



**iAwake**  
technologies

*Silence Meets Stillness*

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om](http://www.ProfoundMeditationProgram.com)  
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# Profound Joy Meditation

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# Profound Joy Meditation User Manual

**IMPORTANT: Please read  
this manual carefully and  
in its entirety before your  
first use.**

## ***Disclaimer***

The user of the Profound Joy Meditation, hereby referred to as PJM, agrees that this software is designed solely for self-improvement, learning, aid in motivation, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, express or implied. Those meeting any of the following conditions, whether knowingly or not, should not use this application:

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or have had seizures

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

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness

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 PJM as they are more susceptible to seizures.

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

The user of the PJM application assumes all risks in using PJM, 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 PJM application.

In no case will iAwake Technologies, LLC or other distributors of the PJM application be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its technology, 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 Boulder, Colorado 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.

## What Is Profound Joy Meditation?

The *Profound Joy Meditation* session is comprised of a series of precise frequencies that have been carefully arranged in such a way as to have a profound and beneficial effect when used regularly.

Because this System is very powerful, however, it is recommended to be listened to only 1 to 3 times per week, with at least one or two days of non-use in between sessions.

***Headphones are required for maximum benefit.***

These recordings are best listened to at the highest **COMFORTABLE** volume, with your eyes closed and in a sitting position. (Higher volume = greater entrainment. But if the volume is too high, then the sympathetic nervous system will be too highly stimulated to allow relaxation.)

As with physical exercise, it is important to "exercise" your brain every day. The more you use these recordings on a regular basis (e.g., every Monday and Friday, or Monday, Wednesday and Friday), the more positive changes you will be likely to manifest. The more consistent you are in allowing this system to exercise your brain and nervous system, the more profound the result you will witness. *Plus, after about a month of daily use, the brain begins to integrate the new capacities it has gained!*

***Profound Joy Meditation*** utilizes a unique form of brainwave entrainment to rhythmically induce healthy brainwaves through the use of pulsed sound and energy psychology. Brainwave research has discovered specific brainwave patterns that help facilitate ***highly focused*** mental states and **optimal brain functioning**.

As you listen to ***Profound Joy Meditation*** your brain will be ***precision-tuned*** to brainwave patterns similar to those found in seasoned meditators during the practice of Tibetan Buddhist Loving Kindness Meditation.



## ***File Information For Optimal Entrainment Results***

**If you only have a digital version of *Profound Joy Meditation* (WAV files or Apple Lossless files):** Due to the inconsistencies in PC sound cards and speakers, it is suggested that you burn a CD of the recordings to ensure that you do not miss out on any of the experience. **Never record more than 70 minutes of sound per CD.**

**NOTE:** We strongly recommend not converting these tracks to MP3 format, because the MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality WAV file or Apple Lossless file. If you wish to burn them to a CD, burning them as WAV files or Apple Lossless 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."

## ***Compatible Players***

### **WAV**

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at [www.getsongbird.org](http://www.getsongbird.org))
- *MP3 Players* – Most MP3 players play WAV files.

