



iAwake Technologies
Science Meets Stillness
ProfoundMeditationProgram.com

HEARTWAVETM MEDITATION

iAwake Technologies

WITH HEARTWAVE TECHNOLOGYTM

Beyond Brainwaves and Brainwave Entrainment
For Engaging the Heart and the Entire Energetic System

DISCLAIMER

The user of HeartWave (HW) agrees that this audio program is designed solely for meditation, self-improvement, learning, aid in motivation, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, express or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Those who are wearing a pacemaker

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness

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 HW, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO HW WHILE DRIVING OR OPERATING MACHINERY.

The user of HW 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 HW.

In no case will iAwake® Technologies, Integral Recovery or other distributors of HW 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, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

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File Information for Optimal Entrainment Results

NOTE:

- The download-version contains high-quality (320 kbps) MP3 files, which use less compression than typical MP3 files.

We strongly recommend not converting these tracks to normal MP3 format (anything below 192 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter out a considerable amount of the entrainment power embedded in the CD and download versions. If you wish to burn them to a CD, burning them as WAV files, Apple Lossless files or 320 kbps MP3 files will deliver optimal entrainment results. In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "Apple Lossless Encoder, WAV or 320 kbps MP3."



NO HEADPHONES NECESSARY

The relaxing biofield frequencies in this program will positively influence your state of mind equally well with stereo speakers as they will with headphones.



Compatible Players

MP3

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at www.getsongbird.org)
- *MP3 Players* – Any MP3 player.



IMPORTANT NOTES ON USING THIS PROGRAM:

Although simply by being in the proximity of this program's biofield frequencies alone (*without* practicing a meditation technique at the same time) will positively shift your state of mind, we nevertheless recommend **the simultaneous practice of the effective emotional release technique and meditation method shared in this manual**. Doing so provides the most profound, transformative benefits possible.



An Introduction to the New HeartWave™ Meditation

by Eric Thompson

Co-Founder and CTO of iAwake® Technologies
Developer of the HeartWave™ Technology

When I first began meditating, I did so partially as a way to bring some relief from more than two decades of bipolar disorder, in which I experienced periods of severe depression for months at a time every year of my adult life.

And when I first started meditating, I enjoyed a lot of benefits and things started to shift, until the depression returned. At that time, all the hope I had about where my life was going went right down the drain. It seemed as though the depression had actually gotten worse, and I found it incredibly difficult to maintain a steady meditation practice in such a state of depression.

So, at that point, even though I was finding it nearly impossible to meditate, I came to the conclusion that meditation was the path for me. I began consciously searching for meditation technologies that could assist me in cutting through the chaos, so to speak, and being able to connect more consistently and deeply with my inner potential for peace and purpose.

Years before that time, I had used brainwave entrainment with some success, so I decided to investigate that technology further. Now, for those of you who may be not familiar with brainwave entrainment, this refers to the use of specific audio frequencies designed to entrain the brain to specific brainwave patterns for specific purposes.

And I'd like to make a note here that the new HeartWave™ technology goes beyond brainwave entrainment; but before I can fully introduce it, it seems appropriate to first describe my role in the world of brainwave entrainment.

When I first began integrating the use of brainwave entrainment technology into my meditation practice, I started noticing results right away. I began to see that its potential seem to hold greater things than had even been realized up to that point, so I eventually began developing my own proprietary form of brainwave entrainment. With the help of my business partners, John Dupuy and Pam Parsons Dupuy, iAwake® Technologies was formed.

Even though I grew and healed in so many ways through the use of brainwave entrainment, I would still experience recurring periods of depression and emotional struggle.

I was aware at this time, though, that an emerging science (as well as teachings from certain wisdom traditions) was pointing to the reality that the heart—and not the brain—is the true center of our being. I learned that:

1. During the development of the fetus, the heart forms and starts beating before the brain even starts to develop.
2. The electromagnetic field created by the heart is many times larger and more powerful than that created by the brain.
3. The heart sends more signals to the brain than the brain sends to the heart.
4. Coherent rhythms are capable of entraining brainwave rhythms to those of profound well-being, in oneself as well as in others.
5. Positive emotions improve the brain's decision-making ability and even positively influence DNA.
6. The communication between the heart and the brain affects emotions, perceptions, and higher mental processes.
7. Coherent heart rhythms significantly boost creativity and real world problem solving.

