



I/AWAKE[®]
— TECHNOLOGIES —
NADJA LIND

INNATURE

A PSYCHOACOUSTIC IMMERSION EXPERIENCE



USER GUIDE

DISCLAIMER

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

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

The user of *In Nature* 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 *In Nature*

In no case will iAwake® Technologies, Integral Recovery, or other distributors of *In Nature* 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>In Nature</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	17
iAwake® Technologies App	18
Profound Meditation Program 3.0	19
Deep Transformation Podcast	20

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 *In Nature*.

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 “In Nature”

Welcome to iAwake®’s latest offering: *In Nature*.

Nature has always been my sacred place and healing space, and it is in walking and standing, sitting and sleeping, in and through deserts, plains, and sacred mountains that I most powerfully connect with the fire of the divine that is in each one of us and indeed everywhere. But it just seems that it’s easier, more direct, and quicker to connect with in nature.

In this track, Nadja has managed to capture much of the beauty and power of my sacred heartland in the deserts and mountains of Southern Utah. And I think it is the sounds of nature as well as Nadja’s musical brilliance and auditory understanding of the science behind what we create at iAwake® that lends veracity and power to the audio experience that is In Nature.

As the great writer, mystic, and spiritual teacher Rabbi Abraham Heschel told it, standing still is a requisite in order to empty ourselves and be fully present and mindful to the glory of existence. Nadja helps us to do this in In Nature.

So get ready to enjoy and benefit from the embrace of delta waves and the deep, healing frequency of Solfeggio, and bring to it your heart, your presence, your joy, pain, fear, and hope – and let it there be transformed in the crucible of our hearts and souls into the wisdom and beauty of God in nature.



With deep love and respect,
John Dupuy and the iAwake® Team

A handwritten signature in black ink that reads "John".

Dear valued listener,

Welcome to *In Nature*, and thank you for allowing my creation to be a part of your journey towards rest and rejuvenation. I’m Nadja Lind, and it is my deepest wish that this music will help you recover, fall into a peaceful sleep, and deeply rejuvenate your body, while enveloping you in joy, warmth, peace, and a profound sense of safety.



Warm regards,
Nadja

ABOUT

Track Details

In Nature (59:14 minutes, smooth fade out after 40 minutes)

Delta brainwave entrainment

528 Hz Solfeggio Frequency

Deep soothing bass that provides a steady anchor for your mind

Beautiful ambient nature sounds

In Nature is crafted as a transformative tool for the nervous system. It smooths out thoughts and emotions, leading to a peaceful mind and an open heart. This sets a foundation for a state of coherence, allowing every cell in the body to vibrate in harmony, which is crucial for promoting homeostasis and facilitating well-being at a cellular level.

The composition features a deliberate 20-minute fade-out, designed to guide listeners into deep sleep gently. Additionally, the inclusion of soothing nature and water sounds within the soundscape plays a critical role in supporting the nervous system. These elements are known for their calming effects, further enhancing the track's ability to soothe and relax the listener, making it an ideal accompaniment for achieving a state of deep relaxation and rejuvenation.

The therapeutic soundscape of *In Nature* is carefully enriched with specific frequencies, including the 528 Hz Miracle Tone, celebrated for its DNA-repairing properties. This frequency, alongside the deeply calming delta waves, crafts an environment conducive to natural healing, enabling the body and mind to restore balance and peace.

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



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

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

HOW TO USE

For an optimal experience with *In Nature* sounds, wear quality headphones and listen in a dark room or with an eye mask. This setup enhances brainwave entrainment and is perfect for deep relaxation. Yet these sounds are also great as background music, helping you fall back to sleep or simply unwind.

In Nature is versatile: it aids in falling asleep, recovering from workouts, escaping mental loops, and fostering calmness and creativity. It supports well-being, focus, and provides a comforting backdrop for studying or yoga. Whether seeking tranquility or a creative boost, *In Nature* offers a serene and rejuvenating auditory experience.

