

IAWAKE[®]

— TECHNOLOGIES —

DR. BOB WEATHERS

THE GIFT OF GRATITUDE

R E C O V E R Y E D I T I O N

*When you get to "thank you"
on your journey of recovery,
you have found your way home.*

~ John Dupuy

USER GUIDE

DISCLAIMER

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

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

The user of *The Gift of Gratitude - Recovery Edition* 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 - Recovery Edition*.

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

File Information for Optimal Results	4
Note on Headphones	
Compatible Players	
Important Notes on Using <i>The Gift of Gratitude - Recovery Edition</i>	
Welcome	5
About	7
How to Use	8
Soundtrack and Technology	10
About the Developers	11
iAwake® Technologies Support Links	12
iAwake® Technologies App	13
Profound Meditation Program 3.0	14
Deep Transformation Podcast	15

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 - Recovery Edition*.



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 - Recovery Edition”

This is the manual that will help you understand and use *The GoG – Recovery Edition* more effectively and to integrate it as a part of your daily practice.

I have found that this Gift of Gratitude for recovery is a veritable feast of wisdom, love, and light – and a very practical tool to open the door into our deepest selves, where we are already recovered and all is well.

One of the things I have seen over and over again in my years of working with people in recovery, hearing their stories and sharing their lives, is a deep sense of gratitude in those who have broken out of the hell of their ever more consuming addictive spell.

This is one of the most powerful tools I have encountered in my many years of working with addiction and with my beloved addicts. I hope you will find this too.

And feel free to share this gift with others.

