

IAWAKE<sup>®</sup>  
— TECHNOLOGIES —

DR. BOB WEATHERS

# THE GIFT OF GRATITUDE

"If the only prayer  
you ever say  
in your entire life  
is *thank you*,  
it will be enough"

~ Meister Eckhart

# USER GUIDE



# DISCLAIMER

The user of *The Gift of Gratitude* 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 *The Gift of Gratitude*, as they are more susceptible to seizures.

**Finally, DO NOT LISTEN TO ANY *THE GIFT OF GRATITUDE* AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *The Gift of Gratitude* 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 *The Gift of Gratitude*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *The Gift of Gratitude* 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

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File Information for Optimal Results	4
Note on Headphones	
Compatible Players	
Important Notes on Using <i>The Gift of Gratitude</i>	
Welcome	5
About	7
How to Use	8
Soundtrack and Technology	9
About the Developers	11
Other Works by Dr. Bob Weathers	13
Other Works by Leigh Spusta	14
iAwake® Technologies Support Links	19
iAwake® Technologies App	20
Profound Meditation Program 3.0	21
Deep Transformation Podcast	22

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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 *The Gift of Gratitude*.



## 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 *The Gift of Gratitude*

Dear valued listener,

It's with great joy that we once again bring to you the wisdom and healing medicine of my dear friend and colleague, Dr. Bob Weathers. The title of this album is ***The Gift of Gratitude***, building on Dr. Bob's previous collaboration with iAwake, *The Freedom of Forgiveness*.

With Dr. Bob, what you hear is what you get. And if you hear an enlightened soul overflowing with wisdom, learning, and compassion, that's because that's who Dr. Bob is! As Dr. Bob shares with us, establishing a daily gratitude practice can change your life and draw you into the heart of the sacred mystery that is...Love.

*A heart that has forgotten gratitude is a dark and sad place. A heart that brings forth gratitude is a divine cup that overflows and brings forth goodness, peace, and compassion into our world.*

Thank you, Dr. Bob, for this gift of gratitude. Thank you also, Leigh Spusta, for the beautiful brainwave entrainment music that accompanies and empowers these tracks.

And welcome and thank you, dear friends, for all that you are and all that you do.



**John Dupuy**  
CEO  
iAwake® Technologies  
[john@iawaketechnologies.com](mailto:john@iawaketechnologies.com)

# Letter from the creator of *The Gift of Gratitude*



I want to welcome all who wish to join me and Leigh in our presentation of *The Gift of Gratitude*!

Leigh and I and the entire iAwake® team have closely collaborated across this entire, multi-year project, truly a joint labor of genuine love and joy.

Here's hoping that you, too, find creative and meaningful applications for this material which has been so transformative for us in the creating of *The Gift of Gratitude*.

Warmly,

Dr. Bob Weathers

# About The Gift of Gratitude

## Track Details

### **01 Complete Guided Meditation** (31:57 minutes)

This longer version provides you with a complete introduction and is most useful early on.

### **02 Core Guided Meditation** (16 minutes)

This more condensed version will serve you well in your daily practice, after first becoming familiar with the practice.

### **03 Music and Brainwave Entrainment** (29:26 minutes)

The brainwave entrainment music creates a deeply calming space to relax and integrate the guided meditation.

**Total of 77:23 minutes**

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



As you use *The Gift of Gratitude*, we encourage you to share your stories with our community of practitioners on Facebook:

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

# How to use The Gift of Gratitude

## ***The Gift of Gratitude* guides you to:**

- Consciously experience thankfulness for your life NOW
- Express gratitude in multiple domains of your day-to-day life: physical and security needs, relationships, contributing to the world, and spiritual growth
- Replace the brain's negativity bias with positivity and learned optimism
- Accept blessings in your life which effectively counter earlier shaming messages
- A more profound and consistent connection to joy and flow

## **Detailed description on how to use *The Gift of Gratitude* from Dr. Bob:**

I recommend setting aside just 10 minutes a day to initially apply, then deepen into this transformative practice. Just as doing a single push-up, or practicing five-finger piano exercises for one day only, will not build your strength or musical ability significantly, so dipping into this gratitude practice for a time or two will scarcely make a difference. You might in fact enjoy your first experience of it, and that's a good start. But what will make all the difference—in fact change your entire life—is dedicating regular time (I recommend daily) to the practice.

