

ALPHA ARISING

A SONIC JOURNEY OF DEEP RELAXATION,
ENHANCED FOCUS, AND PRESENCE

USER GUIDE



IAWAKE

— TECHNOLOGIES —

LEIGH SPUSTA

DISCLAIMER

The user of *Alpha Arising* 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 *Alpha Arising*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY ALPHA ARISING AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Alpha Arising* 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 *Alpha Arising*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Alpha Arising* 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 *Alpha Arising*.



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

From the CEO of iAwake Technologies:

Dear Friend,

Whether you are an established member of the worldwide iAwake practice community, or a newcomer, I am very happy to share this new treasure created by our beloved and highly respected creator, Leigh Spusta, with you.

The beginning of the story of *Alpha Arising* is that we wanted something in the alpha brainwave frequencies range that could stand alongside two of iAwake's favorites and Leigh's classics, *Deeply Theta* and *Deep Delta*.

Another part of the story is that Leigh's inspiration for these two tracks came about in relation to the night sky. He wanted to create soundtracks reminiscent of floating in space -- then the question arose, what would a sonic version of Polaris, the North Star, sound like? What would Borealis sound like?

In *Alpha Arising*, you have the answers. For me, the experience of listening is one of freshness, hope, and clarity.

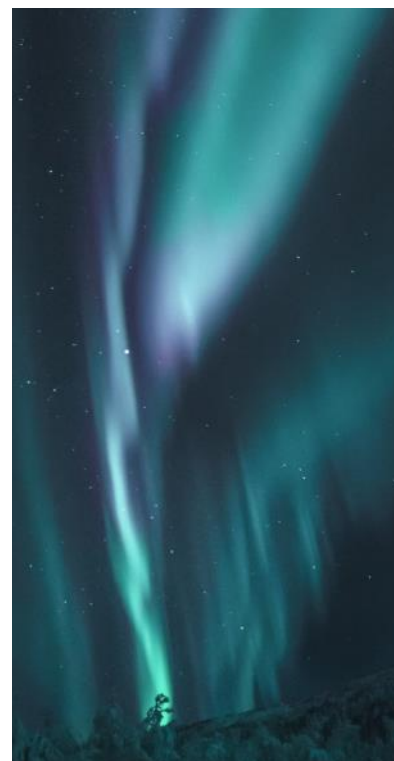
May God bless you and may the starlight enlighten your spirit and bring you the peace and wisdom and beauty that you are.

With great love and respect,



John
John Dupuy

CEO, iAwake Technologies



From the Creator of Alpha Arising:

It is with great pleasure that I was able to bring *Alpha Arising* to all of you. And many thanks to iAwake for their consistently strong support.

My wish is that these tracks find a place of continued usefulness, relaxation, and delight in your life, a go-to for when you want to grease the wheels of creativity, enhance your attention, or even just nudge yourself into a more calm and expanded space while doing the dishes! Thank you for your decision to add *Alpha Arising* to your listening experience.



Be well,

Leigh Spusta

Creator of *Alpha Arising*

ABOUT

Track Details

01 Borealis [16:49 minutes]

Moves into alpha dominance. Lush and ambient textures combined with emotive melodic moments. Uses psycho-acoustics, vibro-acoustics, and a Schumann Resonance isochronic rhythm.

02 Polaris [27:53 minutes]

Moves deeper into the alpha/theta domain. Spacious and expansive textures combined with soothing melodic expressions. Uses psycho-acoustics, vibro-acoustics, and a Schumann Resonance isochronic rhythm.

Total of 44:42 minutes

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

HOW TO USE

Alpha Arising is best listened to at a time when you won't be distracted. Whether you choose to sit on a park bench, get cozy in bed, or focus on your work or studies, these soundscapes will dynamically support your experience. Listening via headphones or speakers is your choice, whichever is more immersive for you.

Set your intention before you listen -- maybe it is to practice mindfulness, to find new solutions to old problems, to try an imagery exercise, or to deeply immerse yourself in reading, writing, or a creative endeavor. Or perhaps it is to experience deeply relaxed concentration, practice dream-incubation, or to glide into altered states of consciousness. Rhythmic, deep breathing is always a nice addition to deepen the experience.

