



Refuge

A place of peace
amid the storms of life

USER GUIDE

Nadja Lind

I/AWAKE

— TECHNOLOGIES —

DISCLAIMER

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

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

The user of *Refuge* 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 *Refuge*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Refuge* 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 MP3 file.



HEADPHONES

For the fullest entrainment effect, it is recommended to use good quality headphones when listening to *Refuge*.

COMPATIBLE PLAYERS

Compatible with all MP3 and WAV players.



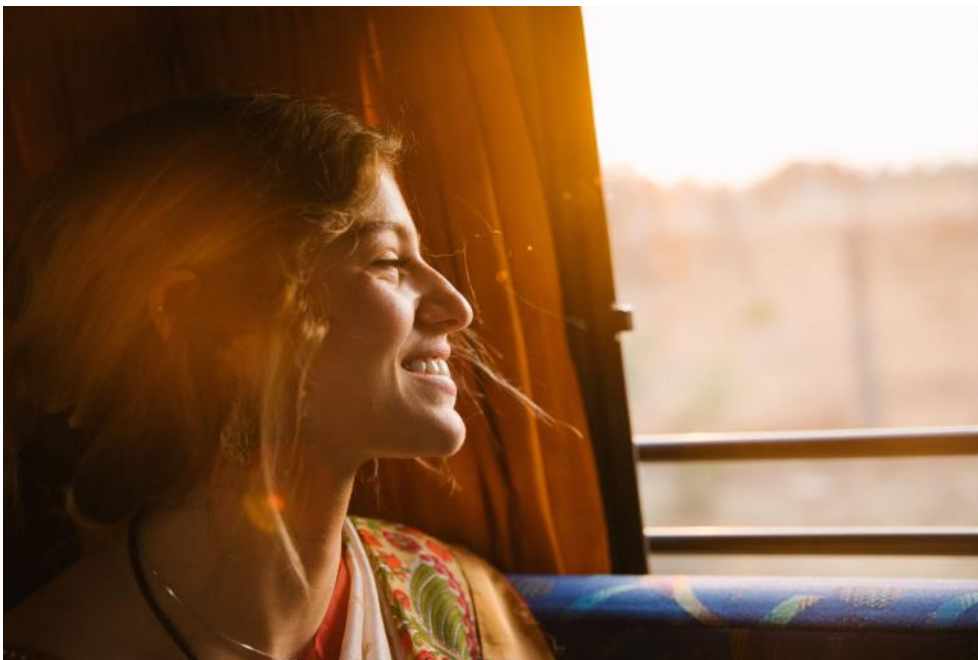
IMPORTANT!

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

For me, this music is like a safe, warm, welcoming, friendly refuge. I feel instant relief from feeling lonely, stuck, or stressed out. Then I ramp to creativity, flow, and feeling connected.

On a so-called “normal day,” what happens is usually a gradual disconnect from my true joyful nature as well as from my surroundings. I experience a narrowing of my awareness, the shrinking of my power, and the lessening of my energy. Building up protective shields and masks in order to be able to “function and act in the world” uses a great deal of my precious energy—energy that could be invested in playful creativity, sparking new solutions to problems or challenges, and feeling more in touch, alive, meaningful, and aware.



With *Refuge*, I aimed to create a musical switch to loosen up the shells I unconsciously build around myself in order to protect myself from the constant overflow of information, expectations, mental pollution, and distracting energies in the environment.

After my latest releases with iAwake (*Theta Joy* and *BE*), I felt like creating some more binaural alpha waves, conveyed on a melodic composition of layered sounds and

flavored with some brain-goosebumps-inducing Auto Sensory Meridian Response (ASMR) recordings, which allow the nervous system to relax and become free of daily stressors and automatic shielding and contraction mechanisms.

I aimed to envelope you in a safe, warm blanket of sound and alpha waves, where you can allow yourself to let go of the protective, rigid guards that dissociate you from your true pleasurable Self.

