

Heaven and Earth

Nadja Lind * iAwake Technologies

The Power to Break Through

USER GUIDE



IAWAKE

— TECHNOLOGIES —

DISCLAIMER

The user of *Heaven and Earth* 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 *Heaven and Earth*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY HEAVEN AND EARTH AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Heaven and Earth* 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 *Heaven and Earth*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Heaven and Earth* 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 *Heaven and Earth*.



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

Dear friends, welcome to this beautiful creation from our colleague, friend, and sister, Nadja Lind from Berlin. We have named this track **Heaven and Earth**, after hexagram 11 of the I Ching. It is a representation of the dynamic and receptive, and portends great breakthroughs and healthy new life and rebirth. It is very much like the process of meditation itself, where one has to dynamically get oneself together, do the practice, and still the mind in order to create the spacious emptiness where breakthroughs occur.

I'm sure we have all experienced a time when we were struggling to come up with an answer for a particular problem or situation, and when we finally gave up, the breakthrough occurred. This does not mean that the struggle was not necessary or in vain -- it was the dynamic struggle itself that emptied us out so we could receive the answer. The Greeks described or named the receptive emptiness that is necessary for true prayer and deep meditation as *gnosis*, *the emptying of oneself*.

Hexagram 11 is a beautiful representation of heaven and earth, the receptive and dynamic which equals the creative:



It is also very interesting that *Heaven and Earth* entrains the brain to theta, as theta is the place where the subconscious and the conscious come together, such as in our dreams and visions.

So here's wishing you great success and the power to break through with whatever challenging situations are presenting themselves in your life, and in our times.

With great love and respect,



JOHN

John Dupuy
CEO, iAwake Technologies

I am delighted to release my new *Heaven and Earth* entrainment music with iAwake Technologies.

This piece of music is one of my favorite ambient tracks up to now. I think it keeps the balance between sound entertainment and theta entrainment. For me, it's the right combination of getting carried away musically and staying in a relaxed focus of awareness, in order to dip into your subconscious and reprogram it the way you want it.

As a healing signal, I added the powerful Solfeggio frequency of 528 Hz, the "frequency of Love," which supports DNA repair. (For more information on this, I highly recommend Bruce Lipton's books and lecture: *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles.*)

I hope you enjoy this entrainment.

Nadja Lind
Creator of *Heaven and Earth*



ABOUT

01 Heaven and Earth (60:23 minutes)

- 6 Hz binaural theta entrainment
- 528 Hz Solfeggio: "Love frequency of the heart"
- Nature ambience feel-good summer vibes
- ASMR

*ASMR: autonomous sensory meridian response (specific sounds that trigger "a feeling of well-being combined with a tingling sensation in the scalp and down the back of the neck")

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

Heaven and Earth can help you:

- get into a juicy state of relaxed bliss
- support recovery from illness
- focus on your vision
- connect to your inner purpose and goals
- reprogram negative thoughts
- boost cell repair
- enhance your heart coherence



HOW TO USE

From the creator, Nadja Lind:

Listening to *Heaven and Earth* when I feel down, contracted, stuck in thought loops, or experiencing creative blocks, eases my mind and body into a state of calm openness. It helps me loosen up, relax, get into a flow state, and focus on my vision and deeper purpose.

I listen to this music either lying down or sitting upright with closed eyes preferably blindfolds on. The less distraction from the outside world the better for your theta state. Remember, theta is right before sleep, meaning body asleep but still present.

My personal favorite binaural entrainment frequencies are theta brain waves. I've worked with theta to rewire the unconscious programs running me and my life in the background.

Specifically, I detect and write down a list of areas in my life that are not going as well as I would like, and then, while listening to my theta hypnosis entrainment, I focus on how I wish things were instead—what I would like to see, hear, feel, taste, touch, and smell—all as precisely as possible.

I recommend doing this and holding that feeling for the length of the track. If your mind wanders, simply come back to focus as soon as you are aware of wandering.

I also love listening to *Heaven and Earth* as background music for working, meditating, getting into a lighter mood, for clarity, to relax, or during my Savasana yoga practice.

Personal recommendation: *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.*



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. (For example, use dim lights, a blanket, blindfolds, and put your phone on airplane mode).

- Do some light stretching combined with taking a few deep breaths.
- Drink some water.
- Go to the bathroom.
- Sit comfortably, with your spine straight but relaxed, or lie down.
- Set your intention. (For example, how you want to be, feel, look, talk, think — whatever you want to achieve.)
- Smile and wish/ask/trust that the session might take you wherever you need to go.
- Only listen to *Heaven and Earth* on quality headphones. (I recommend lossless sound files like WAV over MP3.) It is also suggested to listen at a moderate volume.
- Gently return your attention back to your focus and intention (or alternatively to your breath or your heart center) if your attention wanders.