- Excellent for enhancing focus while working or studying
- Great to use during meditation, self-hypnosis, or imagery exercises
- A powerful addition to hypnotherapy, guided imagery, massage, and group processes
- Provides blissfully deep relaxation while in a recliner or lying flat
- Experiment with listening while reading, doing housework, or other activities
- Try listening while practicing your golf swing, billiard shot, or card tricks
- Perfect for mental rehearsals and creative visualizations
- A wonderful way to shift into a higher/broadened perspective or contemplation
- Great for enhancing yoga, tai chi, or qi gong



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

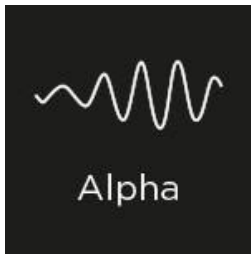
<https://www.facebook.com/groups/profoundmeditation>

TECHNOLOGY

Brainwave Patterns Targeted

Alpha Arising is designed to bring the listener into a broad-range alpha brainwave state (non frequency-specific), with an emphasis on promoting resourceful states. This can be experienced as "being in the zone" or flow state awareness while engaged in an activity, so immersed that one loses track of time. The writer becomes writing versus doing writing, for instance. Also, a calm focus is more easily attained -- sustained attention with much less mental chatter.

Enhanced creativity and effortlessly making new connections happens naturally. These tracks can also coach the listener into a variety of depths of relaxation, based on the need and intention of the moment. We have also included a 7.83 Hz Schumann Resonance rhythm as a subtle influence of the Earth/Nature/Home feeling that is associated with this frequency, which exists at the threshold of moving from theta into alpha. Some brainwave models still consider 7.83 Hz as within the alpha range.



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.

ABOUT THE CREATOR



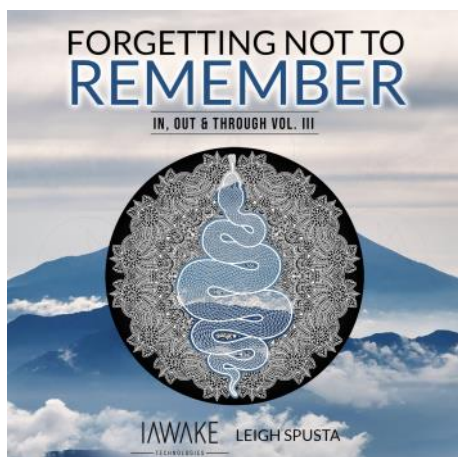
Leigh Spusta, creator of *Forgetting Not to Remember*, *Gamma 40*, *Deep Delta*, *Deeply Theta*, *iAwake Mini Meditations*, *Solar Infusion*, and the sound/entrainment tracks for *Call of the Heart*, *Deep Recovery*, *In, Out & Through Vol. I*, and *Kundalini (In, Out & Through Vol. II)* is an entrainment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



FORGETTING NOT TO REMEMBER

In, Out & Through Vol. III

This collection features powerful entrainment soundscapes, utilizing a range of methods for optimal effectiveness, such as psycho-acoustics, natural binaural and beat frequencies, and intuitive compositions of melodic tension and resolve. These tracks are perfect for exploring meditative or sacred space, doing inner work, or simply experiencing deep, profound relaxation.

"[With these tracks] "you can get a very intense experience of the energy that's within your soul." ~ Tobias

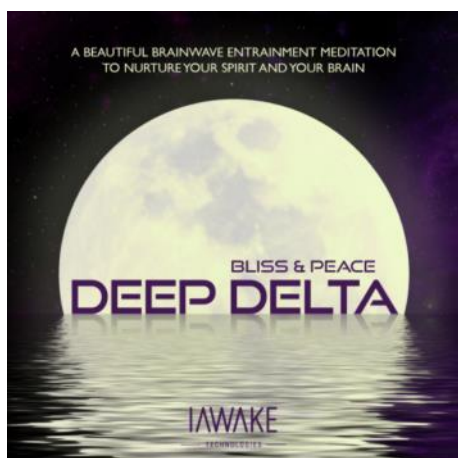
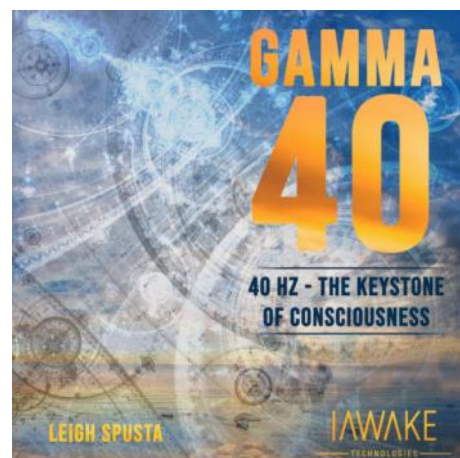
GAMMA 40

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

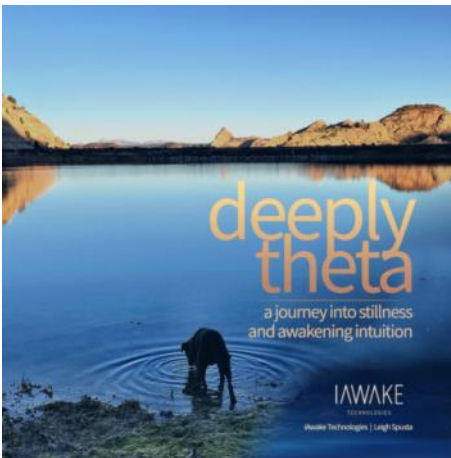


DEEP DELTA

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. "coffeegoewild"