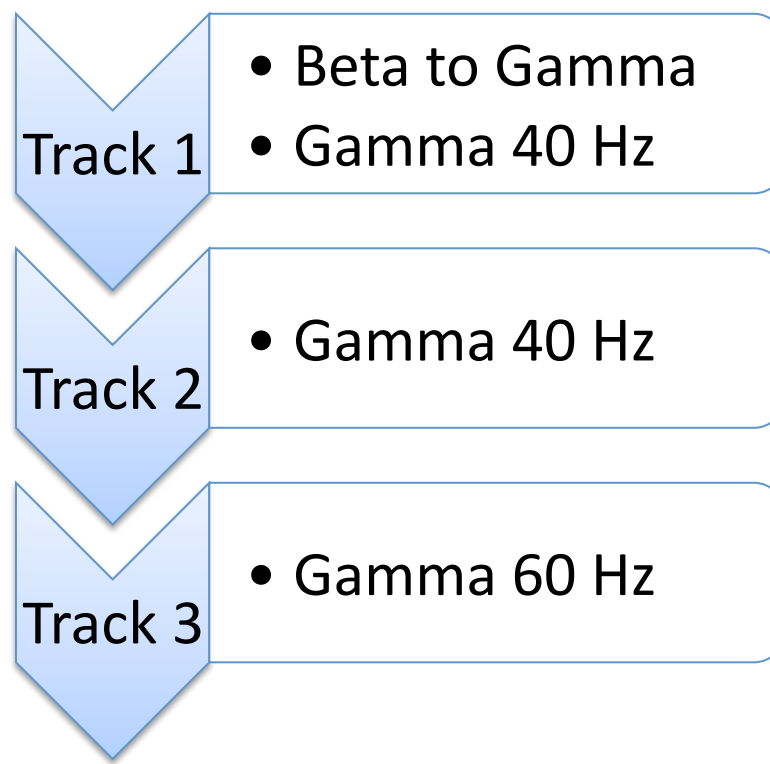
### **APPLE LOSSLESS**

- *Computer Media Players* – iTunes
- *MP3 Players* – iPod

## **Customizable Session Lengths**

- Sessions can be customized to 20-, 40-, 60- and 80-minute lengths to best fit your schedule.
- Tracks 1, 2 and 3 are 20 minutes each.
- Listening to all three tracks in succession will result in a 60-minute session.

## **Targeted Brainwave Patterns**







## What Makes Profound Joy Meditation Different From Other Entrainment Programs?

### The iNET Process (Integrated Neural Entrainment Technology)

The proprietary iNET process envelops brainwave activity, strategically guiding it toward transformative states of consciousness. Rather than embedding simple binaural frequencies into a nature soundtrack, iNET influences neurological activity through a multi-layered approach that combines numerous brainwave entrainment strategies (one of which is original and exclusive to iAwake Technologies) with breakthroughs in energy psychology.

Conventional brainwave entrainment (BWE) works because its rhythmic pulses are able, at least to some degree, to attract the brain's neural firing rhythms into its own rhythmic train of influence. However, because brain waves and neurological processes are essentially *nonlinear* and *dynamic*, the entrainment signal generated by conventional forms of entrainment (e.g., binaural, isochronic and monaural beats) is severely limited in its capacity to engage the brain's neuro-electrical modulations into its own series of oscillations.

The iNET process significantly improves the efficiency of BWE by seamlessly integrating **multiple** entrainment methodologies into a *synergistic and powerful whole*, thereby captivating more of the brain's dynamic flows to produce phase synchronous brain waves and deep states of meditation. This results in a profoundly blissful and transformative experience.

The first five entrainment methods address the rhythmic aspect of entrainment, followed by two methods which concentrate on adding intensity and energetic invigoration, and the eighth method uses high-frequency modulations to both compliment the BWE signals and produce certain aspects of the Tomatis Effect in record time.

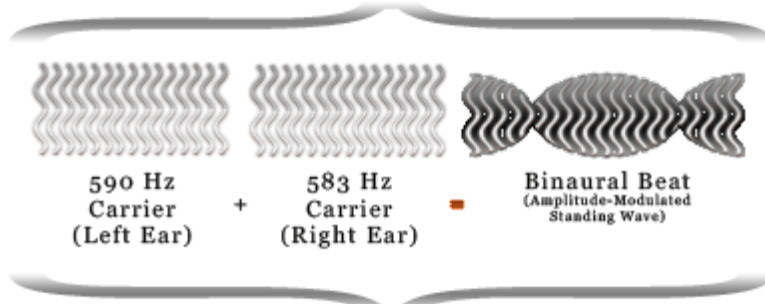
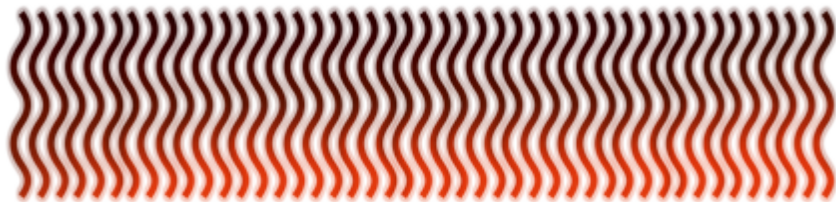
The eight entrainment methodologies are:

#### 1) Exhaustive Binaural Encoding:

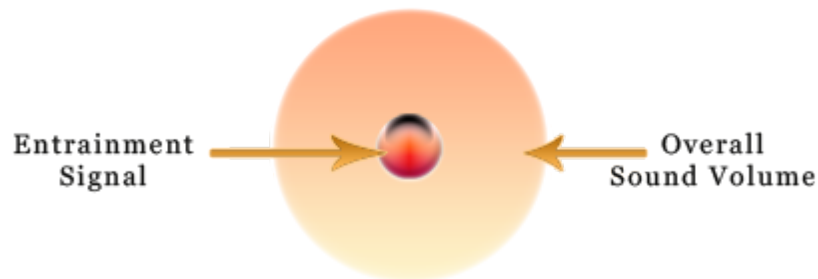
Virtually every sound in the Profound Joy Meditation soundtrack is binaurally encoded - even the mountain stream sounds, whereas most entrainment tracks superimpose nature soundtracks over the binaural signals (heard as low, monotonous tones in the background), so that the only entrainment signals are coming from the two tones *and nothing else..*

## CONVENTIONAL "BINAURAL BEAT" METHODOLOGY

NATURE OR MUSIC SOUNDTRACK  
(Superimposed over the binaural carrier tones)



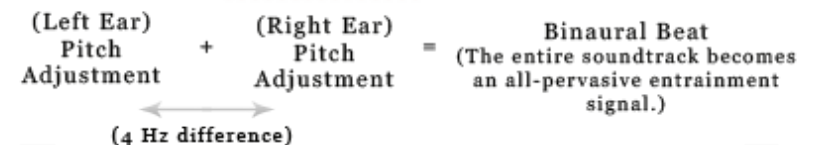
RATIO



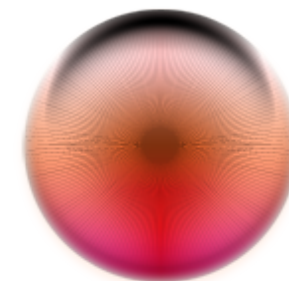
Improving upon the conventional binaural technologies used by the majority of the BWE industry, the iNET process uses virtually any and every sound in the soundtrack as the entrainment carrier by strategically juxtaposing the left and right stereo channels in relationship to one another.

This in turn produces a much stronger binaural signal, effectively transforming the entire soundtrack into a persuasive entrainment beacon.

## THE INET APPROACH TO BINAURAL BEATS

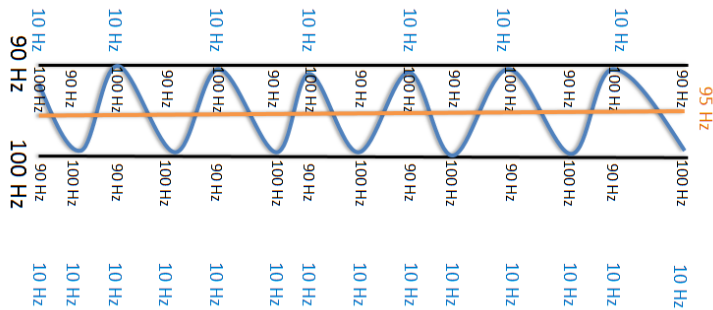


RATIO



## 2) Trinaural Spatial Panning:

iNET uses a brand new and exclusive form of creating binaural signal that combines the power of binaural entrainment and isochronic entrainment into a unified signal. This method produces a much more persuasive entrainment signal.



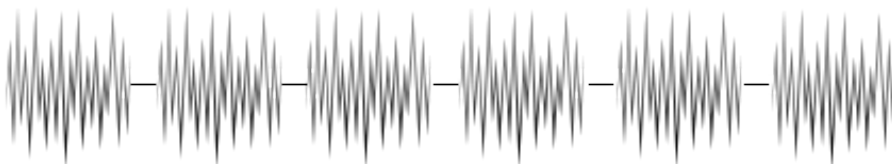
## 3) Harmonic Layering:

Multiple binaural signals are harmonically layered to create a more effective entrainment stimulus.

## 4) Rhythmic Entrainment:

By precisely and rhythmically modulating various audio parameters (e.g., volume, panning, etc.), additional layers of entrainment are produced. And when combined with the binaurally encoded sound source, the entrainment effect is much more pronounced.

### RHYTHMIC ENTRAINMENT



## 5) Temporal Entrainment:

By altering the pitch and tempo of virtually every sound to rise and fall in perfect step with the binaural and rhythmic signals, entrainment is further enhanced. This acts as a natural pacing technology, slowly relaxing breathing and heart rate as well.

Because the body naturally synchronizes to its surrounding environment (which includes musical environments), the body and brain both detect the subtle tempo and pitch changes in the soundtrack. This affects a shift in autonomic nervous system functioning, which in turn deeply compliments the neural entrainment signals generated binaurally and rhythmically.