Around this time two significant developments occurred in my life:

1. As part of my evolving meditation practice, I was initiated into a meditative tradition that, in addition to incorporating the elements of sustained mindfulness and insight, also included a deep immersion into the reality of heart-melting compassion and the ecstatic bliss of Samadhi.
2. I became ever more immersed into the scientific research and practical use of subtle energy. This led to my development and integration of biofield technology into our work here at iAwake® Technologies. This aspect of our work involves digitally capturing very real subtle energies, amplifying them many times and embedding them into our various programs to aid meditation and peak mental states.

These two developments—a heart-centered/compassion-centered spiritual practice and the creation of ultra-coherence in my immediate environment (through the use of the biofield technology)—initiated in me what had been missing from using the brainwave entrainment by itself: A profound and growing inner coherence, poise, resilience, and happiness that just keeps growing to this day. In fact, after more than 20 years of recurring bipolar mania and depression, not only have I been absolutely depression-free for two years, but the inner and outer growth is still ongoing. I still experience trials daily, but things just keep getting better and better.

And during this immense period of growth, I have been intent on combining the inner technology of the heart with the outer technology of subtle energetic coherence to create a numinous technology of the heart that speaks the language of the heart, and thereby entrains not only the heart, but the brain and the entire human energetic system as well.

The HeartWave™ technology uses a new form of technology that is completely different from conventional brainwave entrainment. There are no binaural beats, no isochronic beats and no monaural beats. It does not require the use of headphones in order to be effective, though their use will significantly enhance your experience of the technology.

When using it, some people may first notice that the brain seems to be most affected, and others may have more of a heart-centered experience. Your experience of the technology will evolve the more you use it, but the technology, when used, is in reality always speaking the language of the heart as well as that of the brain and the entire energetic system.

The unique signals in the HeartWave™ technology are designed to evoke greater coherence in both the physical and energetic aspects of the heart. They help open up your capacity to access your heart's innate compassion and deepest wisdom and discernment. They help you feel your feelings more fully, and thus prevent emotional dysfunction and the limiting of your higher potential that so often result from emotional repression and suppression.

Because the heart's capacity to facilitate profound states of peace and calm are so much greater than that of the brain, the HeartWave™ technology helps quiet the chattering mind very quickly. In fact, you should begin to notice a significant quieting of the mind in just the first two or three minutes of using the HeartWave™ Meditation. With conventional brainwave entrainment, it takes at least six minutes or so to entrain the brain; but because we are using the much more powerful language of the heart, you'll typically notice the calming effects of the HeartWave™ Meditation in a much shorter period of time.

And because of the heart's significant relationship to deeper intuition, creativity, and increased resourcefulness, the HeartWave™ technology can help you naturally access and express more of your innate genius and potential in a world that needs it.

I'd like to thank you for your interest in the HeartWave™ technology, as well as your support for iAwake® Technologies, if you've used any of our other programs. And I sincerely hope you enjoy your experience of this technology immensely, especially since all it really does is help you experience more of your own infinite heart potential. So please keep in touch with us and let us know how the HeartWave™ Meditation is helping you.

Blessings,

Eric Thompson
October 2013



Welcome to HeartWave™ Meditation

How to Use the HeartWave™ Technology

The HeartWave™ technology contains very powerful subtle energy frequencies specifically arranged to entrain not only the brain, but the heart and entire energetic system as well.

NO HEADPHONES NECESSARY. (However, using headphones can be very powerful, as the subtle energetic pulses will directly enter into the brain via the audio. **TIP:** Drape the headphone cord along the front of your body, up the middle. The subtle energetic field emanating from the cord will directly communicate with your chakras and enhance your meditation.)

