCharger 3.0) (20-min)
For reflection and clarity after your round
- 06 Cool Down & Recovery (NeuroStrength) (25-min)
To recover and recharge your energy after your round
- 07 Peace (Audio Serenity) (25-min)
For cooling down after the round and to create a calm state

CD 1 – Entering the Zone: Master the Inner Game

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, or standing 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 CD 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.



→ **CD 2 - After the Game: Clarity & Peace**

These tracks facilitate a profound state of relaxation, releasing healthy endorphins and growth hormone to help speed up recovery.

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

When you use these 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

Audio Brain Entrainment Technology

This program features various brainwave frequencies that facilitate:

- Insight and vision
- Wakeful dreaming
- Deep meditation
- Creativity
- Enhanced inner awareness
- Calm focus
- Increased energy
- Cognitive enhancement

Proprietary Brainwave Entrainment Technology

This program features a number of unique neural entrainment methodologies, including:

- Dual-Pulse Binaural Signals
- Harmonic Layering
- Rhythmic Panning
- Tempo-Pitch Entrainment
- Monaural Signals
- Exhaustive Entrainment Encoding
- Isochronic Entrainment
- Left-Hemispheric Stimulation (for peak sports performance)
- Exclusive Entrainment Waveforms (for increased entrainment)
- Random Alpha Signals
- Infrasonic Modulation
- Frequency Modulation

Biofield Entrainment Technology

This program also features a unique biofield entrainment technology infused with energetic frequencies that help to facilitate:

- Relaxation
- Feeling Centered
- Poise
- Harmony
- Confidence
- Peace
- Inner vision and insight
- Creative problem solving
- High energy
- Motivation
- Increased endurance
- Vasodilation (for increased blood flow)
- Increased Focus
- Mood Brightening
- Increased Productivity
- Effortless Learning

For more information about our unique psycho-acoustic technology –
<http://www.iawaketechologies.com/science-behind-iawake-technologies>

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



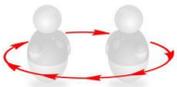
Profound Meditation Practitioners Forum:

<https://www.facebook.com/groups/profoundmeditation/>



Free Weekly Teleseminars:

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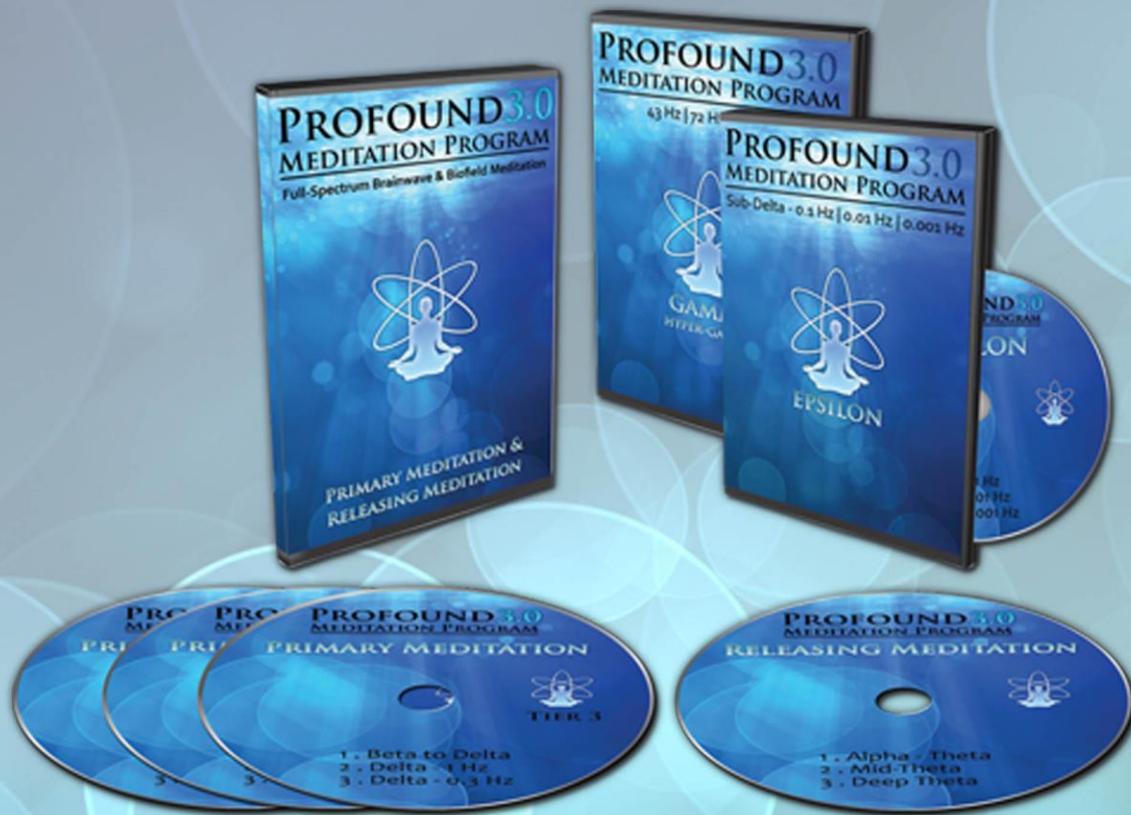
<http://www.iawaketechnologies.com/blog/>



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

www.iawaketechologies.com