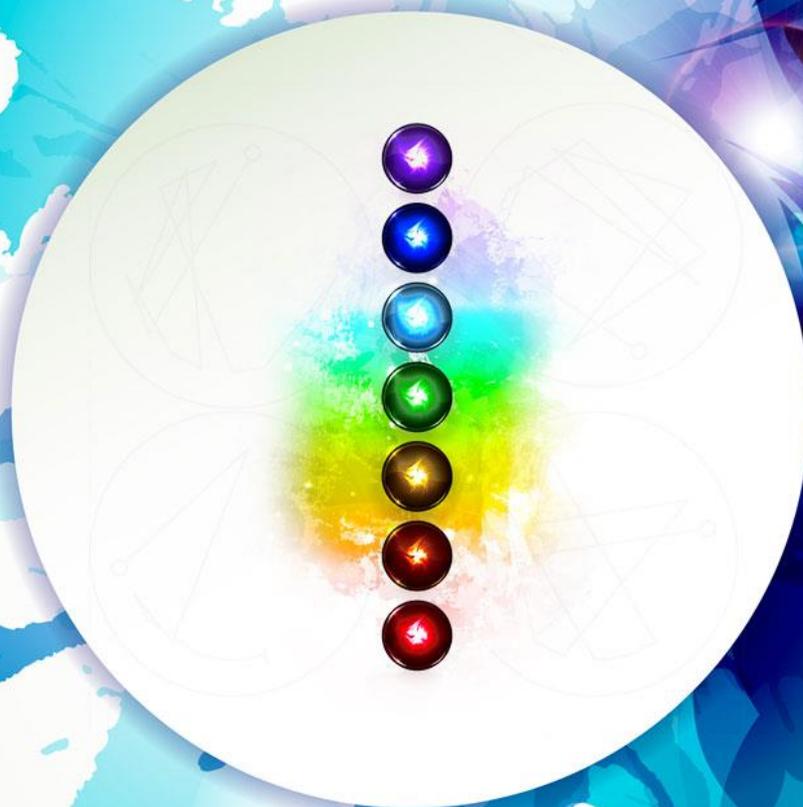


ENERGY FLOWS

Brain Wave Enhancing Guided Meditations
for Aligning the 7 Energy Centers of the Body,
Mind, and Spirit **with Colette Baron-Reid**



USER GUIDE



I/AWAKE

— TECHNOLOGIES —

DISCLAIMER

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

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

The user of *Energy Flows* 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 *Energy Flows*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Energy Flows* 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>Energy Flows</i>	
Welcome	5
About	6
How to Use	6
Technology	7
About the Creators	9
iAwake Technologies Support Links	10
iAwake Technologies App	11
Profound Meditation Program 3.0	12

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 *Energy Flows*.

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'm thrilled to share ***Energy Flows: Brain Wave Enhancing Guided Meditations for Aligning the 7 Energy Centers of the Body, Mind, and Spirit*** with you!

We collaborated with talented musician, Erroll Starr Francis, to create this series.

The 7 energies are present in specific "energy centers" that interface with our physical bodies, consciousness, and the greater energetic field. Each energy center also corresponds to an element or force in nature and plays out in themes that show up in all of our lives.

Each meditation is designed to correspond with one of the 7 energies -- so you can heal, activate, and connect with that energy.

Combined with the state-altering psychoacoustic sounds from iAwake Technologies, these tracks will help you:

- Connect and realign each of the energy centers of the body, mind, and spirit
- Feel more stable and grounded
- Help you claim your boundaries as sacred
- Step into your power and express your authentic self
- Connect with your heart, forgiveness, and compassion
- See, accept, and acknowledge all your potential
- Invoke the spirit of creative expression and tune into the frequency of inspiration
- Tap into the expression of deep, authentic gratitude

Use these meditations when you need some time to be still, to focus on your breathing, and to connect with the Conscious Universe that connects us all.

