

Genius Biofeedback System Mastery Guide

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Introduction

Quantum biofeedback is among the most optimistic and hopeful of therapeutics available today. Today, many people will ask an important questions, “Why don’t I feel well?”. To this question, from many people who would advise them, they will hear this response, “We cannot figure out what is wrong with you. As far as we can tell, there is no issue.”

People have an inherent desire to know about the root cause of any issue. After all, awareness is the first step to any change. With quantum biofeedback, there will always be a positive response to the question, “Is there anything I can do about this?”. In biofeedback, the answer is always a resounding, “yes”! The responses of biofeedback can communicate the otherwise hidden story of the reasons people sometimes divert from their natural state of wellbeing (called disease!). This ability to explore and answer these questions is among the most fundamental needs in the quest for healing.

The next question becomes, “Now that I know what the issues are, what are the things I can do that will be most likely to help me to resolve the issue?” People will search the internet for solutions for a condition and they will find lots of them! Perhaps many herbs and supplements are listed as solutions for their malady. However, which one is right for them and their individual needs? Is it possible some would work better than others? If so, how in the world can we know which is the one that will be most likely to make the difference?

Again, biofeedback offers practical assistance. Testing resonances to one’s own energy field gives us information specific to that person for the things most likely to have impact for them. The remedies could be taken in physical form as herbs, supplements or essential oils. And that will be very good and many of them will work. But biofeedback is even more practical than that. It will provide an immediate solution in the form of harmonizing frequencies.

In biofeedback, there is always hope. We can tap into information we were never able to access before to better understand ourselves and the world around us. It has been said that for every problem, there is a solution! There are not many places like quantum biofeedback where a person can feel this so clearly. It is the end of a time of blaming or victimhood and the beginning of a time of accountability, responsibility and possibility to change or transform anything that is desired. Congratulations to you, for being part of this cutting edge technology that is changing lives all over the world.

How do we heal?

What causes us to heal? What causes us to diverge from our most natural state of wellbeing? These are important questions. Furthermore, is it the supplement that heals us? The pharmaceutical medication? Is it perhaps the herbal formulation? It has been said that the most reliable outcome in any double blind placebo based study is that without a doubt, the placebo always performs the best. This sounds like a joke, but it’s true. But if it is true, what does it tell us about what actually heals?

Even if taking supplements can be beneficial, what is it that they ultimately confer or change in the body? We know it changes the biochemistry, but could this also be measured as a frequency change? Jerry Tenant, who did groundbreaking work in PEMF energy technology, famously proclaimed, “We are electrical first before we are chemical being. Look to change the electrical flow as a more profound mechanism of change before looking to biochemical changes.”

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So, if taking Vitamin C ultimately provides benefit because it shifts the frequency, could we affect this frequency directly? Could we simply entrain the vibration of Vitamin C? We do not know all the answers. However, if we could tap into the type of Vitamin C that is optimal for humans and direct that frequency when we need it most, might this be even better than factory manufactured synthetic vitamins? Again, we don't know. And certainly, deriving nutrition from food is the most desirable and trusted way to obtain nourishment. However, the ancient traditions tell us that food is ultimately broken down to chi. And isn't this ultimately a form of frequency?

Can we measure frequency? We measure frequency in various applications all the time. Your radio tunes into a frequency. Electricity that flows into our homes must be a specific frequency. There are electrical therapeutic interventions as simple as a TENS unit that run on specific frequencies. We know that the voice frequency has been measured for many health applications, including heart health and others.

If we can measure frequency, identify it, see where it is currently, then we can begin to effect change or modulation to this frequency in some way. Our deepest truth as humans is very likely that we can do this at will, both understanding where the frequency has gone out of harmony and instantly being able to redirect this energy. These our early days, however, in our human awakening. It is likely that quantum biofeedback acts as our training wheels, helping us to reconnect with that intuition and showing us how to direct this frequency with the aid of biofeedback technology.

What is true? What is possible?

In today's world, we are inundated with much information about toxicity in our world. This toxicity is said to be in our food, our water air, electromagnetic, internally produced and much more. We worry terribly about GMO's, the gluten, the pesticides and more to the point where it appears confounding to know what to eat, if anything at all is safe today.

