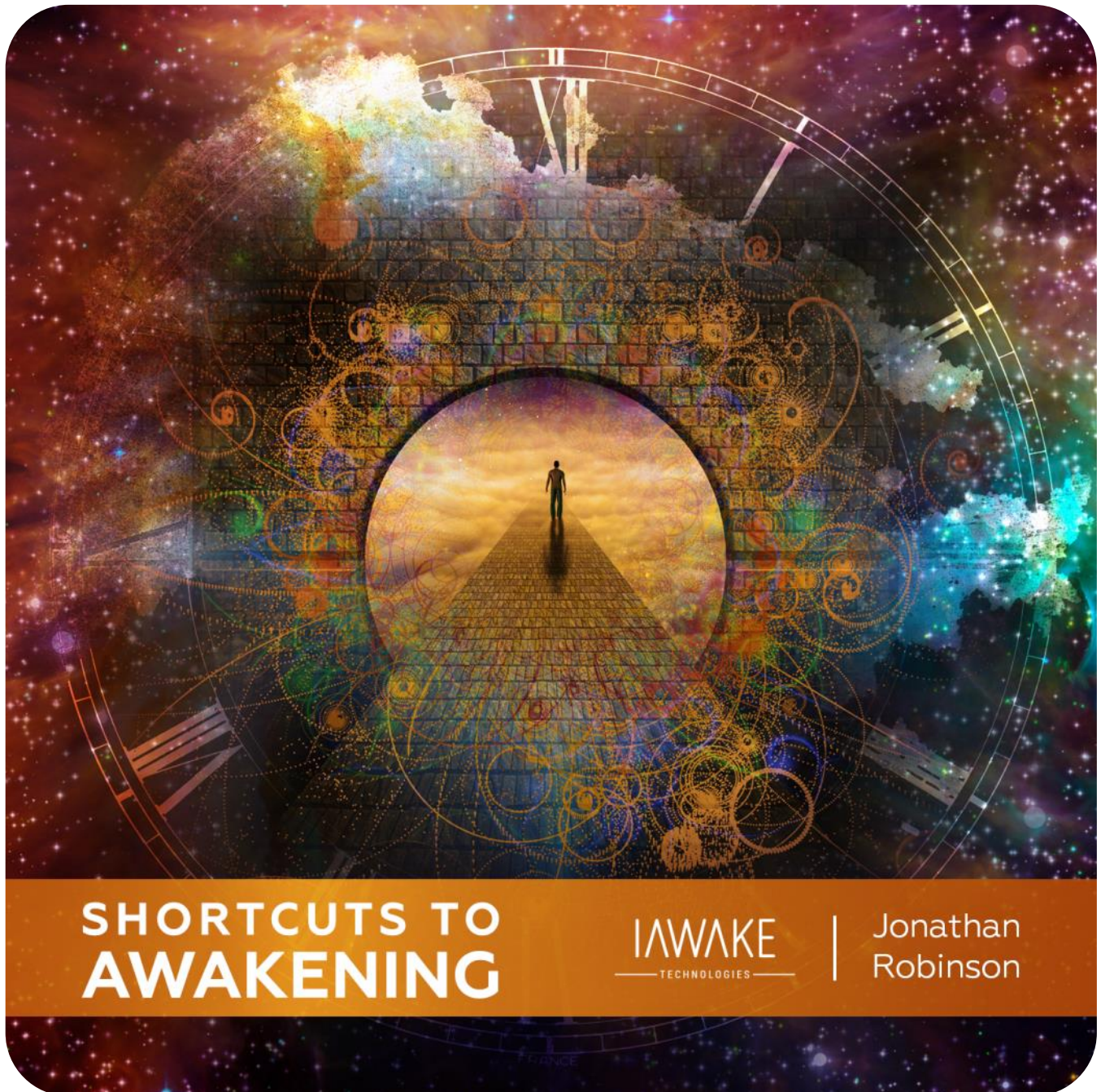


# I\A\W\A\K\E

— TECHNOLOGIES —



## User Manual

# DISCLAIMER

The user of *Shortcuts to Awakening* agrees that this audio program is designed solely for meditation, self-improvement, learning, 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

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Pregnant women
- Those wearing a pacemaker
- Those prone to or who have had seizures
- 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 *Shortcuts to Awakening*, as they are more susceptible to seizures.

