



THETA JOY

A MAGIC CARPET RIDE
ON THETA FREQUENCIES
FOR JOY, CREATIVITY,
AND DEEP RELAXATION

USER MANUAL

NADJA LIND

I/AWAKE

— TECHNOLOGIES —

DISCLAIMER

The user of *Theta Joy* 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 *Theta Joy*, as they are more susceptible to seizures.

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

The user of *Theta Joy* 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 *Theta Joy*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Theta Joy* 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

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 320 kbps MP3 file.



HEADPHONES

For the fullest entrainment effect, it is recommended to use headphones or earbuds when listening to *Theta Joy*.



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 Theta Joy

Here is our latest treasure to add to your transformational and healing tool medicine bag. We (the iAwake Team) have loved testing and using *Theta Joy* in our meditation practice. I would strongly recommend adding it to your brainwave entrainment meditation playlist. All of our iAwake tracks seem to work together synergistically, and continue to emerge from the field -- or our collective unconscious -- to support us in our growth, awakening, and giving back our gifts to the world, right now.

This latest release, *Theta Joy*, was created by Nadja Lind of *Strong Medicine* fame. And here's what she has to say about it:

"Theta brain waves are associated with deep relaxation, hypnosis, and the REM (Rapid Eye Movement) dream state, the state right between wakefulness and deep sleep, also called trance, when your subconscious is wide open to receive stimulus directly, bypassing the analytical mind. Theta can induce flow states of profound creativity, insight, and great inspiration by tapping into the unified field and universal connection, and is the best state to create your reality through vivid visualizations and affirmations."

And here is what our beta testers are saying about *Theta Joy*, too.

"The sonic movement seemed different from anything that I have heard. Very pleasing. Gave me a wonderful awareness of theta." – Dean Murphy

"I feel much happier after interacting with this meditation. The good feelings keep me coming back for a daily adjustment. Everyone likes me more when I do this meditation." – Abigail

"Soundtracks are superb, very easy to become 'one' with sound. One of the best if not best soundtracks I've ever heard!" – Domas Kucinskas

"I really loved starting my day with *Theta Joy*. It is like a vibrational shower to clear you and get you in a high vibrational state of gratitude and joy to start your day." – Robbin

"Incredibly soothing, comforting, deeply but softly energizing. Often found laughter bubbling up. Seemed to open new meditative territory in terms of visuals--beautiful soundscape." – Neal Szpatura

"Deep Dreamy Theta! A fine mature 2-track set. If there was anything for creativity support these theta tracks do it. Best theta program out there!" – Scott

With great love and respect,
John Dupuy and the iAwake Team

From the creator, Nadja Lind:

I've always been fascinated by neuroscience, consciousness, self-enquiry, quantum psychology, spiritual growth, neurohacks, and of course the power of sound and its effects on the nervous system. Sound is the most powerful and creative energy there is from my perspective. It's magic, it's all pervasive and it has a massive effect on our nervous system and therefore our well-being.

Some years ago, around 2010, I became curious about Solfeggio, healing, and how binaural frequencies affect the nervous system. I wanted to experiment with binaural frequencies, but I didn't want to use any pre-tailored binaural generators and therefore thought of a way to create these frequencies by myself, in order to make absolutely sure what's "inside" the box, so to say.

At that time I had massive sleeping problems, nervousness and anxiety, and other health issues related to the stress of my heavy dj-ing schedule through different time zones, climate zones, and club environments. I can only say the "binaural ambient tracks" I created improved my life enormously, and I have been using them since 2011 on a daily basis.



I became especially interested in the theta brainwave frequency (5 Hz), which is associated with deep relaxation, hypnosis, and the REM dream state, also called trance, because here our subconscious is wide open and receives stimulus directly, bypassing the analytical mind. This is why theta is so good at inducing flow states, profound creativity, insights, focus, and great inspiration. It is the best state in which to create your reality through vivid visualizations and affirmations.



THETA (3 to 7 Hz)

Theta brainwaves 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 brainwaves 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.

01 Joy

I created *Joy* to have a light and warm experience, leading me into this susceptible theta brainwave frequency.



