

I\A\WAKE

— TECHNOLOGIES —

SOLAR INFUSION

The Journey of Illumination

A psychoacoustic portal to infuse your being with light

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DISCLAIMER

The user of Solar Infusion (SI) 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 SI, as they are more susceptible to seizures.

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

The user of SI 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 SI.

In no case will iAwake Technologies, Integral Recovery, or other distributors of SI 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 rendered by the arbitrators, if any, 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 Solar Infusion (SI) 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 SI to a CD, burning it 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

Solar Infusion can be listened to with or without headphones for equivalent impact. SI creator Leigh Spusta says listening to Solar Infusion would be great on a home theater type system that has a nice bass response, because the vibrations will really fill the room and you'll feel them in a tactile, physical sense.

If you do use headphones, for optimal results, we recommend ones 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 full a spectrum of sound as 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 SI:

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.



I \ W A K E

TECHNOLOGIES

Welcome to Solar Infusion

by Leigh Spusta

I'm consistently trying to come up with new track concepts, and this one just occurred to me one morning when I went outside and felt the light and warmth of the sun hitting my face and skin. Sitting there, appreciating how nice it was, I was inspired to create a track that would foster these effects, and the name came to me right away, Solar Infusion.

The sun not only has obvious physical effects on the body, but there is also the life-affirming psychological aspect—the sun is a metaphor for rejuvenation, revitalization, optimal health, also illumination and light of consciousness.

How would I get this idea across to people?

I realized I could rely heavily on the psychoacoustic methodology, something that has worked very well in the past. What this means is creating textures or sounds that elicit specific responses in us, both visceral and psychological. So, listening to a track with psychoacoustic entrainment technology might cue an emotional response or a feeling in our body. People who are very good at creating film soundtracks are very aware of this process—beyond the melodic ideas, certain sounds and textures elicit certain concepts and responses, in this case, the shimmering of light and the experience of the sun's warmth.

I thought it made the most sense to target an alpha state that was within the range of the Schumann Resonance, which is the primary planetary frequency to which all life on this planet is attuned. To me, the sun and the Schumann Resonance go hand in hand.

I hope this track will infuse your meditation with inner light, fostering greater understanding, peace, and well-being.

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 to creating rich, resonant soundscapes for greater efficacy in healing and meditative products. Leigh is the developer of the proprietary PsimatiX™ therapeutic approaches and technologies.

How To Use Solar Infusion

Solar Infusion can help you:

- move through depression and sadness
- lighten your negative thoughts and perspectives
- set the stage for even deeper meditation and healing
- help release mental & emotional dross, so you can hear your intuitive wisdom voice
- a powerful pick-me-up when you are tired, drained, and lacking in inspiration
- stay centered and happy during the winter if you live in a cold clime
- journey to a place of centeredness, compassion, and higher understanding
- open your heart and increase feelings of joy and gratitude

This recording has been specially designed to move you into coherence with the essence of life-force energy, allowing deep relaxation and attunement to the highest expression of your being. The neurochemistry promoted by this audio experience - endorphins, dopamine, serotonin and oxytocin - are known to foster inner peace, reduce depression, enhance well-being, clear and sharpen the mind, boost creativity, restore balance, and much more.

This 40-minute recording works by inducing an alpha rhythm of 8 cycles per second, by an encoded isochronic beat, to entrain the brain into low alpha waves, in the range of the Schumann Resonance, the Earth's primary resonance. Deep relaxation is triggered by the use of vibroacoustic tones and flowing textures in the sound. The psychoacoustic approach to the arrangement and harmonic spectrum of this track promotes a sense of the vibrant light of the sun.

Play Solar Infusion when you meditate, when you are in need of revitalization, or when you want to experience deep relaxation. You will receive the same benefits whether or not you use headphones, because with naturally occurring monaural and binaural beats, entrainment is still effective even when not using headphones. So, whether as ambient background music or as the primary vehicle for deep meditative practice, SI will powerfully transform and illuminate your practice or environment.

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

Solar Infusion can be played on any computer, MP3 player, smart phone, or stereo symposium.

Solar Infusion's Technology

Target Brainwaves - Alpha 8 Hz and a subdominance of Theta 4Hz - This track offers a combined approach to accomplish guiding the listener into the desired brainwave state and eliciting the experience of light and illumination.

Psycho-acoustic and Hypnotic Composition - Selection of musical tensions, timbre, harmonic spectrum, and tones promoting the relaxation response and the alpha state. Specific attention was paid to the use of sound textures that influence the listener in both visceral and psycho-emotional experience in accord with referencing the sun's energy.

Isochronic Entrainment - The entire recording has been encoded in with an isochronic modulation rhythm of 8 Hz to target alpha, within the range of the Schumann Resonance, to foster a sense of being at ease and rest, in harmony with the world around us. This modulation is beneath the threshold of perception but received by the brain as a stimulus to entrain to.

Vibroacoustic Drones - We've also employed the use of low frequency droning tones in order to promote a sustained sense of comfort, releasing stress from the mind and body, allowing for a deepening of relaxation and experience.

Additionally, due to the compositional method, there are naturally occurring monaural and binaural beats within this recording that further enhance the effectiveness of the recording. This track can be listened to with or without headphones for equivalent impact.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



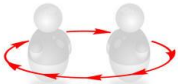
Profound Meditation Practitioners Forum:

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



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Coaching:

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FAQ:

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Blog:

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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