



BE

A JOURNEY INTO PRESENCE

USER MANUAL

IAWAKE

— TECHNOLOGIES —

NADJA LIND

DISCLAIMER

The user of BE 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 BE, as they are more susceptible to seizures.

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

The user of BE 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 BE.

In no case will iAwake Technologies, Integral Recovery, or other distributors of BE 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 320 kbps MP3 file.



HEADPHONES

For the fullest entrainment effect, it is recommended to use good quality headphones when listening to BE.

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 BE

"Where has alpha been all my life?!" was my wife and co-founder, Pam Dupuy's response after listening to BE for the first time. "I tended to think alpha was for lightweights! But this alpha track easily shifted me into the alert stillness that's the treasured hallmark of my meditative practice."

BE consists of two tracks that entrain the brain to alpha at 9 Hz. One track is an hour long, and the second is 20 minutes long for shorter meditations. BE was created by our brilliant iAwake entrainment artist Nadja Lind, who also gave us *Workout Ecstasy*, *Strong Medicine*, *Theta Joy*, et al.

BE is a very powerful track that can be used to meditate with or to listen to while one is involved with creative thinking, creative work and study, deep reading, and other imaginative endeavors. Some of our iAwake team, including myself, have also been using the track during our workouts or runs.



Brainwave pioneer Anna Wise said that the brain wave alpha is the "gateway to meditation and provides a bridge between the conscious and the subconscious mind." It is also associated with flow states. All this to say, BE is a new and unique brainwave entrainment track in our ever-growing transformational collection.

We look forward to hearing about your experiences with BE.

With great love and respect,
John Dupuy and the iAwake Team

From the developer, Nadja Lind:



Nadja Lind on a safari trip in Kenya

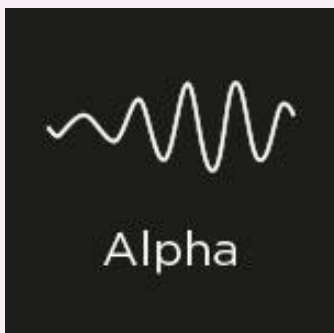
On a so called "normal day," what happens is usually a gradual disconnection from my true joyful nature, a narrowing of my awareness, the shrinking of my power, and the lessening of my energy. Building up protective shields and masks in order to be able to "function and act in the world" uses a great deal of my precious energy—energy that could be invested in playful creativity, sparking new solutions to problems or challenges, and feeling more in touch, alive, meaningful, and aware.

With BE, I aimed to create a musical switch to loosen up the shells I unconsciously build around myself in order to protect myself from the constant overflow of information, expectations, mental pollution, and distracting energies of my surroundings.

After my latest *Theta Joy* release on iAwake, I felt like creating some binaural alpha waves, conveyed on a melodic composition of layered sounds, and flavored with some brain-goosebumps-inducing Auto Sensory Meridian Response (ASMR) recordings which allow the nervous system to relax and BE-come free from daily stressors, automatic shielding, and contraction mechanisms.

I aimed to hug you into a safe state by tucking you in a cozy, warm blanket of sound and alpha waves, where you can allow yourself to let go of the protective, rigid guards that dissociate you from your true pleasurable Self.

Each repetition of this composition allows you to let go and open up more and more, so your inner state becomes more fluid, more *de-light*-ful, more focused, and more colorful and pristine in order to connect to your playful and free-flowing true creative nature. Think of this soundtrack as a meditation with the intention to BE-come limitless and free. Just (allow yourself to) BE.



ALPHA (8 to 13 Hz)

Alpha waves can ignite 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. Alpha is also fundamental to our spiritual growth, since we need a strong alpha in order to establish connections during states of trance, deep meditation, and dream sleep.

About BE

One track (63 minutes and 47 seconds)

01 BE

Bonus track available for digital download only

02 BE (20 minutes)

BE can help you to:

- focus on studying and work
- soften and loosen up your mind
- boost your creativity
- experience body still/mind alert meditative states
- become more playful
- connect to your inner joy
- feel more alive and relaxed
- feel energized
- deepen your breathing
- take a rejuvenating nap
- unwind from a long day

You can use BE to:

- ease into a flow state
- become more creative
- relax your nervous system
- become more focused
- connect to your intuition
- free your true self
- feel more safe and secure
- lessen contractions
- connect to your playfulness and inner joy
- help you change old habits
- become more energized

How to Use BE

To get the best experience, use good quality headphones to listen to these tracks.

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, only listen to Be on quality headphones. It is also suggested to listen at a moderate volume. BE can also be used as background music without the binaural alpha effects.

With BE, Nadja Lind intended to produce an easy and repetitive melody that you can listen to for an hour without getting too attached and also not get bored. Little changes, filtering, and sound effects happen over the length of the track.