As you use *Heaven and Earth*, we encourage you to share your stories with our community of practitioners on Facebook:

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

TECHNOLOGY

Soundtrack Details from the Creator, Nadja Lind:

Entrainment Technology:

- binaural to theta 6 Hz
- Solfeggio Frequency 528 Hz, also known as the “Love” frequency, which assists with transformation and DNA repair
- ASMR (autonomous sensory meridian response) inducing sounds

One hour of “*Heaven and Earth*” — a beautiful, light, repetitive melody accompanied by the Solfeggio ‘Love’ Frequency of 528 Hz.

This frequency of the heart is audible during the whole track, especially in the beginning, but it will fade into the sounds after some minutes of listening.

Theta is the frequency of imagination and self-hypnosis — it creates a doorway that enables you to download information to your subconscious and rewire and rewrite old programs.

The binaural beat pulse was produced with my own binaural tool using two oscillators. The composition is a warm, layered, ocean wave-like sound progression, played in a repetitive manner, produced with my favorite sound design instruments: the Omnisphere 2, Korg Minilogue, Moog Subsequent 37, Roli Blocks Seaboard, and other of my favorite devices and effects. Ambience nature recordings accompany you throughout, to keep you safe and connected to nature, heaven and earth, and the universe.

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

REFUGE

A place of peace amid the storms of life

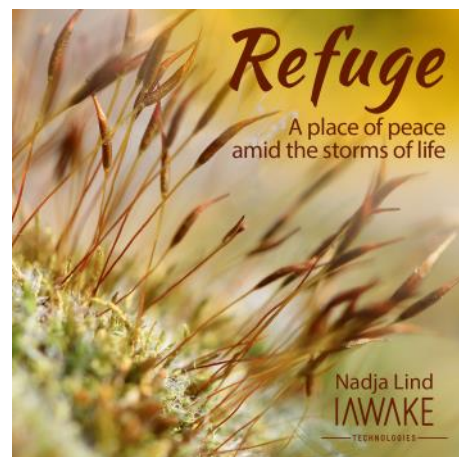
Refuge is designed to relax your nervous system, so it feels like you are enveloped in a bright, warm, summery cocoon: supported, safe, joyful, and loved.

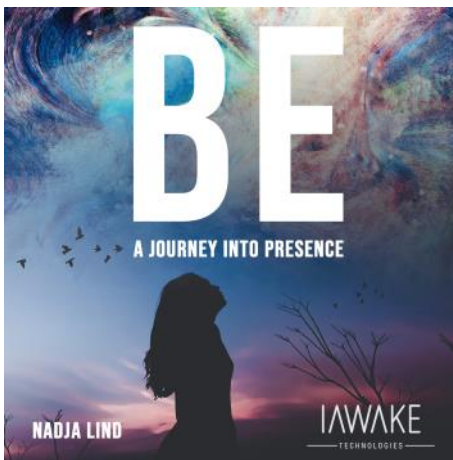
The binaural entrainment guides you into an alpha brainwave state — a light meditative state similar to what you would feel if your nervous system were deprived of incoming sensory information, and allowed to focus simply on calming your thoughts.

Alpha waves are associated with developing multidimensional awareness, peak performance states, creativity, and presence.

"These two tracks are like stepping into serendipity...absolutely lush, lovely, and peace promoting."

~ Lisa Celentano, MA, LMHCA, MHP





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.

"From the first moment I listened to BE, I felt a strong sense of calm and euphoria." ~ E.Z.

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

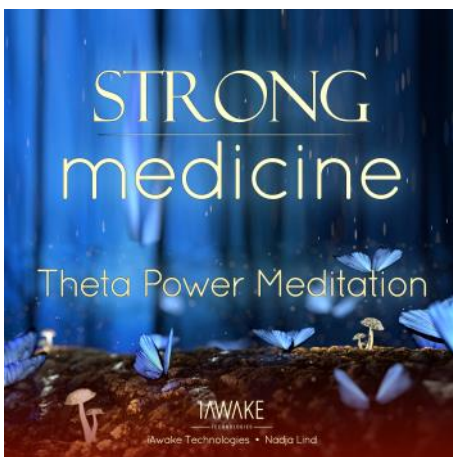


Strong Medicine

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.

