



# SHADOW

The Light and the Darkness

Uncovering the Hidden Places in Our Souls

USER GUIDE

I AWAKE<sup>®</sup>  
TECHNOLOGIES

JOSEPH KAO



# DISCLAIMER

The user of *Shadow, The Light and the Darkness* 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 *Shadow, The Light and the Darkness*, as they are more susceptible to seizures.

**Finally, DO NOT LISTEN TO ANY SHADOW, THE LIGHT AND THE DARKNESS AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *Shadow, The Light and the Darkness* 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 *Shadow, The Light and the Darkness*.

In no case will iAwake® Technologies, Integral Recovery, or other distributors of *Shadow, The Light and the Darkness* 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 *Shadow*, *The Light and the Darkness*.

## 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 *Shadow, The Light and the Darkness*

Hello and welcome to *Shadow, The Light and the Darkness*.

In days of old, in the royal court, it was the role of the fool to speak the truth. The fool didn't try to placate or flatter the monarch, but drew attention to the elusive obvious, to the simple truths others were too afraid to acknowledge. Keeping a fool in the court meant that the monarch wasn't living in an echo chamber. A truth-telling fool kept the leader humble and wise throughout their reign.

Working with the shadow is very much the same.

Shadow work needn't be a grim or heavy process. On the contrary, it can be filled with lightness, humour, relief, and acceptance. It naturally opens us to love, to having deeper compassion for ourselves and others, and a realization of the choices open to us.

The guided process within this program is designed to be deeply relaxing and enjoyable, in a way that makes it much easier to calmly open to what's right there in front of you.

Remember that your shadow isn't something mysterious or far away. It's right here with you, waiting to be seen, heard, and acknowledged. It's simply the aspects of your psyche — the strengths, qualities, and primal impulses — that you haven't yet recognized as your own.

When you do so, you become so much richer and wiser for it, more fully human, authentically expressing who you are and living in accord with your true values.

I hope you very much enjoy the journey, and that you discover your own unique treasures on the path ahead.



Joseph Kao

# About

## Track Details

### **01 Shadow, The Light and the Darkness - Guided Meditation [30 minutes]**

A deeply immersive, vocally guided journey for identifying and embracing your shadow.

### **02 Shadow, The Light and the Darkness - Soundtrack [30 minutes]**

The same soundscape and brainwave frequencies as track one, but with no verbal guidance. Use this to extend your meditation, process what has unfolded in listening to track one, or for doing your own self-guided work.

### **Total of 60 minutes**

*Available on the iAwake® App, digital download (MP3, WAV, FLAC, and ALAC formats), as well as an optional CD.*

### **Use *Shadow, The Light and the Darkness* to:**

- Know your own strengths and inner resources
- Open to self-compassion, acceptance, and forgiveness
- Feel more empathy and intuitive connection with others
- Stop over-reacting to people who push your buttons
- Feel much more comfortable and at ease in yourself
- Let go of harsh self-judgement
- Experience a release of natural energy and vitality
- Develop a richer, deeper understanding of yourself



As you use *Shadow, The Light and the Darkness*, we encourage you to share your stories with our community of practitioners on Facebook:

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

# How to Use

As initial protocol, I recommend listening to track one at least five times a week for three weeks. The results you get will deepen with each listening.

After the first three weeks, you can return to track one as often as you find useful, or use track two for your own, self-guided shadow work.

As you listen, when you are asked to contemplate a particular person, I recommend that you don't pressure yourself to come up with a specific person. Sometimes an individual's face or voice may spontaneously come to mind. Other times, you may just have a more general sense of "that kind of person."

Whatever your experience is, it's okay, and it will be different on different days.

Trust that there is more of you listening and responding than just your conscious awareness.

As long as you relax and follow along with the words, you will start to notice shifts and releases happening — sometimes in subtle ways and sometimes in profound, deeply affecting ways.

# Technology

## Brainwave Patterns Targeted

The harmonically-layered brainwave pulses embedded in these tracks are designed to induce a deep theta state, with bursts of gamma waves. This mind-awake/body asleep state is associated with emotional healing, spontaneous insights, and deep transformation.

## **Soundtrack Details from the Creator, Joseph Kao**

The multi-layered soundtrack to *Shadow, The Light and the Darkness*, contains a unique combination of advanced brainwave entrainment principles.

The tracks contain ever-evolving layers of sound textures, 3D nature sounds, high-definition pink noise, and pure sine waves. Every element of the soundscape is embedded with subtle rhythmic pulsations created through binaural beats, amplitude modulation, and rhythmic panning techniques.