MEDITATION

Among the various ways to enjoy and benefit from the HeartWave™ Meditation, the most powerful way is to listen to it with headphones while meditating. Both our personal experience and the scientific research agree: adopting a daily meditation practice is one of the very best practices you can do for your wellbeing, health, relationships and success.

Please see elsewhere in this manual for examples of meditation schedules you can use with the HeartWave™ Meditation, as well as instructions for a powerful heart-centered meditation you can practice while listening to this program.

You can also practice any other type of meditation or heart-centered practice while using this program.

Alternatively, you can also simply close your eyes, center your awareness in your heart, and allow yourself to listen to the soundtrack with your heart. Any time your attention wanders, simply bring your awareness back to listening to the soundtrack with your awareness centered in your heart.

Other Ways to Enjoy this Program

You can play these recordings on your computer, smartphone or MP3 player. They emit a powerful subtle energetic field that is beneficial to living systems. You can play them as you would any other audio file. They can also be played silently by themselves or behind other music or videos.

You can play them while you:

- Work
- Surf the Internet
- Meditate
- Give or receive a massage
- Practice Qi Gong, Tai Chi, Reiki, yoga and other healing arts
- Study
- Relax alone or with friends
- Release difficult emotions

AMPLIFICATION: These subtle energetic fields can be amplified using a number of tools readily available to you. Please see the section in this manual, entitled **Important Notes on the Biofield Technology**, for further information.

EMF CONVERSION: The subtle energetic frequencies in this recording, when played, will interface with the electromagnetic field (EMF) of the playing device, resulting in two wonderful things: 1) the negative subtle energetic effects normally associated with EMF will be completely canceled; and 2) the EMF will be converted into a carrier for the biofield technology, significantly amplifying the subtle energetic field.

FOR OPTIMAL RESULTS, PLAY OFTEN: The more you play these tracks throughout the day (with or without volume), the more enhanced flow states you will enjoy. When played on a computer media player, smartphone or MP3 player, these tracks will emit a beneficial energetic field at least 50 feet (and often larger) in diameter. **The easiest way to set the tracks on repeat is to create a playlist in iTunes or whatever media player you use, then place the track into the playlist all by itself. You can then play the playlist on repeat endlessly on your computer or import the playlist into your MP3 player or smartphone and play it endlessly on repeat on that player.**

UPGRADE YOUR NERVOUS SYSTEM: Although these energies are beneficial to living systems and perfectly safe, they can eventually have a kind of “pushing” effect on the nervous system. If, for example, you have been playing the tracks constantly for days using the various amplification methods shared in this manual, you may at some time notice a subtle feeling of overwhelm. No need to worry, as this is just a sign that your nervous system has reached a temporary state of overload. These subtle energies will clear the acupuncture meridians and gently drive your nervous system toward higher levels of functioning. When this occurs, just take a day or two off before resuming listening to the tracks. Your nervous system will eventually be able to handle more and more of the energy.

MEDITATION SCHEDULE EXAMPLES

This program is simple and flexible to use. For example, if you do nothing more than listen to one of the 20-minute tracks every day, with eyes closed in an upright and seated position, you will begin to notice benefits from this meditation. Below you will find a few examples of meditation schedules you could use with this program. Keep in mind that these are just examples, and you can feel free to mix and match the tracks in whatever way best suits you.

20 minutes per day – Meditate with either Track 1, Track 2 or Track 3 once per day. The best time for daily meditation is first thing in the morning, as this will help set the tone for your day.

40 minutes per day – A) Listen to any two of the three 20-minute tracks, one after the other, once per day. B) Listen to one of the three 20-minute tracks in the morning, and listen to one of the 20-minute tracks in the evening. NOTE: Meditating twice a day is highly recommended, as it will help you maintain a deep rhythm of meditation throughout your day.

60 minutes per day – A) Listen to one of the 20-minute tracks in the morning, and listen to two of the 20-minute tracks in succession in the evening. B) Listen to the entire CD once per day.

80 minutes per day – Listen to two tracks in succession in the morning and two tracks in succession in the evening.

120 minutes per day – Listen to the entire CD once in the morning and once in the evening.

