

IAWAKE
— TECHNOLOGIES —
NADJA LIND

A TICKET TO GLIDE

YOUR TICKET TO THE INNER EXPERIENCES
OF RELAXATION, PEACE, AND CREATIVITY

USER GUIDE

DISCLAIMER

The user of *A Ticket to Glide (In the Flow)* 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 *A Ticket to Glide (In the Flow)*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY A TICKET TO GLIDE (IN THE FLOW) AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *A Ticket to Glide (In the Flow)* 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 *A Ticket to Glide (In the Flow)*

In no case will iAwake Technologies, Integral Recovery, or other distributors of *A Ticket to Glide (In the Flow)* 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.

TABLE OF CONTENTS

File Information for Optimal Results	4
Note on Headphones	
Compatible Players	
Important Notes on Using <i>A Ticket to Glide (In the Flow)</i>	
Welcome	5
About	6
How to Use	7
Technology	8
About the Creator	11
Other Works by Nadja Lind	12
iAwake Technologies Support Links	16
iAwake Technologies App	17
Profound Meditation Program 3.0	18
Deep Transformation Podcast	19

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 *A Ticket to Glide (In the Flow)*.



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 “A Ticket to Glide (In the Flow)”

Dear valued listener,

I am super excited to introduce you to my latest tracks with iAwake Technologies: *A Ticket to Glide (In the Flow)*. “Empowerment” and “Revitalization” are two meticulously crafted ambient tracks designed to elevate your mental state and enrich your cognitive experience.

As a passionate creator, I have dedicated countless hours over the past weeks to designing these compositions with the utmost attention to detail, ensuring that they not only promote optimal brainwave states but also provide an engaging and immersive auditory experience.

My hope is that these tracks serve as a catalyst for your journey towards deeper relaxation, enhanced focus, and personal growth. I invite you to explore the intricacies of each composition and discover the transformative power of binaural beats. I use them every day myself, mainly as a quick tool to reset my energy during the day.

Thank you for choosing *A Ticket to Glide (In the Flow)*. I wish you an enlightening and rejuvenating listening experience.



Warm regards,

Nadja

“I think these tracks are extraordinary and as good as anything we have ever done.”

– John Dupuy, CEO iAwake Technologies

ABOUT

Track Details

01 Empowerment [28:59 minutes]

Empowerment operates within the frequency range of 8 – 13 Hz, which is known to promote a state of relaxed alertness. Alpha waves are associated with improved focus, mental clarity, and stress reduction.

02 Revitalization [22:25 minutes]

Revitalization utilizes binaural theta brainwave entrainment in the frequency range of 3 – 7 Hz, which is associated with deep relaxation, meditation, and enhanced creativity. Theta waves are known to facilitate access to the subconscious mind, promoting emotional healing and introspection.

Total of 51:24 minutes

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



As you use *A Ticket to Glide (In the Flow)*, we encourage you to share your stories with our community of practitioners on Facebook:

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

HOW TO USE

Use *A Ticket to Glide (In the Flow)* to:

- Indulge in healing sound
- Reduce stress
- Reset your energy quickly
- Rejuvenate
- Uplift your mood
- Take a power nap
- Boost creativity
- Meditate deeply
- Free your mind from anxiety and compulsive thinking

To reap the full benefits of *Empowerment* and *Revitalization*, follow these simple guidelines:

1. Find a quiet, comfortable space where you can sit or lie down without distractions.
2. Use headphones to ensure an optimal binaural beat experience.
3. Set the volume to a comfortable level that allows the music to blend seamlessly with your environment.
4. Use a blindfold or close your eyes and focus on your breath, allowing the music to guide your mind into the desired state.

