

FORGETTING NOT TO REMEMBER

IN, OUT & THROUGH VOL. III



USER GUIDE

LEIGH SPUSTA

I/AWAKE

— TECHNOLOGIES —

DISCLAIMER

The user of *Forgetting Not to Remember* 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 *Forgetting Not to Remember*, as they are more susceptible to seizures.

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

The user of *Forgetting Not to Remember* 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 *Forgetting Not to Remember*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Forgetting Not to Remember* 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>Forgetting Not to Remember</i>	
Welcome	5
About	7
Brainwave Patterns Targeted	7
How to Use	8
Technology	9
About the Creator	9
Other Works by Leigh Spusta	10
iAwake Technologies Support Links	13
iAwake Technologies App	14
Profound Meditation Program 3.0	15

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 *Forgetting Not to Remember*.

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

I am delighted to offer our community Volume III of the *In, Out & Through* series, ***Forgetting Not to Remember***. This title refers to the insight among many spiritual masters that when we experience ultimate reality, or our true nature, it is not so much an experience of discovery, but of remembering what we already knew but somehow managed to forget.

Volume III of *In, Out & Through* features three tracks created by my dear friend and extraordinarily gifted colleague Leigh Spusta. These tracks are the entrainment tracks we used with Judith Pennington's reading of Anna Wise's brilliant meditations in Volumes I and II of *In, Out, and Through*, but without the guided meditations. The consensus on our part was that these tracks are so beautiful and powerful, they deserve to be released independently and stand alone.

Before writing this letter, I just listened to the three tracks back to back, and I must say I am still under the enchantment of their beauty. The first track, which is 40 minutes long, is called "Depths of Peace." The second track, which is 20 minutes long, is "The Joy of Being." And the third, also 20 minutes long, we're calling "Cleansing the Doors of Perception" (thank you, Aldous Huxley).

These tracks can be used individually -- or, if you're looking for something extremely deep, transforming, and amazing, I recommend you listen to them back to back. The music is transcendent.

Leigh is uniquely talented at creating music that has a great deal of complexity and at the same time a simplicity that does not distract from the meditation. In addition, the entrainment technology that is woven through the tracks creates a meditational experience that is deeply relaxing, renewing, and neurologically transforming.

It is my hope that this new collection of transformational tracks will open new pathways of deep remembrance, wisdom, love, and new gifts to share with the world.

With great love and respect,

A stylized handwritten signature of John Dupuy in black ink.

John Dupuy
CEO, iAwake Technologies



FROM THE CREATOR OF *FORGETTING NOT TO REMEMBER*

Thank you for choosing ***Forgetting Not to Remember*** -- you are in for a treat with these soundscapes. These are some of my favorite tracks, and it's great to see them together like this, quite a set if I may say! Over the last 25 years, I have gone from a fledgling dabbler in brainwave science to a seasoned entrainment composer. It has been a very rewarding path indeed, knowing that my work and creativity can open doorways to incredible, life-changing experiences for others. It has been amazing and I am truly blessed. I hope you take on this new collection of musical landscapes with the spirit of adventure and curiosity, and above all else, please enjoy!



Leigh Spusta
Creator of *Forgetting Not to Remember*

ABOUT

Track Details

01 Depths of Peace (40:00 minutes)

from *In, Out & Through Vol. I* – 01 Expansion of the Self (delta ~3 Hz)

02 The Joy of Being (20:02 minutes)

from *In, Out & Through Vol. I* – 02 Gathering Healing Energy (alpha 8 Hz)

03 Cleansing the Doors of Perception (20:00 minutes)

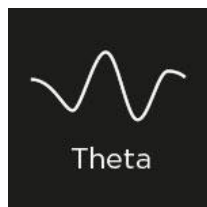
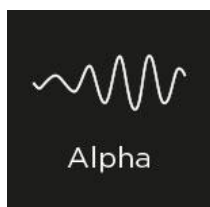
from *Kundalini: In, Out & Through Vol. II* – 02 Kundalini (alpha-theta ~5 Hz to ~10 Hz)

