



Hu Grace

Contemplative Voices
For The
Inner Journey

USER MANUAL

SAMUEL TÖRNQVIST

IAWAKE

— TECHNOLOGIES —

DISCLAIMER

The user of *Hu Grace* 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 *Hu Grace*, as they are more susceptible to seizures.

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

The user of *Hu Grace* 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 *Hu Grace*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Hu Grace* 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 good quality headphones when listening to *Hu Grace*.

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 *Hu Grace*

In *The Mysticism of Sound*, Hazrat Inayat Khan (whom I consider a spiritual father) wrote:

“The Supreme Being has been called by various names in different languages, but the mystics have known him as Hu, the natural name, not man-made, the only name of the Nameless, which all nature constantly proclaims. The sound of Hu is most sacred.”

This set of tracks has been in the making for over a year. Samuel Törnqvist was a beta tester with iAwake several years ago. Then one day I discovered some of his work cruising the internet and was so moved by it, like a coming home, that I got back in touch with him and asked if he would create some tracks with his special vocal genius - and so he did!

And our CTO, Douglas Prater, has infused Samuel’s soundtracks with his own musical entrainment genius, while honoring and supporting Samuel’s work.

There is just something about the human voice, harmonies, and particularly this collection of soundscapes, that is deeply satisfying, moving, profound. A kind of choral contemplation...prayer.

Samuel talks about these tracks helping to instill a sense of safety and self-acceptance and peace. I feel my body relax almost instantly when I hear the poignant, rich sounds of *Hu Grace*. Hu also has a special significance for me as I studied Sufism for several years, and our Thursday evening practice included zikr - or devotional chanting - in which Hu, a name for God, was chanted. If you do a bit of googling, you’ll find “Hu” also integral to Eckankar, Egyptian theology, and other traditions.

(On a more humorous note, we learned from a beta tester that online and in texts HU has also come to mean “hookup.”)

Each track is different sonically and descends in frequency - the first track targets alpha, the second track theta, and the third track delta. They can be played sequentially or one track looped.

So please work with these tracks as it makes sense for you, and let us know what you discover.

Peace,

Pam & the iAwake Team

From the developer, Samuel Törnqvist:

We can often feel life is a serious burden. We feel we have to “do it all ourselves,” that we have to “save the world,” “stop climate change now,” “care for all the refugees”... and not only that but also be a better parent, heal ourselves of all our ailments, have no shadows and reach 3rd tier development, and meditate and exercise two hours a day.

Even though these are good and noble intentions that are useful, we have a tendency to put too much pressure on and blame ourselves for not being able to do it all. The state of the world then becomes “our fault,” and we can project this on everybody else out there -- our partners, children, friends, people on Facebook, the other political party who doesn't seem to understand the urgency we feel about a particular issue, and so on. It often creates more conflict and stress as we push ourselves.

I think this stems partially from our not accepting ourselves -- a deep feeling that something is broken in us. Some talk of “original sin,” and even though this is mostly talked about in Christianity, especially within “mythic Christianity,” this feeling often stays with us as we develop further. One example of this is that many who talk about radical change in various areas of life often threaten dire consequences if the terms are not met. For example, “if we don't deal with the environment now, we will all die in a firestorm.” I am not downplaying the urgency of taking care of the environment, but I believe the way the message is conveyed, often in an alarmist way, causes more fear and irrational behavior, probably also fueling the culture-war.



So, this program is an attempt to help us get to a space of acceptance, forgiveness, compassion, and care -- for ourselves and for one another. I don't mean complacency, and I don't mean all is fine, or that everyone can't have a different opinion. But it's an attempt to help us see “God” everywhere and in everyone. I use that term not referring to a specific religion, (but you are of course welcome to do so) but to the divine in all of us.

So perhaps start with yourself first. Take a chance on being transparent with yourself. All the light, all the crap, and just stay with it. Love all that and have compassion for it. See it as it is. Shine a light on it, open your heart, and let it all in. You are not getting rid of anything, you are just taking in more, you are getting bigger, you are growing.

I hope these tracks will help you with this process of opening, seeing what you truly are, seeing your limits, seeing what you are capable of right now, and what you really want to do with your life. What really matters? Not what you should do, not just what your superego tells you all the time.

Also, tune into the fact that you are not alone. You don't have to do this all yourself. Perhaps even entertain the idea that there are forces in the universe we have no idea about. Perhaps there are beings, ideas, thoughts, people, spirits, and Gods out there who are on your side, helping you, loving you, holding you. There is a tendency to be extremist about upholding the idea that there is no spiritual world at all, because mythic religion sounds so silly to most. Many who are on a spiritual path tend to forget the "thou" part, and focus only on themselves and the big mysterious universe as a third person. But what about a more evolved spiritual idea, one that suits you, which includes a spiritual world out there as well? Why not entertain the idea that there is still a spiritual world that is helping you?



As you listen to the tracks, open up to what you are -- all your problems, concerns, worries, shoulds, and tasks -- and just let them be for a while. Take a moment to be okay with things as they are, letting yourself be held in support, care, love, and compassion by yourself but also by the spiritual world. Perhaps imagine them singing to you, as you let go, rest, open up your heart, sense your body, and allow your emotions to be.

The path home to yourself has a lot of obstacles -- worrying thoughts, dark emotions, pains, frustrations, fears, etc. This program will be an aid on the journey home.