Colette Baron-Reid
Creator of *Energy Flows*

About

Track Details

- 01 Energy One (3 Hz) [11:11 minutes]**
- 02 Energy Two (4 Hz) [11:07 minutes]**
- 03 Energy Three (5 Hz) [11:06 minutes]**
- 04 Energy Four (7.83 Hz) [12:48 minutes]**
- 05 Energy Five (8.5 Hz) [11:04 minutes]**
- 06 Energy Six (5.5 Hz) [11:05 minutes]**
- 07 Energy Seven (40 Hz) [11:06 minutes]**

Total of 79:31 minutes

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

How to Use

Energy One Meditation

This meditation allows you to feel more stable and grounded. Meditating with this track will help you appeal to the quiet stillness within, ground you to the energy of the Earth, calm you, and connect you with your vitality and higher purpose.

Energy Two Meditation

The element of Water is all about intimacy and the willingness to be vulnerable. When you meditate inspired by water, you encourage a greater understanding of yourself in relationship to others. This meditation will help you claim your boundaries as sacred.

Energy Three Meditation

When you meditate based on the energy of Fire, you are moving consciously and with purpose. Listen to this meditation to step into your power, imagine all of your intentions manifest in the world, and to give yourself permission to feel and be your authentic self.

Energy Four Meditation

Energy 4 corresponds to Love in all its forms. Love energy teaches us to give and accept forgiveness. When we meditate inspired by Love energy, it helps us accept that we are all responsible for how we see the world and how we engage with it.

Energy Five Meditation

The 5th energy opens us to new information and invokes the spirit of creative expression. Listening to this meditation will help you get creative, tune into the frequency of inspiration, and truly listen to your soul's yearning for authentic self expression.

Energy Six Meditation

This meditation is inspired by the 6th energy and listening to it encourages you to see, accept, and acknowledge all your potential. Anything you imagine has the potential to become real. Your imagination is sacred.

Energy Seven Meditation

This 7th energy meditation connects you to the conscious universe and the frequency of Spirit. Listening to this meditation will move you toward an expression of deep, authentic gratitude, and a trust that all your prayers will be answered in divine timing and form.



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

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

Technology

Brainwave Patterns Targeted

Each brainwave pattern targeted through the entrainment and technology in Energy Flows has been carefully chosen to facilitate the ideal state for working with the individuals energies corresponding to each guided meditation. The shift in brainwave frequencies for each of the 7 energies in the Energy Flows series will deepen and amplify your experience, leading to profound experiences of energetic opening, growth, and balancing. This series of tracks, taken together as a complete suite, runs the gamut of frequencies and brainwave states, building resourcefulness and the ability to shift states to any of the desired patterns in the moment, so you can broadly experience the richness of life beyond mundane waking consciousness.

The patterns targeted for each track are:

Energy 1: 3 Hz Delta

Energy 2: 4 Hz Delta/Theta threshold

Energy 3: 5 Hz Theta

Energy 4: 8.73 Hz Theta/Alpha threshold / Schumann Resonance

Energy 5: 8.5 Hz Low Alpha

Energy 6: 5.5 Hz Theta

Energy 7: 40 Hz Gamma

Soundtrack Details from the Creator of the Music for *Energy Flows*, Douglas Prater:

The soundtrack of *Energy Flows* has been infused with a powerful blend of entrainment methods that take advantage of the natural richness of the soundtrack, complementing and deepening the flow of the music and the guidance to shift your brain waves to the optimal state for each track's meditation.

The technology used to nudge listeners into the desired brainwave patterns combines a number of powerful methods into a cohesive whole. This combination of tools results in a synergy far greater than the sum of its parts, as the methods work together to shift brain waves into the expansive consciousness of the 7 energies in the series.

The program uses a number of methods to create this optimal synergy, including binaural beats, isochronic pulses, frequency-shifted instrumentation, dynamic amplitude modulation, and light rhythmic panning.

The combination of entrainment and frequency-shifting technologies in each meditation begins gently and builds in intensity, to seamlessly guide you deep into the experience of *Energy Flows* with every listen.