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

These tracks offer a wide range of uses, just some of the main ones are:

- Creating sacred space
- Deep meditation
- Self-hypnosis
- Moving through and processing emotions
- Deep relaxation of body and mind
- Escape from the stresses of the day
- Restorative rest
- Exploring inner space
- As an accompaniment to yoga and other body-mind practices

BRAINWAVE PATTERNS TARGETED



“Depths of Peace” and **“The Joy of Being”** respectively target the delta (~3 Hz) and the alpha (~8 Hz) brainwave rhythms. 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 occurs 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 experience to unfold, feeling calm, focused, and tranquil. Our conscious mind is at the doorstep of the subconscious at this level.

These tracks not only promote targeted brainwave activity, they 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.

“Depths of Peace” 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 suspended-ness, of being cradled in softness, with a tone of the wonder of being alive in the universe.

“The Joy of Being” has the sense of fluid 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.

“Cleansing the Doors of Perception” targets the theta – alpha (~5 Hz – ~10 Hz) brainwave rhythm range. This track sponsors a sense of energy and movement and transformative feelings of the experience, all while holding the space of calm and relaxation. There is a spacious, mystical quality to the track. The subtle scanning aspect to it helps keep the focus of awareness from straying too far in the expansive space. Explore the sense of being-ness while you navigate your meditative space.

HOW TO USE

From the creator, Leigh Spusta:

This collection of musical landscapes is a great “go to” for when you want to get right into the work -- be it meditation, imagery, emotional processing, or releasing the stress of the day. As you listen and become familiar with each track, you will develop a sense of which one to use for what intention -- or you may find it best just to play all three in sequence.

If you haven’t already, read through the brainwave descriptions for each track to get a sense of which one you might like to begin with. Find a comfortable space where distractions are unlikely, silence the phone, and get ready to unwind, take off your shoes, loosen your belt, etc. Find a cozy place to sit or lie down, dim the lights perhaps, and close your eyes.

Although it is more immersive and potentially more effective with headphones, you can still have an excellent experience using speakers, preferably of a decent quality and placement for you to hear the stereophonic/spatial characteristics of the soundscapes. Once you are listening, simply take in the sounds and begin to breathe deeply for a few minutes while your body and mind adjust to the urge to release and relax.

From there, the journey is up to you, just allowing experience to emerge, or engaging in your intention, supported by the sounds. By the way, these tracks are too powerful for use while driving, so please use them responsibly!



As you use *Forgetting Not to Remember*, 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 “**Depths of Peace**” track 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 “**Joy of Being**” track 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.

The track “**Cleansing the Doors of Perception**” 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 overall entrainment in the alpha and/or theta states.

ABOUT THE CREATOR

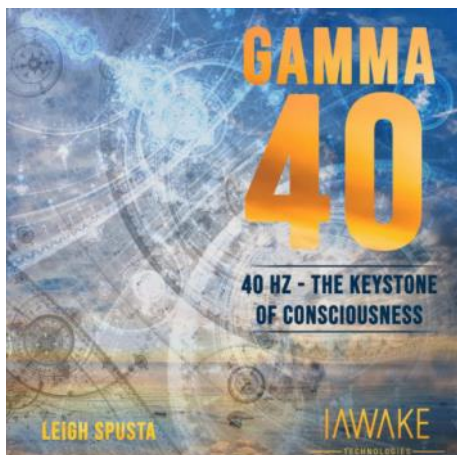


Leigh Spusta, creator of *Gamma 40*, *Deep Delta*, *Deeply Theta*, *iAwake Mini Meditations*, *Solar Infusion*, and the sound/entrainment tracks for *Call of the Heart*, *Deep Recovery*, *In, Out & Through Vol. I*, and *Kundalini (In, Out & Through Vol. II)* is an entrainment composer, hypnotherapist, 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.

OTHER WORKS BY LEIGH SPUSTA



GAMMA 40

40 Hz - The Keystone of Consciousness

The music, tones, and psychoacoustic sounds of *Gamma 40* guide your brain/mind into a blissful state of coherence, clarity, insight, focus, creativity, and compassion.

