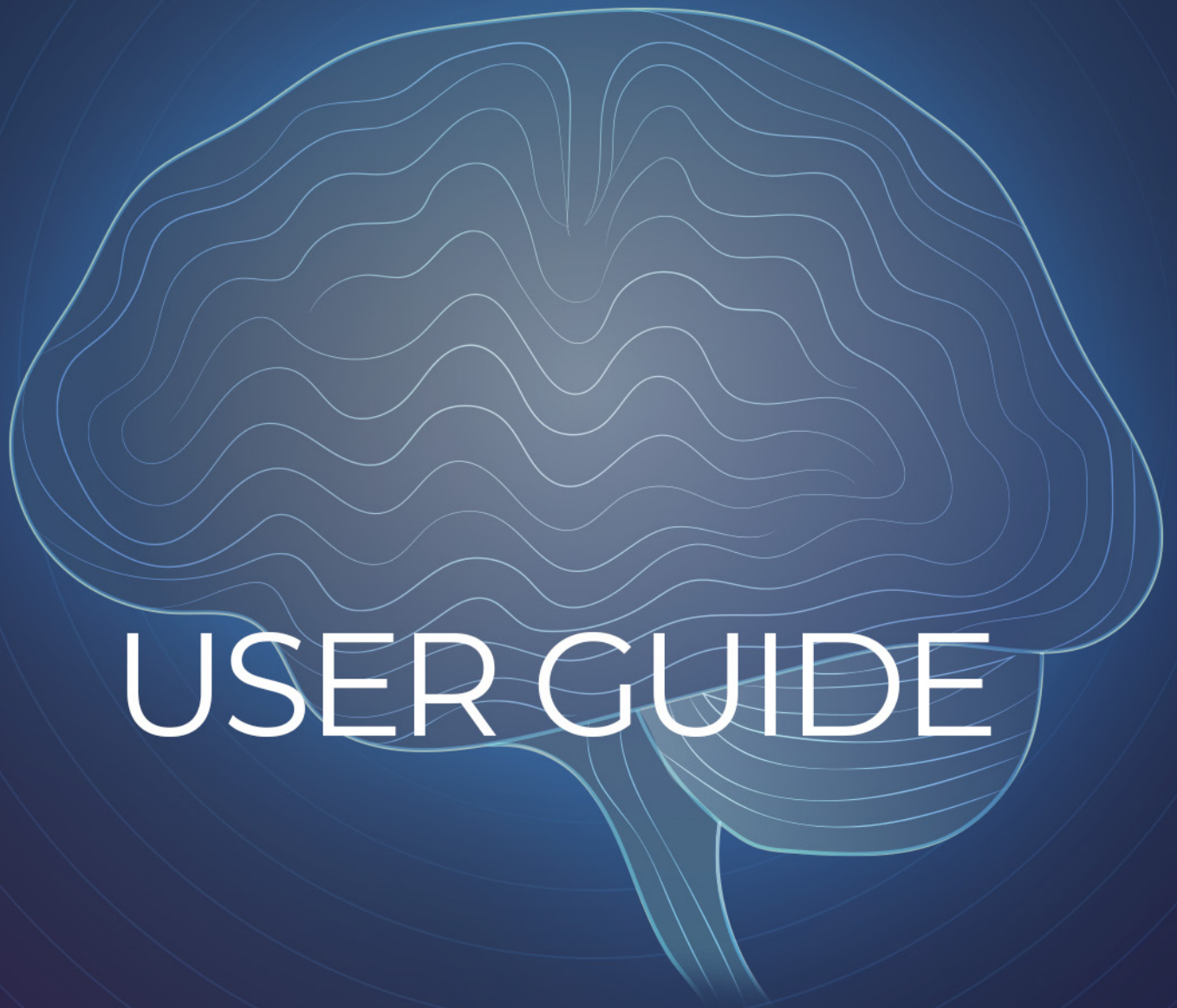


WAVES OF INTENTION

A SONIC COMPANION FOR DEEP FOCUS



USER GUIDE

DISCLAIMER

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

Finally, DO NOT LISTEN TO ANY “WAVES OF INTENTION” AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Waves of Intention* 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 *Waves of Intention*

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

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 “Waves of Intention”

I am excited to welcome you to *Waves of Intention*, developed by iAwake’s remarkable new friend and colleague, Noah Ydreskog.

Waves of Intention is something that is sonically unique for iAwake® in that it is a drone sound, or brown noise, in which the brain entrainment technology embedded in the tracks entrains the brain to both low delta and high gamma simultaneously.

This is interesting, because delta is a powerful and slow brain wave, associated with deep relaxation and deeply healing meditative states, while gamma has been shown to enhance rapid and creative cognitive functioning to a high degree. Great stuff!

Besides enjoying using *Waves of Intention* for meditation, I have also found it to be very good for doing mental work, such as studying, reading, or writing—it seems to give me extra wings with which to fly.

It is my hope that you will find Noah’s *Waves of Intention* to be an extraordinary tool for your meditation practice, and as helpful, healing, and inspiring as I have found it to be.

