

VisionQuest

A Journey into Shamanic Consciousness



NEUROFLOW
Series

Ambient Soundscapes by Robert Rich

Featuring Innovative Brainwave and Biofield Technology

USER GUIDE

I/AWAKE

— TECHNOLOGIES —

DISCLAIMER

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

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

The user of *VisionQuest* 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 *VisionQuest*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *VisionQuest* 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 MP3 file.



HEADPHONES

For the fullest entrainment effect, it is recommended to use good quality headphones when listening to *VisionQuest*.

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.

About

- Two 30-minute tracks with music by Robert Rich infused with iAwake brainwave entrainment technology
- 3 written shamanic meditations (included in the User Guide)
- brainwave patterns primarily in Theta and Delta
- energetic frequencies of Ayahuasca and Amanita Muscaria

Available on the iAwake App, digital download (MP3 and WAV formats), as well as an optional CD.

Encoded music for journeying through innerspace designed to help you experience:

- Inner vision and insight
- Shamanic states of consciousness
- New perspectives on your life
- Creative problem solving
- Resolution of inner conflicts and hindrances to growth
- Wakeful dreaming
- Deep meditation
- Enhanced inner awareness

How to Use

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

- For optimal results, please read and follow the Shamanic Journey Meditations included in this user guide.
- Headphones are recommended for optimal effect, but not required. Because of the embedded biofield entrainment frequencies, entrainment is still effective even when not using headphones. Headphones, however, deliver the best entrainment due to the unique, harmonically layered dual-pulse binaural signals encoded into the mix.
- As a complement to the Profound Meditation Program, you can listen to this program as often as you like. Let your own experience be the judge of how frequently you choose to listen.
- To enjoy this program as a meditation, sit in a comfortable chair with head and neck support, or on your meditation cushion.
- Always sit upright while listening, as this best facilitates the increased attention, focus and energy will accrue during listening sessions.
- We generally recommend listening with **eyes closed**, as this helps reserve attention and minimize distraction for optimal entrainment.
- Allow yourself to be given over to the audio environment, which will increase the efficacy of your session.

- **IMPORTANT:** After each session, allow 1- 5 minutes to ease back into your day. Be sure to anchor your deepened awareness in your mind by consciously observing and feeling it in your body. **Soak it up and bathe in it.** Then intend to carry this awareness and effortless focus with you wherever you go.
- You may experience a deep emotional release and tears while listening to this program, or sometime afterwards, or both. This is a good sign, as this program elicits the brainwave patterns and states associated not only with deep relaxation but also long-term emotional memory. If you notice emotions coming to the surface, this serves as a wonderful opportunity to release them. In fact, it is the pent up emotions we carry with us subconsciously which compound our experience of stress.



As you use *VisionQuest*, we encourage you to share your stories with our community of practitioners on Facebook: <https://www.facebook.com/ProfoundMeditationProgram/>

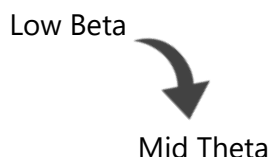
Technology

All of the waveforms used in the entrainment signals are custom-designed using the proportions of the Golden Mean. This program features the brainwave frequencies of:

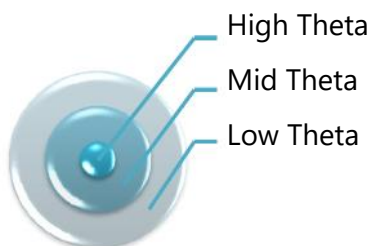
- Insight and vision
- Wakeful dreaming
- Deep meditation
- Creativity
- Enhanced inner awareness

Track 1 Brainwave Patterns

First 10 minutes:

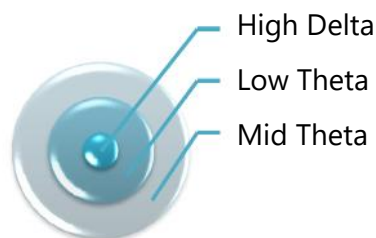


Last 20 minutes (simultaneous brainwave patterns)



Track 2 Brainwave Patterns

Entire 30 minutes (simultaneous brainwave patterns)



Shamanic Journey Meditations

These meditations work on the principle of direct revelation. To experience the most from this program, we recommend that you practice these meditations as you listen to the program.

Set Your Intention

Get very clear on your purpose and intention for journeying with VisionQuest. Are you wishing to open up to new direction, inspiration and vision in your life? Do you want to look at and resolve inner conflicts that have been holding you back in certain situations? Are you hoping to regain a sense of inner strength, self-esteem, self-love and confidence around a situation? Are you looking for clarity around a specific subject? Is there a problem in your life that seems hopeless to you and that you'd like to receive an "outside the box" solution to? Do you wish to recover a part of you that you may have lost in a relationship or a traumatic experience? Is there an emotional heaviness or weight that you'd like to release?

