

BRAIN AWAKE

Catalyze your thinking and creativity



USER GUIDE

JOSEPH KAO
IAWAKE

— TECHNOLOGIES —

DISCLAIMER

The user of *Brain Awake* 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 *Brain Awake*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY *BRAIN AWAKE* AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Brain Awake* 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 *Brain Awake*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Brain Awake* 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>Brain Awake</i>	
Welcome	5
About	7
How to Use	8
Technology	8
About the Creator	9
Other Works by Joseph Kao	10
iAwake Technologies Support Links	12
iAwake Technologies App	13
Profound Meditation Program 3.0	14
Deep Transformation Podcast	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 *Brain Awake*.



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 to *Brain Awake!*

I am delighted to be able to give you this beautifully wrought entrainment tool for enhanced creativity, clarified thinking, and powerful flow states, created by my dear friend and respected colleague Joseph Kao.

I hope you will enjoy this iAwake offering as much as I have and find it very useful and practical in helping you give your gifts to the world and walk your talk.

Flow states are the active and creative aspect of spiritual awakening, and I don't believe we have a completed karmic circuit until we wake up and remember who we are and what we're here for, and channel that beauty and remembrance into the gifts we give back to our people and the universe.

Brain Awake is a very powerful and useful tool to do just that.

Open your mind and open your heart, and receive all the beauty that you are and let it flow.

With great love and respect,

John Dupuy



A conversation with John Dupuy and Joseph Kao about the design and purpose of Brain Awake [38:40]

Letter from the developer of Brain Awake, Joseph Kao:

Dear iAwake listener,

I'm delighted to be able to share my latest release with you - *Brain Awake*.

This project captures the spirit of what first drew me to brain entrainment technologies: fulfilling our human potential and amplifying the brain's natural capacity to focus, learn, and create.

Brain Awake is about reconnecting with our core optimism, inner drive, and curiosity about the world. In order to apply strategies for accelerated learning and enhanced creativity (which are also embedded within these tracks), we first need to be open-minded, motivated, inquisitive, and willing to truly believe in ourselves as human beings.

Brain Awake contains a rich matrix of harmonically layered sound pulses to evoke the brainwave patterns associated with heightened focus, flow states, and peak performance. To experience the full effect of this advanced brainwave entrainment technology, please listen through high quality headphones.

The brain—and the bodymind system as a whole—is capable of far, far more than we realize, and *Brain Awake* is designed to support you in activating your innate gifts and putting them to work in your life.

Wishing you an abundance of clarity, flow, epiphanies, and breakthroughs in the weeks and months to come.



Joseph Kao

"I felt an almost visceral shift in my mood and attitude about life after the sessions. Like an inner wisdom I always had suddenly could be heard and experienced. This is a classic equal to the best iAwake tracks." – James Lewis

About

Track Details

01 Brain Awake [22:32 minutes] (Guided Meditation)

A guided hypnotic process for cognitive enhancement with gamma, beta, and alpha/theta brainwave entrainment.

02 Brain Awake [30:02 minutes] (Music Only)

Music, nature sounds, and brainwave frequencies with no vocal guidance. This can be used whilst learning, working on creative projects, before peak performance events, and also during rest or meditation sessions.

Total of 52:34 minutes

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

Use *Brain Awake* to:

- Develop a natural confidence in your own creativity and intuition
- Feel more motivated and energized about learning
- Spontaneously experience new insights and fresh perspectives
- Deepen your mastery of whatever skills or subjects are important to you
- Enhance your recall and mental clarity
- Access a state of calm, focused flow so you can perform at your best

"The suggestions in the guided meditation lit up my brain with insights and turned me in the direction of possibilities rather than fixing deficits. It also gently illuminated some emotional healing and self-love that I needed to connect with." – Greg Hopkins



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

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

How to Use

As an initial conditioning process, listen to track one of *Brain Awake* every day for two weeks. This will give you time to thoroughly embed the strategies and principles of this program so that you can instinctively apply them in your life.

You can then use this track as often as you find useful, whenever you want to feel re-energized, mentally sharp, and ready to go.

You may find it especially helpful to listen in advance of events when you want to be at your best.

