



**THE UNIVERSE IS FRIENDLY!**

AUDIO VIBRATIONS THAT WAKE US TO THE SELF BEYOND THE SELF

# USER GUIDE

IAWAKE  
— TECHNOLOGIES —  
NADJA LIND

# DISCLAIMER

The user of *The Universe is Friendly!* 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 *The Universe is Friendly!*, as they are more susceptible to seizures.

**Finally, DO NOT LISTEN TO ANY *THE UNIVERSE IS FRIENDLY!* AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *The Universe is Friendly!* 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 *The Universe is Friendly!*

In no case will iAwake Technologies, Integral Recovery, or other distributors of *The Universe is Friendly!* 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 *The Universe is Friendly!*



## 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 *The Universe is Friendly!*

*The Universe is Friendly!* includes two tracks designed by Nadja Lind, who brings masterful artistry and a deep understanding of the science of transformative sound into these very transpersonal audio tracks, helping us in our daily practice to expand our minds beyond our small minds, blessing and embracing our wondrous small selves and growing our sense of personal identity.

I can't stress enough what an amazing person Nadja is, and this can partially be seen in her creative output and the years she has put into personal practice and helping the rest of us practice and heal and wake up through the medicine of sound.

We gave these tracks the title *The Universe is Friendly!* because it reflected my experience when I first started working with the tracks: the boundaries of my individual small self became very porous and I connected with the universe, not as an unconscious, inanimate void, with little specks of stuff strewn about, but as a conscious and loving presence that inhabits everything and ultimately is everything.

*The Universe is Friendly!* answered the question of existence with an infinite, loving "yes!" and it seems that no matter how difficult these times are, with so much division and hatred in our human family, we are being held and nurtured and guided in and out of ourselves to higher ground.

So, there it is, dear friend.

As always, with great love and respect,

John Dupuy



*Floating in Space with The Universe is Friendly! with Nadja Lind & John Dupuy [24:34]*

## ***Letter from the creator of The Universe is Friendly!, Nadja Lind:***

Dear iAwake listener,

I am very grateful and excited to share these tracks with you. *Deep Space and Oceanic* are my favorite personal rescues whenever I need a massive energy reset or I want to establish clarity and connect to my inner body, and also to find rest or sleep in difficult, noisy circumstances.

*Deep Space* is the favorite of my dear friend Anna, who expressed to me that she can only meditate while listening to this particular track. It's interesting how everyone has their own individual preferences and needs.

I hope you will benefit from listening to these super calming tracks and that they will provide the same kind of mood and energy transformation for you.

I am delighted to share these tracks with you through the wonderful iAwake Technologies platform, as the music and frequencies have helped me tremendously in my healing process and I need certain frequencies and sounds at certain times in my life, depending on my level of energy and my level of development and practice.

I hope they will have some positive effects on you, too. Thank you very much for listening and sending your precious feedback.



Warmly,  
Nadja Lind

*"The Universe is Friendly! is not just a name, but something we can experience within us. These tracks can help us with that." ~ Paul Ennemoser*

# ABOUT

## Track Details

### 01 Deep Space (Delta) [23:03 minutes]

A short trip into space on 1 Hz delta entrainment + ASMR\* with soothing heartbeat-like deep drum sounds and a gentle bell towards the end of the track.

### 02 Oceanic (Theta) [41:14 minutes]

Over 40 minutes of 5 Hz to 6 Hz theta relaxation + ASMR\*, ancient deep drums + nature ambience.

### Total of 64:17 minutes

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

### ***The Universe is Friendly!* allows you to:**

- Connect with the love & compassion that validates and honors the mystery of existence
- Hear the deep wisdom voice that comes from Universal Source
- Feel relaxed, re-energized, and confident
- Snap out of mind loops and free yourself from compulsive patterns
- Fall asleep more quickly and sleep more deeply
- Wake up feeling refreshed
- Reprogram your nervous system
- Add new life and depth to your practice



As you use *The Universe is Friendly!*, we encourage you to share your stories with our community of practitioners on Facebook:

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

# HOW TO USE

## Notes from Nadja on how to use these tracks:

I've been using *The Universe is Friendly!* for deep meditations, to ease my nervous system, to find restful sleep, or to fall asleep when my mind won't let me rest. It has helped me a great deal in healing my body after injuries or sore muscle pain. My approach is to focus on what I want to achieve, like healing tissue or creating new cells. I also use it to relax during noisy flights and travels, preferably combined with noise-canceling headphones. I even used it to find restful sleep during the very noisy environment at the Burning Man Festival.

