

Intimate Awakening

Alchemical music *for lovemaking* to deepen intimacy,
release blocks, and *elevate consciousness*



I AWAKE

TECHNOLOGIES

USER MANUAL

DISCLAIMER

The user of *Intimate Awakening* 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 *Intimate Awakening*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY INTIMATE AWAKENING AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Intimate Awakening* 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 *Intimate Awakening*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Intimate Awakening* 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

Headphones are NOT REQUIRED when listening to *Intimate Awakening*.

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 *Intimate Awakening*

I've talked about a lot of things at iAwake but now for the first time I'm coming out of the closet about my long-standing and deep interest in the practice of sacred sexuality, and it's about time I did. This is long overdue.

In both Eastern and Western esoteric traditions, from Taoism to Buddhist Tantra, Kundalini Yoga to Eypgtian High Alchemy, Hermeticism to High Magick, and more, sexual energy has been recognized as one of the most potent vehicles for awakening to our true natures and understanding ourselves and our universe.

So why don't we experience the spiritual potential, deep connection, and ecstatic states of bliss that sacred sexuality can bring? First, most of us never learned how. Millenia of misunderstanding and cultural baggage demonized one of the most beautiful experiences a human being in a physical body can have. As a result, we were conditioned to think of our sexual nature as shameful, sinful, or hedonistic at best. Few of us made it far in life without acquiring negative beliefs about ourselves and our sexuality. We are afraid to be vulnerable with others, we are afraid of letting down our defenses, we fear opening and surrender. We fear being seen.

This surrender and vulnerability is the key to awakening. The freedom that comes through releasing our limitations and allowing the intense energy of connection—physically, emotionally, and spiritually—to flow through us is, in a word, transformative.

Intimate Awakening was created to facilitate this process. This collection of tracks is infused with powerful, resonant, and energetic technology to help us open to pleasure and bliss, to diminish our inhibition during lovemaking, to enhance our emotional intimacy, to open our hearts, encourage communication, and free us from self-limiting patterns. The rhythms, melodies, and technologies work with our physical and energetic bodies to lift us into ecstatic sexual and spiritual bliss.

The program's creator, Ellen Eatough, is a true master. She is one of the most knowledgeable, compassionate, and effective teachers not only of cultivating skillful sexuality and healing our relationships, but also of Eastern and Western esoteric practices I have ever had the pleasure of working with. What she has created here is a masterpiece. It's an incredibly powerful tool for breaking through to new heights of sexual and spiritual ecstasy, with or without a partner.

This is the first program of its kind for iAwake Technologies, but it's potentially one of the most important. Relationships and sexuality are an integral part of the human experience—when we use them skillfully, we achieve a greater level of wholeness.

If you're ready to embrace deeper levels of soulful connection, spine-tingling sex, and spiritual awakening, you won't want to miss *Intimate Awakening*.

With great love and respect,

Doug and the iAwake Team

From the producer, Ellen Eatough:

I'm thrilled to partner with iAwake Technologies to bring my flagship product, music for lovemaking infused with resonant frequencies, to a new audience that can really appreciate the opportunity it offers to integrate sexuality, heart, and spirituality.

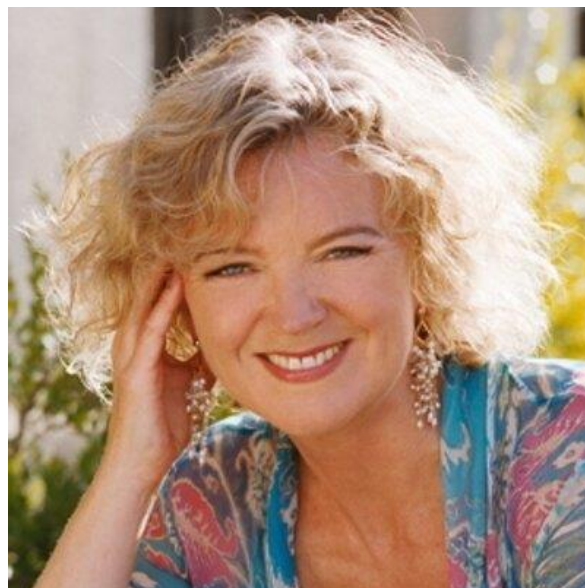
I look forward to any and all feedback about your experience with *Intimate Awakening*. I hope it brings you healing, deeper access to the love within and without, and truly ecstatic lovemaking.