This I can promise: if you develop a sturdy foundation in regular gratitude practice (ideally, 7 days a week; though with grace for when you might miss a day), then you will have built into your brain and body a network of responses that will serve you reliably, day-in and day-out, as well as be forevermore accessible when you run into any specific negativity in your life, whether outer or inner. You'll then be able to apply the technique PRN: as needed. And with certain success.

If you are in this for the long haul, and I surely hope you are, your investment in this practice, building patiently over time, will return long-term dividends beyond your wildest dreams. Guaranteed!



Final note: Repetition here does not equal redundancy. Feel free to repeat whatever arises organically inside. Go where the energy is on any given day. You are in no hurry here, nor is there any reason to move the various components of daily gratitude by rote. One key, then, is to allow yourself to truly feel each gratitude you express.

My long-term supervisor, mentor, and friend, Bonnie Badenoch taught me years ago: "Bob, you can change your brain's neuronal pathways with consistent practice." I took her advice to heart—and you can, too! Imagine that you might, yourself, create a brand-new default network in your brain and mind, one that orients ever more toward genuinely felt positivity...and gratitude.

Blessings on every step of the way...

## Soundtrack and Technology

### Brainwave Patterns Targeted

**Leigh Spusta** has targeted the **lower alpha frequency of 8 Hz**, matching the Schumann Resonance, which is one of the primary fundamental Earth frequencies. When in resonance with this targeted rhythm, the listener can experience a sense of connectedness, in the flow of and in balance with life, from which a natural feeling of gratitude can emerge.



**Alpha waves** can amplify your clarity and imagination and boost your performance and creativity. They are even said to be the "artist 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.

## Soundtrack Details from the Creator, Leigh Spusta

The sounds and melodic/harmonic choices that I made are a reflection of Bob's soothing energy and kind personality, that I intuitively used as a guide to work with. I knew that the music for this meditation needed to encourage an openness of heart and a calm mind.

It was my goal that the music and Bob's meditation should work synergistically to deliver **a powerful experience, ushering the listener into the feeling state of gratitude.**

I used a combined approach to create the entrainment music for these tracks. I relied heavily on psycho-acoustic methods, the choice of tones, textures, and melodic phrasing, in order to elicit the psycho-emotional state of resonance with gratitude.

The music is tuned to match the Schumann Resonance – approximately 8 Hz, a low alpha brainwave target, and this effect is doubled by the occurrence of natural binaural beat rhythms.

This music is **designed to guide the listener into a feel good-at home-at rest-yet alert-state of being**, and of course this experience is much further elicited by Bob's fantastic guided meditation.

# About the Developers



**Dr. Bob Weathers** is a highly regarded addiction educator, recovery coach, author, and public speaker.

Over the course of his professional career, “Dr. Bob” has provided tens of thousands of hours of therapeutic counseling and recovery coaching to satisfied clients. He has also committed over four decades to teaching, training, and inspiring graduate-level mental health providers at several southern California universities, including helping to develop their nationally accredited addiction studies certificate and mindfulness-based clinical training coursework. His two most recent books on addiction recovery are currently in press with Cambridge University Press.

