

I\AWAKE®

— TECHNOLOGIES —

NEUROHACKS

4 POWERFUL BRAIN TOOLS TO OPTIMIZE YOUR DAY
WAKE UP • RECHARGE • RELAX • DREAM

I\AWAKE
— TECHNOLOGIES —

DISCLAIMER

The user of Neurohacks agrees that this audio program is designed solely for meditation, self-improvement, learning, as an aid in motivation, 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:

- People with epilepsy

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

- Pregnant women
- Those who are wearing a pacemaker
- Individuals under the influence of medication or drugs
- Those prone to or who have had seizures
- People with a history of severe mental illness
- Those with a history of tinnitus
- Individuals who are photosensitive

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 Neurohacks, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO THE TEACHINGS OF NEUROHACKS WHILE DRIVING OR OPERATING MACHINERY.

The user of Neurohacks 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 Neurohacks.

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

Table of Contents

- File Information for Optimal Results..... 4**
 - Note on Headphones 4
 - Compatible Players 4
 - Important Notes on Using This Program 4

- Welcome to Neurohacks 5**
 - Track Listing 6
 - How to Use These Tracks 7
 - Target Brainwave Frequencies 7
 - About Eric Thompson..... 8

- iAwake® Support Links..... 9**

- PMP 3.0 – Full Spectrum 10**



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, as well as full uncompressed WAV files – from which the CD files are developed.

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."



HEADPHONES

For optimal results, we recommend that this program be used with headphones that have a frequency response of 20 – 20,000 Hz.



Compatible Players

MP3

- *Computer Media Players* – Windows Media Player (free); iTunes (free).
- *MP3 Players* – Any MP3 player.



IMPORTANT NOTES ON USING THIS PROGRAM:



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.



Welcome to Neurohacks

by John Dupuy

We offer you these four 20-minute audio tracks to support you in your brain health and functioning. These tracks were licensed out, under the name Digital Pills, but have been returned home, and we have been wanting to re-release them for quite a while. So, we are very happy to introduce them to you now as Neurohacks: 4 Powerful Brain Tools to Optimize Your Day.

Neurohacks was originally commissioned by a friend and colleague who works in the film industry and wanted effective tools to help movie makers cope better with long, odd hours – in other words to be able to wind down quickly in order to get some sleep, to feel refreshed, enthusiastic, and ready to work quite quickly in the morning, and to recharge and refocus as needed throughout the day.

Here they are, four powerful tracks to hack your brain, designed to provide support whenever you need it:

AM Wake Up is a wonderfully stimulating track to use in the morning, when your mind is not quite awake, to help you shift into your day with relaxed energy and focus.

Recharge was developed to help deal with the dip in energy that one often experiences in the early afternoon.

Evening Relaxation is the track to use when your day is done, work is finished, and you just want to relax and enjoy the rest of your evening.

Dreamtime is designed to get you ready to sleep. It helps you ramp down after your day, easing your mind and body into the relaxed state that naturally shifts into sleep.

This program combines sophisticated brainwave entrainment technology with both deeply invigorating and deeply relaxing brainwave rhythms and biofield signals to enable you to:

- Wake up to your day with relaxed energy and focus
- Give yourself a dramatic cognitive edge
- Renew your energy as needed
- Refresh your brain after demanding study or work sessions
- Maintain steady energy during the afternoon
- Relax into bliss after a long, hard day
- Release negative emotions
- Clear your mind for deep sleep

“As a package I think this covers a great range of needs and provides effective tools for numerous scenarios. I could see it being used to help someone come off caffeine or cigarettes, to work with sleep/energy issues, for travel and jet lag and so forth. A great little tool-kit for many occasions and I keep all the tracks on my mp3 player for just that reason.”

~ Owen, Herbalist and Wilderness Therapist, director of EarthMind Fellowship

“The Neurohacks tracks are a great resource for people who want to better manage their personal states or energy or increase their productivity. I use AM Wake Up the most. I like to use it as an energetic start to my day and a post lunch energy boost. I also find that this high energy track is useful for brainstorming. I tend to use the other tracks primarily at night as I am winding down. iAwake consistently delivers great products, and even for iAwake these are exceptional. It is exactly what people need to function at their best all day long, and sleep well at night. Thank you.”

~ Michael Halbfish

Track Listing

4 Tracks – 80 minutes total with nature sounds

01 AM Wake Up (20 minutes)

02 Recharge (20 minutes)

03 Evening Relaxation (20 minutes)

04 Dreamtime (20 minutes)

How to Use These Tracks

These tracks are great for beginners as well as seasoned meditators.

- *AM Wake Up* is to energize your brain in the morning. You can listen to it once, twice, or three times for an hour's meditation that will leave you feeling invigorated and ready to go.
- You can also use *AM Wake Up* to prepare yourself before any important task or performance in order to gain a significant cognitive edge.
- Listen to *Recharge* anytime you need an energy boost. It was specifically designed as a pick-me-up for the after lunch/early afternoon dip in energy that many of us experience.
- *Recharge* is a good choice for when you want to take a break and refresh your brain in between long study or work sessions.
- *Evening Relaxation* is designed to help you chill out, relax, and feel good after a long, busy day.
- Listen to *Evening Relaxation* whenever you need to significantly reduce stress levels.
- To clear a busy mind and slip into sleep with more ease, listen to *Dreamtime* at bedtime.
- *Dreamtime* can also help you release negative emotions and reduce stress.

Target Brainwave Frequencies

- **Beta Waves** – positive, energetic, goal-oriented, related to high speed thinking and processing (*AM Wake Up*)
- **Gamma Waves** – heightened perception, creative states of high performance, focus, and clarity (*Recharge*)
- **Theta Waves** – insights, visual imagination, healing and restorative, non-ordinary states of consciousness (*Evening Relaxation*)
- **Delta Waves** – our connection to intuition and the seat of all unconscious processes, rejuvenative (*Dreamtime*)

AM Wake Up and *Recharge* are natural energy boosters, designed to have an invigorating, energizing effect and support states of ease and flow.

Evening Relaxation and *Dreamtime* are deeply relaxing, designed to help you wind down from your day, release, and prepare for sleep.

About Eric Thompson



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.

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

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/support/teleseminars/>



Coaching:

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



FAQ:

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



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

www.iawaketech.com