IAWAKE 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

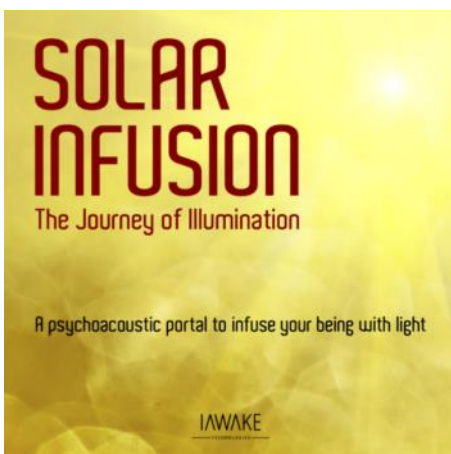


SOLAR INFUSION

A psychoacoustic portal to infuse your being with light

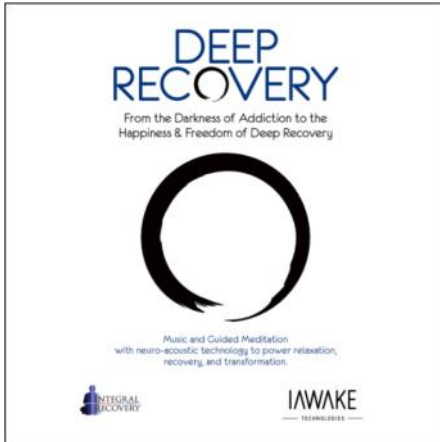
Solar Infusion is a 40-minute psychoacoustic composition specially designed to foster the experience of moving into coherence with the essence of life-force energy, allowing you to relax deeply and attune to the highest expression of your being.

"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.

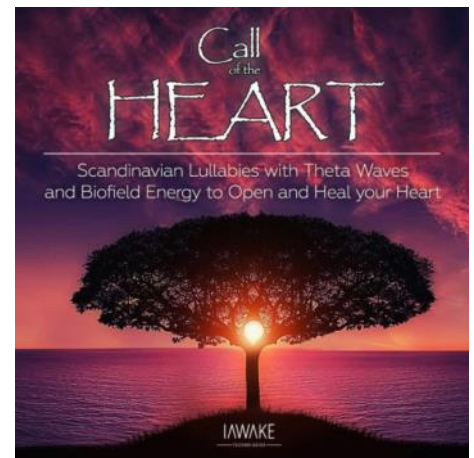
"Let me tell you that this guided meditation left me feeling more open and accepting as a human being. This is going to be great for those in recovery." ~ Jason Fulgham