You can also choose a specific area of your life where you'd like to enhance your performance, and use the guided meditation for several days in a row to generate new insights, breakthroughs, and accelerated skill development in that area.

The second track is a thirty-minute extended soundtrack with just the brainwave entrainment and no vocal guidance. This track can be used for accessing flow states, for doing creative work, and for your own self-guided meditations.

Technology

Brainwave Patterns Targeted

The harmonic matrix of brainwave frequencies used in *Brain Awake* is designed to evoke strong focus and intentionality, a dive down into inner stillness and centeredness, and then back to full wakefulness, energy, and readiness. This combination of heightened focus and inner calm produces a unique effect that is ideal for peak performance.



Brain Awake uses the strategy of "tension and release" to create an experience of focused intensity [06:07]

The primary frequencies that *Brain Awake* targets are **beta** and **alpha brain waves**. The particular combination embedded in these tracks is associated with high performance flow states, where you become so immersed in an activity that time flies by, and it's as if you're watching your own mastery in action.

In addition, *Brain Awake* periodically targets **gamma** and **theta brain waves**, associated with creative breakthroughs and intuitive insights.

Soundtrack Details from the Creator, Joseph Kao

The multi-layered soundtrack to *Brain Awake* contains a variety of advanced brainwave entrainment principles, including binaural beats, isochronic sound pulses, rhythmic panning, and amplitude modulated sounds. Many of these sound pulses are not designed to be perceived consciously, but they all work together as a harmonic matrix to guide the brain into an optimal learning state.



The brainwave entrainment technology in Brain Awake: oscillating primary frequencies with a layer of background gamma, 3-D nature sounds [03:07]

The background sound textures subtly change and evolve over the course of each track, supporting the different states of consciousness being evoked.

As you listen, you'll also hear high definition nature sounds recorded with 3D microphones. These have been specially processed so that you can experience this 3D effect even when listening with stereo headphones. This helps the brain to deeply engage with the soundscape and to more fully respond to the embedded brainwave entrainment.

About the Creator



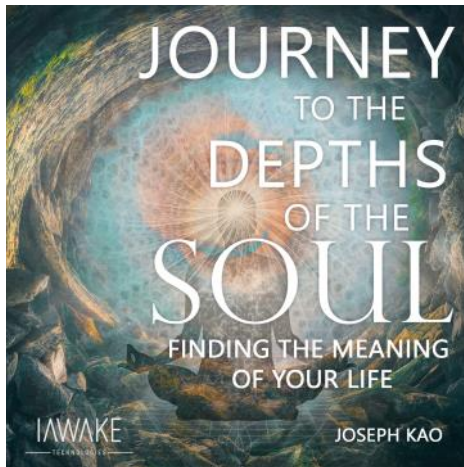
Joseph Kao, creator of the very popular ***Profound Releasing***, ***Profound Renewal***, ***Sound Asleep***, ***Journey to the Center of the Self***, and ***Journey to the Depths of the Soul***, is a hypnotherapist and a solution-focused therapist with a private practice in Cambridge, UK.

He works as a teacher and a developer of psychotherapy training courses, and has been the head scriptwriter for over 800 professional hypnotherapy recordings.

Joseph has practiced meditation since the late 1990s, and he's used brainwave entrainment as a core part of his practice throughout this time. He is a father of two, a keen cold-water swimmer, and he is currently exploring how theater and improv intersect with psychotherapy and personal development.

Learn more about Joseph at <https://joekao.com/>

Other Works by Joseph Kao



[Journey to the Depths of the Soul](#)

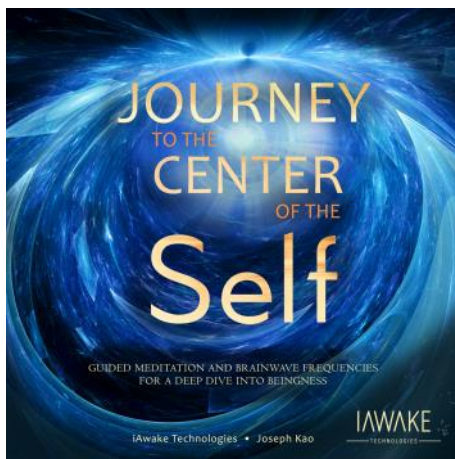
Finding the Meaning of Your Life

Deeply connect with your soul and stay true to your soul path. Journey to the Depths of the Soul is a life transforming series of guided meditations and mesmerizing, consciousness-altering soundscapes, from master hypnotherapist Joseph Kao.