Discover your unique way to enjoy *In Nature*. For me, it significantly enhances my ability to concentrate on deep, steady breathing.

- Gently calm your mind and deeply relax
- Fall asleep quickly
- Return to sleep after awakening
- Take a rejuvenating nap
- Recover from stress
- Activate healing in mind and body
- Alleviate anxiety and compulsive thinking
- Unwind from a long day

Brainwave Patterns Targeted

The meticulously crafted piece *In Nature* is not only a tribute to the serene beauty of the wilderness but also an innovative blend of auditory science and ancient wisdom designed to promote deep healing and relaxation. At the core of its creation is the strategic targeting of specific brainwaves, particularly those associated with relaxation and healing, and the integration of the 528 Hz frequency from the Solfeggio scale, known for its profound healing properties.

The track focuses on delta brain waves, which are the slowest of all brainwave frequencies and are prevalent during deep sleep and meditative states. Delta waves are associated with healing, restorative sleep, and detachment from unconscious bodily awareness. By incorporating binaural beats that encourage the brain to synchronize with these lower frequencies, *In Nature* facilitates a state of deep relaxation and rejuvenation. This makes it particularly effective not only for inducing sleep but also for aiding in the process of falling back to sleep, offering listeners a tool for profound rest and healing.

The 528 Hz frequency is often referred to as the "Love Frequency" or "Miracle Tone." This frequency is part of the ancient Solfeggio scale, believed to have been used in sacred music, including Gregorian chants. The 528 Hz frequency is reputed to resonate with the heart chakra, enhance clarity of mind, awareness, and deep inner peace. It is also said to promote healing and DNA repair, aligning the body and the earth's natural frequency to foster balance, harmony, and well-being.

By combining delta brainwave entrainment with the healing tones of 528 Hz, *In Nature* creates an auditory environment that not only soothes the listener into a peaceful state of mind but also aligns them with a frequency that nurtures the body's natural healing capabilities. This composition invites listeners to flow with the sound of water, be guided by soothing earthy bass, and be caressed by beautiful melodic waves, all while being gently ushered into a state of heightened healing and relaxation.

Soundtrack Details from the Creator, Nadja Lind

The creation of tracks like *In Nature* involves a sophisticated blend of natural soundscapes and cutting-edge musical technology, designed to transport listeners to a serene, healing space. This intricate process combines field recordings, advanced digital synthesis, and innovative sound design techniques to craft an immersive auditory experience. Here's a detailed look into the technology and technical details behind the making of these tracks:

Sound Recordings in the Wilderness

These recordings feature the natural ambience of serene environments, including the gentle flow of water, the rustling of leaves, and the distant calls of wildlife. These sounds are carefully recorded using high-quality field recorders to capture the essence of the natural setting in its purest form, ensuring listeners feel transported to these tranquil locations.

Bass with Spectrasonics Trilian

The bass lines in the tracks are crafted using Spectrasonics Trilian, a powerful virtual instrument known for its vast library of bass sounds, ranging from acoustic and electric basses to synth basses. Trilian is renowned for its depth, expressiveness, and realism. The bass created with Trilian adds an earthy, grounding element, enhancing the immersive experience.

Chords with Omnisphere

Chords and harmonic textures are designed using Spectrasonics Omnisphere, one of the most versatile and expansive synthesizers available in the digital music production sphere. Omnisphere offers a wide array of sounds and textures, from rich, organic tones to complex, evolving soundscapes. This versatility makes it an ideal tool for creating the lush, ambient chords that envelop the listener in a blanket of sound, contributing to the track's calming and healing properties.

Binaural Beats with Custom Binaural Synthesizer

A key feature of these tracks is the incorporation of binaural beats, designed to entrain the brain into states conducive to relaxation and healing. Unlike standard applications, these binaural beats are crafted using a custom-built binaural synthesizer.

