

Kismet

CHOICE IS DESTINY



USER GUIDE

**NADJA LIND
IAWAKE**

— TECHNOLOGIES —

DISCLAIMER

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

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

The user of *Kismet* 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 *Kismet*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Kismet* 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 *Kismet*.

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

From the Creator of Kismet, Nadja Lind:

Dear iAwake listener,

I am so grateful to be able to once again present my new album Kismet with iAwake. This is my personal favorite composition so far. It includes ambient recordings from a hiking trip in the alps in Austria. These were recorded after I returned from a long and phenomenal trip in the U.S., where I stayed with my dear friends Pam and John Dupuy in Utah. From there, I traveled to play in the desert in Black Rock City, Nevada, at the infamous Burning Man Festival. What a trip!



Nadja Lind in Utah

This healing album took me at least four weeks of studio work and constant testing, tweaking, and mixing. In order to feel and fine-tune the effects that even the smallest little detail has on the listener's state of consciousness and energy, I had to be in a meditative state myself while working in the studio.

This is a very slow and time consuming but VERY relaxing process for me. I absolutely love this work and I am keen to know what the sounds will do for you.



Warmly,

Nadja Lind

ABOUT

Track Details

01 The Inner Calling [28:01 minutes] (Alpha - Theta - Alpha)

This track has 3 parts or stages: Starting in alpha with a rather energetic composition, it takes you from brainwave states of daytime alertness and guides you to a more focused state of alpha. Then it changes to a much calmer energy of composition and sound design and the brain waves become theta. And towards the end, it moves back to alpha again. This track includes not only the binaural entrainment but also hemisphere activation through purposely meandering sounds.

02 The Wisdom Voice [11:34 minutes] (Theta 7 Hz, Solfeggio 528 Hz, ASMR)

A quick, uplifting, and calmly repetitive musical composition with high theta brain waves and 528 Hz Solfeggio frequencies to support transformation and feeling safe and loved. Includes ambient recordings of goats and cow bells taken on a hiking trip in Austria and special recordings to induce ASMR (autonomous sensory meridian response).

03 Intuition [40:03 minutes] (Theta 5 Hz, Solfeggio 741 Hz, ASMR)

A 40-minute deep-dive composition into pure theta brain waves. 741 Hz Solfeggio frequencies replace toxic energy with positive energy, boost your immune system, and raise your energy in general. This track includes ambient recordings of goats and cow bells taken on a hiking trip in Austria and special recordings to induce ASMR (autonomous sensory meridian response).

Total of 79:39 minutes

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

Listening to *Kismet* can help to:

- Greatly decrease or silence mental chatter
- Enhance focus, performance, and problem solving
- Release emotions in a nourishing and safe feeling space
- Promote blissful relaxation and sleep
- Feel an easy, natural insightfulness and open to thinking "outside the box"
- Reduce toxic energy and rewire your nervous system
- Increase resilience, confidence, acceptance, and feelings of connection



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

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

HOW TO USE

The first track, *The Inner Calling*, was designed to help you focus, work, and release your creativity. It has a higher energetic feel than tracks 2 and 3.

Do you know that feeling when you want to be creative but your mind keeps wandering like a butterfly and seems to follow every little sound coming from your surroundings? I prefer listening to *The Inner Calling* during work, maybe at the computer, or doing paperwork, or when I feel I'm having a creative block and need some loosening and state change in order to spark my creativity.

This track helps to shield me from distracting noises in the environment, so I can stay focused and follow my thoughts and ideas. It takes me from a rather active mind to a calm and peaceful steady flow state. It can also be of great help while traveling in a plane or train to stay relaxed but focused, and prevents me from getting exhausted so I arrive in a refreshed and positive state.

Track 2, *The Wisdom Voice*, is like a "refueling love shower"—an oasis for quick alleviation of negative states, leaving you feeling safe, loved, and nurtured.

I love the feeling this soundtrack conveys. For me, this short sound shower provides everything I need to change my mood instantly: maybe I feel alone, or stuck, or experience some anger, envy, or tension, and it just lights me up! From frozen to sunny, from stressed out to everything's easy. Whenever I feel like I need a quick push into more joy and confidence, I nourish my nervous system with these frequencies and sounds, and I am good to flow.

In addition, the "love tone" of 528 Hz Solfeggio frequencies supports transformation, deep repair, and feeling safe and loved.

