



The Diamond Cave

An enchanting, magical journey into
the healing realm of The Diamond Cave

USER GUIDE

I/AWAKE[®]
— TECHNOLOGIES —

Nadja Lind

DISCLAIMER

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

Finally, DO NOT LISTEN TO ANY THE DIAMOND CAVE AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *The Diamond Cave* 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 Diamond Cave*

In no case will iAwake® Technologies, Integral Recovery, or other distributors of *The Diamond Cave* 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 Diamond Cave*.



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 Diamond Cave”

I am constantly exploring and creating new soundscapes that resonate with the unique needs of each listener. I understand that sometimes it takes just the right frequency, a certain sound, or a specific melody to capture your attention and guide you to a place of deep, utter relaxation.

The Diamond Cave was inspired by the delightful sensation of being a child again, floating through a beautiful, exciting, sparkling diamond cave, much like drifting through an enchanted amusement park.

My hope is that within these entrainments you find the perfect harmony that speaks to your soul and brings you the peace and tranquility you seek.

Throughout my journey, I've discovered that our greatest healing power lies within us, accessible only in the parasympathetic state. This state of deep relaxation is essential for true restoration, and it is with this understanding that I carefully crafted each track of *The Diamond Cave*, aiming to unlock that healing potential within you.

– Nadja Lind

ABOUT

Track Details

01 The Diamond Cave – Alpha (24:16 minutes)

02 The Diamond Cave – Theta (24:16 minutes)

03 The Diamond Cave – Delta (24:16 minutes)

This unique product allows you to choose from three different brainwave frequencies—alpha, theta, and delta—to tailor your experience of introspection and discovery, and includes recordings from a magical winter walk in a snow-covered Swiss forest, where delicate ice crystals fell, creating an ethereal soundscape that adds a unique, otherworldly quality to the tracks.

Available on the iAwake® App, digital download (MP3, WAV, FLAC, and ALAC formats)



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

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

HOW TO USE

In this composition, you're gently guided by an auditory presence that serves as a comforting anchor for your senses as you journey deeper into *The Diamond Cave*. Each sound and melody is carefully crafted to lead you through a wondrous landscape of sparkling light and soothing echoes, inviting your inner child to explore and rediscover the simple joys and boundless curiosity within. As you progress, the immersive soundscape envelops you, helping you feel safe and supported while you delve into the cave's deeper, more introspective chambers, where wonder and serenity await.

The gentle sound of falling ice crystals from a winter's walk in Switzerland is woven into these tracks, adding a unique and magical layer to your listening experience.

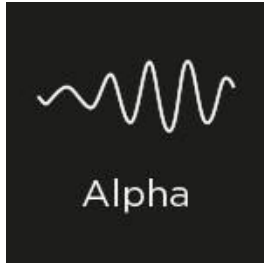
Use this soundtrack at a moderate volume — as you become calmer, you'll naturally perceive the sound as louder.

For the best experience, play the track in high-quality resolution formats like AIFF, WAV, ALAC, or FLAC, and listen with high-quality headphones to capture all the subtle details. If possible, use an eye mask during your session; it can significantly enhance your experience by deepening your focus and immersion in the soundscape.

- Promote physical healing
- Achieve states of deep peace and restorative relaxation
- Access your inner power
- As a sleep aid
- To reset your nervous system
- To enhance creativity

TECHNOLOGY

Brainwave Patterns Targeted



Alpha (8-13 Hz): The alpha state is associated with relaxed focus, calm alertness, and a sense of peacefulness. It's often linked to light meditation, creativity, and the moments just before sleep.



Theta (3-7 Hz): Theta waves are connected to deep relaxation, meditation, and creativity. This state often brings heightened intuition, vivid imagery, and is where the mind wanders freely, accessing the subconscious.



Delta (0.5-2 Hz): Delta waves are the slowest brainwaves, associated with deep, restorative sleep and healing. In this state, the body and mind are completely at rest, promoting physical and mental rejuvenation.

Soundtrack Details from the Creator, Nadja Lind

The Diamond Cave is an immersive soundscape designed to guide you through various states of consciousness, each track tailored to different needs and experiences by incorporating brainwave entrainment that targets three different frequencies — alpha, theta, and delta — to support your journey into relaxation, creativity, or deep rest.

The alpha version helps you achieve a state of relaxed focus and calm alertness. This frequency is perfect for when you need to maintain clarity and reduce stress, whether you're studying, working on creative projects, or simply unwinding.

