

I/AWAKE<sup>®</sup>

TECHNOLOGIES

LEIGH SPUSTA

# Light at the Break of Midnight

## USER GUIDE

# DISCLAIMER

The user of *Light at the Break of Midnight* 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 *Light at the Break of Midnight*, as they are more susceptible to seizures.

**Finally, DO NOT LISTEN TO ANY LIGHT AT THE BREAK OF MIDNIGHT AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *Light at the Break of Midnight* 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 *Light at the Break of Midnight*.

In no case will iAwake® Technologies, Integral Recovery, or other distributors of *Light at the Break of Midnight* 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

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File Information for Optimal Results	4
Note on Headphones	
Compatible Players	
Important Notes on Using <i>Light at the Break of Midnight</i>	
Welcome	5
About	7
How to Use	8
Soundtrack and Technology	9
About the Developer	11
Other Works by Leigh Spusta	12
iAwake® Technologies Support Links	17
iAwake® Technologies App	18
Profound Meditation Program 3.0	19
Deep Transformation Podcast	20

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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 *Light at the Break of Midnight*.

## 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 *Light at the Break of Midnight*

Dear valued listener,

These are powerful tools to aid us on our transformational journey, where we encounter and explore the mystery of the self, the mystery of existence, and the wisdom that lies in the depth of our souls.

The answer to every mystery, problem, or conundrum can be found in the depths of our souls, if we persist with honorable intentions, great courage, humility, and grit.

Let us not forget that when we walk our talk and what we know to do, the way opens. We find the only thing that is lacking in any situation is what we can do. C'est la (selah).

With great love and respect,



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

**John Dupuy**  
CEO  
iAwake®® Technologies  
[john@iAwake®technologies.com](mailto:john@iAwake®technologies.com)

## Letter from the creator of *Light at the Break of Midnight*



It is with great pleasure and gratitude that I invite you to delve into these latest tracks. I look forward to the feedback that you will have. These tracks are intended to be like sonic gateways – tracks to go to when you want to conjure a certain mood for your inner explorations. I expect the variety of soundscapes will offer unique and interesting experiences - so strap in and hold on to your hats and glasses!

Warmly,

Leigh Spusta

# About Light at the Break of Midnight

## Track Details

**01 Light at the Break of Midnight [30:03 minutes]**

**02 The Light You Reflect [27:54 minutes]**

Both of these tracks are designed to promote alpha and theta brain waves, relying primarily on psychoacoustic methods of using emotional cues, specific timbres, and compositional techniques using melodic tension and resolve.

**Total of 57:57 minutes**

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



As you use *Light at the Break of Midnight*, we encourage you to share your stories with our community of practitioners on Facebook:

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

# How to use *Light at the Break of Midnight*

- Guide yourself into altered states easily
- Enjoy dream-like experiences
- Use for calming and relaxing
- Perfect for meditative practice
- Useful for help with falling asleep
- Explore the imaginal space
- Boost your creativity
- Great for guided imagery
- Use while engaging in self-hypnosis

## **Detailed description on how to use *Light at the Break of Midnight* from Leigh:**

We created this collection to offer inspirational stepping -off points for your inner discovery, tracks that are each unique and yet conjure imagery and a sense of journeying. These are best listened to while in a comfortable position and with your eyes closed, although there is no harm in doing the dishes while listening to these, just don't drive with these playing!

I would recommend taking a few deep breaths in order to trigger the body into the relaxation state while sitting or lying down. These tracks can be listened to by either using headphones or other stereo players – the entrainment is not conditional in this regard. Both tracks have the same broad span of usage: they can be a useful adjunct to meditation, or for holding a comfort space for healing, or sponsoring insight and altered perspectives of situations and feelings. Let your experience unfold naturally, going with the flow, or use your intention to guide your experience.



# Soundtrack and Technology

## Brainwave Patterns Targeted

This collection was designed to encourage both alpha and theta brainwave activity. We wanted to create the ideal brainwave/bio conditions to propagate mental imagery and inner experience of the senses. In essence, we wanted to push the listener towards a dreaming-awake type of state.



