



# TURNING IN AMBIENT MEDITATIONS

BINAURAL  
MEDITATION  
AND DEEP  
YOGA FLOW



# iAwake Technologies

## DISCLAIMER

The user of Turning In ~ Ambient Meditations (TI) agrees that this audio program is designed solely for meditation, self-improvement, learning, and to aid in motivation, 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 who meet any of the following conditions, whether knowingly or not, should not use this application:

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

And 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
- 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 brainwave entrainment, as they are more susceptible to seizures.

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

The user of TI 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 TI.

In no case will iAwake Technologies or other distributors of TI be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of this 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 that 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 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, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

# Turning In ~ Ambient Meditations

## Table of Contents

File Information for Optimal Results.....	4
Note on Headphones.....	4
Compatible Players.....	4
Important Notes on Using This Program.....	4
Welcome to Turning In ~ Ambient Meditations.....	5
About Nadja Lind.....	6
What is Ho‘oponopono?.....	7
How to Listen to This Program.....	8
The Technology.....	8
The Soundtracks.....	8
iAwake Support Links.....	9
Profound Meditation Program 3.0.....	10



## File Information for Optimal Entrainment Results

### NOTE:

- The download-version contains high-quality (256 kbps) MP3 files, which use less compression than typical MP3 files.

We strongly recommend not converting these tracks to normal MP3 format (anything below 192 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter out a considerable amount of the entrainment power embedded in the CD and download versions. If you wish to burn them to a CD, burning them as WAV files, Apple Lossless files or 256 kbps MP3 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, WAV or 256 kbps MP3."



## HEADPHONES

For optimal results, we recommend that this program be used with headphones that have a frequency response of 20 – 20,000 Hz.

## Compatible Players



### MP3

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at [www.getsongbird.org](http://www.getsongbird.org))
- *MP3 Players* – Any MP3 player.



## IMPORTANT NOTES ON USING THIS PROGRAM:

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 by-products.



## Welcome to Turning In ~ Ambient Meditations

---

*iAwake Technologies has partnered with Nadja Lind to create:*

### Turning In ~ Ambient Meditations

#### From Nadja Lind, creator of Turning In:

**Turning In Meditation** waves are designed to gently guide you into states of deep relaxation, emotional release and inner peace, achieved through underlying binaural frequencies – frequencies designed to physically stimulate the human mind. This helps your body to naturally release its own de-stressing hormones, allowing you to breathe deeper, help your physical and spiritual body to re-balance and to recover quickly from the rigors of everyday life.

How do the binaural soundscapes of Thunderbird and Ho'oponopono help do this?

They assist you by:

- deepening your breathing
- relaxing your body and mind
- stabilizing your immune system
- easing your brain and nervous system
- energizing your body after training, at work or during breaks
- increasing creativity
- deepening & enhancing your yoga/meditation practice
- releasing fatigue
- focusing your thoughts
- helping you tap into your inner joy
- getting you closer to your inner self
- enhancing your capacity to study and learn

## About Nadja Lind

**Nadja Lind** has the credentials: a DJ career that kicked off on New Year's Eve 2003 and has spawned a typically globetrotting calendar (Fabric London, Time Club Manila, Tresor and Berghain Kantine in Berlin, DC10 Ibiza), a production career that has seen several works as either a solo artist or with Klartraum production buddy Helmut Ebritsch, and the dizzying heights of being co-owner of the Lucidflow imprint, a record label which has started to rack up quality releases and remixes, seeing the likes of John Digweed and Hernan Cattaneo plucked from the catalogue, a seal of quality like no other.



Her personal development and spiritual evolution led her to Ken Wilber's AQAL map and the idea of 'Integral' many years ago which was the catalyst for starting her own Meditation Series. Initially to support her own healing process but quickly also appealing to her friends and DJ colleagues who requested more drone waves with the certain Nadja touch became the start of '**Turning In**' Binaural Ambient/Meditation.

**To learn more about Nadja:**

<http://nadjalind.com/>

## What is Ho‘oponopono?

**Ho‘oponopono** (ho-o-pono-pono) is an ancient Hawaiian practice of reconciliation and forgiveness. Similar forgiveness practices were performed on islands throughout the South Pacific, including Samoa, Tahiti and New Zealand.

Traditionally *ho‘oponopono* is practiced by healing priests or *kahuna lapa‘au* among family members of a person who is physically ill. Modern versions are performed within the family by a family elder, or by the individual alone.

(Source: Wikipedia.com)

Ho‘oponopono became popularized in the larger global community by Dr. Joe Vitale in his book *Zero Limits: The Secret Hawaiian System for Wealth, Health, Peace, and More*. He recounted the story of Dr Hew Len’s work with a prison’s psychiatric ward, and how applying phrases from the Ho‘oponopono tradition actually helped to cure the whole ward.

The four phrases are:

**I’m sorry.**

**Please forgive me.**

**Thank you.**

**I love you.**

Say these words in a mindful, intentional way, from your heart. Say them over and over, as you go about your day, so they become a mantra that replaces more habitual mind chatter. Observe how this changes your experience and those you come into contact with.

*For a beautifully written guide on applying Ho‘oponopono in your life, read Susan K Minarik’s blog post called [Four Simple Phrases That Change Everything](#).*

## How To Listen to These Tracks

These are a few simple tips that can really help you make the most of your session:

- Plan to have enough time for your session to be experienced and integrated
- Make the place comfortable and cozy (use dim lights, incense)
- Do some light stretching combined with a few deep breaths
- Drink some water
- Sit comfortably, with your spine straight but relaxed
- Smile and wish/ask/trust that the session might take you wherever you need to go
- Put your headphones on, press play and enjoy :) Because these tracks include binaural technology, listening with headphones provides the optimal effects.
- Gently return to the sounds, your breath or some body part if your attention wanders

## The Technology

All drone waves are made from many different layers + separate filters on top. Brainwave pattern targeted in both tracks is Theta 5Hz. Nadja used oscillators rather than a binaural beat application to create the entrainment effects.