Breathing and heart rate significantly slow down in direct response to this stimulus, and the more efficient heart rate now influences brain rhythms through increased electromagnetic coherence.

### INET'S APPROACH TO TEMPORAL ENTRAINMENT

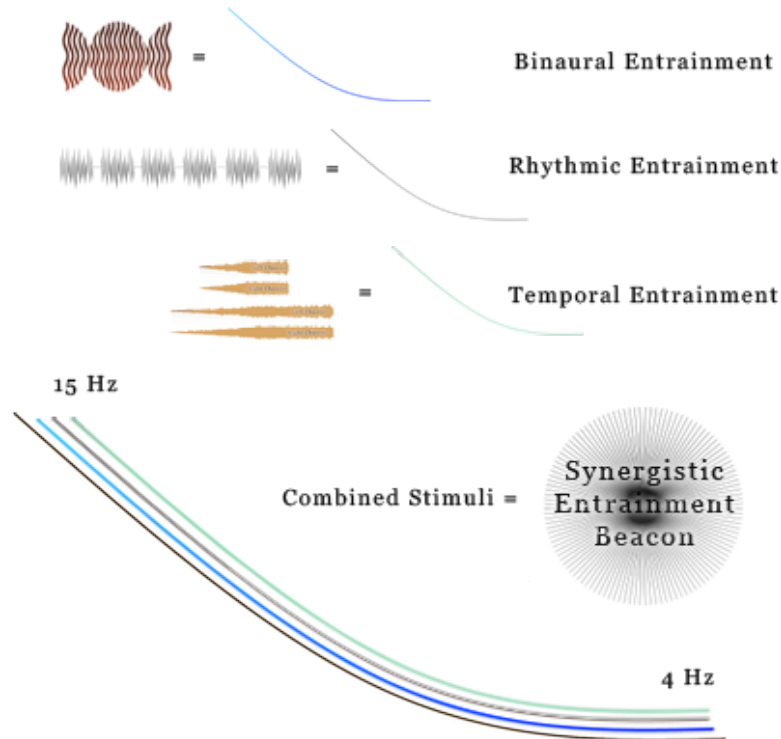
#### Original Sound Source



#### Original Sound Source Stretched



## THE INET MEASURED ENTRAINMENT SIGNAL



### 6) Energetic Entrainment:

Uplifting and blissful biomagnetic energy frequencies are embedded in the soundtrack in an envelope of white noise through the use of energy medicine technology. The result is a subtle but enlivening, tingling bodily feeling, much like an endorphin high, at the end of each session. In fact, you'll feel the effects long after each listening session, because the energy continues to interact with your biofield.

This layer of energy entrainment, similar to the energy transmitted in spiritual empowerments in various wisdom traditions, is experienced as profound relaxation, release and bliss. And this elated feeling permeates the entire body, growing with you throughout the day.

## INET: BRAINWAVE ENTRAINMENT VS ENERGETIC ENTRAINMENT



### Brainwave Entrainment

Focuses primarily on brain stimulation, which has a cumulative effect on the biofield.



### Energetic Entrainment

Focuses primarily on strengthening the biofield, which has a cumulative effect on brainwaves.

## THE INET APPROACH



### Combined Brainwave & Energetic Entrainment

The brain and biofield are stimulated simultaneously, for an invigorating, energizing effect.



## 7) Solfeggio Frequencies:

Dr. Joseph Puleo postulated the existence of a Solfeggio scale, made up six electromagnetic sound frequencies which exert invigorating influence on the mind and body. While little scientific evidence for their efficacy in personal transformation exists, numerous anecdotal reports (as well as our experience with specific frequencies) and research in cymatics suggest that these frequencies do indeed influence the mind and body in beneficial ways.

The Solfeggio frequency used in *Profound Joy Meditation* is 639 Hz, which is believed to facilitate a deep heart connection to people, places, circumstances and things in the immediate and extended environments.

## 8) Ultra-High-Frequency Modulation:

iNET creates certain aspects of the 'Tomatis Effect' in record time by modulating an ultra-high-frequency sweep (from a high frequency base up to the very reach of the human audio spectrum and back again), which is inaudible to most adults, more than 6.5 times per second.