Benefits of *Empowerment*:

- Relaxed alertness
- Improved focus
- Mental clarity
- Stress reduction
- Enhanced cognitive performance
- Increased learning capacity
- Emotional balance

Use Cases for *Empowerment*:

- Work or study: Improve concentration and mental clarity while tackling complex tasks or studying.
- Morning routine: Start your day with an energy boost by listening to *Empowerment* during your morning routine.
- Pre-exercise: Enhance your workout by achieving a relaxed yet focused state of mind.
- Breaks: Take short breaks throughout the day to reset your focus and prevent mental fatigue.
- Stress reduction: Alleviate stress and promote emotional balance by incorporating *Empowerment* into your daily routine.
- Energy reset: Regain mental and emotional equilibrium by taking a moment to listen to *Empowerment*.
- Mindfulness practice: Enhance your mindfulness exercises by promoting a state of relaxed alertness.

Benefits of *Revitalization*:

- Deep relaxation
- Enhanced meditation
- Increased creativity
- Emotional healing
- Improved intuition
- Access to the subconscious mind
- Stress reduction

Use Cases for *Revitalization*:

- Meditation: Enhance your meditation practice by entering a deeply relaxed and introspective state.
- Sleep: Use *Revitalization* to wind down before bedtime and encourage a restful night's sleep.
- Creative pursuits: Boost your artistic endeavors by tapping into your subconscious mind and fostering creativity.
- Emotional healing: Encourage self-reflection and healing by addressing unresolved emotions and memories.
- Stress reduction: Unwind after a long day and release accumulated stress.
- Energy reset: Rebalance your energy levels by taking a short break to listen to *Revitalization*.
- Visualization: Enhance your visualization exercises by entering a deeply relaxed and receptive state.

TECHNOLOGY

Brainwave Patterns Targeted

Empowerment is a 28-minute composition that leverages binaural alpha brainwave entrainment. This track operates within the frequency range of 8 – 13 Hz, which is known to promote a state of relaxed alertness. Alpha waves are associated with improved focus, mental clarity, and stress reduction.

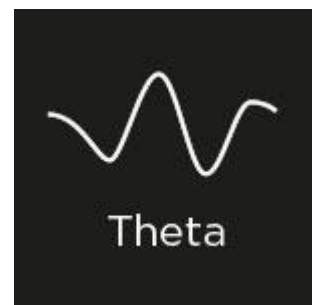
Revitalization is a 22-minute composition that utilizes binaural theta brainwave entrainment. The track is characterized by a frequency range of 3 – 7 Hz, which is associated with deep relaxation, meditation, and enhanced creativity. Theta waves are known to facilitate access to the subconscious mind, promoting emotional healing and introspection.

In addition, the musical compositions emanate a calming allure that irresistibly draws the listener's awareness, guiding it on a mesmerizing expedition through the vibrant harmonious realm of sound.



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.

Soundtrack Details from the Creator, Nadja Lind

The two ambient tracks, *Empowerment* and *Revitalization*, have been meticulously crafted to provide listeners with an optimal environment for relaxation, revitalization, and focus. These tracks employ binaural beats to induce specific brainwave states, promoting desired mental states and cognitive performance.

Both compositions incorporate sophisticated and calm melodies that do not distract listeners from their focus or relaxation states. Instead, they provide a rich auditory landscape that keeps the brain engaged without causing boredom.

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 you only listen to *A Ticket to Glide* on quality headphones. I recommend lossless sound files like WAV, AIFF, FLAC or ALAC over MP3. It is also suggested to listen at a moderate volume.

"I have used A Ticket to Glide both during work and after a stressful day to release and regenerate. Both tracks work wonderfully for both. The long work day feels happy and relaxed. I am focused in the here and now on my task. Afterwards I could really deeply let go with the help of A Ticket to Glide!" – Paul Ennemoser (www.ki-mo.org)

ABOUT THE CREATOR



Nadja Lind, creator of some of iAwake's most intriguing and distinctive tracks, such as *The Universe is Friendly!*, *Kismet*, *Re-enchantment*, *Heaven and Earth*, *Refuge*, *BE*, *Theta Joy*, *Strong Medicine*, *Purrrfound 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 of the "Black Forest" in 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 works out approximately 4 times a week at the gym, and since 2018 additionally is to find on the mat doing Ashtanga-inspired Vinyasa yoga several times a week as well as hiking in the mountains. During her sessions, Nadja likes to use entrainment + beats.

