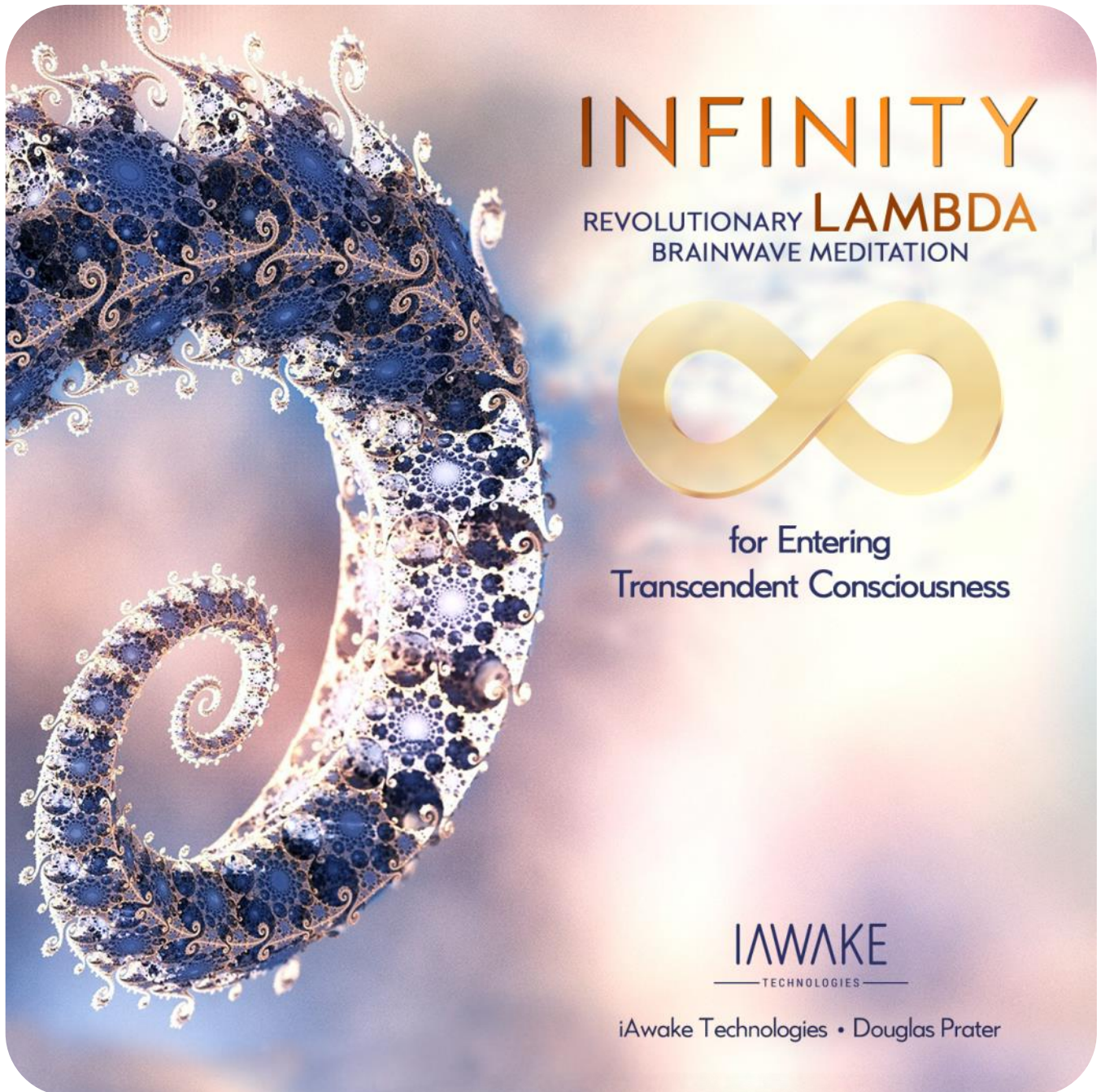


I\A\W\A\K\E

— TECHNOLOGIES —



User Manual

DISCLAIMER

The user of *Infinity* 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 *Infinity*, as they are more susceptible to seizures.

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

The user of *Infinity* 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 *Infinity*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Infinity* 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 *Infinity* 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 *Infinity* to a CD, burning it as a WAV file or 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 "WAV" or "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 *Infinity*.



COMPATIBLE PLAYERS

Compatible with all WAV and MP3 players.