Ellen's Story

My own journey to discovering Super Sex and transcendent sexual pleasure began while I was getting my master's degree in East-West Psychology. My personal journey catapulted me into a surprising new realm of "off-the-charts" ecstatic lovemaking.

That first experience and many more to follow were marked by a palpable, almost physical heart opening, while waves of sexual energy pulsed through us. We tapped into a state of unconditional love that goes beyond the everyday personality, along with intense sexual pleasure and a sense of being One with all that is, like the Divine expressing itself through us.

Candidly, it was so deeply fulfilling that it wasn't even on the same chart as regular sex to measure its magnificence, and I was hooked!



Since I was in graduate school at the time, I ended up becoming one of 91 subjects in a nationwide scientific study on people who have mind-bending ecstatic sexual experiences—and I realized we were not the only ones having "off the charts" sex.

I was inspired to do my own in-depth academic and personal research on the subject, and I discovered there's a formula that these ecstatic lovers innately knew that people having mediocre sex just didn't know how to tap into, and that brings us to having this conversation now.

You want what I have spent over 20 years experiencing personally and supporting men and women of all ages and sexual persuasions to experience too.

Over time, I incorporated Auditory Pheromones® into my workshops, and eventually a use-at-home system called "4 Keys to Sexual Ecstasy," to help fast-track people to ecstatic lovemaking.

I've only recently come to discover that this Advanced Auditory Pheromone® technology in my *Intimate Awakening* could stand on its own as an effortless and fun "jumpstart" to help you easily open to and share more exciting, passionate, heartfelt, and even spiritually connected lovemaking.

It's really a first step—or a first big leap—into this realm of sexual ecstasy.

About *Intimate Awakening*

12 tracks (for a total of 121 minutes)

Album 1 - Music for Lovemaking

- 01 - Adoration (9:08)
- 02 - Love Unbound (13:32)
- 03 - Deeper Still (6:03)
- 04 - Sky Dancing (16:39)
- 05 - One Love (6:50)
- 06 - Radiant (8:30)

Album 2 - Music for Everyday Use

- 01 - Adoration (9:08)
- 02 - Love Unbound (13:32)
- 03 - Deeper Still (6:03)
- 04 - Sky Dancing (16:39)
- 05 - One Love (6:50)
- 06 - Radiant (8:30)

Available in MP3 and optional WAV formats for digital download, as well as an optional CD.

WARNING: Do NOT use Album 1 - Music for Lovemaking while driving or engaged in any activity requiring mental alertness.

***Intimate Awakening* supports you in:**

- deeper intimacy and a soul-level connection
- greater spontaneity
- faster arousal
- break the chains of self-limiting patterns
- easier and more numerous orgasms for women
- enhanced libido
- easier and more open communication about sexual needs and desires
- effortlessly dissolve inhibitions
- greater pleasure and mind-blowing full-body orgasms for both women and men
- deeper self knowledge
- more authentic expression and communication
- connection to the present moment
- embodied, grounded sensory experience and heightened spiritual elevation

How to Use *Intimate Awakening*

The first set of tracks, “**Music for Lovemaking,**” contains the full depth and breadth of the technology, and because of its ability to relax you deeply and put you quickly into the “trance-like” state most suitable for uninhibited love making, we don’t recommend you listen unless that state is your intention.

“Music for Lovemaking” activates your natural rhythms of euphoria and escorts you and your lover to a shared state of open-hearted intimacy and deep sensuality, inspiring new dimensions of lovemaking.

The second set of tracks, “**Music for Everyday Use,**” has the same tunes as “Music for Lovemaking,” but with a slightly different formula of resonant frequencies to support mental alertness and safety for everyday activities.

