



GAIA TRANCE

AN ECSTATIC RESONANCE
WITH THE LIVING
EARTH

USER GUIDE

I AWAKE[®]
— TECHNOLOGIES —

NADJA LIND

DISCLAIMER

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

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

The user of *Gaia Trance* 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 *Gaia Trance*.

In no case will iAwake® Technologies, Integral Recovery, or other distributors of *Gaia Trance* 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 *Gaia Trance*.

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 Gaia Trance

Welcome — I'm very happy you're here.

Gaia Trance was created as a joyful invitation for the nervous system to relax, reset, and rediscover its natural rhythm. Rather than asking you to do anything, the experience is designed to meet you where you are and gently support a sense of ease, safety, and inner flow.

The live didgeridoo and earth-based textures provide grounding and stability, while water elements, subtle rhythmic movement, and a soft golden shimmer add lightness and warmth to the journey. Beneath the soundscape, carefully integrated frequencies support relaxed awareness, allowing calm and vitality to arise naturally.

Many listeners experience a quiet happiness as the nervous system settles — a light joy that comes from feeling safe, present, and at home in the body. There is nothing to fix or achieve, only the enjoyment of unwinding and reconnecting through sound.

With appreciation,

Nadja



ABOUT

Track Details

01 Gaia Trance – Alpha (20:53 minutes)

Best enjoyed sitting upright with headphones—perfect for entering a calm, focused flow state during the day.

02 Gaia Trance – Theta (20:53 minutes)

Recommended with an eye mask, lying down under a blanket, and your device in airplane mode—ideal for deep relaxation, instant mood changes, introspective journeys, or super power naps.

03 Gaia Trance – Delta (20:50 minutes)

A slightly different version designed to gently guide you into deep, restorative sleep—let it play as you drift off.

Total of 1 hour & 02 minutes

Gaia Trance allows you to:

- Calm your nervous system and release stress
- Elevate your emotional state instantly—better than a power nap
- Restore your energy and realign your inner joy
- Shift into deep meditative flow states Self-program your innate healing intelligence
- Fall asleep faster and enjoy deeper, more restorative sleep
- Wake up feeling grounded, clear, and energized

HOW TO USE

Use *Gaia Trance* to:

- Meditate with and experience the state most conducive to your meditation practice
- Enhance focus and creativity during work
- Get through the day with more energy, or as a quick pick-me-up
- Explore the hypnagogic state when used while sleepy
- Explore the most advanced states of mind

It's a good idea to drink water before and after the listening session. If your intention is to experience the effects of high-frequency states, it's best to avoid hunger, so feel free to have a meal prior to the session to ensure you have the energy required. There are no requirements when using this track; rather, it's best to try it and use it as little or as much as you like—in the situations and at the times that feel right for you. There are no specific expectations to have, but you'll probably learn over time how it affects you personally.

Although the tracks are an excellent aid in deepening meditation, they can also be a good tool to enhance your focus. You don't need to pay attention to the sounds if you don't want to—the soundscape will work just as well regardless.

You can use Gaia Trance at as low a volume as you want, so long as you can perceive the brown noise and tones. It won't be more effective at high volumes—we don't want to annoy the brain!—but the volume can be raised if you want to mask out noise in your surroundings, or if you feel that it's more enjoyable.

Headphones are preferred, but speakers will work fine if they are far apart and you're sitting nearby in the center. A bit of crosstalk or channel leakage doesn't reduce the effectiveness.



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

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

TECHNOLOGY

Brainwave Patterns Targeted

Gaia Trance uses precisely tuned binaural frequencies to support natural shifts in brainwave activity and guide you into desired states of consciousness. Each version of the track is embedded with a specific frequency band:

Alpha (8–13 Hz):

Supports relaxed alertness, creative flow, emotional regulation, and present-moment awareness. Ideal for calming down without losing focus—perfect during the day for journaling, creative work, or centering after stress.