In the 40 Hz state, your brain waves resonate at the frequency that is the key to consciousness itself, allowing you to rapidly process a rich abundance of sensory and mental information and integrate it into the seamless wholes that form connected "moments" of presence, attention and boundless awareness.

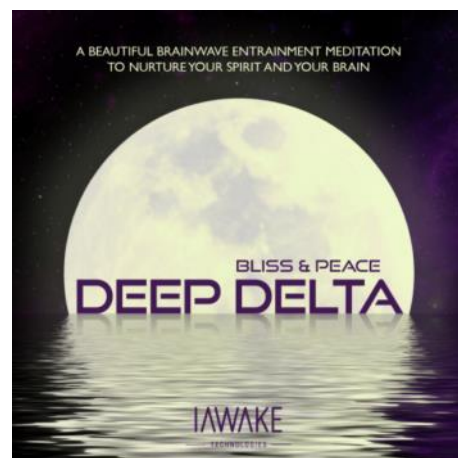
"Blissful. Really. Elation and respite together." ~ Neal Szpatura

DEEP DELTA

Ride the sounds deep into that inner place where everything is at peace.

A beautiful brainwave entrainment meditation to nurture your spirit and your brain. Gentle musical soundscape designed to invoke delta brain waves. One of our most beloved tracks.

"This track is amazing. It's taking me very deep into my meditative state. " ~ Lise Beaulieu

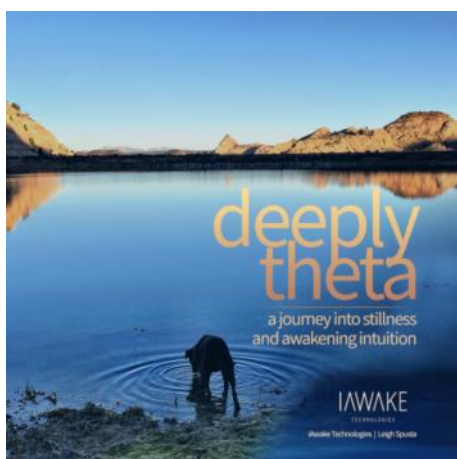


DEEPLY THETA

A journey into stillness and awakening intuition

Inspired by Leigh Spusta's beloved and popular meditation track *Deep Delta*, *Deeply Theta* contains tracks that target theta brain waves. Theta is the realm of deep meditation, access to deeper intuition and insights, creativity, visions, memories, dreams and dreamwork, and deep relaxation. *Deeply Theta* is another true work of art and efficacy from Leigh, and was an instant hit with our beta testers.

"Strikingly subtle. Beautiful work..." ~ S.C. "coffeegoesswild"



I AWAKE MINI MEDITATIONS

Relax ~ Refresh ~ Refocus

In a hurry? Feeling too busy? Experience the spaciousness of time in a matter of minutes with our "less is more collection." Short yet powerful entrainment interludes to reduce time pressure, tune yourself up, and keep you on the go.

"What a marvelous idea these mini meditations are! They take one on a deeply meditative journey inward in mere minutes. It's pretty incredible. And not only that, if you listen to all the tracks in sequence it's like going on a whole voyager meditation – profoundly satisfying." ~ Heidi Mitchell

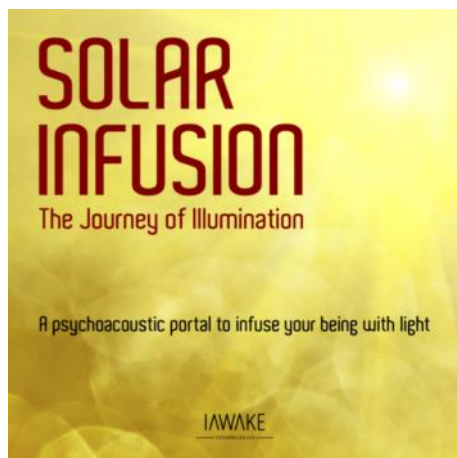


SOLAR INFUSION

A psychoacoustic portal to infuse your being with light

Solar Infusion is a 40-minute psychoacoustic composition specially designed to foster the experience of moving into coherence with the essence of life-force energy, allowing you to relax deeply and attune to the highest expression of your being.

