

RE-ENCHANTMENT

THE END OF THE EXILE



USER GUIDE

NADJA LIND

IAWAKE

TECHNOLOGIES

DISCLAIMER

The user of *Re-enchantment* 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 *Re-enchantment*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY RE-ENCHANTMENT AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Re-enchantment* 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 *Re-enchantment*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Re-enchantment* 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 *Re-enchantment*.

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 fellow practitioner,

Thank you for listening to my new release with iAwake Technologies.

With *Re-enchantment*, I intended to create a mystic and trusting atmosphere, like being surrounded by chanting monks in the half darkness of a monastery built of ancient stone walls. I wanted the music to be more of a background or a spacious feeling rather than a melody your mind would follow. With these soundtracks the focus is YOUR inner voice, inner body, inner awareness, and aliveness.

In the "How to Use the Tracks" section, I describe how I personally like to use this kind of drone ambient music for calming my nervous system down -- this not only works before falling asleep but also in stressful situations, like sitting in a waiting room, before a dentist appointment or before a test. Additionally, I use the different frequencies to become more focused on what my inner voice is telling me. I use the sound to recalibrate my inner compass and set my intention on what I want and who I want to become. Plus I actively feel how I would feel if I had already become that person. This is a most powerful self-hypnosis technique that rewires your nervous system in order to free you from old, habitual routines you no longer want to live by.

The reason we all have these patterns running is the way our human brains are designed during their development: As children, up to approximately seven years of age, our brains are functioning only with theta and alpha waves -- no analytical mind is active. We 'simply' learn through 'downloading' information, through observing our environment combined with feeling our feelings. After seven years, the analytical mind steps in and slows down the learning process. Everything we have experienced before becomes deeply rooted in our body-memory. Changing these deep-seated patterns works best in the brainwave states of theta and alpha.

This music is designed to be listened to with headphones in order to get the binaural frequency effects of easing your brain, clearing your thoughts, and becoming more and more present and inspired. Also to relax, become confident, and easily transition into a deep, relaxing sleep. It can also be used as background music while working or engaging in creative processes. For more information and research on how binaural frequencies affect your nervous system I recommend listening to the [iAwake interview with Dr. Elizabeth Krasnoff](#).

Focus on what you want rather than on what you don't want. Be gentle and kind to yourself. Maybe do just one nice thing for yourself each day.



Letting go is not an active process -- it's something you kind of have to relax into.

May these frequencies support you and give you wonderful experiences.

Sunny regards,

Nadja Lind
Creator of *Re-enchantment*

ABOUT

01 Re-enchantment (Alpha)

02 Re-enchantment (Theta)

03 Re-enchantment (Delta)

Each track is 25 minutes long and focused on the following binaural entrainment frequencies:

- Alpha/theta progresses from 15 Hz alpha down to 6 Hz theta over the length of the track
- Theta is pure 6 Hz throughout
- Delta meanders within pure 2 Hz and 1 Hz

All tracks include very subtle ASMR (Auditory Sensory Meridian Response) effects.

*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.

Re-enchantment allows you to:

- feel spacious, secure, and aware
- calm your nervous system
- release negativity, irritability, and anxiety
- reprogram old patterns & habits
- get in touch with your intuition & inner wisdom
- set your intentions and visualize your goals
- experience presence and a feeling of aliveness
- transition into a deep, relaxing sleep
- feel confident and at peace
- give you energy when you feel exhausted

HOW TO USE

From the creator, Nadja Lind:

I personally like to use this kind of drone ambient music for calming my nervous system down -- this not only works before falling asleep but also in stressful situations, like sitting in a waiting room, before a dentist appointment or before a test.

Additionally, I use the different frequencies to become more focused on what my inner voice is telling me. I use the sound to recalibrate my inner compass and set my intention on what I want and who I want to become. Plus I actively feel *how* I would feel if I had already become that person. This is a most powerful self-hypnosis technique that rewires your nervous system in order to free you from old, habitual routines you no longer want to live by.

Use Alpha (track 1) to tune into your inner voice + reprogram old patterns and habits through the power of your subconscious.

- Either sitting up or lying down (and I love to use a blindfold to detach from outer visual stimuli), focus on your breathing. Breathe in for 4 counts, out for 7 counts.
- Say to yourself, e.g., "My inner wisdom shows me my next step."
- Ask yourself, e.g., "What vibrational energy do I have to become in order to reach my next goal?"

