



# THE NEAR DEATH EXPERIENCE

---

## WAKING UP TO LIFE

A PROFOUND AND TRANSFORMATIVE GUIDED JOURNEY  
WITH CONSCIOUSNESS-ALTERING SOUND TECHNOLOGY

### USER MANUAL

IAWAKE

TECHNOLOGIES

JONATHAN ROBINSON - DOUGLAS PRATER - IAWAKE TECHNOLOGIES

# DISCLAIMER

The user of *The Near Death Experience: Waking Up to Life* 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 *The Near Death Experience: Waking Up to Life*, as they are more susceptible to seizures.

**Finally, DO NOT LISTEN TO ANY THE NEAR DEATH EXPERIENCE: WAKING UP TO LIFE AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *The Near Death Experience: Waking Up to Life* 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 *The Near Death Experience: Waking Up to Life*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *The Near Death Experience: Waking Up to Life* 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.

# TABLE OF CONTENTS

---

<b>File Information for Optimal Results</b>	<b>4</b>
Note on Headphones	
Compatible Players	
Important Notes on Using <i>The Near Death Experience: Waking Up to Life</i>	
<b>Welcome to <i>The Near Death Experience: Waking Up to Life</i></b>	<b>5</b>
<b>The Story and The Experience from Jonathan Robinson</b>	<b>6</b>
<b>About <i>The Near Death Experience: Waking Up to Life</i></b>	<b>7</b>
<b>The Technology</b>	<b>8</b>
<b>About the Developers</b>	<b>9</b>
<b>iAwake Technologies Support Links</b>	<b>10</b>
<b>Profound Meditation Program 3.0</b>	<b>11</b>

---

## FILE INFORMATION FOR OPTIMAL ENTRAINMENT RESULTS

We strongly recommend not converting your downloaded files 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.



## HEADPHONES

For the fullest entrainment effect, it is recommended to use earbuds or headphones when listening to *The Near Death Experience: Waking Up to Life*.



## COMPATIBLE PLAYERS

Compatible with all MP3 and WAV players.



## IMPORTANT!

**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 The Near Death Experience: Waking Up to Life

I'm delighted to announce the advent of iAwake's latest release, *The Near Death Experience*. This guided meditation was created by my dear friend and colleague Jonathan Robinson, who is also a best-selling author, extremely popular speaker, and a great teacher on all things spiritual and transformative. He is really something.

Jonathan has led this type of experiential guided meditation for years now with thousands of people, all over the world, so we are very happy to have him use the powerful entrainment music created by our own Douglas Prater (of *Stealing Flow*, *Infinity* et al. fame) to accompany the meditation, and help us all, wherever we are, embrace the spiritual practice of dying as a doorway into the knowledge of our true Self and our life's purpose.

Jonathan began this teaching after he had his own near-death experience in an automobile accident. So this teaching is based on his experience and subsequent life-changing integration of what was learned.

I had my own near-death experience a little over a year ago, when I had a massive heart attack. The doctors and the team in the emergency room didn't seem to think I was going to make it, but through the grace of God and the skills of the doctor and his assistants, I was brought back from the precipice. The interesting thing was that the deeper and closer I got to death's door, the more fear dissipated. I had a vision that made me grateful for the work I'd been able to do in my life, and especially grateful for my students at the time, to whom I was teaching a course on "Religion as Practice," at Codrington College in Barbados, the oldest seminary in the Western Hemisphere.

Following my heart attack, I had five hours of extreme mental, emotional, spiritual, and intellectual clarity. It was so beautiful, I thought I might be getting ready to die then—but I wasn't.

So here I am today, a year later, participating in getting this deep, wisdom-filled transformational tool and teaching to the world.

I am grateful for all of you, for my life, and for the beautiful and gifted people that this iAwake experience has allowed me to know, love, and work with.

Warmly,

John and the iAwake Team



*"Since being introduced to this product, I've thought about its impact every single day. It's as though death is 'at my doorstep,' reminding me to stay oriented on the people, places, and things most meaningful to me."*

*~ Lisa Celentano, M.A, LMHCA*

## From the Developer, Jonathan Robinson

### The Story

Many years ago, after a serious car accident, I had what has commonly been called a "near-death experience." It changed my life. It gave me a perspective and gratitude for life and our purpose here that I did not have before. It set the course of my life in a positive direction. In fact, researchers have discovered that the single most positive and transformative experience a person can have is a near death experience. Unfortunately, almost dying is not easy and not fun.



