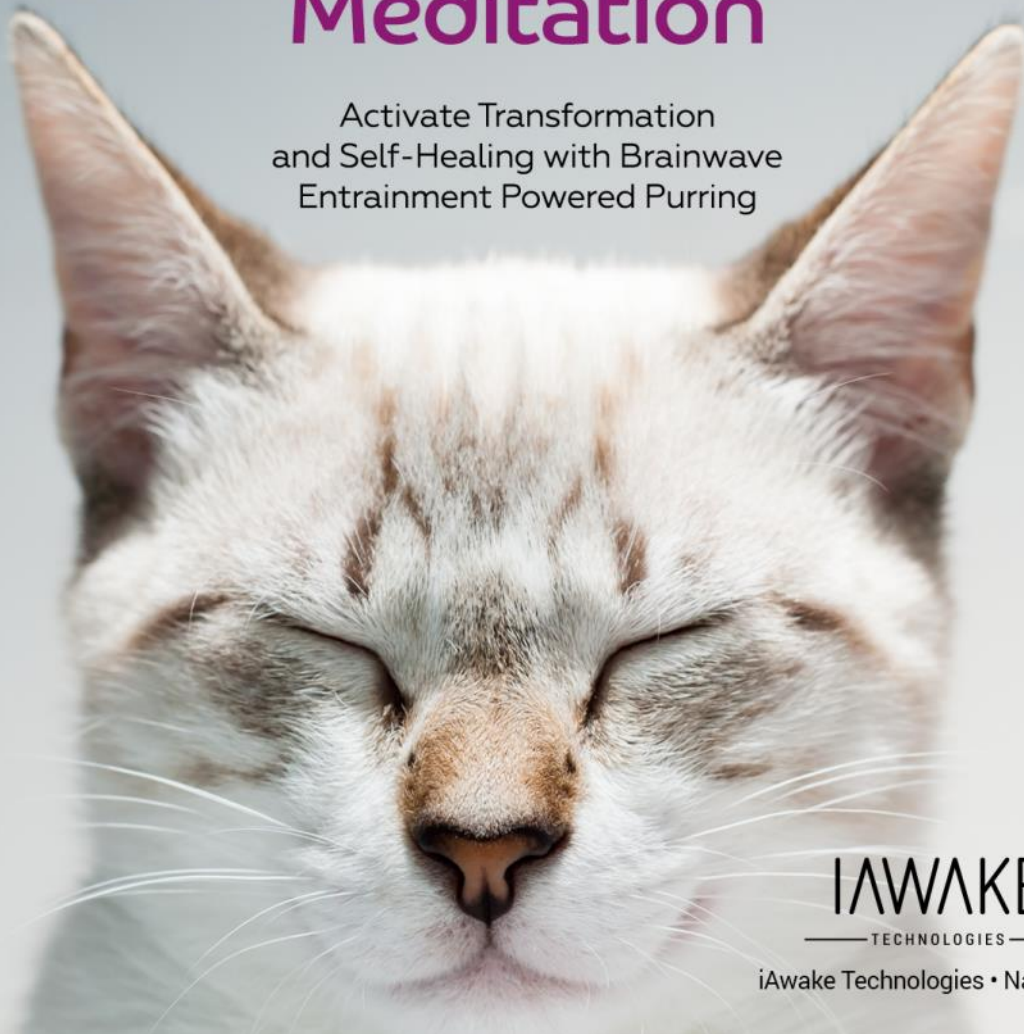


I\A\W\A\K\E

— TECHNOLOGIES —

Purrfound Meditation

Activate Transformation
and Self-Healing with Brainwave
Entrainment Powered Purring



I\A\W\A\K\E
— TECHNOLOGIES —

iAwake Technologies • Nadja Lind

User Manual

DISCLAIMER

The user of *Purrfound Meditation (Purr)* 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 *Purr*, as they are more susceptible to seizures.

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

The user of *Purr* 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 *Purr*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Purr* 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



NOTE: We strongly recommend not converting *Purrfound Meditation* 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. If you wish to burn *Purrfound Meditation* to a CD, burning it as a 320 kbps MP3 file will deliver optimal entrainment results. In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "MP3," then select "Custom," and set to 320 kbps.



NOTE ON HEADPHONES

For the fullest entrainment effect, it is recommended that one use earbuds or headphones when listening to *Purrfound Meditation*.



COMPATIBLE PLAYERS

Compatible with all MP3 players.



IMPORTANT NOTE ON USING *PURRFOWN MEDITATION*

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 Purrfound Meditation

Purrfound Meditation is the Cat's Meow

Our brilliant, lovely, and talented Nadja Lind has created another amazing transformational audio hit. We have named it *Purrfound Meditation*.



