

KUNDALINI

THE ENERGY OF AWAKENING

IN, OUT & THROUGH VOL. II

USER GUIDE

I AWAKE

— TECHNOLOGIES —

Judith Pennington

DISCLAIMER

The user of *Kundalini (In, Out & Through Vol. II)* 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 *Kundalini (In, Out & Through Vol. II)*, as they are more susceptible to seizures.

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

The user of *Kundalini (In, Out & Through Vol. II)* 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 *Kundalini (In, Out & Through Vol. II)*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Kundalini (In, Out & Through Vol. II)* 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.

TABLE OF CONTENTS

File Information for Optimal Results	4
Note on Headphones	
Compatible Players	
Important Notes on Using <i>Kundalini</i>	
Welcome	5
About	6
How to Use	7
Technology	8
About the Creators	9
Guided Meditation Transcript	10
iAwake Technologies Support Links	15
iAwake Technologies App	16
Profound Meditation Program 3.0	17

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 *Kundalini (In, Out & Through Vol. II)*.

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

At age 24, I had an experience of spontaneous illumination that filled me with blissful waves of light and healed a life-threatening illness. Naturally, I wanted to know what had caused this experience and how to make it happen again. Some 20 years later, while reading the symptoms of kundalini arousal in Anna Wise's seminal book, *The High-Performance Mind*, I got my answers. It was kundalini that lifted my awareness into the quantum field of cosmic consciousness.

Anna Wise was a world authority on EEG and the Awakened Mind of meditation mastery, and she was well acquainted with the kundalini. She and her teacher, British biophysicist C. Maxwell Cade, had even mapped kundalini arousal on the Mind Mirror. We still map it today, and there's no greater joy than watching it.

When meditators release self-awareness and surrender to the love and light in all that is, the Mind Mirror's dancing display of frequencies suddenly shifts into a perfect circle: a circle of oneness, wholeness, and completion. The brainwave pattern always involves low-frequency gamma and often high-gamma as well.

Everyone who feels the ecstasy of kundalini arousal wants to re-experience it. The animated life force optimizes the body, mind, heart, and brain, and we want more of that coherence.



Anna Wise

For twelve years before I began to study with Anna, I practiced Edgar Cayce's spiritual style of meditation. Many other kundalini symptoms appeared: a pulsing indigo orb in my third eye, high pitches of sound rising and falling in my ears, heightened creativity and intuition, and a constant, felt awareness of my soul and spirit.

All of those effects and many more—ranging from itching on the insides of the soles of the feet to the whole-body orgasm of flowing light—are caused by kundalini. Anna's kundalini stirred while she was studying with Max and meditating fifteen hours a day. She cultivated it, as I did and everyone else does. While writing her second book, she was so filled with spirit power that when she pointed her finger at her son's remote-controlled car, she could move it around.

I assisted Anna during her thrice-yearly seminars at Esalen Institute from 2006 to her passing in 2010. She ushered a great many people into cosmic consciousness with the two meditations on Vol. I of *In, Out & Through*, and with the Kundalini meditation on this Vol. II. Without music, these meditations are incredibly powerful. With iAwake's music and sound technology, they are stunning.

So it is with great pleasure and joy that Anna and I share her brilliant Kundalini meditation with you. Her succinct, beautiful writing comes out of her direct spiritual experience of the dazzling white and golden light to which she will guide you.



May Kundalini sing to your soul and lift you into union with your infinite spirit.

Judith Pennington

ABOUT

Two tracks (for a total listening time of 49:56 minutes)

- 01 Kundalini (theta) (25:10)
- 02 Kundalini (alpha-theta) (24:46)

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 the track **01 Kundalini (theta)** targets theta (~6 Hz) and the technology on track **02 Kundalini (alpha-theta)** targets the theta/alpha brainwave rhythm range (~5 Hz to ~10 Hz).

Using two different soundtracks for this meditation offers the listener a different quality of experience. With use, the listener can gather a sense of how each soundscape supports the meditation in different ways, providing a great option to choose the flavor that suits you on any given day. Both versions of the Kundalini Meditation sponsor a sense of energy and movement and transformative feelings of the experience, all while holding a space of calm and relaxation.

