

The background of the entire page is a composite image. The upper half features a sky with soft, colorful clouds in shades of pink, orange, and blue, suggesting a sunrise or sunset. A flock of approximately ten birds, possibly terns, is captured in flight, moving from the left towards the right. The lower half of the image shows a landscape with a winding river or stream that reflects the light from the sky. The foreground is filled with tall, golden-brown grass, and the middle ground shows rolling hills and some trees in the distance.

USER MANUAL

# the freedom of forgiveness

A powerful guided meditation program to  
break the chains of resentment, guilt, and shame

IAWAKE  
TECHNOLOGIES

INTEGRAL  
RECOVERY INSTITUTE

Dr. Bob Weathers • Douglas Prater • iAwake Technologies

# DISCLAIMER

The user of The Freedom of Forgiveness 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 Freedom of Forgiveness, as they are more susceptible to seizures.

**Finally, DO NOT LISTEN TO ANY THE FREEDOM OF FORGIVENESS AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of The Freedom of Forgiveness 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 Freedom of Forgiveness.

In no case will iAwake Technologies, Integral Recovery, or other distributors of The Freedom of Forgiveness 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 headphones or earbuds when listening to The Freedom of Forgiveness. However, the isochronic technology also makes it ideal for use with speakers.

### 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 Freedom of Forgiveness



Dr. Bob Weathers has been a friend and colleague of mine for many years now. He is one of the wisest and most compassionate souls I have had the pleasure to know and work with. Dr. Bob's guidance in these tracks is an essential part of healing our hearts and allowing us to grow and awaken into the beings we were born to be. You will immediately feel the power of the love and the wisdom that Dr. Bob transmits in these recordings.

From my own personal work over the years, I know that forgiveness is a process and not an event. And from my own work with The Freedom of Forgiveness tracks, I can attest to their power and their heart-opening and healing effects.

Included in this offering are two guided practice and meditation tracks (a long and a short version), led by Dr. Bob and accompanied by Douglas Prater's powerful entrainment music, and also a 20-minute track that contains only the music, for you to use once you have internalized the forgiveness practice or to use with your other meditation practices.

I hope you will come to love and appreciate these tracks as much as I have.

With great love and respect,  
John Dupuy

## John Dupuy introduces The Freedom of Forgiveness (01:08)



# Practicing Forgiveness & Self-Compassion

## From Bob's Blog Post:

<http://www.drbobweathers.com/forgiveness-and-self-compassion/>

Shame may be overcome, in time, with regular practice of forgiveness and self-compassion, because the latter two are fundamentally incompatible with shame.

In the spirit of former university colleague Joseph Wolpe's "reciprocal inhibition" — where one behavior provides an effective antidote against another — today I would like to introduce Forgiveness Practice. I learned this practice first from George Haas and Noah Levine, local meditation teachers in the Buddhist tradition. (My own doctoral dissertation over 30 years ago was on mindfulness meditation from the same tradition.)

In this practice, we learn to first ask others for forgiveness for ways in which we have harmed them. We do this in our "mind's eye," though there is often the accompanying wish to later address face-to-face those we have harmed (as in the 12-step tradition's "making amends").

So we start with asking for forgiveness, then move to extending forgiveness to others for ways in which they have harmed us.

Once we have accomplished these two steps, there is only one more. But it's the most important in terms of operating directly on our shame, or relentless self-judgment. Here we extend forgiveness — for wrongs committed at others' expense — to ourselves.

Sound simple? Well, in truth, it is...and it's not!

One key is to practice this regularly. I did, early in recovery, every single day...for years.

You see: I had been introduced to completing a personal "moral inventory," then making amends, in my early engagement with a sponsor in the 12-step program. I meticulously catalogued scores of personal failings, from moral acts to internal resentments, then similarly listed persons I had wronged (for me: an even 100) and surmised I would need to clear the ledger by personally addressing each wronged individual (if some, only in sincerest, and often repeated, prayer and meditation).

But I always had the sense I had only scratched the surface here, even after so protracted and detailed a season of work (for me, an entire calendar year of dedicated practice). "Scratched the surface? You're kidding, right, Bob?" might be your understandable response.

I realized that there was some kernel of transformation, at least for me, buried in the above 12-step work...and I wanted to take it even deeper.

Now understand: I have been in my own personal therapy since the beginning of my career as a therapist (though that alone had not kept me from becoming addicted in mid-life). I had surely done a tremendous amount of inner work, including on traumas endured as well as perpetrated. But there was an intuition, after having committed a year of my life solely to moral inventory/making amends, that here might lie a "surgeon's scalpel" for getting to the heart of my own crippling shame.

This is when I entered into the above intensive mindfulness training, focusing now on bringing forgiveness and self-compassion into my daily awareness in a way quite unprecedented — this with all due respect for the decades of therapy I had already undergone. Directly to the source, at last!

