

# I\A\W\A\K\E

— TECHNOLOGIES —



Resonant  
Entrainment  
Technology

# World Kirtan

CHANTS TO LIVE BY

Torrey World Kirtan

I\A\W\A\K\E  
— TECHNOLOGIES —

iAwake Technologies, LLC & Sacred Sounds Productions

## DISCLAIMER

The user of World Kirtan agrees that this audio program is designed solely for meditation, self-improvement, learning, as an 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:

- People with epilepsy

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

- Pregnant women
- Those who are wearing a pacemaker
- Individuals under the influence of medication or drugs
- Those prone to or who have had seizures
- People with a history of severe mental illness
- Those with a history of tinnitus
- Individuals who are photosensitive

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 World Kirtan, as they are more susceptible to seizures.

Finally, **DO NOT LISTEN TO WORLD KIRTAN WHILE DRIVING OR OPERATING MACHINERY.**

The user of World Kirtan 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 World Kirtan.

In no case will iAwake Technologies, Integral Recovery, or other distributors of World Kirtan 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 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 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. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

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## File Information for Optimal Entrainment Results

### NOTE:

- The download-version contains high-quality (320 kbps) MP3 files, which use less compression than typical MP3 files, as well as full uncompressed wav files – from which the CD files are developed.

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 320 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 320 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.



*iAwake Technologies, LLC has partnered Sacred Sounds Productions to create*

# World Kirtan

## Chants To Live by

### **From Pam Parsons Dupuy, producer:**

Welcome to a new experiment at iAwake: World Kirtan (chant) meets sound tech. This has been a project close to my heart and soul for more than a year. My goal was to share a core spiritual practice of mine, devotional singing of chants from around the world, and combine it with the startling sound technology iAwake produces.

Kirtan is a Sanskrit term that comes from the Indian Hindu tradition, referring to devotional chanting, generally of a call and response structure. Our group borrows from this term but adds “world” to connote that we draw on chants from many sources, both traditional and new, from around the world. We also don’t typically do call and response, but sing together, in a circle, like a choir.

Kirtan groups have taken off in the U.S. and around the world - the bass player for a kirtan I attended in Boulder, CO in August 2016 commented that there were 4 kirtan groups in Boulder, CO alone. Krishna Das, Deva Premal, Snatam Kaur Khalsa, Kirtan Rabbi, and many more kirtan artists are coming online in this neo-spiritual music expression. Ours is unusual in that it is not primarily Hindu but World, with a strong Sufi influence because the World Kirtan leaders come from Dances of Universal Peace (DUP), one of the streams from the Sufi Hazrat Inayat Khan lineage. Many of the chants we sing come from members of DUP. I am/we are forever grateful to Bernie Skydrummer and Joy Morris for developing, facilitating, and helping to birth this new form of kirtan.

We began recording in August of 2015 and Javi Otero, our CTO and one of our sound wizards, completed adding the sound tech to the tracks in August 2016. This project was recorded at 96 kHz, 24 bits, using 2 Neumann U89 microphones in a Mid/Side (M/S) configuration, recording in our meditation room in Teasdale, UT.

## **Soundtracks:**

The soundtracks were developed by our local World Kirtan group, Torrey World Kirtan, led by Bernie and Joy, with contributions from singer/songwriter Will Barclay. We have been singing many of these chants for years, but we are not professional singers (except for Will Barclay). The instrumentals are sparse and simple - the focus for our group is joining in voice and feeling and surrender to the sacred divine through sound. This is a central spiritual practice for many of us, and we've come to love World Kirtan as a way to honor that there are many rivers but one ocean, to help promote respect for traditions different than the one we grew up with, and as a way to express and experience devotion, surrender, and ecstasy, personally and communally.

### **For tracks infused with iAwake's Resonant Sound Technology (both tech and non-tech versions are available):**

All tracks employ monaural and (musical) binaural entrainment to target alpha brainwaves, so these tracks will work with speakers (ideal for group use), but the tech effects will be enhanced with headphones because of the binaural entrainment.

Our hope is that listeners to these soundtracks will be inspired to chant along with us and perhaps start their own local World Kirtan groups.