I lost my sense of time. Felt like I'd connected with the Unified Field. ~ Dean Murphy



The Heart of the Journey to the Depths of the Soul [03:55]



[Journey to the Center of the Self](#)

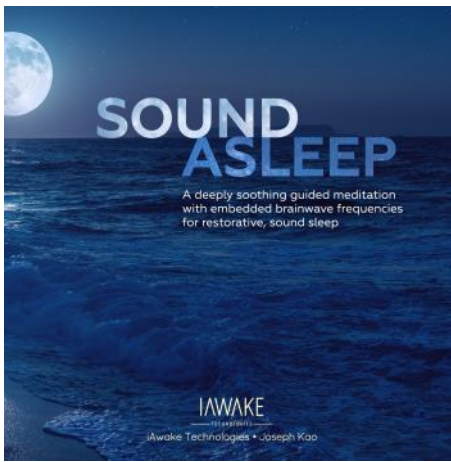
Guided Meditation and Brainwave Frequencies for a Deep Dive into Beingness

Journey to the Center of the Self is a powerfully inductive, yet gentle guided meditation by master hypnotherapist, Joseph Kao, supported by a deeply immersive, consciousness-altering sonic massage that guides us to experience pure awareness -- which is our deepest Self.

It was a beautifully guided journey leaving enough space for deep meditative states, internal openness and a pure awareness experience. I loved both tracks, especially back to back. ~ Lorrie



Journey as a Metaphor - iAwake's Joseph Kao [0:58]



Sound Asleep

A deeply soothing guided meditation with embedded brainwave frequencies for restorative, sound sleep

One of the most effective things you can do to enhance your wellbeing is to improve the quality of your sleep. A good night's sleep makes you healthier, happier, and more creative.

With *Sound Asleep*, hypnotherapist Joseph Kao has created a uniquely effective tool to gently lull you into the very deepest stages of sleep.

A soothing, dream-like blend of words, ocean waves, and advanced brainwave entrainment, *Sound Asleep* is designed to give you more peaceful, restorative sleep, night after night.

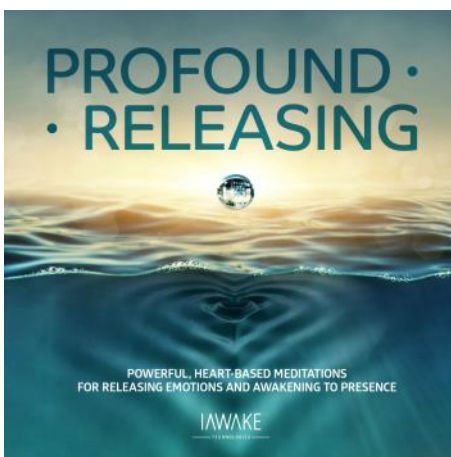
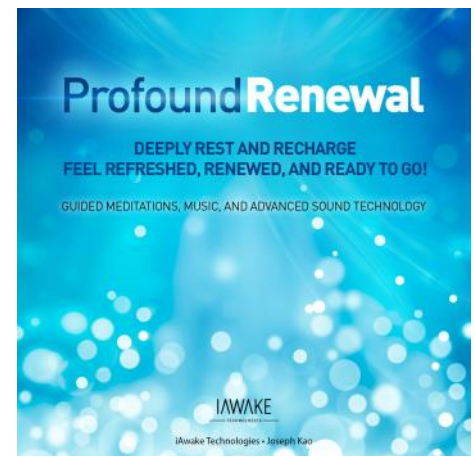
Includes *Sound Asleep Bonus Edition* (total is 2 guided tracks plus sound entrainment only track).

Profound Renewal

Deeply Rest and Recharge: Feel Refreshed, Renewed, and Ready to Go!

Profound Renewal, by Joseph Kao, is an energy-building program designed to evoke calm, healthy, sustainable energy. As a young father, Joe was personally motivated to create a program that would help him find energy and balance to respond to the gifts and challenges of his life.