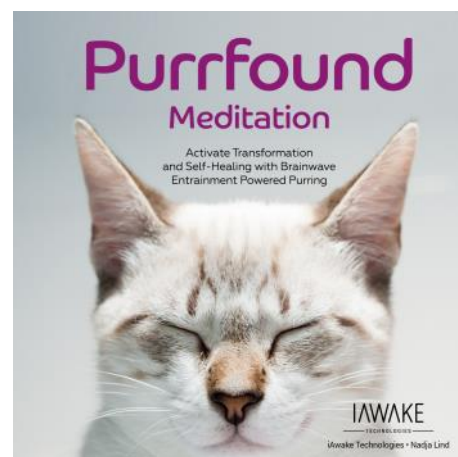


Purrfound Meditation

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 'coffeegoewild'



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.

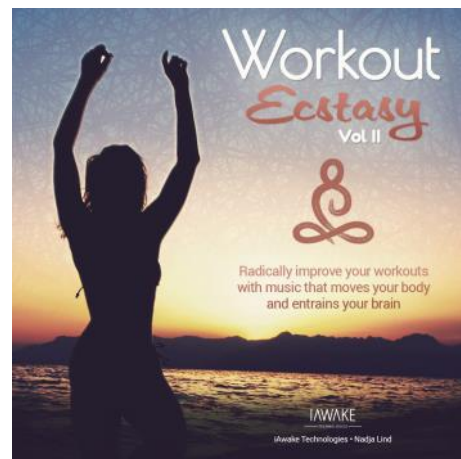
"If you're not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level." ~ John Dupuy

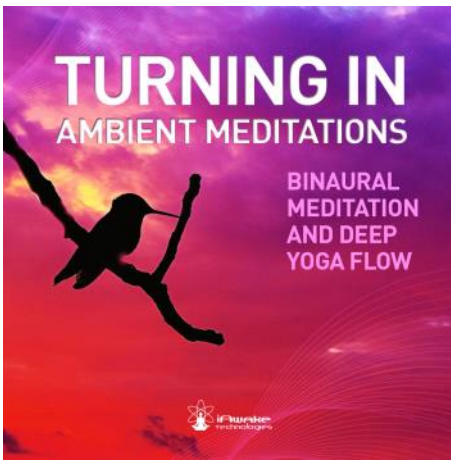
Workout Ecstasy Volume II

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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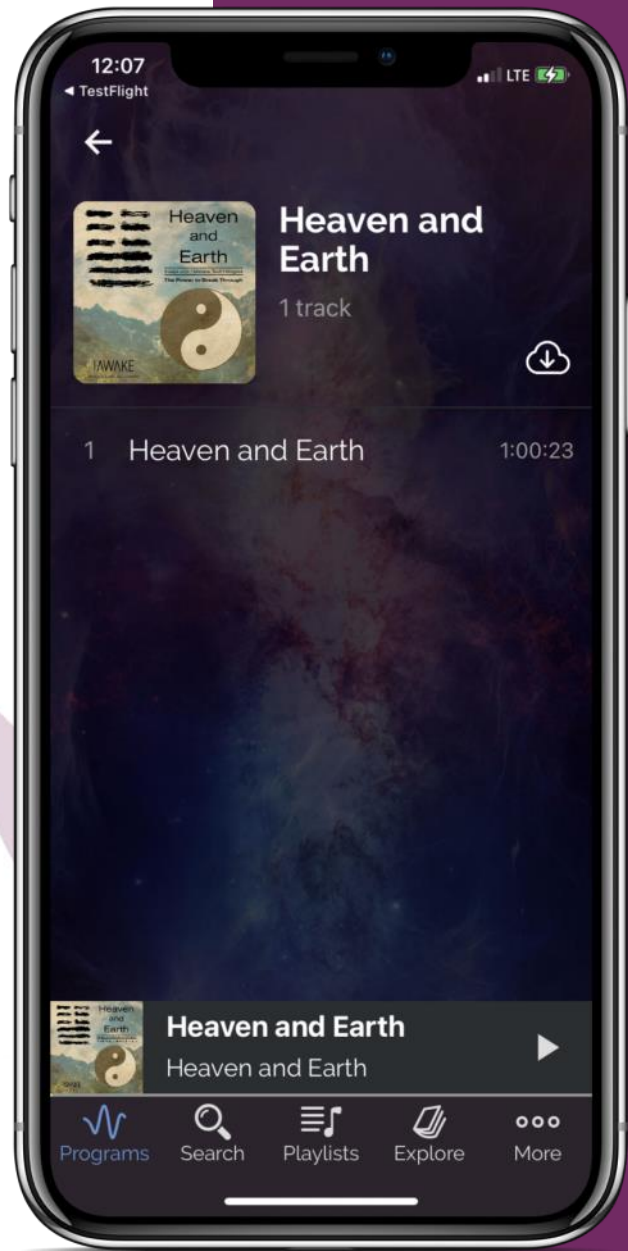


Blog:
<https://www.iawaketechnologies.com/blog/>



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