There are a couple of things here to consider. The first is, whatever we focus on, we tend to increase its energetic vibration and presence. The more we focus on the problem itself, the more we seem to increase its power in some way. Sometimes, it is better not to give these ideas so much power over us. We always want to consider both sides. If someone tells us something is toxic, consider the many aspects. How will you specifically be affected? Is it really so significant? Do we know all we can about this concern?

The other thing to consider is our new and exciting discovery - that everything is frequency. If everything is frequency, it is possible that we can affect that "something" through frequency change. What if we, for example, did the following:

- Use biofeedback to harmonize the energy of our food.
- Use biofeedback to assist us to adapt to a changing world, for example one where EMFs are present. Though EMF's are known to be harmful today, what if we were to develop an adaptation that made us better able to negate or be unaffected by their existence?
- If someone is very sick today, could changing their frequency cause them to be instantly well tomorrow?
- If an issue is problematic, don't these concepts of shifting frequency give us an ever increasing possibility to harmonize, clear and adapt our lives in some way to changing conditions?

Imagine that quantum biofeedback is giving you a solution to each and every problem you are facing. Even knowing that this could be possible could take a tremendous weight off your shoulders and create a level of excitement at the possibility of it all.

In this way you yourself can spend more energy and more time pondering the potential of the solution instead of being embroiled in the energy of the problem. When we are telling our story again and again

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and deeply invested in the research and sharing of articles about the doom and gloom of our predicament of GMO's, chemtrails and more, we are unfortunately only expanding the energy of the problem. This is a turning point in human consciousness that will lead to a much more effortless and joyful resolution of many of the world's problems.

It is a solution that also allows us to take full responsibility and accountability for our own outcomes. After all, now we have the power to do so! If you feel so excited you want to pinch yourself and say, "Am I dreaming!?", it is actually that you are awakening to the power of your true self.

What is Quantum Biofeedback?

Quantum Biofeedback is a method of energetic testing and harmonizing. The goal is to inspire your body to remember to be healthy and to employ all of your inner resources to achieve that goal. This energetic testing is based on the principles of quantum physics. It uses the voice, picture, date of birth and name in order to assess a person's frequency. Your frequency is then compared to other frequencies that have been pre-programmed into the biofeedback system. From here, numbers are generated. These number scores indicate how much you are out of balance in a certain area in your life. When searching for a remedy or a solution, these also indicate how much you are in balance or in coherence with the remedy.

Quantum biofeedback does not obtain any information that rises to the level of a diagnosis. This is energetic information only. For example, any physical issue may appear in the energy field before it appears in the body. In this way, you can view biofeedback as a vehicle to possible prevention as it raises the level of awareness so a person may make different decisions moving forward. A person can also be thinking about something, worrying about a loved one or a pet for something to appear in their energy field. My goal is to give you the best interpretation of the information we discover during our biofeedback session. However, it is only that; it is energetic information and not more than that.

When you see results for items like "virus", "immune", "mineral" or any other frequency these are only energetic resonances. Though they often do represent physical issues, it will usually require more research or further testing with a medical professional if you want to take action on these in terms medications or supplements.

You may discover many things in your scans. However the "remedy" is the same. That is, select the frequencies you show reactivity with during our session. These reactivities are represented by the red and the blue colors during your scans. Reactivity is how much you are not in harmony with a certain item when we are testing "problems" or "causes". When we are looking for "solutions" or "remedies", these red and blue items represent places where you have the most potential to do well. The real value for our biofeedback purposes is to add these items to the harmonizing session. Whether you use the physical remedies or supplements does not matter from a strict biofeedback perspective. What we want are the pure frequencies of these items. Where there is reactivity or a match energetically, we run the harmonizing frequencies.

If you have any concerns about physical issues, please follow up with your medical practitioner, medical doctor, chiropractor, acupuncturist or naturopathic physician. Again, please do not confuse the resonance of an issue to be the equivalent of a diagnosis for that issue. These frequencies could be cleared or harmonized in one session and the "issue" could resolve on its own. In any event, take the information in the context of all the other information discovered during that scan. See the patterns in the results to come up with a more certain conclusion about the information discovered in a session.