**Finally, DO NOT LISTEN TO ANY *SHORTCUTS TO AWAKENING* AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *Shortcuts to Awakening* 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 *Shortcuts to Awakening*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Shortcuts to Awakening* 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 *Shortcuts to Awakening* 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 *Shortcuts to Awakening* 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

For the fullest entrainment effect, it is recommended that one use earbuds or headphones when listening to *Shortcuts to Awakening*.



### COMPATIBLE PLAYERS

Compatible with all MP3 players.



### IMPORTANT NOTE ON USING *SHORTCUTS TO AWAKENING*

**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 Shortcuts to Awakening***

These tracks are exactly what the title says they are: shortcuts to waking up. Powerful, quick, and easy-to-use tools to help us to remember who and what we truly are at the deepest level. The mantra that resonates through my life as of this writing is *Wake Up, Clean Up, Grow Up, Show Up*. That is what we are here to do. If you are looking for the meaning of life, well, there it is. And if you're looking for your purpose, there it is. And if you're looking for authentic happiness, there it is. And if you're looking for enlightenment, it's there too.



Jonathan Robinson's guided meditations, accompanied by iAwake's powerful brainwave entrainment tracks, are effective, extraordinary shortcuts that can save us years of time figuring out how to wake up. That's what I love about Jonathan and his work. He's always looking for an easier and more fun way to get where we need to go. I've always been a bit grim and soldierly, so I really appreciate Jonathan's work. I'm sure you will too.

Have fun and enjoy the journey.

*Warmly,  
John Dupuy*

# About *Shortcuts to Awakening*

## **Four guided meditation tracks:**

- 01 Pure Awareness (19 minutes)
- 02 Stillpoint (21 minutes)
- 03 Beyond Story into Being (21 minutes)
- 04 Sudden Awakening (12 minutes)

## **BONUS TRACK (available as a digital download):**

- 05 Pure Awareness with Silence (19 minutes)

*Available in MP3 and optional WAV formats for digital download, as well as an optional CD.*

## **From Jonathan Robinson:**

Throughout the ages, spiritual teachers have often said that our true nature is pure awareness. The problem is, it has not been easy for most people to experience this directly when meditating. That's why I created these guided meditations. Each one is designed to elicit or trigger the experience of pure awareness in a different way. Being guided by words and sounds towards the direct experience of pure awareness, you can easily learn to rest in your true nature. Once you know that experience, you have a friend for life.



As a professional speaker, I get to see firsthand which guided meditations tend to impact my audiences the most. Here are some of my favorites. They will bend your mind, open your heart, and lead to a very deep peace.

I thank Pam and John Dupuy for all their wonderful help with them.

## Benefits

*Shortcuts to Awakening* can assist you in:

- Knowing your true nature as pure awareness
- Experiencing deep peace and love
- Letting go of negative thoughts
- Letting go of negative stories about yourself, others, and the world
- Disidentifying with physical and emotional pain
- Overcoming deep-seated fears, including the fear of death
- Consciously connecting with your Higher Power
- Speeding up the process of awakening

## Uses

These tracks are specifically designed to help you meditate more effectively and to save you years of trying to figure out how to meditate. No guru needed.

Use these tracks to:

- Deepen your meditation process
- Rapidly facilitate your awakening journey
- Help you identify and experience pure awareness
- Help you to be more mindful
- Free yourself from your limiting stories
- Relieve stress
- Release negative thought loops
- Overcome physical and emotional pain
- Release from exclusive identification with your ego self
- Facilitate access to your inner, intuitive wisdom

## How to Work with the Tracks

Most of the tracks are guided so there's no need for more information, but we thought we'd explain the *Sudden Awakening* track. In this track, you will hear a series of short phrases whose intent is to "point" you towards the experience of pure awareness. After you hear a phrase--such as "welcome everything," do your best to follow that brief instruction. In other words, do your best to welcome whatever your experience is--until the next phrase is spoken about a minute or so later. Each phrase offers a slightly different "portal" or approach to the experience of sudden awakening. By focusing on a variety of phrases/methods in a short period of time, we hope it will quickly deepen your experience of pure awareness.

You may find that some phrases work better for you than others. Take note as to what those phrases are. Once this meditation is done, you can use those particular phrases to help trigger a sudden awakening experience in your daily life. Good luck and Godspeed to you!

