

GAMMA 40

**40 HZ - THE KEYSTONE
OF CONSCIOUSNESS**

USER MANUAL

IAWAKE

— TECHNOLOGIES —

LEIGH SPUSTA

DISCLAIMER

The user of *Gamma 40* 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 *Gamma 40*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY GAMMA 40 AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Gamma 40* 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 *Gamma 40*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Gamma 40* 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

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 *Gamma 40*.

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 Gamma 40

Congratulations on purchasing Gamma 40! A brilliant tool for transformational practice.

Here are a few of the testimonials from our dedicated beta testing team -- they're really extraordinary and seem to be repeating the same experience in different words, which is in itself extraordinary:

The Gamma 40 tracks enchant me. They immediately bring me more clarity, focus, inner peace, a feeling of wideness, more energy and freshness.

~ Paul Ennemoser from www.ki-mo.wien

It was almost like getting plugged into an energy source that left me feeling better than before I started the meditation, but relaxed.

~ Robbin

While listening I feel optimism and have a smile on my face. I feel purposeful and lots of ideas bubble up. This meditation is the antidote to feeling stuck or aimless.

~ Abigail

I found them relaxing and engaging at the same time. I found in particular that they enhanced my problem-solving ability. Issues I was brooding about would just have a good idea or a solution pop up, even when I wasn't specifically focused on the issue.

~ Greg

I felt these tracks were very therapeutic. They also gave me a lot of aha moments. Love listening to these tracks while I am working. I get into the zone state and become very creative.

~ Michael Lapetina

Everything was more relaxed and clear at the same time, feels great!

~ Janita Zoer

Blissful. Really. Elation and respite together.

~ Neal Szpatura

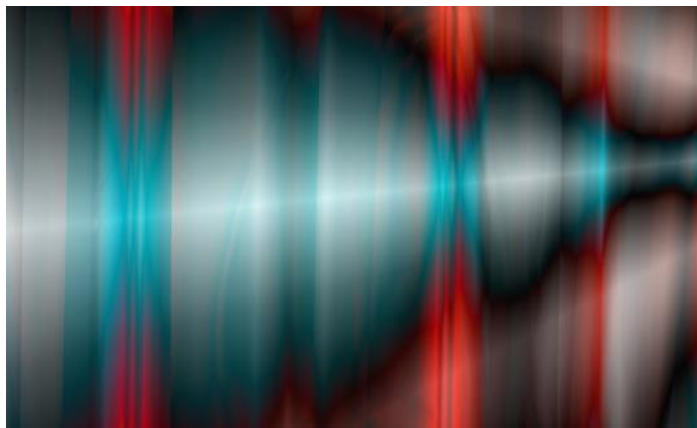
All of us at iAwake have loved Gamma 40 and had a great experience in bringing this to you.

So, be alive, be happy, live your path, and let us know how you experience Gamma 40 in your life.

With great love and respect,
John Dupuy

From the Developer, Leigh Spusta

It is my pleasure to bring you another soundscape. I endeavor to find the right balance between musicality, ambient sound, and organic patterns in an effort to create a vehicle to bring your awareness as deeply into the desired state as possible without demanding any more attention than is needed for the process, so that it is enjoyable and effective, yet very passive in the awareness of it. All that is required of you is to take a few deep breaths, close your eyes, and allow yourself to travel along buoys of sound. If



using headphones, be mindful of using the proper volume and / or EQ adjustment to limit fatigue to the ears, as there is ample lower frequency sound energy present in these recordings.

About Gamma 40

Three tracks (total of 70 minutes)

- 01 Blissful Cognition (10 minutes)
- 02 Blissful Cognition (20 minutes)
- 03 Cognitive Bliss (40 minutes)

Gamma 40 guides you to:

- Experience pure, unbounded consciousness
- Clear, focused awareness
- Rapid information processing and synthesis
- Deeper compassion for self and others
- Expanded inner peace
- Increased energy & motivation
- Experiences of bliss & joy
- Heightened creativity, insight, and inspiration
- Enhanced productivity
- Formation of rich and vivid memories
- Persistent states of deep and fundamental well-being

You can use these tracks:

- To focus while working/studying
- To enter states of meditative jhana
- To access creative insights
- To synthesize ideas in rich new ways
- To increase mental energy and stamina
- To journey inward and explore rich meditative states
- To increase productivity and cognitive endurance
- To prepare for an event such as public speaking
- To decrease brain fog and improve alertness
- To increase feelings of connection and loving-kindness

As you use *Gamma 40*, we encourage you to share your stories with our community of practitioners on Facebook:

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



Gamma 40 works on me like 3 cups of coffee—where I'm usually shy, I become wildly effusive and outgoing...and the most surprising thing is although I've been a procrastinator all my life, usually ending the day with a lament about how little I managed to get done and how much I have to do tomorrow, in these last few months of listening to Leigh's Gamma 40, I find myself saying at the end of the day quite often, "Wow, it's amazing what I got done today!" ~ H.M.