This high-frequency modulation has an energizing effect on the brain by way of stimulating the vestibular function. The following benefits have been reported:

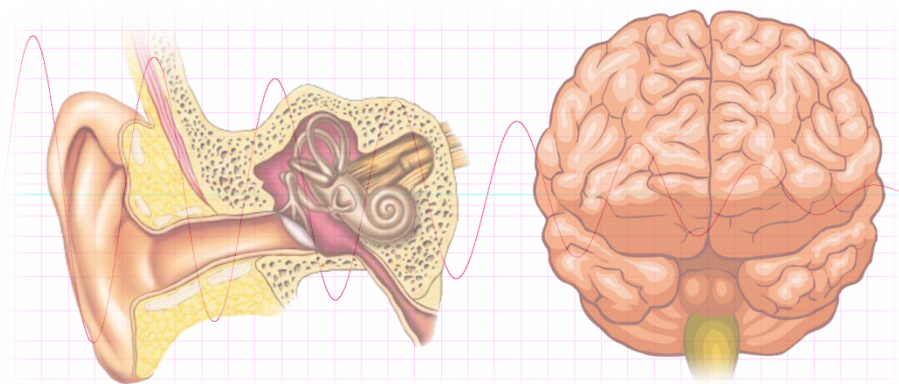
- Increased energy and vitality
- Improved attention, concentration, and memory
- Increased sense of well-being
- Decrease in irritability and stress

iNET then *embeds entrainment in this high-frequency modulation*, which in turn creates an additional layer of entrainment.

The synergy of the individual iNET elements results in a powerful entrainment beacon, capable not only of evoking very deep and blissful states of meditation, but ongoing transformation as well.

## Brainwave Correlates

- **Beta (13 Hz – 39 Hz):** Sensorimotor awareness - Wide awake - Alert - Focused - Analyzes and assimilates new information rapidly - Complex mental processing - Peak physical and mental performance - Cannot be sustained indefinitely - Prolongation of beta can lead to exhaustion, anxiety, and tension - Short bursts of beta have been used for improving cognitive intelligence
- **Alpha (8 Hz to 13 Hz):** Accelerated learning - Beginning of drowsiness - Relaxed alertness - Zen meditation - Open focus (term coined by Dr. Les Fehmi) - Can stimulate the release of serotonin (vital in the regulation of mood and sleep)
- **Theta (4 Hz to 8 Hz):** Hypnagogic state - Dreaming sleep - Creativity inspiration - Vivid imagery - Deep meditation - Out-of-Body experiences - Long-term memory – Spontaneous emotional release – Profound attitudinal and behavioral changes
- **Delta (.5 Hz to 4 Hz):** Deep dreamless sleep - Formless/expansive awareness - Very deep meditation - Healing and recuperation - Empathy



## General Listening Instructions

Please take the time to read these instructions in full.

You'll be glad you did :-)

- Schedule a time for you to listen. This will help your mind/body to come to expect its use and accept your listening as a "habit" that will be easier to maintain. First thing in the morning is ideal.
- Because Profound Joy can be rather stimulating, it is recommended to listen first thing in the morning.
- Also because of its stimulating effect, it is recommended to listen only 1 to 3 days per week, with at least 1 or 2 days of non-use in between.
- Listen to the recordings where you are less likely to be interrupted by things like the telephone or neighbors.
- You may seat yourself in a comfortable chair with head and neck support.
- **Listen with eyes closed**, as this allows more of your attention to be available for optimal entrainment.
- ***Always sit upright while listening***, as this best facilitates the increased attention, focus and energy that will accrue during listening sessions. If you lie down, you simply will not reap all of the positive benefits that can come from meditation.
- ***Headphones are required.***
- You should listen to these recordings at the highest possible volume while still being "**COMFORTABLE**". You don't want to strain yourself; the idea is that the louder the sounds, the deeper the entrainment may be, due to the increased stimulation to the brain. **COMFORT** is very important. If you listen to the recordings at too high a volume, you are working against the purpose of these recordings.
- It is recommended to drink a glass of water before and after every session, as this aids your brain's natural waste by-product disposal. And because Profound Joy increases cerebral blood flow, drinking water increase the efficiency of the entrainment, both short- and long-term.
- While you will reap many benefits simply from listening to Profound Joy in an upright seated posture, with eyes closed, you will reap even more benefits by practicing the Tibetan Buddhist Loving Kindness Meditation, for which instructions are included in this manual.

