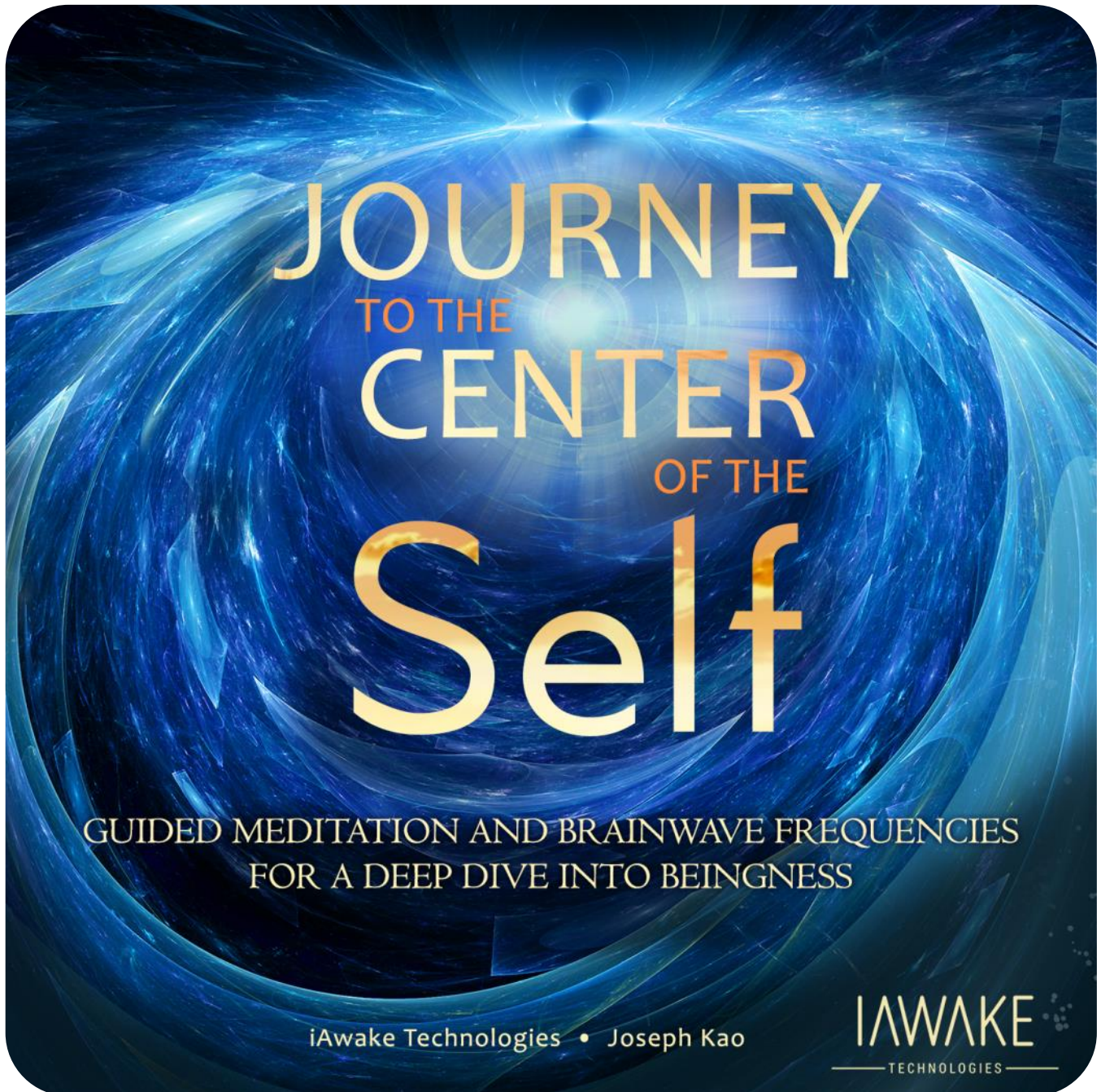


IAWAKE

— TECHNOLOGIES —



User eManual

DISCLAIMER

The user of *Journey to the Center of the Self* 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 *Journey to the Center of the Self*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY JOURNEY TO THE CENTER OF THE SELF AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Journey to the Center of the Self* 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 *Journey to the Center of the Self*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Journey to the Center of the Self* 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 *Journey to the Center of the Self* 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.