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

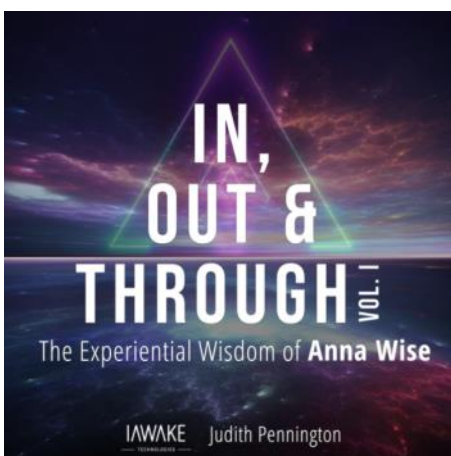


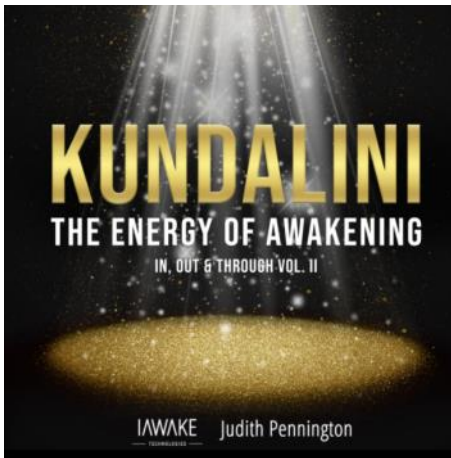
IN, OUT & THROUGH VOL. I

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



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/>

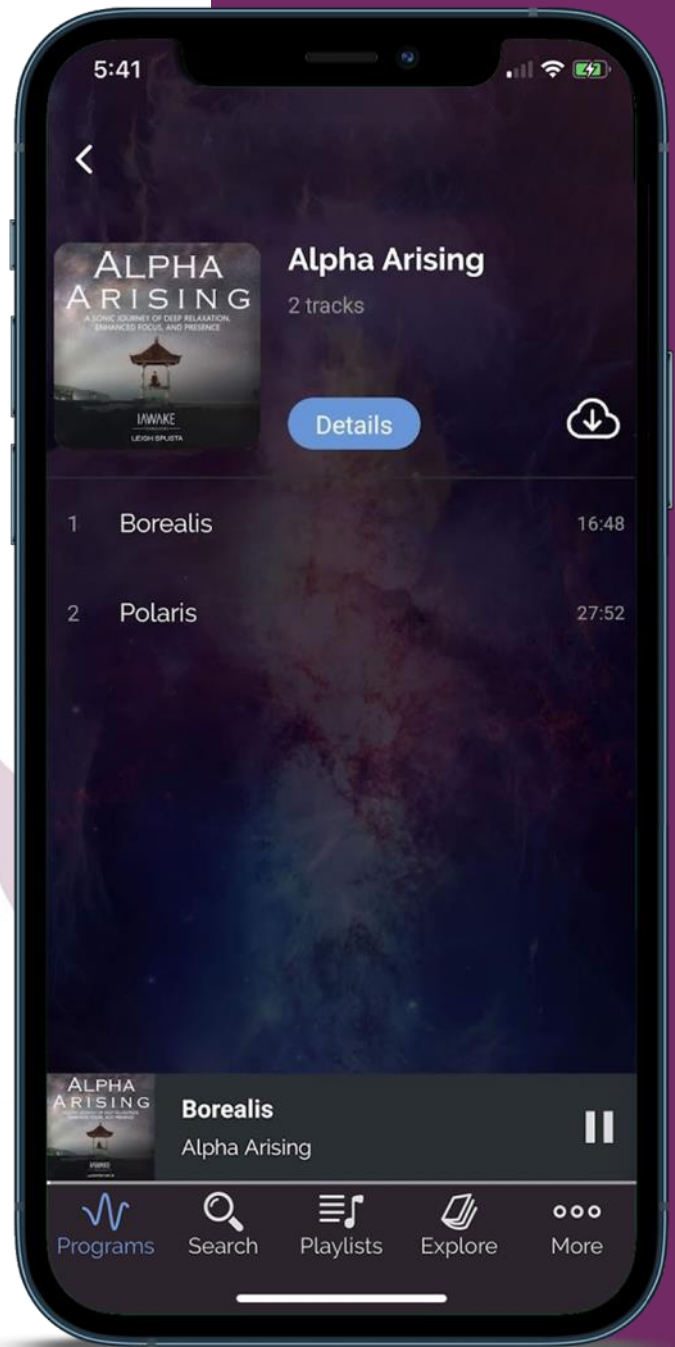


Customer Support:

support@iawaketechnologies.com

LISTEN ON

The iAwake Technologies App

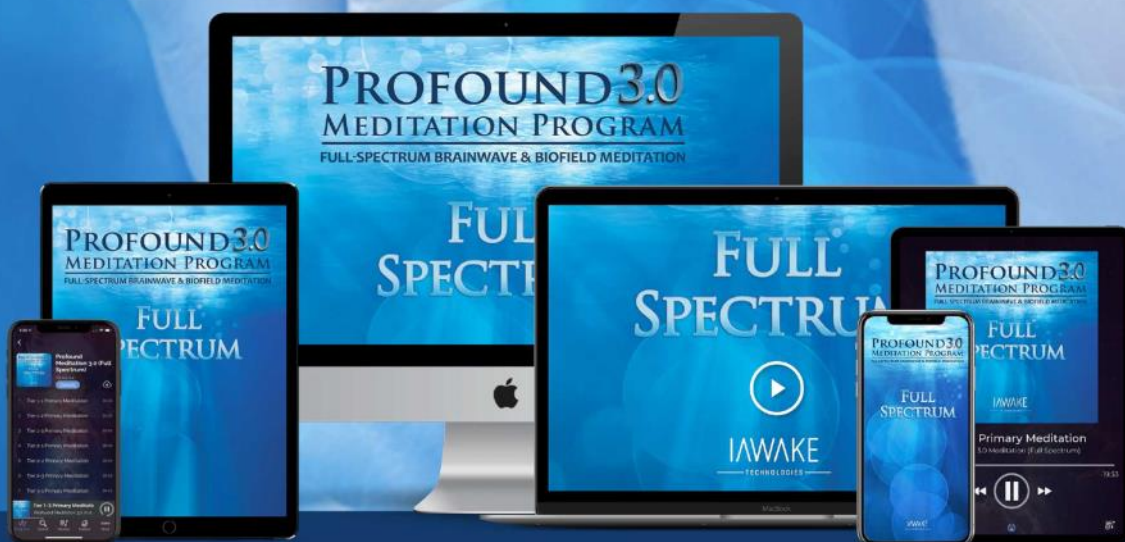


PROFOUND 3.0

MEDITATION PROGRAM

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