I use *Joy* in different ways:

- as preparation to watch my Mindmovies
- a visualization tool like a vision board to feed my subconscious the best possible five-star menu "nutrients"
- to connect to my inner guidance
- to lay down with an eye-mask and headphones and have a deep, full-body experience of the ride between being awake and deep sleep
- to focus

With *Joy*, I can feel myself sinking into a deeper and deeper state, and I can often literally observe my analytic mind thinking things like, "Don't wiggle your toe, it will get you out of this beautiful state!"

02 What is Time?

This question has long occupied my mind. I've never experienced time as a steady, constant flow, but rather it always seems to be dependent on myself and my changing environment and circumstances, moment to moment. I even experience time in loops or spirals. So I aimed to create a piece of sound that leads you into your very own personal experience of time and that leaves space for whatever emerges within you.

This track is very much influenced by my musical career as a producer of a lot of dub-techno music. I wanted the atmosphere in this track to be a bit colder than in *Joy*, yet warm enough so you still feel safe and held -- and at the same time create a feeling of non-attachment as you are pulled into the theta experience that leads you wherever you need to go.

About Theta Joy

Two tracks (70 minutes total)

01 Joy (24:54)

02 What is time? (44:47)

Theta Joy can help you to:

- tap into your inner joy
- deepen your meditation practice
- increase your creativity
- relax your body/mind
- deepen your breathing
- connect with your inner self
- focus your thoughts
- visualize potentials
- stabilize your immune system
- release fatigue

You can use *Theta Joy* to:

- enhance and deepen your daily meditation practice
- have a full-body experience of the ride between being awake and asleep
- inspire your creativity when you feel stuck
- gain access to your inner wisdom
- start your day relaxed and energized
- focus your thoughts
- let go of compulsive thoughts and patterns
- ease your brain and nervous system
- energize your body after training or during breaks
- tune out from stress
- enhance your yoga or tai chi practice
- strengthen your capacity to study and learn
- fall back to sleep if you wake up in the night

How to Use Theta Joy

To get the best experience, use headphones to listen to these tracks.

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 your 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 your focus to the sounds, your breath, your heart center, or some other area of your body if your attention wanders.

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

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

The Technology

From the creator, Nadja Lind:

Theta Joy entrains to the theta brainwave frequency of 5 Hz. The binaural beat frequency was created with my own instrument rack of two synthesizers (set up left and right to have a stereo effect) that I built to be able to create my own binaural beats.

The music was created using my beloved synthesizers Omnisphere 2, Korg Minilogue, Moog Subsequent 37, and several other effects (like I always do). I added some field recordings I took in St. Michael's Church, close to where I live in Berlin.



The front of the Saint Michael church
(Sankt Michaelskirche) in Berlin

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. She used to work out approximately five times a week at the gym, but in 2018 switched to doing Ashtanga and Vinyasa yoga seven times a week. During her sessions, Nadja likes to use entrainment + beats.

Nadja was trained in Sadhguru's "Inner Engineering & Shambhavi Mahamudra" at the Isha Foundation, and has been practicing on a daily basis since October 2017. She used to work as an aerobics instructor and fitness trainer.

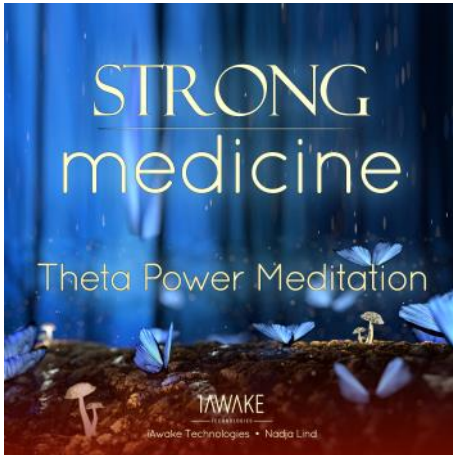
Nadja is a certified specialist in Pain Relief Therapy, Osteo Pressure & Fascia Yoga (trained at Liebscher & Bracht) and a certified Yoga Trainer. She's also trained in hypnosis and massage therapy and a vigorous practitioner of Voice Dialogue (Hal & Sidra Stone), Quantum Psychology (Stephen Wolinsky), Ho'oponopono (Dr. Ihaleakala Hew Len), and Dr. Joe Dispenza's workshops. She recently became a certified Energy Medicine Therapist (Donna Eden).



