

Morning Ritual

Waken Your Best



USER GUIDE

I/AWAKE

— TECHNOLOGIES —

Jonathan Robinson

DISCLAIMER

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

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

The user of *Morning Ritual* 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 *Morning Ritual*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Morning Ritual* 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 *Morning Ritual*.

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.

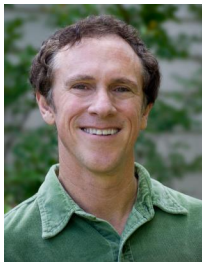
Welcome

The *Morning Ritual* program was created because I've discovered that virtually all super successful people begin their days with some kind of empowering ritual. In my interviews with people ranging from the Dalai Lama and Deepak Chopra, to Oprah Winfrey and Tony Robbins, I learned that the elements of exactly how they began their day was remarkably similar. Therefore, I figured that if I included such elements in a 10-minute program, iAwake listeners could also start their days feeling fantastic, motivated, and focused on achieving their most important dreams.



In the 10-minute guided meditation of the *Morning Ritual* program, there are four distinct parts. Track 1 will tell you how to do each of the four parts of the guided meditation, and what you can expect. Tracks 2 and 3 are the same guided meditation but with different soundscapes in the background. The final (bonus) track will teach you a method to maintain high levels of motivation over a long period of time so you can achieve even long-term goals. I kept the program short, clear, and practical so you could get immediate results from listening to it.

By beginning your days with the *Morning Ritual* program, you'll be able to start your days feeling fully awake, empowered, joyous, and motivated to achieve your goals. Enjoy!



Jonathan Robinson
Creator of *Morning Ritual*

About

01 How to Do the Morning Ritual [20:19]

02 Morning Ritual (Music) [10:28]

03 Morning Ritual (Nature Sounds) [10:27]

04 How to Stay Motivated (Bonus Track) [19:21]

Total of 60:35 minutes

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

You will find four different tracks as part of *Morning Ritual*.

On **track 1**, Jonathan Robinson, the creator of these tracks, explains how this guided meditation came about, and how to prepare for it in order to get maximum value. You need only listen to track 1 a single time, yet it is important you do the activities suggested during this track to be fully prepared for track 2 or 3.

On **track 2**, you will find the actual guided *Morning Ritual* with special, alpha-entraining musical sounds in the background. **Track 3** is the same *Morning Ritual*, but with alpha-entraining nature sounds in the background.

Listen to track 2 and track 3 at least one time each and find the background sounds that are most enjoyable for you. Once you know which one you like the most, you can continue with that particular track. Or maybe you will love both soundtracks, in which case you can choose which one you'd like to listen to according to your mood of the day.

Finally, **track 4** is a bonus track that teaches a unique approach to how to stay motivated long term to achieve your most important goals. Jonathan teaches this powerful motivation method to his corporate clients at places such as Google, Microsoft, and FedEx. It can help you achieve goals, create a balanced life at an accelerated rate, and keep you motivated over a long period of time.

***Morning Ritual* allows you to:**

- Feel centered and energized to start your day
- Begin your day feeling gratitude and tapping into peak experiences
- Get in touch with your dreams and aspirations
- Set intentions and act on them too
- Feel abundant and empowered
- Stay motivated over time so you can achieve your goals

How to Use

From the creator, Jonathan Robinson:

Morning Ritual is meant to be used right after getting up in the morning. You may choose to listen to it upon awakening, or if you prefer, after a shower and/or cup of coffee. Try both and see what works best for you.



Although using headphones isn't absolutely necessary, you will get slightly better results if you listen to the *Morning Ritual* program with headphones or earbuds. Track 1 should be listened to at a time when you can take notes. It details the various elements of the program, including a couple of quick lists I'd like you to make before listening to track 2 or 3. It's important that you make the lists I suggest before you try out the 10-minute program on track 2 or 3. Once the suggested lists are written out, you're ready to dive into the full *Morning Ritual* experience.

As you will learn on track 1, *Morning Ritual* is divided into 4 brief sections. Simply do as I suggest in the guided meditation and I'm confident you'll have a wonderful experience. It may take a couple of times listening to the program before you feel fully proficient doing each of the simple activities I suggest. Yet soon your brain will get used to waking up and having a rush of positive emotions wash over you. In addition, the guided meditation will lead you to feeling motivated to achieve your most important goals.

For best results, use the *Morning Ritual* as often as possible. Since it's only 10 minutes long, it can easily fit into your busy day. Best of all, the manner in which it quickly wakes you up and gets you focused will actually help you accomplish more than you ever thought possible.