"It's a very relaxing track. Feels spacious and has a dream-like quality. I am entrained to the alpha, and do feel the peaceful components!" ~ Scott Marshall



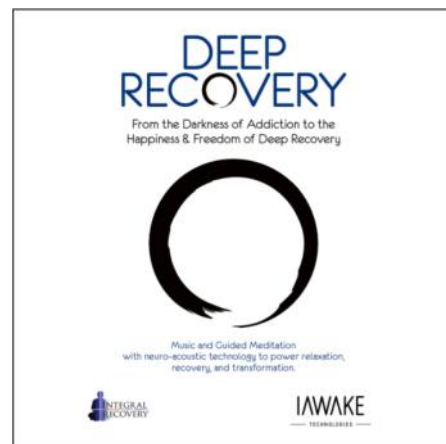
SOUND/ENTRAINMENT TRACKS

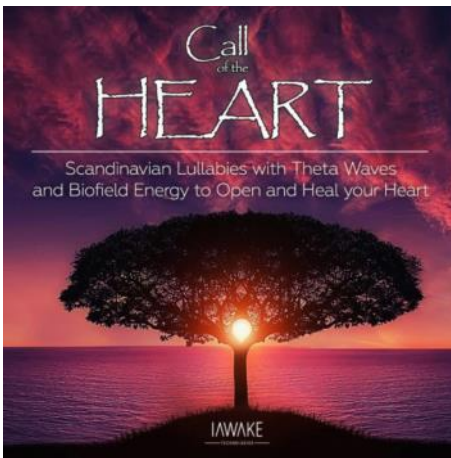
DEEP RECOVERY

From the Darkness of Addiction to the Happiness and Freedom of Deep Recovery

Deep Recovery is a powerful brain entrainment meditation tool that can form an essential part of an ongoing spiritual and healing practice. *Deep Recovery* consists of two 33-minute tracks of entrainment designed music created by master composer, Leigh Spusta. The first track features a guided meditation and visualization by John Dupuy that lasts for about 12 minutes. The second track features the same powerful entrainment sounds but without the guided meditation. The guided meditation is designed to take you into the depths where healing and transformation happen.

"Let me tell you that this guided meditation left me feeling more open and accepting as a human being. This is going to be great for those in recovery." ~ Jason Fulgham





CALL OF THE HEART

Scandinavian Lullabies with Theta Waves and Biofield Energy to Open and Heal Your Heart. From Vidia Wesenlund's Night Light album.

Truly beautiful, new tech-infused music. Scandinavian lullabies sung by a little known but evocative and incredible singer with sparse, haunting, sweet, deep music – embedded with sound technologies designed to support healing, opening,

"There was a lot of pain erasure: which is to say that the tracks brought up pain to erase that I didn't know was there." ~

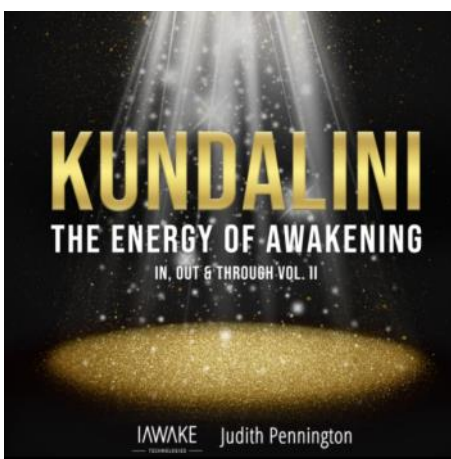
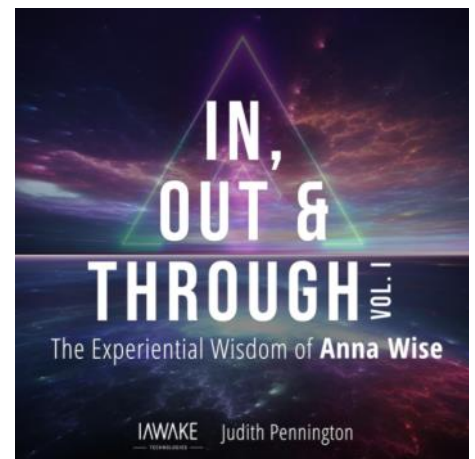
Christopher Worthing