NOTE ON HEADPHONES

For the fullest entrainment effect, it is recommended that one use earbuds or headphones when listening to *Journey to the Center of the Self*.



COMPATIBLE PLAYERS

Compatible with all WAV and MP3 players.



IMPORTANT NOTE ON USING *JOURNEY TO THE CENTER OF THE SELF*

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 Journey to the Center of the Self

I'm so glad you've chosen to purchase this iAwake offering. A few months back as of this writing, I was talking to our friend and colleague Joe Kao of the U.K. about some of the earlier products he created for iAwake, such as *Profound Releasing*, *Profound Renewal*, and *Sound Asleep*. At that time, I was working with *Profound Releasing*. I said, "Joe, *Profound Releasing* is such a powerful, transpersonal experience for me. What do you think about creating a track along the lines of a journey to the center of the self?" At that moment we both had a lightbulb experience. Joe said, "Yes! I think that would be terrific."

Thereafter, Joe spent a lot of time and energy working on this, using his years of experience as meditator, hypnotherapist, and creator of brainwave entrainment technology, and crafted what I consider to be a masterpiece of spiritual technology at its best.

I find that if I use the half-hour guided meditation and then follow it immediately with the music-only track, this creates a tremendously powerful meditative experience, which benefits me throughout the day -- and the rest of my life.

I think you're going to love this product. Here's wishing you great success and spiritual growth.

Warmly,
John



Letter from the developer, Joseph Kao:

Journey to the Center of the Self originally came out of a conversation I had with John Dupuy. John was enthusing about the first guided meditation I created for iAwake, called *Profound Releasing*, saying that it was still a product he listened to regularly. He said that he'd been wondering if there was a some way I could create a similar meditation - one that was just a really thorough, deep dive into presence, and into beingness.

Then he suggested the title *Journey to the Center of the Self*. And my goodness, I absolutely loved that as a title. And I knew I had to bring this title into being.

So, several months later, what began as a brief conversation with John, has now become a fully-fledged guided meditation, ready to take you deep-diving into the deepest aspects of who you are.

The guided meditation in this recording draws upon a variety of principles and traditions, some ancient, some modern. It is based on what I have found most valuable and effective, both in my own practice, and in leading group meditations over the years.

There are three overall stages to the process:

1. Gently, mindfully, allowing the body to relax and rest.
2. Expanding your sense of self, by gliding backwards into the void, into inner space.
3. Dissolving all representations you have of yourself as this expanded self. Surrendering... completely... into the great flow.

The soundtrack for the meditation has many layers of brainwave entrainment frequencies, making use of harmonically layered binaural beats, phase modulated pink noise, and amplitude modulated music.

The session will guide you all the way down to the theta-delta border, a brainwave band strongly associated with shamanic trance states, and other non-ordinary states of consciousness. This is combined with repeated bursts of 40 Hz gamma waves - associated with epiphanies, heightened mental clarity, and spiritual awakenings.

- Track 1 is a thirty minute guided meditation, with advanced brainwave entrainment technology.
- Track 2 is thirty minutes of music and embedded brainwave frequencies, without any vocal guidance. You can either use it straight after listening to track one, for a longer meditation session, or you can use it as a stand-alone track for doing self-guided meditations.

These practices have proved invaluable to me over the last two decades, and I hope you find them equally transformational for your own meditation practice.

All the best,

Joseph Kao

About *Journey to the Center of the Self*

Two 30-minute tracks:

01 Journey to the Center of the Self - Guided Meditation (30 minutes)

Guided meditation, with advanced brainwave entrainment technology.

02 Journey to the Center of the Self - Music Only (30 minutes)

Music and embedded brainwave frequencies, without any vocal guidance. You can listen to this after track one, for a longer meditation session, or you can use it as a stand-alone track for doing self-guided work.

