

IN, OUT & THROUGH VOL. 1

The Experiential Wisdom of **Anna Wise**

USER GUIDE

I/AWAKE

— TECHNOLOGIES —

Judith Pennington

DISCLAIMER

The user of *In, Out & Through Vol. 1* 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 *In, Out & Through Vol. 1*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY IN, OUT & THROUGH VOL. 1 AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *In, Out & Through Vol. 1* 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 *In, Out & Through Vol. 1*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *In, Out & Through Vol. 1* 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 *In, Out & Through Vol. 1*.

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

Almost 50 years ago, I had an extraordinary experience of spontaneous illumination that healed a life-threatening illness and launched me on a quest to reanimate those blissful waves of light. Fifteen years of synchronicities later, a psychic vision led me to the brainwave meditation science of Anna Wise, an American humanistic psychologist who had similarly experienced illumination during two near-death events and was using the Mind Mirror EEG to help others attain enlightenment in a scientifically observable and measurable way.

In the work of Anna and her teacher, British biophysicist and Mind Mirror inventor C. Maxwell Cade, I found the science of spirituality and a treasure trove of EEG-tested and time-proven meditations that unerringly awaken and evolve consciousness. *In, Out & Through Vol. 1* features Anna's most powerful higher-state meditations, which she wrote with great eloquence and clarity from the transcendent perspectives of an enlightened master.



Before I met and studied with Anna, I knew from personal experience that meditation is the path to illumination. When we deepen into the wisdom of the soul, or essential being, we connect with a source of light that guides, inspires, expands, and uplifts us. Eventually, we merge with that light and become more as-Light. That is a beautiful and often slow journey to awakening. These meditations provide you with a scientific fast-track. Powered up by beautiful music and brainwave entrainment, they are not unlike a virtual reality experience!

The verbal guidance in these tracks will help you surrender thoughts as you expand into a realm of feeling and knowing that exists beyond the boundaries of time and space, in the realm of pure spirit. The result of this spiritual immersion is inner peace and outer equanimity, expanded perspectives, heightened creativity and intuition, and the arousal of subtle energies that will heal you and, if you wish, help you heal others.

For some people, the rise into non-ordinary states of awareness can be disconcerting and uncomfortable. Should this occur for you, simply walk outside in

nature, eat a delicious meal, or engage in conversation with a friend to bring yourself back down to earth. Try again later on. It's important to integrate higher energies into the brain and body in a responsible way. The universe will support you with intuitive ideas, insights and guidance.

The most wonderful thing about connecting with the higher self is the feeling of reunion. If you ever sensed, on a deep level, that something is missing in your life, you might well find that completion in these journeys. The higher self's broader perspectives alleviate the ego's fears and arouse inner peace and true self-knowledge. You may find your dream life waking up with guiding insights and revelations. Certainly, as you dissolve the barriers to your true self, more coherent energies will build to greater resonance within you and attract what you need to manifest your dreams of life.

That is Anna's wish for you and mine also. Nothing in life is more important than this journey of the mind toward greater beauty, goodness and truth. May we meet you in that field of light.

Namaste,
Judith Pennington



INTERVIEW WITH JUDITH PENNINGTON



[In, Out & Through with Judith Pennington \[16:53\]](#)

ABOUT

Two tracks (for a total listening time of 40:29 minutes)

- 01 Expansion of the Self (20:27 minutes)
- 02 Gathering Healing Energy (20:02 minutes)

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

There are two music tracks selected for this program developed by Leigh Spusta (of *Deep Delta*, *Deeply Theta*, *Gamma 40*, *Solar Infusion* and *iAwake Mini Meditations* fame). The sound technology accompanying **01 Expansion of the Self** targets the delta (~3 Hz) brainwave rhythm while the sound technology accompanying **02 Gathering Healing Energy** targets the alpha (8hz) brainwave rhythm.

The delta rhythm promotes the healing response within us, the quiet depth of renewal and rest. Subconscious assimilation and integration of information and experience also occur here. The alpha rhythm allows us to re-balance and re-orient our inner and outer worlds, through either directed meditation, or by just allowing the experience to unfold, feeling calm, focused, and tranquil. Our conscious mind is at the doorstep of the subconscious at this level.

These soundtracks not only promote targeted brainwave activity, but they also evoke qualities of emotion and comfort that create and hold space. This spacious expression of sound gives us a harmonious conveyance for the journey of mind and soul.

The brainwave entrainment sounds supporting **01 Expansion of the Self** gently guides the listener into the optimum depth of relaxation through a lullaby of ambient tones and harmonies, suggesting a sense of comfort, caring, and peacefulness. There is a feeling of being suspended, cradled in softness, with a tone of the wonder of being alive in the universe.