Like “Music for Lovemaking,” “Music for Everyday Use” promotes heart opening and freedom from limiting patterns, so you can be more present and respond to the situation at hand with greater clarity and spontaneity. Both sets of tracks help you connect with vital life force energy while tuning into spiritual dimensions.

Many customers say they use the “Music for Everyday Use” while meditating, commuting, practicing yoga, or working at their computer, to enjoy the cumulative benefits.

Here are a couple of things to keep in mind as you use *Intimate Awakening*:

- Since trust is a critical key to sexual ecstasy, we recommend that you tell your partner about this music when you're planning to play it. That way, they won't feel like you tricked them. You might just say you'd like to try this special music to help you relax and make sex more exciting.



- Don't try to figure out how the music feels or is affecting you, just notice how you and your partner feel within yourselves and respond to each other.
 - *Intimate Awakening* can intensify your experience while helping to break up patterns to assist you in accessing deeper intimacy and pleasure. If either of you feels slightly irritated or the music feels too intense (both very rare, but possible the first time you use it), breathe deeply into your belly and/or turn down the volume until it feels comfortable.
- And if either or both of you feel more like stopping to discuss your relationship or sex life, go with it! This has only been reported a few times, but the couples who followed their feelings and postponed sex to speak what was on their minds found that it greatly enhanced their lovemaking when they got back to it. After all, heartfelt communication can unleash your desire.

Good times to play “Music for LOVEMAKING”:

- While you are making love
- When you first enter your bedroom to get ready to make love (when undressing, lighting candles, taking a shower, etc.)
- As a mood enhancer and also to awaken the libido, while just hugging or cuddling on the couch or in bed, while giving a massage, or simply engaged in intimate conversation

Additional tips when using “Music for LOVEMAKING”:

- DO NOT USE HEADPHONES (unless you want to!) These tracks are designed to be effective when played through speakers.
- You may find yourself resonating with some tracks more than others. Loop that special track, or create a playlist.

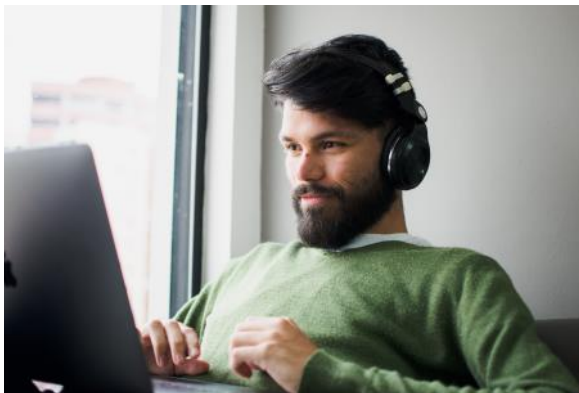
When NOT to play “Music for LOVEMAKING”:

- Never while driving or doing anything that requires your focused attention, especially for safety reasons
- On computer speakers in the next room when you plan to have sex
- Also don’t loop the recording so that it plays all night while you sleep

REMEMBER! Never listen to “Music for Lovemaking” while driving or engaging in any kind of activity that requires your full attention.

Good times to play “Music for EVERYDAY USE”:

- Any time you want the benefits of dissolving limiting patterns and awakening your sensuality while maintaining a relaxed focus. Many customers report using the “Everyday Use” version while commuting, working on the computer, practicing yoga, cooking or engaged in other activities around the house.
- During conversations with your partner - especially if you want to discuss your love life. Some of the resonant frequencies are designed to neutralize agendas, as well as support easy communication. Others help open your heart and be more present to your situation. All this supports your conversations being more loving and productive.



You may listen to “Music for Everyday Use” — well, everyday! It’s a wonderful way to promote heart-opening and freedom from limiting patterns while magnifying your sensuality, creativity, and joy.

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

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

Discomfort or Irritation During Use

The Auditory Pheromones® in *Intimate Awakening* are subtle but very powerful. They consist of many layers of resonant frequencies. Some of these are for brainwave entrainment, and the majority of these frequencies have other effects.