***Journey to the Center of the Self* can guide you to:**

- Quiet down the conceptual mind, and open to the space that's beneath and behind all thoughts
- Discover the stillness and pure beingness that is always here within you
- Dive into a state of profound relaxation and inner focus
- Bring more gentleness, patience, and kindness to your meditation practice, and in how you relate to yourself in an ongoing way
- Awaken to your deepest self - to the aspect of you which is always present
- Experience an ever-deepening sense of flow, presence, and beingness in your life

You can use these tracks:

- To enrich and deepen your meditation practice
- To completely release stress and tension
- To enter a "mind-awake body-asleep" state that is ideal for doing transformational inner work
- To discover the pure beingness and presence within you
- To expand your consciousness beyond all boundaries
- To relate to yourself and the world in new ways, so that you become alive to each moment as it happens
- To awaken to the ever-changing flow of your own experience

As you use *Journey to the Center of the Self*, we encourage you to share your stories with our community of practitioners on Facebook:

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

The Technology

The soundtrack to *Journey to the Center of the Self* is a deeply immersive, consciousness-altering sonic massage.

It contains time-stretched drone sounds, 3D Sound-Processing, and cutting-edge brainwave entrainment technology.

As you allow yourself to become absorbed in this rich, resonant, multi-layered soundscape, you'll find yourself spontaneously experiencing profound states of peace, stillness, and complete inner clarity.

The psychoacoustic principles used in the soundtrack include:

- Harmonically-layered binaural beats
- Amplitude modulated frequency bands - creating rhythmic vibrations in the music itself
- Phase-modulated pink noise
- Rhythmic panning techniques

The embedded brainwave frequencies will guide you all the way down to the **theta-delta border (4 Hz)**, a brainwave band strongly associated with shamanic trance states, and other non-ordinary states of consciousness.

This is combined with repeated bursts of **40 Hz gamma waves** - associated with epiphanies, heightened mental clarity, and spiritual awakenings.

About the Developer

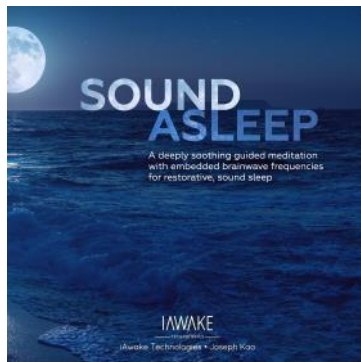


Joseph Kao, creator of *Profound Releasing*, *Profound Renewal*, *Sound Asleep*, and now *Journey to the Center of the Self*, is a hypnotherapist and a solution-focused therapist with a private practice in London and Cambridge, UK.

He works as a teacher and a course-developer of psychotherapy training courses, and has been the head scriptwriter for over 800 professional hypnotherapy recordings.

Joseph has been fascinated by philosophy, meditation, and brainwave entrainment technology since he was a teenager, and he's had a daily meditation practice since 1998.

Other Works by Joseph Kao



[Sound Asleep](#)

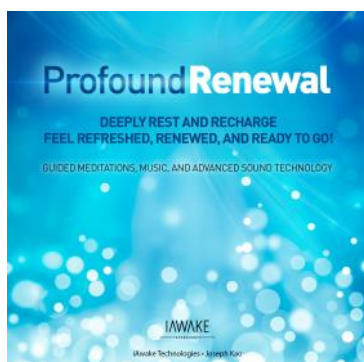
A deeply soothing guided meditation with embedded brainwave frequencies for restorative, sound sleep

One of the most effective things you can do to enhance your wellbeing is to improve the quality of your sleep. A good night's sleep makes you healthier, happier, and more creative.

With Sound Asleep, hypnotherapist Joseph Kao has created a uniquely effective tool to gently lull you into the very deepest stages of sleep.

A soothing, dream-like blend of words, ocean waves, and advanced brainwave entrainment, Sound Asleep is designed to give you more peaceful, restorative sleep, night after night.

Includes Sound Asleep Bonus Edition - download only.