The theta version is crafted for deep relaxation and meditative exploration. Theta waves are associated with creativity, intuition, and accessing the subconscious mind, making this version ideal for meditation, introspection, or when you want to delve into the deeper layers of your consciousness.

The delta version is designed to induce deep, restorative sleep and promote physical healing. The slow, rhythmic pulses in this version help guide you into a state of profound rest, perfect for use before bedtime or during a nap, allowing your body and mind to fully rejuvenate.

Whether you're seeking relaxation, creativity, or deep rest, you can choose the version that best suits your current needs and let the enchanting soundscape of *The Diamond Cave* guide you on your journey to inner peace and healing.

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, we suggest you only listen on quality headphones.

We recommend lossless sound files like WAV, AIFF, FLAC or ALAC over MP3. It is also suggested to listen at a moderate volume.

ABOUT THE CREATOR



Nadja Lind, creator of some of iAwake's most intriguing and distinctive tracks, such as *In Nature*, *A Ticket to Glide (In the Flow)*, *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 Schwarzwald (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.

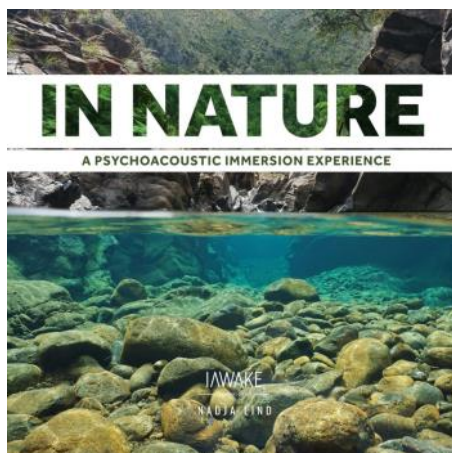
Nadja's personal development and spiritual evolution led her to Ken Wilber's AQAL map and the idea of "integral" many years ago, which was the catalyst for starting her own brainwave entrainment meditation series, *Turning In*.

Trained in Sadhguru's Inner Engineering & Shambhavi Mahamudra at the Isha Foundation, Nadja has been practicing on a daily basis since October 2017. She works out approximately four times a week at the gym, and since 2018 can also be found 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 trained in hypnosis, Liebscher & Bracht pain management, 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 has also been meditating on a daily basis for many years.

Additionally, Nadja is a self-taught health enthusiast who has continuously educated herself on the development of the nervous system, health, nutrition, biohacking, and neuroplasticity. She is deeply committed to her learning and has personally experimented with every technique she studies.

OTHER WORKS BY NADJA LIND



IN NATURE

a psychoacoustic immersion experience

Surrender to calm, as nature's melodies blend with the gentle flow of water. Drift into tranquility, supported by soft compositions and binaural delta rhythms.

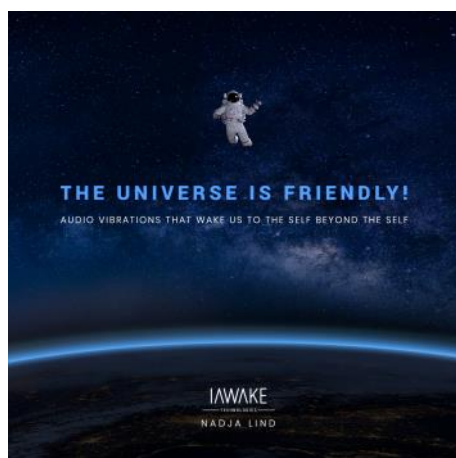
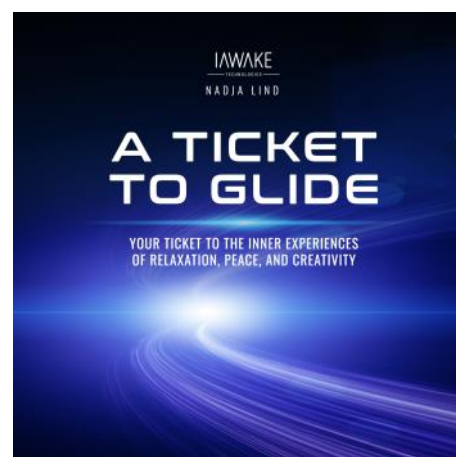
"I think the tracks were designed to transport one to a comfort zone outside of normal time." – E.Z.

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.