In this track, Nadja uses the sound of her cat purring to enhance the efficacy of the meditation. There is a lot of data on the powerful healing effects of cat purring on humans, and when mixed with Nadja's theta brainwave entrainment technology as well as her always compelling use of ambient sound, you have a meditation track that is approaching *purrfection*.

I think this track is delightful as well as profound, and I think you will love it too.

*Warmly,
John Dupuy*

About *Purrfound Meditation*

One track:

01 Purrfound Meditation (33:36 minutes)

Available in MP3 and optional WAV formats for digital download, as well as an optional CD.

From Nadja Lind:

I love cats - I even had a cat in my baby buggy protecting me. It was a pretty wild and aggressive cat towards "foreigners" (everyone else besides myself and my parents were foreign... *hahaha!*) and it was very protective – so better don't try touching me or the cat if you don't belong to the family. :-D

Growing up with cats, I've always loved the soothing feeling of a purring cat sleeping on or beside me. I discovered cats use purring to heal themselves after injuries and even to speed up the healing process of bone fractures. When I recorded cat purring the first time I was amazed at how low the purring frequencies go. It's like a bass frequency and I wasn't aware of that.

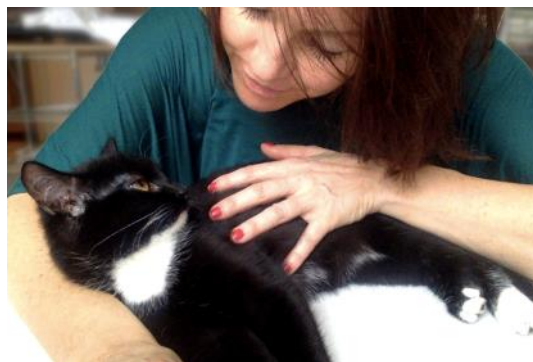
I wanted to have these 'naturally occurring' frequencies during entrainment. It's not the first time I've used cat purring in an ambient drone but this time I wanted it to be more prominent.

This 'Ambient Drone' wave is designed to gently guide you into states of deep relaxation, emotional release and inner peace, achieved through underlying binaural frequencies – frequencies designed to physically stimulate both hemispheres of the human brain which is being used to help with the symptoms of post traumatic stress disorder (PTSD).

This helps your body to naturally release its own destressing hormones, allowing you to breathe deeper, help your physical and spiritual body to rebalance and to recover quickly from the rigours of everyday life.

How I use the drone music (on headphones):

- To focus while working
- To enhance my creative process
- To power-nap / lying down in a darkened room or blindfolded
- To ease stress e.g. during flights (noise, odors, tastes, anxiety, stress, tightness in cabin, and so on)
- To ease the vagus nerve (in sympathetic states like stress, anger, depressed mood, anxiety, mind loops, emotional eating, compulsive habits, sleeping problems...)
- To lighten up my mood in general



How to Work with *Purrfound Meditation*

Here are a few simple tips that can really help you make the most of your session:

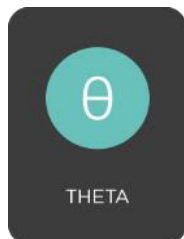
- Plan to have enough time for your session to be experienced and integrated.
- Make the place comfortable and cozy (use dim lights, incense).
- Do some light stretching combined with a few deep breaths before you begin.
- Drink some water (both before and after).
- Sit comfortably, with your spine straight but relaxed, or lay down with a blanket.
- Smile and wish/ask/trust that the session will take you wherever you need to go.
- Put your headphones on, press play, and enjoy. :-) Because these tracks include binaural technology, listening with headphones provides the optimal effect.
- If your attention wanders, gently return to the sounds, your breath, or focus on a part of your body.

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

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

The Technology

Frequency Technology



- 5Hz binaural frequency (Low Theta) thoroughly Theta waves for meditation, intuition, memory, deep relaxation, daydreaming, creativity
- This drone track was created using Korg Minilogue analog Synthesizer + ROLI Blocks Seaboard + Omnisphere2 + special sound effects, and recording of the purring cat, Mathilda. Binaural beat is created using two synthesizers.

The Healing Effects of the Vibrational Frequencies of Purring

Research shows that not only does a cat's purr heal the cat who is purring from various maladies, it can also help heal us humans! This is because the range of vibrational frequencies created by purring—between 20 Hz and 140 Hz—is therapeutic. Scientists are finding that there are specific ranges or exact vibrational stimulation frequencies that correlate to healing and mending a whole host of complaints.