HeartWave™ Technology

The HeartWave™ Technology is a special formulation of iAwake's subtle energetic biofield technology, designed to communicate with the physical and energetic heart. To find out more about the basis for our biofield technology, please visit: <http://www.profoundmeditationprogram.com/biofield-technology-2>

The HeartWave™ Biofield Formulation

White Light

Properties: A powerful “spiritual solvent” capable of clearing negative emotions and blocks to spiritual awakening; associated with healing, shielding from negativity; naturally uplifting, blissful and purifying. This formulation uses a new and improved white light energy band that is more powerful than previous formulations.

The One Harmonizing Subtle Energy Quality (and referred to by Dr. Ibrahim Karim as BG3)

Properties: Found in Dr. Karim's research to be present at sacred pilgrimage sites; sattvic (harmonizing) properties; profound centering and balancing qualities; deeply calming and purifying; involved in prayer and spiritual communion; action at a distance (i.e., nonlocal causality); holiness; saintliness. This BG3 energy band contains all 10 BG3 qualities on all 7 Planes of Existence, as designated in BioGeometry.

Qi

Properties: Naturally stress reducing; healing energy from a Qi Gong master.

Horizontal Negative Green

Properties: A powerful spiritual carrier wave involved in prayer, meditation and spiritual and psychic phenomena (like distant healing and nonlocal, or faster than the speed of light, communication).

Orgone

Properties: Contrary to common thought, orgone energy, according to our vibrational testing, does seem to be different from, though related to, qi. Contains all 12 higher harmonics – Horizontal Negative Green, Black, Infrared, Red, Orange, Yellow, Positive Green, Blue, Indigo, Violet, Ultraviolet and White. Can be very invigorating, and tends to push stuck qi until it moves and becomes unblocked.

Brainwaves

Properties: Alpha and Theta brainwaves for deep meditation and heart-centered awareness.

Heart Chakra

Properties: The energy center related to emotional intelligence, love relationships, balance, compassion and self-acceptance.

Heartwaves

Properties: Special frequencies designed to speak the language of the heart and increase heart coherence. May facilitate increased sense of love, devotion, gratitude, tolerance, patience and the capacity to fully feel one's feelings.

Heart-Brain Connection

Properties: Helps strengthen communication between the heart and the brain.

Heart Signature

Properties: The energetic signature of a healthy heart.

Sacred Geometry - Chestahedron

Properties: A new geometric form discovered by artist, sculptor and geometrician Frank Chester, with a unique geometry correlated with the human heart. Vibrational tests conducted in this lab confirm that the human energy field is significantly strengthened by this geometrical form.

Sacred Geometry – Star Dodecahedron

Properties: Supports the opening of the heart center to compassion and gratitude. Also activates the pineal gland.

NOTE: You may also find that placing your mp3 player or smartphone, while playing this program, on the palm-up side of your left wrist will help you experience this deeply stress relieving and enlivening energy even more quickly and deeply. (There are very sensitive acupuncture points located on the wrist, and left side of the body tends to be more receptive to subtle energy.)

Important Notes on iAwake's Biofield Technology

- **THE POWER OF INTENTION:** Because of the informational and energetic properties of this technology, it is especially powerful when used with conscious intention. The meditation offered in this manual is but one example of how anyone can consciously interact with this technology to initiate purposeful change.
- **LASTING EFFECTS:** Although you will feel the effects of this technology while listening to this program, especially when listened to for 20 minutes or more at a time, the effects will also last for quite some time throughout the day.
- **SATURATE YOUR BIOFIELD WITH PEACEFUL ENERGY:** The energetic signatures contained in this program have been amplified millions of times, making them quite potent. The more you listen, the more densely these soothing and calming energies will saturate your biofield for lasting change. You'll carry this feeling of deep calm into your day.
- **ZERO VOLUME:** These calming energies can also be enjoyed by playing this program at zero volume. Simply place this track on repeat and turn the volume down. For the digital version, this can be done by placing it into a playlist by itself on your media player or MP3 player, then setting it to play on repeat. No headphones or speakers are needed. The advanced biofield technology will emit a powerful energetic field that will interact with your biofield. **NOTE:** Depending on your sensitivity, you may not be able to experience the biofield entrainment of the silently played biofield track unless you follow this [Method to Amplify the Biofield Transmission](#). Even then, you may not always feel the subtle energy emitted by the track, but it is influencing your mind and body beneficially nonetheless.