Sound Effects with Roli Seaboard

The Roli Seaboard is utilized for its unique sound effects and expressive capabilities. The Seaboard's innovative design, featuring a soft, continuous, touch-responsive surface, allows for nuanced performance techniques not possible on traditional keyboards. This instrument's dynamic expression capabilities add depth and texture to the tracks, providing a tactile quality to the digital soundscape.

Favorite Effects

In addition to the core technologies, the tracks are enriched with a selection of favorite effects, carefully chosen to enhance the auditory experience. These effects include reverb for adding space and depth, delay for creating rhythmic and textural complexity, and various modulation effects to imbue the sound with movement and life. The thoughtful application of these effects brings warmth, clarity, and dimension to the music, rounding out the immersive experience.

ABOUT THE CREATOR



Nadja Lind, creator of some of iAwake®'s most intriguing and distinctive tracks, such as *A Ticket to Glide (In the Flow)*, *The Universe is Friendly!*, *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.

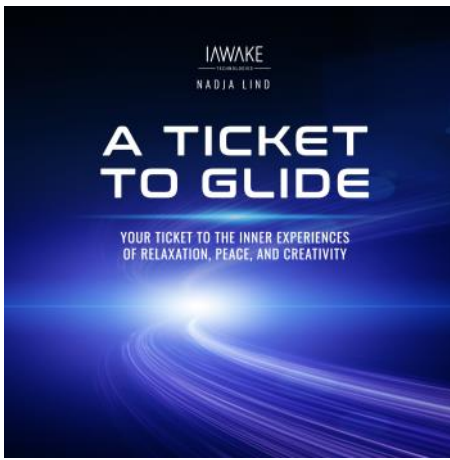
After 17 years of calling Berlin her homebase, Nadja now lives in the south of the "Black Forest" in Germany. She has had a globetrotting DJ career since 2003, been a sound designer and producer of electronic music since 2004, both solo and as one half of the live duo "KLARTRAUM," and is co-owner of 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



A TICKET TO GLIDE (IN THE FLOW)

Your ticket to the inner experiences of relaxation, peace, and creativity

Experience the transformative power of ambient healing sounds. Recharge, relax, and ignite creativity in minutes.

"Bread and butter tracks that can be played over and over without getting tired of them – they amplify a sense of well-being, and they're effective." – Greg Hopkins

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.

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

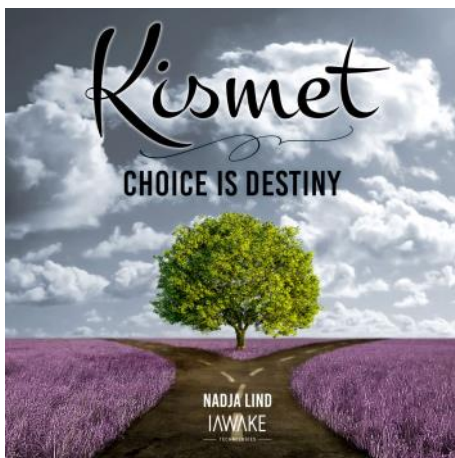


KISMET!

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

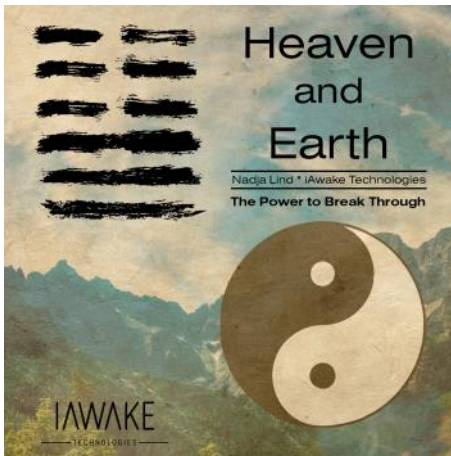


RE-ENCHANTMENT

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)

