



I AWAKE  
**MINI MEDITATIONS**  
RELAX • REFRESH • REFOCUS

VOL.1

I AWAKE  
— TECHNOLOGIES —

# iAwake Technologies

## DISCLAIMER

The user of iAwake Mini Meditations (IMM) agrees that this audio program is designed solely for meditation, self-improvement, learning, and to 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 who meet any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those who are prone to or have had seizures

And 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 brainwave entrainment, as they are more susceptible to seizures.

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

The user of IMM 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 TI.

In no case will iAwake Technologies or other distributors of IMM be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of this 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 that 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 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.

# iAwake Mini Meditations

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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.



## Welcome to iAwake Mini Meditations

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*iAwake Technologies has partnered with Leigh Spusta to create:*

### **iAwake Mini Meditations**

#### **From Leigh Spusta, creator:**

This compilation has been arranged to best facilitate your experience of moving through successive stages of deepening relaxation and an expansion of consciousness, descending from your waking state into alpha, down into theta then delta, then returning back through theta, culminating in your arrival in a serene, clear alpha state. These tracks utilize hypnotic cues and textures of musical phrasing, vibro-acoustic frequencies (low resonating tones), and psycho-acoustics (sounds that spark mental and emotional responses in the listener).

- 01 Embarkation (Alpha)  
A smooth and inviting entry into an alpha state using hypnotic textures.
- 02 Introspective Glance (Alpha/Theta)  
A sense of flowing and floating, guides you into deeper alpha and theta.
- 03 Microcosmic Waterfalls (Theta)  
Like being bathed by the healing waters of Mother Earth through hypnotic and psycho-acoustic techniques.
- 04 Sonic Alchemy (Theta)  
Experience the power of resonance, vibrating and lulling you into theta through vibro-acoustic tones.
- 05 Age of Timeless Space (Delta)  
Allow the immersive sound to ease you into a space of expansion, deepening your experience.



- 06 Stratospheric Envelope (Delta)  
Unwind into the depths of relaxation, simple being-ness, experiencing inner peace, with a touch of curiosity through musical cues.
- 07 Horizon of Intent (Delta/Theta)  
Glide into a space of intrigue and movement through inner space through the use of vibration and psycho-acoustics.
- 08 Distant Images (Theta/Alpha)  
Float on a cloud of sound, aligning yourself to the harmony of being with musical cues and vibro-acoustics.
- 09 Attunement (Alpha)  
Experience the harmonizing energy through your chakras with this sonic attunement.
- 10 Ethereal Voyager (Alpha)  
Experience the bliss of total comfort and a clear, calm mind as you softly glide through hypnotic textures.

## About Leigh Spusta



**Leigh Spusta** 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. Leigh combines his talents as a musician and his knowledge of hypnosis and related states, to pioneer new approaches in creating rich, resonant soundscapes for greater efficacy in healing and meditative products.

Leigh's PsimatiX™ methods incorporate hemispheric synchronization, mind/body resonant entrainment, vibro-acoustic tones, psychoacoustics, hypnotic modality, rhythmic entrainment frequencies and ancient wisdom of sound. This multi-faceted approach delivers excellent results in producing deep physical relaxation and mind-expanding states of awareness such as are beneficial for hypnosis, meditation, rest and rejuvenation, spiritual pursuits, and exploration of self and consciousness.

**To learn more about Leigh:**

<http://www.hypnosimeditationmusic.com/>

## iAwake Support Links



**Profound Meditation on Facebook:**

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



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



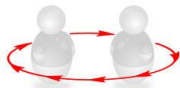
**Profound Meditation Practitioners Forum:**

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



**Free Weekly Teleseminars:**

<http://www.iawaketechologies.com/teleseminars>



**Coaching:**

<http://www.iawaketechologies.com/coaching>



**FAQ:**

<http://www.iawaketechologies.com/faq>



**Blog:**

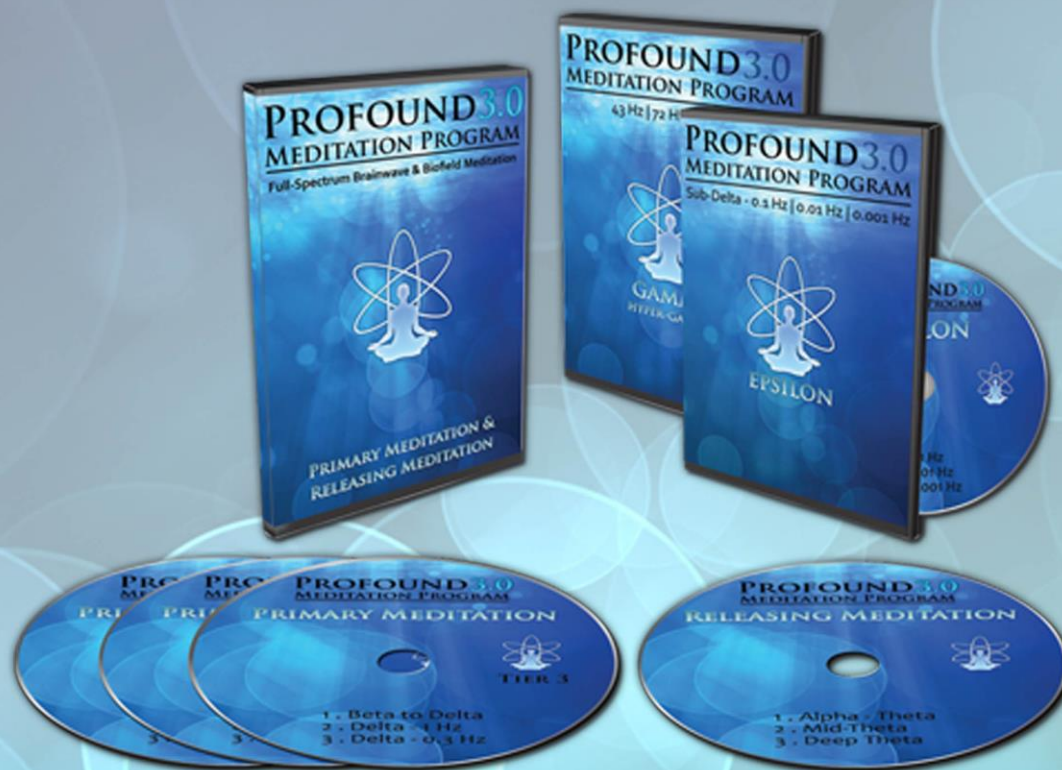
<http://www.iawaketechologies.com/blog/>



**Customer Support:**

[support@iawaketechologies.com](mailto:support@iawaketechologies.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.iawaketechnologies.com](http://www.iawaketechnologies.com)