The brainwave entrainment sounds supporting **02 Gathering Healing Energy** has the sense of fluidic motion, a subtle ebb and flow that seems to spring forth from the Earth itself, promoting feelings of renewal and restoration. Gently move into the sonic currents of flowing experience, where you can glide deeply into relaxation, and your mind begins to expand and connect with the essence of Earth's healing and life-affirming energies.

In, Out & Through Vol. I can help you:

- experience your pure spirit
- access the wisdom of your infinite mind
- perceive how right things are
- feel peace, harmony, and wholeness
- supercharge your energy system
- increase your brainwave coherence
- optimize every atom and cell in your body-mind
- amplify your creativity, intuition, and insight

Accessing the coherent energy comprising the quantum field of light will power up, balance, and optimize every aspect of your being.

HOW TO USE

Use *In, Out & Through Vol. 1* to:

- dissolve the barriers to your true self
- experience higher and more spiritual awareness
- attain insights into your mind and life
- balance your brainwaves
- restore your body
- meditate deeply
- free your mind from anxiety and compulsive thinking

From the creator, Judith Pennington:

Listen at any time to *In, Out & Through Vol. 1* for the higher perspectives of transcendence and unity with yourself and others. The effects are especially noticeable when you enter meditation feeling lonely, angry or overwhelmed, and emerge feeling peaceful, expanded and whole. This superconscious awareness may last for hours or for a day or two. Listening to one or both of these tracks two or three times a week will condition this peaceful equanimity into your brain and body. It will last longer and longer until it is who you are most or all of the time.

There is an assumption by composer Anna Wise and vocal guide Judith Pennington that anyone can expand and transcend, since this is our natural spiritual ability. It will come easier to some people, at first, than to others. Setting an intention, powered by desire, will help you let go and merge with the guidance and music, so you can surrender your ego to your higher self. If you don't do anything but relax, the next time relax deeper--in and out and through to the luminous field of awareness that is the quantum field of energy and information. You may see images or just sense the presence of quantum spiritual light as its resonant coherence heals, transforms, and uplifts your body and soul.

We do not recommend listening to these powerful meditations anywhere but at home or in the comfort and privacy of some other place free of distractions, where you feel safe and secure.

Because you are likely to feel the expansion in your mind and energy system, it's a good idea to relax for a while afterward. Allow the sensations to ebb away in their own time. Luxuriate in the afterglow. Let your brain and body integrate the higher energies you accessed. You may hear a new crispness in your voice and find that your vision is sharper. Sing, walk, take pleasure in nature, and allow superconscious insights to flow into your mind and life.

Remembering what it feels like to expand and transcend will help you condition this higher state. During meditation, find a representative word, image, concept or body sensation that represents your felt sense of awareness. When you recall that landmark and immerse yourself in it, your brainwaves will return to the original state of consciousness. In this way, you can maintain a conscious connection to your higher self, at all times.

It's also a good idea to listen to the meditations with quality headphones, so that you may fully enjoy the beauty of the music and maximize the benefits of the brainwave entrainment. Enjoy!



As you use *In, Out & Through Vol. 1*, we encourage you to share your stories with our community of practitioners on Facebook:

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

TECHNOLOGY

Soundtrack Details from the Creator, Leigh Spusta

The soundtrack supporting **01 Expansion of the Self** was created using a psycho-acoustic approach. The textures and melodious themes were carefully selected to invoke the mood and comfort of the track. The entrainment approach is an organic layering of naturally occurring beat frequencies, stemming from the musical tone combinations themselves. There is no carrier of rhythmic entrainment; the composition generates it intrinsically. This results in a cascade of harmonically synced beats all the way down to 3 Hz.

The soundtrack supporting **02 Gathering Healing Energy** also uses the psycho-acoustic, and organic beat frequency methods and also contains an 8 Hz binaural rhythm, musically derived, not using a carrier frequency, but by carefully selected melodic drones



ABOUT THE CREATORS



Judith Pennington is an internationally published journalist, author, singer, and world authority on EEG and the Awakened Mind of meditation and life mastery. She is the author of two books on meditation and consciousness and the composer of seven guided meditation CDs. She teaches all over the world and publishes three free e-newsletters through her personal outreach, [Eagle Life Communications](#).

Certified by Anna Wise as a professional Awakened Mind Consciousness Trainer in 2006, she assisted Wise with her thrice-yearly seminars at Esalen Institute until her teacher passed away in 2010. The next year, Judith founded the [Institute for the Awakened Mind](#) (IAM), an international consortium of consciousness trainers using the Mind Mirror EEG for personal and planetary transformation.