01 Kundalini (theta) incorporates a soundtrack that has a sense of hopeful expectation and movement—yet a restful calm is maintained. The brainwave guidance into the theta state supports the visualizing and imagery aspects of this process.

The soundtrack for **02 Kundalini (alpha-theta)** supports the meditation with a spacious, mystical quality. The subtle scanning aspect to it helps keep your focus of awareness from straying too far into expansive space. Explore the sense of being-ness while you are guided to move the energy.

***Kundalini (In, Out & Through Vol. II)* can help you:**

- awaken the potent universal energies vibrating within you
- power up your energy centers and arouse your kundalini life force
- unite with spiritual light to illuminate your mind and your life
- open your heart to universal love
- feel peaceful, harmonious, and whole
- optimize your creativity, insight, intuition, and spiritual awareness

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

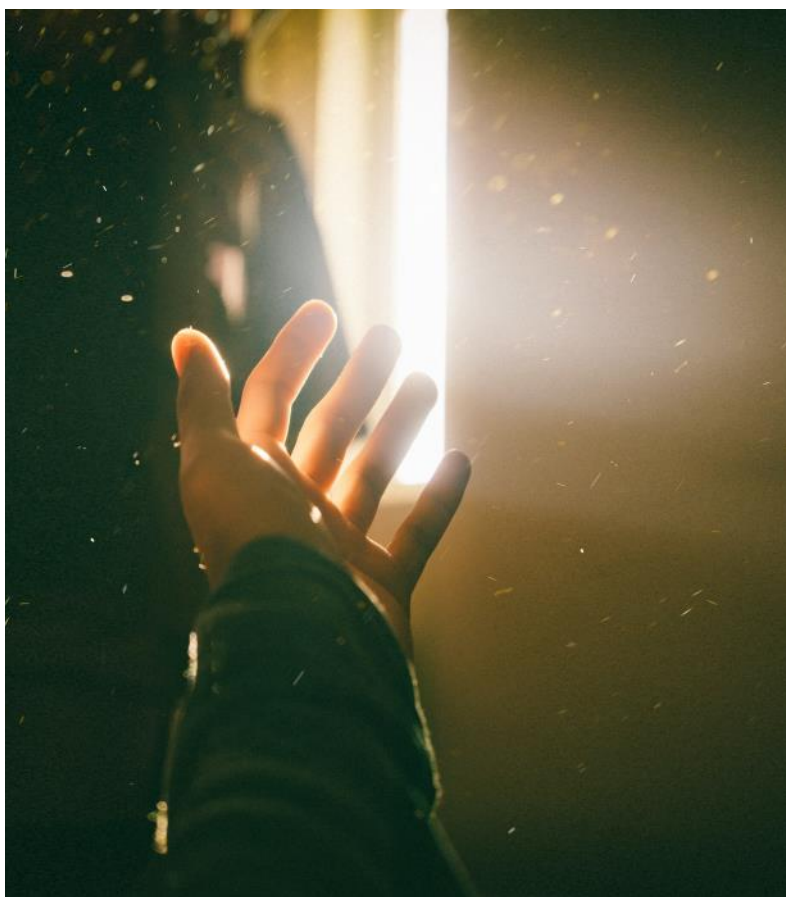
HOW TO USE

Priming the Pump. One of the ways to work with these guided tracks is to prime the pump. Create a playlist, in which you first listen to a music only entrainment track, then the guided track, then follow it with another music only entrainment track. This will ready your body-mind to receive the guidance more deeply, and post-guidance to remain in the state accessed and more fully integrate the experience. This is probably true for most guided tracks, really, but especially for these tracks.

I would also consider matching the entrainment of the music only track to the entrainment of the guided track – so if 01 Kundalini targets theta, then choose a theta track prior to listening. Post-guidance, you could either again target theta, or you might go up a level to alpha to support a gentler reentry.

From the creator, Judith Pennington:

It's a good idea to listen to this recording at home or in the comfort and privacy of some other place that is free of distractions, where you feel safe and secure, and preferably not after caffeine intake or a heavy meal. **Your best results will be in a relaxed, awake, and attentive state of mind.**



Listen to Kundalini when you wish to connect with your higher self and charge up your energy system and body. You may wish to meditate no more than two or three times a week, to begin with. This will give your nervous system enough time to properly integrate the faster vibration of the kundalini energy. Listen less often if you begin to feel unusually diffused or “floaty.” These sensations will disappear as you spend time grounding and centering yourself.