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

<https://www.facebook.com/ProfoundMeditationProgram/>

The Technology

From the developer, Nadja Lind:

The binaural alpha is a constant 9 Hz binaural beat pulse I produced with my own binaural tool using two oscillators.

The composition is a nice, mellow, warm chord progression played in a repetitive manner, produced with my favorite sound design instruments, e.g. Omnisphere 2, Trilian Bass, Korg Minilogue, Moog Minitaur, and other devices and effects.

The ASMR-inducing sounds and field recording ambience were recorded during the fantastic safari trip I was invited on in Kenya, after I played a DJ gig in Nairobi.



From Nadja Lind's safari trip in Kenya

About the Developer

Nadja Lind has been creating (and using) binaural beat ambient meditations since 2011, producing electronic music since 2004, and DJ-ing since 2003. She used to work out approximately five times a week at the gym, but in 2018 switched to doing Ashtanga and Vinyasa yoga seven times a week. During her sessions, Nadja likes to use entrainment + beats.

Nadja was trained in Sadhguru's "Inner Engineering & Shambhavi Mahamudra" at the Isha Foundation, and has been practicing on a daily basis since October 2017. She used to work as an aerobics instructor and fitness trainer.

Nadja is a certified specialist in Pain Relief Therapy, Osteo Pressure & Fascia Yoga (trained at Liebscher & Bracht) and a certified Yoga Trainer. She's also trained in hypnosis and massage therapy and 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 recently became a certified Energy Medicine Therapist (Donna Eden).



In addition to *BE*, Nadja is the creator of *Theta Joy*, *Strong Medicine*, *Purrfound Meditation*, *Turning In Ambient Meditations*, and *Workout Ecstasy Volumes I and II*. She has a DJ career that kicked off on New Year's Eve 2003 and has spawned a typically globetrotting calendar (Fabric London, Burning Man U.S., Time Club Manila, Tresor Berlin, DC10 and Sankeys Ibiza), a production career that has seen several works as either a solo artist or with Klartraum production buddy Helmut Ebritsch, and the dizzying heights of being co-owner of the Lucidflow imprint, a record label which has started to rack up quality releases and remixes, seeing the likes of John Digweed and Hernan Cattaneo plucked from the catalogue, a strong seal of quality.

Her 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 Meditation Series. Recording initially to support her own healing process, but quickly also appealing to her friends and DJ colleagues who requested more drone waves with the certain Nadja touch, was the beginning of *Turning In-Binaural/Ambient Meditations*.

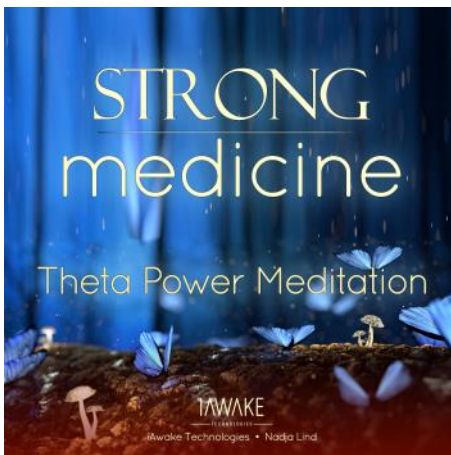
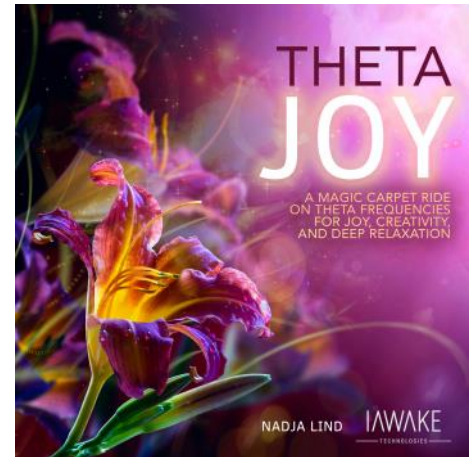
Other Works by Nadja Lind

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.

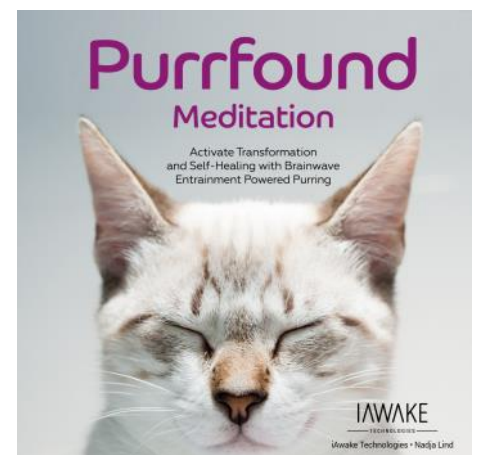
"I loved the pulsing and the apparently random scraping sounds and tapping sounds - these struck me as being like Zen meditation tappings on the bamboo to keep attention focused in the here and now. I was always wanting more when either track finished." ~ K. M.