For example, they help you:

- Dissolve limiting patterns (which releases inhibitions and unleashes spontaneity and natural sexual responsiveness)
- Stimulate and circulate sexual energy (which enhances libido, arousal and orgasmic response and also helps connect your sexuality with your heart)
- Neutralize agendas (great for helping two people be really present with each other)
- Support better communication about sexual needs and desires

When someone feels discomfort or irritation, my experience suggests the frequencies may be stirring up something lying just beneath the surface of awareness.

For example, we may have a desire to cut loose sexually, but unconsciously we're not ready to do that. Or it could be that subconscious memories of sexual or relationship wounds are being stirred up. This can be helpful, if we're interested in becoming less inhibited or releasing the energy of old wounds. Then again, we may not be ready for that.

Along similar lines, some of the resonant frequencies are designed to melt away limiting patterns. So they might activate one or more patterns or blocks that aren't ready to be released yet, which can feel irritating.

Yet another possibility is that is that the frequencies are stimulating sexual energy flow that is unfamiliar to and/or uncomfortable for a particular individual.

Your first course of action:

The easiest and best first thing to try is to simply turn down the volume on the music to a comfortable level. This often does the trick. And with subsequent use, you may find it gets more and more comfortable to turn the volume up.

However, if the music doesn't make you or your partner feel really good, you can try the following:

- Turn it off, and use the opportunity to deal with what's getting stirred up in whatever way feels right for you
- Turn it off, and try again at another time to see if the effect changes (the initial discomfort may be a one-time thing)

Everyone is different, and all of these are appropriate responses, depending on what you sense is right for you.

Just recognize that you have in your possession a remarkable and powerful tool for healing yourself and your relationships, as well as for stimulating more exciting, sensual, deeply intimate, even spiritually connected lovemaking.

The Technology

Our own bodily systems, like our breath, heart rate, and brain waves, naturally entrain with one another. When we slow our breathing, our heart rate will naturally slow down and our brain waves follow.

EEG research shows that when two people are in deep conversation and really feel “in sync,” their brain waves are entraining with each other’s.

We can attempt to consciously entrain with another person by breathing together. Since our eyes are like the frontal lobes of our brains, when we have prolonged eye contact, this also contributes to entrainment. By these methods, it can take at least 15 minutes to entrain with your partner (more on a faster way in a moment).

When your brain waves and body rhythms are entraining at the ideal frequency and “in sync” with your partner’s...

- You automatically feel more present
- You both feel more deeply connected on a heart-to-heart level, a soul level beyond the everyday personality
- You experience unconditional love, and
- Physical sex is more exciting, and becomes a full expression of love with a sense of spiritual union.

Why are theta brain waves the ideal predominant brainwave state for ecstatic lovemaking?

Different brain waves are useful for different functions, and different parts of your brain are typically producing brain waves of different speeds any one time. As more of your brain waves become synchronized at the same rhythm, you become more focused and present to your situation.

We often think of theta brain waves as being predominant when we are dreaming or in deep meditation. But we can also generate theta while active and awake. Waking theta (from 4-8 cycles per second) is the state of “super learning” and “super sex.”

Research shows that when you are producing more theta brain waves during lovemaking, you experience:

- heightened sensory perception and awareness of your body, which enhances your physical pleasure
- increased emotional awareness and open-hearted attunement to your lover’s needs
- deeper intimacy
- greater tolerance, understanding, and openness to self-love and love for your partner
- openness to transcendence

Ellen first studied brainwave entrainment with Dr. Jeffrey Thompson, director of the Center for Neuroacoustic Research and one of the top brainwave experts in the United States. When they discussed lovemaking and brainwave states, he told her emphatically,

"Theta is definitely the best state for mind-blowing orgasms!"

— Dr. Jeffrey Thompson



So how do I achieve this state of synchronistic, ecstatic, mind-blowing sex?

Brainwave entrainment with external stimuli is typically the fastest way to get you into entrainment with your partner with more theta brain wave production.