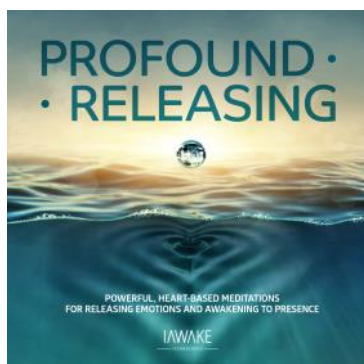


Profound Renewal

Deeply Rest and Recharge: Feel Refreshed, Renewed, and Ready to Go!

Profound Renewal, by Joseph Kao, is an energy-building program designed to evoke calm, healthy, sustainable energy. As a young father, Joe was personally motivated to create a program that would help him find energy and balance to respond to the gifts and challenges of his life.

Profound Renewal contains guided meditations, music, and advanced sound technology.



Profound Releasing

Free yourself from limiting thoughts and emotional blocks, using the power of the heart

Profound Releasing is a multi-layered guided meditation with advanced brainwave entrainment technology, designed to help you to:

Let go of old, rigid emotional patterns and rediscover your natural spontaneity, energy and vitality • Stop battling with your thoughts and feelings, and discover how to effortlessly dissolve inner blocks and tension • Open your heart and allow a deep sense of love and compassion to flow through your body and mind.

iAwake Technologies Support Links



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



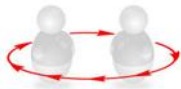
iAwake Technologies Practitioners Forum:

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



Weekly Coaching Calls Archives:

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



Coaching:

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



FAQ:

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



Blog:

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

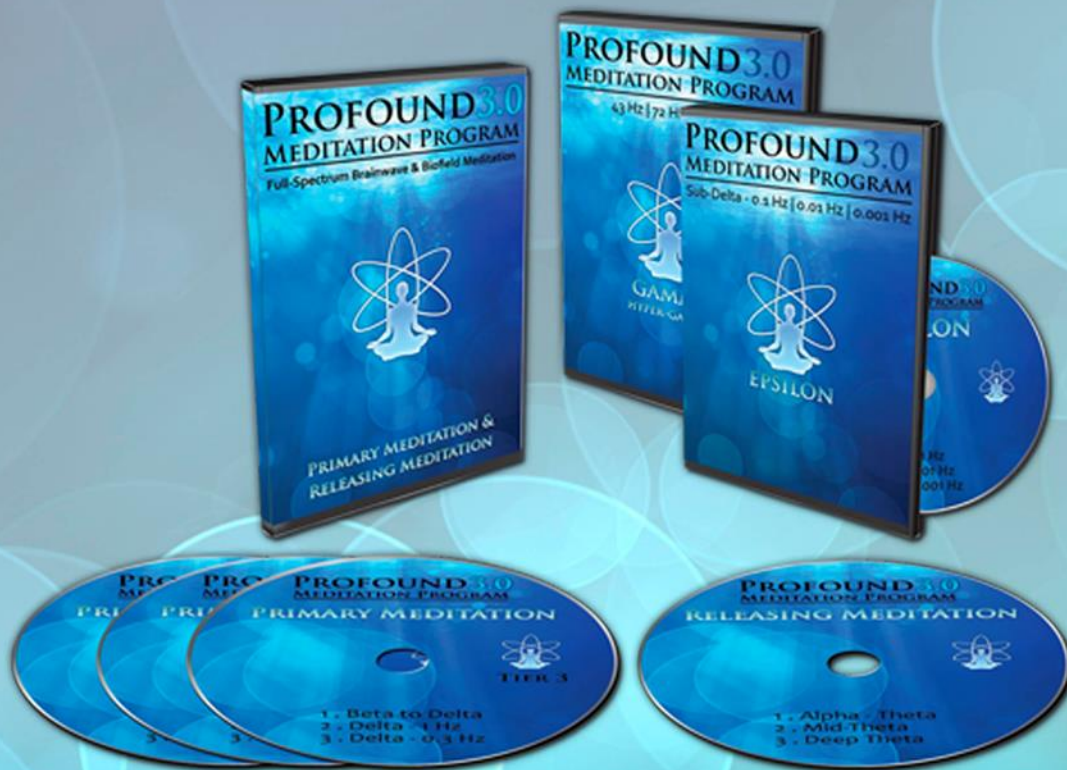


Customer Support:

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