## Tibetan Buddhist Loving Kindness (Metta) Meditation Instructions

- Sit quietly, and become aware of your body
- Become aware of each muscle and simply allow it to relax
- Bring your awareness to your heart area, and allow yourself to become centered in your heart
- Just be with whatever you are feeling
- Allow whatever you are experiencing to be okay
- Observe your state without judgment

### ***Stage 1 – Loving Kindness For Yourself***

- Adopting a short series of sayings similar to the following:
  - "May I be well"
  - "May I be happy."
  - "May I be free from suffering."
- Repeat these or similar statements (what ever resonates with you) from the heart
- Allow a picture of yourself to form, and simply allow yourself radiate heartfelt compassion for yourself
- After 5-10 minutes of stage 1, move on to stage 2

### ***Stage 2 – Loving Kindness For a Good Friend***

- Adopting a short series of sayings similar to the following:
  - "May [name] be well"
  - "May [name] be happy."
  - "May [name] be free from suffering."
- Repeat these or similar statements (what ever resonates with you) from the heart
- Allow a picture of your friend to form, and simply allow yourself radiate heartfelt compassion for her
- After 5-10 minutes of stage 2, move on to stage 3

### ***Stage 3 – Loving Kindness For a Neutral Person***

- Adopting a short series of sayings similar to the following:
- “May [name] be well”
- “May [name] be happy.”
- “May [name] be free from suffering.”
- Repeat these or similar statements (what ever resonates with you) from the heart
- Allow a picture of your neutral person to form, and simply allow yourself radiate heartfelt compassion for him
- After 5-10 minutes of stage 3, move on to stage 4

### ***Stage 4 – Loving Kindness For a Difficult Person***

- Adopting a short series of sayings similar to the following:
- “May [name] be well”
- “May [name] be happy.”
- “May [name] be free from suffering.”
- Repeat these or similar statements (what ever resonates with you) from the heart
- Allow a picture of your difficult person to form, and simply allow yourself radiate heartfelt compassion for her
- After 5-10 minutes of stage 4, move on to stage 5

### ***Stage 5– Loving Kindness For All Sentient Beings***

- Adopting a short series of sayings similar to the following:
- “May all sentient beings be well”
- “May [all sentient beings be happy.”
- “May all sentient beings be free from suffering.”
- Repeat these or similar statements (what ever resonates with you) from the heart
- Allow a picture of all sentient beings to form, and simply allow yourself radiate heartfelt compassion for them



*“Meditation is to the brain what aerobic exercise is to the heart.”*

**~ Rick Hanson, Ph.D.  
(Author of *Buddha’s Brain*)**



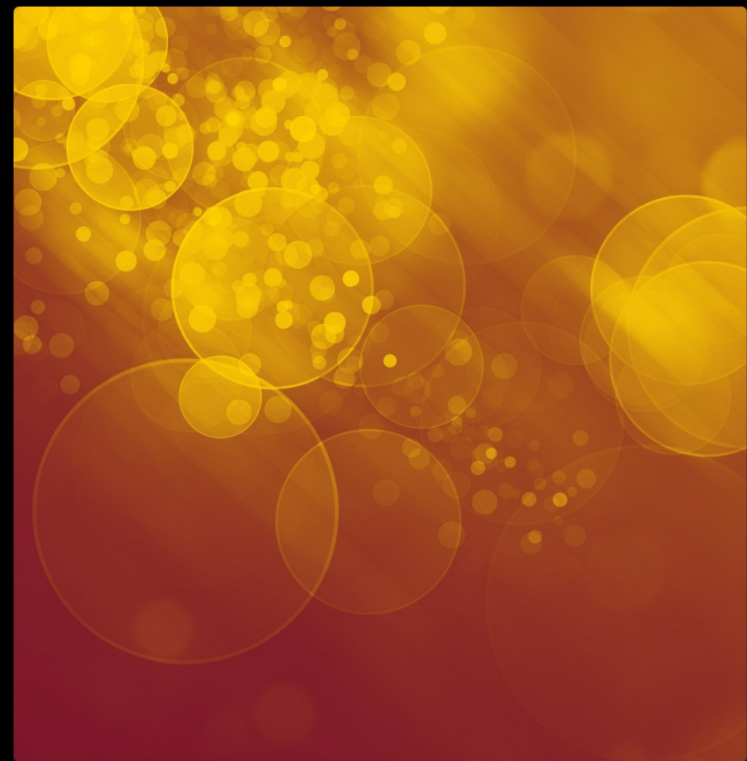
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