Each repetition of this composition allows you to let go and open up more and more, so your inner state becomes more fluid, more *de-light-ful*, more focused, and more colorful and pristine, in order to connect to your playful and free-flowing true creative nature.

Feel safe, and please enjoy this alpha refuge.

Nadja Lind, Creator of *Refuge*

About

Two tracks (for a total listening time of 52 minutes)

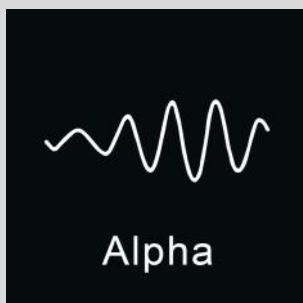
- 01 Refuge 12 Hz alpha (20:09 minutes)
- 02 Refuge 14 Hz alpha (32:25 minutes)

Available on the iAwake App, digital download (MP3 and WAV formats), as well as an optional CD.

Refuge is designed to relax your nervous system, so it feels like you are enveloped in a bright, warm, summery cocoon: supported, safe, joyful, and loved. The binaural entrainment guides you into an alpha brainwave state -- a light meditative state similar to what you would feel if your nervous system were deprived of incoming sensory information, and allowed to focus simply on calming your thoughts. Alpha waves are associated with developing multidimensional awareness, peak performance states, creativity, and presence.

Refuge can help you:

- establish a field of positive focus when you are working or studying
- connect to inner wisdom & trust
- soften and loosen up your mind
- boost your creativity
- feel more safe and supported
- experience body still/mind alert meditative states
- become more playful
- connect to your inner joy
- feel more alive and relaxed
- feel energized
- deepen your breathing
- unwind from a long day



Alpha waves can amplify your clarity and imagination and boost your performance and creativity. They are even said to be the “artist brain waves,” where new ideas and solutions are sparked and you connect to your inner playful state of clarity and wisdom. Alpha helps you become fully present in a state of multidimensional awareness, which increases problem-solving capacity, and you may even experience a sense of deep connection, belonging, and flow. Alpha is also fundamental to our spiritual growth, since we need a strong alpha in order to establish connections during states of trance, deep meditation, and dream sleep.

How to Use

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

Use *Refuge* to:

- untangle and step out of mind loops
- focus and create flow states
- harmonize your energy -- body, brain, heart, gut
- recover from feeling alone/lonely
- open your heart and reconnect
- meditate
- boost creativity
- feel centered and balanced

From the creator, Nadja Lind:

Listening to *Refuge* when I feel stuck in mind loops, lack of creativity, disconnected, or contracted eases my mind and body into a state of calm openness. It helps me concentrate, focus, and relax before a big test or challenge. I also love listening to these tracks as background music for studying, for tapping into my inner intuition and clarity, to relax, or during my Savasana yoga practice.

When I feel tense, anxious, nervous, or stuck, I tend to listen to the longer, thirty-two minute version (14 Hz alpha entrainment + asmr + nature ambience). At times like this, I experience a contracted and dense energy field created by my overactive nervous system, and it feels like the door to my inner nature is completely locked. This track helps me to first find this door and then knock on the door in a friendly way.

I created some prominent plucking organ sounds in the beginning of the longer version as an invitation and reminder to get back to the NOW and stay there. Try checking in and becoming conscious of distractions with each sound, in order to help yourself let go, moment by moment, and smoothly and quickly transition into a calm, clear meditative state.

Later I introduce a special frequency sound which immediately sharpens my focus and puts me into a trance-like state, where I can focus even more.