Many of these sound pulses are not designed to be perceived consciously, but they all work together as a harmonic matrix to guide the brain into the optimal state for doing powerful, healing inner work.



## About the Creator

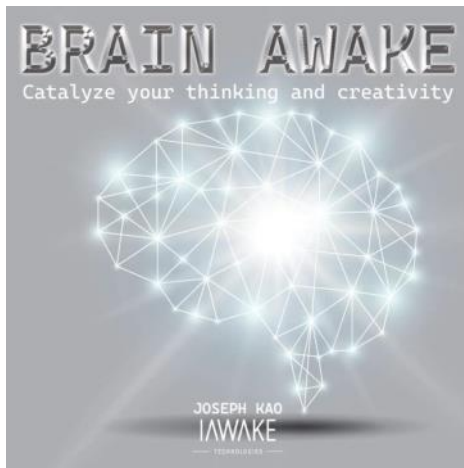


**Joseph Kao**, creator of the very popular tracks, *Brain Awake*, *Profound Releasing*, *Profound Renewal*, *Sound Asleep*, *Journey to the Center of the Self*, and *Journey to the Depths of the Soul*, is a hypnotherapist and a solution-focused therapist with a private practice in Cambridge, UK.

He teaches psychotherapy, storytelling, and improvisation courses internationally, and has co-created a library of hypnosis sessions that have been used by over a million people.

Joseph has practiced meditation since the late 1990s, and he's used brainwave entrainment as a core part of his practice throughout this time. He is a father of two, a keen cold-water swimmer, and is currently exploring how theater and improv intersect with psychotherapy and personal development.

# Other Works by Joseph Kao



## [Brain Awake](#)

*Catalyze your thinking and creativity*

*Brain Awake* is a uniquely powerful audio program for accessing states of peak performance and flow. Weaving a profound, transformational, guided meditation with advanced brainwave entrainment technology, *Brain Awake* is designed to dramatically boost your concentration, memory, intuition, and creativity.

*"The perfect pick-me-up when focus and a brain boost is needed." ~ Rhonda*

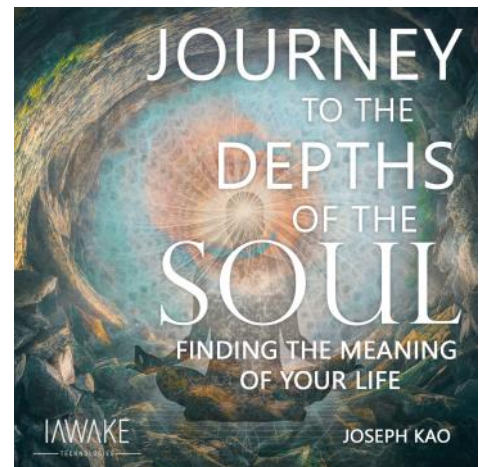
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## [Journey to the Depths of the Soul](#)

*Finding the Meaning of Your Life*

Deeply connect with your soul and stay true to your soul path. *Journey to the Depths of the Soul* is a life-transforming series of guided meditations and mesmerizing, consciousness-altering soundscapes, from master hypnotherapist Joseph Kao.

*I lost my sense of time. Felt like I'd connected with the Unified Field. ~ Dean Murphy*



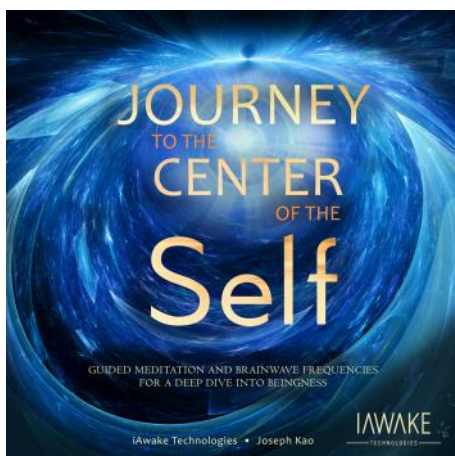
## [Journey to the Center of the Self](#)

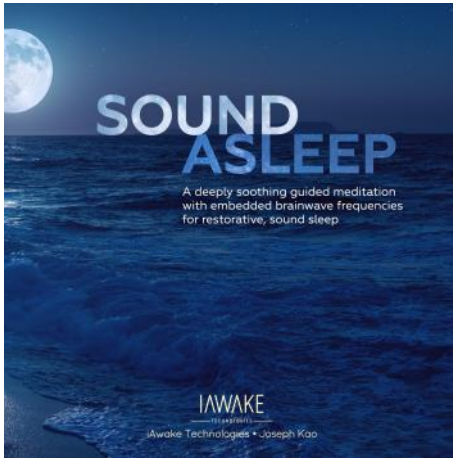
*Guided Meditation and Brainwave Frequencies for a Deep Dive into Beingness*

A powerfully inductive, yet gentle guided meditation supported by a deeply immersive, consciousness-altering sonic massage that guides us to experience pure awareness -- which is our deepest Self.