ADDITIONAL WAYS TO AMPLIFY AND BENEFIT FROM THE EMBEDDED ENERGIES: There are several ways to amplify the life-enhancing effects of iAwake's biofield technology:

- **AMPLIFY THE FIELD: Use multiple media players on your Mac or PC:** <http://info.profoundmeditationprogram.com/blog-0/bid/197580/7-Ways-to-Amplify-Biofield-Technology>

This method allows you to use your computer's free media players to amplify the subtle energy transmission to any amplitude you wish. The only limit is your computer's RAM. The more RAM your computer has, the more players it can play simultaneously and still support other computer tasks, and the higher will be the subtle energetic amplitude.

- **ENERGETIC SUPPORT: Touching the player (including the screen or speaker) with the fingers of your left hand (OR PLACE THE PLAYER ON YOUR LEFT WRIST, PALM UP):** The left side of the body is the energetically receptive side of the body, plus there are many acupuncture points in the fingers and thumbs. This method sends powerful subtle energetic pulses through these acupoints, quickly clearing the acupuncture meridians and intercepting the neurological signals that facilitate dysfunctional states. This is not only a quicker way to saturate your biofield with this life-enhancing subtle energy, but can also be used in tandem with our Emotional Releasing methods to accelerate emotional freedom.

- **ENERGETIC SUPPORT: When playing on your smartphone or MP3 player, plug regular ear buds into the player:** After doing so, the energetic field will now be emitted all along the ear bud cords, as well as through the ear bud speakers. One way to take advantage of this is to place the player in your left pocket, then run the ear bud cord up the front of the body (either over or under your shirt), and loosely drape the ear buds around your shoulders. The energetic field will now directly influence the acupuncture meridian that runs up the center of the body as well as the chakra system.
- **SUBTLE REFLEXOLOGY: Place your portable MP3 player (or smartphone) under your left foot while the track is playing:** This is an even quicker method than Method 2) for saturating your biofield with the subtle energetic pulses in the biofield technology. The foot has even more acupuncture points on it than your fingers, so the energy permeates your biofield much more quickly and deeply. If placing your foot on your portable player or smartphone bothers you, you can place a towel over the player before placing your foot on it. You might think of this powerful method as “digital reflexology.”
- **TRANSFORM ANY ELECTRICAL DEVICE INTO A POWERFUL SUBTLE ENERGY TOOL: Place your portable player (playing the iAwake® Biofield Track) on or beneath the power cord to your computer:** The subtle energetic field emitted by the iAwake® track will interface with the electromagnetic field (EMF) of the power cord. It will then be emitted by your entire computer system (i.e., any part of it that has electricity running through it – the screen, tower, and speakers, for example).
- **DYNAMIMIZE THE ENERGY OF THE ROOM:** When played on smartphones and most tower computers, the biofield transmission will naturally fill the room. There is, however, a way of filling the whole room with the energy in a more dynamic and powerful way.
 - Place an iAwake® biofield track into its own dedicated playlist
 - Import the playlist into a smartphone
 - Play the playlist silently on repeat (the energy will still be emitted, even with the volume turned all the way down)
 - Place the smartphone on the power cord of a rotating fan, directly behind the fan
 - Let the fan rotate from side to side in such a way as to cover the whole room with air
 - The wind from the fan will act as a carrier for the biofield technology
 - The resulting energy will be more dynamic and powerful
- **WAYS TO TRANSMIT TO YOURSELF NONLOCALLY:** Because the biofield technology contains nonlocal carriers (i.e., energetic carriers that transcend space-time), the energy can be transmitted nonlocally. In short, this can be achieved in a number of ways simply by placing a picture, finger nail or anything containing your DNA on or near any device playing one of the iAwake® biofield tracks.