This track also helps me while I am waiting in a queue or during my travels, and sometimes I use it as a quick meditation or a quick motivation if I feel nervous before a challenge. I also set it as my wake-up music on my iPhone. It's such a warm and positive soundtrack to wake up to and gets me in exactly the right mood to get my day started in the direction I want.

Track 3, *Intuition*, is the perfect prerequisite for change and easy transformation. Imagine what it would feel like if all judgments, boundaries, and self-limitations easily just melted away like ice cream in the sun of vast and epic sounds.

Whenever I feel "fragmented," disconnected, stuck, looking for answers, contracted, anxious, tired, angry, or just need a little break or a power nap, this is my track of choice. For me, it's like a magic ride through the innermost wonderland of who I truly am, where I discover new realms of endless relaxation and receptivity.

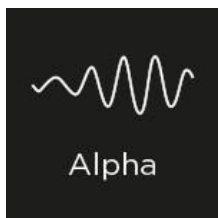
Each oceanic wave of this deep dive into phenomenal, warm, and soothing sound layers and pure theta brain waves draws me into deeper trancelike, limitless states and comforts me into an even stronger connection to my deepest truth. This is supported by 741 Hz Solfeggio frequencies that replace toxic energy with positive energy, boost the immune system, and raise my energy in general.

I also love to listen to this music as background sound and during therapy, healing, and massage sessions. It also helps me while working and studying.

My friends and I love listening to these sound waves as background music when we get together practicing psychometrics and intuition, or simply enjoying a meal. We noticed that after listening to this track for a while, when the music stopped it felt so uncomfortable, as if the temperature of the room suddenly dropped, and we quickly turned it back on again. It also helps guide me into sleep, or falling back to sleep after waking up in the night.

TECHNOLOGY

Brainwave Patterns Targeted



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.

Theta brain waves 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 brain waves 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.

The Solfeggio 741 Hz frequency is said to replace toxic energy with positive energy, boost your immune system, and raise your energy in general.

And the Solfeggio 528 Hz frequency, also known as the “love frequency” or “miracle tone,” is associated with healing on a cellular level and enhancing personal transformation.

ASMR: the autonomous sensory meridian response are specific sounds that trigger “a feeling of well-being combined with a tingling sensation in the scalp and down the back of the neck.”



“Excellent for the weary mind. As soon as I started the track, the strain of holding everything together just let go. I felt like I was surrounded by a bubble of nurturing care. These are wonderfully supportive tracks. Thank you for the chance to work with them.” – Vanessa Hardy

“Sweeps me away into a blissful state. I also liked how it helped me fall back asleep or get a quick refresh with the shorter track, The Wisdom Voice.” – Calvin

Soundtrack Details from the Creator, Nadja Lind

I composed both the music and the entrainment frequencies in my digital audio workstation of choice that I've been using since approximately 2007, Ableton Live. I particularly love its intuitive and rather organic workflow, and after trying numerous other DAWs in the beginning, I found my "home."

I used external instruments and controllers like Korg Stage Vintage Piano and Push, and my favorite sound design instruments: the Omnisphere 2, Moog Subsequent 37, and some additional favorite devices and effects. Ambient nature recordings accompany you throughout to keep you safe and connected to nature and unity.

On my countless travels around the globe, I have recorded ambience with a special stereo microphone, "Soundman OKM." In this album, I integrated ambient recordings of goats and cowbells taken on a hiking trip in Austria, and other special recordings to induce ASMR (autonomous sensory meridian response).

The binaural beat pulse was produced with my own binaural tool using two oscillators. Every composition has been tested numerous times on Beyerdynamic T1 Headphones, Bose quiet noise canceling II headphones, Technics DJ headphones, and other different brands of headphones and devices. Before testing, I bring myself into a calm state, usually laying down with my eye shades on in order to fully focus on the sound.

I recommend listening to these tracks on quality headphones only, in order to protect your ears from possible damage and to be able to receive the full spectrum of frequencies provided in this soundtrack. And I suggest using lossless sound files like WAV, FLAC, or ALAC over MP3. It is also suggested to listen at a moderate volume, as the volume appears to be less when our brain is in a state of high alert with all senses active during the daytime (e.g. beta brain waves).

ABOUT THE CREATOR



Nadja Lind creator of some of iAwake's most intriguing and distinctive tracks (*Re-enchantment, 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 Germany, has had a globetrotting DJ career since 2003, been a sound designer and producer of electronic music since 2004, both solo and as one half of the live duo "KLARTRAUM," and is co-owner of the Lucidflow imprint among other labels. Nadja is also a certified specialist in Pain Relief Therapy, Osteo Pressure & Fascia Yoga, 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.