*"It was a beautifully guided journey leaving enough space for deep meditative states, internal openness and a pure awareness experience". ~ Lorrie*

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## Sound Asleep

*A deeply soothing guided meditation with embedded brainwave frequencies for restorative, sound sleep*

A soothing, dream-like blend of words, ocean waves, and advanced brainwave entrainment, *Sound Asleep* is designed to give you more peaceful, restorative sleep, night after night.

*"I was asleep by the end of the two tracks, right. What more could I ask for?" :) ~ Lauren K*

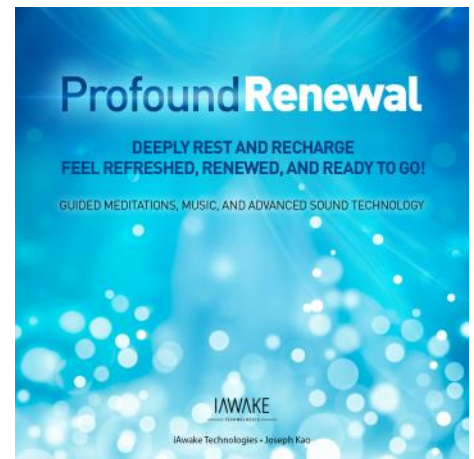
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## Profound Renewal

*Deeply Rest and Recharge: Feel Refreshed, Renewed, and Ready to Go!*

As a young father, Joe was personally motivated to create a program that would help him find energy and balance to respond to the gifts and challenges of his life.

*"I'm very impressed by this audio track — by how simplistic yet effective it is." ~ Michael Lapetina*



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## Profound Releasing

*Free yourself from limiting thoughts and emotional blocks, using the power of the heart*

Open your heart and allow a deep sense of love and compassion to flow through your body and mind.-- it's not for everyone. Brainwave entrainment for deep, deep practice.

*"I love this product. It creates deep, sustainable, meaningful change for me on bodily, emotional, personal, human levels."*

~ Sebastian Stark



# Support



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iAwake® Technologies Practitioners Forum:

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FAQ:

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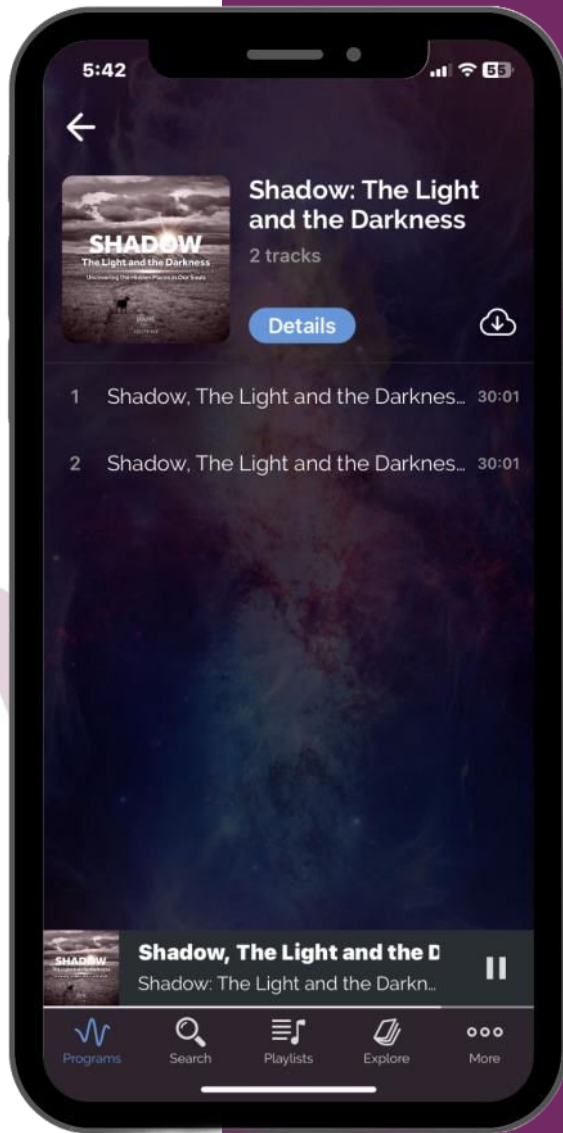
<https://www.iAwake® technologies.com/blog/>