This then is the practice I now share freely with you, as originally practiced by me. I have shared the literal script I adapted from George and Noah, as mentioned above, and now this published audio version of this meditation (through iAwake Technologies), with accompanying meditative music (binaural entrainment music created by my dear friend and [Integral Recovery](#) colleague, Douglas Prater, and co-produced by my other, deeply beloved friend and colleague, John Dupuy, without either of whom my own, ongoing recovery and healing would be unbelievably impoverished).

#### **Dr Bob Weathers on the Transformative Power of this Practice (03:21)**



# About The Freedom of Forgiveness

## Three tracks

- 01** Full Guided Meditation with Instructions (36:30 minutes)
- 02** Shortened Version for Daily Practice (16:30 minutes)
- 03** Music and Brainwave Entrainment for Self-Directed Practice (20:30 minutes)

## Benefits

- Increase self-compassion
- Forgive yourself
- Forgive others
- Transmute and heal toxic shame and self-hatred

## Applications

- Can be used with or without headphones—though headphones tend to produce a stronger effect.
- Use when you do your daily meditation, combining tracks or looping to match your meditation period.

As you start out with The Freedom of Forgiveness, use the longer track that includes the introduction to the practice; once familiar with it, you can begin using the shorter track that contains the essence of the practice without the introduction, returning to the longer track periodically for a "booster session."

As you use The Freedom of Forgiveness, we encourage you to share your stories with our community of practitioners on Facebook:

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



# How to Work with The Freedom of Forgiveness

**To get the best experience, use headphones to listen to these tracks.**

I recommend setting aside 20 minutes a day to initially apply, then deepen into, this transformative practice. Just as doing a single set of push-ups, or practicing five-finger piano exercises for one day only, will not build our strength or musical ability significantly, so dipping into this forgiveness practice for a time or two will scarcely make a difference. You might in fact enjoy your first experience of it, and that's a good start. But what will make all the difference—in fact, change your entire life—is dedicating regular time (I recommend daily) to the practice.

This I can promise: if you develop a sturdy foundation in regular forgiveness practice (dare I suggest 90 practice sessions in 90 days!), then you will have built into your brain and body a network of responses that will serve you reliably, day in and day out, as well as be forevermore accessible when you run into any specific, thorny relationship, outer or inner. You'll then be able to apply the technique PRN: as needed. And with certain success.

One more recommendation: start by going easy on yourself. I do not recommend starting with your most difficult relationship, or most profound shame, but rather begin with a relationship which will give you good practice for deepening into tougher, more challenging areas later. Just as with your physical workouts, where you go gently earliest on, in order to build endurance and strength sufficient for later, more strenuous exertion and tests, do the same here with the building your "muscles" of forgiving others, of forgiving yourself.

If you are in this for the long haul, and I surely hope you are, your investment in this practice, building patiently over time, will return long-term dividends beyond your wildest dreams. Guaranteed!

Final note: I have found that my most important relationships require repeated visitations in this practice. Do not be discouraged. Repetition here does not equal redundancy. Go where the energy is on any given day. This healing takes place in a spiraling form—going ever deeper, even as we return for healing in those relationships most central to us, currently and historically.

As Carl Jung said: "If you turn toward the Self, it will turn towards you." So it is with this healing exercise. If you turn toward forgiveness, it will most definitely turn toward you.

Blessings to you in this noble endeavor.

~ Bob Weathers

## Forgiveness Practice

For whatever I have done to you, or not done for you, causing you harm, please forgive me.

For whatever I have said to you, or said against you, causing you harm, please forgive me.

For whatever I have thought about you, or thought against you, causing you harm, please forgive me.

For whatever you have done to me, or not done for me, causing me harm, I forgive you.

For whatever you have said to me, or said against me, causing me harm, I forgive you.

For whatever you have thought about me, or thought against me, causing me harm, I forgive you.

For whatever I have done to you, or not done for you, causing you harm, I forgive myself.

For whatever I have said to you, or said against you, causing you harm, I forgive myself.

For whatever I have thought about you, or thought against you, causing you harm, I forgive myself.

## The Journey of Integral Recovery Ep. 013: The Healing Power of Forgiveness (45:04)



# Updated Postscript from Dr. Bob

When I teach this method of forgiveness practice live, I often mention that there may be cases where either the person from whom we are asking forgiveness has not identifiably harmed us, or the opposite, where we have not in any appreciable way harmed the person we ourselves would wish to forgive. There are indeed these exceptions to the more generally applicable, "three-strand" approach I have provided here. Again, when I teach this material in person, I will often adapt one or two of the strands more prescriptively, as above, which makes for a much shorter meditation typically. There surely is value to that kind of laser focus. That said, please know that there is certainly never any need to force something here, with this recorded meditation, that simply does not fit the circumstance or relationship in question.

Another observation which you may find useful in applying these iAwake tracks: there is one more adaptation which I personally have found most of value in my own forgiveness work these past seven years of daily practice. Namely, I will oftentimes select two parts of myself – as just one example, in my case, the formerly "addicted [or suffering and partial] self" vis-a-vis the current "non-addicted [or already healed and whole] self" -- and dialogue between each, for the sake of deep self-forgiveness and integration. I have found this practice incredibly fruitful over the years. I encourage you to give it a try yourself!