Alpha waves can amplify your clarity and imagination and boost your performance and creativity. They are said to be the “artist’s 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. Alpha is also fundamental to our spiritual growth, since we need a strong alpha in order to establish connections during states of trance, deep meditation, and dream sleep.

Theta brain waves are naturally occurring during the hypnagogic state (pre-sleep), REM sleep, and often predominate during deep meditation and healing states of visualization, hypnosis, trance, and psychonautic exploration. This brainwave bandwidth is typical when awareness of the information coming in through our physical senses decreases, as we turn our attention inwards and our body



rhythms (heart and breathing rates) slow down. It’s the gate to our buried memories, unresolved issues, and emotional trauma, and reviewing this material can sometimes be unpleasant as we might access and feel our raw emotion (previously suppressed). Even though REM sleep already serves that purpose, it is important to include deep relaxation exercises in our routines, so healing and restoration of mind can occur. Theta brain waves are related to insight, visualization, and deep states of meditation, although they can also make you drowsy and be responsible for distractibility, moodiness, and lack of focus.

## **Soundtrack Details from the Creator, Leigh Spusta**

We primarily employed the use of a psycho-acoustic compositional method in order to evoke imagery and readiness to experience a range of emotion. This is done by the interplay of tension and resolution between musical intervals, and the specific use of textures and timbres that provoke certain reactions in people.

These tracks were composed with a 432 Hz tuning so as to be in better alignment with sacred geometry, nature, and spiritual energies.

Although there are plenty of naturally occurring binaural beats in these tracks, we did not employ the use of any hard line target frequencies, no binaural beats, and no isochronic tones. We have relied on the composition itself to have all the necessary cues and evocative sensibility to move the listener into the ideal space to experience the imaginal realm.

# About the Developer

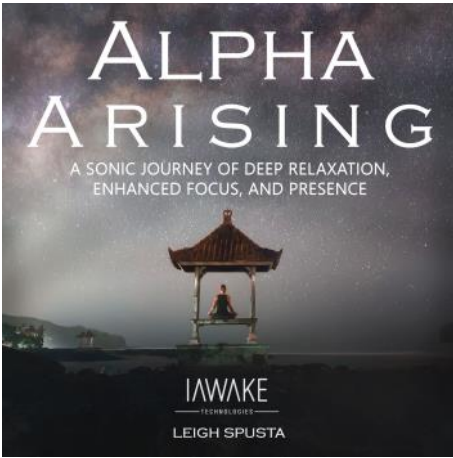


**Leigh Spusta**, creator of *Alpha Arising*, *Forgetting Not to Remember*, *Gamma 40*, *Deep Delta*, *Deeply Theta*, *iAwake Mini Meditations*, *Solar Infusion*, and the sound/entrainment tracks for *The Gift of Gratitude - Recovery Edition*, *The Gift of Gratitude*, *Morning Ritual*, *Call of the Heart*, *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.

# Other Works by Leigh Spusta



## ALPHA ARISING

*A sonic journey of deep relaxation, enhanced focus, and presence*

Embark on a sonic journey that sponsors deep relaxation, enhanced focus, and a greater sense of being in the moment. The melodious flavors and subtle guidance of the tracks "Borealis" and "Polaris" will call you back into their comfort and mystique, again and again.

*"These tracks are immensely inviting...like opening a secret mystery door and stepping into the light of peace and joy!"*

~ Lisa Celentano, MA, LMHC

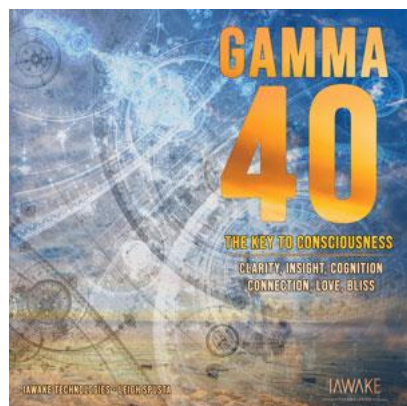
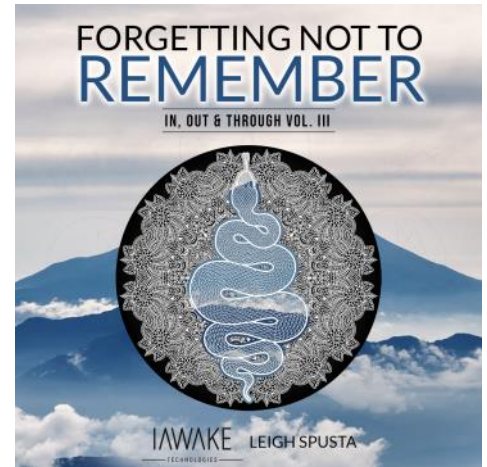
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## FORGETTING NOT TO REMEMBER