Listening to Deep Space and Oceanic when I feel stuck in mind loops, disconnected, or a lack of creativity, eases my mind and body into a state of calm openness. It helps me concentrate, cheers me up, and relaxes me 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, or during my Savasana yoga practice.

I use Deep Space and Oceanic on a regular basis for power naps. Whenever I feel nervous, tense, tired, stressed, or my energy level is down, I grab my earphones + blindfold + blanket, and lie down for the length of the track.

I also use the tracks for meditation. My phone is in flight mode, a "do not disturb" sign on my door, and I go through the whole cycle of the tracks. When I come out on the "other side," I am fully charged — my energy and mood are up!

I also love using *The Universe is Friendly!* when I have to work and focus, or as background music and during massage sessions.

It's amazing how well these tracks work for me and my friends who have been testing them!

*Quick personal note: 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.*



## Brainwave Patterns Targeted



**Delta brain waves** are predominant during dreamless sleep, the phase of the dream cycle also known as “deep wave sleep.” Deep wave sleep is all about growth and preservation of health: the immune system gets strengthened and muscles and tissues are mended. So, too little time spent in this state can be damaging, as the body refills its energy reservoir during this phase. Trained meditators and healers often display stronger delta waves than the standard population during sessions, and often report states of no sensation (even awareness of our bodies can disappear) and deep spiritual connection. Delta brain waves are also considered our connection to intuition and the “seat” of all unconscious processes. If they naturally abound while we are awake, they can make us really empathetic as well as interfere with our cognitive tasks and emotional processing.

**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.

## Soundtrack Details from the Creator, Nadja Lind

Creating new healing music takes me a minimum of around four weeks of studio work, with constant testing, tweaking, and mixing. In order to be able to feel and fine-tune the effects that even the smallest detail has on the listener's state of consciousness and energy, I have to be in a meditative state myself while working in the studio.

This meditative music is designed with a specific intention: to open up and change certain states of mind and expand the listener's consciousness. It is essential for me to be in an equal state of consciousness during the process of composing and designing this particular music. Why? Because once you are in a super relaxed, receptive, and expanded state you will feel and hear every little detail and the slightest unevenness can ruin the whole experience. Along the way, I test the latest version of the meditation tracks countless times in full length. Then I also send it to other experienced meditators to get their feedback before finally finishing the tracks.

It 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 are doing for you.

In *The Universe is Friendly!* the binaural beat pulse was produced with my own binaural tool using two oscillators.

In track 1, "Deep Space," it's at a constant 1 Hz delta binaural frequency and in "Oceanic" it's at a meandering 4 to 6 Hz theta binaural frequency.

The compositions were produced with my favorite sound design instruments: The Omnisphere 2, Moog Subsequent 37, Roli Blocks Seaboard and other of my favorite devices and effects. I use subtle ambience nature recordings to accompany you throughout the tracks to enhance the feeling of a warm spaciousness.

*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, I suggest listening on quality headphones and I recommend lossless sound files like WAV, AIFF, FLAC, or ALAC over MP3. It is also suggested to listen at a moderate volume.*

*"The tracks are very cleverly made and well-crafted for flow and deep rest – now both flow and rest are available at the touch of my device!" ~ Scott*

# ABOUT THE CREATOR



**Nadja Lind**, creator of some of iAwake's most intriguing and distinctive tracks, such as *Kismet*, *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.

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

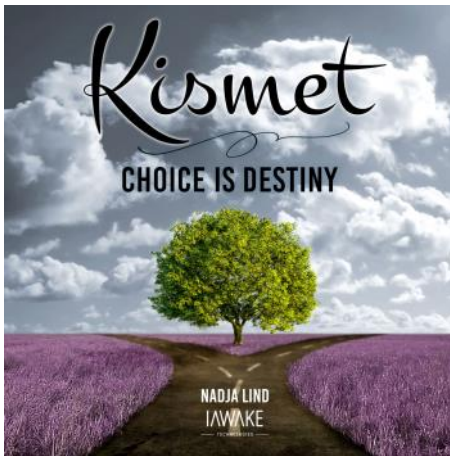
After 17 years of calling Berlin her homebase, Nadja now lives in the south in Loerrach, Germany. She has had a globetrotting DJ career since 2003, been a sound designer and producer of electronic music since 2004, both solo and as one half of the live duo "KLARTRAUM," and is co-owner of the Lucidflow imprint among other labels. Nadja is also a certified specialist in Pain Relief Therapy, Osteo Pressure & Fascia Yoga, and is 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-inspired Vinyasa yoga six times a week and hiking in the mountains. 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. Iha-leakala Hew Len), and Dr. Joe Dispenza's workshops, and has been meditating on a daily basis for many years.