Visit Dr. Bob at <https://www.drbobweathers.com/>



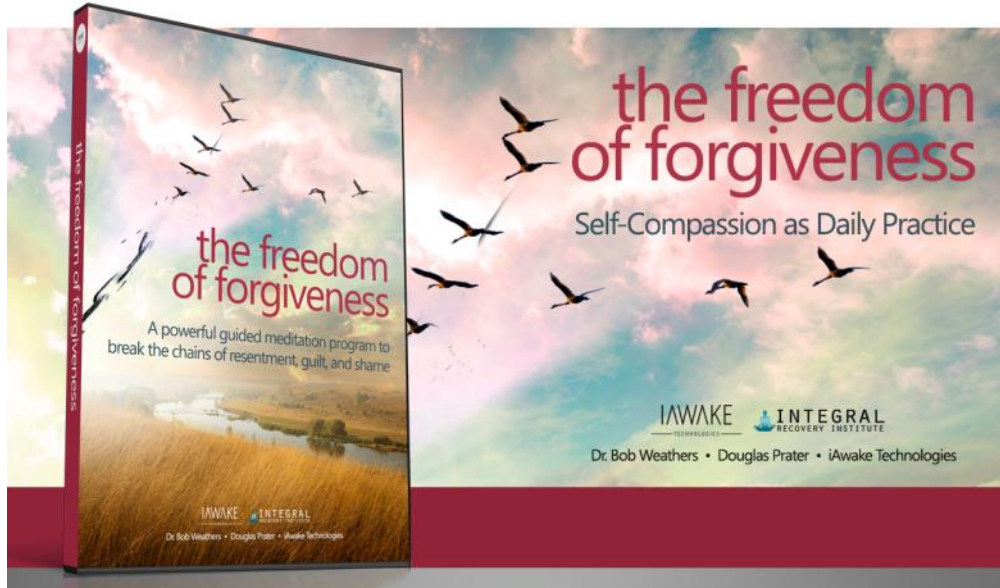


**Leigh Spusta**, creator of *Alpha Arising*, *Forgetting Not to Remember*, *Gamma 40*, *Deep Delta*, *Deeply Theta*, *iAwake Mini Meditations*, *Solar Infusion*, and the *sound/entrainment tracks for Morning Ritual*, *Call of the Heart*, *In, Out & Through Vol. I*; *Kundalini (In, Out & Through Vol. II)*, and *Deep Recovery*, is a composer, hypnotherapist, and Certified Therapeutic Imagery Facilitator, specializing in the use of sound frequencies to produce deep, relaxing trance states.

His work has become internationally recognized, and is enjoyed by thousands around the world. Leigh has worked with several therapists in Los Angeles, producing a variety of therapeutic audio CDs, and has been hired as a consultant and producer working with companies in the United Kingdom. He also works with the HMI College of Hypnotherapy and the American Hypnosis Association as Director of Media Production.

Leigh combines his talents as a musician and his knowledge of hypnosis and related states in an effort to pioneer new approaches to creating rich, resonant soundscapes for greater efficacy in healing and meditative products. Leigh is the developer of the proprietary PsimatiX™ therapeutic approaches and technologies.

# Other Works by Dr. Bob Weathers



## The Freedom of Forgiveness

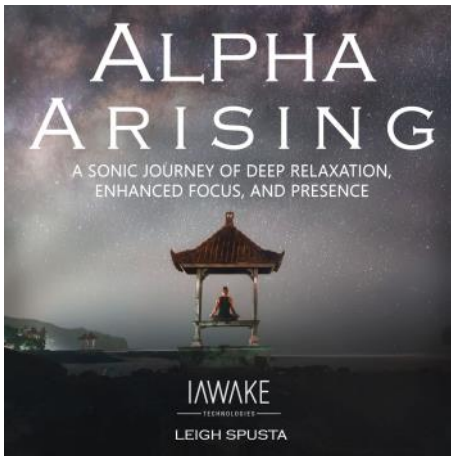
*Wisdom and compassion emerge from the forgiving heart.*

Forgiveness is essential for healing, transformation, and authentic happiness. We have all been hurt by others, and we have all hurt others ourselves. With *The Freedom of Forgiveness*, Dr. Bob Weathers and Douglas Prater have created a powerful new tool and practice to help us experience the freedom of forgiveness.

A joint project between iAwake® Technologies and Integral Recovery Institute.