Use Theta (tracks 2 & 3) to set intention + visualization + reprogram old patterns and habits through the power of your subconscious.

- Either sitting up or lying down (and, again, I love to use a blindfold to detach from outer visual stimuli), focus on your breathing. Breathe in for 4 counts, out for 7 counts.
- Say to yourself, e.g., "My body knows how to heal, my cells know how to heal, I am healed."
- Say to yourself, "My inner wisdom/guidance knows what to do."

Use Delta (track 3) to fall asleep and to promote deep sleep.

- Lie down, get cozy, focus on your breath, and optionally practice a "let go" mantra: when breathing in say "let," and when breathing out say "go."
- Or you can do a muscle relaxation walk through your body, e.g., "My toes are relaxed, my ankles are relaxed, calves are relaxed," and so on until you reach, "My brain is relaxed."
- You can also count down from 111 backwards.



As you use *Re-enchantment*, 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:

This music is a constant flow with a deep, monastery-like atmosphere to envelop you in a hypnotic sound bath in order to fully relax your nervous system and allow you to let go of anything that's distracting your precious attention.

It is designed to guide you deeper and deeper into a state of calmness -- fully immersed in the music without being attached to it. Little sound glitter and ASMR effects loosen up the heavy bass-oriented drone ambience and open up the aural sky for your personal visualizations and possibilities.

Each track is 25 minutes long and focused on the following binaural entrainment frequencies:

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All tracks include very subtle ASMR (Auditory Sensory Meridian Response) effects.

ABOUT THE CREATOR



Nadja Lind creator of some of iAwake's most intriguing and distinctive tracks (*Heaven and Earth, Refuge, BE, Theta Joy, Strong Medicine, Purrfound Meditation, Turning In Ambient Meditations, and Workout Ecstasy Volumes I and II*), has a passion for recording ambient sounds and developing binaural beat ambient meditations.

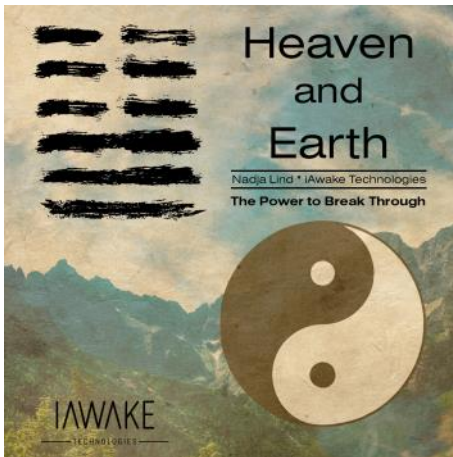
Recording initially to support her own healing process, Nadja's friends and colleagues enthusiastically requested more drone waves with the certain Nadja touch.

Nadja lives in Berlin, Germany, has had a globetrotting DJ career since 2003, been a producer of electronic music since 2004, and is co-owner of the Lucidflow imprint. Nadja is also a certified specialist in Pain Relief Therapy, Osteo Pressure & Fascia Yoga, a certified Energy Medicine Therapist (Donna Eden), and a certified Yoga Trainer.

Nadja's 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 brainwave entrainment Meditation Series, *Turning In*.

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 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.

OTHER WORKS BY NADJA LIND



HEAVEN AND EARTH

The Power to Break Through

Heaven and Earth sparkles light and positive vibes from above, and at the same time bathes you in a beautiful, healing stream of atmospheric sounds to support and ease your nervous system into a state of full relaxation and focus on what is best for you at this moment. The powerful theta entrainment boosts the process of rewiring your unconscious programs in an effective self-hypnosis, which is supported by the Solfeggio frequency of 528 Hz, also known as the tone of "love, curing, and miracles."

