

USER GUIDE



PROFOUND MEDITATION PROGRAM 2.0

DEEP MEDITATION TOOLS FOR TRANSFORMATION AND EXPLORATION



I\A\WAKE

— TECHNOLOGIES —

DISCLAIMER

The user of *Profound Meditation Program 2.0* 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 *Profound Meditation Program 2.0*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY PROFOUND MEDITATION PROGRAM 2.0 AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Profound Meditation Program 2.0* 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 *Profound Meditation Program 2.0*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Profound Meditation Program 2.0* 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

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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 *Profound Meditation Program 2.0*.



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, John Dupuy:

Welcome to Profound Meditation Program 2.0

"We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time."
– T. S. Eliot, Four Quartets

As I was getting ready to meditate a few weeks ago, I went on the journey that the iAwake app can provide and found, or rather rediscovered, ***Profound Meditation Program 2.0***.

This was our first release at iAwake and an earlier version of these tracks convinced me that we had something very special here. At that time, I was using a variety of brainwave entrainment tracks from numerous producers of the technology. Eric Thompson gave me these tracks to try out and I went home and meditated with them. The next day, I contacted Eric Thompson saying, "We gotta talk." And as they say, the rest is history.

In rediscovering these 6 tracks – 3 primary, 3 releasing, 20 minutes each – I was struck by their crystalline beauty and power. My thought was, damn, no wonder we started iAwake. This is great stuff.

I am very grateful, honored, and happy to reintroduce *Profound Meditation Program 2.0*, created by our esteemed co-founder Eric Thompson. I think these are classics in the emerging field of brainwave entrainment technology and will serve you well for years to come.

Thank you for your loyal support and all the work you do on yourself, which is the work you do for all of us.

With great love and respect,

John Dupuy

ABOUT

Track Details

01 Primary Meditation 2.0 – 60 min total (3 tracks)

[For Transformative Stimulation]

- Track 1 – Descent into Delta (first 10 min)– Delta – 3.07 Hz (last 10 min)
- Track 2 – Delta – 3.07 Hz (first 5 min)– Delta – 1.45 Hz (last 15 min)
- Track 3 – Delta – 1.45 Hz (first 8 min)– Delta – .9 Hz (last 12 min)

02 Releasing Meditation 2.0 – 60 min total (3 tracks)

[For Transformative Recovery]

How the “Release” Tracks are Designed

The release tracks contain subtle energy matrices optimized for deep relaxation. They also utilize a form of spatial entrainment, which almost imperceptibly pans back and forth between the left and right stereo channels, providing bilateral stimulation to the brain. And, as in EMDR (eye movement desensitization reprocessing), we believe this bilateral stimulation helps to free up more of the brain’s resources for healthier processing.

Release 1: spends its time in phase synchronous alpha, the presence of which has been associated with spontaneous forgiveness, and the absence of which has been correlated with emotional repression. In neurofeedback-assisted meditation, alpha is considered a bridge to the unconscious. It is also correlated with serotonin release.

Release 1 evokes phase synchronous, deep alpha activity, which is experienced as immensely relaxing, soothing and blissful. By spending a full half-hour in this phase-synchronous (i.e., high-amplitude, powerful) alpha pattern, your releasing and forgiveness work (which you can gently practice during the meditation) will spontaneously deepen, more or less effortlessly.

Release 2: evokes phase-synchronous, theta wave activity, which is experienced as profoundly ecstatic and freeing. This session can facilitate visionary shamanic states of consciousness, the release of endogenous opioids (endorphins, etc.), and dramatic attitudinal and behavioral changes.

Release 3: evokes deep, euphoric theta patterns.

You will feel the deepening of these states throughout the day, even hours after finishing the meditation. Joy, enthusiasm, and optimism will naturally emerge. And the growing sense of feeling safe and willing to face your deep issues will become so strong, that you’ll soon find yourself releasing with more and more ease, until it comes more or less effortlessly.

Total of 120 minutes

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

Use Profound Meditation Program 2.0 to:

- Establish an ongoing daily meditation practice
- Connect with your deep inner wisdom
- Feel supported in letting go of negative thoughts and habits
- Catalyze accelerated emotional and spiritual development
- Heal deep-seated emotional wounding and forgive yourself and others
- Experience and enjoy more peak-performing flow states
- Regularly receive profound, problem-solving insights
- Heighten and intensify the positive results of virtually any life-enhancing skill or practice (e.g., learning and academics, business, sports, energy work, Tai Chi, yoga, meditation, etc.)

I've been using the PMP 2.0 tracks for a couple of weeks now...
the short verdict so far is "Love it!" Especially the Release
Tracks... so far I'm finding the experience to be as profound as
[another binaural technology] without some of the jarring emo-
tional upheavals. Hard to describe, just sort of a smoother ex-
perience all around. I really like it. ~ DL



As you use *Profound Meditation Program 2.0*, we encourage you to share your stories with our community of practitioners on Facebook:

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

HOW TO USE

IMPORTANT NOTES:

1. Although simply by listening to the Profound Meditation entrainment stimulus alone (without practicing a meditation technique at the same) will **without doubt** significantly deepen your spiritual development, we nevertheless recommend the simultaneous practice of some meditation technique. Doing so provides the most profound, transformative benefits possible, as it engages more of your being, inner awareness and commitment to evolve in spirit.
2. 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 by-products.

General Listening Instructions

(Please read these instructions entirely before using. You'll be glad you did.)

Headphones are required.

- Schedule a time every day. This will help your mind/body to come to expect its use and accept your listening as a "habit" that will be easier to maintain. First thing in the morning and before the evening meal is ideal.
- Sit in a comfortable chair with head and neck support.
- Always sit upright while listening, as this best facilitates the increased attention, focus and energy that will accrue during listening sessions.
- We generally recommend listening with eyes closed, as this helps reserve attention and minimize distraction for optimal entrainment. However, if you are a practitioner of eyes-open meditation (such as Zen or Shamatha), please continue listening with eyes open.
- Allow yourself to be given over to the audio environment, which will deepen your meditation.
- **It is NOT recommended to listen to Profound Meditation more than 2 hours per day.**
- **IMPORTANT:** After each session, allow 1- 5 minutes to ease back into your day. Be sure to anchor your deepened awareness and devotion in your mind by consciously observing and feeling it in your body. **Soak it up and bathe in it.** Then intend to carry this awareness with you wherever you go.

Listening Schedule Guidelines

The following instructions are intended as guidelines only. For optimal results, let your own intuition and personal experience guide you in how to best mix and match the Primary Meditation tracks and Releasing tracks to create a transformational spiritual practice that best meets your needs (within the confines of the instructions and guidelines offered).

Because the tracks can be powerful for beginners, we recommend beginning by listening to Track 1 once daily for a day or two to up to three weeks. Gauge your response after the first session or two. If you feel like you are ready for more, then begin using tracks 1 & 2, gradually working up to a full hour of daily practice. Take your time. You'll know when you've hit upon the right listening schedule, because you'll notice significant improvements in your mood, attention and overall well-being. You'll also feel an exciting but comfortable "push" that energizes you to live at a higher level.

The key is to maintain a meditation schedule that feels really good, while allowing your comfort level to be stretched just a little bit. Keep it fun. The full effect is best achieved when you have a daily practice of listening to *Profound Meditation 2.0* an hour a day. Some people, depending on their schedule, will listen to the first 2 tracks in the morning and the third track in the early evening. Make this technology work for you and for your schedule. Feel free to comment on what works for you in the [Profound Meditation Practitioners Facebook group](#).

The PMP tracks are powerful enough that each one can entrain your brain to the targeted brainwave pattern even if the previous track is not played immediately before. With many other entrainment programs it is necessary to first listen to, say, an Alpha track that descends from Beta before listening to a Theta and Delta track. This is required with some other programs because the entrainment stimulus is limited in its efficacy and depends in part on its ability to first entrain neurological activity in the Beta bandwidth (since this pattern dominates waking consciousness) and slow it down by gradually moving from Beta through Alpha, Theta and Delta in a linear manner. With PMP 2.0, however, this is no longer necessary, due to its increased entrainment efficacy.