Ask these and similar questions, and trust your intuition to guide you into the right intention and purpose for your journey. Now write down your intention and purpose in a journal reserved for your insights while journeying.

Alternatively, you may decide that you just want to explore the Lower, Middle or Upper Worlds, which in various shamanic traditions are the three divisions of the one unseen reality behind physical manifestation. If this is all you wish to do, that is perfectly fine, but be clear about your intention and purpose.

Your Visualization

Different people have different ways in which they most easily "visualize" something, and these ways aren't always visual in nature. You might simply have a general feeling or sense of something as you visualize it, rather than explicitly seeing it in a vivid way. You might simply "know" it inwardly, or smell it, or hear it. Any way you "visualize" inwardly is perfectly fine. As you follow these journeying meditations, just trust your intuition to visualize in whatever way is perfect for the moment. Just trust.

YOUR FIRST JOURNEY

JOURNEY TO THE LOWER WORLD

Your first journey should follow this meditation, in which you will meet your power animal.

- Begin by imagining yourself in a place of nature that you've visited before.
- This place should have a natural opening into the earth: a tree with roots that go deep into the ground, the opening of a volcano, a cave, a hole, a lake, stream, river or waterfall.
- It might work better for you to imagine moving downward in an elevator, on a conveyor or through a tunnel. That's fine too.
- Imagine moving into the opening and down into the earth.
- Continue through this transition until you emerge into a light.
- Pay attention to the surrounding landscape, and see if you notice an animal anywhere.

- If you notice an animal, ask it if it is your power animal.
- Your power animal may respond in any number of ways: by speaking telepathically, or by leading you somewhere to show you something.
- If this is your power animal, do only one of the following (remember that we want to be clear about our intention for the journey, being sure to stick to only one purpose/intention):
 - Ask the one question you decided upon before embarking upon the journey.
 - Ask for a tour of the Lower World.
 - Ask the power animal what its essential, overarching message is regarding your life as a whole.

JOURNEY TO THE MIDDLE WORLD

This is the unseen world behind the physicality of things, wherein the spirits of the sun, moon, plants and rocks dwell. This a powerful way to experientially learn the secrets of nature.

- Imagine walking out the door of your home.
- Travel to any physical dimension with which you'd like to commune and from which you like to learn. This could be to a place where a specific type of plant resides; it might be a place with a certain type of rock or crystal; or it might be a star, a planet, a moon or solar system.
- If you are interested in understanding the essence of proper timing, for example, you might choose to visit a solar system and experientially commune with its natural cycles.
- Pay attention to the peculiar language of whatever spirit you are communing with, and trust that your spirit will understand its message and communicate it to you adequately.
- You may notice other "spirits" during your journeys as well. Pay attention to them, and let them teach you.

JOURNEY TO THE UPPER WORLD

Your first journey here will be to meet a teacher in human form.

- Imagine yourself in a place in nature where you can travel upward: a mountain, a ladder, a giant tree, a rope, a wind or vortex that carries you upward, a large bird that can carry you.
- Alternatively, imagining an elevator or conveyor belt is fine as well.
- Before entering into the Upper world, you will typically travel through a layer of transition, like fog, clouds or mist.
- After passing through, you will typically arrive in the first level of the upper world. If you're still seeing planets and stars, you haven't passed through the transition into the first level of the Upper World yet.
- After emerging into the Upper world, see if you notice a human figure anywhere.
- If your teacher is not present on the first level of the Upper world, keep searching through the higher levels until you find your teacher.
- Ask the person if they are your teacher.
- If this is your teacher, do only one of the following (remember that we want to be clear about our intention for the journey, being sure to stick to only one purpose/intention):
 - Ask the one question you decided upon before embarking upon the journey.
 - Ask for a tour of the Upper World.
 - Ask for clarity and insight into a recurring problem that has been troubling you.
 - Ask for help in releasing the limitations that have kept you from realizing a goal.

About the Creator



Eric Thompson is the creator of the iNET entrainment process, and was a co-founder and the first Chief Technology Officer of iAwake Technologies, LLC. Eric is no longer with iAwake Technologies, but he was a seminal contributor to its development and all of iAwake's initial products, including the **Profound Meditation Program**.

Eric has started a new company called Subtle Energy Sciences, and writes and speaks on the intersection between neuroscience, psychology, and spirituality.

MUSIC CREDITS

01 VisionQuest – "Resonance" from the album *Trances-Drones CD2* by the artist Robert Rich
"Lumin Part 6" from the album *Lumin - Live Archive Vol 6* by the artist Robert Rich

02 VisionQuest - "Curtain" from the album *Illumination* by the artist Robert Rich

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iAwake Technologies Practitioners Forum:

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



Coaching Call Archives:

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



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.iawaketechologies.com