"Heaven and Earth completely empties my mind, filling me up with warmth and joy." ~ Paul Ennemoser (www.ki-mo.org)

REFUGE

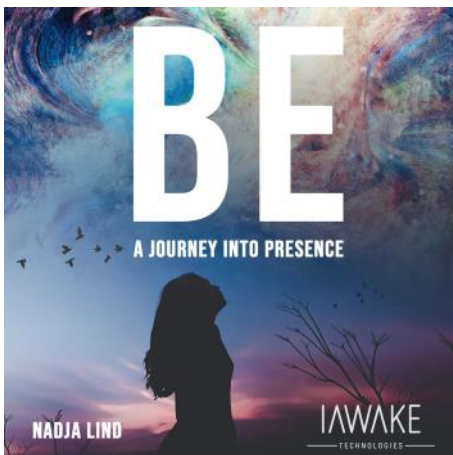
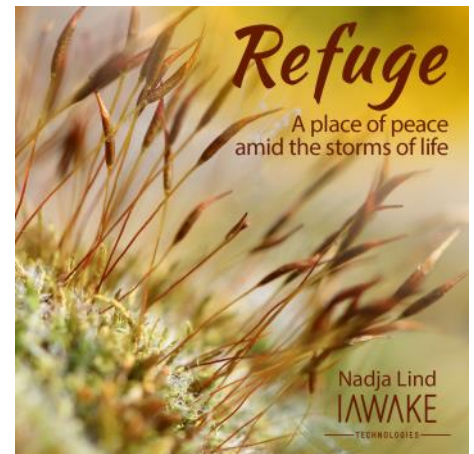
A place of peace amid the storms of life

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.

"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.

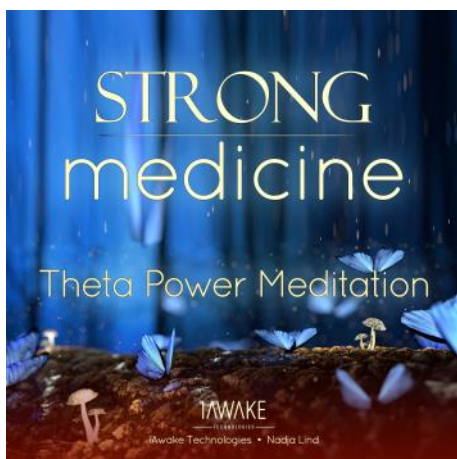
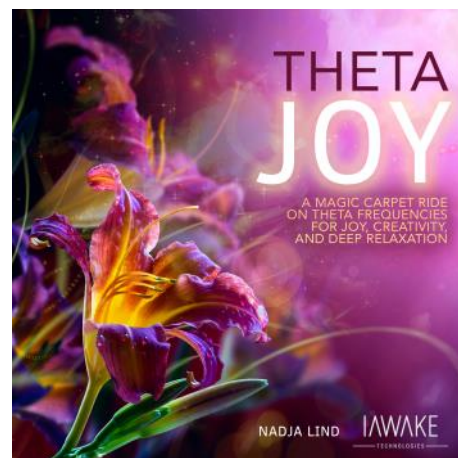
"From the first moment I listened to BE, I felt a strong sense of calm and euphoria." ~ E.Z.

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.

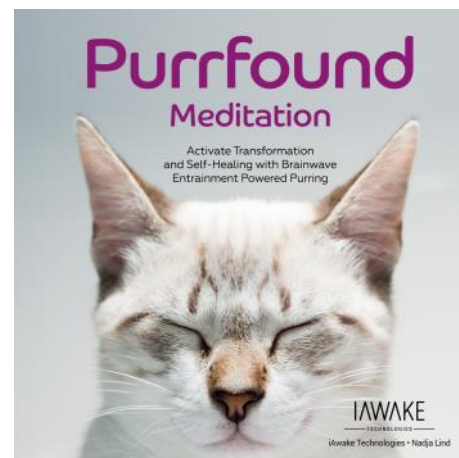
"I loved the pulsing and the apparently random scraping sounds and tapping sounds - these struck me as being like Zen meditation tappings on the bamboo to keep attention focused in the here and now. I was always wanting more when either track finished." ~ K. M.

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 '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.

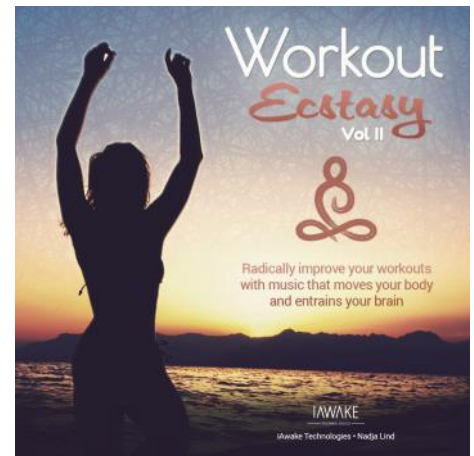
“If you’re not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level.” ~ John Dupuy

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.