As such, PMP participants now have the freedom to listen to 40 minutes in the morning (i.e., tracks 1 and 2) and 20 minutes in the evening (track 3) if they wish. Of course, 20 min in the morning, 20 min in the afternoon, and 20 min in the evening is also a valid option.

General Meditation Instructions

- ◆ Close your eyes and lift them ever so slightly upward to the point between your eyebrows, and allow them to rest there comfortably, without strain. They don't have to be raised too high.
- ◆ If you notice your eyes fluttering, then simply relax your gaze and allow your eyes to find their natural and most balanced gaze at the point between the eyebrows. It should be relatively effortless, but if you notice after awhile that your focus has waned, you'll want to be sure to softly bring your eyes back to gaze at the point between the eyebrows.
- ◆ Actually, you just want to be sure that your eyes are closed. They don't necessarily have to gaze on the point between the eyebrows, but this is a general meditative posture that has helped many people move deeper into meditation.
- ◆ By placing your attention there, you are sending focused energy (i.e., your attention) to the pituitary and pineal glands, which in turn release neuropeptides, which invoke a relaxation response and allow you to move deeper into meditation. These glands also release hormones which are conducive to health and healing.
- ◆ After you've been able to keep your attention here for awhile, begin noticing thoughts, feelings, etc. as they arise. Simply witness them without judgment, and as you do so, notice that you arent the feelings or the thoughts; you are the conscious witness that is silently watching them. The more you are able to pull back into this silent witness, the more a subtle but powerful space opens up within you; and that space represents your ability to transcend your mental and emotional habits, which in turn enables you to change them.
- ◆ Allow yourself to be given over to the audio environment, which will deepen your meditation
- ◆ When the meditation is finished, allow yourself to sit quietly still for a few minutes, which will allow you to more readily release whatever conscious or subconscious material came up during the meditation.

Taking Your Meditations Deeper

Listed below are some simple but quite powerful ways of deepening your meditations:

- ◆ **Meta-Awareness:** Can you allow yourself to become aware of your awareness? In basic witnessing practice, you learn to witness your thoughts, feelings and emotions. The next step is to become aware of non-thought, the bare awareness out of which thought arises. Simply shift your awareness to become aware of the sense of presence that is aware. What is aware of being aware?
- ◆ **Opening of the Heart:** What inspires devotion in your heart? Is it God, Goddess, Spirit, evolution, "Big Heart", Love, the universe? Whatever it is, you can allow it to deepen your spiritual devotion and connection to your heart simply by silently repeating, "I am open to receive," while simultaneously imagining yourself "breathing" Spirit into your heart and your heart expanding. Rather than repeating it as a mantra, however, just repeat it as your heart leads. This engages you at an uncommonly deep level to not only evolve in consciousness, but to grow in your commitment to surrender the ego in selfless service as well. Another way to tap into the power of the heart is to allow yourself to emit deep feelings of gratitude and love for the object of your devotion.
- ◆ **Self-Inquiry:** Turn your attention inward and become aware of the sense of "I AM" that seems to be aware. From what or where does this sense of "I" arise? Ask yourself, "Who or what am I?" What, exactly, is this "I AM-ness"?
- ◆ **End Your Meditations with a Blessing:** At the end of your meditation, when you are in deep states of consciousness, it is very beneficial to offer a silent, heart-felt blessing to your loved ones, friends, teachers, world leaders, and the suffering world in general. As you do so, the deeper layers of your being are imprinted with the compassionate embrace with which you reach out to the world. The more you practice this, both in meditation and during the day, the more connected you become to the world around you, and the more available you become to the evolutionary impulse of selfless service.

Introduction to the “Release” Tracks

These tracks are designed to be used as alternative meditations to the main meditation tracks in the iNET system. They are designed to work with your own natural recovery cycles, because your body, brain and nervous system have their own unique cyclic rhythm with which they respond to stimuli in order to adapt.

Stimulation: The Primary Meditation tracks deliver powerful stimulation to your brain and nervous system, which in turn triggers them to adapt to the ongoing stimuli.

Entropy: Because iNET is designed to gently push your brain to higher levels of functioning, you will immediately notice positive improvements in your mood, focus, energy, optimism and sense of wellbeing. This is due, in part, to the powerful carrier frequencies we are using.

However, your nervous system’s ability to adapt to such stimulation oscillates in a “high-to-low-to-high-to-low” fashion (much like a sine wave). Its highest capacity to adapt to the stimulus exists at the peak of the oscillation cycle, and it is least able to adapt in the valley of the cycle.

iNET gently drives your nervous system to reach its peak adaptation capacity much more quickly than conventional entrainment systems. But because your nervous system does not naturally operate at its peak level indefinitely, continued use of the iNET stimulus will begin to generate *entropy*—excess energetic build-up, and this is generally experienced as a sense of agitation and overwhelm. While overwhelm can be a good place to be (since it can foreshadow a bifurcation—a breakthrough; that is, a reconfiguration to a higher level of functioning), its prolongation can also have detrimental effects.

Frankly, from our experience, growth and development do not have to be arduous. In fact, most, if not all, difficulty and pain derive from our unconscious resistance to growth. If we become conscious of that resistance and release it, growth becomes ***easy, effortless and enjoyable***.

Release: As previously mentioned, the experience of entropy as overwhelm indicates that we are resisting growth and expansion at some level. And when we, through willingness and conscious awareness, are able to gaze into the root of the resistance (which may or may not be accompanied by an intellectual understanding of what constitutes the resistance) and spontaneously release it, a higher order and deeper sense of wellbeing naturally emerge in our lives.

PMP’s “Release” tracks are designed to facilitate such willingness, openness, awareness and spontaneous freedom. The result is a profound sense of release and renewal. In combination with the main meditation tracks, they comprise a system designed to be custom-shaped to your own natural recovery cycles. One of the major keys to the success of this system, as such, is the development of your own intuitive awareness regarding your growth and recovery cycles, which will grow keener as you use the system.

How to Use the “Release” Tracks

- ◆ Use them whenever you are feeling PMP 2.0 is “pushing” you a bit too much. Their use is generally meant to be as an alternative to the main meditation tracks. So, when you are not using the main meditation tracks, you can use the Release tracks.
- ◆ Generally speaking, when you reach a consistent sense of overwhelm that lasts for several days, it is time to switch to the Release tracks for at least one to three weeks, after which time you may resume using the main meditation tracks. Allow your intuition to guide you in this process.
- ◆ If you desire an additional half-hour- or hour-long meditation in addition to the main meditation tracks, you may use the Release tracks as a second meditation. For example, you might listen to the main meditation tracks in the morning, and listen to the Release tracks as a meditation in the evening. We do, however, ask you to not overdo it, as such a schedule could possibly deliver more stimulation than you are easily able to integrate.
- ◆ Listen to them in the same meditative posture that you would the main meditation tracks.
- ◆ The deep sense of bliss and renewal will be immediate after listening, but they will also grow over a period of days during your use, especially as you relax into releasing.
- ◆ Accompanying the immediate sense of renewal will also be a deeper awareness of the pertinent issues you need to release. You will sense them as a kind of tension, anxiety and resistance somewhere in the background of the bliss. Rest assured that this is a VERY positive sign, because you are now perfectly poised to simply let these resistances go. Instructions and guidelines for facilitating such release are included below.
- ◆ You will find that the deepened sense of joy and bliss will actually embolden you to relax more deeply into the root of the resistances that are beginning to surface. And as you do so quite naturally, your sense of bliss, renewal and optimism will effortlessly blossom of themselves over a period of days. You just keep getting happier and happier, and life begins to flow. It is also helpful to be mindful of letting go of the bliss as it arises. The more you let go of whatever arises (even bliss), the more blissful and light you will feel, until you eventually release into a profound sense of peace and equanimity.