## OTHER WORKS BY NADJA LIND



### KISMET!

*Choice is Destiny*

Three compositions: a nourishing sound environment of alpha waves that boosts focus, performance, and creativity; a quick theta-wave pitstop to fill up your tank with love, feel warm and summery, and reset your brain; and a long deep-dive to experience multidimensional states of boundless bliss, relaxation, and receptivity.

*"Freaking loved them – the tracks are amazing! I want more! OK, I can loop it in the app..." ~ Calvin*

### 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*

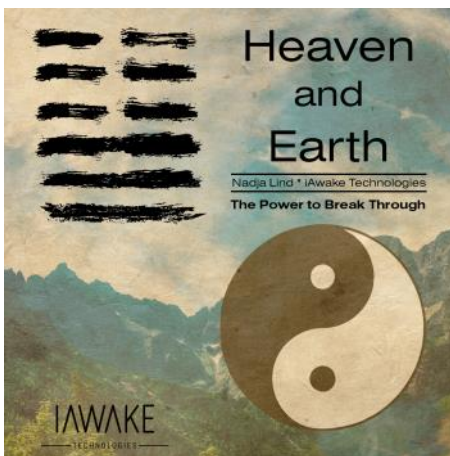


### HEAVEN AND EARTH

*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](http://www.ki-mo.org))





## REFUGE

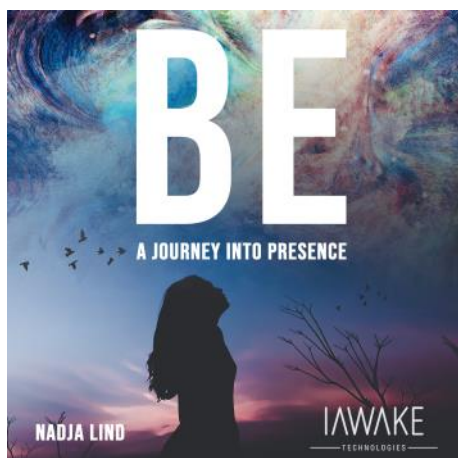
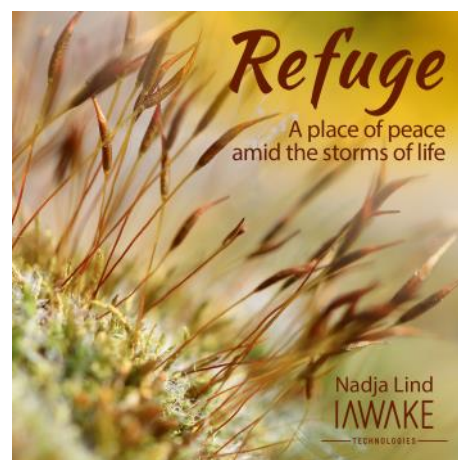
*A place of peace amid the storms of life*

*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.

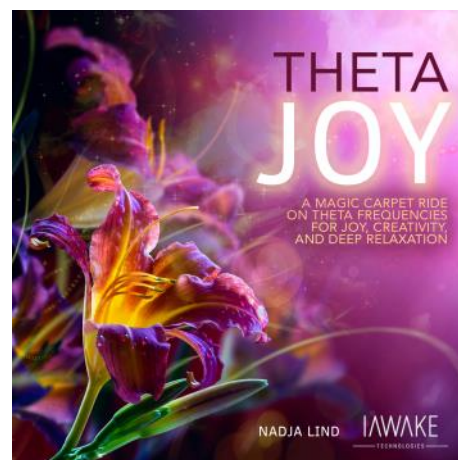
*"From the first moment I listened to BE, I felt a strong sense of calm and euphoria." ~ E.Z.*

## 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.*

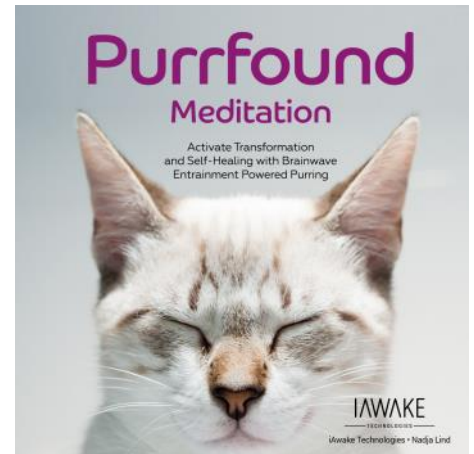
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## Purrfound Meditation

*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.