Nadja has also trained in hypnosis, "Liebscher & Bracht" pain specialist 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, and has been meditating on a daily basis for many years.

OTHER WORKS BY NADJA LIND



THE UNIVERSE IS FRIENDLY!

Audio vibrations that wake us to the Self beyond the self

The Universe is Friendly! tracks will lead you into the transpersonal, where your small self and your Big Self consciously coexist. Your small self is not lost but is transcended and held in a deeper and amazingly affirmative reality.

- Facilitate a deeper spiritual connection to the universe
- Recharge your energy when feeling tired, tense, irritated, or sad
- Experience revitalizing sleep and wake up refreshed

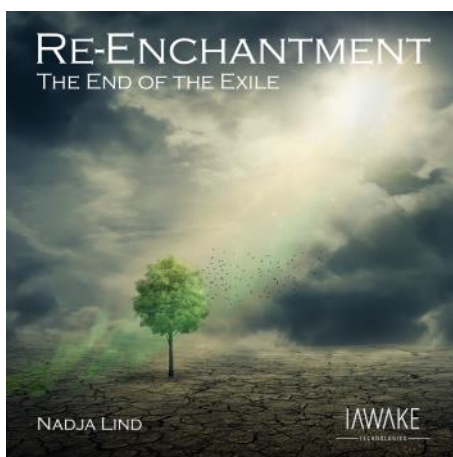
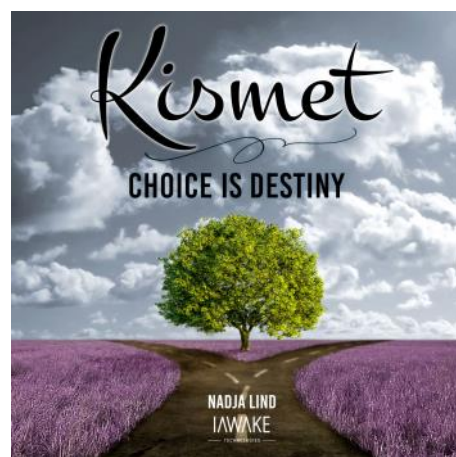
"Really helps you get in the wonder state, where it is much easier to work on blockages." – Janita Zoer

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.

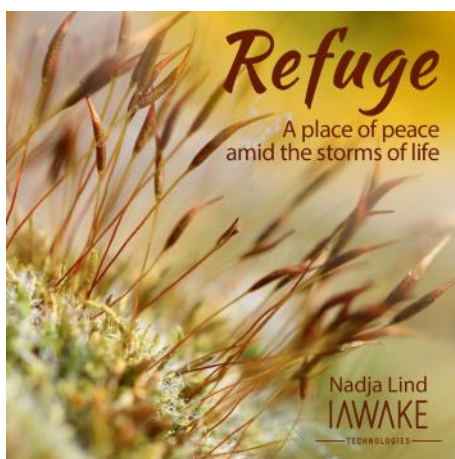
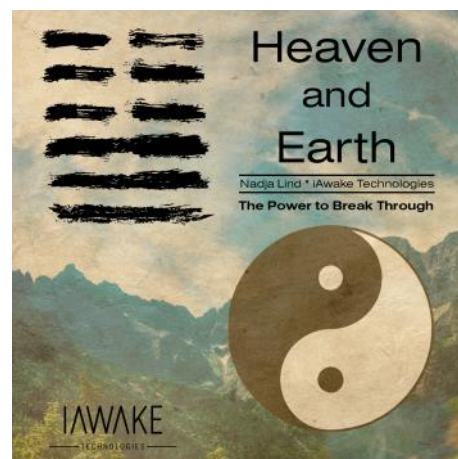
"I felt a potency and hopefulness that has been missing for me for some time." ~ Neal

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)



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.”

