

NEUROFLOW Series

iAwake
technologies

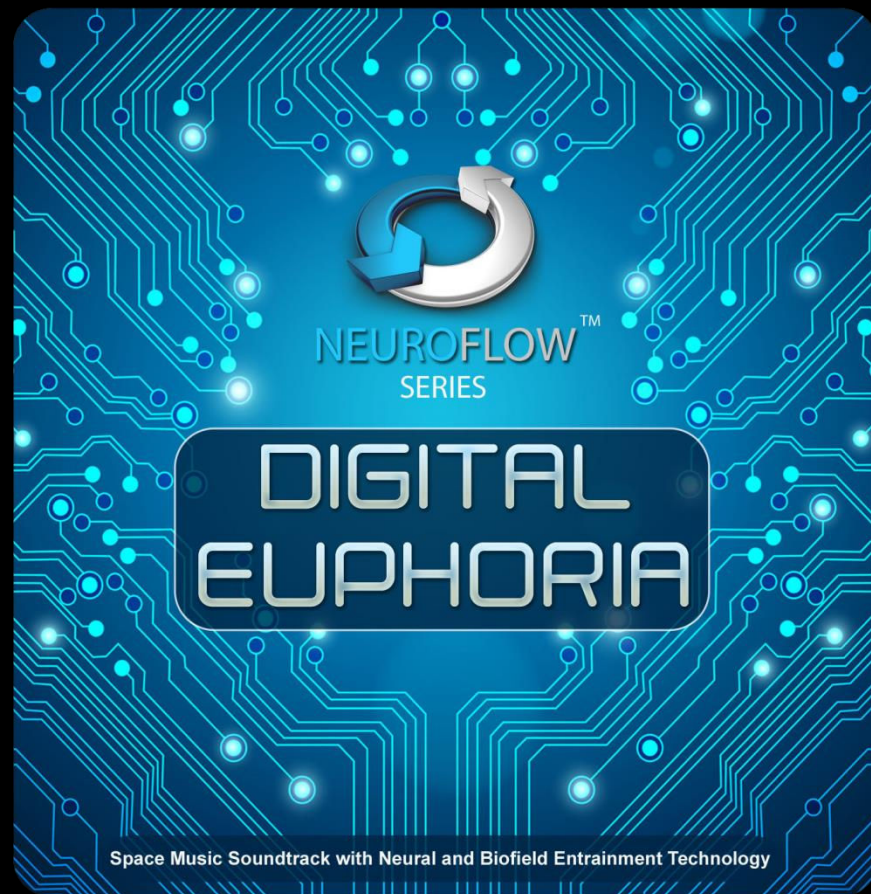
Flow-States for Growth, Prosperity
And Spiritual Evolution

www.iawaketechnologies.com

USER MANUAL

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iAwake® Technologies



Digital Euphoria

User Manual

IMPORTANT: Please read this manual carefully and in its entirety before your first use.

Disclaimer

The user of Digital Euphoria, hereby referred to as DE, agrees that this software is designed solely for 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:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or have had seizures

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
- 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 DE as they are more susceptible to seizures.

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

The user of the DE application assumes all risks in using DE, 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 DE application.

In no case will iAwake® Technologies, LLC or other distributors of the DE application be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its technology, 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, UT 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. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

The NeuroFlow™ Series

NeuroFlow™ is a series of releases from iAwake® Technologies representing an exciting new breakthrough in neural and biofield entrainment technology. Though the Profound Meditation Program comprises the basis and main focus for the meditation practices we recommend, the NeuroFlow Series will perfectly complement your work with PMP.

The focus of this series is to facilitate transformative flow-states and help you flourish, grow and evolve in today's turbulent times.

Digital Euphoria

The **Digital Euphoria** session is a set of precise frequencies associated with the brainwave patterns and energetic signatures of euphoria, endorphins, serotonin and Chi—similar to the famed “runner’s high.”

With this powerful download/CD, you can...