**As you use *Shortcuts to Awakening*, we encourage you to share your stories with our community of practitioners on Facebook:**

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





## What is Awakening?

There's a lot of ways to define awakening. I like to define it as a very specific experience. It's not where you're enlightened forever – it's an experience where you let go of your sense of ego, of your separate sense of self, and you're just there taking in your sense impressions... it's like you just arrived there for the first time, and you're seeing out of your eyes for the first time, where there's nothing but *now* going on. You're less identified, or not identified with any ego or anything other than now, and just being right here looking out your senses.

And, when you're looking out into this three-dimensional world that your senses show, you're also connected to something – that something can be called peace or love or a higher power. *It's an emptiness that's very full.* And that's one way of describing it. Obviously, there's a lot of ways.

In some of the tracks, we actually go into describing awakening, because like an erotic novel, if you describe what awakening is, it actually helps to bring you into that state.

It's a beautiful way of opening into this expanded, peaceful, loving, connected, present reality that's always there...

The great thing is that we don't have to create this state – it's our natural state. It's what happens if we relax at a very fundamental level. That's what is, and we're always resisting it. So, really, the tracks are a way of letting go of everything that's in the way of our natural state.

*(Jonathan Robinson - adapted from an interview with John Dupuy)*



# The Technology

## **01 Pure Awareness - 02 Deeply Theta from Deeply Theta**

Brainwaves targeted: 5 Hz isochronic and natural entrainment rhythms. Features 432 Hz tuning. Developed by Leigh Spusta.

## **02 Stillpoint - Audio Serenity**

Brainwaves targeted are alpha and theta, also features a number of neural entrainment methodologies, including binaural and isochronic. Developed by Eric Thompson.

## **03 Beyond Story into Being - 03 Rejuvenation from Profound Renewal**

Brainwaves targeted: 40 Hz gamma, beta, alpha, theta - not all simultaneously but oscillating through track. Developed by Joseph Kao.

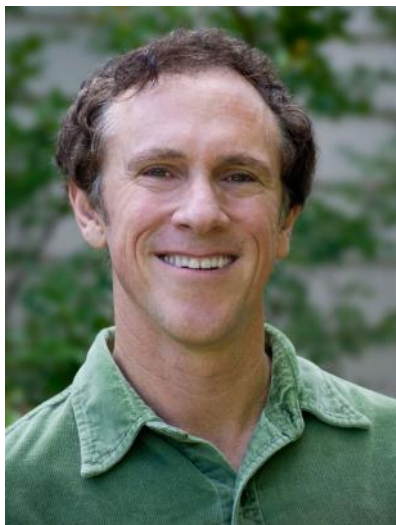
## **04 Sudden Awakening - 02 SeaAmbiance from Schumann Holophonic**

Brainwaves targeted: 7.83 Hz. Includes binaural and isochronic. Developed by Eric Thompson.

## **05 Pure Awareness with Silence - 02 Deeply Theta from Deeply Theta**

Brainwaves targeted: 5 Hz isochronic and natural entrainment rhythms. Features 432 Hz tuning. Developed by Leigh Spusta.

# About the Developer



**Jonathan Robinson** is a psychotherapist, best-selling author of 12 books, and a professional speaker. Mr. Robinson has made numerous appearances on the Oprah show, as well as many other national TV talk shows, and articles about him have appeared in *USA Today*, *Newsweek*, and *The Los Angeles Times*. He is also the co-host of the popular podcast "Awareness Explorers" (iTunes and Google Play).

Jonathan is known for providing people with immediately useful information presented in a fun and entertaining manner. His website is [FindingHappiness.com](http://FindingHappiness.com).

# iAwake Technologies Support Links



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



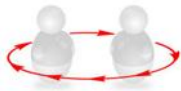
iAwake Technologies Practitioners Forum:

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



Weekly Coaching Calls Archives:

<http://www.iawaketechnologies.com/support/teleseminars/>



Coaching:

<http://www.iawaketechnologies.com/support/coaching/>



FAQ:

<http://www.iawaketechnologies.com/frequently-asked-questions/>



Blog:

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



Customer Support:

[support@iawaketechnologies.com](mailto:support@iawaketechnologies.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)**