IN, OUT & THROUGH VOL. I

The Experiential Wisdom of Anna Wise

In, Out & Through Vol. I blends the poetic guidance of meditation guru Anna Wise with spaciouly relaxing music and cutting-edge brainwave entrainment technology to lift the mind into spiritual illumination. Soar into self-realization and unforgettable experiences of great power and beauty.

"This is a powerful meditation that can produce transformative effects after just one use." ~ Lisa Celentano, MA, LMHCA, MHP



KUNDALINI

The Energy of Awakening

This second volume of *In, Out & Through* arouses the kundalini life force to unite the meditator with cosmic consciousness. The scintillating guidance of meditation guru Anna Wise, merged with iAwake's beautifully relaxing music and sound technology, lifts the body-mind into the dazzling spiritual light of superconscious awareness, higher perspectives, and self-realization. Kundalini offers a tangible and incredibly powerful experience of the highest reaches in human consciousness.

"I loved these tracks. I'm usually not a fan of guided meditation, but this whole series has been amazing. I had some great energetic experiences with these two tracks." ~ D. R.

SUPPORT



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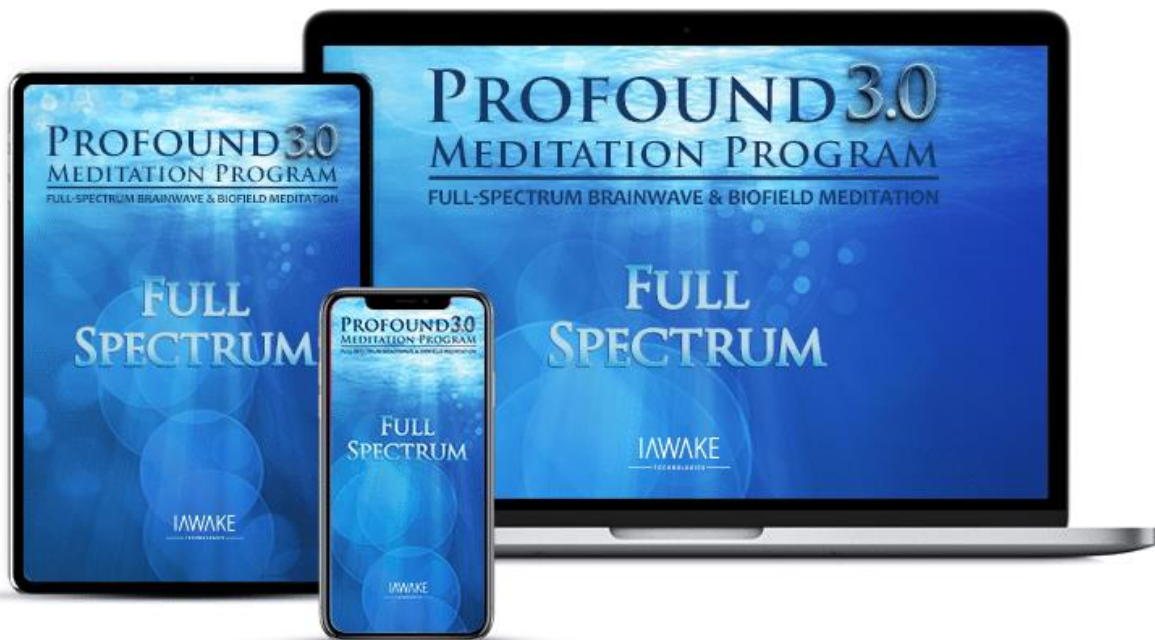
LISTEN ON

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