- ✓ Shift your mood toward dramatically increased enthusiasm, confidence and joy in as little as 20 minutes!
- ✓ Experience the brainwave patterns and energetic signatures associated with beta-endorphins, serotonin and anandamide - **the neurotransmitters of bliss.**
- ✓ Use this high-energy release before and during your workouts or running/exercise sessions to give you **a tangible, powerful edge.**
- ✓ Use this program to compliment your work with Profound Meditation Program by enjoying the **high-energy, high-focus, high-bliss states** facilitated with this CD.
- ✓ Move out of low-energy states with ease and grace.
- ✓ **Let go of negativity easily.**
- ✓ Experience a profound, long-lasting, ultra-healthy, **DRUG-FREE HIGH!**
- ✓ Enjoy increased productivity and energy.
- ✓ Be more naturally warm and outgoing towards others.
- ✓ **Get "dialed in" for peak performance.**
- ✓ Optimize your day with just one 20-minute session.
- ✓ **Feel good effortlessly!**

NOTE: You will notice some of the most tangible effects of this technology **AFTER** listening to the meditations, as you enjoy the rest of your day. The energetic frequencies emitted through this presentation will continue to interact with your biofield throughout the day.

The Technology

The technology contained in this new release is so powerful that we believe your mood, confidence, enthusiasm and positive outlook will be dramatically catapulted **in just the first 20 minutes.**

IMPORTANT: Headphones are required for maximum benefit, though listening without headphones will still result in effective biofield entrainment and limited neural entrainment.

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.

Neural Entrainment Technology

Digital Euphoria features a number of unique neural entrainment methodologies, including:

- Dual-Pulse Binaural Signals
- Dual Box X Signals
- Harmonic Layering
- Frequency Modulation

Biofield Entrainment Technology

Our unique biofield entrainment technology interacts with the electromagnetic field emitted by your natural biological processes. Quantum physics software captures the energetic signatures of various substances (e.g., precious metals, essential oils, flower essences, neurotransmitters, plants, etc.), energies (e.g., chi, shakti, orgone, etc.) and states of consciousness (e.g., bliss, euphoria, concentration, meditation, etc.). We then take those energetic signatures, amplify them thousands of times, and embed them in audio and video files. When played, the electromagnetic field of the audio/video playing device amplifies the embedded subtle energetic frequencies, which then interact with your biofield to induce tangible states of bliss and peace.

Digital Euphoria contains the energetic signatures of:

- Chi
- Endorphins
- Bliss

File Information For Optimal Entrainment Results

NOTE:

- The CD-version features high quality WAV files.
- The download-version contains higher quality (320 kbps) MP3 files which use less compression than typical MP3 files.
- Some versions may also offer AAC audio file format - and you are welcome to convert your audio files to a high quality AAC version.
- We also offer downloadable WAV files for those interested, though it does not retain much of the labeling data and graphics that the high quality uncompressed version carries. We believe, however, that the high quality mp3 files are a very effective audio file format for our technology.

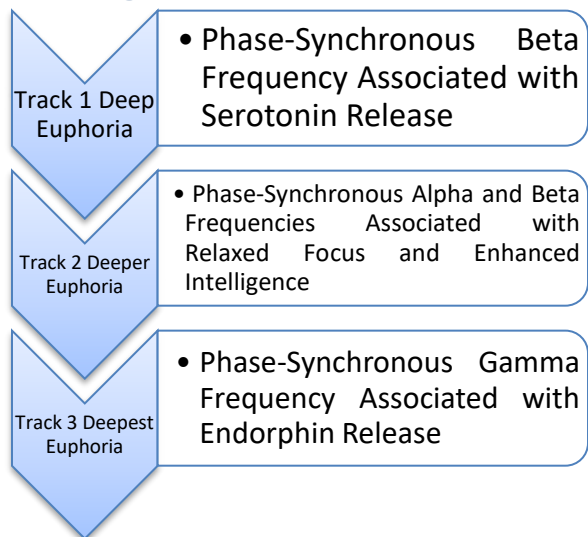
We strongly recommend not converting these tracks to normal MP3 format (anything below 320 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter some of the entrainment power embedded in the CD and download versions. If you wish to burn them to a CD, burning them as WAV 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."