Facilitating Deep Release

The following are simple but penetrating insights into releasing the chains that bind you:

- ◆ First, it is important to realize that virtually all discomfort is related to resistance; and such resistance is something we are actively doing, usually unconsciously. Delving more deeply, it can be discovered that the prolongation of all disempowering states (such as depression, hopelessness, fear, jealousy, lust, etc.) arises out of a single belief: *that one's highest wellbeing and deepest sense of fulfillment lies outside of oneself.*
- ◆ Only when we profoundly realize that we are the true source of our happiness, are we able to become less prone to the unhealthy prolongation of such states. And this source of happiness refers not just to our actions, but to the ongoing experience of our true nature. When that experience deepens, life-affirming action flows as a natural by-product.
- ◆ Allow yourself to become aware of the tension in your body that is associated with the overwhelm.
- ◆ From this point on in the guidelines, you'll find helpful questions which are designed to gently lead you into a profound release of resistance to growth and development. Use these questions on yourself, both in meditation and throughout the day, to allow yourself to effortlessly relax into deeper freedom. As you do so, you are creating transformative neural pathways between the parts of your brain involved in raw emotion and those involved with conscious awareness. This results not only in spontaneous release of emotional and energetic entropy, but also a subtler and more sophisticated emotional processing power. Eventually, you may not even need the questions at all, as you will be more able to "feel" your way into the root of the resistance and let it go.
- ◆ Deep, slow, rhythmic and relatively effortless breathing greatly assists this process.
- ◆ Can you label the discomfort? Is it anxiety over an upcoming event, a sense of unworthiness, shame, fear, frustration? Neuroscientific research tells us that the nonjudgmental labeling of emotions and feelings activates neural circuitry which tempers the experience of such disturbances by down-regulating the amygdala's fear response.
- ◆ Now, can you let go of labeling the feeling? Can you allow your self to simply sink into the feeling itself, without the need of labeling it? While the initial labeling of feelings helps us to tune into them and become more comfortable with them, continued attachment to such labels prevents us from simply being with the root of the discomfort, devoid of assumptions, expectations and unhealthy attachments.

- ◆ Are you resisting the feeling? Can you allow yourself to just let go of resisting it? Could you allow yourself to let go even more? And more? Are you ready to just let go?
- ◆ Could you allow yourself to become aware of the sense of space that surrounds and permeates this feeling? Is this space and your experience of it limited to your body? Does this space extend far beyond your body and your experience of the feeling? Could you allow your experience of the feeling to extend into the space around you and far beyond your body? Can you now experience this feeling from the infinite space, silence and timelessness which surround and extend far beyond your body? Is the feeling as intense now? Has it dissipated somewhat? Could you allow yourself to continue bathing this feeling with your awareness of this infinite spaciousness, silence and timelessness?
- ◆ Could you allow yourself just to softly sink into the root of the feeling? Could you allow the resulting intense feelings to wash over you in full awareness and with open embrace as they dissipate in this infinite field of timeless, spacious awareness?
- ◆ Could you allow yourself to imagine not needing to do anything at all?
- ◆ Could you let go of any significance or meaning you've projected onto some event or situation in your life?
- ◆ Could you imagine being entirely complete and utterly at peace, with no need for anything? Could you just allow the feeling of being utterly and perfectly complete to arise effortlessly in your awareness?
- ◆ If there is a fear, could you allow yourself to look at it and come to peace with it? Once you look at the very worst that can happen and come to peace with it by accepting and releasing it, you strip that fear of its power over you. What's the worst that could happen? Allow yourself to experience the worst scenario possible with full awareness, and you will find that the fear eventually dissipates (if you stay with it long enough) because you brought unflinching awareness to it.

TECHNOLOGY

What Is Profound Meditation with iNET?

The ***Profound Meditation Program 2.0*** sessions are a series of precise frequencies that have been carefully arranged in such a way as to facilitate profound meditation and produce long-term beneficial effects when used regularly.

Headphones are required for maximum benefit.

NOTE: In order to fully capture the full carrier frequency spectrum used in the iNET process, we recommend using headphones with a frequency response of 20 — 20,000 Hz.

These recordings are best listened to at the highest **COMFORTABLE** volume, with your eyes closed and in a sitting position. While entrainment is generally more effective at higher volumes, please be aware that excess volume can trigger the “fight-or-flight” response of the sympathetic nervous system, and thus inhibit optimal relaxation.

As with physical exercise, it is important to train your brain every day. The more you use these recordings (within the limits of the instructions), the more positive changes you will manifest. The more consistent you are in allowing Profound Meditation to exercise your brain, the more profound the results you will witness. Plus, after about a month of daily use, the brain begins to integrate the new capacities it has gained.

Profound Meditation 2.0 utilizes a unique form of brainwave entrainment to rhythmically induce healthy brainwaves through the use of pulsed sound and embedded energetic frequencies. Brainwave research has discovered specific brainwave patterns that help facilitate highly focused mental states, optimal brain functioning, uncommonly deep meditation, improved well-being and dramatic attitudinal and behavioral changes.

As you listen to ***Profound Meditation 2.0*** your brain will be **precision-tuned** to the deep Delta brainwave patterns found in remarkably deep meditation.

Soundtrack Details

What Makes *Profound Meditation 2.0* Different From Other Entrainment Programs?

The iNET Process

(Integrated Neural Entrainment Technology)

The proprietary iNET process envelops brainwave activity, strategically guiding it toward transformative states of consciousness. Rather than embedding simple binaural frequencies into a nature soundtrack, iNET influences neurological activity through a multi-layered approach that combines numerous brainwave entrainment strategies (one of which is original and exclusive to iAwake Technologies) with breakthroughs in energy psychology.

Conventional brainwave entrainment (BWE) works because its rhythmic pulses are able, at least to some degree, to attract the brain's neural firing rhythms into its own rhythmic train of influence. However, because brain waves and neurological processes are essentially nonlinear and dynamic, the entrainment signal generated by conventional forms of entrainment (e.g., binaural, isochronic and monaural beats) is severely limited in its capacity to engage the brain's neuro-electrical modulations into its own series of oscillations.

The iNET process significantly improves the efficiency of BWE by seamlessly integrating multiple entrainment methodologies into a synergistic and powerful whole, thereby captivating more of the brain's dynamic flows to produce phase synchronous brain waves and deep states of meditation. This results in a profoundly blissful and transformative experience.

The first five entrainment methods address the rhythmic aspect of entrainment, followed by three methods which concentrate on adding intensity and energetic invigoration, and the ninth method uses high-frequency modulations to both compliment the BWE signals and produce certain aspects of the Tomatis Effect in record time.

The nine entrainment methodologies are:

⇒ **Exhaustive Binaural Encoding:**

Virtually every sound in the *Profound Meditation 2.0* soundtrack is binaurally encoded - even the mountain stream sounds, whereas most entrainment tracks superimpose nature soundtracks over the binaural signals (heard as low, monotonous tones in the background), so that the only entrainment signals are coming from the two tones and *nothing else*.

Improving upon the conventional binaural technologies used by the majority of the BWE industry, the iNET process uses virtually any and every sound in the soundtrack as the entrainment carrier by strategically juxtaposing the left and right stereo channels in relationship to one another.

This in turn produces a much stronger binaural signal, effectively transforming the entire soundtrack into a persuasive entrainment beacon.

⇒ **Dual Pulse Binaural Signals:**

iNET uses a brand new and exclusive form of binaural signal that combines the power of binaural entrainment and isochronic entrainment into a unified signal. This method produces a much more persuasive entrainment signal.

⇒ **Harmonic Layering:**

Multiple binaural signals are harmonically layered to create a more effective entrainment stimulus.

⇒ **Rhythmic Entrainment:**

By precisely and rhythmically modulating various audio parameters (e.g., volume, panning, etc.), additional layers of entrainment are produced. And when combined with the binaurally encoded sound source, the entrainment effect is much more pronounced.

⇒ **Temporal Entrainment:**

By altering the pitch and tempo of virtually every sound to rise and fall in perfect step with the binaural and rhythmic signals, entrainment is further enhanced. This acts as a natural pacing technology, slowly relaxing breathing and heart rate as well.

Because the body naturally synchronizes to its surrounding environment (which includes musical environments), the body and brain both detect the subtle tempo and pitch changes in the soundtrack. This affects a shift in autonomic nervous system functioning, which in turn deeply compliments the neural entrainment signals generated binaurally and rhythmically.