*Peace,*

*Pam & the iAwake Team*

## Track listing

### 01 Bowl Invocation (0:19)

### 02 Sri Ram Jai Ram (4:52) Hindu

Traditional Hindu mantra

Music by Sky Majida Roshay

*Written by Universal Peace Dance leader Sky Majida Roshay, this Hindu chant to Ram "purifies the heart and bestows devotion to God." (<http://krishnadas.com/lyrics/shri-ram-jai-ram/>)*

***Sri Ram Jai Ram Jai Jai Ram***

***Om***

#### **Meaning:**

"Beloved Ram, I honor You." Ram, short for Ramachandra, is one of the most widely worshipped Hindu deities, the embodiment of chivalry and virtue. (<https://www.britannica.com/topic/Rama-Hindu-deity>) "God who is at once Truth and Power, Impersonal and Personal. Victory to Thee. Victory, Victory to Thee." DUP

### 03 Heart Sutra Chant (6:32) Buddhist

Words from the Buddhist Heart Sutra

Music by Saadi Neil Douglas-Klotz

*The words to this evocative Mahayana Buddhist chant are called the Prajnaparamita Mantra, from the Heart Sutra. "Prajna" means "wisdom." "Paramita" means a crossing over, or going beyond.<sup>1</sup> The earliest extant text of the Heart Sūtra is the palm-leaf manuscript found at the Horyuji Temple, and dated to 609 CE - though it may be much earlier in origin.<sup>2</sup>*

***Gata gate, paragate***

***Parasamgate, bodhi svaha***

#### **Meaning:**

Gone, gone, gone beyond

Gone utterly beyond, Awakened, Hail!

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<sup>1</sup> <http://www.interluderetreat.com/meditate/ppsutra.htm>

<sup>2</sup> [https://en.wikipedia.org/wiki/Heart\\_Sutra](https://en.wikipedia.org/wiki/Heart_Sutra)

#### 04 Shema Yisrael (8:12) Jewish

Words & Music by William Barclay

*The words of this chant come from traditional Hebrew prayer, praising God, thanking God. The melody and words were received full-blown during latihan (spiritual practice of Subud, a contemporary Indonesian spiritual path).*

***Shema Yisrael Adonai***

***Eloheinu Adonai Echad***

***Shema Yisrael Adonai***

***Eloheinu Adonai Echad***

***HaKadosh Baruch Hu***

***Baruch Hashem***

***HaKadosh Baruch Hu***

***Baruch Adonai***

#### Meaning:

Shema Yisrael Adonai Eloheinu

*Hear, O Israel, the Lord our God*

Eloheinu Adonai Echad

*The Lord is One*

Hakadosh baruch hu

*The holy one blessed be s/he*

*("hu" is not gender specific)*

Baruch hashem

*Blessed be the name*

Baruch adonai

*Blessed be the Lord*

#### 05 Neesa Neesa (5:43) Native American – Seneca Tribe

*Traditional: attributed to Medicine Woman, Grandmother Twylah Nitsch of the Wolf Clan of the Seneca Tribe, honoring Grandmother Moon.*

***Neesa, neesa, neesa***

***Neesa, neesa, neesa***

***Neesa, neesa, neesa***

***Gaiweo, gaiweo.***



## 06 Zikr of the Tender Heart (6:10) Sufi

Words & Music: Dances of Universal Peace

*A key sacred Arabic phrase from the Islamic tradition, it means there is no god but God, or there is no allah but Allah. "Zikr" means devotional prayer, or repeating prayer/chanting.*

***La ilaha illa allah***

## 07 Thank You For Loving Me (3:42) Contemporary Universal

Words & Music by John Reynolds & Sinead O'Connor

*We dedicate this song to Brett Walker for first sharing it with us, and for his love and friendship. When our group sings this song, we spontaneously offer different words for each verse, such as healing, touching, rocking, etc. Try it yourself.*

## 08 Om Doong Durga (6:00) Hindu

Words & Music by William Barclay

*Durga is the strongest protector of goodness in the Hindu religion and the slayer of demons.*

***Om Namō Devaya***

***Om Namō Devaya***

***Om Namō Devaya***

***Om Namō Devaya***

***Om Doong Durga ya***

***Namaha Om***

***Om Doong Durga ya***

***Namaha Om***

## 09 E La Hu Ea (4:45) Hawaiian

Words & Music by William Barclay

*Meaning: Invoking the unique light of spirit pervading ... healing torch that guides ... blessing mist released because of cleansing ... and feeling spirit descend on us, like a light rain.*

***E la hu ea***

***E lama***

***E ka la hu ea***

***E lama***

***Ua noa na kala***

***Ua noa na kala***

## 10 Zikr of Hazrat Inayat Khan (6:08) Sufi

Words & Music by Hazrat Inayat Khan

*This is said to be the only chant that Sufi Hazrat Inayat Khan passed down to his students (Munir/DUP). Hazrat Inayat Khan came to the West from India, and introduced a form of Sufism called Universal Sufism. "Universal Sufism is a universalist spiritual movement founded by Inayat Khan while traveling throughout the West between 1910 and 1926, based on unity of all people and religions and the presence of spiritual guidance in all people, places, and things.*

*...His message of divine unity (Tawhid) focused on the themes of love, harmony, and beauty. He taught that blind adherence to any book rendered religion devoid of spirit." ([https://en.wikipedia.org/wiki/Inayat\\_Khan](https://en.wikipedia.org/wiki/Inayat_Khan))*

**La ilaha**

**El Allah hu**

### Meaning:

There is no god but God. This is a very central and traditional prayer, or zikr, from the Muslim tradition, of which Sufism is an esoteric branch.

