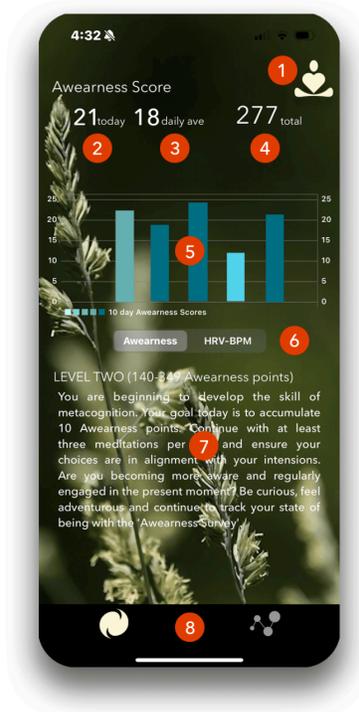




iAmAwearness User Guide

Version 1.0

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Home Screen

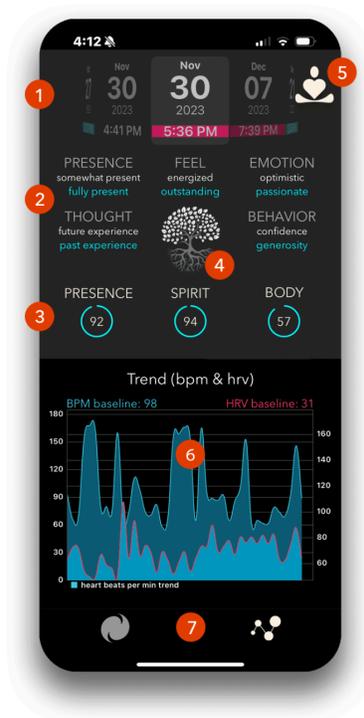
- 1: Menu button
- 2: Total Awareness points today
- 3: Ten day average of Awareness points
- 4: Total accumulated Awareness points
- 5: Last 10 days of Awareness points
- 6: Toggle between Awareness points and HRV/BPM
- 7: iAmAwareness level guidance
- 8: Toggle between home screen and data screen

Home Screen

1. **Menu Button** - Click this button to display a dropdown menu of iAmAwareness core features.
 - **Tree icon** - Intention Area
 - **Eye icon** - Self-Awareness Survey
 - **Meditator icon** - Meditation area
 - **Alarm icon** - Awareness Alert notification "On/Off"
 - **Question icon** - iAmAwareness Tutorial area
 - **Exclamation icon** - iAmAwareness Disclaimer
2. **Total Awareness points today** - Displays the number of iAmAwareness points you have accumulated today. Each time you take the Self-Awareness Survey, update your intentions, or

complete a meditation, you receive one Awearness point. As you accumulate Awearness points, you will reach high levels in the app. The home screen will display “iAmAwearness level guidance” text which highlights activities to focus on at your current level of awareness.

3. **Daily average of Awearness points** - Displays the average number of Awearness points accumulated.
4. **Total accumulated Awearness points** - Displays total number of Awearness points accumulated by taking the Self-Awareness Survey, updating your intentions, or completing a meditation.
5. **Last 10 days of Awearness points** - Displays the number of Awearness points accumulated in the past ten days.
6. **Toggle HRV/BPM** - Button to toggle between hrv and bpm graphs.
7. **iAmAwearness level guidance** - Text which highlights activities to focus on at your current level of awareness. As you accumulate Awearness points, the text will change providing you new activities to focus on for developing self-awareness.
8. **Toggle between home screen and data screen** - A navigation control button to toggle to the data area of the app.



Data Screen

- 1: Calendar of iAmAwearness activity
- 2: Self-Awareness Survey answers
- 3: State of being scores
- 4: Button to view Intentions
- 5: Menu button
- 6: Graph of meditation HRV and BPM trend average
- 7: Toggle between home screen and data screen

Data Screen

1. **Calendar of iAmawareness activity** - A history of all saved interactions with the app. The history log displays the date and time the session was saved. A session can be an update to your intentions, taking the Self-Awareness Survey, or completing a meditation. Slide the choice list to the left or right to navigate through the calendar. The choice list text is color coded for convenience:
 - **Gold** - A new intention was saved.
 - **White** - The Self-Awareness Survey was saved.
 - **Blue** - A meditation session was saved.
 - **Pink** - A meditation session was saved and hrv/bpm was captured from a connected heart rate monitor.