It's prudent—and highly beneficial—to center and ground after each meditation, for as long as you can. Allow any lingering energetic flows 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 insights to flow into your mind and life. You may wish to journal. Or have a snack.

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 verbal guidance and music.

During the meditation, if you experience nothing more than relaxation, 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 light as it heals, transforms, and uplifts your body and soul.

Before you end your meditation, find a representative word, image, concept, or body sensation that represents your felt state of awareness. At the beginning of the next meditation, and when feasible in daily life, recall the landmark and immerse your senses in it. This will return you to the original state of consciousness and condition it in your neurophysiology and psyche.

The result will be a more constant connection with your spirit, a steady flow of useful insights, stable integration of kundalini, and a reservoir of coherent energy you can use to power up your life.

Be sure to listen to the meditation 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 *Kundalini (In, Out & Through Vol. II)*, we encourage you to share your stories with our community of practitioners on Facebook:

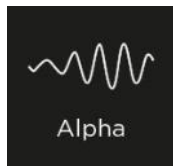
<https://www.facebook.com/groups/profoundmeditation>

TECHNOLOGY

Soundtrack Details from the Creator, Leigh Spusta

01 Kundalini (theta) – This track was composed utilizing a multi-faceted approach, relying heavily on musical cues to create a sense of movement or momentum towards something—like a pleasant expectation of a positive experience—while still providing the sense of being perfectly rested in the moment. This and other psychoacoustic methods conjure the mood and depth of this track. It also contains a series of naturally occurring or “organic” beat frequencies that help target the theta state at ~6 Hz.

02 Kundalini (alpha-theta) – This track is unique in that it uses a specific rate and depth of panning—or movement from right to left—like a gentle scanning motion. This is based on other psychological processing and releasing techniques, namely EMDR. This continuous gentle motion keeps a subtle engagement of the mind, so as to not wander too far off. It keeps awareness centered, while the rest of the track encourages an expansive floating quality. The tonal and spectral ranges of the soundtrack are similar to pink noise, allowing for an overall entrainment in the alpha and/or theta states.



The artist's brainwaves (8 to 13 Hz)

Associated with creative flow • relaxed focus • stress release • presence • enhanced problem solving



For the Inner Journey (3 to 7 Hz)

Associated with: insight • visualization • inner journeying • dreamwork • intuition • deep states of meditation • healing

ABOUT THE CREATORS



Judith Pennington, creator of *In, Out & Through Vol. I* and *Kundalini (In, Out & Through Vol. II)*, 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*, *In, Out & Through Vol. I* and *Kundalini (In, Out & Through Vol. II)*, 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.

KUNDALINI MEDITATION TRANSCRIPT

(from Anna Wise's Meditation Script, *Kundalini Meditation*)

Sit comfortably with your spine straight
and allow your eyes to close.
Allow yourself to take a few minutes to clear your mind and relax...

Begin to experience yourself going into a very deep state of meditation...

It's almost a sense of falling backwards...
Backwards into softness...
Backwards into warmth...
Backwards into yourself...

Falling...
Experience yourself at first as floating down...
then as drifting down...
then falling faster and faster...
down through dark, seemingly infinite spaces.
Falling farther and farther and having sensations of falling
that will carry you very deeply into meditation...
And the farther you fall, the deeper you seem to go...

And now you will find that you are still falling.
But falling more slowly,
as you near the most profound depths.
Within this circular space where you are going to settle softly and easily,
down upon a substance able to support you.
Here, in the cylindrical depths of your trance.

And you will find yourself becoming aware, gradually at first
of rays of white light reaching down to you.

Sparkling white light.

A cone of light surrounding you now, growing brighter and brighter.
Sparkling and shimmering, warming you with its radiance.

It washes over you, suffusing your whole body
changing in appearance from one moment to the next,
but always brilliantly white, cascading around you,
and sometimes appearing to you now as a white and golden light.