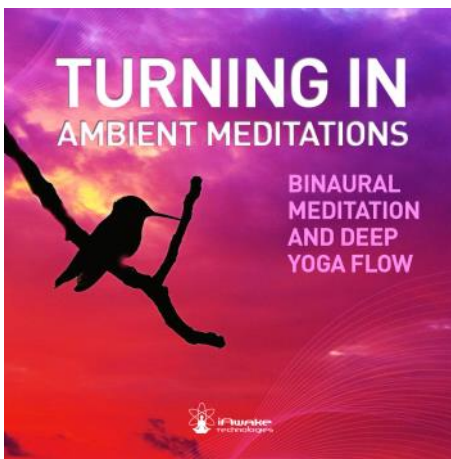
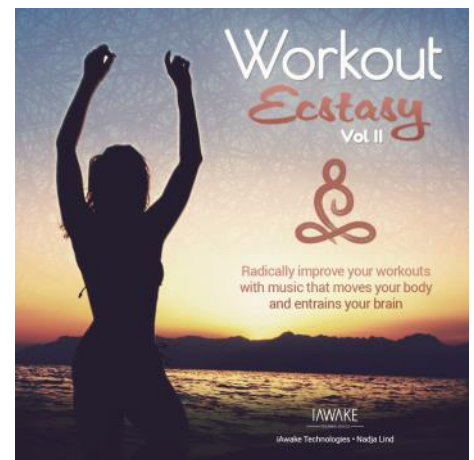
*"If you're not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level." ~ John Dupuy*

## 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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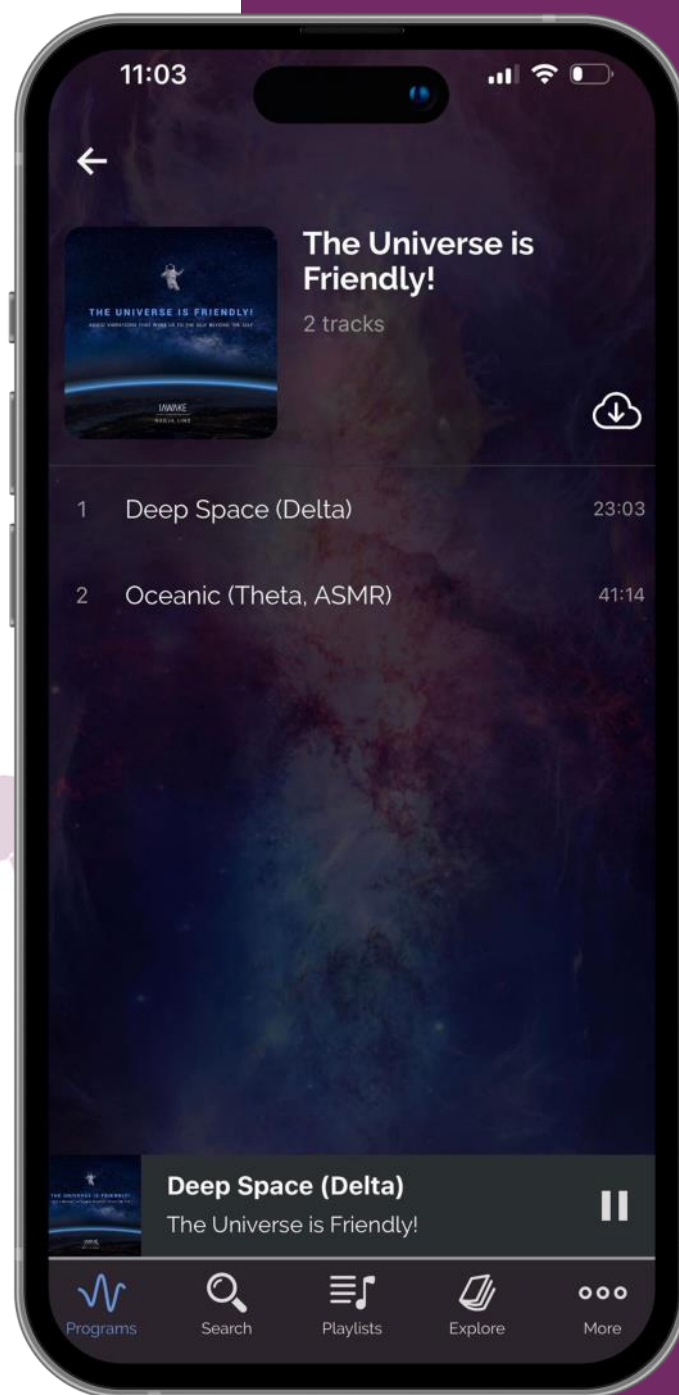