The most common external stimuli for brainwave entrainment are drumming, pulsing light and sound, and specially treated music. Of course, music and sex have always been a quintessential combo.

We've taken the concept a big leap further by infusing music for lovemaking with Auditory Pheromones®, a precise formula of resonant frequencies, including brainwave entrainment.

What is Resonance?

Resonance is the impact of one vibration on another. When you strike a middle C tuning fork, it makes the C strings on a nearby piano sing through the principle of resonance. Likewise, the vibrations of sound waves and subtle energies have resonant effects upon each of us.

Resonance is also the frequency at which an object most naturally wants to vibrate. When frequencies resonate with natural energies in you, like spontaneous sexual expression or openhearted love, even if they have been dormant for a long time, they can wake up these energies, like the tuning fork can activate the sounds of the piano strings. This enables you to expand into and explore the richness and excitement of your vast sexual potential.

The right formula of resonant frequencies can also open the flow of energy between your sexuality, your heart, and spiritual connection. You probably won't feel the resonant frequencies directly, you'll simply feel more sensuous and sexual—more freely expressive, passionate, and orgasmic.

About the Developer



Ellen Eatough, MA, “The Soulful Sex Coach” and sexual healer, has helped many thousands of people enjoy better sex with deeper intimacy. She is the founder and CEO of Extatica.com. A unique aspect of her work with clients and her products and programs is the use of brainwave entrainment and subtle energies.

Ellen has developed innovative technologies and methods to help people connect deeply with their spiritual source through sexuality and intimate relationships. Since 1991, she has been using vibrational frequencies, including sound, colored light, and subtle energy, to help clients release and heal from sexual and relationship trauma so they can be free to enjoy fulfilling love lives.

She also incorporates subtle energies in her lovemaking enhancement system “4 Keys to Sexual Ecstasy” and “Love Unbound Music for Better Sex,” both infused with Auditory Pheromones™. The enhanced music for lovemaking has been infused with 74 layers of resonant frequencies, which can have beneficial effects on brainwave speed, emotions, and the body. A research study with over 200 subjects is currently underway to assess the many reported sexual and intimacy benefits people have reported they experience when playing this music while making love.

Ellen is a certified hypnotherapist with a master’s degree in East-West Psychology (a marriage of Western psychology and Eastern spiritual traditions) from the California Institute for Integral Studies. She is also a trained practitioner in many energetic and somatic modalities.

iAwake Technologies Support Links



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Weekly Coaching Calls Archives:

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Blog:

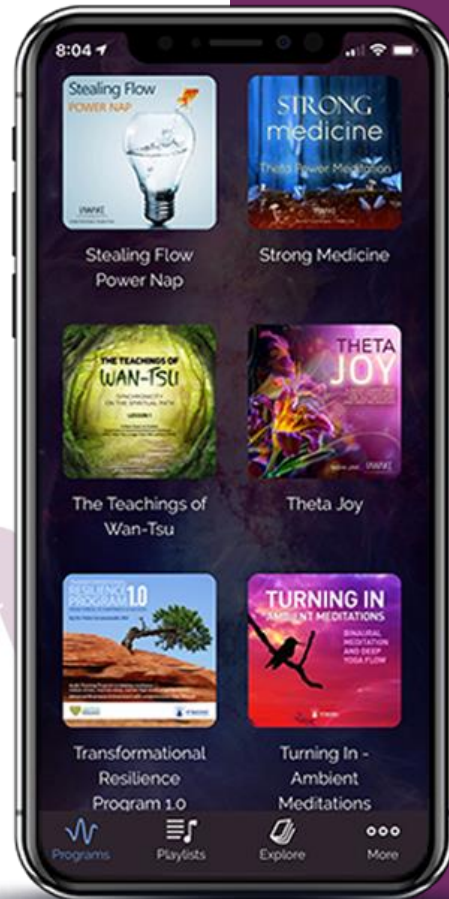
<https://www.iawaketechnologies.com/blog/>



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.iawaketechologies.com