IMPORTANT NOTE ON USING *INFINITY*

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 Infinity

Dear Friend,

I'm so excited about our latest offering, created by my dear friend and colleague Douglas Prater, that I don't know where to start. So, I just will.

Doug has been working on what we call *Infinity* for over a year. It was absolutely worth the wait. *Infinity* consists of two hour long tracks: "Song of Infinity" and "Stream of Infinity." Both take you down from alpha through delta, then through epsilon, to land you in lambda for the last 30 minutes. Lambda is a more newly discovered brainwave, and has not been developed much for public use.

Now, lambda is a very interesting brainwave in that it has an extremely high frequency – higher even than hyper-gamma -- but is embedded in epsilon, the lowest frequency!

What I experienced with the Infinity tracks – especially the lambda portion – is extreme focus deeply embedded in stillness at the same time. Lambda has been known to deal with wholeness and integration and transcendent states of consciousness. These are very powerful tools, and they may not be for everybody, but personally I love them and we've gotten tremendous response from our alpha and beta testing teams.

So, keep practicing, and waking up, growing up, cleaning up, and showing up.

I would love to hear your experience working with these tracks.

With great love and respect,

John and the iAwake Team



About *Infinity*

From the developer Douglas Prater:

People take up meditation practice for a wide variety of reasons, and everyone's story and goals are different. If you stay on the path long enough, though, there's a very high likelihood that spiritual evolution, transcendence, and growth become your primary drivers to continue practice. My own reasons for beginning meditation were related to improving brain function, but it wasn't long before I found myself "seeking enlightenment". No big surprise there; the search for truth, meaning, and freedom have always inspired me and informed the course of my life. (At least when I was listening.)

I've always been fascinated by the relationship between physical brainwave states and experiential states of consciousness, and studying the topic has been my passion for nearly 17 years, with all the reading and research such a passion entails. So you can imagine my surprise when, just over a year ago, my good friend and colleague John Dupuy forwarded me a question about Lambda waves...and I had never heard of them.

True to form, I dove headfirst into the research, of which there was precious little. What I was able to find, though, indicated that Lambda waves were the key to profound, deeply transformative mystical states. Lambda was the brainwave of transcendence. It was exactly what I had been searching for.

The Infinity program – just over a year in the making – is a tool that I truly believe holds massive transformative potential, and it's something I'm honored to share with every one of you committed to waking up, growing up, cleaning up, and showing up.



Two 60-minute tracks:

- 01 Song of Infinity (60 minutes)
Ambient music version
- 02 Stream of Infinity (60 minutes)
Nature sounds - a running stream soundscape

Available in MP3 and optional WAV formats for digital download, as well as an optional 2-CD set.

Benefits

Infinity is a tool for:

- Unlocking transcendent states of consciousness
- Accelerating spiritual evolution
- Raising Kundalini and opening/balancing the chakras
- Working with internal alchemy and subtle energy
- Gaining insight into your true nature
- Exploring of the subtle realms of consciousness
- Deep rejuvenation in the core of your being
- Opening to guidance, wisdom, and intuition

How to Work with the Tracks

The Infinity program is an incredibly potent tool for accelerating the evolution of your consciousness. The Lambda state that Infinity targets is one that has only been observed in advanced meditators, so these tracks were designed with experienced meditators in mind. Practically speaking, this means that the entrainment is strong and the meditation is long.

For best results, listening to the entire program (either Song of Infinity or Stream of Infinity) for the full 60 minutes is recommended.

However, Infinity can also be paired with other iAwake programs before or after use. The key to accessing the Lambda state is to enter either Delta or Epsilon before beginning the Lambda portion of Infinity.

Infinity can be used with any meditation practice of your choice, from Samatha to Vipassana, from Centering Prayer to Raja Yoga, Metta to Shamanic exploration, and more. Doug, Infinity's developer, has noted that the program works particularly well for Kundalini yoga, Tibetan Tantra, Taoist alchemy, Siddhas yoga, and chakra work. If you have studied any of these disciplines with a qualified instructor, you'll find Infinity is a powerful aid to your practice.

In addition to formal meditation, Infinity is an excellent tool for consciousness exploration. Many of the program's early users (including the developer) have noted that the tracks can elicit a strong visual response, making them a great complement to exploring subtle realms (shamanic/astral), seeking guidance, tuning into intuition, and working with shadow material.

Infinity can be used daily or alternated into your regular meditation schedule when you need an extra push to accelerate your evolution.

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

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



What is Lambda?