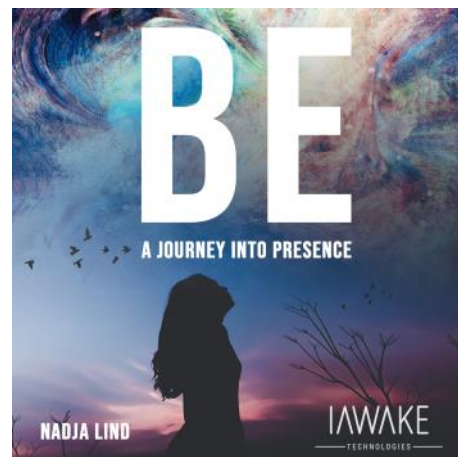
~ Lisa Celentano, MA, LMHCA, MHP

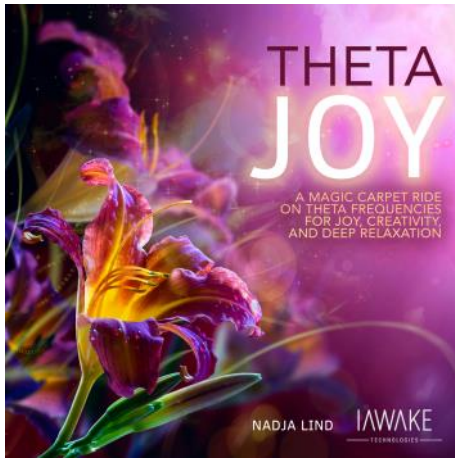
BE

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.

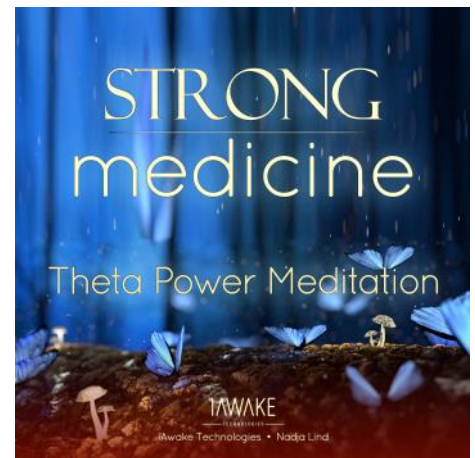
"From the first moment I became an inner smile as a timeless being." ~ Karen Lee-Lohmann

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

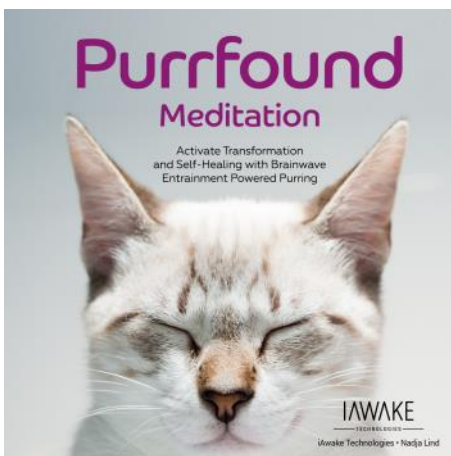


Purrfound Meditation

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 'coffeegoesswild'

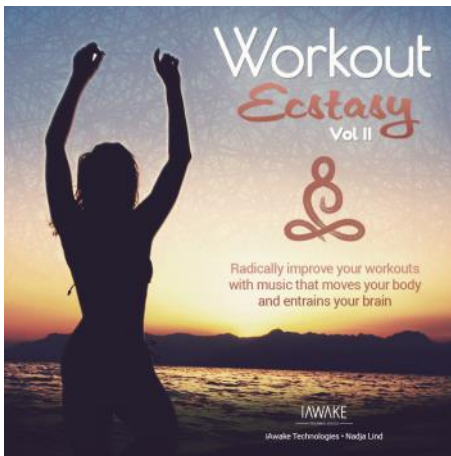


Workout Ecstasy Volume I

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.

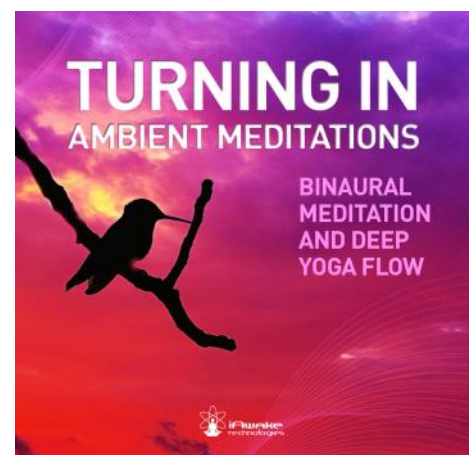
Get your exercise clothes on, pop on your earbuds, and start rocking and dancing and sweating, lifting and stretching your way to superior health and ecstatic exercise. From Berlin's Globetrotting DJ Diva: Nadja Lind.