Customer Support:

[support@iAwake® technologies.com](mailto:support@iAwake® technologies.com)

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The iAwake  
Technologies App

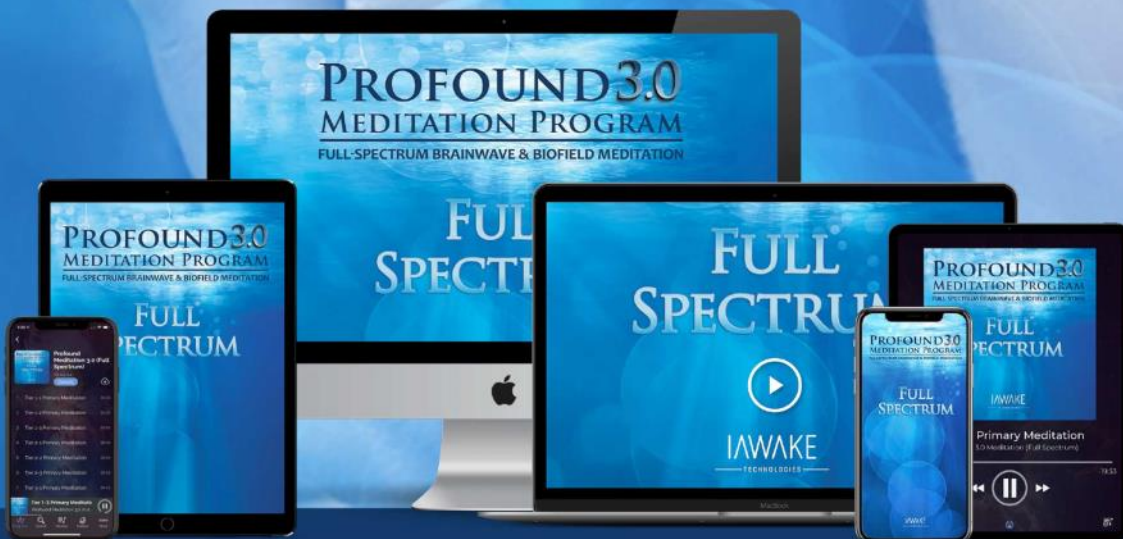




# PROFOUND 3.0 MEDITATION PROGRAM

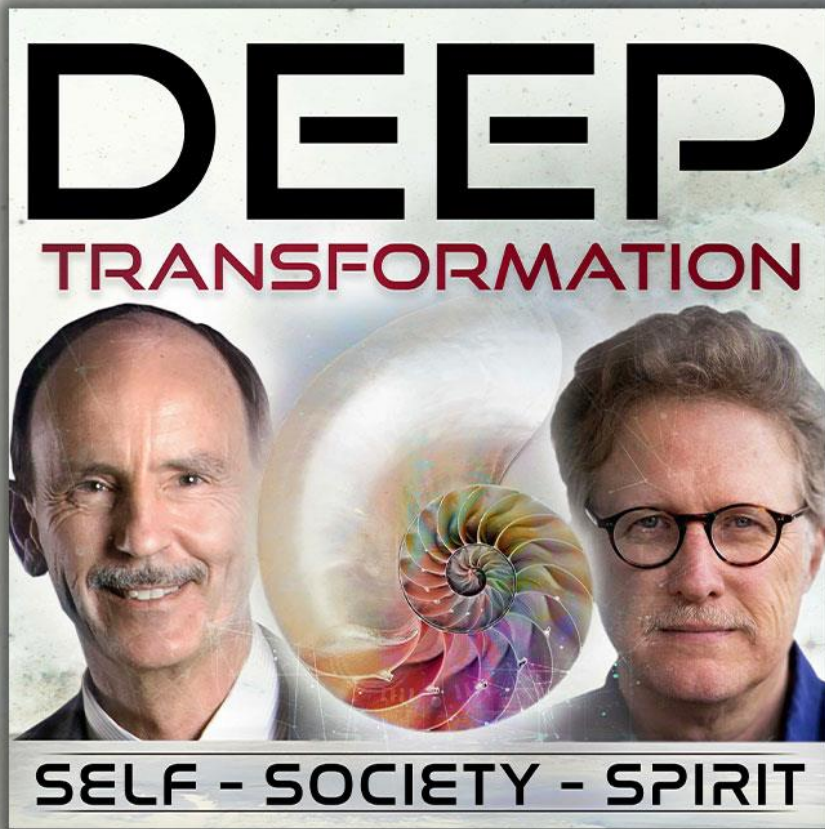
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Wrestle with the questions.  
Become the answers.

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

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