

# EEGO

# MEDITATION

**+ SOUND  
TECHNOLOGY**

# USER GUIDE

**IAWAKE**<sup>®</sup>

— TECHNOLOGIES —

DAWSON CHURCH

# DISCLAIMER

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

**Finally, DO NOT LISTEN TO ANY *ECOMEDITATION* AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *EcoMeditation* 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 *EcoMeditation*

In no case will iAwake® Technologies, Integral Recovery, or other distributors of *EcoMeditation* 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.

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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 *EcoMeditation*.

## 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 “EcoMeditation”

*EcoMeditation* is an amalgam of Dawson’s Emotional Freedom Technique (EFT/tapping), guided meditation, resonant breathing, mindfulness, and visualization, and now includes iAwake’s powerful brainwave entrainment audio technology. The beautiful entrainment music was created by iAwake’s esteemed developer Leigh Spusta, adding yet another layer of effective technology to increase *EcoMeditation’s* healing potential.

*EcoMeditation* is a practice that was developed to provide all the benefits of normal meditation – less stress, longer lifespan, sharper memory, greater happiness, and lower health risks – using a very simple yet extremely effective method.

We hope you enjoy this practice and its proven ability to heal and enhance your life.

Warmly,



John Dupuy  
CEO, iAwake

A handwritten signature in black ink that reads "John". The signature is written in a cursive, slightly stylized font.

# ABOUT

## Track Details

- 01 Guided Meditation [23:24]
- 02 Music and Brainwave Entrainment [22:40 minutes]

**Total of 45:04 minutes**

## About the Tracks from the Creator, Dawson Church

In 2008, I had a revolutionary thought: We know that mindfulness is effective. So is biofeedback/ neurofeedback. And hypnosis. And EFT tapping. What if we combined all of them into a simple set of instructions focused around the physiology of relaxation?

I tried the combination of these evidence-based methods on myself for a while and found I was able to enter much deeper meditative states. I tried it with groups of up to 200 people, and many said they were able to truly meditate effortlessly for the first time in their lives. I christened it **EcoMeditation**, put the 7 simple steps on the web, and forgot about it for a decade.

Ten years later, when my webmaster told me that the primitive EcoMeditation web page was getting over 15,000 visitors a month, I teamed up with researchers and began to study the method. We used EEGs to hook up novice meditators.

We were amazed at what we found.

Neurofeedback expert Judith Pennington, studying eight subjects, wrote that *"EcoMeditation produced extraordinarily high levels of Gamma Synchrony... During EcoMeditation, all participants generated high-amplitude 45–65 Hz gamma frequencies that resulted in high-value Gamma Synchrony patterns, some of which were at the top of the statistical range..."*

EEG research shows that with simple training, you can attain "flow" states similar to those of experienced meditators. This makes meditation accessible to today's busy people for whom 10,000 hours of practice is unrealistic.



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

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

# HOW TO USE

*EcoMeditation*, developed and scientifically tested by Dawson Church, PhD, employs the tenets of neuroscience to enhance meditation and adds Emotional Freedom Techniques (EFT, or tapping). This combination enables people who have no experience meditating to fall into a deep meditative state in four minutes or less.

To start your *EcoMeditation* experience now, allow 20 minutes of uninterrupted quiet time, turn off all electronics, and sit upright in a comfortable position. Then simply follow these steps:

1. Use your fingertips to tap on each of the EFT acupressure points while holding the intention that you are in a calm and peaceful state (here is a tutorial).
2. Stop tapping and relax your hands. Close your eyes and let your tongue rest loosely on the floor of your mouth.
3. Feel the space inside your hands, inside your feet, inside your whole body. Picture a big empty space behind your eyes, between your eyebrows. If thoughts arise, just let them drift away like clouds in the sky.
4. Breathe slowly, 6 seconds in and 6 seconds out.
5. Visualize where your heart is in your chest. Imagine breathing in and out through your heart, 6 seconds in and 6 seconds out.
6. Imagine a beam of love pouring out of your heart toward a person you love.
7. Visualize bringing the beam of love back into your body and into your heart.
8. To end the meditation, take 3 deep breaths and bring yourself back to the here and now.

## **Practicing *EcoMeditation* can:**

- Strengthen your immunity system
- Promote neurological well-being and happiness
- Increase the functional balance of your brain
- Decrease the stress hormone cortisol
- Lower your heart rate
- Release anxiety
- Decrease pain and its crippling effects
- Increase your brain's gamma wave production

# TECHNOLOGY

## **Brainwave Patterns Targeted**

The soundtrack for *EcoMeditation* was conceived with the notion that it is to be a consistent support track for the dynamic meditation work that Dawson guides the listener to experience.