In addition to *Theta Joy*, Nadja is the creator of *Strong Medicine*, *Purrfound Meditation*, *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, Burning Man U.S., 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 *Turning In-Binaural/Ambient Meditations*.

Other Works by Nadja Lind



Strong Medicine

Theta Power Meditation

-- it's not for everyone. Brainwave entrainment for deep, deep practice.

Strong Medicine is the latest offering of Nadja Lind, the creator of Workout Ecstasy Volumes I & II and Turning In. This track is for when you feel the need to meditate very deeply or work on specific issues. It also is very helpful when you are burned out or exhausted. Simply lay down on the ground with a pillow under your head, and assume the yoga "corpse" position—or sit back in a comfortable chair or assume your standard meditation pose. Either way, it works. Strong Medicine will often produce a hypnagogic state between waking and sleeping, resulting in a state of profound rest and renewal when one is finished. This track was named by John Dupuy when he first used it, for it is, indeed, strong medicine.

Get ready for one powerful transformational entrainment experience!

"I loved the pulsing and the apparently random scraping sounds and tapping sounds - these struck me as being like Zen meditation tappings on the bamboo to keep attention focused in the here and now. I was always wanting more when either track finished."

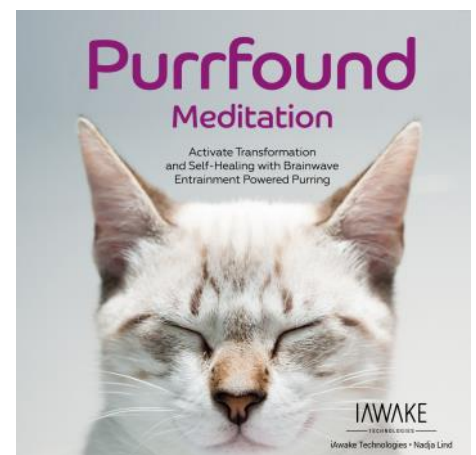
~ K. M.

Purrfound Meditation

Activate Transformation & Self-Healing with Brainwave Entrainment Powered Purring

Purrfound Meditation is designed to gently guide you into states of deep relaxation, emotional release and inner peace, achieved through the calming sounds of Mathilda the cat, purring, and underlying binaural theta frequencies.

"The interplay between the purring and the entrainment is sublime..." ~ S. C. aka 'coffeegoeswild'





Workout Ecstasy Volume I

Radically improve your workouts with music that moves your body and entrains your brain.

Workout Ecstasy is a tool to increase fun, focus, and energy when you exercise—whether it's in the gym, outside, or at home. These tracks will help get you in the zone quickly and keep on moving. The alpha binaural frequency entrainment will help your whole body-mind system align and orient effortlessly towards your training and its positive effects.

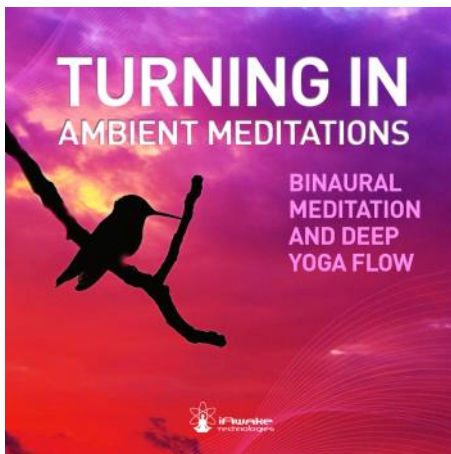
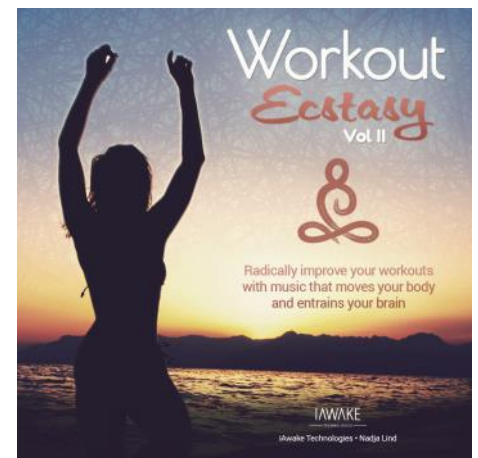
"If you're not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level." ~ John Dupuy

Workout Ecstasy Volume II

Radically improve your workouts with music that moves your body and entrains your brain.