Breathing and heart rate significantly slow down in direct response to this stimulus, and the more efficient heart rate now influences brain rhythms through increased electromagnetic coherence.

⇒ **Energetic Entrainment:**

Uplifting and blissful subtle energy frequencies are embedded in the soundtrack in an envelope of white noise through the use of energy medicine technology. The result is a subtle but enlivening, tingling bodily feeling, much like an endorphin high, at the end of each session. In fact, you'll feel the effects long after each listening session, because the energy continues to interact with your biofield.

This layer of energy entrainment, which increases the flow of chi (life force), is experienced as profound relaxation, release and bliss. And this elated feeling permeates the entire body, growing with you throughout the day.

⇒ **Carrier Wave Therapy:**

Some successful entrainment companies employ the carrier frequency, which is used to deliver the binaural beat frequency, as an additional means of stimulating the brain during entrainment sessions. This is typically done by progressively lowering the pitch of the carrier frequency.

The reason amplitude and stimulation become greater as the carrier frequency is lowered is because, as the base pitch used to carry the entrainment signal lowers, both the length and the height (i.e., the distance between the valleys and troughs - the amplitude) of the carrier wave increase. This in turn delivers more energy, which in turn literally bounces off of the curvature of the inside of the skull, until it becomes an amplitude-modulated standing wave - the binaural beat. This approach is tantamount to using sound as energy medicine.

The carrier frequencies used by iNET, which modulate the amplitude (or power) of the entrainment signal, range from entry-level stimulation to very advanced stages of neurological stimulation. The aim is to offer the same amplitude-modulated therapy that a few other entrainment products do, but in a manner that is both quicker and gentler. It is also important to state that, by utilizing this methodology, iNET facilitates in months what used to take years, and without the need to continue purchasing higher and higher levels of the program.

Listeners will experience a wide range of carrier frequencies, but administered in smaller doses, so as to allow a stress threshold expansion that not only emerges more quickly, but is less overwhelming as well. The term 'stress threshold expansion' here refers to the extending of the nervous system's capacity to easily handle the kinds of stressful situations which once overwhelmed it.

Notice how the stimulus and recovery cycles are out of sync, so that, when the nervous system (as well as all of the bodily systems which support the nervous system) is least able to recover, the stimulus nonetheless continues at full volume. It is precisely this pattern, we believe, that produces the often unnecessarily prolonged overwhelm in programs used by such methodologies.

DYNAMIC ADAPTIVE BALANCE

iNET improves on the above-mentioned methodology by establishing an adaptive balance between the stimulation (yang) and recovery (yin) cycles. This dynamic balance - or HARMONY - is established in two stages:

Stage 1 - OPTIMAL STIMULATION: Advanced Carrier Waves in the Primary Meditation tracks.

The Primary Meditation tracks begin with entry-level carriers, and end with very advanced and powerful carrier waves, nearing the very bottom of the human audible hearing spectrum.

By using the pyramid model, the most powerful carriers are present for the shortest periods of time, as compared to the other carriers.

This approach affords optimal stimulation, while also avoiding the premature onset of acute 'overtraining'.

Stage 2 - OPTIMAL RECOVERY: Releasing Tracks

iNET improves the recovery process by offering alternate meditation tracks which feature less powerful and therefore less overwhelming carrier frequencies. These alternate tracks (which are included with Profound Meditation) are referred to as Releasing Meditation, specially designed to facilitate deep release and renewal.

When used in conjunction with the Primary Meditation tracks (which feature comprehensive carrier frequencies), the Releasing Meditation tracks continue deepening the meditation experience while simultaneously enabling the nervous system to reconfigure to higher levels of functioning at optimal speed and with minimal overwhelm.

By listening to a less stimulating but profoundly revitalizing CD whenever overwhelm becomes pronounced and acute, the brain is still actively stimulated, but is also given more time and energy to adapt to the previous, stronger stimuli. In addition, the substantial time spent in the precise brainwave patterns shown to most effectively facilitate deep emotional release affords a greater liberation of interior and exterior resistance to optimal adaptation.

By using this form of carrier wave therapy in conjunction with the other elements of iNET, we believe it is no longer necessary to offer a dozen or more meditation levels as other programs do.

In other words, iNET is able to offer several years of transformative stimulation to the brain in just one CD program. (However, if we receive consistent feedback about producing an additional level, we will gladly do so.)

⇒ **Solfeggio Frequencies (used only in the Release Tracks):**

Dr. Joseph Puleo postulated the existence of a Solfeggio scale, made up six electromagnetic sound frequencies which exert invigorating influence on the mind and body. While little scientific evidence for their efficacy in personal transformation exists, numerous anecdotal reports (as well as our experience with specific frequencies) and research in cymatics suggest that these frequencies do indeed influence the mind and body in beneficial ways.

⇒ **Ultra-High-Frequency Modulation:**

iNET creates certain aspects of the 'Tomatis Effect' in record time by modulating an ultra-high-frequency sweep (from a high frequency base up to the very reach of the human audio spectrum and back again), which is inaudible to most adults, more than 6.5 times per second.

This high-frequency modulation has an energizing effect on the brain by way of stimulating the vestibular function. The following benefits have been reported:

- > Increased energy and vitality
- > Improved attention, concentration, and memory
- > Increased sense of well-being
- > Decrease in irritability and stress

iNET then embeds entrainment in this high-frequency modulation, which in turn creates an additional layer of entrainment.

The synergy of the individual iNET elements results in a powerful entrainment beacon, capable not only of evoking very deep and blissful states of meditation, but ongoing transformation as well.

Brainwave Correlates

> **Beta (13 Hz — 39 Hz):** Sensorimotor awareness - Wide awake—Alert - Focused - Analyzes and assimilates new information rapidly - Complex mental processing - Peak physical and mental performance - Cannot be sustained indefinitely - Prolongation of beta can lead to exhaustion, anxiety, and tension - Short bursts of beta have been used for improving cognitive intelligence

> **Alpha (8 Hz to 13 Hz):** Accelerated learning - Beginning of drowsiness - Relaxed alertness - Zen meditation - Open focus (term coined by Dr. Les Fehmi) - Can stimulate the release of serotonin (vital in the regulation of mood and sleep)

> **Theta (4 Hz to 8 Hz):** Hypnogogic state - Dreaming sleep - Creativity inspiration - Vivid imagery - Deep meditation - Out-of-Body experiences - Long-term memory — Spontaneous emotional release - Profound attitudinal and behavioral changes

> **Delta (.5 Hz to 4 Hz):** Deep dreamless sleep - Formless/expansive awareness - Very deep meditation - Healing and recuperation - Empathy

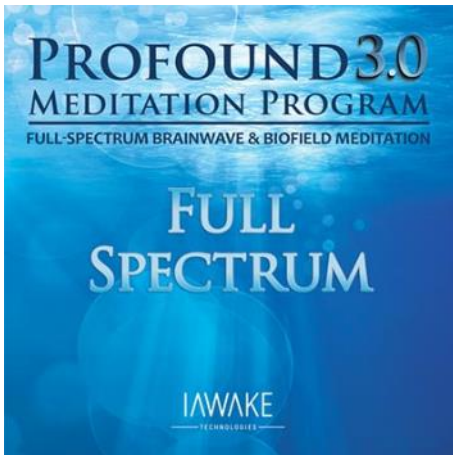
ABOUT THE CREATOR



Eric Thompson is the creator of the iNET entrainment process, and was a co-founder and the first Chief Technology Officer of iAwake Technologies, LLC. Eric is no longer with iAwake Technologies, but he was a seminal contributor to its development and all of iAwake's initial products, including the *Profound Meditation Program 3.0*.

Eric has started a new company called Subtle Energy Sciences, and writes and speaks on the intersection between neuroscience, psychology, and spirituality.