*"It was a marvelous therapy for me. I've never been so candid and honest about myself and my past actions... **it's like months of therapy.**" — Nina*

# Other Works by Leigh Spusta



## ALPHA ARISING

*A sonic journey of deep relaxation, enhanced focus, and presence*

Embark on a sonic journey that sponsors deep relaxation, enhanced focus, and a greater sense of being in the moment. The melodious flavors and subtle guidance of the tracks "Borealis" and "Polaris" will call you back into their comfort and mystique, again and again.

*"These tracks are immensely inviting...like opening a secret mystery door and stepping into the light of peace and joy!"*

~ Lisa Celentano, MA, LMHC

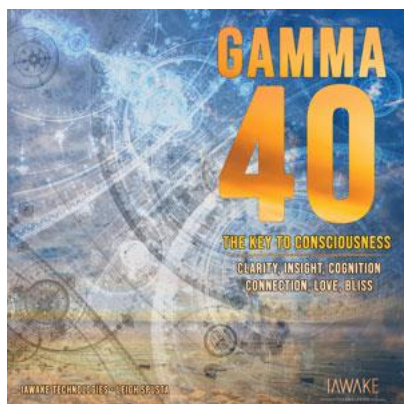
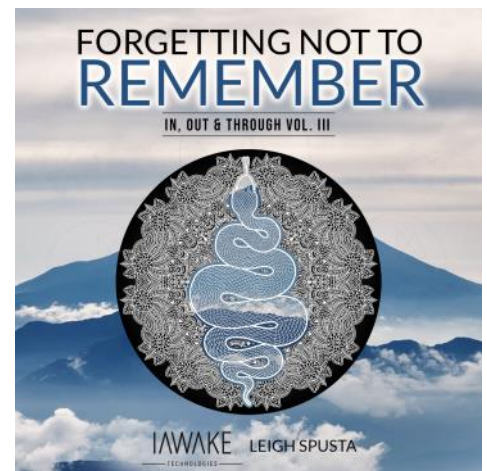
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## FORGETTING NOT TO REMEMBER

*In, Out & Through Vol. III*

This collection features powerful entrainment soundscapes, utilizing a range of methods for optimal effectiveness, such as psychoacoustics, 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*

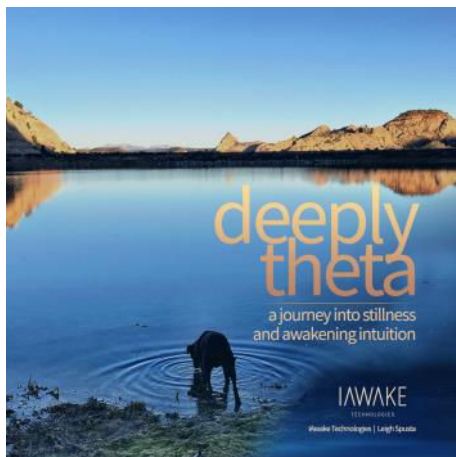
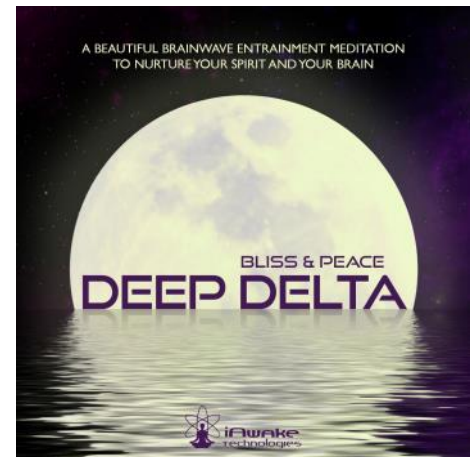


## DEEP DELTA

*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.

