

**Class 6**  
**Biofeedback Practitioner Program - Level 2**  
**Putting the pieces together**

You have the ability to become a practitioner that gets miraculous results! It will be the putting the pieces together that makes the difference. A good biofeedback practitioner will combine good listening and observational skills, good intake with the client, establish trusting and good rapport, explain biofeedback well and create a series of sessions with well chosen frequencies for the client. This class helps to define these actions, building upon the information we have studied in previous classes.

**Steps for a successful series of biofeedback sessions**

**Step 1** Good Intake at the beginning (discussion below), Set Expectations, Explain Biofeedback (give them and read handout from previous class).

**Step 2** Choosing the proper frequencies to run for your client - plan in advance using the class information as a guide.

**Step 3** Evaluate what is coming up for the client and where you need to go next

**Step 4** Get feedback from your client. How are they feeling? What are they experiencing?

**Step 5** Lifestyle and wellness education

**Step 6** Follow up and continuing to get a sense of how the person is doing - weekly survey with symptoms and blinding to previous results.

**Step 7** Ongoing classes, lectures, videos, newsletters to education (When they start to learn, you organically begin to earn)

**Step 8** Remember to use water remedies, jewelry or Quanta Capsule

**We did this format in our classes**  
**General guide to progression of sessions**

**Session 1** Running the Basic Panels - Include Global Causative Factors, Wellness Practices

**Session 2** Digestive Focus - Include Digestive Assessment & GI Hormones and Nervous System, Helpful Probiotics, Digestive Practices

**Session 3** DNA and Methylation

**Session 4** Embracing Positive Beliefs, Time Travel Technique

**Session 5** Toxic exposures & EMF assessment, Geopathic Stress

**Session 6** Common Infections

**Session 7** Hormonal Balance

**Session 8** Immune Assessment

**Session 9** Cancer specific frequencies/Healing Affirmations

**Sessions 10-12** - Revisiting topics as needed

	Healing Chronic Cases	Main Program	Others Optional
<b>Session 1</b>	Global Causative Factors Embracing Positive Beliefs	Digestion Organs Glands Body Systems Today's Stress Flower Essences Emotions	Nogier A - Cellular Vitality. (End session with Nogier A in Quick Zap alone for 3 minutes)
<b>Session 2</b>	Digestive Assessment GI Hormones Helpful Probiotics	Digestion Glands Organs Body Systems Flower Essences Emotions	Chakras - 1st, 2nd and 3rd Nogier B - Digestive Issues
<b>Session 3</b>	DNA and Methylation	Hormones Spinal Energy Today's Stress Flower essences Emotions	Solfeggios - 528 Hz Nogier C - Create Coherence Frequency D - Coordinate R and L side of brain
<b>Session 4</b>	Embracing Positive Beliefs Healing Affirmations	Brain Anatomy Neurotransmitters Flower Essences Emotions	Brain EEG - Use theta frequency Meridians Nogier F - lower regions of the brain. Nogier G - Memory, nervousness, worry. Nogier L - Concentration and memory issues.
<b>Session 5</b>	Toxic Exposures, EMF, Geopathic Stress	Sensitivities Chemical Sensitivities Electrical sensitivities Organs Brain Anatomy	Minerals, Vitamins and Amino Acids for detox support
<b>Session 6</b>	Common Infections	Today's Stress Infections Disturbance Meridians	Chakras - 1,2 and 3 Sacred Geometry - Fibonacci, Flower of Life, Toroids
<b>Session 7</b>	Hormonal Balance	Hormones Spinal Energy Glands	Meridians Nogier C - for endocrine support Solfeggios - 174 hz - Completing the circle - restoring rhythm

## **Total testing panels for you (YOU DO NOT YET HAVE 6-12)**

Healing Chronic Cases 0 - Global Causative Factors

Healing Chronic Cases 1 - Digestive Assessment

Healing Chronic Cases 2 - GI Hormones and Nervous System

Healing Chronic Cases 3 - Helpful Probiotics

Healing Chronic Cases 4 - Embracing positive beliefs

Healing Chronic Cases 5 - Methylation

**Healing Chronic Cases 6 - Geopathic Stress**

**Healing Chronic Cases 7 - Toxic Exposures and EMF Assessment**

**Healing Chronic Cases 8 - Common Infections**

**Healing Chronic Cases 9 - Hormonal Balance**

**Healing Chronic Cases 10 - Immune Assessment**

**Healing Chronic Cases 11 - Cancer Specific frequencies Including P53**

**Healing Chronic Cases 12 - Healing Affirmations**

## **Geopathic Stress**

Geopathic stress is a distorted or disrupted electromagnetic field of the Earth (Schumann Resonance / Waves). The Earth resonates with an electromagnetic frequency of the Schumann resonances (SR), which falls within the range of (alpha) human brainwaves. Underground streams, sewers, water pipes, electricity, tunnels and underground railways, mineral formations and geological faults distort the natural resonance of the Earth thus creating geopathic stress (GS). Sleeping or spending a lot of time in geopathic stress zones can ill effects on our health, performance and wellbeing.

