The background of the entire cover is a photograph of a person in a meditative pose, sitting on a rocky surface. A vibrant, multi-colored energy field or aurora surrounds the person, with a bright sunburst effect emanating from the head area. The scene is set in a cave with stalactites and stalagmites visible in the background.

JOURNEY TO THE DEPTHS OF THE SOUL

FINDING THE MEANING
OF YOUR LIFE

USER MANUAL

IAWAKE

— TECHNOLOGIES —

JOSEPH KAO

DISCLAIMER

The user of *Journey to the Depths of the Soul* 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 Depths of the Soul*, as they are more susceptible to seizures.

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

The user of *Journey to the Depths of the Soul* 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 Depths of the Soul*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Journey to the Depths of the Soul* 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 good quality headphones when listening to *Journey to the Depths of the Soul*.



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

Journey to the Depths of the Soul

I am delighted and proud to release the latest iAwake work of my friend and esteemed colleague Joseph Kao. It is hard for me to describe how highly I regard these tracks from Joe — *Journey to the Depths of the Soul: Finding the Meaning of Your Life*. Included are three, powerful, soul-centric guided meditations accompanied by three tracks that are simply the brainwave entrainment music.

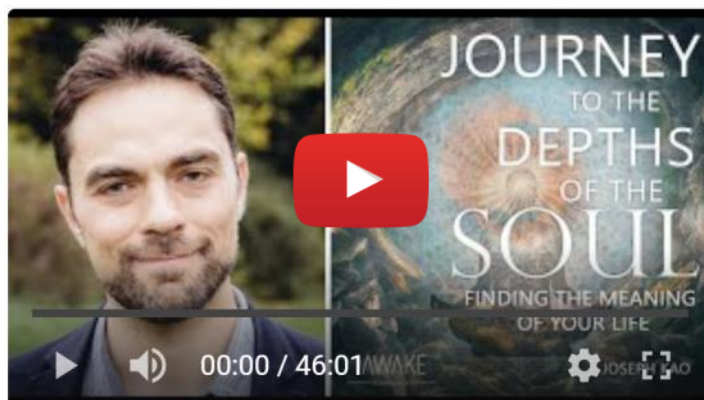
The conversation started well over a year ago, when Joe and I were talking about his terrific tracks entitled *Journey to the Center of the Self* — a beautiful piece of nondual, inductive artistry and science if you want to loosen and transmute the boundaries of your self, and expand into the conscious “all” that we all are. Joe and I were talking about this, and I said, “Joe, we’ve done a lot of work with the nondual side of the street, but what about the individual side of the street — what about the human soul?”

Then we had one of those moments — something clicked, a bolt of lightning flashed, and we said, “Yeah, let’s do this.” Joe grabbed on to the idea, and I saw something spark in his soul and in his eyes.

Joe has worked diligently on this project for a long time. It’s an extraordinary offering, and I think it is absolutely essential in positive and depth psychology that we include this soul-centric work and awakening. This is where we find our purpose, our meaning, our wisdom, and therefore our joy, happiness, and inner peace. And it ain’t easy. But I don’t think it’s supposed to be — hence, the hero in the hero’s journey. Or she-ro, if you will.

I feel *Journey to the Depths of the Soul* will be a great help, and I am deeply grateful and honored to have been part of this project, even if in a very small way. You’re going to love it.

You can see my video conversation with Joe to get more of the background and suggestions on how to use these tracks as a part of your ever-deepening practice.



Interview with Joseph Kao about Journey to the Depths of the Soul [46:01]

So, please enjoy and let this work nourish and feed *your* soul.

With much love and great respect,
John Dupuy

From the developer, Joseph Kao:

The creation of *Journey to the Depths of the Soul* took longer than any other project I've worked on with iAwake, and it involved me going on my own personal journey.

John Dupuy and I had been talking about how spiritual practice isn't just about sitting in deep meditation, it's about how you live your life, how you contribute to the world, and how you find... and stay true to... your calling.

We talked about the "positive shadow" that each of us has - the incredible depths of inner strength, compassion, creativity and pure life force that most of us have tuned out, blocked out, or forgotten to some degree.

Because at some point along the way, as we grew up, many of us began play-acting that we were someone else.

We tried to be a "good boy" or a "good girl" to please the people around us, and we tried to follow a safe and sensible life plan.

Or if we angrily rebelled against the world around us, we probably didn't do so from a grounded place of deeply knowing ourselves.

We probably did it from an uncentered place of wild, desperate rebellion. We were still lost, just in a different way.