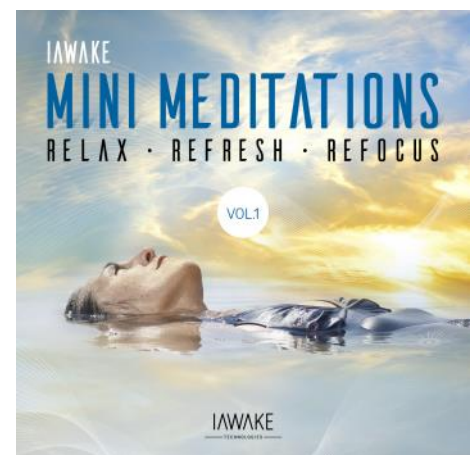
*"Strikingly subtle. Beautiful work..." ~ S.C. "coffeegoesswild"*

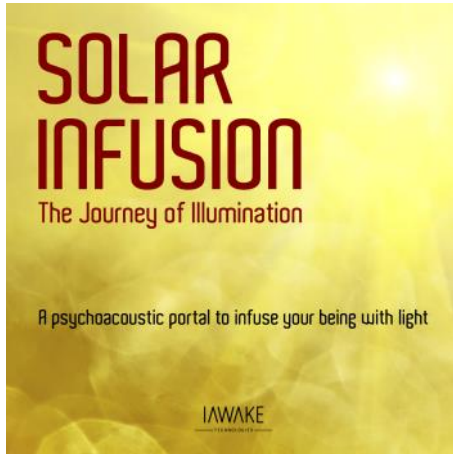
## IAWAKE® MINI MEDITATIONS

*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*





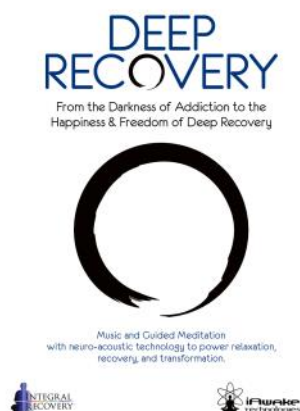
## SOLAR INFUSION

*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*

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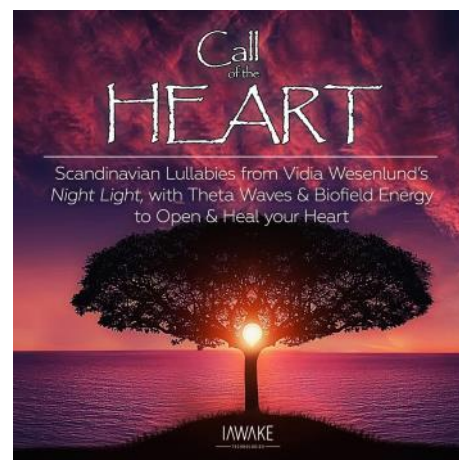
## CALL OF THE HEART

*Scandinavian Lullabies with Theta Waves and Biofield Energy to Open and Heal Your Heart. From Vidia Wesenlund's Night Light album.*

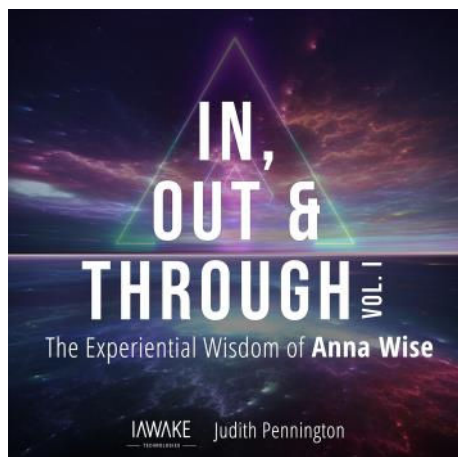
Truly beautiful, new tech-infused music. Scandinavian lullabies sung by a little known but evocative and incredible singer with sparse, haunting, sweet, deep music – embedded with sound technologies designed to support healing, opening,