OTHER WORKS BY ERIC THOMPSON



PROFOUND MEDITATION PROGRAM 3.0 FULL SPECTRUM

Full-Spectrum Brainwave and Biofield Meditation

PMP 3.0 includes three tiers of progressive, dynamically varied 60-minute primary meditation tracks with three tracks each, for a total of 180 minutes of meditation. 3.0 also includes three releasing tracks entraining from alpha to mid-theta to deep theta for easing up and relaxing your meditations, as well as a 60-minute progressively deeper epsilon track, a 60-minute progressively stronger gamma/hyper-gamma track, and a bonus 70-minute track (download only), Digital Euphoria Special Edition (6 CDs/19 download tracks/430 total minutes). PMP 3.0 is iAwake's foundational, flagship program for transformative meditation.

- For establishing a regular meditation practice that sticks.
- A comprehensive program that evolves with you.
- Entrainments to a full spectrum of brain waves from alpha to epsilon.
- Headphones required.

"The entire PMP 3.0 system contains more than enough power to allow for my evolution for years to come."

~ Jeff Pendergrast, M.D.

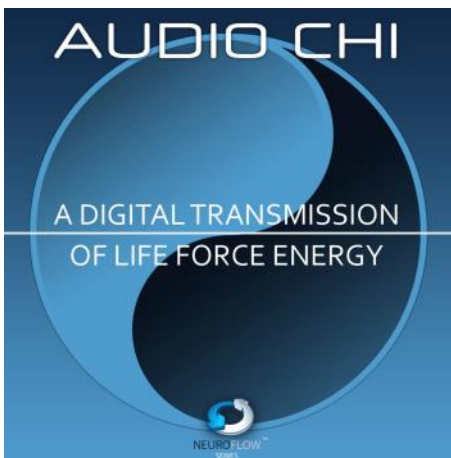
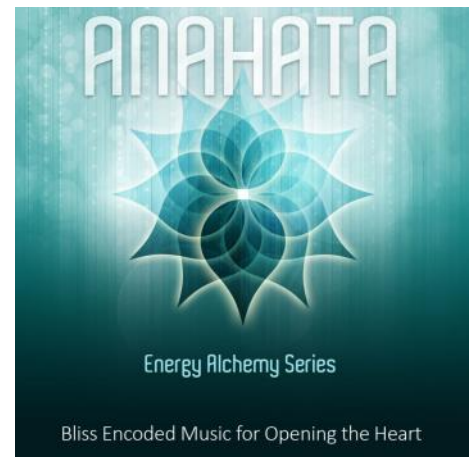
ANAHATA

Bliss Encoded Music for Opening the Heart

Listen to this beautiful music and chant as your heart opens, fear and anxiety dissipates, and you experience your larger, whole, loving Self.

The Energy Alchemy Series contains very powerful subtle energy frequencies specifically arranged to enhance consciousness, instill peace, lift mood, and assist conscious connection with deeper spiritual awareness.

"I had quite a few releasing moments with the heart-related memories. Spontaneous visualizations of situations uncovered heartache and the tracks seemed to help to accept, honor, cherish, and love this heartache. It is lovely to feel alive." ~ Eugene Pustoshkin



AUDIO CHI

A Digital Transmission of Life Force Energy

Incorporates protocols discovered in medical research in Taiwan to generate a strong feeling of Chi (in experienced Qigong practitioners). Balance your bodymind, boost your energy and enthusiasm, and shift into bliss with this complex alpha wave program.

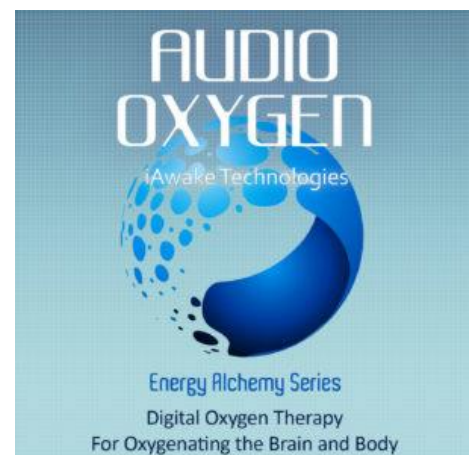
"The moment I started listening an exhilarating, tingling feeling moved all over my body and I felt lighter and energized. The Chi was moving!!" ~ Jeff

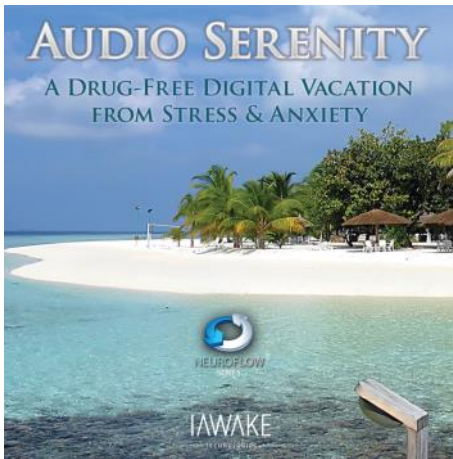
AUDIO OXYGEN

Digital Oxygen Therapy for Oxygenating Brain & Body

Encoded with the energetic signature of oxygen and other signatures designed to increase oxygenation to the brain and body. Experience feeling both rejuvenated and calm as this unique formula breathes you.

"Zen experience on my smartphone! I love it!" ~ Dave Lewin





AUDIO SERENITY

A Drug-free Digital Vacation from Stress & Anxiety

Designed to relax, calm, and comfort, Audio Serenity helps create a peaceful, natural high during meditation, massage sessions, and when in need of releasing tension after a long or emotional day.

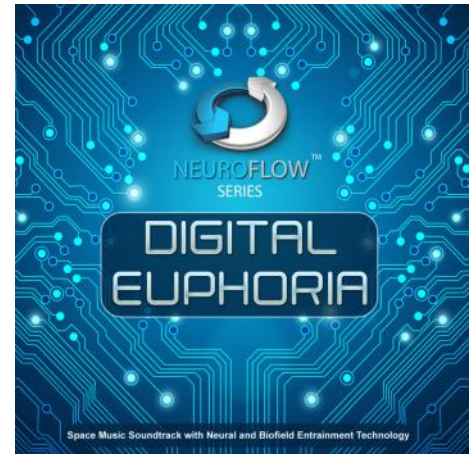
"[Audio Serenity] has to be the most underrated track by iAwake. While tracks that run at one frequency continuously are nice, the fact that this one gradually decreases in small increments all the way from 8-4hz is truly important as it provides you solid biofeedback to how the entire theta range feels from top to bottom." ~ Brian

DIGITAL EUPHORIA

Space Music Soundtrack with Neural and Biofield Entrainment Technology

Effective for lifting your mood and giving you a boost with your morning meditation or when you need to revitalize during the day, whether you listen to just one track or all three. Brainwave entrainment and subtle energy are embedded in an ambient space music soundtrack.

"I'm really impressed. This series seems deeper, richer, and more clarifying than ever. I was feeling pretty tired today, and trying to muster the energy to continue talking to clients. I listened to Deep Euphoria for 10 minutes and felt a clear shift in my mood. I felt energised and ready for the day. Fantastic stuff!" ~ Samuel



DIGITAL EUPHORIA - SPECIAL EDITION

Space Music Soundtrack with Neural Entrainment Technology

Three audio tracks of technology powerful enough to boost your confidence, enthusiasm, and joy in just the first 20 minutes, with effects that last for hours.

"I have been using the whole 70 minutes each day and since the fourth of march. I am noticing that I feel great lately and things do not bother me. I use it to go within to solve life problems I may be having each day. It is great." ~ Edward Farrel



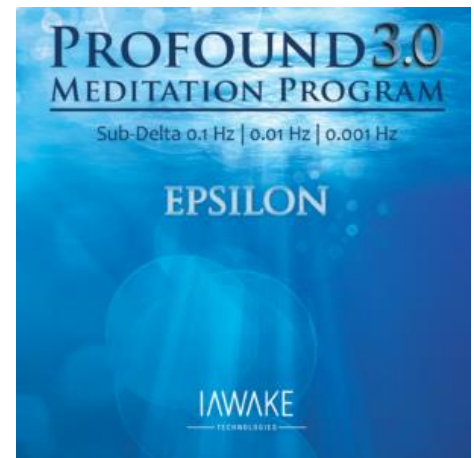
EPSILON MEDITATION

There is deep, and then there is deep.