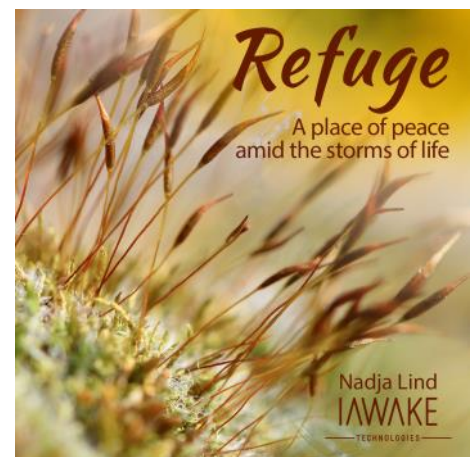
REFUGE

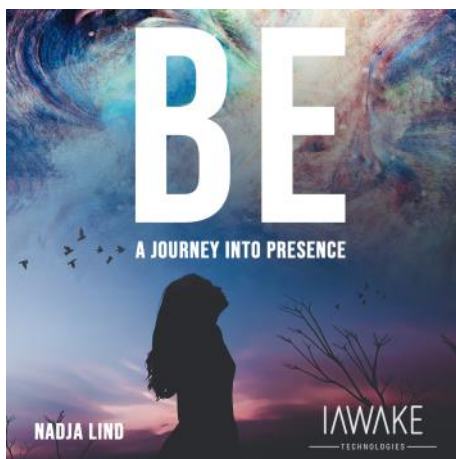
A place of peace amid the storms of life

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."





BE

A Journey into Presence with Alpha Waves

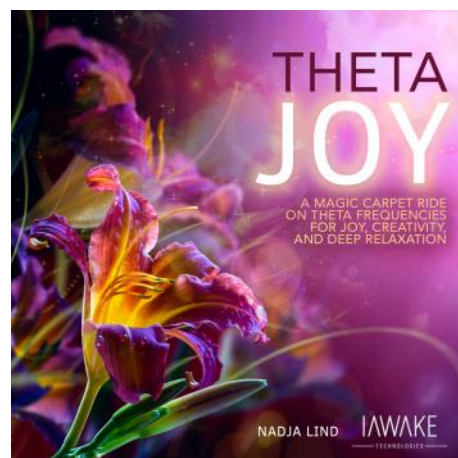
BE is designed to relax your nervous system into an alpha brainwave state—a light meditative state similar to what you would feel if you were deprived of sensory information coming in from the environment and able to focus simply on calming your thoughts. Alpha waves are associated with developing multidimensional awareness, peak performance states, creativity, and presence.

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

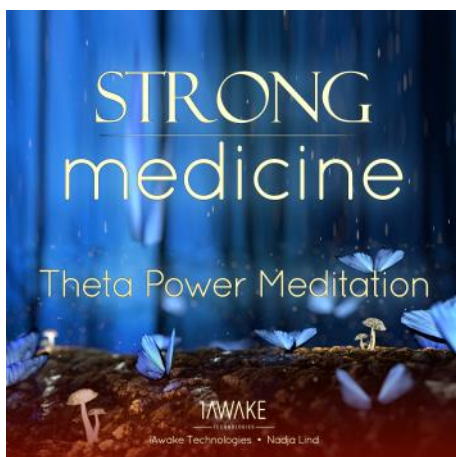
Theta Joy

A Magic Carpet Ride on Theta Frequencies for Joy, Creativity, and Deep Relaxation

Theta Joy blends an artfully created symphony of joyful sound layers with iAwake®'s signature, cutting-edge brainwave entrainment technology to guide your brain from beta consciousness into the theta brainwave frequency, which is the doorway to the unconscious. Enter a flow state of profound creativity, insight, and great inspiration by tapping into the field of unity and universal connection -- the best state in which to create your reality through vivid visualizations and affirmations.



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



Strong Medicine

Theta Power Meditation

-- it's not for everyone. Brainwave entrainment for deep, deep practice.