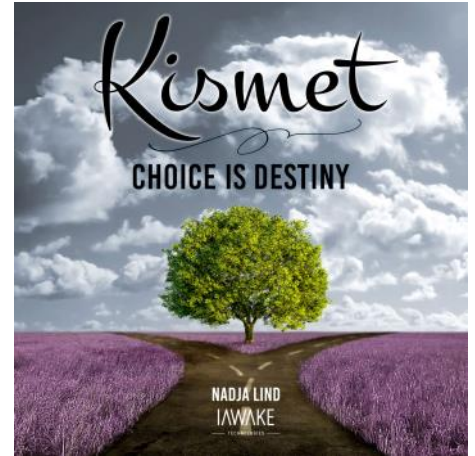
"Really helps you get in the wonder state, where it is much easier to work on blockages." – Janita Zoer

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.

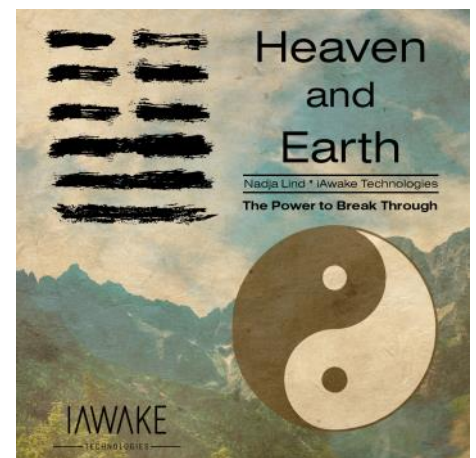
"I felt a potency and hopefulness that has been missing for me for some time." ~ Neal

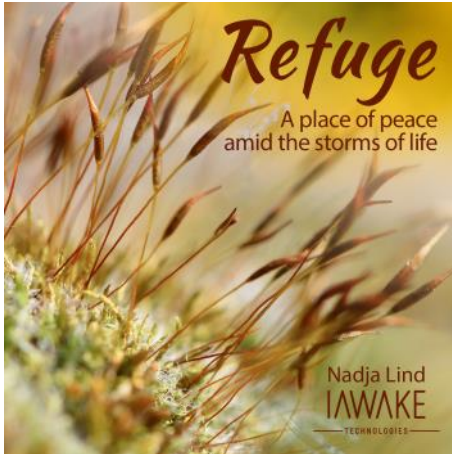
HEAVEN AND EARTH

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.

"These two tracks are like stepping into serendipity...absolutely lush, lovely, and peace promoting."

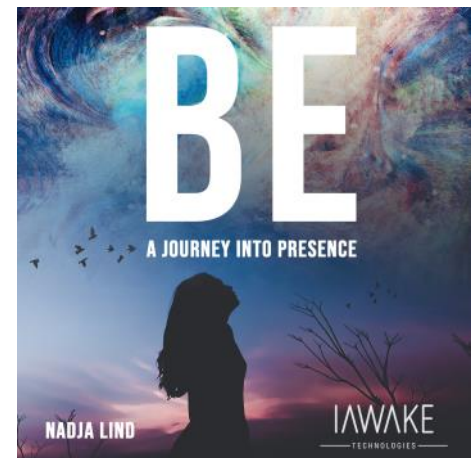
~ Lisa Celentano, MA, LMHCA, MHP

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.

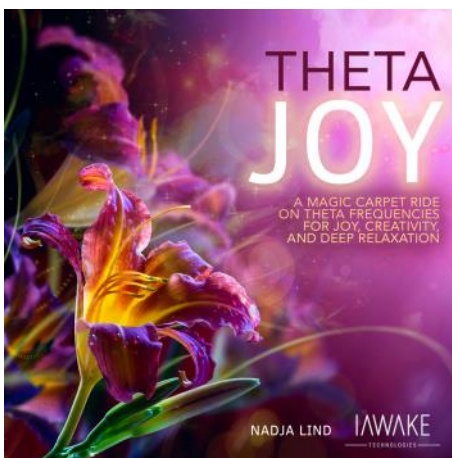


THETA JOY

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.

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

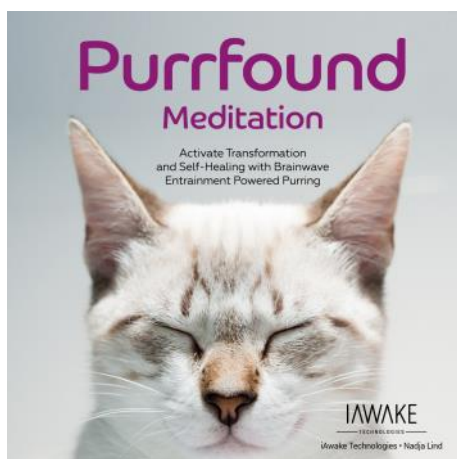


STRONG MEDICINE

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.



