



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

A BEAUTIFUL BRAINWAVE ENTRAINMENT MEDITATION  
TO NURTURE YOUR SPIRIT AND YOUR BRAIN



BLISS & PEACE

**DEEP DELTA**



## DISCLAIMER

The user of Deep Delta (DD) 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 DD, as they are more susceptible to seizures.

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

The user of DD 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 DD.

In no case will iAwake Technologies, Integral Recovery or other distributors of DD 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:** We strongly recommend not converting Deep Delta (DD) to a smaller MP3 format, because the increased MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality 320 kbps MP3 file. If you wish to burn them to a CD, burning them as a 320 kbps MP3 file 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 "MP3," then select "Custom," and set to 320 kbps.



### NOTE ON HEADPHONES

Although the DD tracks will work *without* headphones, using stereo headphones will always deliver the best entrainment experience. For optimal results, we recommend that DD be used with headphones that have a frequency response of 20 – 20,000 Hz. And, generally speaking, the use of over-the-ear headphones will tend to deliver better results than ear buds. Ear buds will work, but they usually fail to deliver as a full a spectrum of sound offered by over-the-ear headphones. While the following statement has not been verified, it is possible that high-end ear buds (e.g., \$100+) may work as well as over-the-ear headphones.



### Compatible Players

#### MP3

- *Compatible with all MP3 players.*



### IMPORTANT NOTE ON USING DD:

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 byproducts.



## Welcome to Deep Delta by Leigh Spusta

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### THE DEEP DELTA EXPERIENCE

#### DEEP RELAXATION

*... occurs on both a physical and a psychological level, creating unparalleled depth of comfort.*

#### QUICKLY AND EASILY

*... enter an altered state of consciousness as if you are a seasoned pro.*

#### EXPAND YOUR MIND

*... as the nature and quality of your experience broadens, deepens, and intensifies.*

#### WHOLE MIND/BODY

*... every part of your being experiences the harmonious shift - from your cells to your thoughts, your feelings.*

#### SUPPORTS YOUR EXPERIENCE

*... creates and holds the space for your journey to unfold, never distracting or demanding attention.*

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### About Leigh Spusta



Leigh Spusta is a new sound wizard to iAwake Technologies, though he has been working in the field for quite a while.

Leigh is a behavioral scientist, hypnotherapist, and Certified Therapeutic Imagery Facilitator specializing in the use of sound frequencies to produce deep, relaxing trance states. His work has become internationally recognized, enjoyed by thousands around the world. He has worked with several therapists in Los Angeles, producing a variety of therapeutic audio CDs, and has been hired as a consultant and producer working with companies in the United Kingdom. He also works with HMI College of

Hypnotherapy and the American Hypnosis Association as Director of Media Production. Leigh combines his talents as a musician and his knowledge of hypnosis and related states, in an effort to pioneer new approaches in creating rich, resonant sound-scapes for greater efficacy in healing and meditative products. Leigh is the developer of the proprietary PsimatiX™ therapeutic approaches and technologies.

# How To Use Deep Delta

## Deep Delta is for:

- Experiencing deep meditation
- Riding a wave of bliss
- Feeling profound peace
- Releasing anti-aging hormones
- Improving sleep patterns
- Boosting your immune system
- Healing body and mind

Play Deep Delta when you meditate, destress or want to experience deep relaxation. Headphones are recommended for optimal effect, but not required - because of the natural monaural and binaural rhythms, entrainment is still effective even when not using headphones.

If you are a Profound Meditation practitioner, add it to your transformational library - alternate with the Primary Meditation tracks - for example, you might begin your meditation with 40 minutes of Deep Delta, then play track 3 of whichever tier you are working with - or vice versa.

Deep Delta can be played on any computer, MP3 player or smart phone, stereo symposium.

## Deep Delta's Technology

**Target Brainwaves** - Delta 4 Hz and Delta 2 Hz. Straight delta (no ramping from beta, etc.) - no need due to methods used.