Get your exercise clothes on, pop on your earbuds, and start rocking and dancing and sweating, lifting and stretching your way to superior health and ecstatic exercise. From Berlin's Globetrotting DJ Diva: Nadja Lind.

"I often get bored while exercising on the treadmill or elliptical trainer and these tracks helped me stay totally engaged and actually work out harder." ~ Lisa Celentano



Turning In ~ Ambient Meditations

...ease into deep states of relaxation, destressing to the slow drumbeats and nature sounds embedded with binaural frequencies... from Deep Dub composer, Nadja Lind

"I would totally recommend this... I can imagine a lot of my non-meditating friends having a really easy time getting into this...this is ideal, plus it gives that feeling of wellbeing most people who are not into spiritual praxis want when meditating." ~ Sebastian Stark

iAwake Technologies Support Links



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



iAwake Technologies Practitioners Forum:

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



Weekly Coaching Calls Archives:

<https://www.iawaketechologies.com/support/teleseminars/>



Coaching:

<https://www.iawaketechologies.com/support/coaching/>



FAQ:

<https://www.iawaketechologies.com/frequently-asked-questions/>



Blog:

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

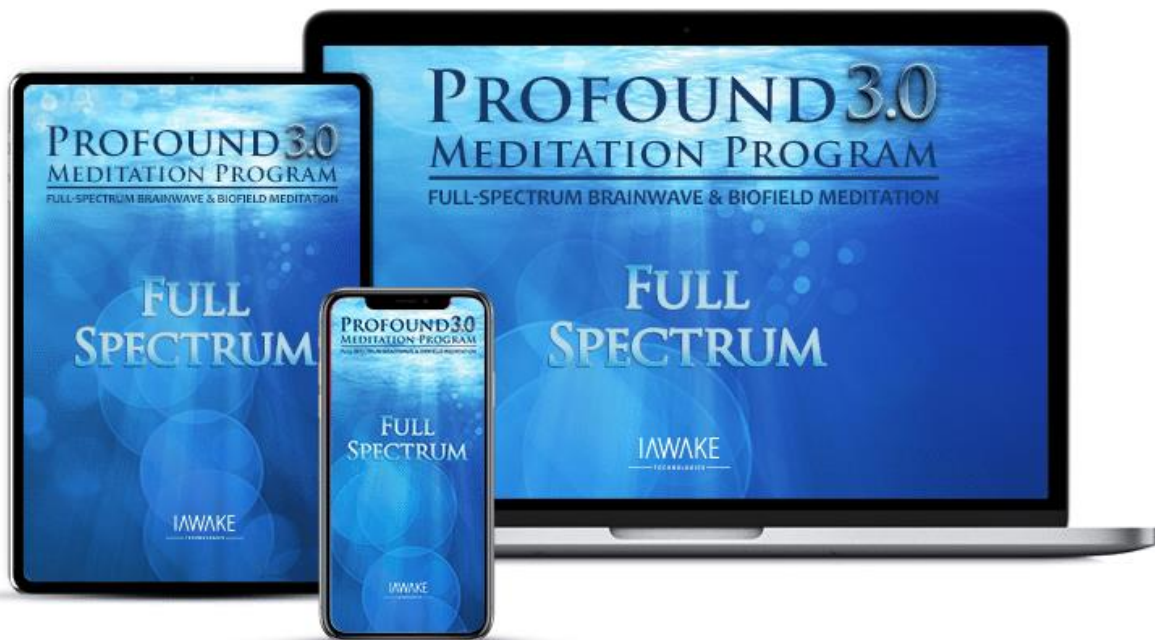


Customer Support:

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