Biofeedback sessions are best done at regular intervals, more frequently in the beginning and over about 8-12 sessions in total depending on what we are trying to achieve. Biofeedback is about energetics and

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creating a new energetic imprint within you. That is an imprint that remembers how to be well! Like affirmations, or like learning a new craft or hobby, new energetic imprints require repetition. The repetition of the sessions help you to embody that new imprint and to hold it for a longer time until it seems like it is second nature!

How awareness catalyzes transformation and healing

When you scan yourself, a friend, or a client on the Genius Insight, there are a few things going on and it is worth mentioning them.

You are raising your own level of awareness about what is going on in your energy field/body at this time. Awareness is powerful. The minute you discover something unknown that you would like now to change, your energy moves in that direction. Aside from the frequencies of the Genius, you are initiating energetic changes if you wish to change or harmonize that particular thing. It could be anything from a mineral deficiency to healing something that is currently only in your energy field, such as a cancer, an adrenal imbalance, a heart or brain issue. Just by knowing the issue, you can begin to send focused energy in that area. You do that from within and you, of course, are also affected by the subtle frequencies when you run them via the Genius.

You are also able to take action to make lifestyle changes, given the good information you are gathering on the Genius Insight. This is very helpful because often we need “truth-tellers” in our lives to see what we cannot always access consciously. You can discover unconsciously held blocks through the Emotions or Flower Essence panel, or through a customized category that looks at negative belief systems. This new level of awareness is very powerful. You can pierce the veil if you are willing to be truthful in your seeking and looking at the results.

Engaging in biofeedback on a regular basis aids you in the realization that everything is frequency. If a frequency can be measured, if it can be identified, then it can be shifted in some way. The first step is recognizing what the particular state we are in. This means that for everything, for every condition, there is always hope. It means that potentially for every problem, there is a solution, which is a change in frequency. There is always a solution to anything that comes up as a reactive (red or blue) frequency; put it in the tray and harmonize it!

You will find yourself consulting the Genius more and more and you can have a living, evolving relationship with yourself in this interaction. It can be a self-development tool in its ability to raise your awareness.

If you think about a doctor/patient or healer/client relationship, the most important pieces to come out these interactions may be this: information. The patient naturally craves to know, “What is wrong with me.?” Even knowing the diagnosis is powerful. Once you know, you begin to rally all conscious and unconscious energies to heal. The Genius is a vehicle for information. Even the frequencies that are generated are information that is given to consciousness. Although we may not realize it consciously, we are becoming energetically smarter through this information. It is information that reminds our body to heal.

Continue to contemplate the many ways that the Genius is working for you, your family and your clients. Is it the information that is revealed? Is it the powerful awareness that all is frequency? Is it the magical subtle frequencies themselves? You are the ultimate knower of all of this. Enjoy the journey!

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Understanding the Genius Insight Biofeedback Software

Congratulations on getting your Genius Insight Software! This is a very exciting technology. It gives you the power of self-evaluation and self-discovery. It is the ultimate tool of empowerment because no matter what is going on there is always something you can do. You can balance what is out of balance, reduce reactivity and restore harmony. That is exciting!

The Genius Insight Software is a quantum biofeedback technology. It is designed to test the energy field. No claims are made of diagnosis of any physical condition and the frequencies generated are not claimed to cure any condition.

The basic concept behind the software is that it provides a means of assessing your vibrational frequency. This is done through the voice analysis and also through the picture and date of birth. This assessed frequency is then compared to other frequencies that have been programmed into the software. The result of this comparison is a score. This score will be between 0 and 777, a scale that was chosen by the developer.

Certain scores indicate reactivity. These reactivity scores are generally below 100 and above 600. Reactivity tells us that there is some degree of disharmony between the person (or animal) being tested and the particular frequency being tested. Examples of these frequencies include vitamin C, magnesium, the immune system, or the spleen meridian.

A score above 600 is generally associated with inflammation and the Chinese medicine concept of “heat”. High scores are generally also associated with more acute issues or issues that are more superficial. Low scores, below 100, are associated with issues that are more chronic. They are also associated with the Chinese medicine concepts of stagnation and depletion. Lower number scores can be associated with more long-term issues that are of more depth. From this perspective, you may want to focus on lower numbered items, as these are items that need much work. They are the areas of most compressed energy. The goal of quantum biofeedback is to open that energy and to create flow.