A wondrously beautiful white and golden light,
dazzling... unearthly...
All around you as your body moves into it.
And feeling your body become much taller
and a feeling of more and more elongation.
The body becoming taller, slimmer...
And this bringing with it what you are experiencing now
as an indescribable but strongly spiritual feeling.
Something more than human that your body is feeling
as you stand there so tall, elongated...
with the dazzling white and golden light all around you.
And so much a part of you that your body now seems to you
more a body of light than of flesh.

And that light continues glowing brighter and brighter
as you feel yourself to be merging into the light,
becoming the light.
And finding your awareness now
to be of yourself as a shower of sparks descending,
descending to become a pool of white light.
There on the ground where your awareness is, where you are,
and you are a pool of white light,
pool of energies about to be unleashed.

Energies, forces gathering there,
and that white light now leaping upward,
soaring upward, a column of white and golden fire
reaching up, and up, and up,
through that almost endlessly long cylindrical space.

A column of white and golden flame that you are a part of,
and you have no awareness beyond that column of white and golden fire.

A column that is glowing whiter and whiter,

a column of white fire that you are a part of,
reaching upward from the very center of the earth,
surging, flowing upward and upward,
and finally bursting out through the opening at the earth's surface.
And still surging upward, far, far up into the skies.

A pillar of white light
rising from the earth's center,
and soaring outward endlessly into the black vastness of space,
as if its power would allow it to penetrate the universe.
And knowing the feeling of awesome power,
of sublime beauty, and wonder, and energy,
as you partake of that column of white fire.

But feeling yourself now sinking backward with it,
back and down,
back and down again,
back past the earth's surface,
back and down the cylinder
until down at the bottom only a small white flame is burning.

And you rise out of that fire
and the fire is extinguished...

And now going even deeper...
and allowing yourself to go deeper and deeper...
and finding yourself here in this place
but having access to some very potent energies within you.

And focus your concentration now on the base of your spine...
Becoming aware of a pool of gently swirling
but potentially extremely powerful energy there.
Wholly focused on the base of your spine,
on that pool of tremendous energies.

And you may experience at first a kind of tingling or warmth
and increasingly stronger sensations as you direct that energy

to rise up along your spine.

Draw the energy now up from the root chakra...

through the second chakra at the top of the pubic bone...

up through the navel...

and up through the heart...

up through the throat...

through the third eye between the eyebrows...

and all the way up to the crown at the top of the head...

Draw the energy out through the crown chakra.

Up and out...

up and out...

out into the universe...

A beam of light

reaching high, high up into the sky.

Allow yourself to ride that beam of light out as far as you wish to go.

And allow yourself to have a vision...

and to meditate...

And back,
and down...

And back,
and down...

And back and down the column of light...

And back and down through the crown chakra...

down through the third eye...

down through the throat...

down through the heart...

down through the navel...
down through the second chakra...
down to the root chakra...

Where only a small flame is burning and that fire is extinguished.

Take a few moments now to simply sit...
and to meditate...
And just notice what you are experiencing...

Allow yourself to find an image, a word, a body sensation,
a landmark that describes your experience of this meditation...
and take a few moments to prepare yourself for closure...

And in your own time,
when you are ready,
allow yourself to complete your meditation,
and re-awaken back in the outside space.

You may wish to verbalize, write, or draw your experience
in order to fully lodge it in your conscious mind.

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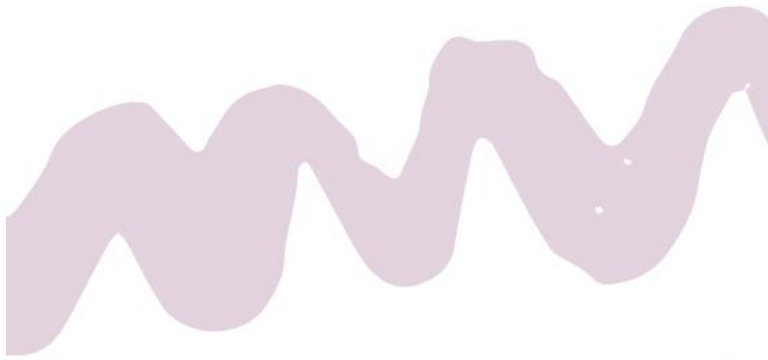


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PROFOUND MEDITATION 3.0 FULL SPECTRUM



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

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