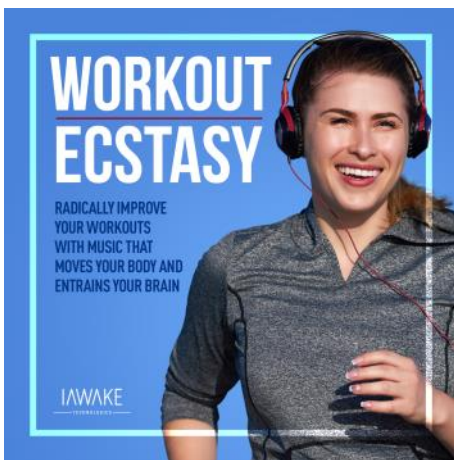
Purrfound Meditation

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.

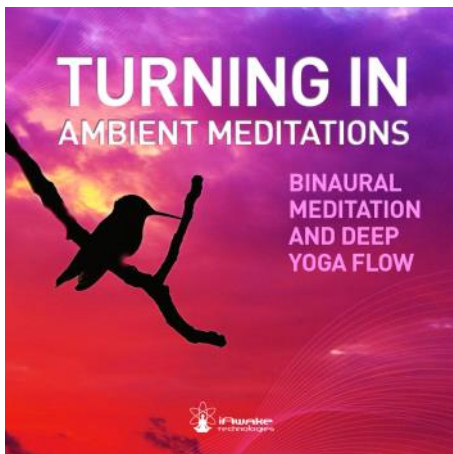
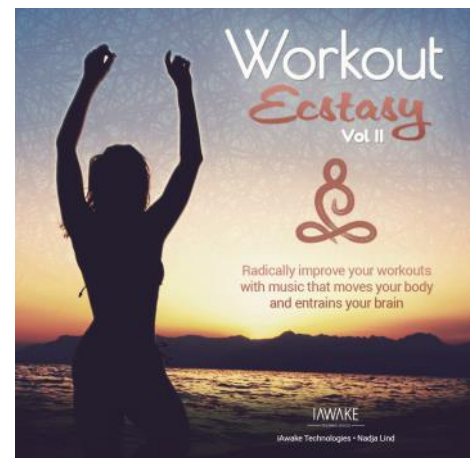
"If you're not exercising now, Workout Ecstasy will help get you started. If you are, Workout Ecstasy will kick your practice to a whole new level." ~ John Dupuy

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

iAwake Technologies Support Links



iAwake Technologies on Facebook:

<https://www.facebook.com/ProfoundMeditationProgram>



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



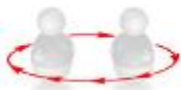
iAwake Technologies Practitioners Forum:

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



Weekly Coaching Calls Archives:

<https://www.iawaketechologies.com/support/teleseminars/>



Coaching:

<https://www.iawaketechologies.com/support/coaching/>



FAQ:

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



Blog:

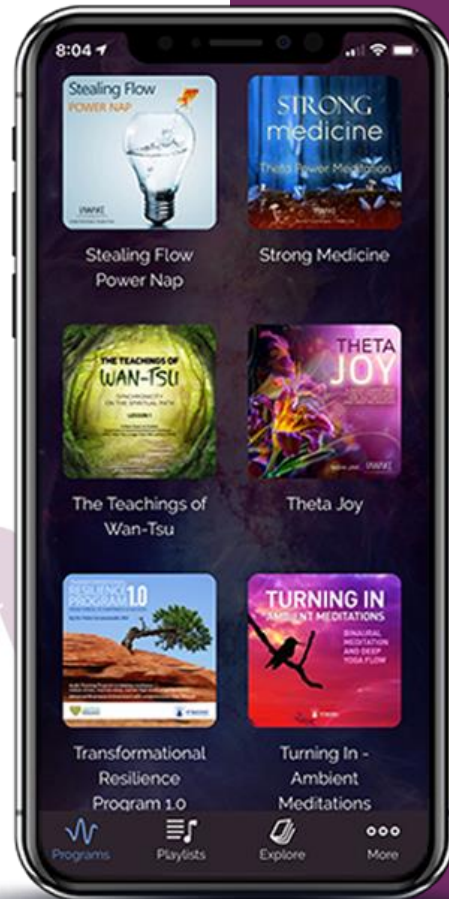
<https://www.iawaketechologies.com/blog/>



Customer Support:

support@iawaketechologies.com

LISTEN ON
The iAwake
Technologies App



PROFOUND MEDITATION 3.0

FULL SPECTRUM



Science Meets Stillness

An integrated synthesis of leading-edge neurotechnology and energy medicine

"iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of Profound Meditation 3.0. I've been a fan of their products from the beginning, and I can say that they just keep getting better. So if you've never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won't be disappointed!"

Ken Wilber—The Integral Vision

www.iawaketechologies.com