Judith is the co-developer of the award-winning [Vilistus Mind Mirror 6](#) EEG device and the [Mind Mirror Portal](#), a global consciousness network with a Meditation Center offering brainwave training masterworks by Wise and her mentor, British Mind Mirror inventor C. Maxwell Cade.

A native of Louisiana, Judith lives in the hilly countryside of eastern Pennsylvania. The mother of two daughters and the grandmother of five, she loves music, writing, nature, meditation, and Mind Mirror research on the brainwaves of extraordinary people. On her CDs and in her workshops, she uses improvisational singing and the soothing sounds of her Celtic lap harp to usher people into deep meditation for creativity, insight, and healing.



Leigh Spusta, creator of *Gamma 40*, *Deep Delta*, *Deeply Theta*, *iAwake Mini Meditations*, *Solar Infusion*, and the sound/entrainment track for *Deep Recovery*, is a behavioral scientist, 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, and is enjoyed by thousands around the world. Leigh 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 the 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™ therapeutic approaches and technologies.

01 EXPANSION OF THE SELF TRANSCRIPT

(from Anna Wise's Meditation Script, *The Expansion and Contraction of Consciousness*)

Relax deeply.

Use your landmarks to help guide you down quickly and effortlessly into a deeply relaxed, meditative state.

Allow yourself to let go of all spiritual goals and personal expectations.

Just become present inside yourself. Right here. Right now.

From here, begin to allow yourself to expand.

You may feel the expansion first in your body.

It's almost a sense of growing...

larger and larger.

You may feel the expansion in your energy system.

Moving upward and outward as if to follow a column of light up through your spine and out the top of your head.

You may feel it as an expansion of a bubble around you, in all directions at once.

You may experience it almost as a sense of "going home"

A return to the light.

You may now begin to experience it

as a sense of reaching upward and outward to your higher self...

And as you reach out to your higher self,

you realize that your higher self is at the same time reaching down to you.

Your higher self, wishing to make connection with you

just as you wish to make connection with it...

Experiencing the union that is your birthright...

your origin...

your home...

And now from this expanded perspective,

you can begin to get in touch with the infinite...
the universal...

You can feel the flow of rightness...
The sense of being on the correct path...
or in the right Tao...
You can begin to have a sense of the big picture...
... a kind of knowledge of the cosmos...
Leading you to a sense of source...
a sense of the godhead...

No matter what name or names you choose to use...
Peace...
Love...
God...
Divinity...
Higher Power...
Source...
Essence...
... or any of the other thousand names of god ...

You can begin to experience universal wisdom...
Just allow yourself now to spend a few minutes
in this state of harmony and bliss...

Here, from this perspective, everything is right...
in perfect order...

You may see with absolute clarity of vision
or it may be blurred in blissful equanimity.
But your understanding is complete
A sense of satisfaction and peacefulness prevails.

And now you begin to gaze down upon the smaller
more contracted world of your incarnate self.

And it gently and slowly begins to become clear
how right things are down there too.
You feel at once magnificently, endlessly, boundlessly large...

and yet intimate and comfortable in the humanness
of your incarnate being..... at home

You can, if you wish, now look down and begin to see your smaller self
struggling with something...some confusion or difficulty or tension that would normally have caused a
problem.

You can, if you wish, drop a line of connection,
like a plumb line or a ray of awareness,
down to yourself, filling your smaller self with universal consciousness.

So that you have both at the same time:
simultaneously aware of the expanded and the contracted,
The infinite and the finite,
the transcendent and the earthbound.

Awareness of both.
A union of both.

A merging of your higher self with that which is small in you.

An integration of your access to divinity with your earthly self.

And allow yourself now to have a new perspective...
A higher awareness...
A greater and more spiritual understanding...
Of your incarnate issues
and corporeal experience.

You may now choose to bring this universal wisdom to any other aspect of yourself that you wish.

And in this way you may continue at any time to bring God consciously into your everyday life.

02 GATHERING HEALING ENERGY TRANSCRIPT

(from Anna Wise's Meditation Script, *Gathering the Healing Energy for Transmission to Others*)

Close your eyes and allow your mind to remember your meditation state.

Remember the depth of meditation...
What it feels like inside...
What your landmarks and keys are...
and begin to return to that place now.
Begin to take that depth of meditation into you.

It's almost a sense of moving through different states of consciousness as you go down...
down and in...
down and in...
down...
...and in.

And as you move deeper into your meditation, you can feel the various tensions in your body letting go...
Throughout your body...
Waves of relaxation and release...
Letting go.

Allow any thoughts, images, or outside disturbances
to become completely irrelevant
as you move into that deeper state which is within you...
Perhaps you find a light there...
or colors...
Sign posts to help you on your journey...
Guidance to take you further...
and deeper...
to a place that opens inside you.