In Herring’s law of cure, disease is considered to heal in the body from the top down and also from the inside (depth) to the outside (superficial). This philosophy of healing indicates that issues that are chronic can proceed to acute issues in the process of healing. You may, then, see some issues go from a very low number, to a very high number, in the process of healing.

Once a session has completed the time selected, you may want to review the % of rectification. Consider anything over 50% as being reasonably complete for that session. An ideal number is 70% but is not necessary to achieve in order to experience positive effects of biofeedback.

In the realm of quantum biofeedback, we consider many things to be part of the “field” and therefore important to consider. For example, the person testing is part of the field as is the client being tested. This is important. This means that this is a living, interactive, alive process. The person who is looking (the tester or practitioner) will alter the field. This means that their intention and the energy they bring with them is important. This is true of the person being tested (the client). When your intention is very clear, it is possible that the results and the impact of the session may be stronger.

With quantum biofeedback, your intuition is as important as your understanding of the mechanics of the Genius itself. It is OK for you to feel drawn to certain screens to balance for yourself or for your client. It is OK for you to use more categories or fewer ones in your balancing tray. Allow your own personal style to be developed, your own personal way or preferences in testing to come through and it is likely you will get excellent results.

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The Genius can be used in person or long-distance. Because the carrier wave of the Genius is the Schumann resonance, it is possible for you to send frequencies to anyone, anywhere in the world at anytime. You can be live in person with your client, you can do long-distance sessions via Skype or FaceTime. You can even do a long-distance session when the person is not on the phone or on Skype, but you do their session and then send them the results later. In other words, you have their permission, but work on them anytime and let them know that the session is complete. With all of these different ways of sending the frequencies, it is possible for the client or receiver of the frequencies to be positively affected and changed by those frequencies.

How should I interpret the readings on the Genius?

It is important to look at the scores on the Genius as resonances and energetic information. It is even more important to read beyond a single result and look at the information obtained in scanning as a whole. How does one result relate to another? Are there things that appear to match up? Here is an example: You see there is reactivity in the organ of the liver, and also see a low number or reactivity in the liver and you also get results that Dandelion the herb would be beneficial and that the essential oil, lemon, would also be very likely to be beneficial. In this way, you can begin to gain more confidence that indeed the liver very likely needs attention.

The point is to not rely on one single reading as communicating an absolute. There is sometimes confusion about the reproducibility of the exact number of the results or even seeing reds switch to blues or other switches in between scans that are taken close together. If you understand the pattern overall, you will see a nearly exact pattern from scan to scan. It is about being able to zoom out and see the whole picture. This is a skill that comes after doing many scans. It is a practice.

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Important to know before starting to use the Genius!

Operating Software Updates - Because the Genius is a mobile application, it needs to stay compatible with your device's operating system. With Apple devices like an iPad, this is the IOS software. With Android devices, this is the latest version of Android's IOS, for example, Marshmallow and others. You **MUST** keep this software updated or you will likely find that your Genius will crash. If it has been a long time since you have used your device, check for a software update in your settings and update if needed.

Cloud Backup and Syncing - When connected to WiFi, your Genius is being constantly backed up to a 128 SSL secured cloud system. Your clients and custom library frequencies will not be lost, because of this backup. If it **EVER** appears you have lost your clients or your custom libraries, please use the following instructions for syncing your device. All clients and custom libraries will then be restored.

Instructions for syncing - Go inside your Genius by selecting a client and skipping the voice and the picture. Once inside, select the navigation bar which is the 3 horizontal lines at the top right. Scroll down and select Logout. Then, log back in (select forgot password if you do not have that) and then once you log back in you will sync. You will see 2 semi-circles at the top right. Tap the semi circles and you will then have the opportunity to sync 4 separate databases. Update **ALL** of them and you will find that all your information has been restored.

Be aware that you may need to sync your device after an update that comes to your device from the Genius developer. You will know that you need to do that if you see that you no longer have your clients or your libraries available.

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Complete Listing of Panels and Functions

The panels in the Genius include those from the areas of mind, body and biofield. Effective biofeedback harmonizing sessions include a balance of frequencies from these different areas.