## The Soundtracks

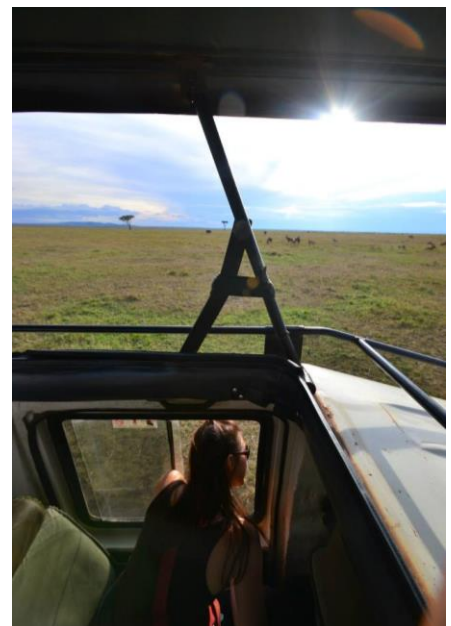
### 01 Ho'oponopono

*From Nadja:* I am a HUGE FAN of Ho'oponopono - when I heard the story about Dr. I. Hew Len and how he practices Ho'oponopono I've trained myself every day for many years until I had Ho'op. on 'automatic' in my unconscious. I thought it might be valuable for other people, too. So I made this sound wave and recorded myself saying the Ho'op. sentences :)

Includes field recording from inside the Berlin Dome "such a great reverb acoustic!"

### 02 Thunderbird

*From Nadja:* The thunderstorm you hear is a stereo-recording I took in Berlin. The night ambient (cicada + bats + birds) is a recording I took on a Safari Trip in Kenya.





## iAwake Support Links



**Profound Meditation on Facebook:**

<https://www.facebook.com/ProfoundMeditationProgram>



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



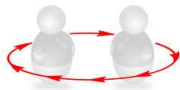
**Profound Meditation Practitioners Forum:**

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



**Free Weekly Teleseminars:**

<http://www.iawaketechologies.com/teleseminars>



**Coaching:**

<http://www.iawaketechologies.com/coaching>



**FAQ:**

<http://www.iawaketechologies.com/faq>



**Blog:**

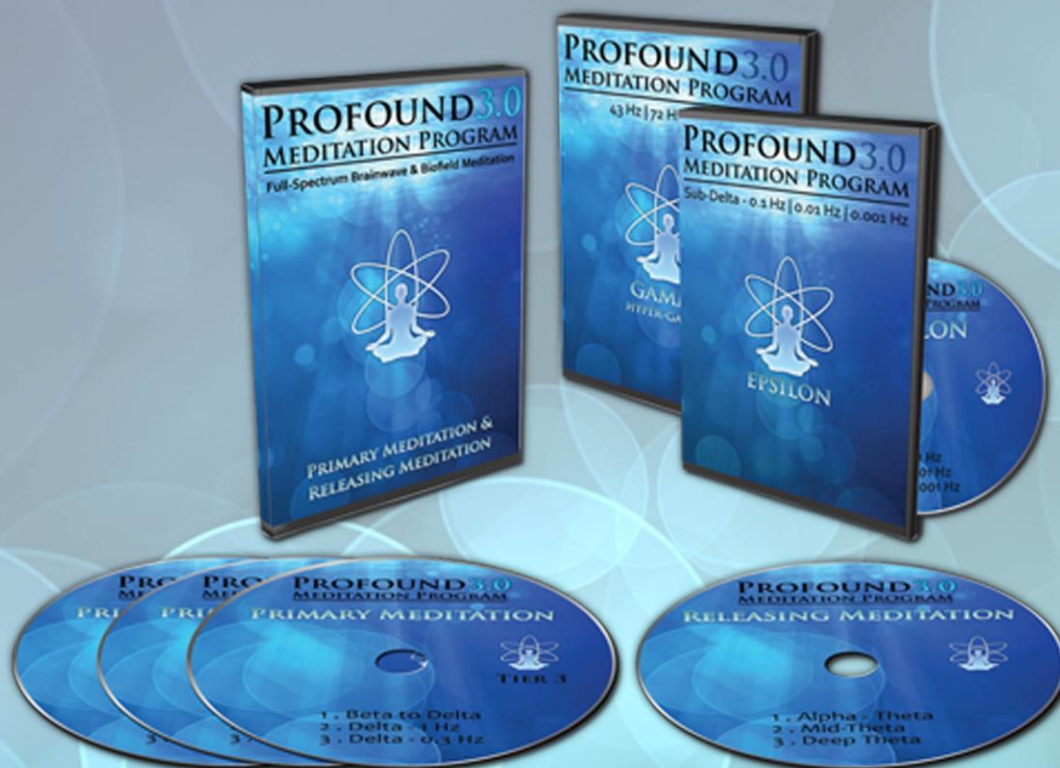
<http://www.iawaketechologies.com/blog/>



**Customer Support:**

[support@iawaketechologies.com](mailto:support@iawaketechologies.com)

# PROFOUND MEDITATION 3.0 FULL SPECTRUM



## *Science Meets Stillness*

An integrated synthesis of leading-edge  
neurotechnology and energy medicine

"iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of Profound Meditation 3.0. I've been a fan of their products from the beginning, and I can say that they just keep getting better. So if you've never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won't be disappointed."

*Ken Wilber—The Integral Vision*

[www.iawaketechologies.com](http://www.iawaketechologies.com)