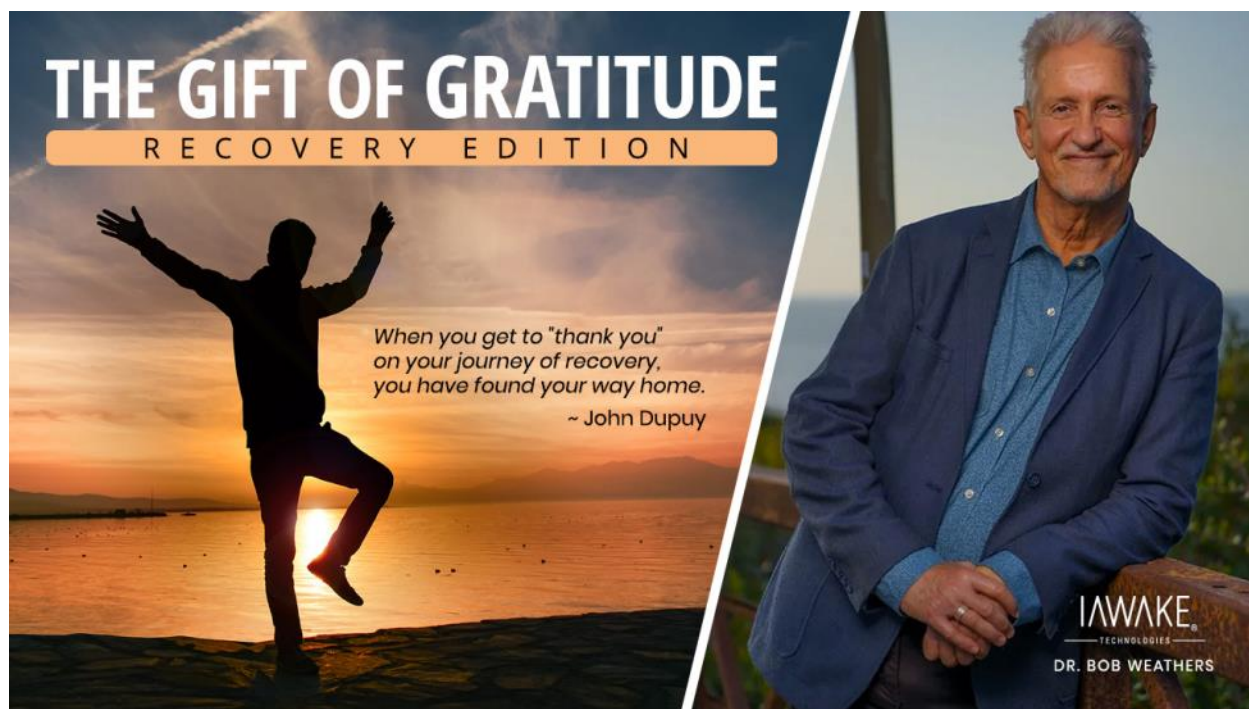
With much love,

John Dupuy



John Dupuy
CEO
iAwake® Technologies
john@iawaketechologies.com

Letter from the creator of “The Gift of Gratitude - Recovery Edition”



I want to welcome all of you who wish to join me and Leigh in our presentation of ***The Gift of Gratitude – Recovery Edition***! 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 recovery-directed material which has been so transformative for us.

Warmly,

Dr. Bob Weathers

About The Gift of Gratitude - Recovery Edition

Track Details

01 Complete Guided Recovery Meditation [34:24 minutes]

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

02 Core Guided Recovery Meditation [23:02 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 [29:28 minutes]

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

03 Music and Brainwave Entrainment - CD Version [21:31 minutes]

The CD music-only track is 8 minutes shorter than the digital version, simply so all 3 tracks can fit on 1 CD. It will still provide a wonderful, calming space in which to relax and integrate the guided meditation.

Total of 86:54 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 - Recovery Edition*, 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 - Recovery Edition

The Gift of Gratitude - Recovery Edition guides you to:

- Experience gratitude for your recovery and your life NOW
- Express thankfulness for the blessings of your life in its multifaceted domains and dimensions, to include your relationships, your evolving clarity, and joy at being alive
- Be joyful and glad as you observe your deficits being transmuted into assets
- Feel the light and love increasingly flow through your broken places
- Replace the negativity fostered through the disease of addiction with hope, love, and life-affirming Service to yourself and others
- Have gratitude and hope become your guiding light on the journey of recovery
- Recognize and deeply accept the blessings in your life, especially your recovery, and the fact that the universe has given you a new and meaning filled life
- Cultivate joy and flow in the small and large acts of kindness which you are now capable of

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

I recommend setting aside between 10 and 15 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 necessarily build your strength or musical ability significantly, so dipping into this gratitude practice for a time or two may scarcely make a noticeable 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, including the deep healing process of your current recovery—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 forever-more 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, for example, when you encounter any recurring addictive cravings or impulses.

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, including for your ongoing recovery, 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 through 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 neural 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 in applying this essential practice to your recovery and healing, one day at a time.

Soundtrack and Technology

Brainwave Patterns Targeted

I found it best to target the **lower alpha frequency of 8 Hz**, matching the Schumann Resonance, which is one of the 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 used are a reflection of Dr. Bob’s soothing energy and kind personality. His calm energy allowed me to work more intuitively on the composition. 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 also 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 further elicited by Bob’s fantastic guided meditation.

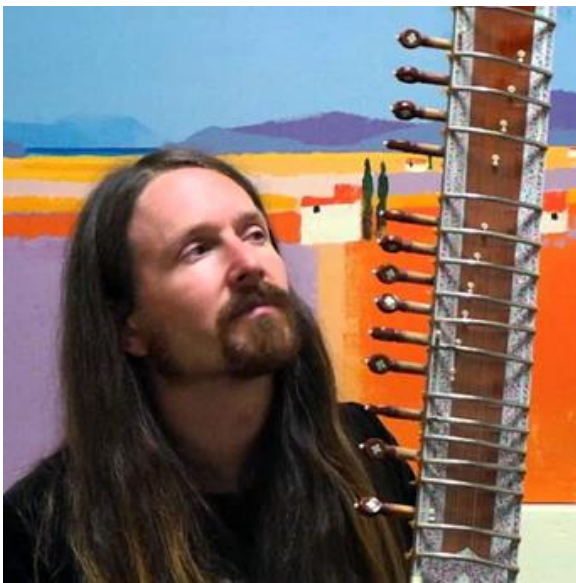
About the Developers



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 ***The Gift of Gratitude, 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.