Lambda brainwaves are the fastest brainwaves (100-200 Hz) that have been identified - but what is interesting is that while the frequency is very fast, it is embedded in the lowest known frequency: epsilon (<.5 Hz). Lambda is found in advanced meditators - including Tibetan monks who meditate in below freezing and melt the snow around them.

Lambda brainwaves are associated with:

- Wholeness & integration
- Accelerated consciousness evolution
- Out of body experiences
- Transcendent spiritual experiences
- Deep meditation
- Bliss & compassion
- Highly focused attention coupled with deep stillness

Key points about Lambda

- Hard to detect with EEG
- Embedded within Epsilon (< .5 Hz)
- Is the highest detected brainwave frequency (100-200 Hz)

The Technology

Developer Doug Prater created an innovative approach to targeting lambda, by descending down through the brainwaves, following the research that lambda rides on epsilon.

Song of Infinity is a musical composition uniquely suited to deep states of meditation due to its gentle shifting and morphing of timbre which take the listener on an evocative journey.

Stream of Infinity uses a carefully selected palette of natural sounds including flowing streams, waterfalls, and wind for an experience that is both rejuvenating and profound.

Both *Song of Infinity* and *Stream of Infinity* follow a carefully orchestrated and finely tuned deepening protocol that guides the meditator to the epsilon state before introducing the Lambda entrainment. By firmly rooting the listener's meditation in epsilon, the transformative experience of Lambda is potentiated and amplified.

The Journey

0:00-20:00 Descent from 10 Hz (Alpha) to 1 Hz (Delta)

20:00-30:00 Descent from 1 Hz (Delta) to 0.2 Hz (Epsilon)

30:00-40:00 Emergence and strengthening of 200 Hz (Lamba)

40:00-60:00 Peak Lambda experience

Entrainment Technologies

DEWS: Infinity's "secret sauce" is a revolutionary new entrainment technology, **Dynamic Embedded Waveform Sculpting (DEWS)** developed specifically for this program, artfully combined with a unique combination of entrainment techniques designed to work synergistically for a program that is both a pleasant listening experience and an incredibly potent entrainment tool.

- Harmonically layered Binaural encoding – Multiple layers of binaural entrainment at harmonically related frequencies
- Frequency-filtered Isochronic Pulses for a powerful, but pleasant entrainment effect
- Spatial Binaural Encoding of music and natural sounds for a complete entrainment experience
- Psychoacoustic Resonance in the overtones of the musical bed to promote a natural state of well-being
- Rhythmic Contralateral Modulation Entrainment to strengthen communication between the brain's hemispheres

About the Developer



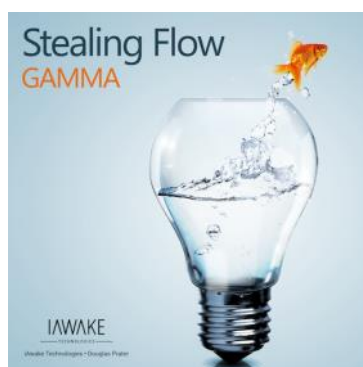
Douglas Prater is the creator of *Stealing Flow*, *Stealing Flow Gamma*, the entrainment soundscape for *The Freedom of Forgiveness* and now, *Infinity*.

He is an author, meditator, fitness enthusiast, and musician who holds a degree in Music: Sound Recording Technology from Texas State University. He is committed to the art of deep practice in every area of life.

Doug began composing and engineering brainwave entrainment audio tracks for meditation, creative pursuits, and the attainment of peak performance flow states back in 2001, and has continued to refine his approach to composition and development by incorporating uniquely psychoacoustic harmonic signatures and a variety of carefully blended entrainment modalities. He also holds a hypnotist certification from HMI College of Hypnotherapy, and has developed a

uniquely integral system for the suggestions and deepening techniques embedded within his soundscapes.

Other Works by Douglas Prater

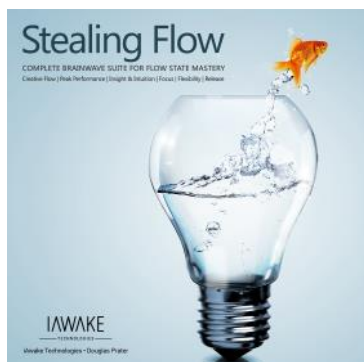


[Stealing Flow Gamma](#)

A wonderful addition to Stealing Flow: Complete Brainwave Suite for Flow State Mastery

"I first tried Stealing Flow Gamma after I had finished my morning Qigong practice. I immediately felt a subtle energy powerfully coursing throughout my body. I found that I could think very lucidly, and at the same time I was able to turn off my thinking and experience extremely focused quiet mind.