2. **Self-Awareness Survey answers** - Each time you take a Self-Awareness Survey, your answers are captured and displayed on the data screen dashboard. You can take the Self-Awareness Survey as a stand alone activity or at the beginning and end of a meditation.
3. **State of being scores** - When you completed the Self-Awareness Survey or complete a meditation, a total score is generated to give you an idea of your state of being.
 - **Presence:** Score based upon how you answered the PRESENCE question (“How present am I?”) on the Self-Awareness Survey.
 - **Spirit:** Scored based upon how you answer the FEEL (How does my body feel?), EMOTION (What emotion am I experiencing), and BEHAVIOR (What behavior am I exhibiting?) questions on the Self-Awareness Survey.
 - **Body:** Displays the heart rate variability (hrv) score of a meditation session when connected to a heart rate monitor. Heart rate variability is an indicator of the over stressed state of the body.
4. Click the Intention button to see the intention you created. When you first create a new intention, an image of a seed is displayed. Week after week, the seed grows into a mature tree. Once a mature tree is visible, consider going back and refreshing your intention to reflect your evolution.
5. **Menu Button** - Click this button to display a dropdown menu of iAmAwearness core features.
 - Tree icon - Intention Area
 - Eye icon - Self-Awareness Survey
 - Meditator icon - Meditation area
 - Alarm icon - Awareness Alert notification “On/Off”
 - Question icon - iAmAwearness Tutorial area
 - Exclamation icon - iAmAwearness Disclaimer
6. **HRV/BPM Trend Graph** - Displays all meditation sessions where heart rate variability (HRV) and heart rate (Beats Per Minute) were collected.
7. **Navigation buttons**- Navigation control buttons to toggle between the Home screen and Data screen.



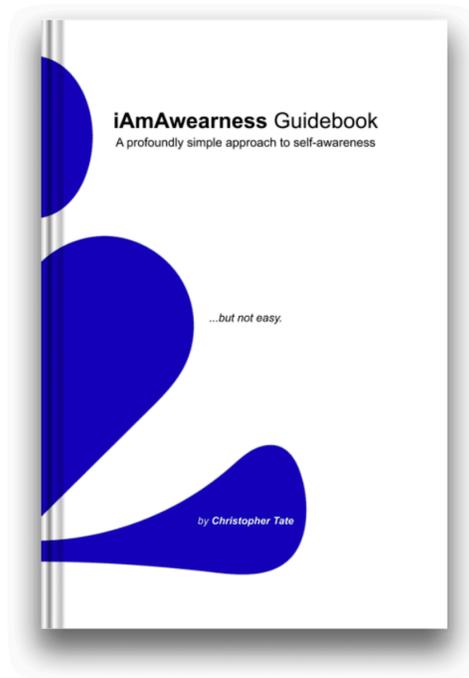
Meditation Visuals

- 1:** When connected to a heart rate monitor, blue graph displays realtime heart rate (BPM)
- 2:** When connected to a heart rate monitor, pink graph displays realtime heart rate variability (HRV)
- 3:** Visual graphic to establish a consistent breath rate
- 4:** Button to open telepathy and telekinesis trainer
- 5:** Menu button

Meditation Screen

1. **Heart Rate (BPM)** - When connected to a heart rate monitor, heart rate is displayed in a visual graph.
2. **Heart Rate Variability (HRV)** - When connected to a heart rate monitor that measures heart rate variability (hrv), hrv is displayed in a visual graph.
3. **Breath Rate** - Visual guide to help a user follow a specific breathing rate. The iAmAwearness has two breath rates the user can select for meditation:
 - **5-5** breath rate is ideal for everyday living. Breathe in through the nose over a five second interval, then exhale through your mouth over a five second interval.

- **4-7-8** breath rate helps slow the heart rate down and relax the body. Breathe in through the nose over a four second interval, hold the breath for seven seconds, then exhale through the nose over an eight second interval.
4. **Telepathy and Telekinesis trainer** - Experiment with telepathy and telekinesis with these fun tools!
- **Telepathy** - Try and guess which shape the iPhone selected. Each round, a random event generator selects one of five possible platonic solid shapes. Click on which shape you think the iPhone selected. Correct answers are displayed and an overall percentage of correct selections. This exercise replicates the [*Zener Card Test*](#).
 - **Telekinesis** - This exercise is an electronic “flip of the coin”. Select a shape, either *circle* or *square*. The iPhone will start to randomly select either circle or square. Set your intention to try and influence the iPhone to select more of the shape you picked.
5. **Meditation Menu Button** - Displays the audio sound controllers for managing sounds during meditation.
- **Voice Controller** - Controls the volume of the guided voice.
 - **Background Music** - Controls the volume of the background ambient music.
 - **River** - Controls the volume of the river sound effect.
 - **Ocean Waves** - Controls the volume of the ocean waves sound effect.
 - **Birds** - Controls the volume of the birds chirping sound effect.



iAmAwearness Guidebook

A step by step guidebook for implementing a daily self-awareness practice. Best used with the iAmAwearness mobile app.

For more information on the guidebook, video tutorials, and other iAmAwearness products visit iAmAwearness.com.

iAmAwearness Guidebook

The iAmAwearness Guidebook provides a step by step approach to develop and implement the skills of self-awareness. The guidebook can be used with or without the iAmAwearness app. The iAmAwearness app is referenced in several sections of the book to help develop a particular skill of self-awareness. The guidebook is a great addition to the iAmAwearness app. I strongly encourage all users of the iAmAwearness app to read the guidebook to gain a deeper understanding of how the app can help to develop self-awareness.