Profound Renewal contains guided meditations, music, and advanced sound technology.



Profound Releasing

Free yourself from limiting thoughts and emotional blocks, using the power of the heart

A multi-layered guided meditation with advanced brainwave entrainment technology, designed to help you to:

Let go of old, rigid emotional patterns and rediscover your natural spontaneity, energy and vitality • Stop battling with your thoughts and feelings, and discover how to effortlessly dissolve inner blocks and tension • Open your heart and allow a deep sense of love and compassion to flow through your body and mind.-- it's not for everyone. Brainwave entrainment for deep, deep practice.

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/>

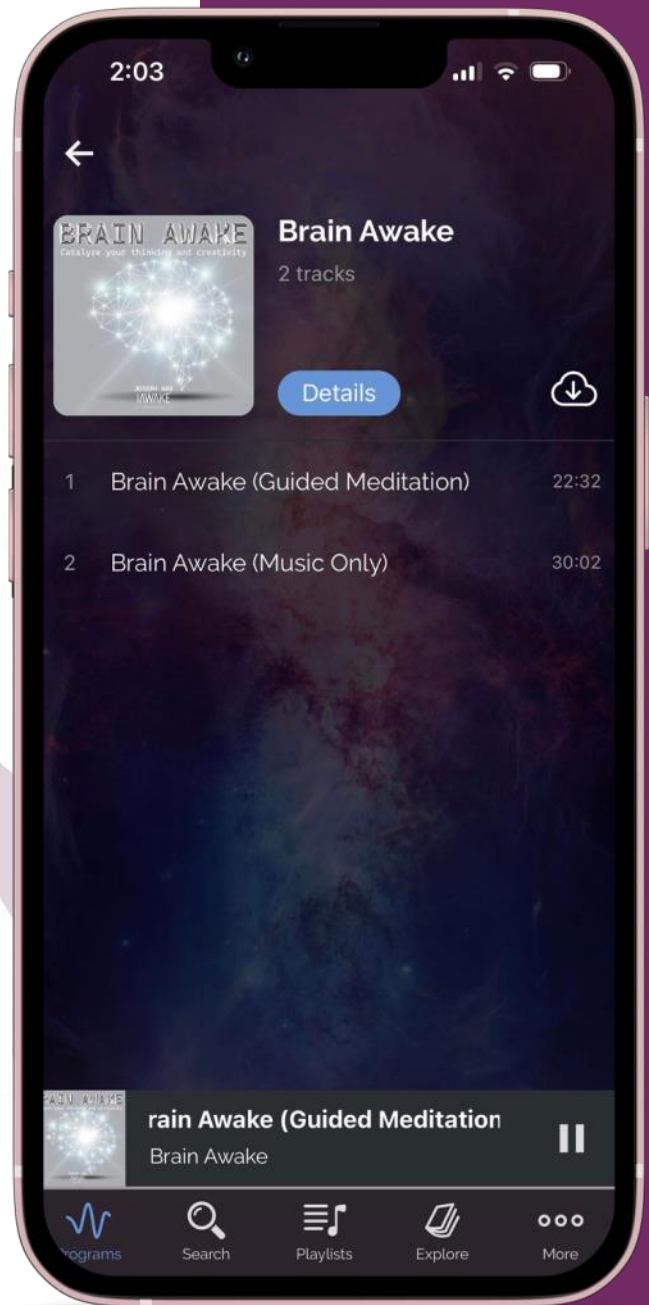


Customer Support:

support@iawaketechnologies.com

LISTEN ON

The iAwake Technologies App

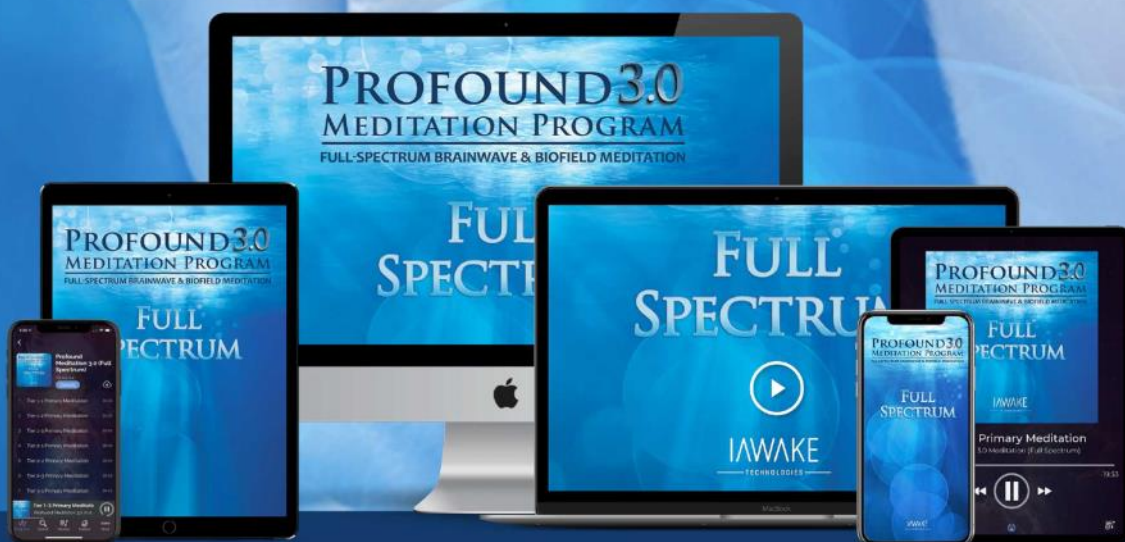


PROFOUND 3.0

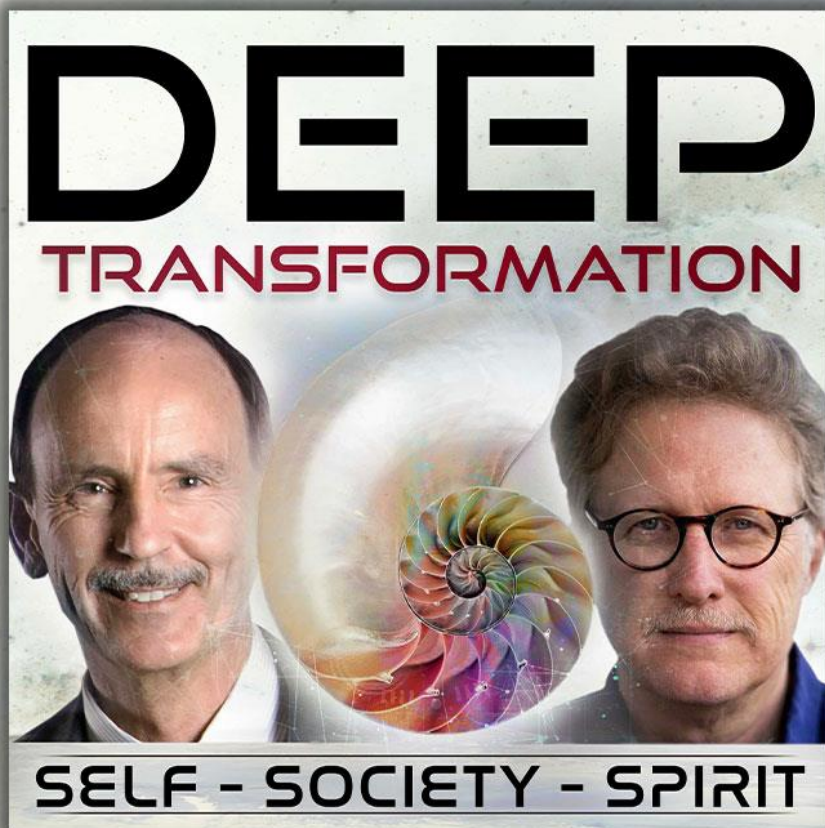
MEDITATION PROGRAM

IAWAKE

TECHNOLOGIES



iawaketechnologies.com/profound-meditation-program/



Listen on
Apple Podcasts

LISTEN ON **Spotify**

Listen on
Google Podcasts

Listen on
amazon music

Join the conversation.
Wrestle with the questions.
Become the answers.

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

Presented by
I/A WAKE
— TECHNOLOGIES —