- SMARTPHONE/MP3 PLAYER:
 - Place an iAwake® biofield track into its own dedicated playlist
 - Import the playlist into a smartphone or mp3 player
 - Play the playlist silently on repeat (By plugging the phone/mp3 player into an AC converter, you can play the track indefinitely, without the battery running down)
 - Place any of the following on top of the player
 - Your picture
 - Your fingernail
 - A piece of paper that you've rubbed over your face (with the result that the paper now contains your DNA)
 - The energy will now transmitted to you no matter where you are
 - By using pictures of each room in your house, your property, your wardrobe, your refrigerator, etc., the energy will also be transmitted to these things as well.

- COMPUTER
 - Place an iAwake® biofield track into its own dedicated playlist in your favorite media player
 - Play the playlist silently on repeat
 - Use your computer's picture viewer application to open a picture of yourself on the computer
 - The energy will now transmitted to you no matter where you are, as long as the computer is running (It can't be in sleep mode—the computer must be on, but it's okay to turn the monitor off when you're not working on the computer. As long as the computer is on and your picture is actively open, the energy will still be broadcast to you, even when the monitor is turned off.)
 - By using pictures of each room in your house, your property, your wardrobe, your refrigerator, etc., the energy all also be transmitted to these things as well.

- **SENSING THE ENERGY:** Although some people are sensitive enough to go into light samadhic/trance states while playing this energetic field silently as they work, most people will sense it most deeply during eyes-closed meditation and relaxation.
- **DEEPEN YOUR MEDITATIONS:** To enhance your meditations, play the iAwake® biofield track silently an hour before and/or during your normal meditation practice. If you meditate in the evenings, play the

biofield technology silently throughout the day, which will saturate your biofield with this calming energy for noticeably deeper and more absorptive meditation.

- **AVOIDING OVERWHELM:** Even though the biofield energies embedded in iAwake® programs are calming by nature, they can still have an overwhelming effect on the nervous system if it absorbs more energy than it can handle at one time. Start by playing the biofield energy an hour or two a day and see how you feel. If you notice that you seem to be on edge, this is just your nervous system letting you know that it needs a break. Any overwhelm experienced through excess exposure to this technology is only temporary and never serious or permanent. Simply cut back on your exposure time.
- **EVOLVE YOUR NERVOUS SYSTEM:** Your nervous system will develop a capacity to absorb more and more energy without overwhelm, ***resulting in, at first subtle, but eventually quite dramatic changes in emotional intelligence, self-identity and conscious evolution.***
- **FEELING TOO RELAXED?** After an especially deep session, you may feel groggy and ready to lie down. This is similar to how you may feel after a great massage or acupuncture session. This is a perfect time to relax into whatever you are feeling and release pent up stress, emotions and worries using your preferred releasing technique or any of the powerful ones shared below.

BIOFIELD LINKS

Biofield Technology

<http://www.profoundmeditationprogram.com/biofield-technology-2>

- An Introduction to Biofield Science
 - ✓ <http://www.profoundmeditationprogram.com/biofield-science>
 - ✓ Part 1 – Morphic Resonance
 - ✓ Part 2 – Scientific Evidence for a Connecting Matrix
 - ✓ Part 3 – Biofield Tech: Tapping into the Informational and Energetic Matrix
- Our Biofield Method - <http://www.profoundmeditationprogram.com/our-biofield-technology>
- Biofield Frequencies/Level of Consciousness Correlation Chart – <http://www.profoundmeditationprogram.com/biofield-chart>
- How You Can Easily Amplify iAwake’s Biofield Transmission – <http://www.profoundmeditationprogram.com/iawake-biofield-amplify>
- Free Downloadable Media Players (for use in amplifying the biofield transmission)- <http://www.profoundmeditationprogram.com/iawake-biofield-amplify>

Heart-Centered Meditation

You can use this meditation in conjunction with your use of the HeartWave™ program. Feel free to pick and choose certain parts of this meditation over others, and practice just the parts you choose. It's your choice. Enjoy!