Theta (3–7 Hz):

Associated with deep relaxation, emotional release, dreamlike states, and subconscious integration. Theta is often accessed in meditation, deep rest, or moments of intuitive insight. This frequency helps dissolve inner tension and reconnect with joy, flow, and softness.

Delta (0.5–2 Hz):

The slowest and deepest brainwave state, linked to non-REM sleep, physical regeneration, and deep healing. The delta version of *Gaia Trance* gently supports the descent into restorative sleep or a deeply replenishing rest state. These frequencies are embedded using binaural beats, which means they are most effective when listened to with headphones. The soundscape blends these frequencies seamlessly into the music, creating a subtle but powerful field of entrainment that works gently in the background while your body and mind relax into it.

For the best experience, use high-quality headphones and listen to a high-resolution audio format such as AIFF, WAV, FLAC, or ALAC in order to fully receive the depth, clarity, and embedded frequencies of *Gaia Trance*.

Soundtrack Details

Gaia Trance was composed and produced in Ableton Live, the same digital audio workstation I use for my club and ambient productions. Each version of the track contains precisely tuned binaural beat frequencies, embedded beneath layers of organic field recordings, analog synths, and carefully sculpted sound textures.

The binaural frequencies were created by generating two slightly different tones in the left and right ear, producing a perceived third frequency in the brain—entraining it to alpha, theta, or delta, depending on the version. The music blends real nature sounds—including flowing water I recorded in nature and tropical bird calls recorded in the Amazon Rainforest by a close friend—with live didgeridoo played by my dear friend Marco. These natural elements are harmonically and spatially tuned to support emotional safety, regulation, and immersion.

All elements were mixed in high-resolution audio and exported in lossless formats (AIFF/WAV) to preserve frequency integrity, stereo imaging, and the subtle binaural entrainment effect. For the best experience, listen with high-quality headphones and lossless audio formats (WAV, AIFF, FLAC, or ALAC).

This soundtrack is a fusion of neuroscience, field recording, acoustic vibration, and emotional resonance—designed to work not only as music, but as a vibrational tool for healing and transformation.

ABOUT THE DEVELOPER

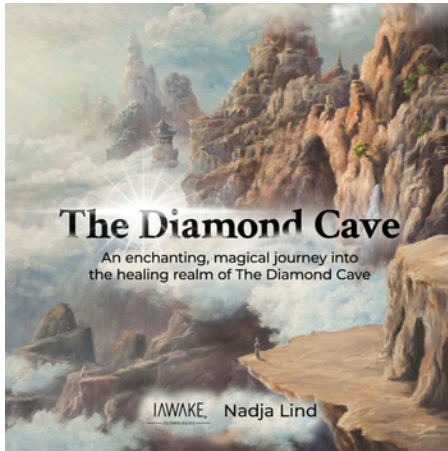


Nadja Lind, creator of some of iAwake’s most intriguing and distinctive tracks, such as *The Diamond Cave*, *In Nature*, *A Ticket to Glide (In the Flow)*, *The Universe is Friendly!*, *Kismet*, *Re-enchantment*, *Heaven and Earth*, *Refuge*, *BE*, *Theta Joy*, *Strong Medicine*, *Purrfound Meditation*, *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 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*.

OTHER WORKS BY NADJA LIND

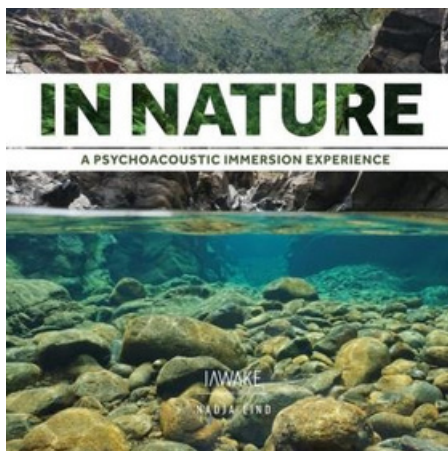


THE DIAMOND CAVE

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

This piece was inspired by the delightful sensation of being a child again, floating through a beautiful, exciting cave, much like drifting through an enchanted amusement park. Envision exploring a stalactite cave adorned with sparkling diamonds, where soft, warm sunlight shines through the entrance, creating a safe, wondrous, and awe-inspiring sanctuary.