For example:

- chronic and acute pain was relieved in 82% of study participants in the 50-150 Hz range;
- therapy for COPD patients is at exactly 100 Hz, and studies have shown cats purring to decrease dyspnea (difficulty breathing) in patients with chronic obstructive pulmonary disease right at 100 Hz;
- the range for strengthening muscles (used in Russian sports medicine and at gyms and work-out centers with biomechanical stimulators) is 18-35 Hz;
- the magic frequency for tendon repair is 120 Hz;
- bone growth and fracture healing occur when exposed to anabolic frequencies between 20-50 Hz (at low dB);
- and studies show purring frequencies also help with swelling reduction, wound healing, and mobility of joints.^[1]





The interesting theory that the Fauna Communication Research Institute has come up with to explain how a cat's purr evolved to be so healing is that because felines have a tendency to spend most of their time lounging, especially when food is plentiful, the purr developed in its particular frequencies and unique harmonics to make up for lack of exercise in order to maintain strong bones, muscles, tendons, and ligaments.

Then—although this may or may not be related to purring, but it seems worthy of mention!—a 10-year study done at the Stroke Research Center at the University of Minnesota was cited in an article in Psychology Today ^[2], entitled "Cats Better Than Cholesterol Meds in Preventing Heart Disease," the results being that out of more than 4,000 participants aged 30 – 75, "those who did not have a cat had a 40% higher risk of having a heart attack and a 30% greater risk of dying from other heart diseases than those who do have or have had a cat." And to get a sense of perspective on the success rate of heart medications, Teitelbaum adds, "For those without a previous history of heart attacks, taking statin medications (e.g., Mevacor, etc.) results in less than 2% decrease in heart attack deaths." The results with dog owners were not "heart protective" like those with cat owners.

Further studies on humans are underway as to the healing effects of cat purr frequencies, and we recommend checking in with the Fauna Communications Research Institute to keep updated on this remarkable therapeutic approach.

^[1]This information comes from the Fauna Communications Research Institute's website at <http://www.animalvoice.com/catpurrP.htm>, where you will find references to the research studies.

^[2]Cats Better Than Cholesterol Meds in Preventing Heart Disease! By Jacob Teitelbaum, MD, Psychology Today, August 2008.

About the Developer



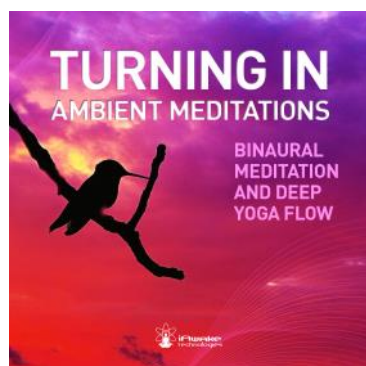
Nadja Lind has been creating (and using) binaural beat ambient meditations since 2011, producing electronic music since 2004, and DJ-ing since 2003. Nadja works out approximately five times a week at the gym and likes to use entrainment + beats. She used to work as an aerobics instructor and fitness trainer.

Nadja is the creator of *Strong Medicine*, *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, 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



Turning In ~ Ambient Meditations

...ease into deep states of relaxation, destressing to the slow drumbeats and nature sounds embedded with binaural frequencies...

"uncovering held emotions..."

I really felt an instant connection to previous emotional patterns I have previously not seen or forgotten about. Upheaval and also a connection to repressed emotions. I was surprised actually at the effectiveness these two tracks have when uncovering held emotions. Very very useful."

~ Corey Brooks

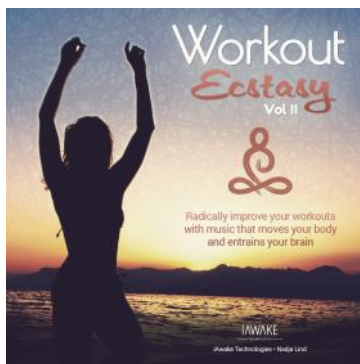


Workout Ecstasy Vol I

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 Vol II

I loved the felt sense of embodiment that allowed me to do more with less effort. The enhanced creativity that I felt during and after the work out was amazing. The pace and beat kept me fully engaged, but also allowed a feeling of flow and new insight.

I was a bit hesitant about the combination of Theta BWE entrainment with my workout, but was pleasantly surprised by the resulting flow and creativity. I love the challenging pace and music that allowed me to get lost in the experience making the workout feel effortless.

– Lorrie



Strong Medicine

-- *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.

iAwake Technologies Support Links



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



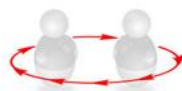
iAwake Technologies Practitioners Forum:

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



Weekly Coaching Calls Archives:

<http://www.iawaketechnologies.com/support/teleseminars/>



Coaching:

<http://www.iawaketechnologies.com/support/coaching/>



FAQ:

<http://www.iawaketechnologies.com/frequently-asked-questions/>



Blog:

<http://www.iawaketechnologies.com/blog/>



Customer Support:

support@iawaketechnologies.com

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.iawaketech.com