Though the brainwave patterns on the Primary Meditation Tracks go as low as 0.3 Hz—which is truly deep enough for advanced spiritual growth—some of us really would like to go as deep as possible in meditation. For those of you who share this aspiration, Epsilon takes you there. The frequencies on these tracks range from 0.1 Hz to 0.001 Hz.

"I've had some of the deepest ever with Epsilon including full blown mystical experiences. Very deep, and yet I stay perfectly awake 90% of the time, even to Epsilon."

~ Jamie

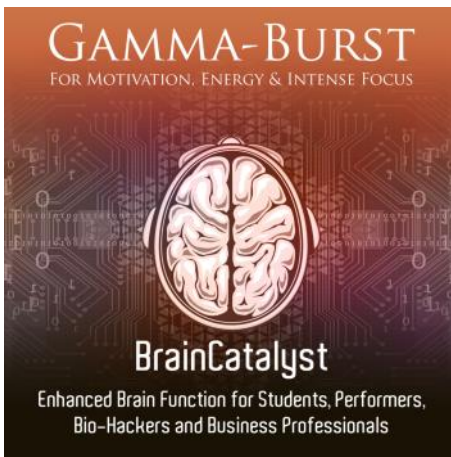


GAMMA-BURST

Motivation • Energy • Intense Focus

Gentle ocean waves roll in and out providing an energizing yet centered entrainment. This can be used as a meditation or while you are working, exercising, or studying.

"I was extremely motivated and active this last week. I started a new schedule, and I work more effectively. It has actually brought me a better income this week. Things are getting more done, and while I work and don't slumber and waste time. The ideas seem to flow faster Solutions and creativity come faster." ~ Samuel Tornquist



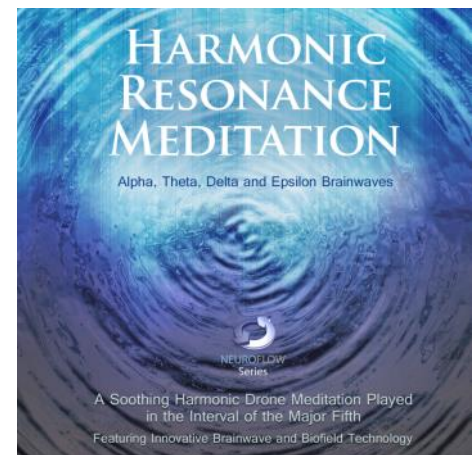
HARMONIC RESONANCE MEDITATION

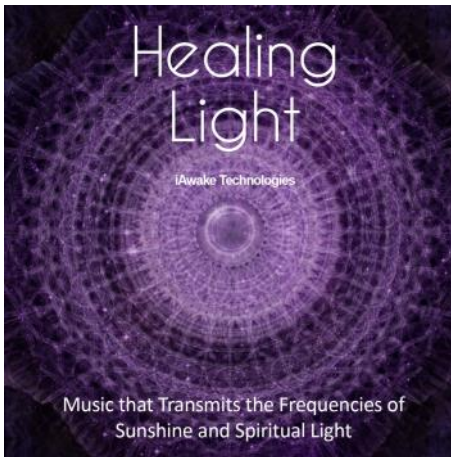
A soothing harmonic drone meditation played in the interval of the Major Fifth

Harmonic Resonance Meditation is deep yet gentle, more "pull than push". It includes a constant beautifully rich drone in the Major Fifth Interval and is designed to facilitate deep states of meditation and contemplation. This can be used as a primary meditation tool or as an alternate with the Profound Meditation Program.

"The most powerful of all the iAwake products to date."

~ Bruce Austin





HEALING LIGHT

Music that Transmits the Frequencies of Sunshine and Spiritual Light

The Healing Light technology is encoded with energetic signatures designed to support a natural sense of feeling uplifted. Created specifically to help with Seasonal Affective Disorder (SAD). This program may be listened to as a meditation or while going about your normal day.

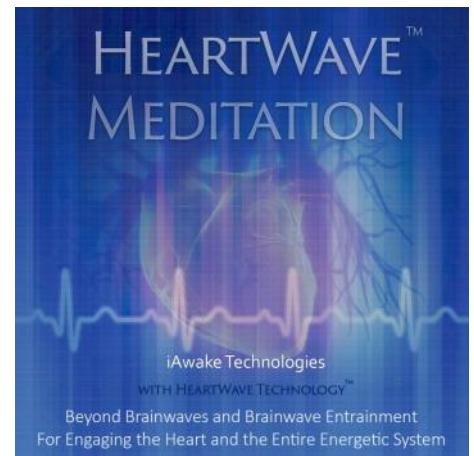
"This is the strongest biofield I've ever experienced. It's pulling me up from the center of my skull and vibrating my whole being, especially chest. All very pleasant, a bit like body-mind butterflies." ~ Javi Otero

HEARTWAVE MEDITATION

Beyond the Brain: For Engaging the Heart & the Entire Energetic System

Powerful, subtle energetic frequencies that are naturally stress-reducing, healing, deeply relaxing, uplifting, centering, and calming for heightened physical and mental well-being .

"I think that (Heartwave Meditation™) is the future of meditation products." ~ Scott Marshall



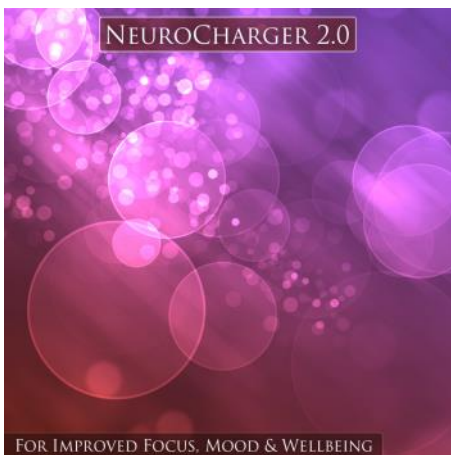
NEUROCHARGER 2.0

Enhance your Focus, Energy and Mood

Fires up your brain naturally with rapid-cycling, high- and low-frequency processes to exercise your inner ear, which in turn energizes your brain, strengthening the brain for improved concentration, emotional balance and improved sleep.

"I have tried many other brain entrainment products in the past, with mixed reviews, but I must say that within a few weeks I noticed many positive changes in my focus, creativity and just a general feeling of well being. The surprising added bonus was my sleep actually improved. I have suffered from insomnia off and on for as long as I can remember and I found after about a week of listening to the audio recording, I was sleeping much better."

~ Monika Gregory



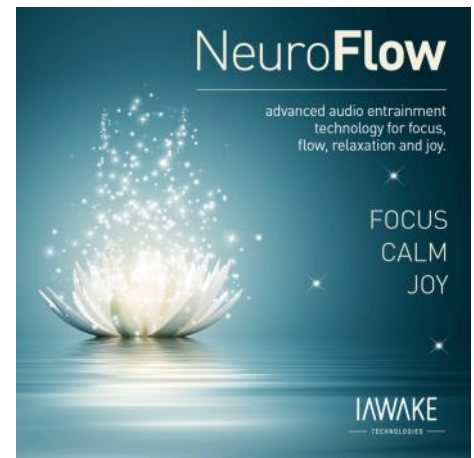
NEUROFLOW

Advanced Audio Entrainment Technology for Focus, Flow, Relaxation, and Joy

NeuroFlow features expansive 3D holophonic nature soundtracks infused with advanced brainwave entrainment technology for quickly accessing profound states of focus, relaxation, and creative energy .

Neuroflow's elegant sessions combine beauty and power in one of the most versatile iAwake releases to date: write, design, create, daydream, unwind, open up, take off, appreciate, land back, smile...