Nadja has also trained in hypnosis and massage therapy, and is 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).

OTHER WORKS BY NADJA LIND

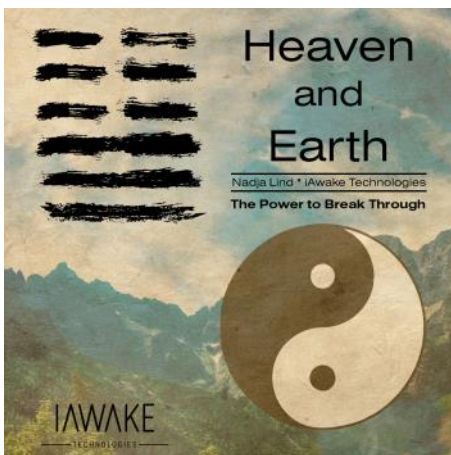
RE-ENCHANTMENT

The End of the Exile

Re-enchantment consists of three tracks, artfully designed to lead us into states of increased presence and relaxation as we listen to the calming ambient drone sounds and drop into ever deeper brainwave states. These tracks create a spaciousness within which we can focus on our inner voice, inner body, inner awareness, and aliveness.

"I felt a potency and hopefulness that has been missing for me for some time."

~ Neal



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

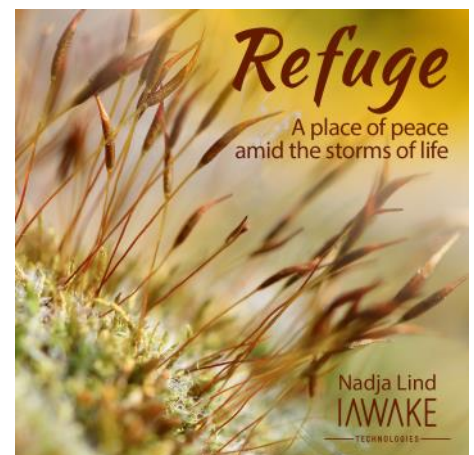
A place of peace amid the storms of life

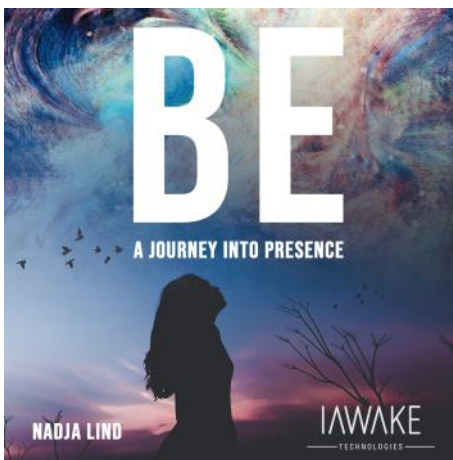
Refuge is designed to relax your nervous system, so it feels like you are enveloped in a bright, warm, summery cocoon: supported, safe, joyful, and loved.

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.

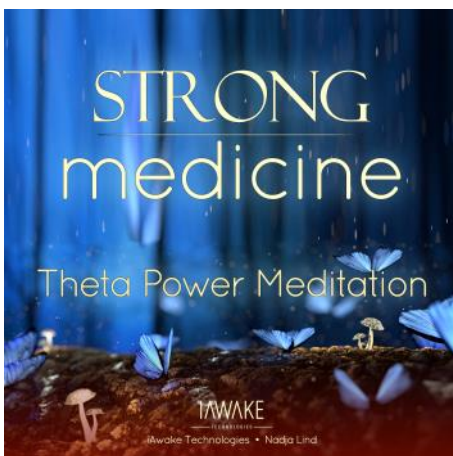
"From the first moment I listened to BE, I felt a strong sense of calm and euphoria." ~ E.Z.

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.