Warmly,

A handwritten signature in black ink that reads "John".

John Dupuy

CEO, iAwake® Technologies

Welcome Letter from the Developer, Noah Ydreskog:

Thank you for your interest in my track, *Waves of Intention*. It was designed to deepen your meditation by shifting your neural firing frequencies to those most optimal for the present moment.

This may be novel to you because it was designed with a "new" technology not previously publicly available outside of some niche circles: symmetric phase modulation. This is a traditional radio modulation technique; however, only in the last decade has it been researched as a brainwave entrainment technology. The original designer, ex-military F. Holmes Atwater, conducted studies with hundreds of subjects. It has also been used by the Awakened Mind Institute.

Symmetric phase modulation involves a tone moving horizontally in the stereo 3D field from various angles. It's the closest technology to binaural beats in that the brain itself produces the resulting tremolo effect. However, unlike binaural beats, this technology allows for extremely high-frequency signals and even the mixing of such.

This track is a result of testing various combinations on myself, friends, and family members for over a year.

I recommend using it for meditation, but also whenever you feel like it. Given that it combines low and high frequencies, your brain's reticular-activating system will resonate with the ones that suit the moment. As a result, neurotransmitters are regulated and balanced.

I hope it helps you as much as it has helped me, my friends, and my family. It gives my dad a pleasant break from his tinnitus—allowing him to nap if he so desires—and helps a friend with her consciousness and out-of-body explorations.

Enjoy!

ABOUT

Track Details

01: Waves of Intention (30 minutes)

Perfect for daily meditation or getting into a flow state quickly.

02: Waves of Intention Extended (60 minutes)

For those who desire more advanced meditation or longer work/study focus sessions.

Remember to drink plenty of water, and avoid hunger before and while using the track.

Total of 1 hour & 30 minutes

This program features a unique brainwave entrainment formula designed to help you:

- Meditate more deeply
- Experience deep focus in the present moment
- Be more creative, in the flow, and productive
- Open your mind to insights and new perspectives
- Feel grounded and connected
- Get through the day without grogginess
- Discover the power of the subconscious mind



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

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

HOW TO USE

Use *Waves of Intention* to:

- Meditate with and experience the state most conducive to your meditation practice
- Enhance focus and creativity during work
- Get through the day with more energy, or as a quick pick-me-up
- Explore the hypnagogic state when used while sleepy
- Explore the most advanced states of mind

It's a good idea to drink water before and after the listening session. If your intention is to experience the effects of high-frequency states, it's best to avoid hunger, so feel free to have a meal prior to the session to ensure you have the energy required.

There are no requirements when using this track; rather, it's best to try it and use it as little or as much as you like—in the situations and at the times that feel right for you. There are no specific expectations to have, but you'll probably learn over time how it affects you personally.

Although the tracks are an excellent aid in deepening meditation, they can also be a good tool to enhance your focus. You don't need to pay attention to the sounds if you don't want to—the soundscape will work just as well regardless.

You can use *Waves of Intention* at as low a volume as you want, so long as you can perceive the brown noise and tones. It won't be more effective at high volumes—we don't want to annoy the brain!—but the volume can be raised if you want to mask out noise in your surroundings, or if you feel that it's more enjoyable.

Headphones are preferred, but speakers will work fine if they are far apart and you're sitting nearby in the center. A bit of crosstalk or channel leakage doesn't reduce the effectiveness.

TECHNOLOGY

Brainwave Patterns Targeted

High gamma (a.k.a. lambda) and low delta in synchrony.

High gamma has been getting a lot of attention in the past decade, after a study showed that Buddhist monks doing loving-kindness meditation produced it. The reliability of this study is debatable given the EEG used was prone to artifacts (such as eye movements and jaw clenches); however, the Awakened Mind Institute has since done plenty of research on gamma frequencies, correlating the frequencies to states of mind experienced by healers, psychics, etc. using very advanced EEG.

Low delta frequencies have anecdotally been proven to help with the processing of trauma and catharsis, and have been used by millions of people throughout the decades with great success.

Waves of Intention was designed with a technology not previously publicly available outside of some niche circles: symmetric phase modulation, which involves a tone moving horizontally in the stereo 3D field from various angles. It's the closest technology to binaural beats in that the brain itself produces the resulting tremolo effect. However, unlike binaural beats, this technology allows for extremely high-frequency signals and even the mixing of such.

Soundtrack Details from the Developer, Noah Ydreskog

I follow the idea that brainwave entrainment “fools” the reticular activating system in the brain that the audio signal is actual brain activity — a concept theorized by F. Holmes Atwater at the Monroe Institute decades ago. Therefore, mixing brainwave frequencies to create a complex pattern in one track is of particular interest to me.

Waves of Intention uses the most recent technology in the brainwave entrainment domain — symmetric phase modulation. It has been researched in various online scientific studies involving hundreds of subjects with positive results. We studied the auditory technology thoroughly, and made an algorithm to create this type of brainwave entrainment using custom-made software.