*In, Out & Through Vol. III*

This collection features powerful entrainment soundscapes, utilizing a range of methods for optimal effectiveness, such as psychoacoustics, natural binaural and beat frequencies, and intuitive compositions of melodic tension and resolve. These tracks are perfect for exploring meditative or sacred space, doing inner work, or simply experiencing deep, profound relaxation.

*"[With these tracks] "you can get a very intense experience of the energy that's within your soul." ~ Tobias*



## GAMMA 40

*40 Hz - The Keystone of Consciousness*

The music, tones, and psychoacoustic sounds of Gamma 40 guide your brain/mind into a blissful state of coherence, clarity, insight, focus, creativity, and compassion. In the 40 Hz state, your brain waves resonate at the frequency that is the key to consciousness itself, allowing you to rapidly process a rich abundance of sensory and mental information and integrate it into the seamless wholes that form connected "moments" of presence, attention and boundless awareness.

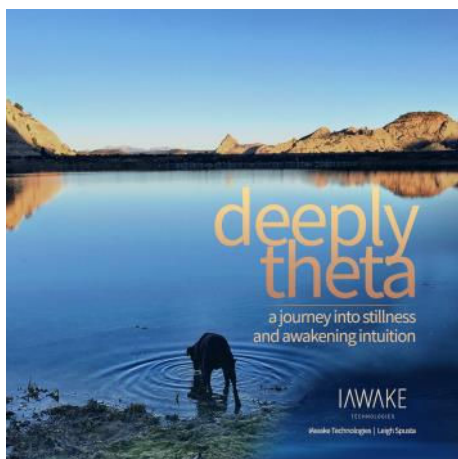
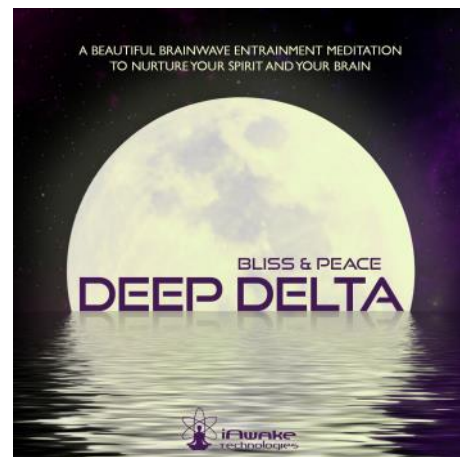
*"Blissful. Really. Elation and respite together." ~ Neal Szpatura*

## DEEP DELTA

*Ride the sounds deep into that inner place where everything is at peace.*

A beautiful brainwave entrainment meditation to nurture your spirit and your brain. Gentle musical soundscape designed to invoke delta brain waves. One of our most beloved tracks.

*"This track is amazing. It's taking me very deep into my meditative state." ~ Lise Beaulieu*



## DEEPLY THETA

*A journey into stillness and awakening intuition*

Inspired by Leigh Spusta's beloved and popular meditation track Deep Delta, Deeply Theta contains tracks that target theta brain waves. Theta is the realm of deep meditation, access to deeper intuition and insights, creativity, visions, memories, dreams and dreamwork, and deep relaxation. Deeply Theta is another true work of art and efficacy from Leigh, and was an instant hit with our beta testers.