Sacred Heart Meditation

- For this meditation you will want to sit up straight either on your meditation cushion or a comfortable chair.
- Close your eyes, take a deep breath in through your nose, allowing your belly to gently expand.
- Absorb any tension at the top of the inhale . . . and exhale through your nose, allowing all stress to dissolve.
- Continue your deep, slow breathing, and visualize a golden light glowing in your heart, emanating pure, unconditional love.
- As you breathe in, see this light grow and expand like an ember fueled by air, generating more and more love.
- As you exhale, feel this love radiating outward to fill every cell of your body.
- Again, with each inhale, visualize the air blowing on the coal of infinite love within your heart, causing its glow to grow bigger and bigger.
- As you exhale, radiate that love throughout your body and into your immediate environment.
- As you inhale, imagine the glowing ember of your heart growing and expanding, along with your capacity to give and receive love.
- And as you exhale, feel the field of unconditional love and light grow larger and larger as your field expands.
- With each inhalation and exhalation, visualize your heart's field of unconditional love growing so large that it envelops your entire brain and body, bringing them under the influence of your heart's infinite wisdom, compassion and intelligence.
- You are this love.
- You are this light.
- Instead of trying to meditate, simply let this love and light breathe YOU.
- Enjoy this loving rhythm for as long as you like . . .
- . . .
- Now that you've established this rhythmic flow within your heart center, let's add some simple but powerful visualizations to each inhalation and exhalation.
- Inhale, and feel the current of Spirit circulating in your heart.
- Exhale, and release whatever has kept you from knowing yourself as this Spirit.
- Inhale, and allow yourself to be completely filled with unconditional love
- Exhale, and let go of all resistance and fear.
- Inhale, and allow your mind and brain to come fully under the loving influence of your heart.
- Exhale, and release all pride, fear, shame and guilt
- Inhale, and feel the love that is your own abiding nature.
- Exhale, feeling profound gratitude for love and life.
- Inhale, and allow yourself to open to being unconditionally loved.
- Exhale, and radiate this unconditional love out to the world.
- Inhale, and allow yourself to be a vehicle for this unconditional love.
- Exhale, and know that you are this love.
- . . .

- Now allow your awareness to focus in the area of your heart.
- And allow yourself to become aware of whatever feeling you may be feeling in the center of your heart at this time.
- As you allow your awareness to move ever so gently toward the center of intensity from which this feeling emanates in your heart, you can repeat quietly to yourself the word “unconditional love,” as your awareness keeps orienting toward the center of the intensity of the feeling in your heart.
- Whatever you may be feeling your heart this moment, thank it and allow yourself to open up to this feeling, as your heart begins to soften more and more.
- Allow yourself to focus on the feeling, but especially the epicenter of the intensity from which the feeling emanates.
- Without trying to manipulate or avoid the energy, simply allow your awareness to keep moving closer and closer to the center of the intensity of the feeling.
- Repeating the phrase “unconditional love,” or any other word or phrase that keeps you centered in love, will allow you to stay focused on the center of the intensity of the feeling as well as gently dissolve this feeling in love.
- If your attention wanders, gently bring it back to the center of the intensity of the feeling in your heart area, repeating the phrase “unconditional love” or a similar term to help keep you gently focused on the center of the intensity of the feeling in the heart.
- You can also practice this throughout the day to be more heart-centered in everything you do.
- For the next several minutes, let this be your meditation.
- ...
- Now gently place your left hand over your heart, and your right hand over your left hand.
- And allow yourself to feel your heart opening, your capacity to give and receive love opening.
- Feel yourself being loved, guided, supported and nurtured.
- Now imagine that you have a root system attached to your body that goes deep into the Earth, and allow all the energy you feel right now to go down deep into that root system.
- Feel yourself being deeply supported in this love.
- Feel the eternal love of the mother that deeply adores her child and will do anything to support its well-being.
- Feel the joy of the mother for her child, and know that you are loved and supported in this very same way.
- Bathe in the profound comfort, assurance and warmth of this unconditional love, and bring the energy back up into your body, grounding this feeling, this consciousness, this love into every cell of your body.
- ...
- Radiate this love to your parents, your children, your teachers, loved ones and friends,
- Send this love out to those who hurting.
- Send this love out to all those might hurt themselves or another.
- Radiate this love out to your neighborhood, your community, your city, your state or provence, your country and to the whole world.
- Now radiate this love to yourself, to any physical wounds or ailments you might have.
- Feel the love going to the parts of your body that need it.
- If there is any trauma or negative emotional memories from your childhood you'd like to heal, picture yourself at the age at which this trauma took place, and radiate this unconditional love, compassion and acceptance to yourself at this age.
- Allow yourself to deeply bathe your younger self in this unconditional love and acceptance.
- Allow it to soak deep into every cell in your being. As you picture your younger self at the time of the trauma,