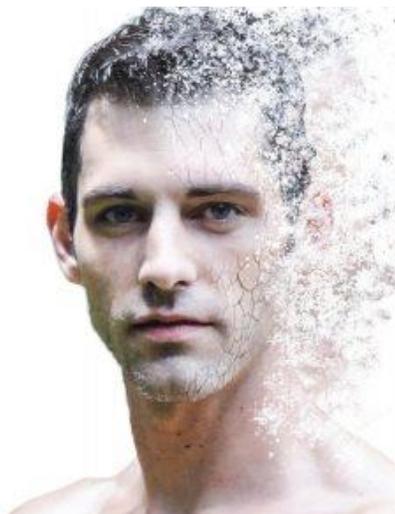


About the Creators



Colette Baron-Reid is an internationally acclaimed Oracle expert, thought leader, and speaker in the personal transformation space. With over 30 years of experience as an Oracle & intuition expert, Colette's greatest joy is teaching people they can have a direct and personal dialogue with the Universe to help them create their best lives. She's a best-selling author of multiple life-changing books including *The Map*, published in 27 languages. Her popular meditation apps and Oracle Card decks are worldwide hits, and she was the star of the hit TV series "Messages from Spirit" and the highly popular Hay House call-in radio show "Ask the Oracle." Colette is also the founder and creator of Oracle School – where people learn

to transform their lives using Oracle Cards as a guidance system. Colette splits her time between the USA and Canada with her husband and three adorable Pomeranians. Her website is <https://www.colettebaronreid.com/>.



Douglas Prater is an author, meditator, fitness enthusiast, and musician who holds a degree in Music: Sound Recording Technology from Texas State University. Born and raised in Littleton, Colorado, Doug also spent significant periods of his life in Austin, TX, and Atlanta, GA. Always longing to return to the mountains, he now lives in the Smoky Mountains of western North Carolina.

Doug has composed and engineered brainwave entrainment audio tracks since 2010 for meditation, creative pursuits, and the attainment of peak performance flow states. He is the developer of [*Rainstorm*](#), [*Sleepwave*](#), [*Infinity*](#), [*Stealing Flow+*](#), [*Stealing Flow – Power Nap*](#), the technology and soundtrack for [*The Near Death Experience: Waking Up to Life*](#), and the technology for [*The Freedom of Forgiveness*](#). He is also the producer, webmaster, and project manager of the *Journey of Integral Recovery* podcast. Doug is the author of the forthcoming book *The Dharma of Harry Potter: A Muggle's Guide to Buddhism* (and a large catalog of fiction written under a handful of pseudonyms that he won't tell us... we suspect he writes romance novels).