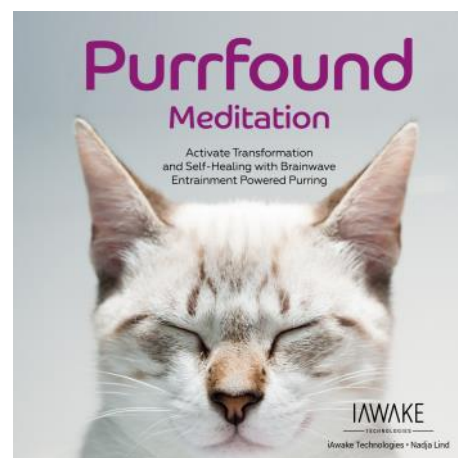
"I loved the pulsing and the apparently random scraping sounds and tapping sounds - these struck me as being like Zen meditation tappings on the bamboo to keep attention focused in the here and now. I was always wanting more when either track finished." ~ K. M.

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.

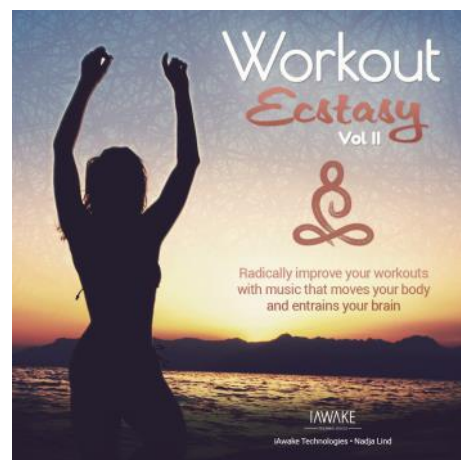
"If you're not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level." ~ John Dupuy

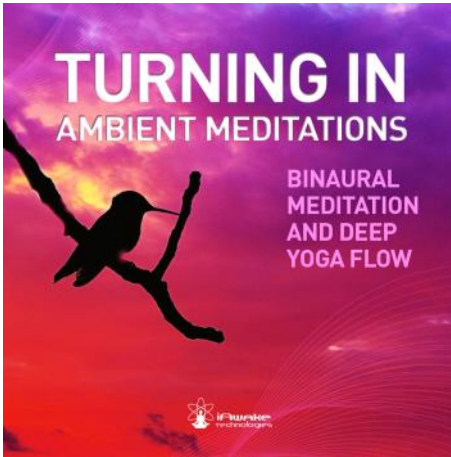
Workout Ecstasy Volume II

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



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PROFOUND 3.0

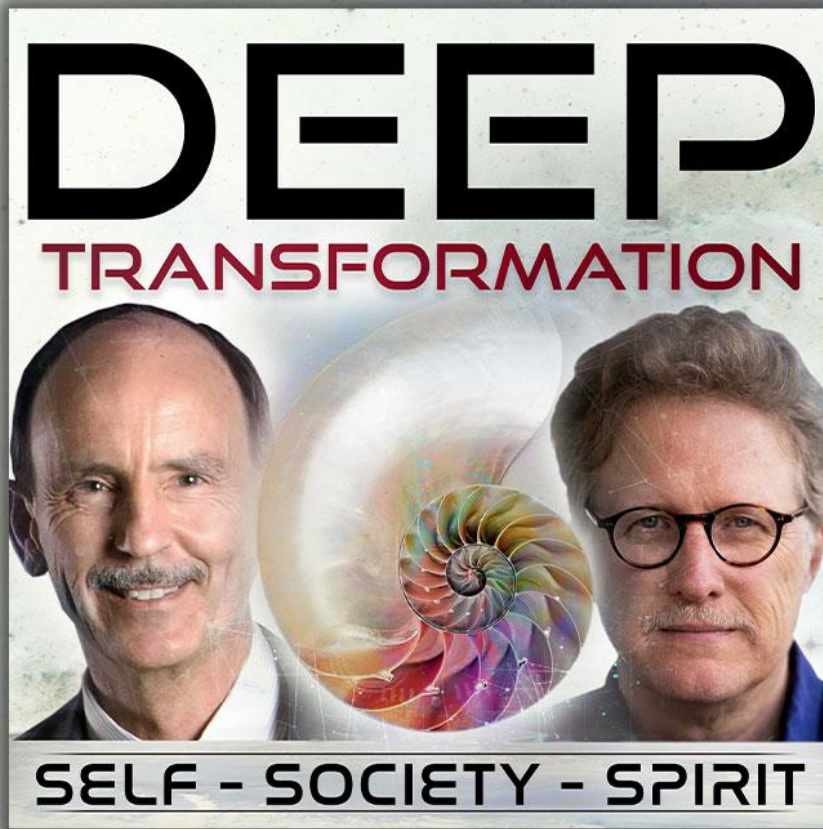
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Join the conversation.
Wrestle with the questions.
Become the answers.

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

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