John and I also discussed how when people do find their way home to themselves, when they come to back to their own soul and release the old, false identities that they had been carrying round... then it frees up tremendous energy and vitality.

Because suddenly you are truly you again, aligned with your soul-path, living your own unique life story.

So as John and I talked, I knew there was going to be something immensely valuable and worthwhile about creating a soul-focused series of meditations.

And yet...

... I didn't want this to be a program full of aspirational fantasies.

I didn't want it to be about imagining what "it would be like" to connect with your soul, or to take people through a series of abstract, mysterious visualizations.

I wanted to create something that was the real deal.



Something that was tangible, visceral, and life-changing.

Something that begins with what's already available to you in your direct experience, as you're reading these very words.

It's what's sometimes called "the elusive obvious."

Discovering what's always been here, all along.

A process to help you to naturally discover that your soul is always here, in this moment, guiding you, steering you... reminding you of your calling... reminding you of who you really are at the deepest level.

And that's what took me many months of experimentation and development, with friends, colleagues and clients, using all of my knowledge of meditation, hypnotherapy and brainwave entrainment technology.

And in the process, I began to experience profound changes in myself too.

I began spontaneously making new choices. I began to get a much clearer sense of who I am and what I am called to do. And I have become increasingly attuned to the beauty around me, to the things in this life that awaken my own soul.



How do you stay true to your soul? [03:55]

About Journey to the Depths of the Soul

Six tracks on two CDs (108 minutes total)

- 01 A Soul Awakening
(20 minutes of guided meditation)
- 02 Soul Journey Frequencies 1
(16 minutes of music only)
- 03 An Inner Clearing
(20 minutes of guided meditation)
- 04 Soul Journey Frequencies 2
(16 minutes of music only)
- 05 A Path with Soul
(20 minutes of guided meditation)
- 06 Soul Journey Frequencies 3
(16 minutes of music only)

***Journey to the Depths of the Soul* can help you to:**

- dive into a deeply absorbed, centered state of inner knowingness
- discover the profound, embodied connection you have with your soul, that's always present in every moment
- feel a renewed sense of meaning, purpose, and inner fire
- experience fresh insights and spontaneous epiphanies
- release negative programming from the past
- make important decisions with greater clarity and intuitive wisdom
- live your life with more boldness, authenticity, and courage

You can use Journey to the Depths of the Soul:

- to find the meaning for your life
- to create a soul retreat at home or in a retreat setting
- as a daily centering tool to accomplish your deepest goals
- as a guide to re-engage your creativity and motivation and courage for what really matters
- as a tool to re-orient to your life purpose
- to activate or reactivate your innate intuition & insight
- to regain clarity and focus when the path has become muddy and weary

How to Use Journey to the Depths of the Soul

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

For best results, we recommend listening to this program as a step-by-step system, using each guided meditation for 10 to 14 days before moving on to the next one.

If you'd like to extend your meditations, there is a music-only track that follows each of the verbally guided tracks, so that you can rest in a place of inner stillness and pure beingness.

You'll find that there is a cumulative benefit to working with the tracks in this way, because you'll be giving yourself time to fully digest and internalise the work.

As you use these tracks consistently over a four- to six-week period, you'll begin to notice yourself making choices that are truly right for you, with a much deeper, stronger sense of who you are, and a renewed sense of purpose, drive, and meaning in your life.

As you use *Journey to the Depths of the Soul*, 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 Depths of the Soul* artfully guides you into progressively deeper states of consciousness that are associated with intuition, self-discovery, and inner transformation.

It contains a deeply immersive blend of nature sounds and time-stretched soundscapes, combined with state-of-the-art brainwave entrainment technology.

The psychoacoustic principles used in the soundtrack include:

- harmonically-layered binaural beats, forming a precisely calculated vibrational matrix, to evoke more than one brainwave frequency at the same time
- off-set frequencies to create additional, very slow-wave sound pulses and to prevent habituation
- embedded binaural modulation - creating subtle, rhythmic vibrations in the actual music and nature sounds themselves
- rhythmically-modulated pink noise, in both the audible frequency range, and at the upper and lower frequency bands of human hearing
- isochronic sound pulses
- rhythmic panning techniques

The embedded sound pulses in these tracks are designed to evoke various levels of the theta brainwave band. This is a state of mind associated with shamanic trance states, moments of insight, and other non-ordinary states of consciousness.

There are also layers of gamma waves in the tracks - associated with heightened clarity and spiritual awakenings.

This precise combination of theta and gamma waves has been observed to naturally occur in the brain at the exact moment when someone is having an epiphany or a moment of insight.