*"Strikingly subtle. Beautiful work..." ~ S.C. "coffeegoeswild"*

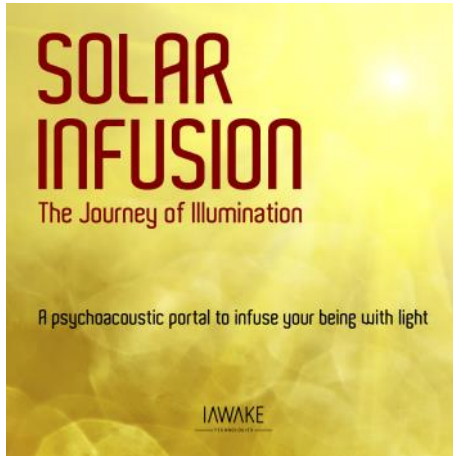
## IAWAKE® MINI MEDITATIONS

*Relax ~ Refresh ~ Refocus*

In a hurry? Feeling too busy? Experience the spaciousness of time in a matter of minutes with our "less is more collection." Short yet powerful entrainment interludes to reduce time pressure, tune yourself up, and keep you on the go.

*"What a marvelous idea these mini meditations are! They take one on a deeply meditative journey inward in mere minutes. It's pretty incredible. And not only that, if you listen to all the tracks in sequence it's like going on a whole voyager meditation – profoundly satisfying." ~ Heidi Mitchell*





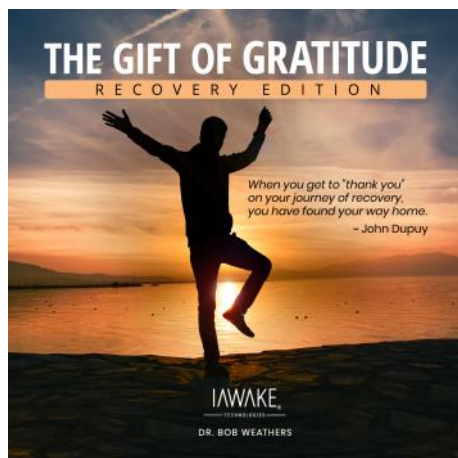
## SOLAR INFUSION

*A psychoacoustic portal to infuse your being with light*

Solar Infusion is a 40-minute psychoacoustic composition specially designed to foster the experience of moving into coherence with the essence of life-force energy, allowing you to relax deeply and attune to the highest expression of your being.

*"It's a very relaxing track. Feels spacious and has a dream-like quality. I am entrained to the alpha, and do feel the peaceful components!" ~ Scott Marshall*

# Sound/Entrainment Tracks



## THE GIFT OF GRATITUDE - RECOVERY EDITION

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

**The Gift of Gratitude – Recovery Edition** is a powerful vehicle and framework that allows you to add a life changing gratitude component to your daily recovery practice. iAwake's resident recovery expert, Dr. Bob Weathers, and brain entrainment wizard Leigh Spusta have created this extraordinary tool to add power, energy, joy, and efficacy to your daily recovery journey.

*"Excellent. Not too intense. Just right. These tracks are truly a gift of gratitude."*

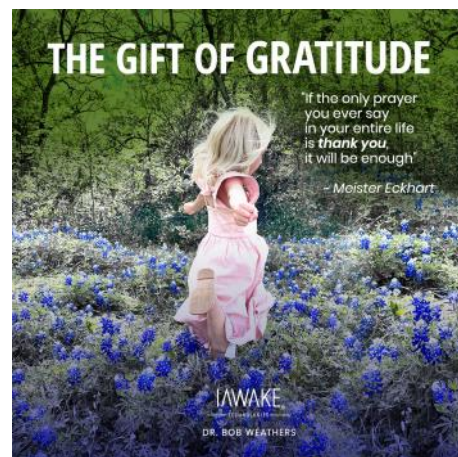
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## THE GIFT OF GRATITUDE

*"If the only prayer you ever say in your entire life is thank you, it will be enough." – Meister Eckhart*

Gratitude: imagine how powerful its daily practice might be for you. In The Gift of Gratitude, Dr. Bob Weathers and Leigh Spusta provide concrete guidelines, powerfully enhanced by binaural entrainment, for you to take just a few minutes each day to consciously remind yourself of all you are thankful for.