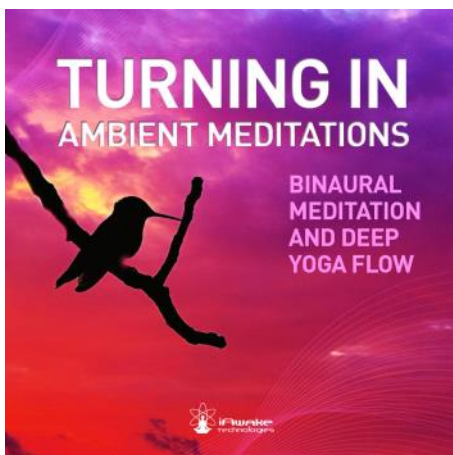
“I often get bored while exercising on the treadmill or elliptical trainer and these tracks helped me stay totally engaged and actually work out harder.” ~ Lisa Celentano



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



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



iAwake Technologies Practitioners Forum:

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



Coaching Call Archives:

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



FAQ:

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



Blog:

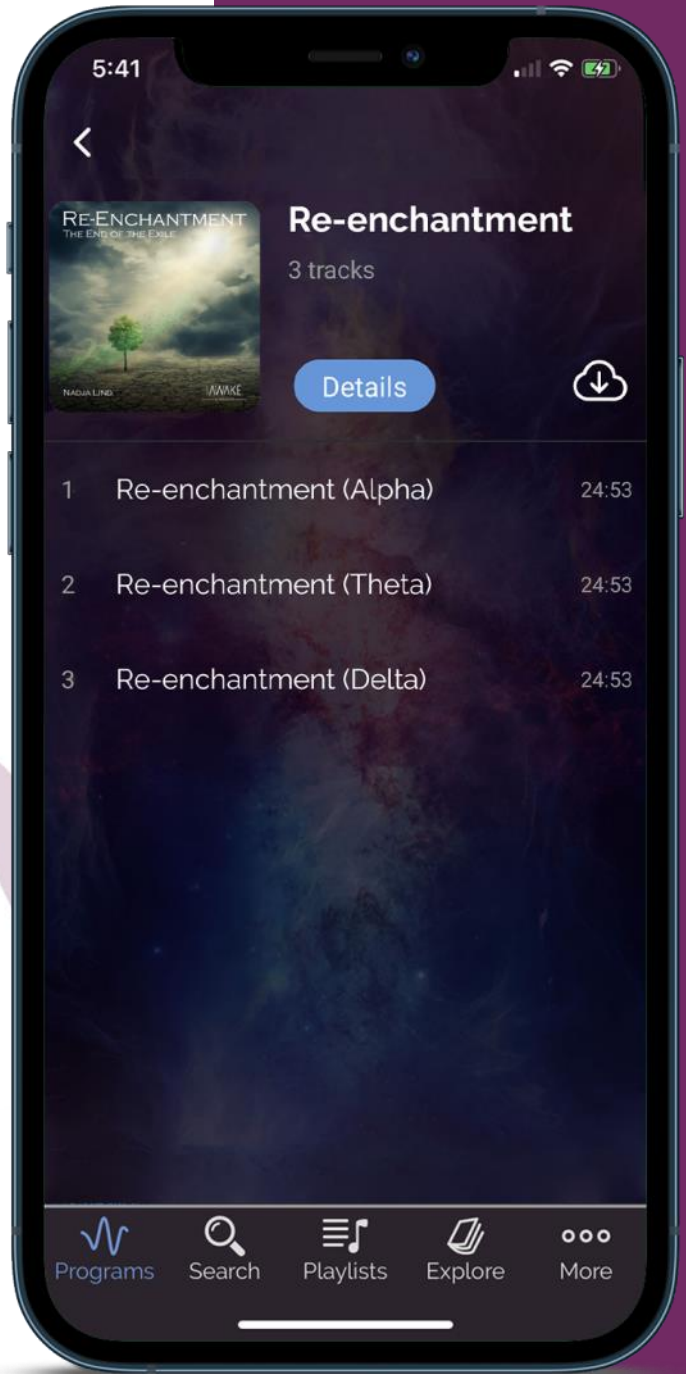
<https://www.iawaketechnologies.com/blog/>



Customer Support:

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PROFOUND 3.0 MEDITATION PROGRAM

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