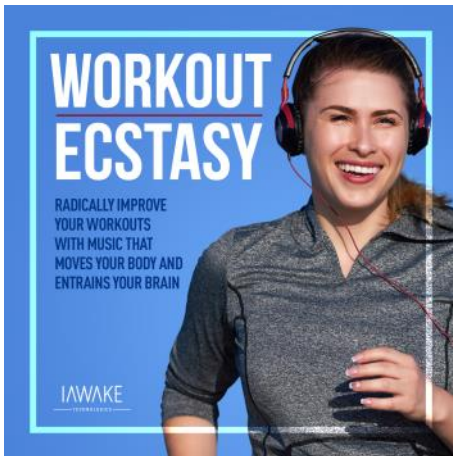
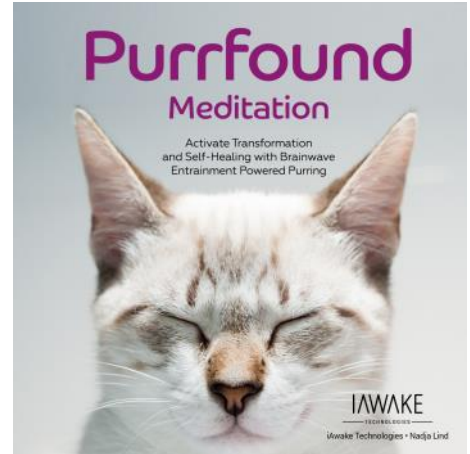
"I loved the pulsing and the apparently random scraping sounds and tapping sounds - these struck me as being like Zen meditation tappings on the bamboo to keep attention focused in the here and now. I was always wanting more when either track finished." ~ K. M.

Purrfound Meditation

Activate Transformation & Self-Healing with Brainwave Entrainment Powered Purring

Purrfound Meditation is designed to gently guide you into states of deep relaxation, emotional release and inner peace, achieved through the calming sounds of Mathilda the cat, purring, and underlying binaural theta frequencies.

"The interplay between the purring and the entrainment is sublime..." ~ S. C. aka 'coffeegoewild'



Workout Ecstasy Volume I

Radically improve your workouts with music that moves your body and entrains your brain.

Workout Ecstasy is a tool to increase fun, focus, and energy when you exercise—whether it's in the gym, outside, or at home. These tracks will help get you in the zone quickly and keep on moving. The alpha binaural frequency entrainment will help your whole body-mind system align and orient effortlessly towards your training and its positive effects.

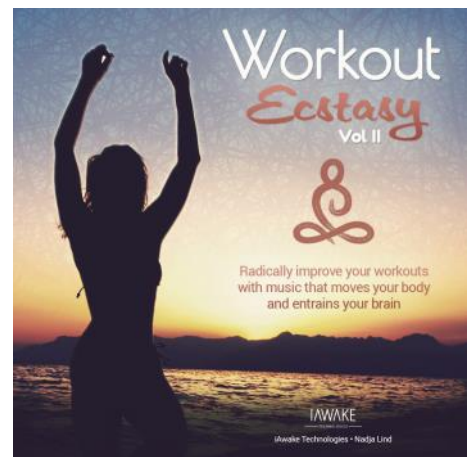
"If you're not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level." ~ John Dupuy

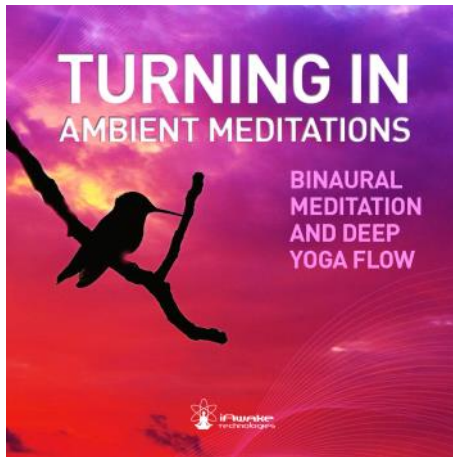
Workout Ecstasy Volume II

Radically improve your workouts with music that moves your body and entrains your brain.