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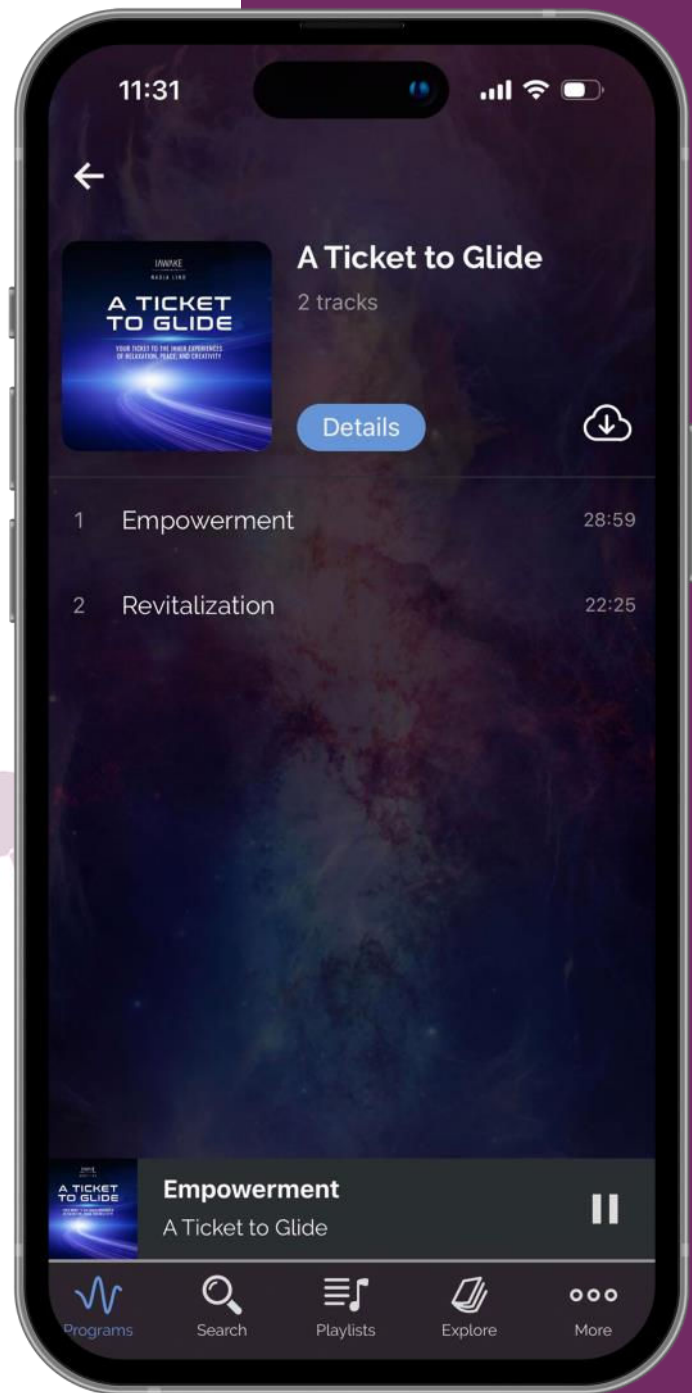
<https://www.iawaketechnologies.com/blog/>