## 11 Om Mani Padme Hum (4:29) Buddhist

Words & Music: Dances of Universal Peace (melody attributed to Fattah Kriner)

*The Buddhist mantra of compassion... literally means "the jewel slips into the lotus," but it's broader meaning is "compassion is within."*

***Om mani padme hum***

## 12 He Kehau (5:34) Hawaiian

Words & Music by Laurie Lila Flood

*This is a truly beautiful, lullaby-ish Hawaiian healing song and means: "Love is like a cleansing dew... love heals."*

**He kehau**

**He kehau**

**Ho'o ma' e ma'ee**

**Ho'o ma' e ma'ee**

**Ke aloha**

**Ke aloha**

### Meaning:

He kehau means the dew, Ho' o ma'e ma'e means it cleanses, and Ke aloha means with love. So, taken together, these words mean Love is like a cleansing dew, with the underlying meaning that Love heals.

In Aloha, “ha” represents breath, so Aloha implies shared breath, as in putting foreheads together in an intimate “hello.” Aloha also translates as “I greet from the deepest place within my breath.”

### **13 May All Beings Be Well (0:27) Buddhist**

Words from a Traditional Buddhist blessing

Music by Joe and Guin Miller

*We sing this at the close of each kirtan session.*

***May all beings be well,***

***may all beings be happy.***

***Peace, peace, peace.***

## How to Use These Tracks

- Listen with headphones for optimal entrainment experience.
- Sing along with the chant. Notice its effects. Allow yourself to become immersed in the sounds.
- Try harmonizing along with the chanting - can be a powerful ecstasy-driving effect
- Try closing your eyes while listening and/or chanting along - this can deepen your experience
- Play the tracks on speakers to experience a more ambient effect.
- Play them through speakers with a group and join us in the chant!

## Target Brainwave Frequencies

- **Alpha Waves** – Deep relaxation, grounding in the here and now, meditative state, stress releasing.

## Psychoacoustic Technology

- **Resonant Beats** – World Kirtan contains a wide range of naturally occurring harmonics and beating frequencies that have been *binaurally recorded\** by playing sustained notes on a shruti box whose difference in frequency matches the alpha brainwave range (headphones required for optimal effect).
- **Monaural Entrainment** – The recording contains various layers of monaural sound pulses targeting the alpha range that have been arranged to intensify the effect of the naturally occurring beats and harmonics explained above (suitable for both headphones and speakers).
- **3D Entrainment** – This album has a variety of experimental 3D protocols aimed at engaging more parts of the auditory system by using special 3D programming techniques that render virtual sound fields audible, and whose dimensions, proportions, and qualities have been carefully modeled to create a nearly subliminal and ever-evolving entrainment texture that harmonizes with the fundamental frequencies of the Resonant beats (headphones required).

\* Binaural recordings (not to be confused with binaural beats, of which Resonant beats are a special category) use a matched and specially placed pair of microphones in order to mimic the way sound arrives at our ears. Playback of such special recordings on headphones can enhance realism and depth as well as naturally expand the stereo image of the material.

## Challenges to the Practice of Chanting

### ***This is boring!***

My mother's comment when I played her some tracks. True. Can seem boring - so repetitive, no fancy singing, voices, instrumentation. But this isn't for entertainment LOL but for sliding into presence, awakesness with sound. The state of boredom can be a precursor to the chattering mind shutting down and the interior revealing its riches...

*"What meditation accomplishes in silence, chanting accomplishes in sound: it wakes up the emotional center and sets it vibrating to the frequency of love and adoration while feeding the body with that mysterious higher "being food" of divine life. Sacred chanting is an extremely powerful way of awakening and purifying the heart because it allows us to experience, beyond the distortions of our own personal passions, the power and profundity of the divine passion itself."*

~ Cynthia Bourgeault

### ***I can't carry a tune.***

So what! Chanting is not about singing in tune, though its great when it happens, but about becoming in tune with yourself and with the group and with Spirit, the Great Mystery, God.

### ***I'm uncomfortable singing in a group.***

Try closing your eyes, as this can help you turn inwards and release feelings of self-consciousness. Focus on YOUR experience, first. Gradually, this discomfort will reverse direction and you'll find yourself drawn to the energy and harmonies a group offers. Or just chant by yourself!

### ***I don't know the meaning of what I'm chanting.***

Google is a great place to look up the meaning of the words, if you are interested. But also try just allowing the sounds of the syllables to wash over and through you. Some chants are thousands of years old and have a power accumulated from the morphogenetic field that's been developed, steeped in the belief and tradition from which it arises.