you are also actually targeting the specific areas in your brain and body in which this trauma has been housed.

- Feel the emotions and feelings around this trauma begin to soften, open and dissolve and dissolve in love.
- Welcome these wounds. Dissolve them in love.
- As we end this meditation, you may continue sending this expanding love and compassion to yourself (for specific inner healing of trauma), to your friends and family, or to anyone or anything you feel needs your loving attention.
- Let it be a freewill offering.
- May the world live in happiness and peace.
- May the whole world live in happiness and peace.

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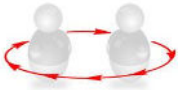
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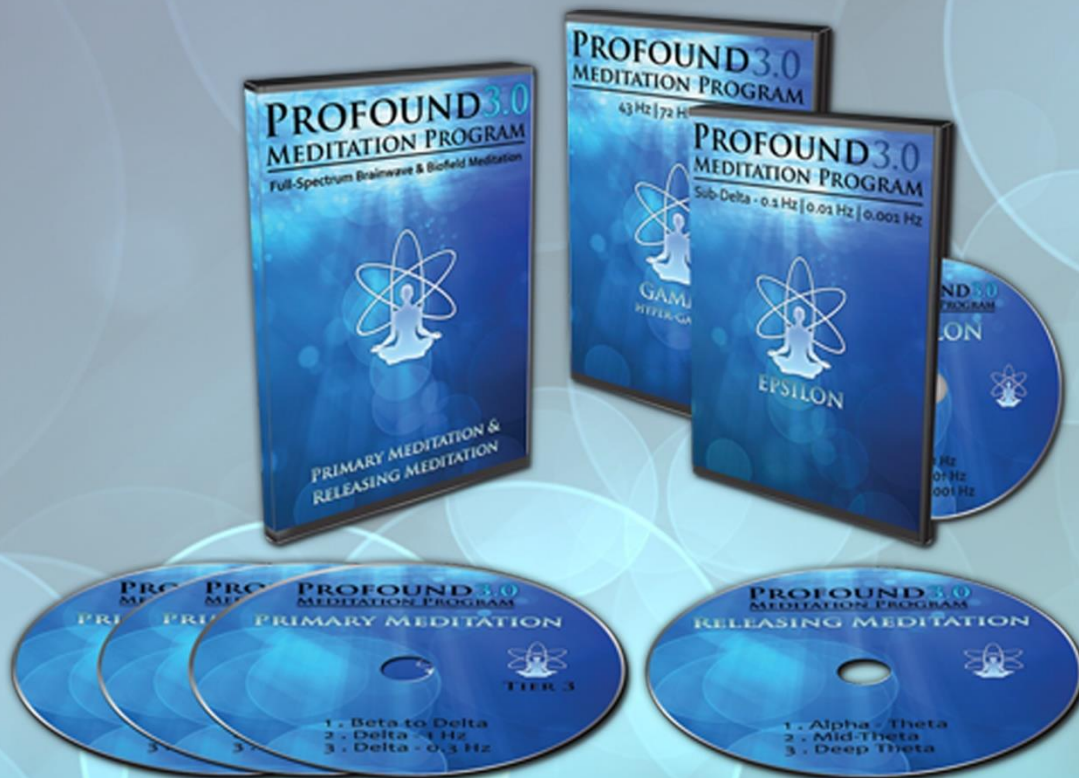
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