*Please listen with quality headphones rather than cheap earbuds, as they will cut out the most important frequencies of the music! With headphones, you will get the full spectrum of sound and the maximum effect from the composition. In order to protect your ears from possible damage and to be able to listen to the full spectrum of frequencies provided in this soundtrack, we suggest you only listen to *Refuge* on quality headphones. Nadja recommends lossless sound files like WAV, AIFF, FLAC or ALAC over MP3. It is also suggested to listen at a moderate volume.*



As you use *Refuge*, we encourage you to share your stories with our community of practitioners on Facebook: <https://www.facebook.com/ProfoundMeditationProgram/>

Technology

01 Refuge 12 Hz alpha + Auto Sensory Meridian Response (ASMR) recordings

02 Refuge 14 Hz alpha + Auto Sensory Meridian Response (ASMR) recordings

The binaural alpha is a constant 12 Hz in the shorter version and 14 Hz in the longer version. The binaural beat pulse was produced with Nadja's own binaural tool using two oscillators. The composition is a warm, layered, ocean wave-like sound progression, played in a repetitive manner, produced with Nadja's favorite sound design instruments: the Omnisphere 2, Korg Minilogue, Moog Subsequent 37, and other of her favorite devices and effects. Ambience nature recordings accompany you throughout to keep you safe and connected to nature and unity.

The ASMR-inducing sounds and field recording ambience were recorded during a safari trip Nadja was invited on in Kenya, after she played a DJ gig in Nairobi.



About the Creator

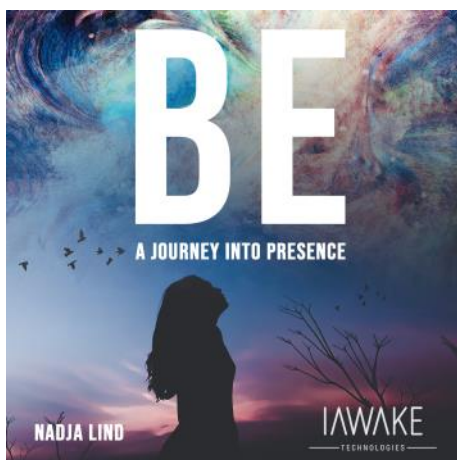


Nadja Lind has been creating (and using) binaural beat ambient meditations since 2011, producing electronic music since 2004, and DJ-ing since 2003. She used to work out approximately five times a week at the gym, but in 2018 switched to doing Ashtanga and Vinyasa yoga seven times a week. During her sessions, Nadja likes to use entrainment + beats.

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



BE

A Journey into Presence with Alpha Waves

BE is designed to relax your nervous system into an alpha brainwave state—a light meditative state similar to what you would feel if you were deprived of sensory information coming in from the environment and able to focus simply on calming your thoughts. Alpha waves are associated with developing multidimensional awareness, peak performance states, creativity, and presence.

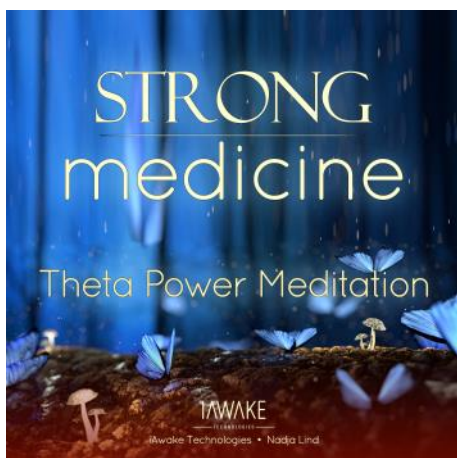
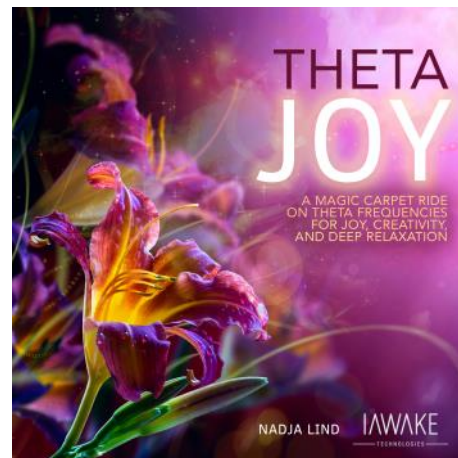
I tested the track while reading and doing mundane tasks, such as checking emails or paying bills, and I experienced myself as deeply present and happily focused on the task at hand, instead of feeling slightly resistant to completing another thing on my to-do list. – Lisa Celentano, MA, LMHCA

Theta Joy

A Magic Carpet Ride on Theta Frequencies for Joy, Creativity, and Deep Relaxation

Theta Joy blends an artfully created symphony of joyful sound layers with iAwake's signature, cutting-edge brainwave entrainment technology to guide your brain from beta consciousness into the theta brainwave frequency, which is the doorway to the unconscious. Enter a flow state of profound creativity, insight, and great inspiration by tapping into the field of unity and universal connection -- the best state in which to create your reality through vivid visualizations and affirmations.