A place of freedom...
A place that knows no bounds...
has no limits...
other than the limits you choose to impose...

From within this space now, you can begin to contact
the healing energy that exists in the universe.

You might sense it as a vibration...
as a light...
or as a sound...
or a voice...
as a vision...
or a sensation...
or just a kind of knowing that it is there...

And you can begin to take this healing energy into you,
feel it running through your body...
through your spirit...
through the very core of your being.

If there is any particular area within you that needs healing,
concentrate the healing energy into that area.
Become aware...
Notice the changes as the energy moves in you.
Allow the healing energy to move over you and through you...
like a shower of iridescent flashes of light and sparks.

Allow the exquisite sensation to make its way to your mind...
To your knowledge...
And allow yourself, if you wish, to have a vision.

And again get in touch with the energy of healing.

Now, as you draw it into your body
you may become aware
of the source of that energy,

or you may not.
It doesn't matter.
Just know that it comes from a place of wholeness,
a place of universal consciousness,
a place of divinity.

And as you draw it in, bring it down through the top of your head...
through your heart.
All the way down to the base of your spine
to energize and recharge your vital forces.

And as you take in the energy now,
bringing it in through the top of your head and down through your heart
take it also down through your arms.
And you feel your hands becoming energized.
Feel your arms as channels.
The energy coming in through the top of your head,
through your heart,
and down your arms,
moving to your hands
and out through the palms of your hands.

Let the heart and the brain come together
and the energy come out of your hands.

Sensualize it radiating outward from your palms.
You might feel it as a tingling.
Allow yourself to use this energy emanating from your hands for healing,
in whatever way you wish.
Either placing your hands on another person

and giving them this universal healing energy,
or placing your hands on your own body to heal yourself.
In whatever way you choose, use this energy to heal,

taking as long as you wish.

And in your own time
And in your own way
Give your thanks and appreciation for what you have received
and allow yourself to close your meditation
without shutting off to the source of this healing energy.

When you are ready, allow yourself to return.
Re-emerge and re-awaken,
arousing yourself and becoming present,
back in the outside space with your eyes open.

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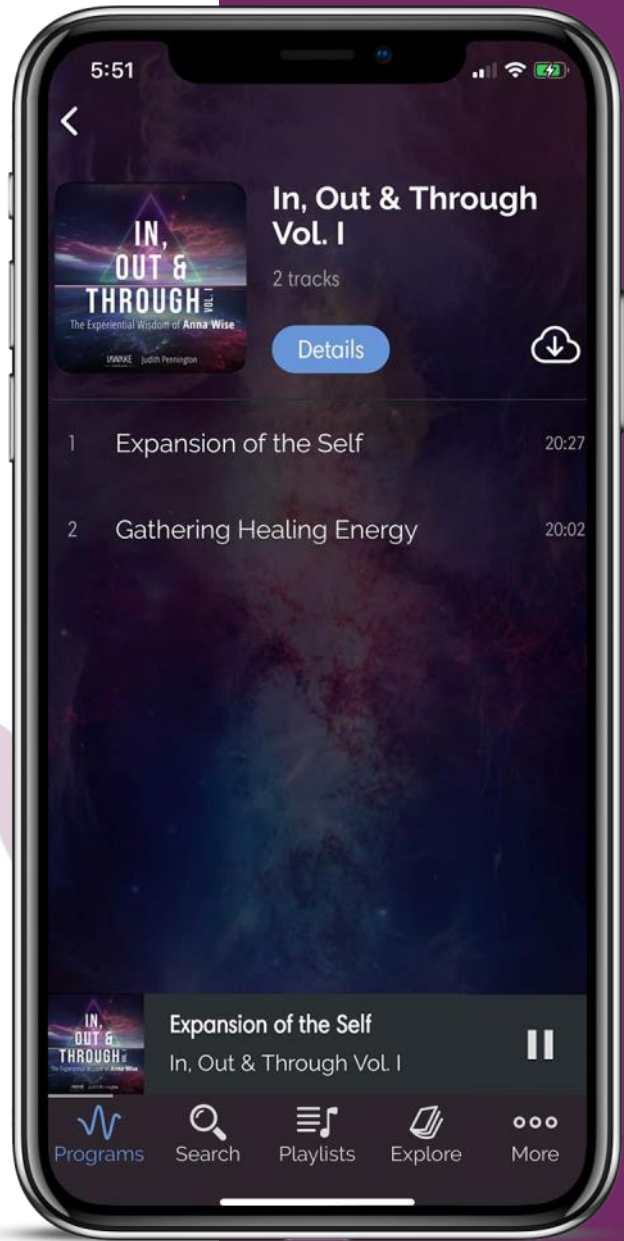


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LISTEN ON

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

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