Compatible Players

MP3

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

Targeted Brainwave Patterns



Targeted Flow-States

Digital Euphoria targets flow-states associated with the positive stimulation of the brain's natural "reward" centers, making this a powerful companion for:

- Dramatically renewing enthusiasm and engagement for unfinished tasks and projects that haven't yet yielded hoped-for results
- Offsetting addictive cravings (by stimulating many of the same neurotransmitters triggered by various addictions)
- Supercharging your sense of personal power
- Enhancing your motivation and focus before and during strenuous exercise
- Increasing positive social behavior

IMPORTANT NOTE:

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 for optimal effect, though listening through loud speakers will still facilitate effective biofield entrainment and limited neural entrainment.
- ✓ As a complement to the Profound Meditation Program, you can listen to one or more tracks from Digital Euphoria once a day. Let your own experience be the judge of how frequently you choose to listen to Digital Euphoria.
- ✓ Due to some of the stimulating brainwave patterns featured in Digital Euphoria, you may wish to listen to it only every other day to **avoid over-stimulation**.
- ✓ 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.
- ✓ Allow yourself to be given over to the audio environment, which will increase the efficacy of your session.
- ✓ **It is NOT recommended to listen to Digital Euphoria 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 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 and effortless focus with you wherever you go.
- ✓ Whenever you want that extra edge for public speaking, sports, sales, etc, listen to Digital Euphoria one hour before your performance.

iAwake® Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



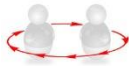
Profound Meditation Practitioners Forum:

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



Free Weekly Teleseminars:

<http://www.iawaketechnologies.com/teleseminars>



Coaching:

<http://www.iawaketechnologies.com/coaching>



FAQ:

<http://www.iawaketechnologies.com/faq>



Blog:

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

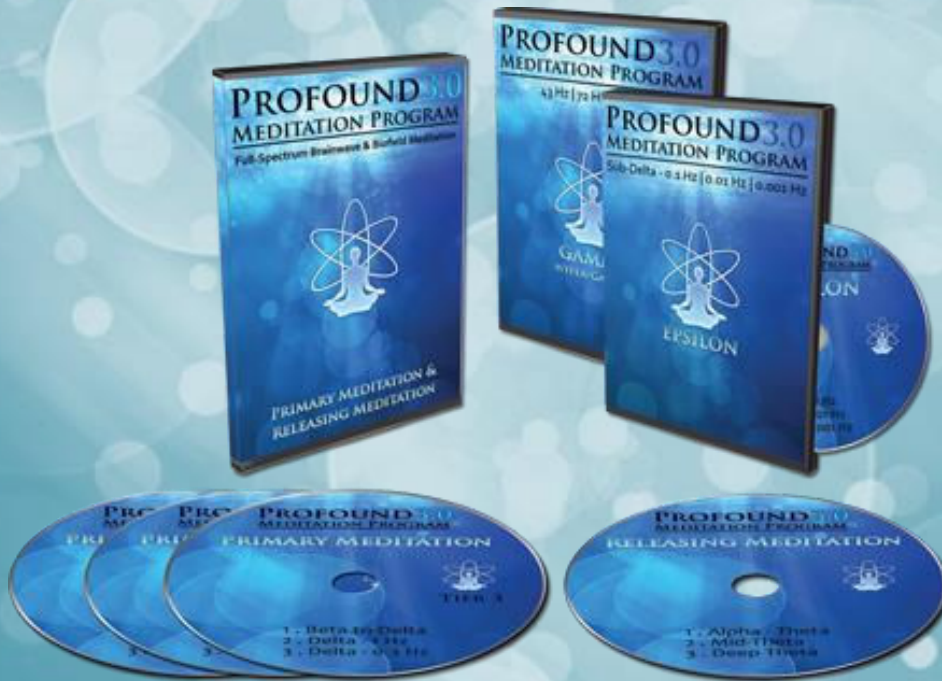


Customer Support:

support@iawaketechnologies.com

PROFOUND MEDITATION 3.0

FULL SPECTRUM



Science Meets Stillness

An integrated synthesis of leading-edge neurotechnology and energy medicine

“iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of *Profound Meditation 3.0*. I’ve been a fan of their products from the beginning, and I can say that they just keep getting better. So if you’ve never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won’t be disappointed.”

Ken Wilber—The Integral Vision

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