

I\A\WAKE

— TECHNOLOGIES —

STRONG medicine

Theta Power Meditation

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iAwake Technologies • Nadja Lind

DISCLAIMER

The user of *Strong Medicine (SM)* 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 who are 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 *SM*, as they are more susceptible to seizures.

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

The user of *SM* 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 *SM*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *SM* 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.

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FILE INFORMATION FOR OPTIMAL ENTRAINMENT RESULTS

NOTE: We strongly recommend not converting *Strong Medicine (SM)* 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 320 kbps MP3 file. If you wish to burn *SM* to a CD, burning it as a 320 kbps MP3 file 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 "MP3," then select "Custom," and set to 320 kbps.



NOTE ON HEADPHONES

For the fullest entrainment effect, it is recommended that one use earbuds or headphones when listening to *Strong Medicine*. *Strong Medicine's* isochronic and biofield technologies also make it ideal for use with speakers.



COMPATIBLE PLAYERS

MP3

- Compatible with all MP3 players.



IMPORTANT NOTE ON USING *STRONG MEDICINE*

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.

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Welcome to Strong Medicine

From Nadja Lind, creator of *Strong Medicine*:

Strong Medicine 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 guides your body to naturally release its own de-stressing hormones, allowing you to breathe deeper, and supports your physical and spiritual body to re-balance and recover quickly from the rigors of everyday life.

Strong Medicine is designed to:

- deepen your breathing
- relax your body and mind
- stabilize your immune system
- ease your brain and nervous system
- energize your body after training, at work, or during breaks
- increase creativity
- deepen & enhance your yoga/meditation practice
- release fatigue
- focus your thoughts
- help you tap into your inner joy
- get you closer to your inner self
- enhance your capacity to study and learn
- ease your symptoms from PTSD

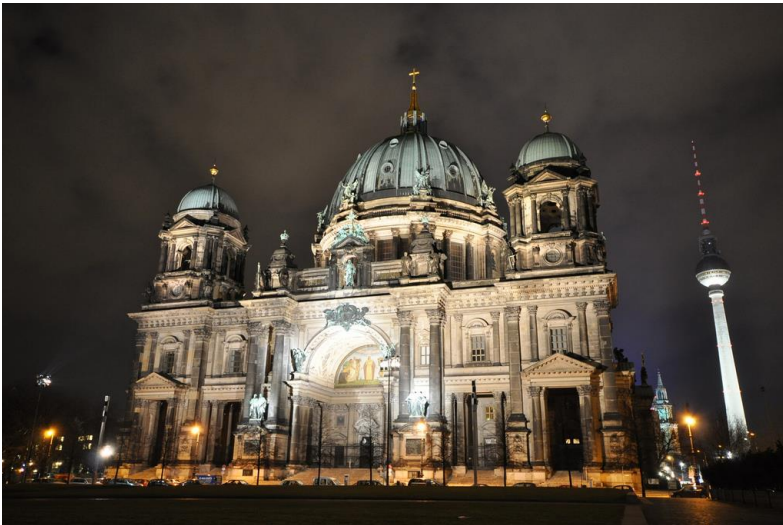
About *Strong Medicine*

The Soundtracks

- 01 Strong Medicine 22:22-minute version
- 02 Strong Medicine 41:24-minute version

From Nadja Lind:

“I’ve been listening to this binaural drone track, *Strong Medicine*, for a long time. Initially, I created it for myself to deal with sleeping disorders, sleep deprivation, PTSD, fatigue from chronic pain, anxiety... Due to these reasons, I often can’t find peace and energy at nighttime, so you can imagine how weak and stressed out I feel during the day. My resort has been to listen to *Strong Medicine* whenever I need an energy boost.



Berlin Dome

It worked so well for me that I gave it to few close friends and DJ colleagues—they really loved listening to it and started asking for more. Some use it like I do a lot—when they feel energyless and tired and can’t catch enough sleep. Others like to use it to stay focused while they are at work in front of a computer. It has also helped me release much stress from PTSD.

This soundtrack includes field recordings from inside both the Nicolai Church and the Berlin Dome. Such a great reverb acoustic!”

The Technology

All drone waves are made from many different layers with separate filters on top. The brainwave pattern targeted in both tracks is theta 4 Hz. Nadja used oscillators rather than a binaural beat application to create the entrainment effects.

How to Work with *Strong Medicine*

Here 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 before you begin.
- Drink some water (both before and after).
- Sit comfortably, with your spine straight but relaxed, or lay down with a blanket.
- Smile and wish/ask/trust that the session will 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 effect.
- If your attention wanders, gently return to the sounds, your breath, or focus on a part of your body.

***Strong Medicine* can be:**

- used with or without headphones – though headphones tend to produce a stronger effect
- played in the background to texture your living space

As you use *Strong Medicine*, we encourage you to share your stories with our community of practitioners on Facebook:

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

About the Developer



Nadja Lind has been creating (and using) binaural beat ambient meditations since 2011, producing electronic music since 2004, and DJ-ing since 2003. Nadja works out approximately five times a week at the gym and likes to use entrainment + beats. She used to work as an aerobics instructor and fitness trainer.

Nadja is the creator of *Turning In Ambient Meditations* and *Workout Ecstasy* Volumes I and II. She has 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 Berlin, DC10 and Sankeys 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 strong seal of quality.

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. Recording 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, was the beginning of *Strong Medicine*.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



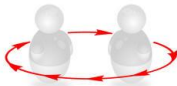
Profound Meditation Practitioners Forum:

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



Free Weekly Teleseminars:

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



Coaching:

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



FAQ:

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



Blog:

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



Customer Support:

support@iawaketechnologies.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.iawaketech.com