The Technology

These tracks were composed primarily with a psychoacoustic entrainment method in mind. This means that the flavors, tonal qualities, melodic, harmonic, and rhythmic content were crafted to elicit a particular range of psychological and emotional responses (musical phrases like this are generally referred to as "cues"), much like what happens with scoring for TV and film. We also employed ambient and vibroacoustic drones for their potent calming and centering effect. Lastly, we incorporated a 40 Hz phase modulation, essentially a variation of an isochronic rhythm, in order to drive the brain waves into gamma dominance. These tracks can be used individually, or can be listened to in sequence.



About the Developer



Leigh Spusta, creator of [*Deeply Theta*](#), [*Deep Delta*](#), [*The Teachings of Wan-Tsu*](#), [*iAwake Mini Meditations Volume I*](#), [*Solar Infusion*](#), and the sound/entrainment track for [*Deep Recovery*](#), is a psychoacoustic composer, 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™ and AudioSpire™ therapeutic approaches and technologies.

Other Works by Leigh Spusta



[iAwake Mini Meditations Volume I](#)

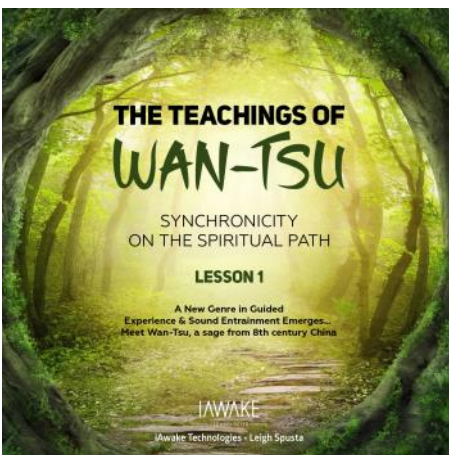
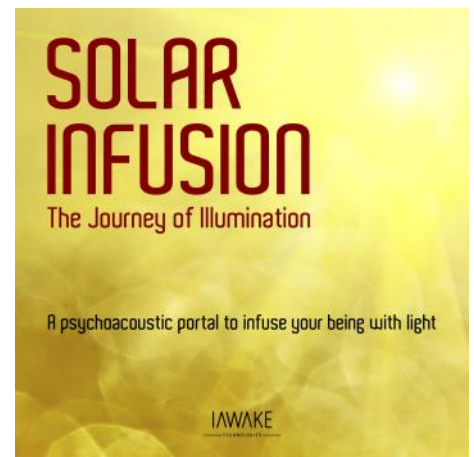
In a hurry? Feeling too busy? Experience the spaciousness of time in a matter of minutes with our "less is more collection". Short yet powerful entrainment interludes to reduce time pressure, tune yourself up, and keep you on the go.

"As a hypnotherapist, I rely on research. Leigh's brainwave music is specially crafted to produce results, and I use his music with my clients and for myself on a regular basis." ~ Lisa Machenberg, C.Ht.

[Solar Infusion ~ The Journey of Illumination](#)

A psychoacoustic portal to infuse your being with light

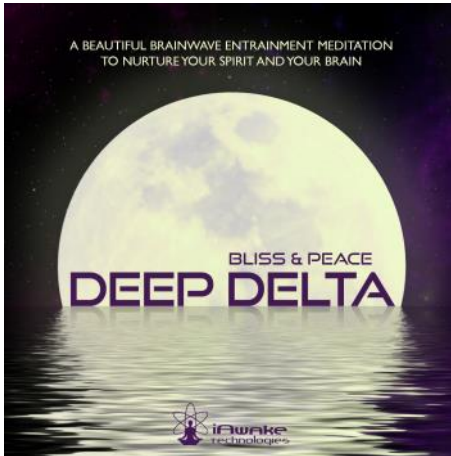
"Solar Infusion is really different from the other iAwake tracks I've used! I find I am drawn into it and tend to be sort of captivated just listening to it (instead of doing my usual meditation routine with the track playing in the background). There are so many unique sounds that totally hold my interest and I love the progression of it. I don't know when I've heard a track that silences my monkey mind so successfully. When it's done, I am in such a wonderful deep state, I often play Heart Wave or one of the Mini Meditations afterwards, just to relish staying in the zone it puts me in and prolong the state." ~ Heidi Mitchell



[The Teachings of Wan-Tsu](#)

A New Genre in Guided Experience & Sound Entrainment Emerges... Meet Wan-Tsu, a sage from 8th century China

"I can honestly say in over ten years of using BWE and studying hypnosis I've never come across anything like this. Its so unique it's worth the time, and the effects are quite profound." ~ Stephen Cull



Deep Delta

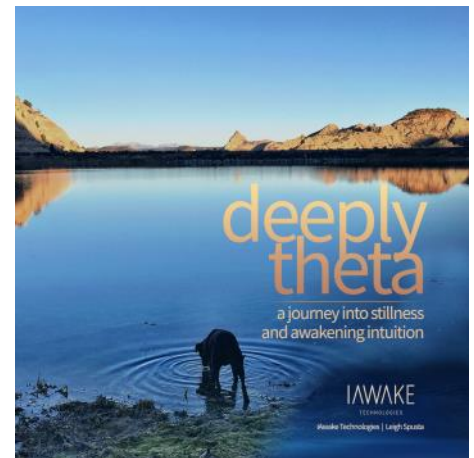
Ride the sounds deep into that inner place where everything is at peace.