“I loved the tracks! Incredibly relaxing and enjoyable.” – Deana Louise

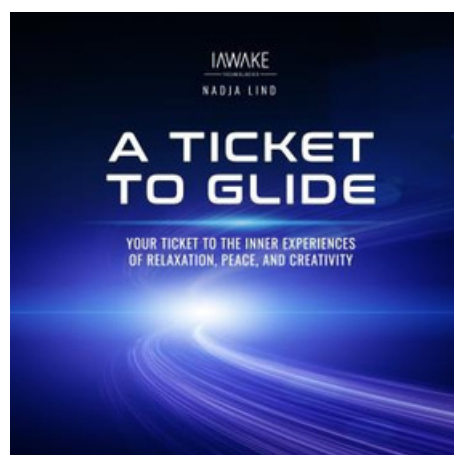


IN NATURE

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

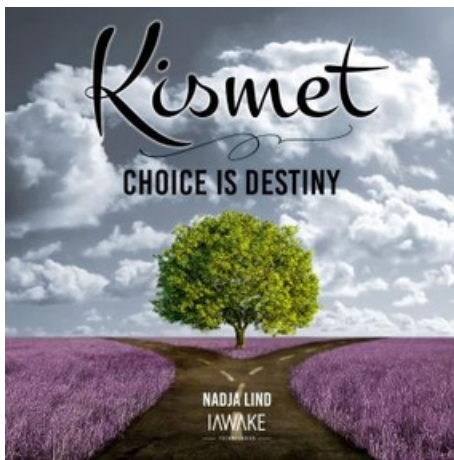


THE UNIVERSE IS FRIENDLY!

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

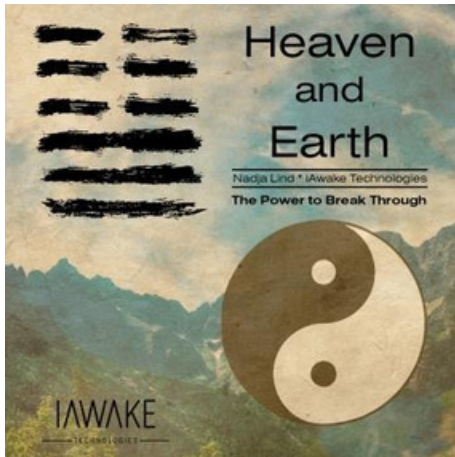


RE-ENCHANTMENT

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

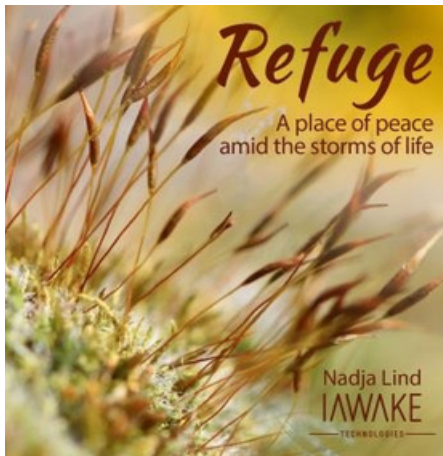


HEAVEN AND EARTH

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.

“Heaven and Earth completely empties my mind, filling me up with warmth and joy.” ~ Paul Ennemoser (www.ki-mo.org)

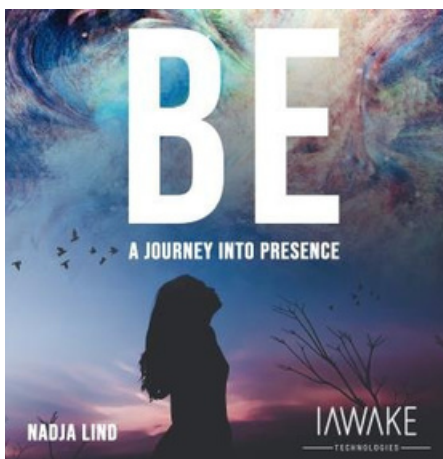


REFUGE

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.