Customer Support:

[support@iawaketechnologies.com](mailto:support@iawaketechnologies.com)



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The iAwake  
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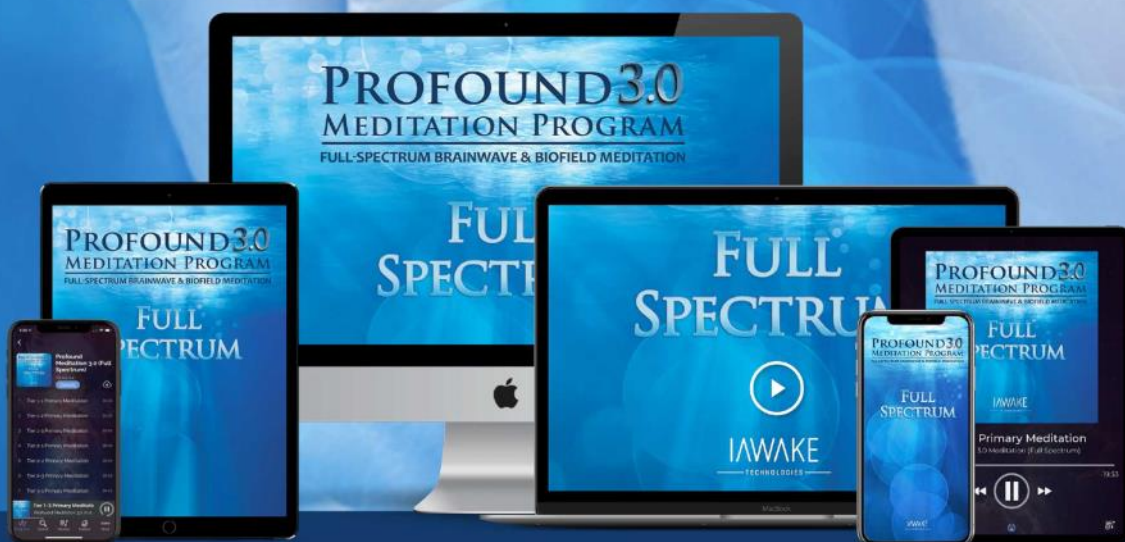


# PROFOUND 3.0

## MEDITATION PROGRAM

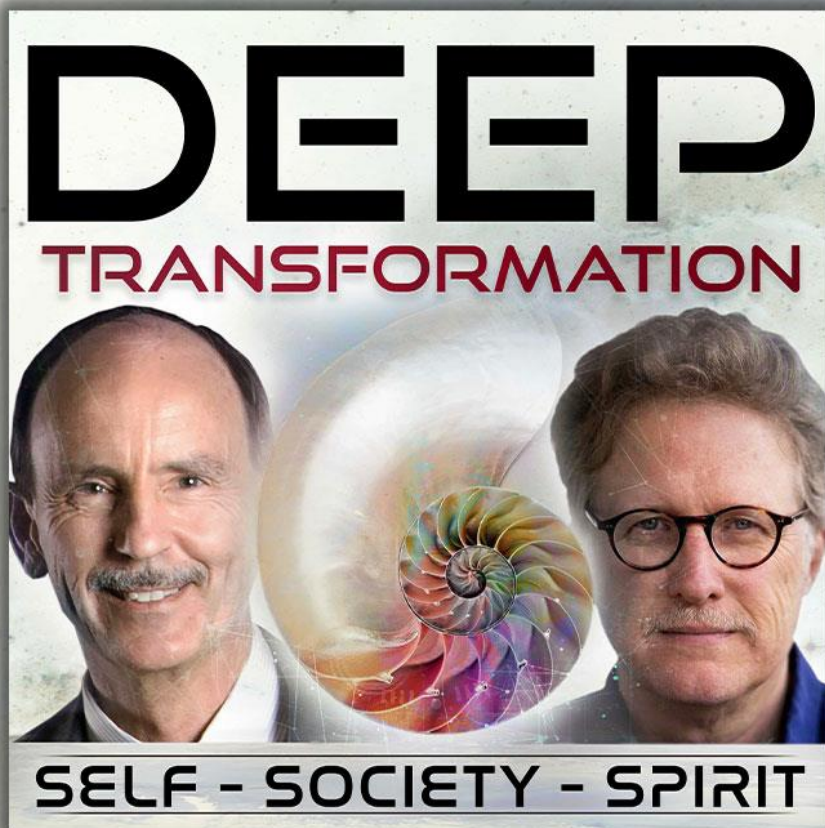
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