As a leader of personal growth workshops, I wondered if I could create an "artificial" near death experience in my workshop participants. After years of trying different approaches, I stumbled upon the key ingredients that seemed to work amazingly well. The resulting guided meditation was so powerful that companies ranging from Coca-Cola to Google hired me to lead their employees through this experience. When the people at iAwake heard about what I was doing, they asked if I would like to record the experience with their special brainwave technology. I enthusiastically said "yes." I'm very excited to finally have this experience easily available to whoever wants to know its transformative power.

### The Experience

The experience you receive from this program largely depends on how you prepare for it. On Track 1, I talk a lot about how to properly prepare yourself for the meditation. It's important that you listen to Track 1 before you listen to the actual guided meditation on Track 2. If you prepare for this experience properly, the meditation can be both rather emotional and life transforming. Give it the time and space it deserves so that its "magic" can happen to you. If you do that, I know you'll be pleased by its overall impact on your life.

# About *The Near Death Experience: Waking Up to Life*

## Three guided meditation tracks (total of 45 minutes)

- 01 Near Death Meditation Instructions (08:58)
- 02 Near Death Meditation (19:51)
- 03 Near Death Integration (16:59)

## *The Near Death Experience: Waking Up to Life* can guide you in:

- Living your life's deepest priorities
- Tapping into the joy of being alive
- Feeling deep love and gratitude for the people in your life
- Rebooting your nervous system
- Enjoying a broader, more peaceful perspective
- Accessing your deeper wisdom and love
- Overcoming blocks to greater happiness
- Releasing long-held resentments and grudges
- Gaining a clear sense of purpose

## You can use these tracks:

- To let go of the past and embrace the future
- To establish deeper personal relationships
- To tap into deeper and more frequent gratitude
- To have a powerful experience of release and rebirth
- To regain a bigger sense of perspective
- To neutralize bad news or recent stressors
- To have a clear sense of one's best path forward

**As you use *The Near Death Experience: Waking Up to Life*, we encourage you to share your stories with our community of practitioners on Facebook:**

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

# The Technology

## From the Developer, Jonathan Robinson

Creating a transformative guided meditation experience is a long and multi-layered process. Like a mad scientist, for years I played with various ways to give workshop participants a taste of what it would be like to "die"-- and then come back. I found that certain hypnotic induction techniques, along with a "ticking clock" and special sound effects helped create a sense of intensity. Finally, I found that a song called "Love, Serve, Remember" was unsurpassed in creating both an emotional release and a sense of "bigness" that was part of my own near-death experience.

When I initially talked to Doug about what kind of music I wanted in the background of the meditation, I could tell he truly "got" what I was looking for. By giving each other back and forth feedback on the tracks, we were able to create a full experience that everyone was pleased with.

## From the Developer, Douglas Prater

The soundtrack for *The Near Death Experience* was composed to and engineered to support, enrich, and deepen the meditation by guiding the listener's brainwaves and physiological responses into a series of consciousness-altering states supporting transformative experience.

Using a powerful combination of brainwave entrainment modalities and psychoacoustic techniques, the soundscape facilitates states of profound states of inner peace, clarity, self-compassion, forgiveness, love, release, and spontaneous insight.

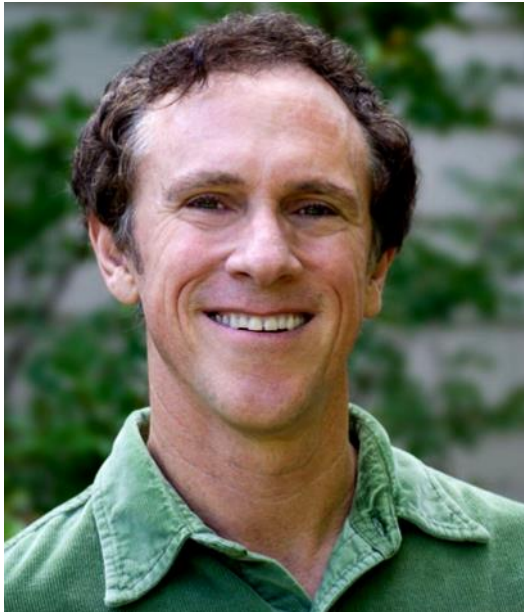
The consciousness-altering technologies used in the soundscape include:

- 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 low-volume white noise for a natural, full-frequency entrainment response
- 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 and increase receptivity to non-ordinary, whole-brain insight

The brainwave frequencies used in this program were carefully chosen to support the various mental/psychological/spiritual states that best complement each track and section, to create a holistic and potential life-altering experience. At different stages of the meditation, as well as the introductory and follow-up tracks, frequencies of **10 Hz (alpha)**, **5 Hz (deep theta)**, and **7.84 (alpha-theta border, Schumann resonance)** are targeted to facilitate your journey and the integration of its lessons into your life.