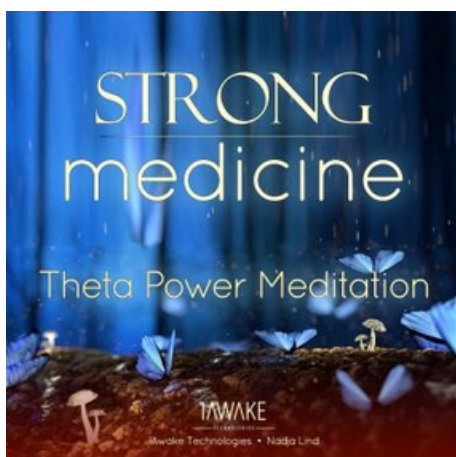


THETA JOY

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

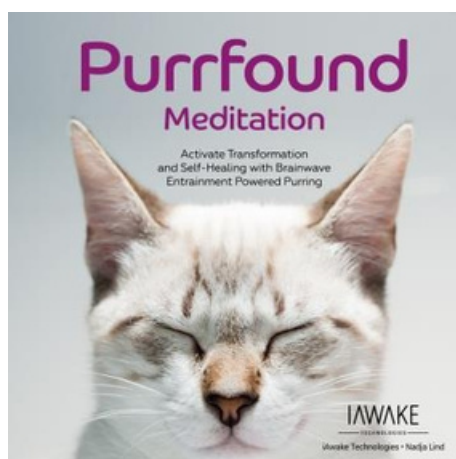


STRONG MEDICINE

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'

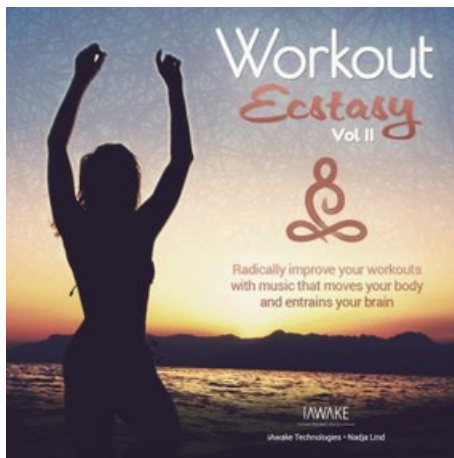


WORKOUT ECSTASY VOLUME I

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.

“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

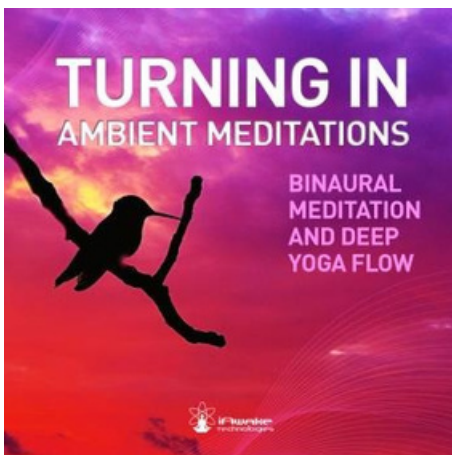


WORKOUT ECSTASY VOLUME II

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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Coaching Call Archives:

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



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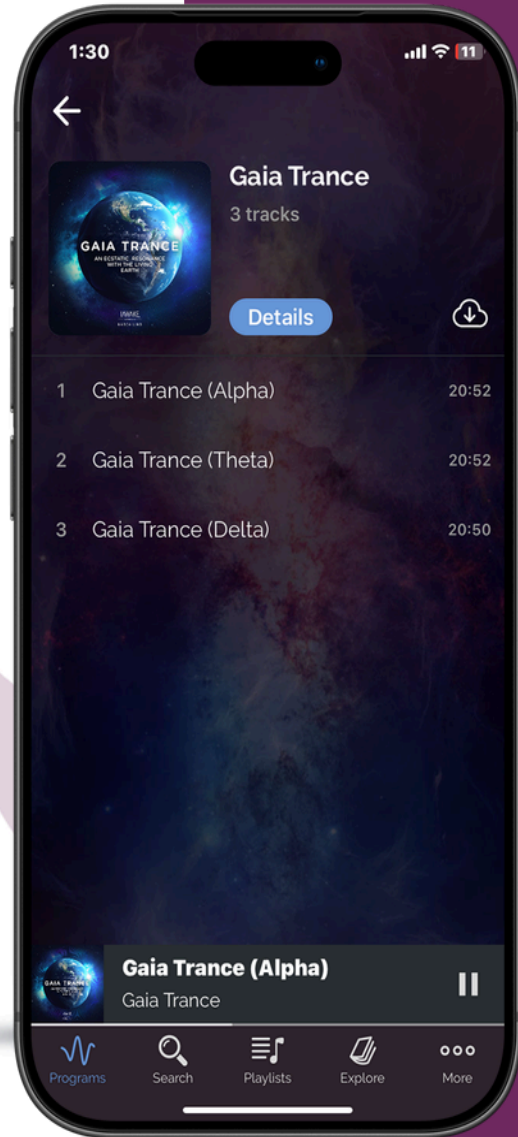
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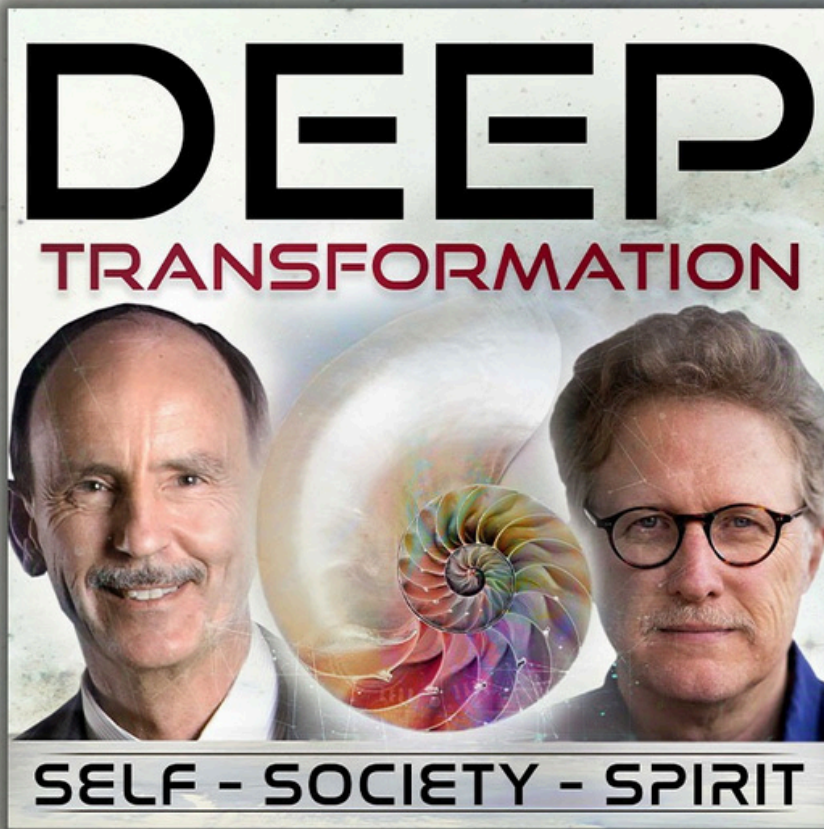
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with Roger Walsh & John Dupuy

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