Customer Support:

support@iawaketechnologies.com

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Technologies App

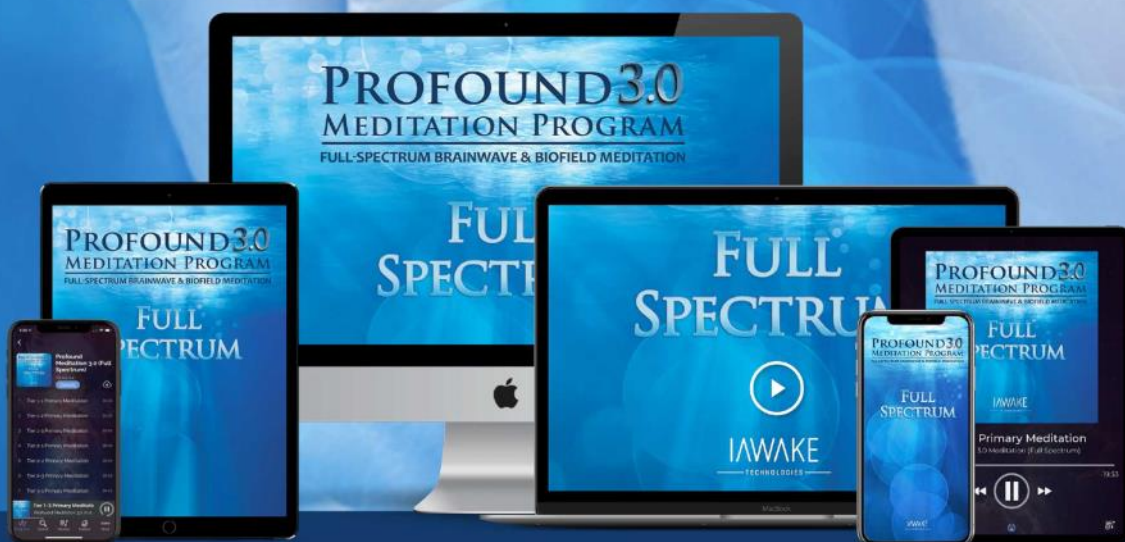


PROFOUND 3.0

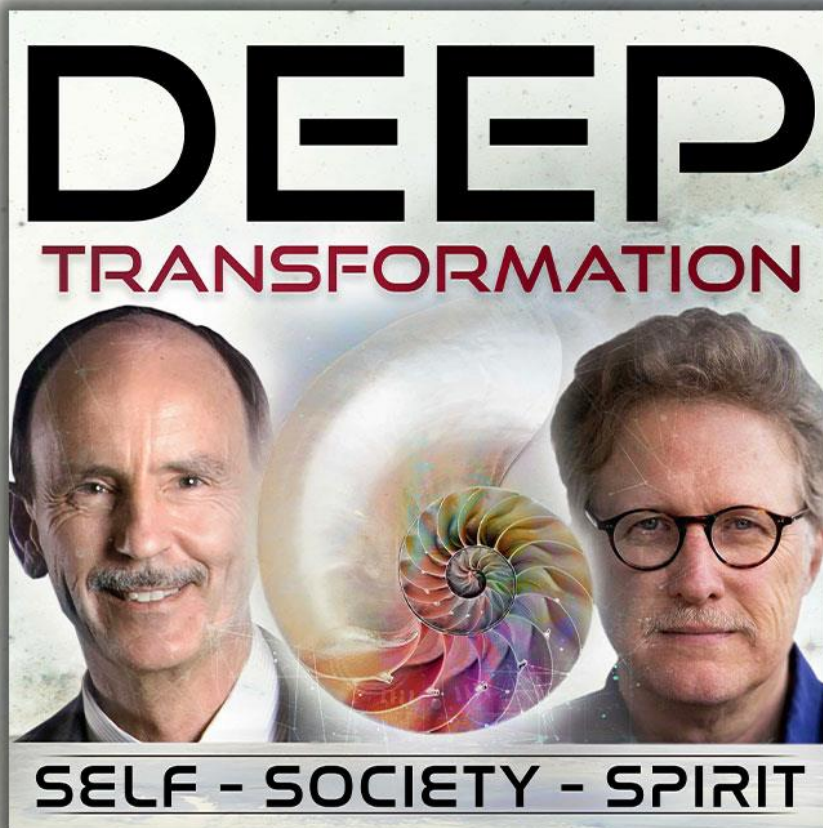
MEDITATION PROGRAM

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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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