Leigh employs what he calls "natural entrainment", using his knowledge and artistry to create entrainment effects through the musical soundtrack itself, rather than adding a layer of binaural, monaural or isochronic beats to power the entrainment. This creates a more organic, natural experience of entrainment for the listener.

**Psycho-acoustic and Hypnotic Composition:** Selection of musical tensions, timbre, harmonic spectrum, and tones promoting the relaxation response and the delta state.

**Soothing low frequency drone and generous use of the perfect fifth** to promote feeling at rest, at home, deeply peaceful.

By using the **frequency values of the musical notes**, they combine specifically to deliver heterodyne (monaural) and binaural beats in the delta range of brainwaves.

## iAwake Support Links



**Profound Meditation on Facebook:**

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



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



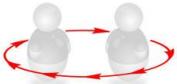
**Profound Meditation Practitioners Forum:**

<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:**

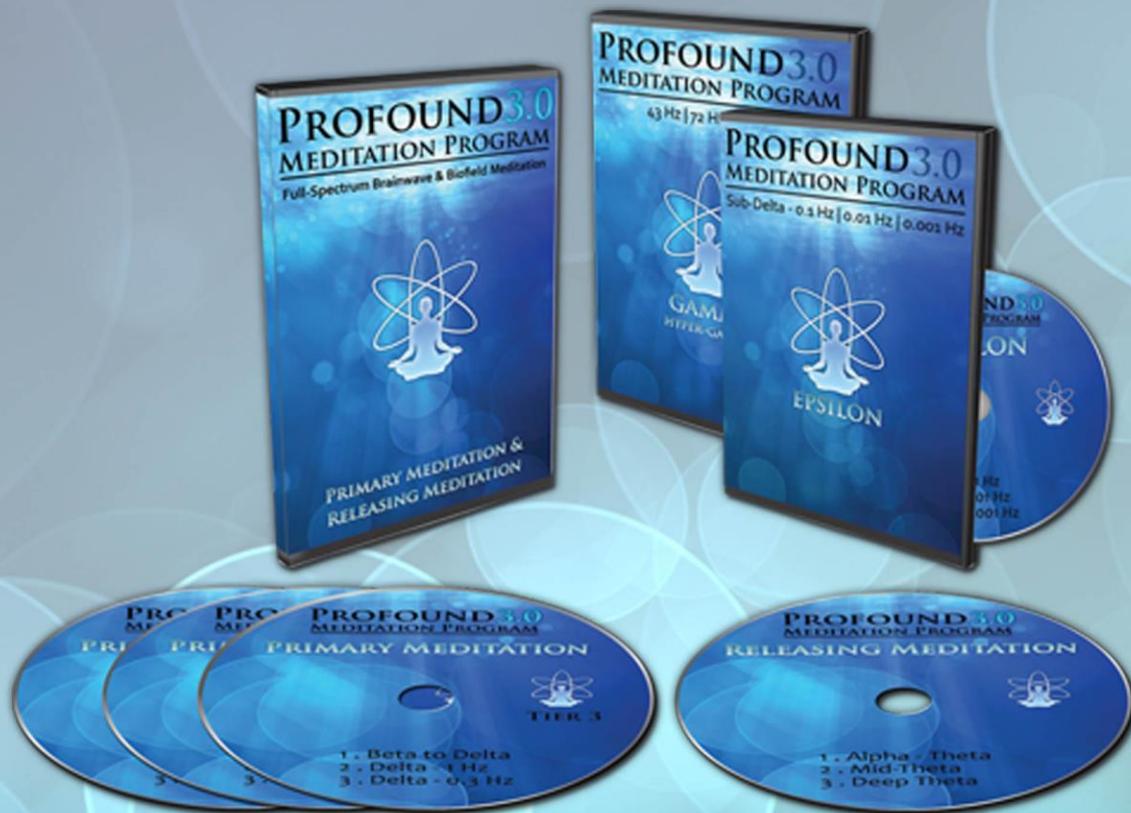
<http://www.iawaketechnologies.com/blog/>



**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*

[www.iawaketechologies.com](http://www.iawaketechologies.com)