"From the first moment I became an inner smile as a timeless being." ~ Karen Lee-Lohmann



Strong Medicine

Theta Power Meditation

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

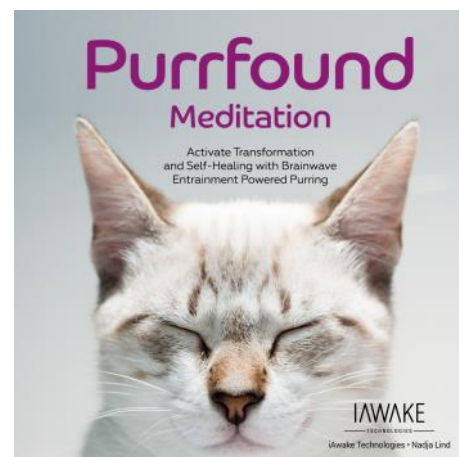
"I loved the pulsing and the apparently random scraping sounds and tapping sounds - these struck me as being like Zen meditation tappings on the bamboo to keep attention focused in the here and now. I was always wanting more when either track finished." ~ K. M.

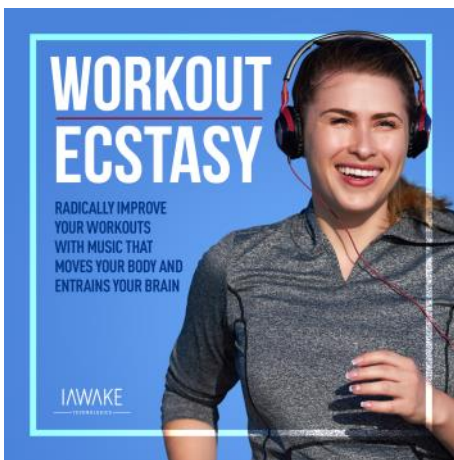
Purrfound Meditation

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.

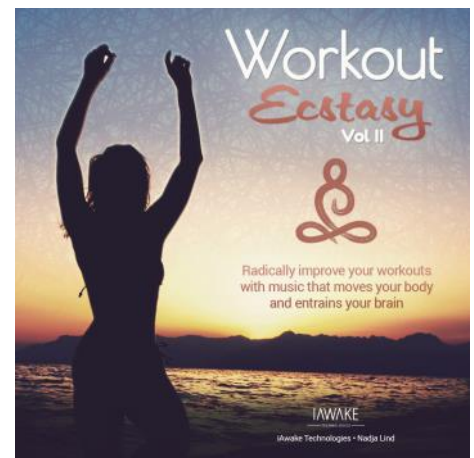
"If you're not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level." ~ John Dupuy

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.

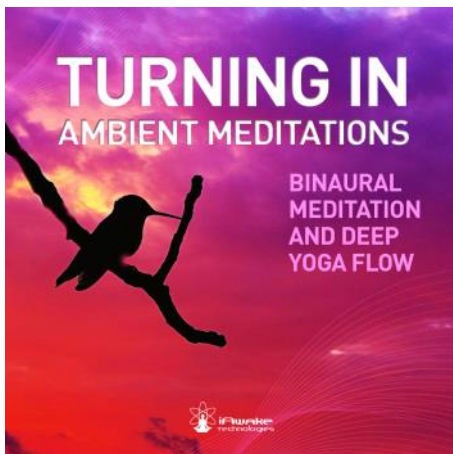
"I often get bored while exercising on the treadmill or elliptical trainer and these tracks helped me stay totally engaged and actually work out harder." ~ Lisa Celentano



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



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