"I used Deep Delta yesterday before bed as an evening meditation, and felt very, very entrained by the track! Super relaxed mental/emotional space is exactly what my needs have been lately. I just want to acknowledge that the iAwake team continues to make specific tech that is suited to an integral practice." ~ Scott Marshall

Deeply Theta

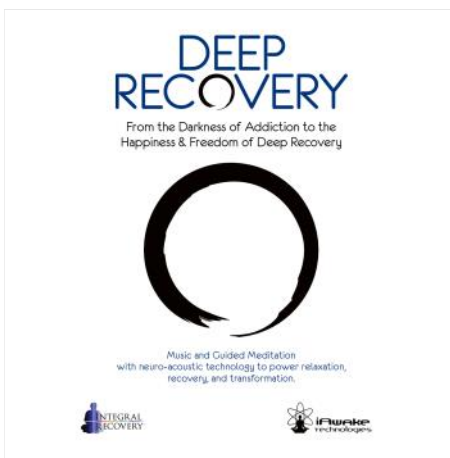
a journey into stillness and awakening intuition

"This is a good mix. There's a reverent, deep quality to the tones used for the ambient wash. Many mixes are too saccharine and seem to enhance spiritual bypassing. Somehow this is comforting but it leads to depth and stillness." ~ Gregory



Deep Recovery

From the Darkness of Addiction to the Happiness and Freedom of Deep Recovery



"Another great addition to the iAwake library but this time with a guided meditation! Let me tell you that this guided meditation left me feeling more open and accepting as a human being. This is going to be great for those in recovery. What I found most interesting about this track is the electrical feeling that vibrated throughout my body. It felt as if some of it was coming from the soundtrack as well as the entrainment. A very transformative experience! ~ Jason Fulgham

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/>

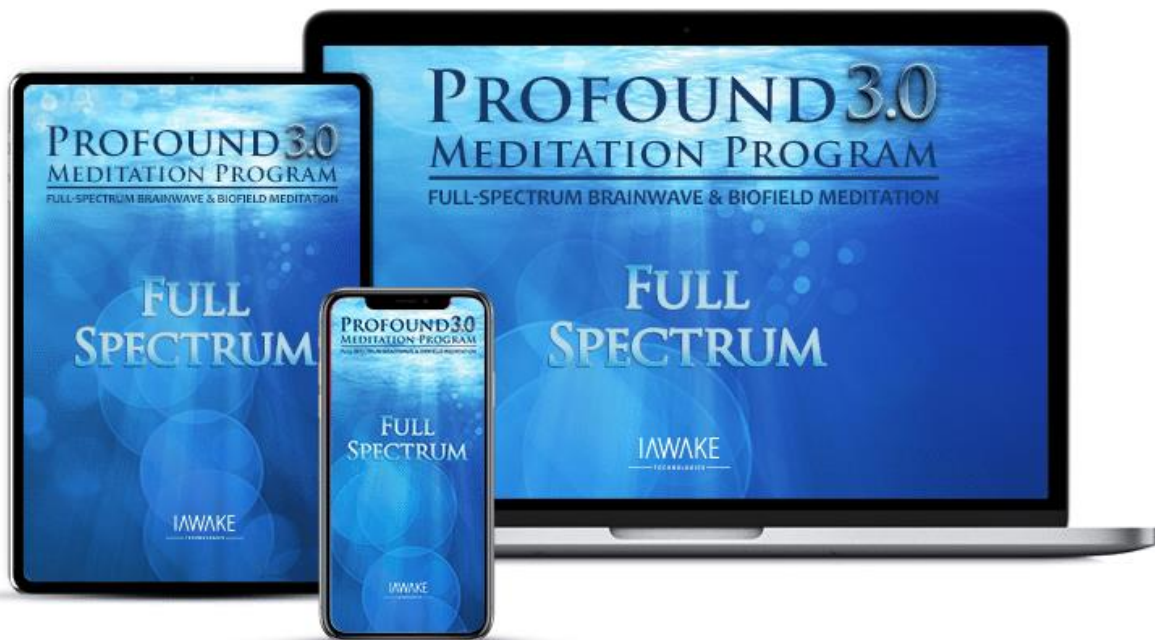


Customer Support:

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