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

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





Turning In ~ Ambient Meditations

...ease into deep states of relaxation, destressing to the slow drumbeats and nature sounds embedded with binaural frequencies... from Deep Dub composer, Nadja Lind

"I would totally recommend this... I can imagine a lot of my non-meditating friends having a really easy time getting into this...this is ideal, plus it gives that feeling of wellbeing most people who are not into spiritual praxis want when meditating." ~ Sebastian Stark

SUPPORT



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.iAwaketechologies.com/support/teleseminars/>



FAQ:

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



Blog:

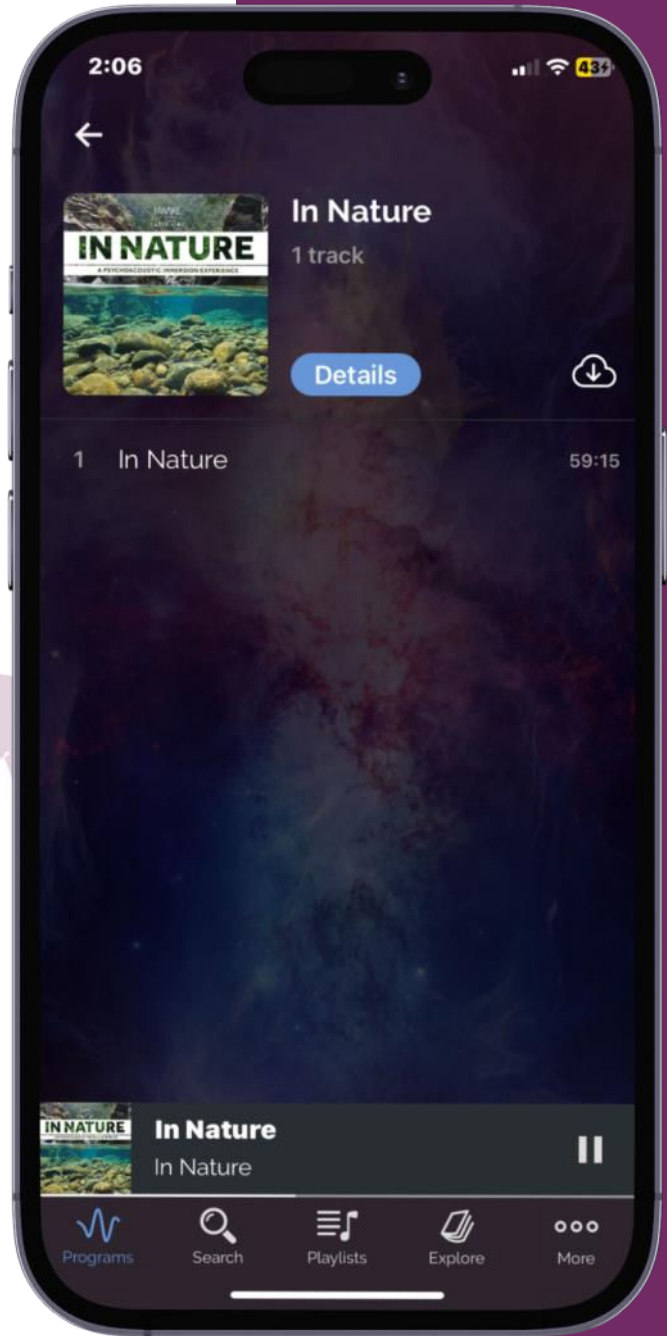
<https://www.iAwaketechologies.com/blog/>



Customer Support:

support@iAwaketechologies.com

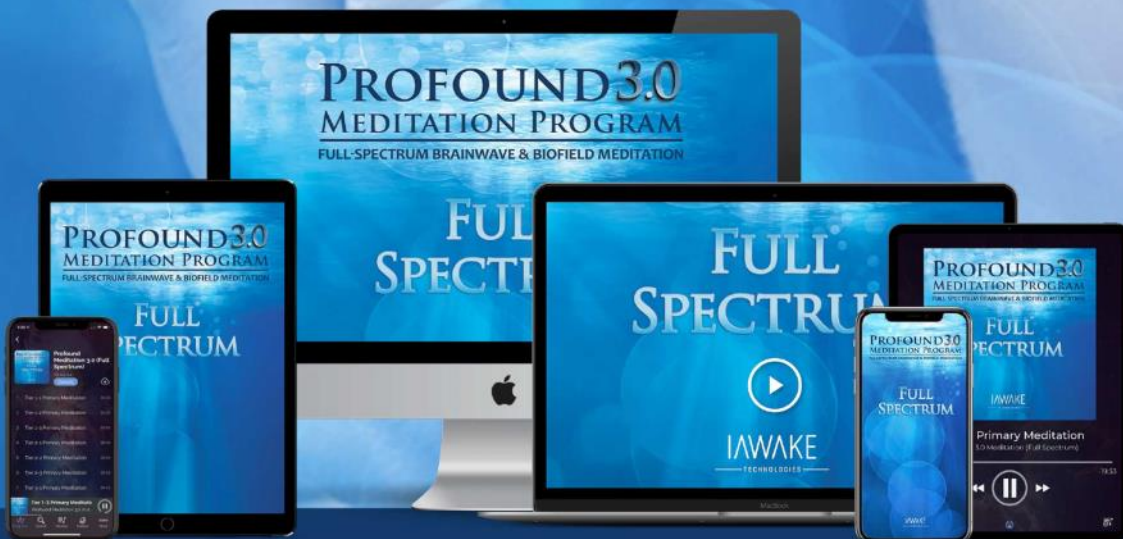
LISTEN ON
The iAwake
Technologies App



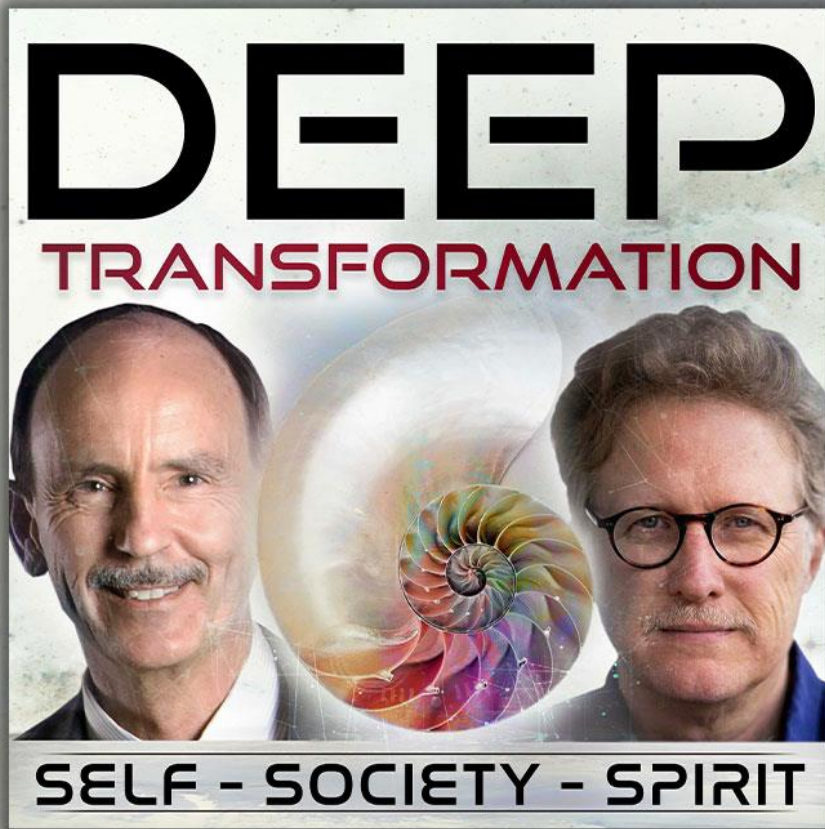
PROFOUND 3.0 MEDITATION PROGRAM

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iawaketechnologies.com/profound-meditation-program/



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

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

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