It is my wish that with this openness to what is, to what you are, and also realizing you have a lot of love and support available, you can tackle the world from a wiser and more grounded self, seeing what is actually important, and how you can contribute.

With love and gratitude,
Samuel Törnqvist

About Hu Grace

Three 20-minute tracks (for a total of 60 minutes)

- 01 Welcoming** (20 minutes) entrains to alpha brain waves, and is designed to welcome you and tell you that you are safe, cared for, and not alone. Entrain to 9 Hz.
- 02 Journeying** (20 minutes) entrains to theta brain waves, guiding you gently deeper. It allows you to take your time, but doesn't let you lose hope or be on your own. Entrain to 5.5 Hz.
- 03 Arriving** (20 minutes) entrains to delta brain waves, letting you arrive at yourself and also explore that (perhaps) new feeling. It encourages you to expand from there as well, perhaps seeing things you have not seen before, perhaps even inviting more of yourself as you are. Entrain to 3 Hz.

Hu Grace supports you in:

- feeling loved and cared for
- relieving anxiety and stress
- feeling a sense of wholeness and connection
- staying with your emotions, letting them come without reacting to them
- letting go of performance anxiety
- being okay with what IS on a deep level, making it easier to see the next necessary step

How to Use Hu Grace

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

As you listen to the tracks, open up to what you are: all your problems, concerns, worries, shoulds, and tasks, and just let them be for a while.

Take a few moments to be okay with all as it is. Let yourself be held in support, care, love, and compassion by yourself and also by the spiritual world.

Imagine the spiritual world singing to you, as you let go, rest, open your heart, sense your body, and allow your emotions to be.

This openness to what is, to what you are, and the realization that you have a lot of love and support available, allows you to tackle the world from a wiser and more grounded self, seeing what is actually important, and how you can contribute.

Use *Hu Grace* to:

- enhance meditation
- chant along with to deepen experience
- go on a mini retreat
- support a yoga nidra practice
- shift into creative/visioning mode (track 2 targets theta)
- prepare for a performance (especially with track 1 - targets alpha)
- support your prayer practice
- access flow states while you work (track 1 - alpha)

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

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

The Technology

The human voice contains a rich and complex palette of overtones which, on a primal, instinctual level, facilitate a sense of connection, belonging, and unity. The frequency signature nourishes the soul. And though most popular music also contains prominent vocal elements, the resonant nature of elongated vowel sounds in *Hu Grace*, sounding in consonant intervals and carefully arranged for a deliberate practice of contemplative depth, facilitates a powerful engagement into deep altered states of consciousness.

The state-altering potential of *Hu Grace's* rich vocal resonance has been further enhanced by the addition of iAwake Technologies and Douglas Prater's signature blend of brainwave entrainment techniques, including:

- Spatial binaural encoding of the entire musical soundscape, using the natural elements of the recorded voice for an authentic, full-frequency entrainment response.
- Psychoacoustic Resonance in the overtones of the voice to promote a natural state of well-being.
- Rhythmic Contralateral Modulation Entrainment to strengthen communication between the brain's hemispheres and increase receptivity to non-ordinary, whole-brain insight.
- Amplitude modulation in key frequency ranges of the vocal soundscape to foster an isochronic response while maintaining the authenticity and integrity of the natural vocal overtones.

All three *Hu Grace* tracks were created by Samuel recording his own voice several times (up to 16 at a time) into a DAW (Digital Audio Workstation) that works like a normal recording studio. Samuel applied reverbs to create the sensation of standing in a huge cathedral. He created specific harmonies, but tried to sing quite freely within those boundaries. This is mostly heard on the first track, as the second and third track have more specific harmonies to create specific sensations.

Three 20-minute tracks (for a total of 60 minutes)

Track 1 – Welcoming – entrains to alpha (9 Hz).

Track 2 – Journeying – entrains to theta (5.5 Hz).

Track 3 – Arriving – entrains to high delta (3 Hz).

About the Developers



Samuel Törnqvist creates emotive and inspirational music, focusing mostly on orchestral and acoustic music. Born in Sweden, Sam has lived and traveled in many parts of the world and experienced many cultures. All this is clearly felt and heard in his multi-faceted artistry, musical knowledge, and talent. Sam has composed and produced music and sound for film, theater, dance companies, advertising, and musical theater.

You can find out more about Sam on his website and Facebook:

<http://www.samuelturnqvist.com/>

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

Douglas Prater, who developed the entrainment for *Hu Grace*, is iAwake's CTO and the creator of *Rainstorm Sleepwave*, *Infinity*, *Stealing Flow*, *Stealing Flow – Power Nap*, *Stealing Flow – Gamma*, the technology and soundtrack for *The Near Death Experience: Waking Up to Life*, and the technology for *The Freedom of Forgiveness*.

He is an author, meditator, fitness enthusiast, and musician who holds a degree in Music: Sound Recording Technology from Texas State University. He is committed to the art of deep practice in every area of life.

Doug began composing and engineering brainwave entrainment audio tracks for meditation, creative pursuits, and the attainment of peak performance flow states back in 2001, and has continued to refine his approach to composition and development by incorporating uniquely psychoacoustic harmonic signatures and a variety of carefully blended entrainment modalities.



iAwake Technologies Support Links



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Customer Support:

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LISTEN ON
The iAwake
Technologies App



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