*"Reviewing how much I have to be grateful for makes me feel better. I love and need these messages." – Abigail*



## DEEP RECOVERY

From the Darkness of Addiction to the Happiness & Freedom of Deep Recovery



Music and Guided Meditation with neuro-acoustic technology to power relaxation, recovery, and transformation.



## DEEP RECOVERY

*From the Darkness of Addiction to the Happiness and Freedom of Deep Recovery*

**Deep Recovery** is a powerful brain entrainment meditation tool that can form an essential part of an ongoing spiritual and healing practice. Deep Recovery consists of two 33-minute tracks of entrainment designed music created by master composer, Leigh Spusta.

*"Let me tell you that this guided meditation left me feeling more open and accepting as a human being. This is going to be great for those in recovery." ~ Jason Fulgham*

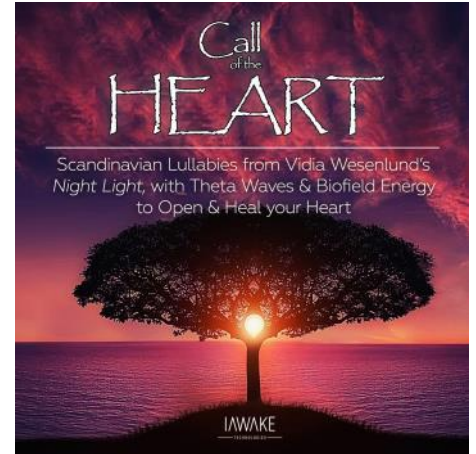
## CALL OF THE HEART

*Scandinavian Lullabies with Theta Waves and Biofield Energy to Open and Heal Your Heart. From Vidia Wesenlund's Night Light album.*

Truly beautiful, new tech-infused music. Scandinavian lullabies sung by a little known but evocative and incredible singer with sparse, haunting, sweet, deep music – embedded with sound technologies designed to support healing, opening,

*"There was a lot of pain erasure: which is to say that the tracks brought up pain to erase that I didn't know was there."*

~ Christopher Worthing



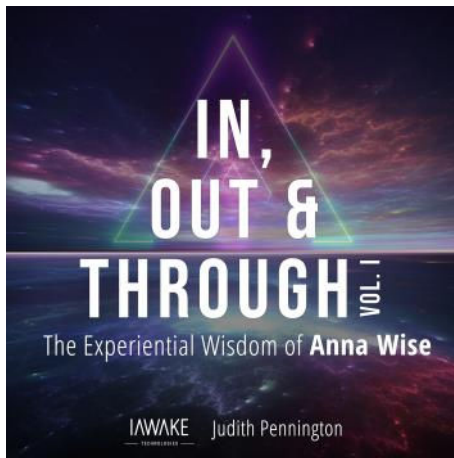
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## IN, OUT & THROUGH VOL. I

*The Experiential Wisdom of Anna Wise*

**In, Out & Through Vol. I** blends the poetic guidance of meditation guru Anna Wise with spaciouly relaxing music and cutting-edge brainwave entrainment technology to lift the mind into spiritual illumination. Soar into self-realization and unforgettable experiences of great power and beauty.

*"This is a powerful meditation that can produce transformative effects after just one use."* ~ Lisa Celentano, MA, LMHCA, MHP



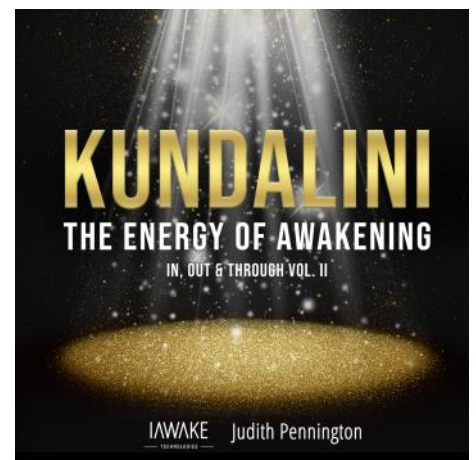
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## KUNDALINI

*The Energy of Awakening*

This second volume of In, Out & Through arouses the kundalini life force to unite the meditator with cosmic consciousness. The scintillating guidance of meditation guru Anna Wise, merged with iAwake®'s beautifully relaxing music and sound technology, lifts the body-mind into the dazzling spiritual light of superconscious awareness, higher perspectives, and self-realization. Kundalini offers a tangible and incredibly powerful experience of the highest reaches in human consciousness.