iAwake® Technologies Support Links



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:

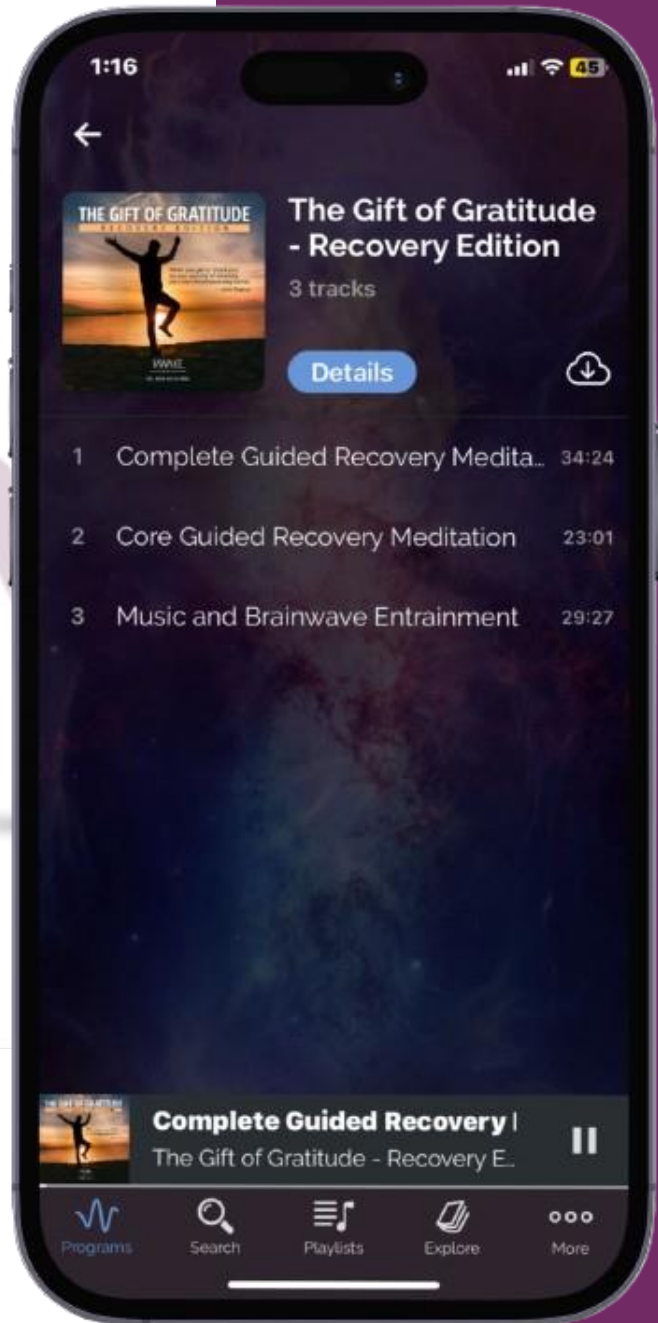
<https://www.iawaketechnologies.com/blog/>



Customer Support:

support@iawaketechnologies.com

The iAwake® Technologies App

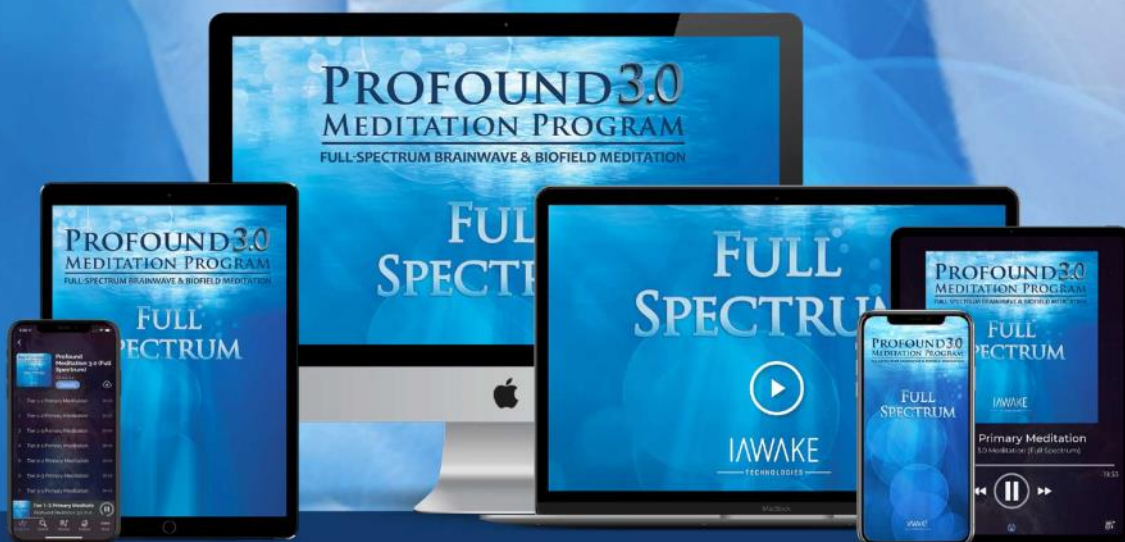


PROFOUND 3.0

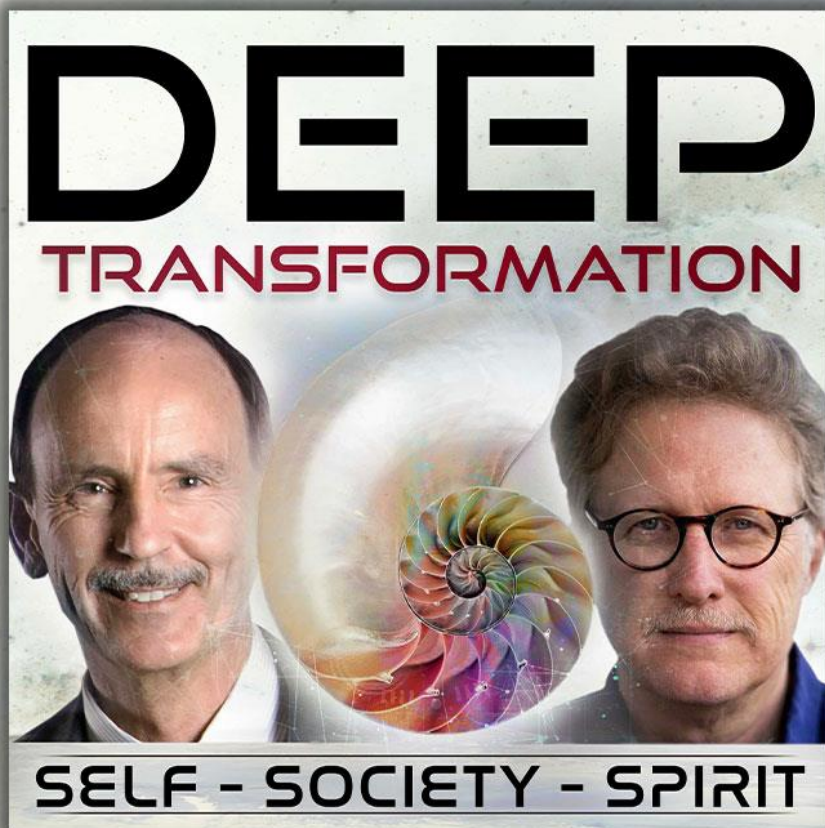
MEDITATION PROGRAM

IAWAKE

TECHNOLOGIES



iawaketechnologies.com/profound-meditation-program/



Listen on
Apple Podcasts

LISTEN ON **Spotify**

Listen on
Google Podcasts

Listen on
amazon music

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

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

Presented by
I/A/WAKE
— TECHNOLOGIES —