~ Javi Otero

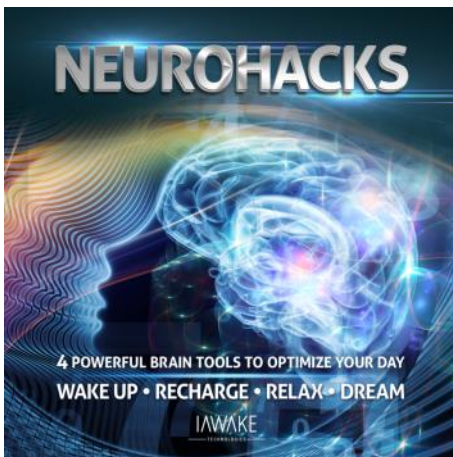


NEUROHACKS

4 POWERFUL BRAIN TOOLS TO OPTIMIZE YOUR DAY

WAKE UP · RECHARGE · RELAX · DREAM

Four powerful tracks to hack your brain, designed to provide support whenever you need it .



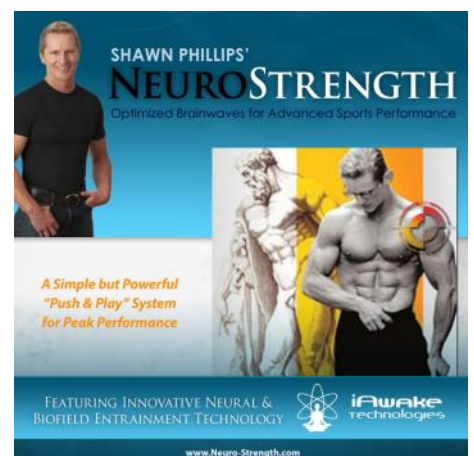
"I originally ordered Neurohacks because I thought it was a novel idea, and frankly I was a little skeptical of their efficacy. I was surprised, however, at how effective they are. They really work and my favorite is Dreamtime. If I know I need to get to sleep, because of, let's say, an important meeting the next day, I will always use that track. AM Wakeup and Recharge both give me a boost without feeling jittery and Evening Relaxation is great after work, or anytime I'm feeling a little stressed out." ~ J

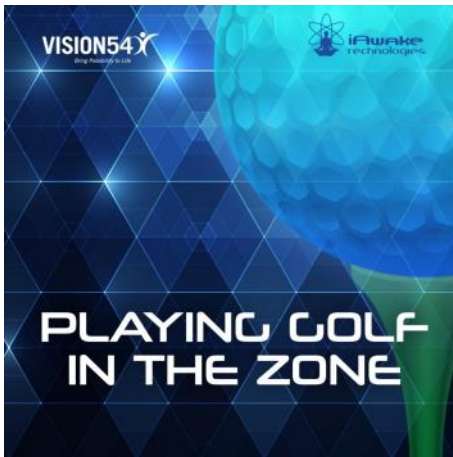
NEUROSTRENGTH

For peak sports performance, Zone-state training, enhanced recovery, and mind-body mastery

A revolutionary audio entrainment program designed to energize and focus your workouts, aid in recovery, and promote mind-body integrated strength.

"I have been a dedicated gym rat for over 30 years. And this neuro-technology has been a game changer for me. I get more done in less time and experience much greater focus and intensity in my training and more peace, creativity and equanimity when I leave the gym. ~ John Dupuy."





PLAYING GOLF IN THE ZONE

Tune Your Brain, Transform Your Game: A powerful audio entrainment system developed to enhance mindfulness and mind-body mastery for golfers.

Playing Golf in the Zone is a carefully selected collection of soundtracks designed to support your optimal golf game.

*"CLEARLY, the combination that i used worked very well!
AND: the role of my daily sessions with PGZ most certainly
made a MASSIVE CONTRIBUTION to my performance."*

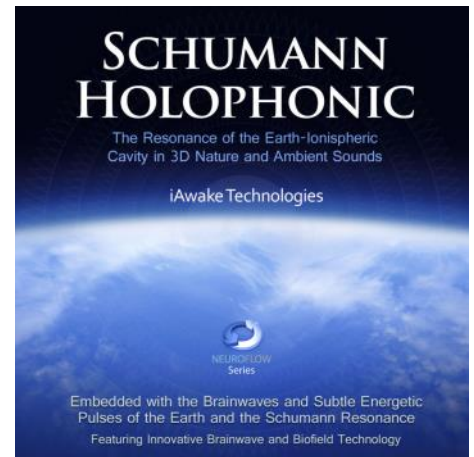
~ Elvin Harris

SCHUMANN HOLOPHONIC

The Resonance of the Earth-Ionospheric Cavity in 3D Nature and Ambient Sounds

Experience the centering, grounding frequencies of the Earth's resonance. Schumann Holophonic contains soundtracks embedded with the brainwave pattern that matches the energetic pulses of the Earth, called the Schumann Resonance.

*"Really love its cleansing, invigorating, transporting,
relaxing vibe. It really won me over from the first
listen and just got better." ~ Roshana Ariel*

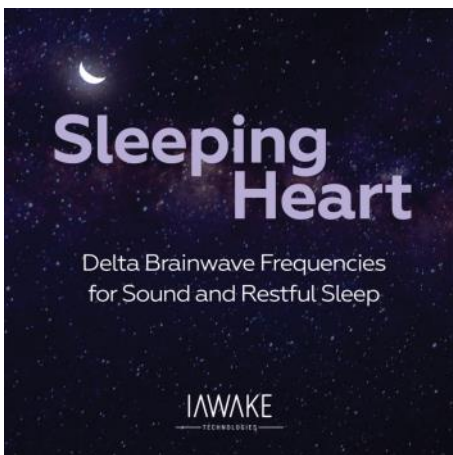


SLEEPING HEART

For Sound and Restful Sleep

Sleeping Heart is designed in a set of frequencies that have been carefully arranged in such a way as to facilitate the brainwave pattern of deep sleep.

*"Before sleeping, I also often listen to 'Sleeping Heart.' ...and
at night I sleep better and deeper than before." ~ AMA*



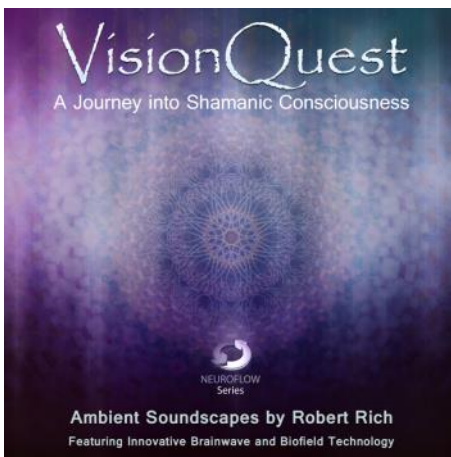
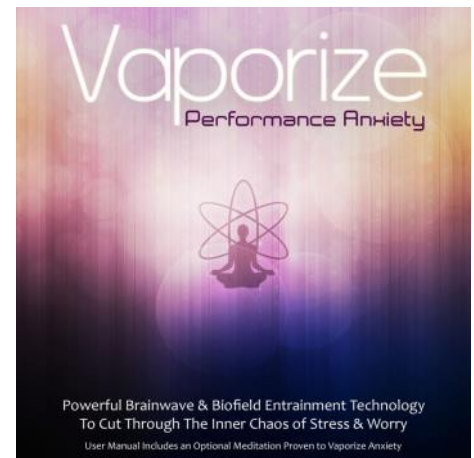
VAPORIZE PERFORMANCE ANXIETY

Powerful Brainwave Entrainment Technology to Cut Through the Inner Chaos of Stress and Worry

Ideal for when you:

- you are worried about an upcoming performance
- you have to lead a meeting that requires you to be centered
- you are about to take a test

"I love this track. Recently I had to do a public performance so just before, I put on my headphones and sat quietly listening, and it helped me enjoy rather than stress about my performance. Highly recommend." ~ Pam Parsons Dupuy



VISIONQUEST

A shamanic journey of discovery, healing and vision

VisionQuest, part of the NeuroFlow Series, contains beautiful trance music, innovative brainwave entrainment frequencies, psycho-acoustic principles and deeply transformative subtle energy fields. This synthesis of dreamy ambient music, neurotechnology and energy medicine takes you on a shamanic journey of discovery, healing and vision.