*"I loved these tracks. I'm usually not a fan of guided meditation, but this whole series has been amazing. I had some great energetic experiences with these two tracks."* ~ D. R.





# iAwake® Technologies Support Links



iAwake® Technologies on Facebook:

<https://www.facebook.com/iAwake® Tech>



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iAwake® Technologies Practitioners Forum:

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Coaching Call Archives:

<https://www.iAwake® technologies.com/support/teleseminars/>



FAQ:

<https://www.iAwake® technologies.com/frequently-asked-questions/>



Blog:

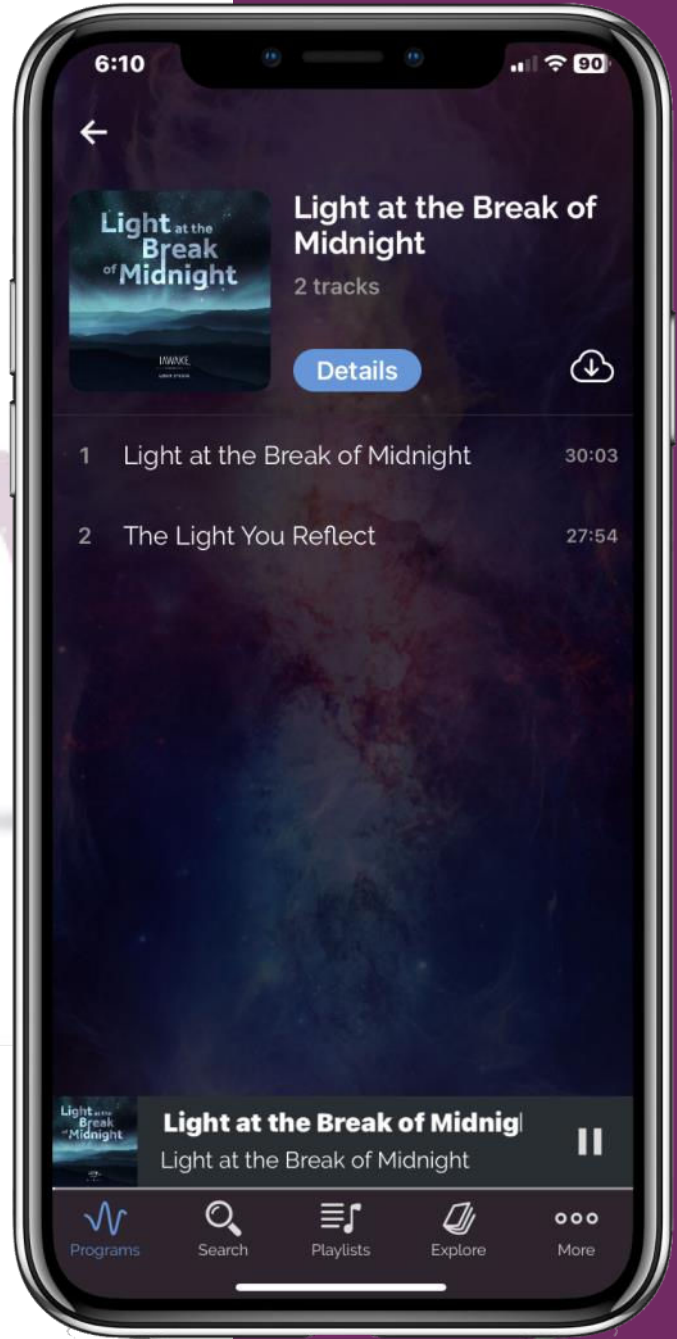
<https://www.iAwake® technologies.com/blog/>



Customer Support:

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

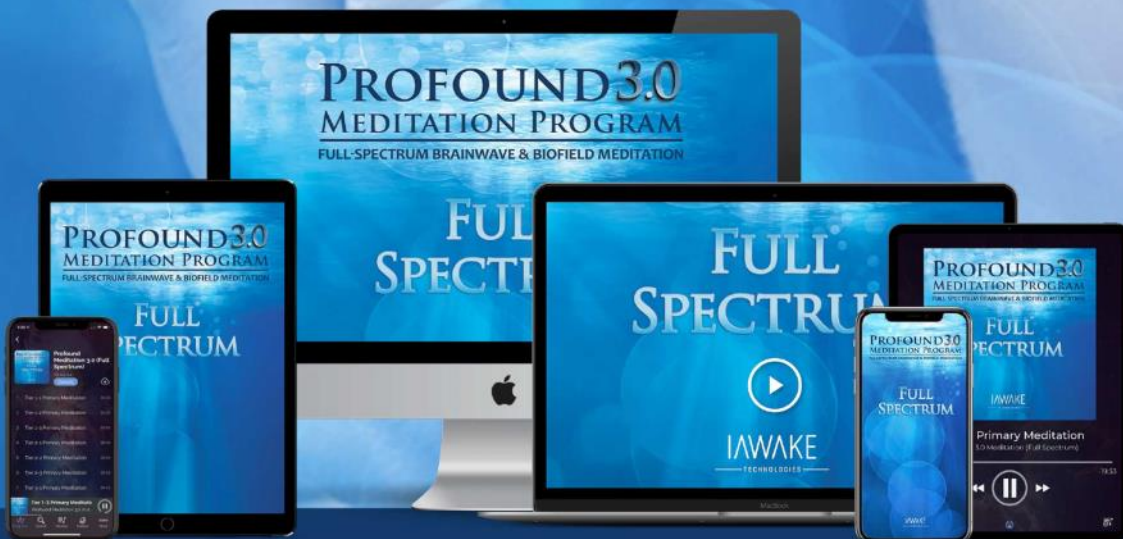
# The iAwake® Technologies App



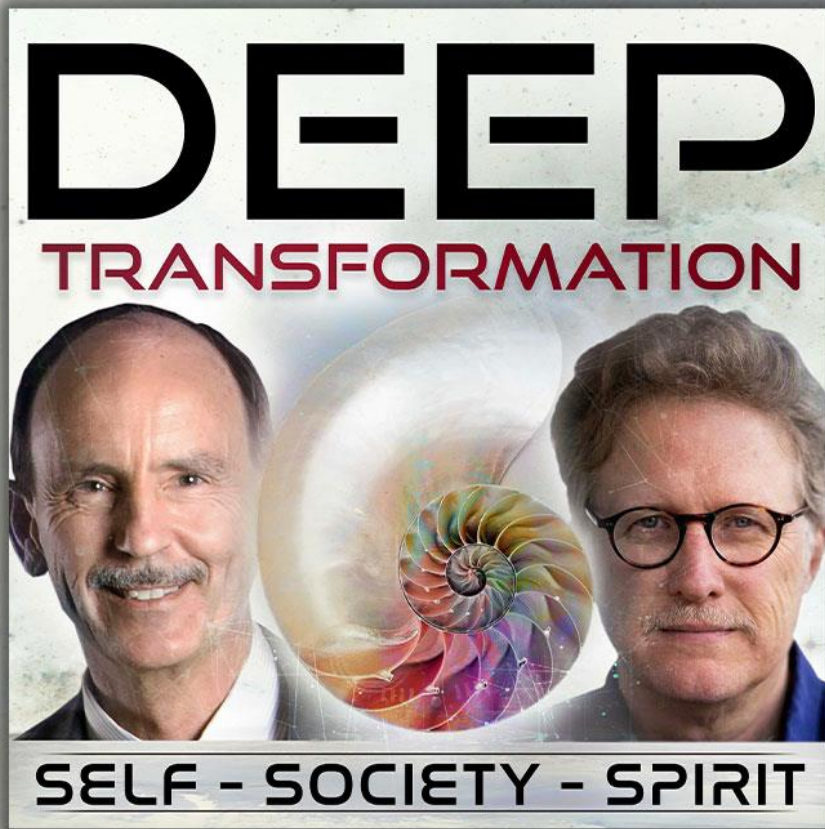
# PROFOUND 3.0 MEDITATION PROGRAM

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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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