PURRFFOUND 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'

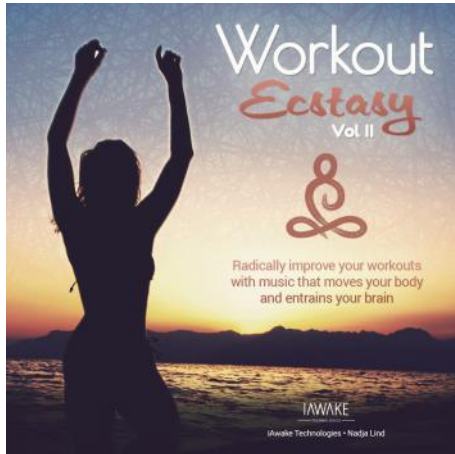
WORKOUT ECSTASY VOLUME I

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.

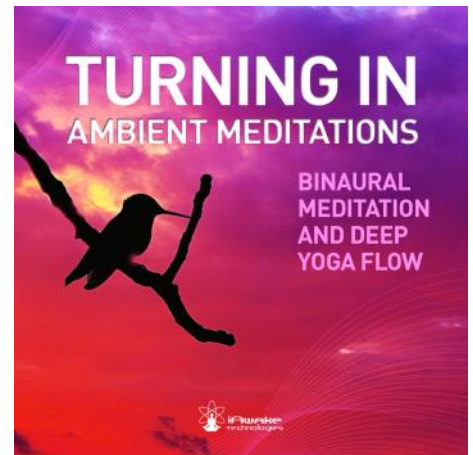
Get your exercise clothes on, pop on your earbuds, and start rocking and dancing and sweating, lifting and stretching your way to superior health and ecstatic exercise. From Berlin's Globetrotting DJ Diva: Nadja Lind.

"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



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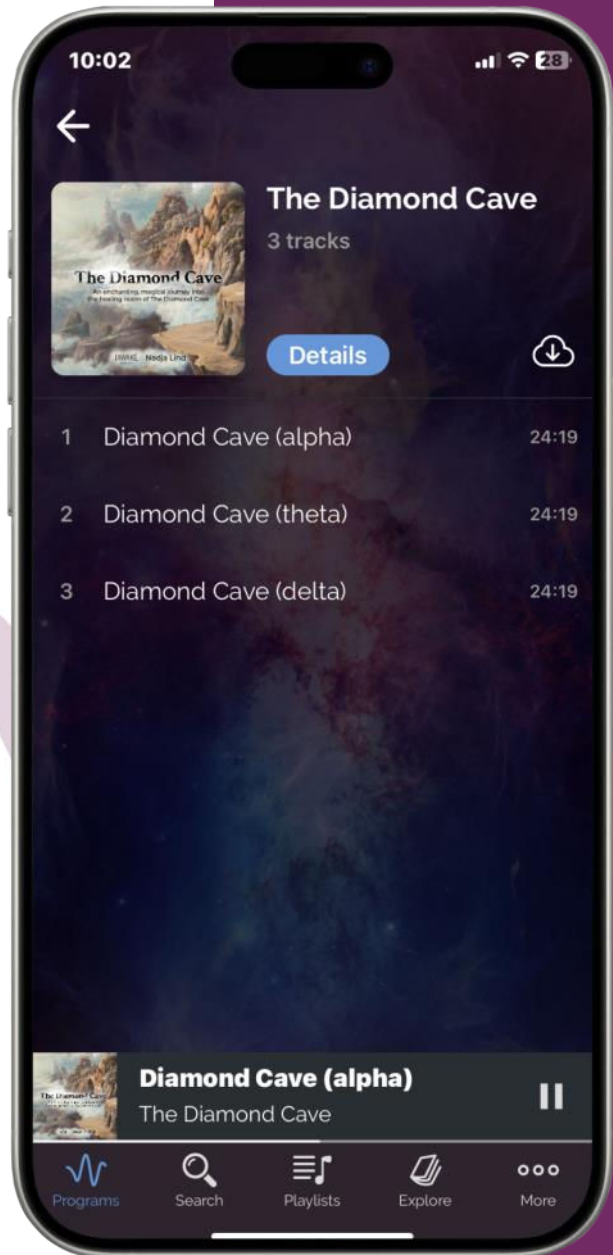
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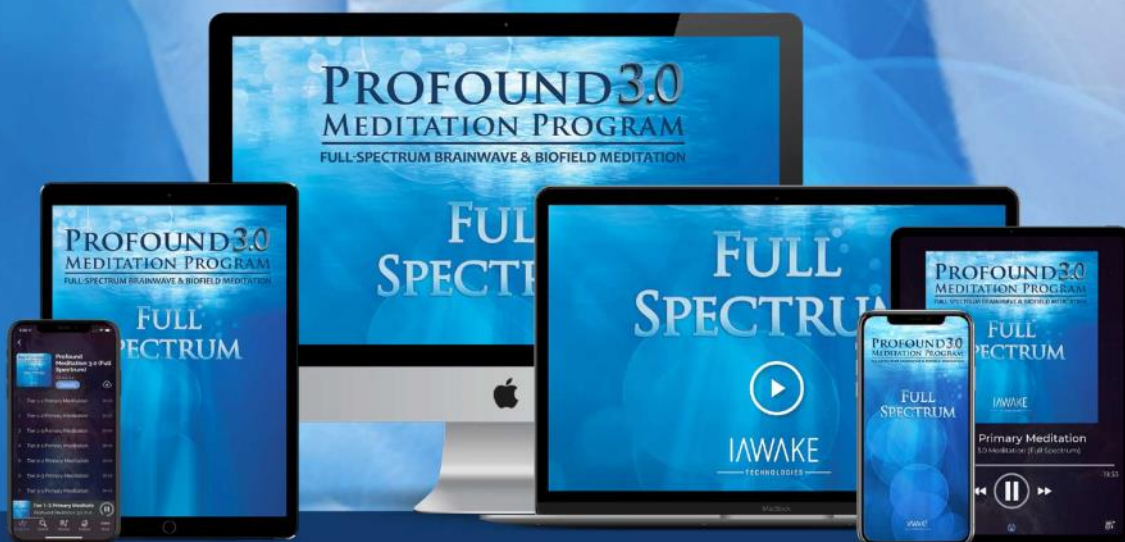