We have tailored the frequencies with advanced auditory processing that use harmonic processing to avoid interference between frequencies. This creates a beautiful mix of gamma and delta frequencies that work together to follow the intention of your meditation or work session.

I recommend listening to lossless sound files like FLAC over MP3. It is also suggested to listen at a moderate volume.

ABOUT THE DEVELOPER



Since I was a teenager, I've been interested in ways to change and improve the brain. I experimented with binaural beats for over seven years and gained a deep interest in audio production. All my tracks are carefully engineered in my own software, with impeccable waveform integrity, taking into account everything from Nyquist theory to headphone/speaker capacity—to deliver an accurate acoustic environment for your brain.

SUPPORT



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.iAwaketechologies.com/support/teleseminars/>



FAQ:

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



Blog:

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

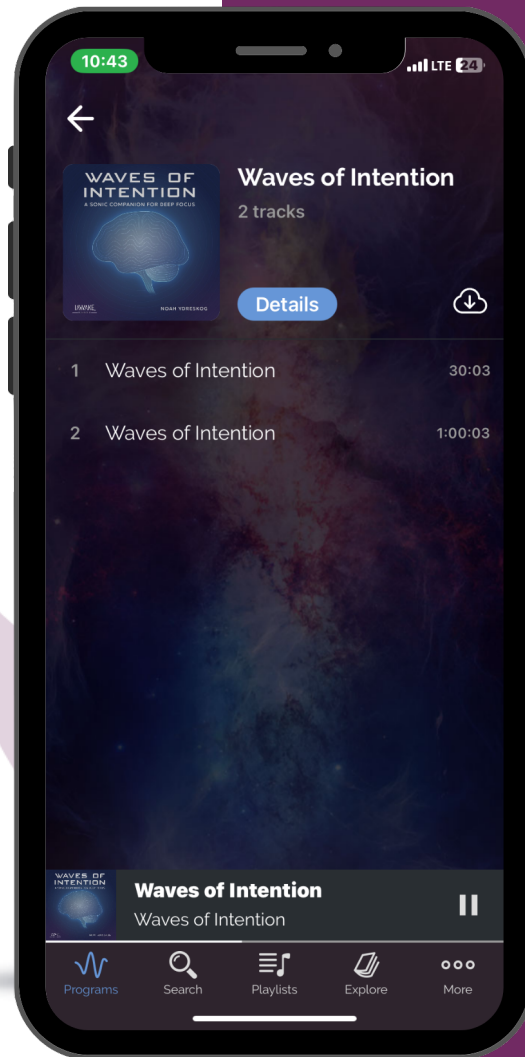


Customer Support:

support@iawaketechologies.com

LISTEN ON

The iAwake Technologies App



PROFOUND 3.0

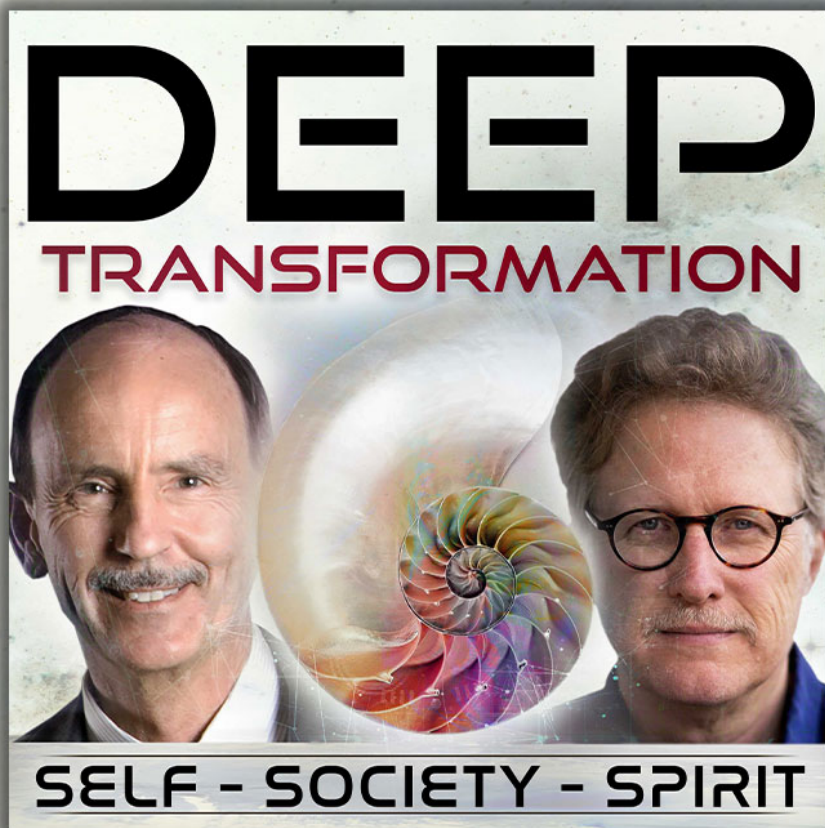
MEDITATION PROGRAM

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amazon music

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

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

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