One of the powerful aspects of this product is the spectrum of altered states the listener may encounter, and of course there are different values of brainwave activity that are characteristic of the unique nature of these heightened states of awareness. We needed to use a target brainwave frequency that could both encourage the fluidity of consciousness and keep a ballast of groundedness and comfort throughout the program.

We've utilized 8 Hz as the target frequency, in the deeper alpha range, and proximal to the Schumann Resonance.

## **Soundtrack Details from the Creator of the Music for *EcoMeditation*, Leigh Spusta**

We opted to use a 432 Hz tuning for the soundscape, with the composition in the key of C major. By carefully selecting a variety of musical intervals, the soundtrack has naturally occurring beat frequencies, including binaural beats, to promote the movement of the listener into the lower alpha state (8 Hz).

The timbres, melodic intervals, and harmonic/chordal expressions are crafted according to psycho-acoustic theory and methodology. The emphasis here is the encouragement of openness, deep comfort, and the sense of expansion with a tone of transcendence.



# ABOUT THE CREATOR



Dawson Church is an award-winning science writer with three best-selling books to his credit. *The Genie in Your Genes* was the first book to demonstrate that emotions drive gene expression. *Mind to Matter* showed that the brain creates much of what we think of as "objective reality." *Bliss Brain* demonstrates that peak mental states rapidly remodel the brain for happiness. Dawson founded the Veterans Stress Solution, which has offered free treatment to over 20,000 veterans with PTSD. His groundbreaking research has been published in many prestigious scientific journals. He shares how to apply these breakthroughs to health and athletic performance through EFTUniverse.com, one of the most-visited alternative healing sites on the web.

Watch Dawson Church on the *Deep Transformation* podcast with co-hosts John Dupuy and Dr. Roger Walsh to learn more about his methods of healing psychological trauma and catalyzing emotional growth [HERE](#).

# ABOUT THE SOUND TECH CREATOR



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 *EcoMeditation*, *The Gift of Gratitude – Recovery Edition*, *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.

# SUPPORT



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Coaching Call Archives:

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



FAQ:

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



Blog:

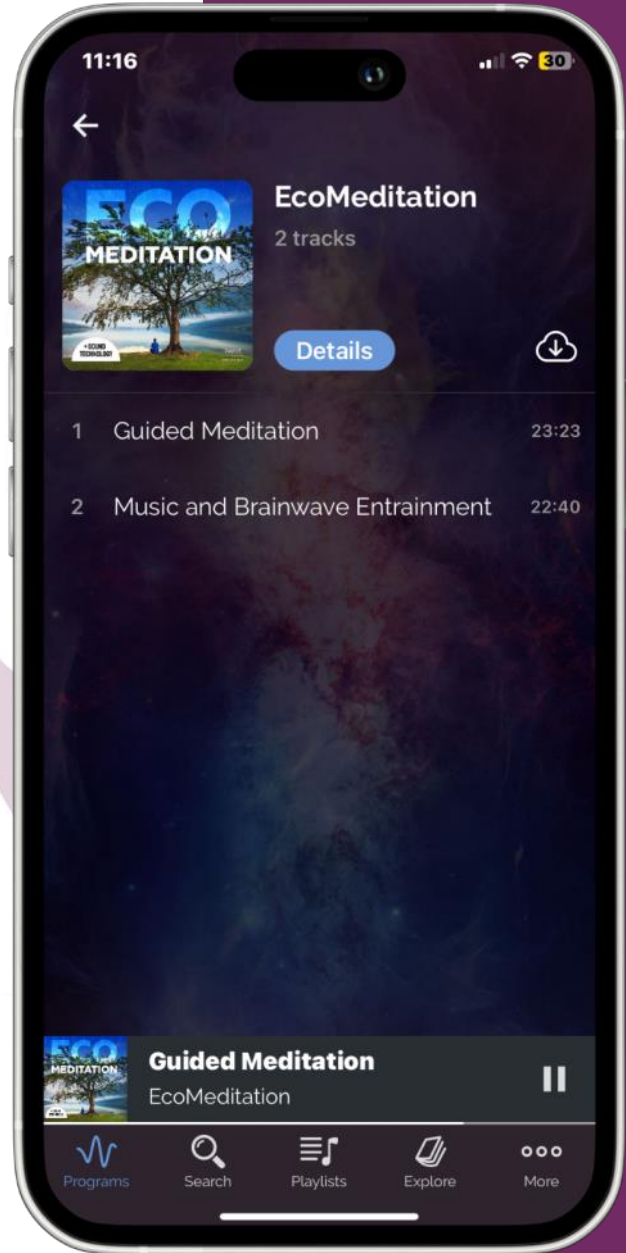
<https://www.iAwaketechologies.com/blog/>