~ John Dupuy



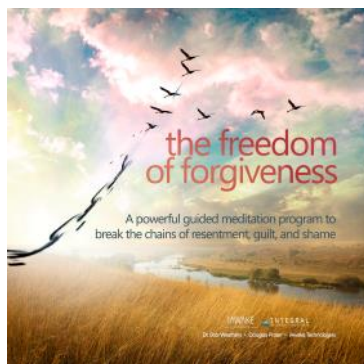
Stealing Flow

COMPLETE BRAINWAVE SUITE FOR FLOW STATE MASTERY
Creative Flow | Peak Performance | Insight & Intuition | Focus | Flexibility | Release

Dynamic tools to create amazing flow states in your work and daily life.

"I loved these tracks and used them every day whilst working. They increased my output and helped me achieve more effortlessly."

~ KM



The Freedom of Forgiveness

Self-Compassion as Daily Practice

Wisdom and compassion emerge from the forgiving heart.

Forgiveness is essential for healing, transformation, and authentic happiness. We have all been hurt by others, and we have all hurt others ourselves. With The Freedom of Forgiveness, Dr. Bob Weathers and Douglas Prater have created a powerful new tool and practice to help us experience the freedom of forgiveness.

A joint project between iAwake Technologies & Integral Recovery

"Immense sense of gratitude for being released from the bind of resentment/not forgiving/not knowing how to forgive."

~ Eileen

iAwake Technologies Support Links



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



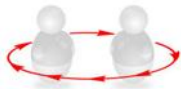
iAwake Technologies Practitioners Forum:

<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/>

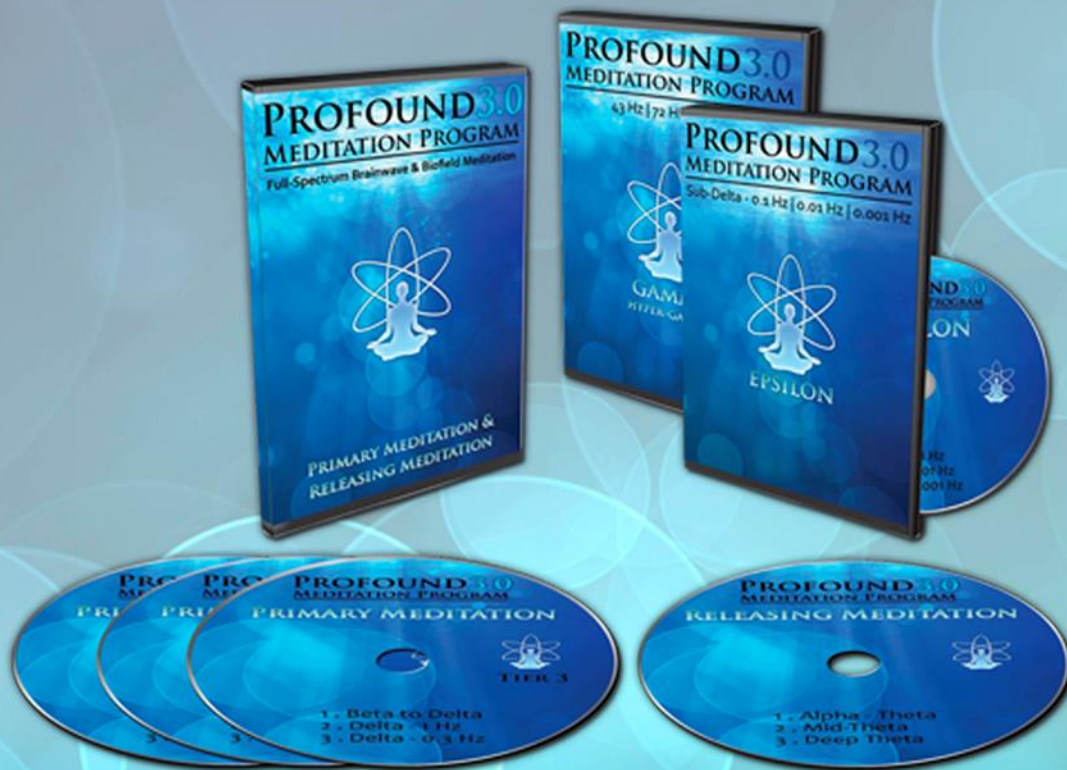


Customer Support:

support@iawaketechnologies.com

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