PROFOUND 3.0

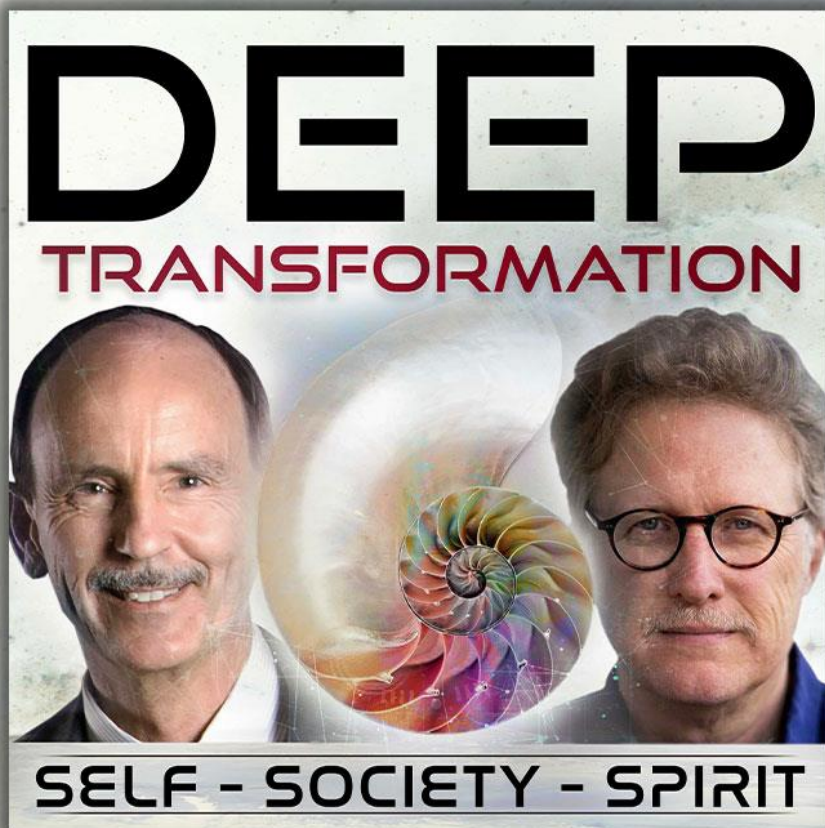
MEDITATION PROGRAM

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

with Roger Walsh & John Dupuy

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