Use the Home Clearing series of testing panels (request from me if you do not have) and clear the home specifically for geopathic stress. Have them move the bed to a different location to see if it assists.

**Black line** - fairly dangerous stress line. Harmonize or move sleeping area if possible

**Black line in sleeping areas** - same but more serious due to location.

**Curry lines** - A gridwork of natural electrically charged lines crossing the earth's surface from NE to SW and SE to NW on average about 3 metres apart. Problems arise from single or double positives, or single or double negatives.

**Elevator Energy** - An energy column rising from the ground and reversing its direction back into the ground.

**Energy drawn and switch stress** - energies switch poles quickly back and forth.

**Energy lines** - Have a distinct directional flow which can be turned negative/detrimental by natural and manmade occurrences.

**Fog** Seen in the peripheral vision - areas in a corridor or passageway where 'cloud-like-fog' dwells which is manmade stagnant energy.

**GS Cocktail** Geopathic Stress energies don't tend to cancel each other out. Generally a cocktail of various types of Geopathic Stress will exacerbate each other.

**Hartman lines** Another grid of natural electrically charged lines, this time N to S and E to W in direction, about 2 - 2½ metres apart with similar problems as Curry Lines.

**Ley lines** Generally considered being manmade of energetically charged stones or an alignment of sacred sites.

**Spirals** Come in pairs just metres apart. One has a suppressing/depressing giving nature; the other has an indecisive/spaced out nature.

### **What is a good biofeedback intake**

Keeping in mind that you are not a physician and that you set the expectation that you are not a doctor. You can still get to know your client and ask them various questions about what is going on with them. A good intake will give you a better understanding of your client overall, will increase your intuition about good solutions for them. It also is meant to give you an idea of which panels to select when testing them!

Let's look at questions that are helpful to ask and help you to better understand what is going on with your client. This is what you ask them. Write your answers from them down in notes that you keep in a file so you can review them at future sessions!

### **What do you want to achieve with our time together?**

The first thing you want to establish is what is THEIR goal. You might find yourself discovering many imbalances for your client. But what is it that THEY want to change. Be clear on this so that you can tell if they are reaching their goal.

**Decision making impact:** helps in determining number of sessions, whether you can meet their goals.

### **What is your expectation of biofeedback?**

Remember to go over the "What is Quantum Biofeedback" outline and review the information with them. Be sure to say that while 1 session is fine and you want them to experience it, that a series of sessions makes sense because...Also, let them know they could feel like they need a

short nap later in the day and they really need to drink more water after a session as they are moving lots of energy.

**Decision making impact:** Are they likely to have good results from biofeedback?

**When did this issue start? How long has it been going on actively for?**

When they talk about this, more details about the origin and root cause will begin to emerge. You will also have more context about something that has been going on for 1 year vs 10 years. An acute issue might be more superficial and easier to heal. A deeper issue likely has more emotional root cause and speaks to the potential for various blocks to healing.

**Decision making impact:** For every year, they have had the issue it takes 1 month to heal! Consider more emphasis on the emotional, the past trauma, the Time Travel, the Flower Essences, Theta frequency from Brain EEG for decreasing subconscious patterns, 417 Hz from Solfeggios, Undoing Situations and Facilitating Change.

**What was happening in your life at that time?**

Did a parent get divorced; did they get divorced? Did they move into a new house, or move close to a non-organic farm, a dry climate, a wet climate, a new job (auto detailing) etc.

**Decision making impact:** Think about past traumas, exposure to pesticides, past vaccinations, injuries and interference fields and more.

**What makes the issue better? What makes it worse?**

Are they better in warmer weather, sunnier weather, at night, in the morning? Are they more tired after a meal, a day of the week, taking some supplement or eating something in particular.

**Decision making impact:** Check sensitivities, chemical sensitivities, electrical, geopathic stress.

**What do you think would help you the most for this?**

**What do you think is the root cause?**

**What has your primary care provider told you about the issue?**

Get their understanding of the issue from a medical perspective.

**What medications or supplements are you taking?** (good to know, though you will not be doing anything to change these with your instructions).

I have found that some folks forget that they have other issues that they are on medication for. Good to know. Use Google to look up meds later on when thinking about the case.

**How is your sleep? Do you fall asleep easily? Do you sleep through the night? What time do you go to bed at night? What time do you rise in the morning?**

**How would you describe your mood most of the time?**

**What is a typical breakfast for you?**

**What is a typical lunch for you?**

**What is a typical dinner for you?**

**What are the 3 foods that you are most proud that you consume regularly and which are the ones that you would be least likely to share with a nutritionist?**

**What kind of movement do you do each day?**

**Were you vaccinated as a child? At what age, if you know.**

**Were you healthy as a child?**

**Did you take any antibiotics?**

**Do you think of yourself as having had past emotional traumas?** If so, when? What was the nature, to the extent that you want to share and knowing that you do not need to share if you don't want to.

**What injuries have you had?** What car accidents? When have you fallen and hit your head?

**How many pregnancies? Were any by C-Section or did you have an episiotomy?**

**What was the happiest time in your life?**

**What was the hardest or saddest time in your life?**

**What brings you the most joy?**