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

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

Transcripts

The transcripts of all the tracks are available for download using the links below:

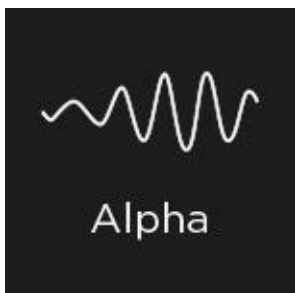
[Morning Ritual - Core Meditation Transcript \(ENGLISH\).pdf](#)

[Morning Ritual - Full Transcript \(ENGLISH\).pdf](#)

[Morgenritual - Transkript \(DEUTSCH\).pdf](#)

Technology

Brainwave Pattern Targeted



Alpha waves can amplify your clarity and imagination and boost your performance and creativity. They are said to be the “artist’s brain waves,” where new ideas and solutions are sparked and you connect to your inner playful state of clarity and wisdom. Alpha helps you become fully present in a state of multidimensional awareness, which increases problem-solving capacity, and you may even experience a sense of deep connection, belonging, and flow. Alpha is also fundamental to our spiritual growth, since we need a strong alpha in order to establish connections during states of trance, deep meditation, and dream sleep.

Soundtrack Details from the Creator of the Music for *Morning Ritual*, Leigh Spusta:

We have provided two different entrainment soundtracks to accompany the *Morning Ritual* meditation (tracks 2 and 3). One is an ambient, musical soundscape, and the other is a tapestry of nature sounds.

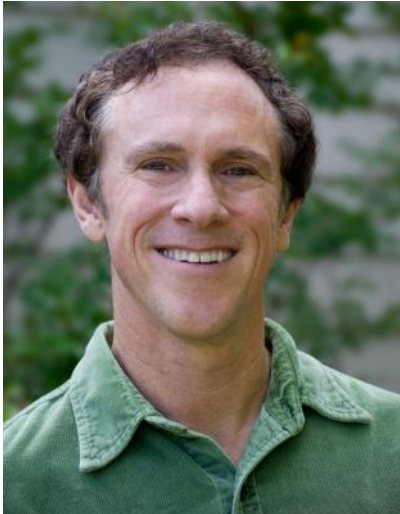


The musical soundscape utilizes a relaxation response-inducing composition approach, lush textures, and micro-melodic phrasing that keep the mind calm and engaged, while the isochronic rhythm of 8 Hz guides the listener into alpha.

For the nature sounds, we elected to use a mixture of babbling brook and flowing stream sounds mixed with the chirps and calls of morning birds. The balance of white and pink noise along with an isochronic rhythm of 8 Hz provides an entrainment in alpha.

These tracks were carefully crafted to enhance the experience of the guided meditation so eloquently delivered by Jonathan Robinson.

About the Creators



Jonathan Robinson, creator of [*Shortcuts to Awakening*](#) and [*The Near Death Experience: Waking Up to Life*](#) is a psychotherapist, peak performance coach, best-selling author of 14 books, and a professional speaker. Jonathan has made numerous appearances on the *Oprah Winfrey Show*, as well as many other national TV talk shows, and articles about him have appeared in *USA Today*, *Newsweek*, and the *Los Angeles Times*. He is also the co-host of the popular podcast *Awareness Explorers* (iTunes and Google Play).

Jonathan is known for providing people with immediately useful information presented in a fun and entertaining manner. His website is FindingHappiness.com.



Leigh Spusta, creator of [*Forgetting Not to Remember*](#), [*Gamma 40*](#), [*Deep Delta*](#), [*Deeply Theta*](#), [*iAwake Mini Meditations*](#), [*Solar Infusion*](#), and the sound/entrainment tracks for [*Call of the Heart: In, Out & Through Vol. I*](#); [*Kundalini \(In, Out & Through Vol. II\)*](#); and [*Deep Recovery*](#), is a 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.

Support



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iAwake Technologies Practitioners Forum:

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Coaching Call Archives:

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



FAQ:

<https://www.iawaketechnologies.com/frequently-asked-questions/>



Blog:

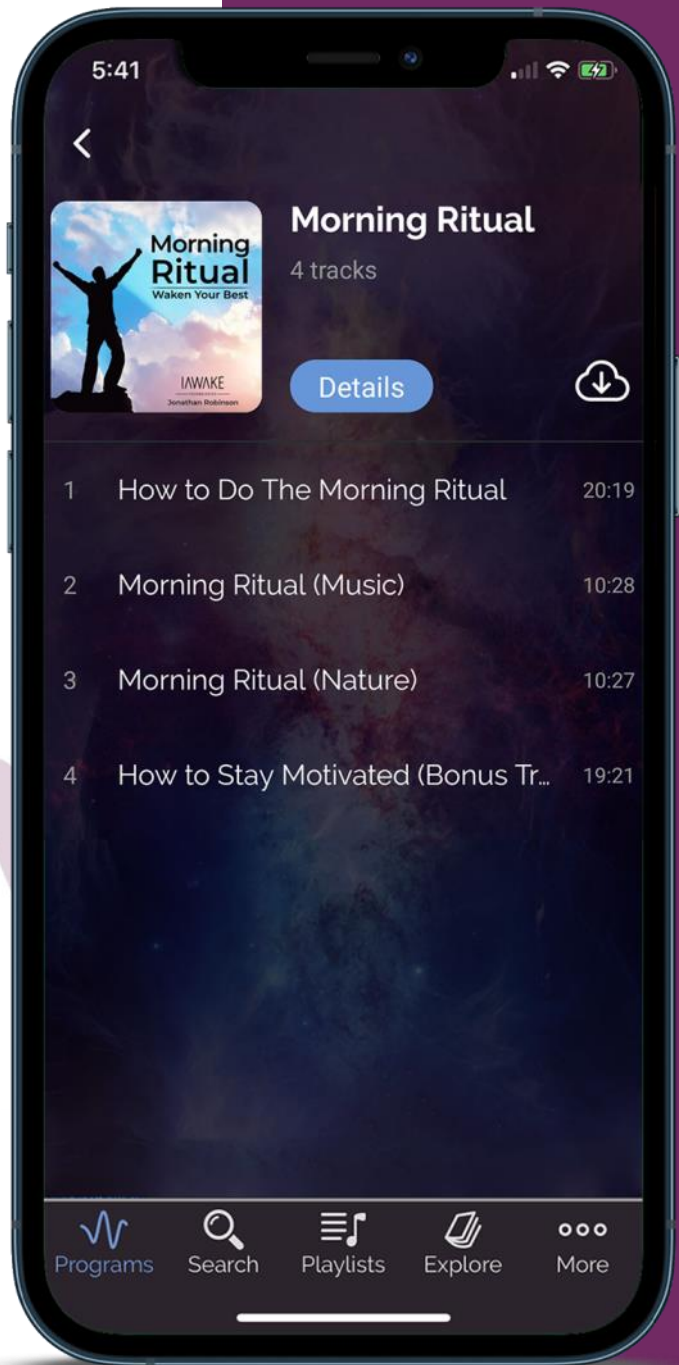
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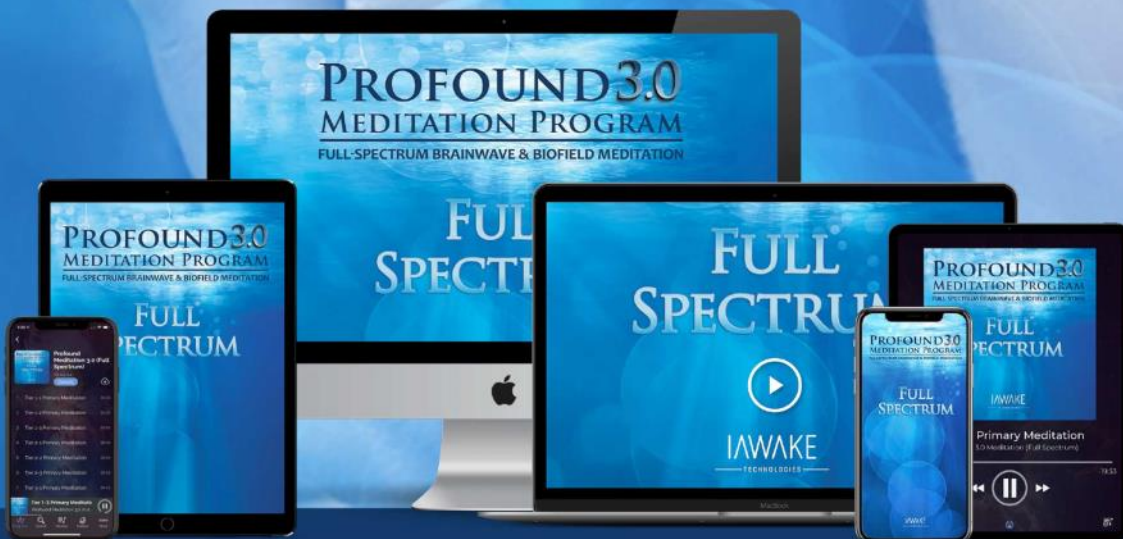
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