### ***This is not the tradition I'm comfortable with.***

Fair enough. Be curious and open and see how you feel as you chant the words and feel the melodies from other traditions. There is an underlying belief in World Kirtan that there are many rivers but only one ocean. If it is still too uncomfortable, then honor yourself for experimenting, then remain with your tradition and go in peace.

## About Bernie Skydrummer & Joy Morris

Bernie and Joy live in Torrey, Utah, and lead our local *Torrey World Kirtan* group, when they are not traveling, leading groups and dances for *Dances of Universal Peace*. They are the co-founders of a Dance of Universal Peace camp called “Baking in Beauty” that occurs every summer in Capitol Reef National Park.



**Bernie Skydrummer’s** journey with kirtan and the Dances of Universal Peace started in 1973 in California. He was initiated into the Sufi Ruhaniat International by Pir Moineddin Jablonsky. He soon began playing the Dumbek drum for several years in Santa Cruz, with many different senior leaders. Later he learned open tuning guitar, then standard tuning. By the mid 80s, he started leading dances in Santa Cruz. Bernie sang in the Mt. Madonna spiritual choir for 12 years (tenor). He also studied Brazilian and African drumming for a number of years. Recently he has been leading kirtan in the American Southwest, as he travels to different Dance of Universal Peace circles.

Bernie makes and sells solar ovens and solar-roasted coffee. He is a musician and singer in a local band and loves to play music around the campfire as well. He can be contacted at [bernieskydrummer@gmail.com](mailto:bernieskydrummer@gmail.com).



**Joy Morris** came to kirtan through her association with the Dances of Universal Peace, an interfaith practice singing and dancing to sacred phrases from all different religious and spiritual traditions. She has been active in the Dances of Universal Peace for the past 20 years, leading dances in Torrey, Utah and throughout the American Southwest. She and her partner Bernie lead “world kirtan,” singing songs from many different traditions.

Joy is a Counseling Psychologist with 24 years of experience. She enjoys working with people to further growth and healing. She views healing as increasing our freedom to be present with reality and in alignment with Oneness. Joy is a nature enthusiast and has written a book of poems called *Opening to Nature: Poems to Inspire Your True Voice* (2016). You can contact Joy at [joymorris29@gmail.com](mailto:joymorris29@gmail.com).

## About Will Barclay



**Will Barclay** is one of the most compelling singer-songwriters in Utah today. His songs are often inspired by his high-desert home in Southern Utah. Will has lived with the fabled Travelers (gypsies) of Ireland, played fiddle, guitar, and banjo in the Celtic homelands of his ancestors, and learned their stories too. His songs have a timeless quality expressing intense emotion and evoke themes of place, loss, love, and struggle. When Will began participating in our local kirtan group, chants came through him that he brought to the group, including three on this album: *Shema Yisrael*, *E La Hu Eya* and *Om Doong Durga*. Will Barclay is an extraordinary, hidden gem of a singer/songwriter, local to Teasdale, Utah. He is also a member of Subud, a contemporary spiritual path that had its origins in Indonesia in the 1920s and spread to the west in 1957. Subud members practice a form of worship known as the latihan.

## About Javi Otero



**Javi Otero** is iAwake's Chief Technology Officer, bringing his sound technology, experiential expertise, and creativity in developing new and experimental entrainment protocols to the iAwake community. Javi created the powerful yet organic resonant sound tech infused into these chant tracks.

He is an artist (poet, photographer, musician, composer, recording artist), acoustic stimulation researcher, sound engineer, and inventor currently exploring and developing new fractal stimulation protocols. His main research focus is on how to further harvest the transformative power of sound energy and resonance. His regular practice involves cold water, breathing and stretching (Yin•Yang Yoga), subtle energy entrainment, meditation, gratitude, improvisation, photography, video, poetry, sound, and music.

Javi has trained with top biofeedback practitioners Elizabeth St. John and Laura Lilienthal and has done extensive dreamwork with Taoist master Kari Hohne. In another life, he studied Political Sciences, Humanities, Photography, and Digital Imaging, and he graduated in Music Technology with triple distinction before co-founding an awarded sound design company in the UK in which he composed for radio (BBC), TV (Channel 5), film (Berlin International Film Festival), advertising (Red Bull, Tommy Hilfiger), new media and theatre arts companies, and independent artists. He is a multi-instrumentalist and music producer and also engineered, produced, arranged, and played guitar, bass, drums, and percussion in several bands and albums over the years.

## iAwake Support Links



**Profound Meditation on Facebook:**

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



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



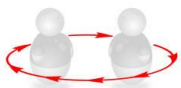
**Profound Meditation Practitioners Forum:**

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**Coaching:**

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## *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.iawaketech.com](http://www.iawaketech.com)