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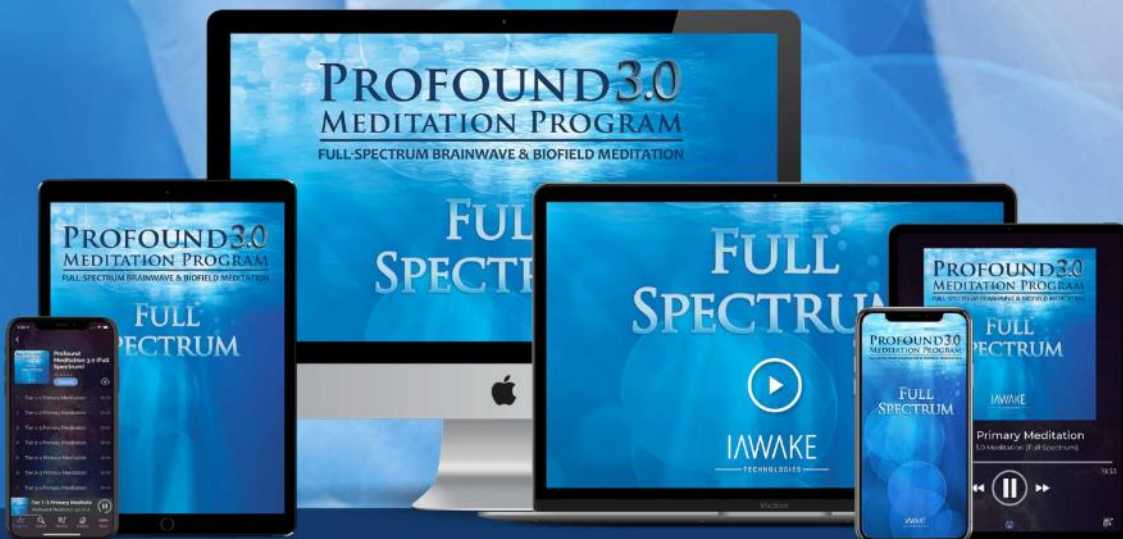
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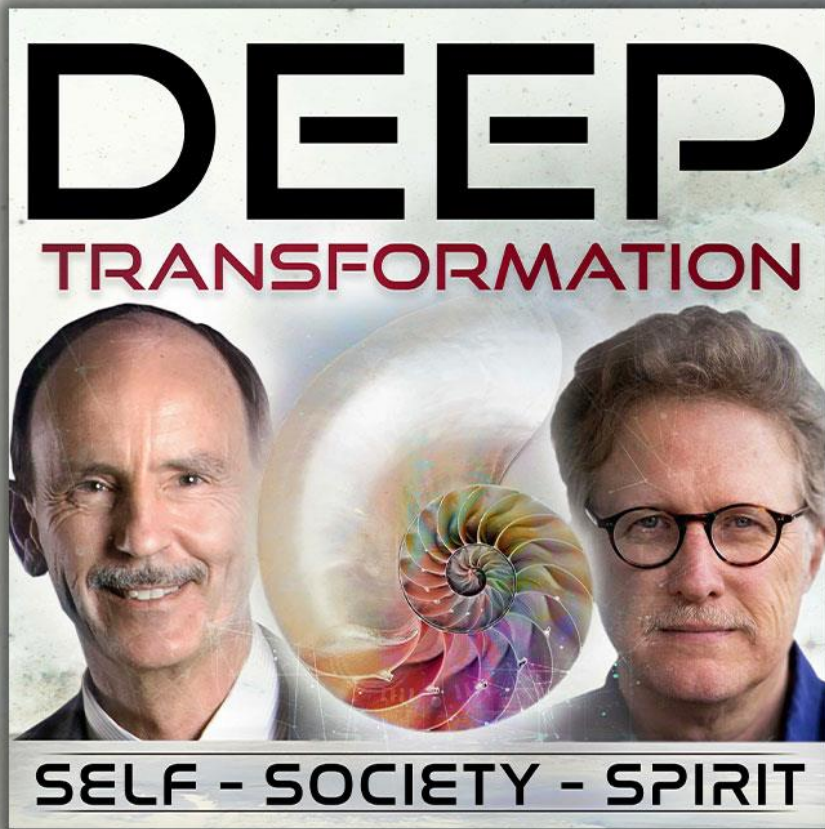
# PROFOUND 3.0 MEDITATION PROGRAM

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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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