*"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*

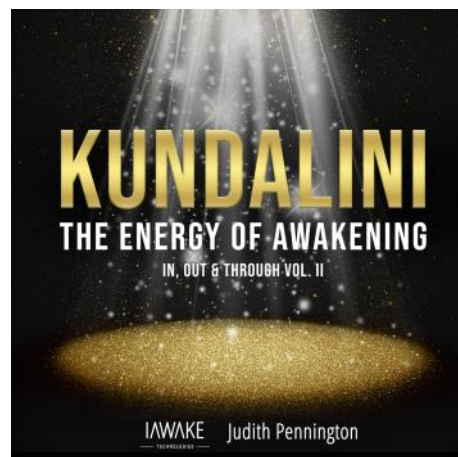
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## KUNDALINI

*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.*



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<https://www.facebook.com/iAwakeTech>



iAwake® Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



iAwake® Technologies Practitioners Forum:

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Coaching Call Archives:

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



FAQ:

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



Blog:

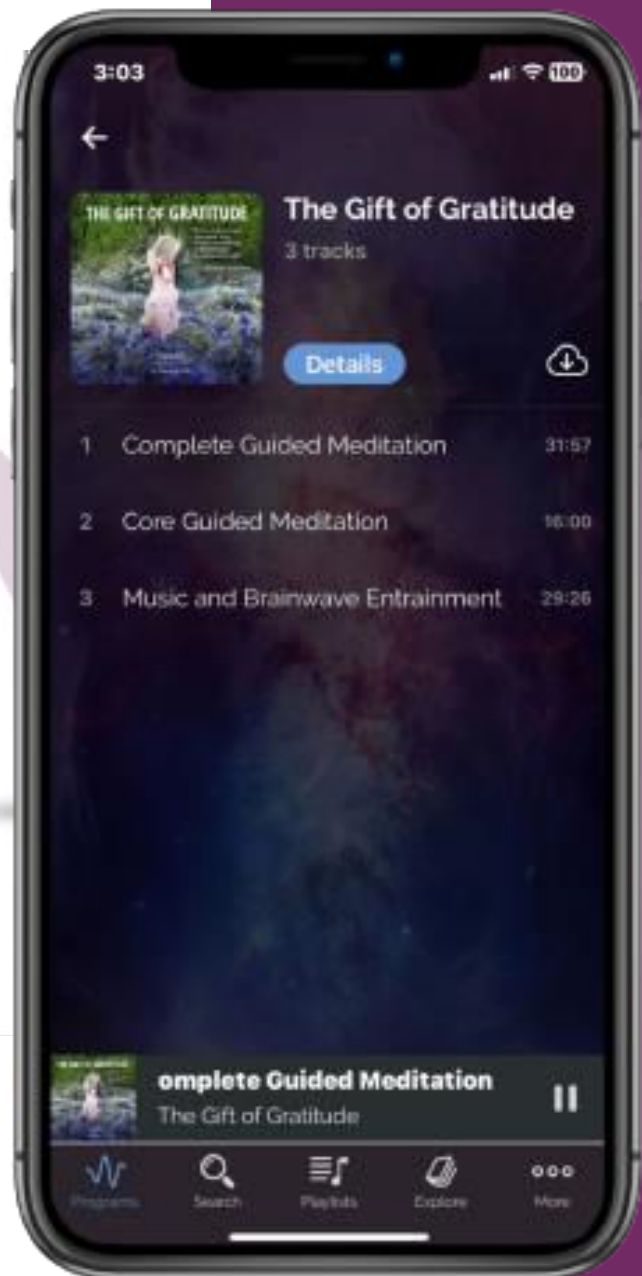
<https://www.iawaketechnologies.com/blog/>



Customer Support:

[support@iawaketechnologies.com](mailto:support@iawaketechnologies.com)