"Hello, I don't usually write endorsements for products that I have bought but the extremely positive results that my wife and I have had with the the energy alchemy and vision quest tracks really compelled me to say that this is an incredible technology! We both have been practicing meditation for over 30 yrs and are not easily impressed but listening to the tracks has significantly increased the depth and clarity of our meditation and the its positive effects during the day. Thanks!!"

~ Kevin Creegan, Ph.D.

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/>

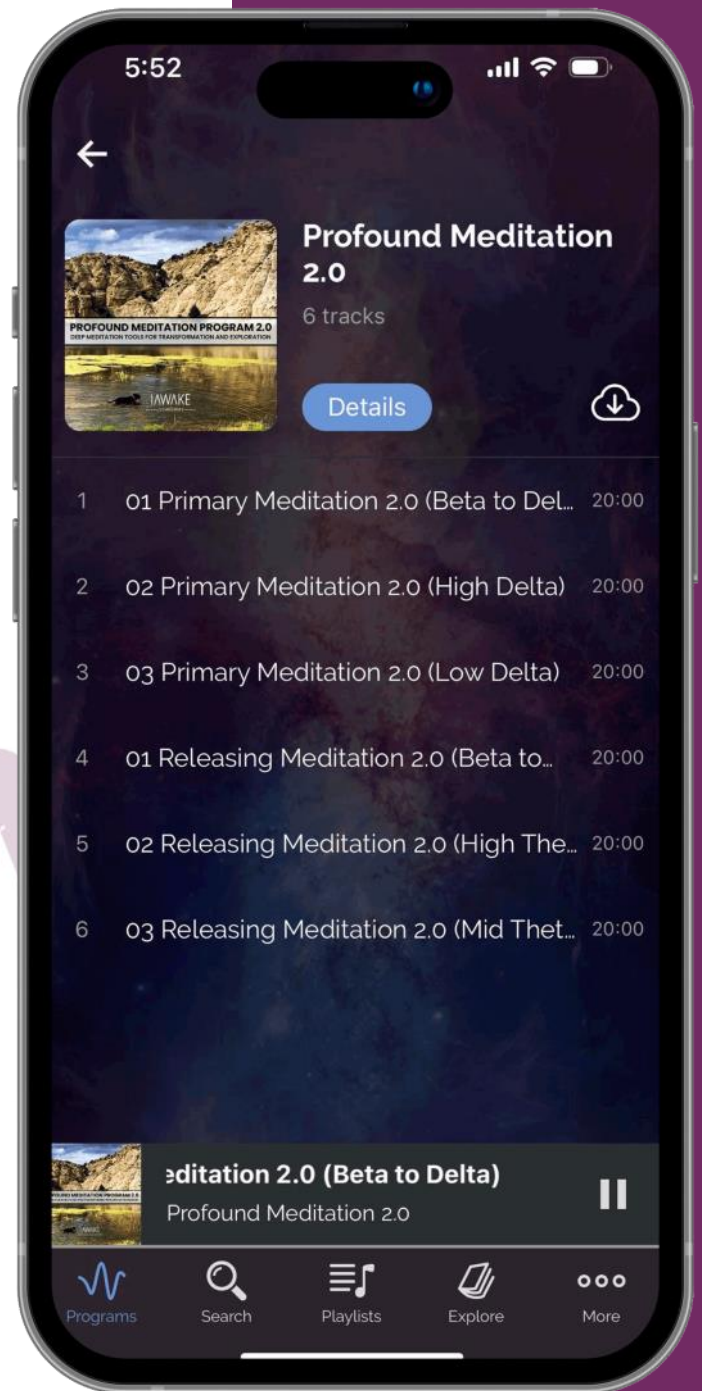


Customer Support:

support@iawaketechnologies.com

LISTEN ON

The iAwake Technologies App

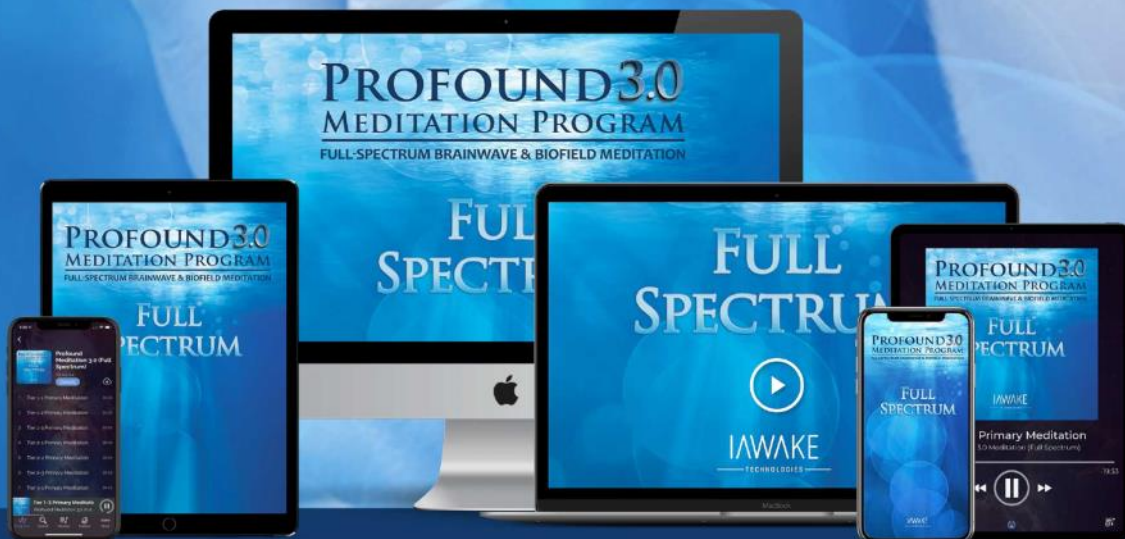


PROFOUND 3.0

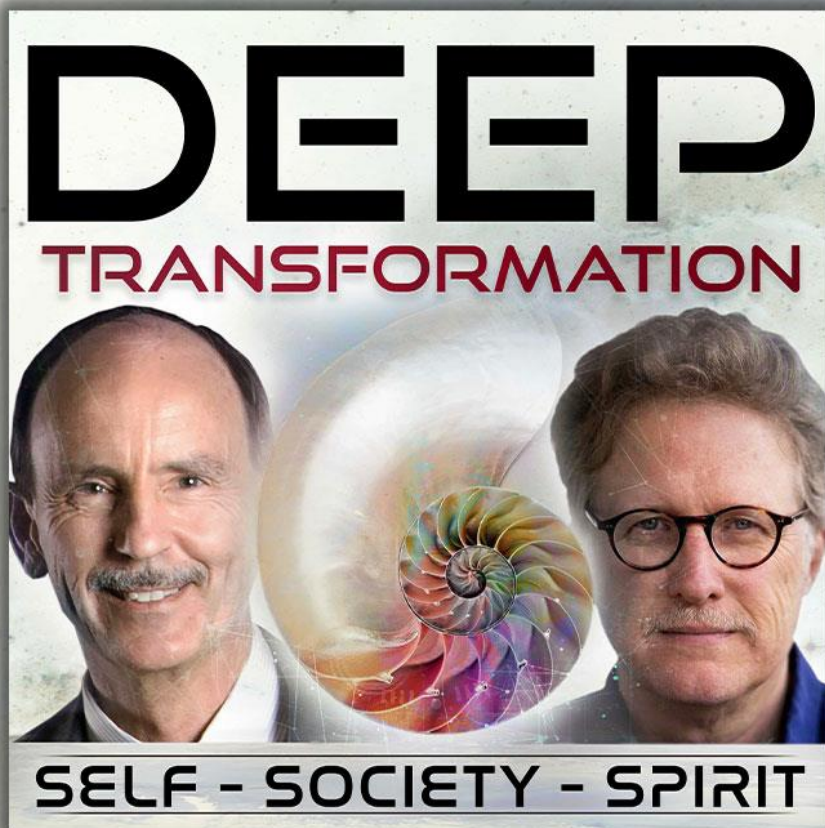
MEDITATION PROGRAM

IAWAKE

— TECHNOLOGIES —



iawaketechnologies.com/profound-meditation-program/



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

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

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