About the Developer



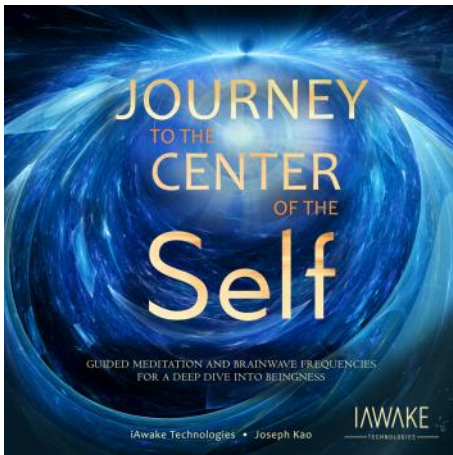
Joseph Kao, creator of the very popular *Profound Releasing*, *Profound Renewal*, *Sound Asleep*, *Journey to the Center of the Self*, and now, *Journey to the Depths of the Soul* is a hypnotherapist and a solution-focused therapist with a private practice in Cambridge, UK.

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.

Learn more about Joseph at <https://joekao.com/>.

Other Works by Joseph Kao



[Journey to the Center of the Self](#)

Guided Meditation and Brainwave Frequencies for a Deep Dive into Beingness

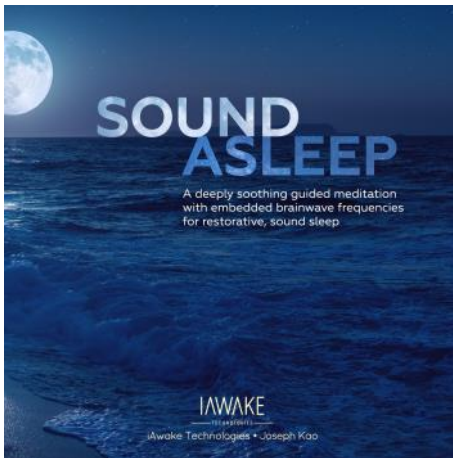
Journey to the Center of the Self is a powerfully inductive, yet gentle guided meditation by master hypnotherapist, Joseph Kao, supported by a deeply immersive, consciousness-altering sonic massage that guides us to experience pure awareness -- which is our deepest Self.

It was a beautifully guided journey leaving enough space for deep meditative states, internal openness and a pure awareness experience. I loved both tracks, especially back to back.

~ Lorrie



Journey as a Metaphor - iAwake's Joseph Kao [0:58]



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.

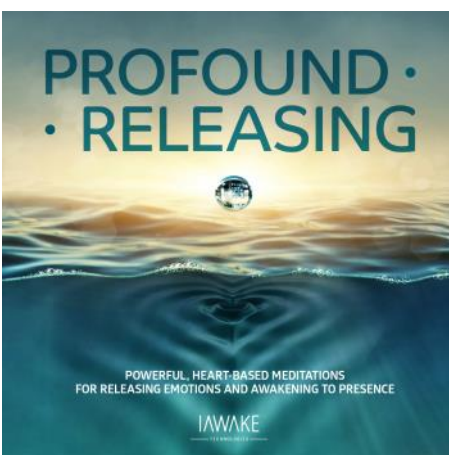
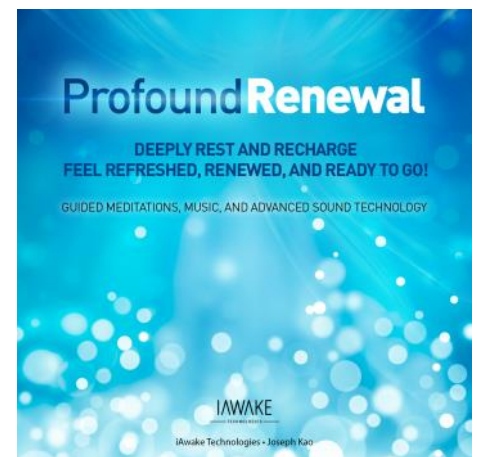
Includes *Sound Asleep Bonus Edition* (total is 2 guided tracks plus sound entrainment only track).

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

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.-- it's not for everyone. Brainwave entrainment for deep, deep practice.

iAwake Technologies Support Links



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



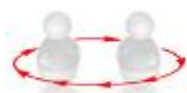
iAwake Technologies Practitioners Forum:

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



Weekly Coaching Calls Archives:

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



Coaching:

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FAQ:

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



Blog:

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



Customer Support:

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LISTEN ON
The iAwake
Technologies App



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