Support



iAwake Technologies on Facebook:
<https://www.facebook.com/iAwakeTech>



iAwake Technologies on Twitter:
<https://twitter.com/iAwakeTeam>



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/>

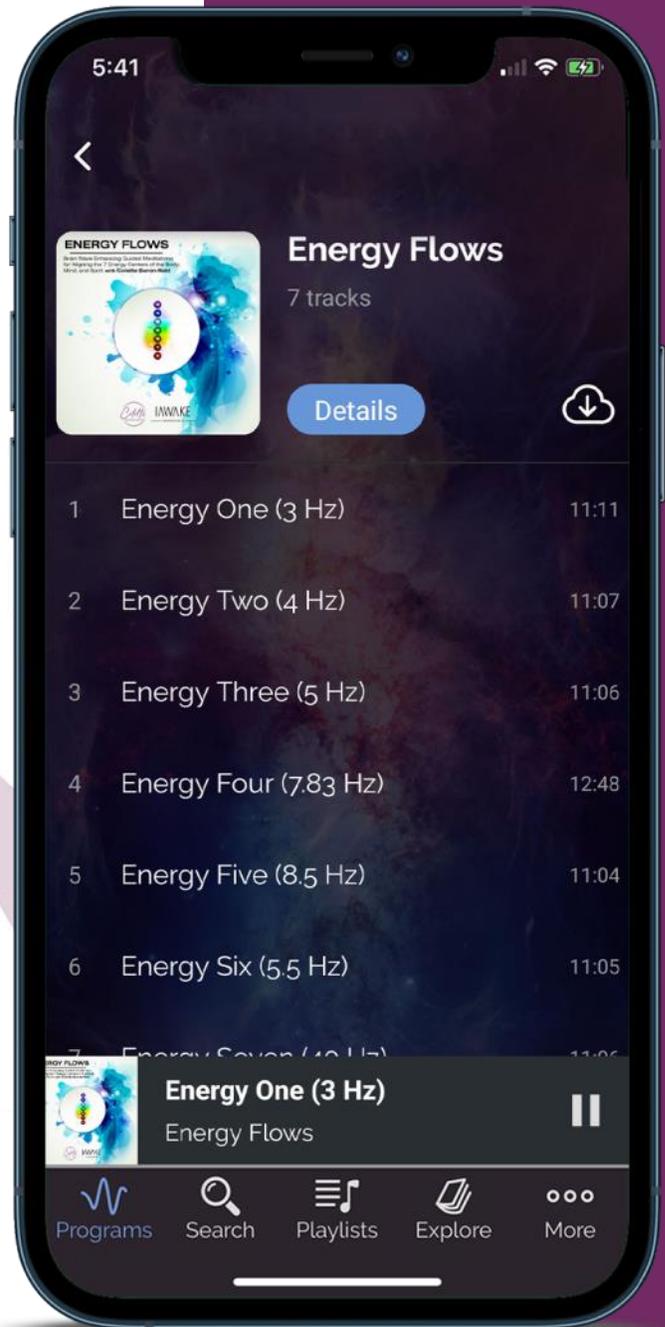


Blog:
<https://www.iawaketechnologies.com/blog/>



Customer Support:
support@iawaketechnologies.com

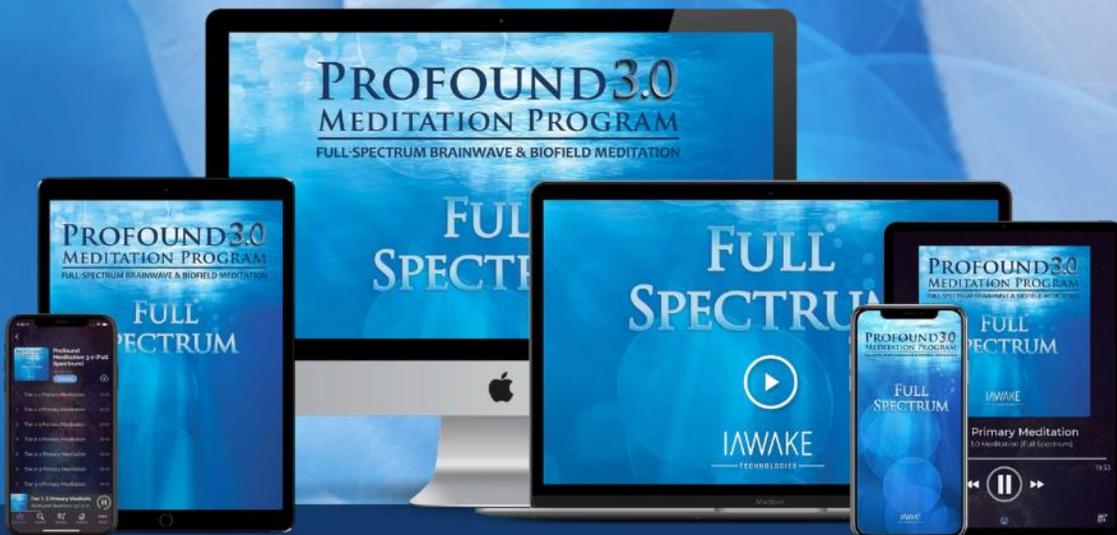
LISTEN ON
The iAwake
Technologies App



PROFOUND 3.0 MEDITATION PROGRAM

IAWAKE

TECHNOLOGIES



iawaketechnologies.com/profound-meditation-program/