## Soundtrack and Technology

The soundscape for The Freedom of Forgiveness was composed and engineered to create an ideal space to integrate and deepen into the transformational and healing potential of the guided meditation track. The track combines a number of psychoacoustic and brainwave entrainment modalities to help listeners enter into the deep state of mind where forgiveness, healing, and growth catalyze lasting change.

The music was composed using a 432 Hz tuning scheme (as opposed to Western music's traditional 440 Hz standard), which is believed to align more closely with the resonant frequencies of life and of the Earth.

These meditation tracks primarily target the theta frequency of 5 Hz, which is associated with deep access to the subconscious mind, insight, rejuvenation, healing, and transformation. The final minutes of each track target a 3 Hz "high delta" frequency to integrate the psychological work of the guided track at the deepest levels of the unconscious mind through deepening connection to pure awareness and the space from which all things emerge.

Entrainment to the theta and delta states is created through the use of:

- Low frequency binaural drone harmonically related to the musical key and tuning system
- Additional binaural textures embedded into the select instrument lines
- Gentle isochronic amplitude beats phase-aligned with the binaural textures
- Rhythmic entrainment in the more active musical lines

# About the Developers



A highly regarded recovery coach, public speaker, staff trainer, business consultant, as well as author and educator, **Dr. Bob Weathers** holds a Ph.D. in clinical psychology, with an M.A. in religious studies. Over the course of his professional career, "Dr. Bob" has provided tens of thousands of hours of therapeutic counseling and recovery coaching, working collaboratively with his countless, satisfied clients. He has also committed the past 35 years to teaching, training, and inspiring hundreds of graduate-level mental health providers at several southern California universities.

Dr. Bob's recent university work has included building regionally accredited online programs in psychology, reaching across the globe, along with having developed nationally accredited addiction studies certificate programs and mindfulness-based clinical training coursework. Additionally, he has published numerous articles in a broad cross-section of respected professional reference books, journals, and edited volumes.

Dr. Bob's current recovery coaching, writing, and in-demand public speaking focus on creatively and effectively applying the principles of Integral Recovery, the leading edge of holistic, body/mind/spirit approaches to the treatment of addictions. He provides skillful resources aimed at helping clients heal from the shame and stigma of active addiction on the way to sustained and successful recovery. For fun, he loves to perform locally, as an avid, lifelong drummer, in his own highly praised jazz ensemble.

Visit Bob at [DrBobWeathers.com](http://DrBobWeathers.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 - Gamma*, *Stealing Flow - Power Nap*, *Infinity*, and the technology for *The Near Death Experience* and *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



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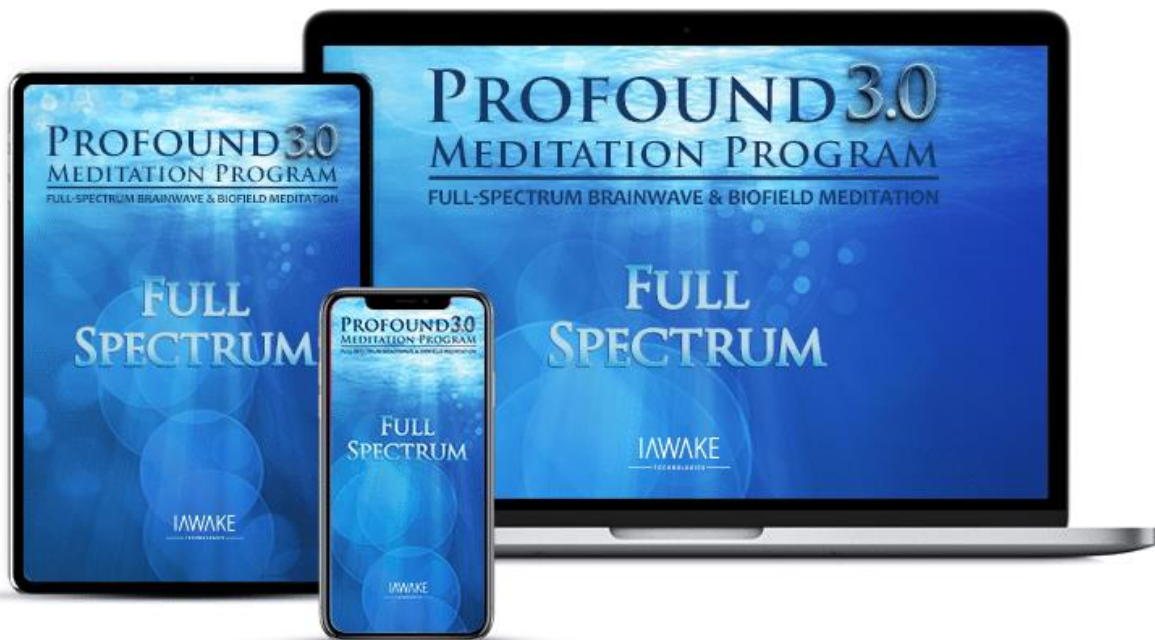


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# PROFOUND MEDITATION 3.0

## 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)