# About the Developers



**Jonathan Robinson**, developer of iAwake's *Shortcuts to Awakening*, is a psychotherapist, best-selling author of 12 books, and a professional speaker. Jonathan has made numerous appearances on the *Oprah Winfrey 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).

**Douglas Prater** is an author, meditator, fitness enthusiast, and musician who holds a degree in Music: Sound Recording Technology from Texas State University. Born and raised in Littleton, Colorado, Doug also spent significant periods of his life in Austin, TX, and Atlanta, GA. Always longing to return to the mountains, he now lives in the Smoky Mountains of western North Carolina.

Doug's diverse work experience as an audio engineer, web designer, author, and actor, make his joining iAwake an excellent addition.

Doug has composed and engineered brainwave entrainment audio tracks since 2010 for meditation, creative pursuits, and the attainment of peak performance flow states, and is the developer of the *Stealing Flow* suite, *Stealing Flow - Power Nap*, *Infinity*, and the technology for *The Freedom of Forgiveness*. He is also the producer, webmaster, and project manager of *The Journey of Integral Recovery* podcast. Doug is the author of the forthcoming book *The Dharma of Harry Potter: A Muggle's Guide to Buddhism* (and a large catalog of fiction written under a handful of pseudonyms that he won't tell us...we suspect he writes romance novels).



# 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/>

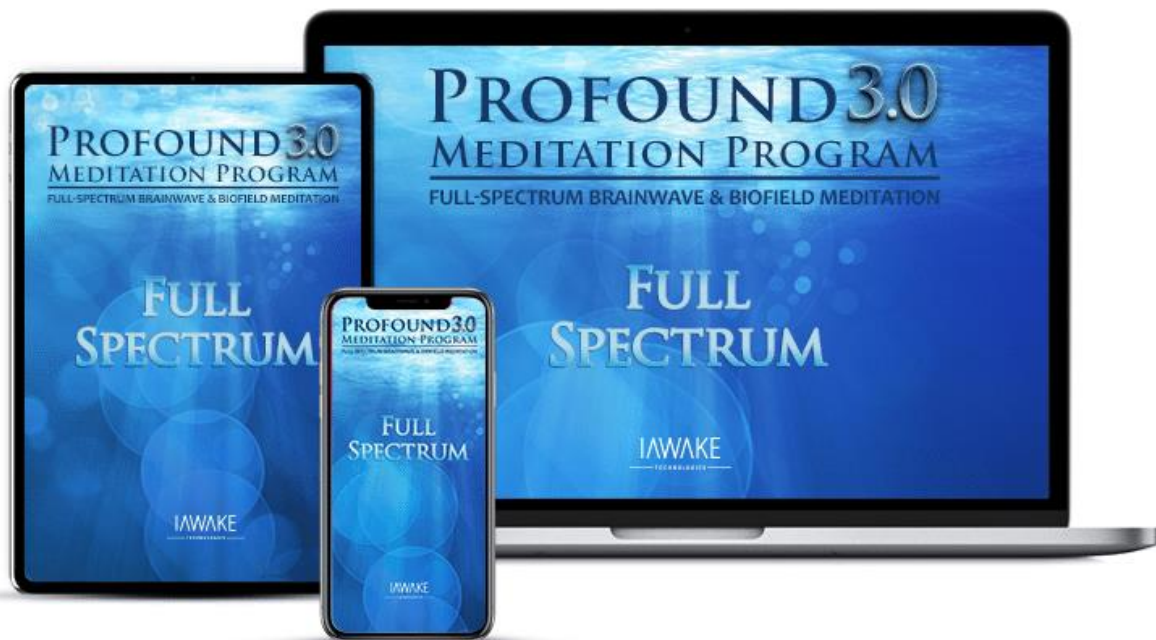


Customer Support:

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