# The iAwake® Technologies App



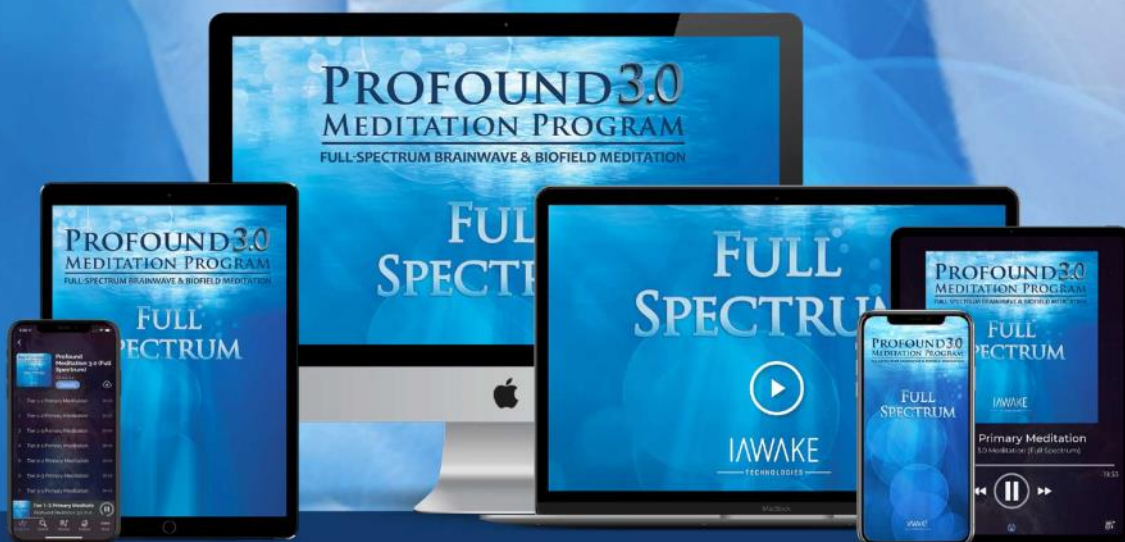


# PROFOUND 3.0

## MEDITATION PROGRAM

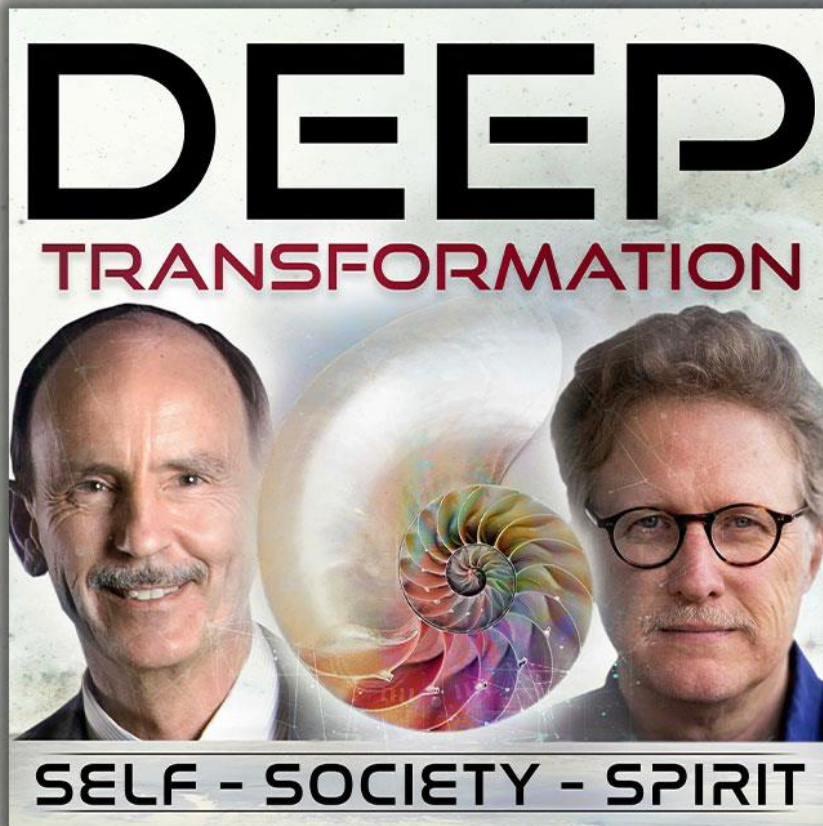
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Join the conversation.  
Wrestle with the questions.  
Become the answers.

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

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