Body

- **Body Systems** - Major systems of the body. Use for an overall understanding of the case.
- **Today's Stress** - A detailed look at health issues that may be affecting the person on this day. Today's Stress is an ideal panel to run as your first of all the panels for a broad overall look at the potential issues of the day.
- **Digestion** - Check-up on how the body is digesting food.
- **Glands** - How is the endocrine system doing - including pineal, pituitary,
- **Essential Oils** - high vibrational energies that have powerful effects on the energy system and the body.
- **Vitamins** - Includes vitamins. A good check-in to make you aware of deficiencies you may have.
- **Chemical sensitivities** - Chemical exposures that may be affecting you.
- **Organs** - Major organs of the body.
- **Infection energetic disturbance** - Infections that are showing current resonances. Best to test other panels for a conclusion about whether the that specific pathogen is active in the body.
- **Herbs** - Botanical remedies that could heal the body in many different areas.
- **Hormones** - Hormones of the body such as estrogen, parathyroid hormone, thyroid stimulating hormone and more.
- **Sensitivities** - Food and other sensitivities, such as dander and dog/cat allergic responses.
- **Spinal Energy** - Areas of imbalance in the spinal segments, such as C1, C2, T12, L1.
- **Amino Acids** - Essential and non-essential amino acids are included.
- **Electrical sensitivities** - WiFi, Cellular, Fluorescent lights and more are included.

Mind

- **Emotional** - Great panel for emotional clearing. Important for all cases; best to include in all your harmonizing sessions.
- **Brain Anatomy** - anatomy of the brain. Good for anyone with neurological issues or wanting to improve or protect the cognitive system.
- **Neurotransmitters** - chemical messengers in the brain. Good testing panel for those with depression, anxiety, ADHD or other focus issues, needing to lose weight or heal an addiction.
- **Brain EEG** - Types of wave generation in the brain (alpha, delta, gamma).
- **Bach Flower Essences** - Along with Emotions, it is recommended that you include this testing panel in all of your harmonizing sessions. These flower essences act as guideposts for where the person is in their personal development at any given time. They are powerful frequencies for positive change.

Biofield

- **Solfeggio tones** - Music as medicine. These are sacred tones that bring coherence to the energy field.
- **Aura** - not an analyzing panel per se, but a chance to visualize the entire aura.
- **Spiritual protection** - Various ways to protect and clear the spiritual/etheric body.
- **Sacred Geometry** - Energetic constructs such as toroids, the Flower of Life, Fractals and more. These are coherent energies which assist in creating energy and healing.
- **Meridians** - The Chinese Medicine system of energetic movement in the body. This is a good panel to run for all sessions as it embodies the mind, body and spirit.
- **Chakras** - Energy centers of the body, including Crown, Heart, Sacral and more.
- **Nogier** - These are the frequencies noted by the French Physician Paul Nogier. They represent coherent frequencies, or the natural or perfect resonances of different systems of the body like the brain, the thyroid and others.

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Settings on the Genius:

Quick Balance - Quick balance automatically balances all the red/blue items in all the panels at one time. The timer bar is the bar you see at the right side with the yellow ball.

General Overview - Tap the System Overview one time to toggle to the General Overview. The General Overview tests the entire matrix at one time. Good for viewing overall patterns and themes. After testing, click on General Overview to switch to the blue numbers.

Quick Zap Tray - Place items in the Quick Zap when you want to do a focused balancing with just a few items.

Main Hold Tray - This is the place for 20-100 items of your choosing during a session. The Main Hold Tray is a place for gathering “most likely” items that will be re-tested in the Progressive Insights, where a tighter testing algorithm is applied.

Synergistics - Check supplements, remedies, places and people for compatibility.

Response Assessment - If you use a particular remedy, how effective is it likely to be?

NeuroRemedy - Turn a voice recording into a powerful sound healing frequency. Do you have an affirmation you would like to powerfully enhance or increase?

Custom Libraries, Hololinguistics - Create powerful remedies, affirmations, supplements, assessment panels and more through the power of the word. Text entry connects letters, words and phrases to meaning that can be evaluated with biofeedback.

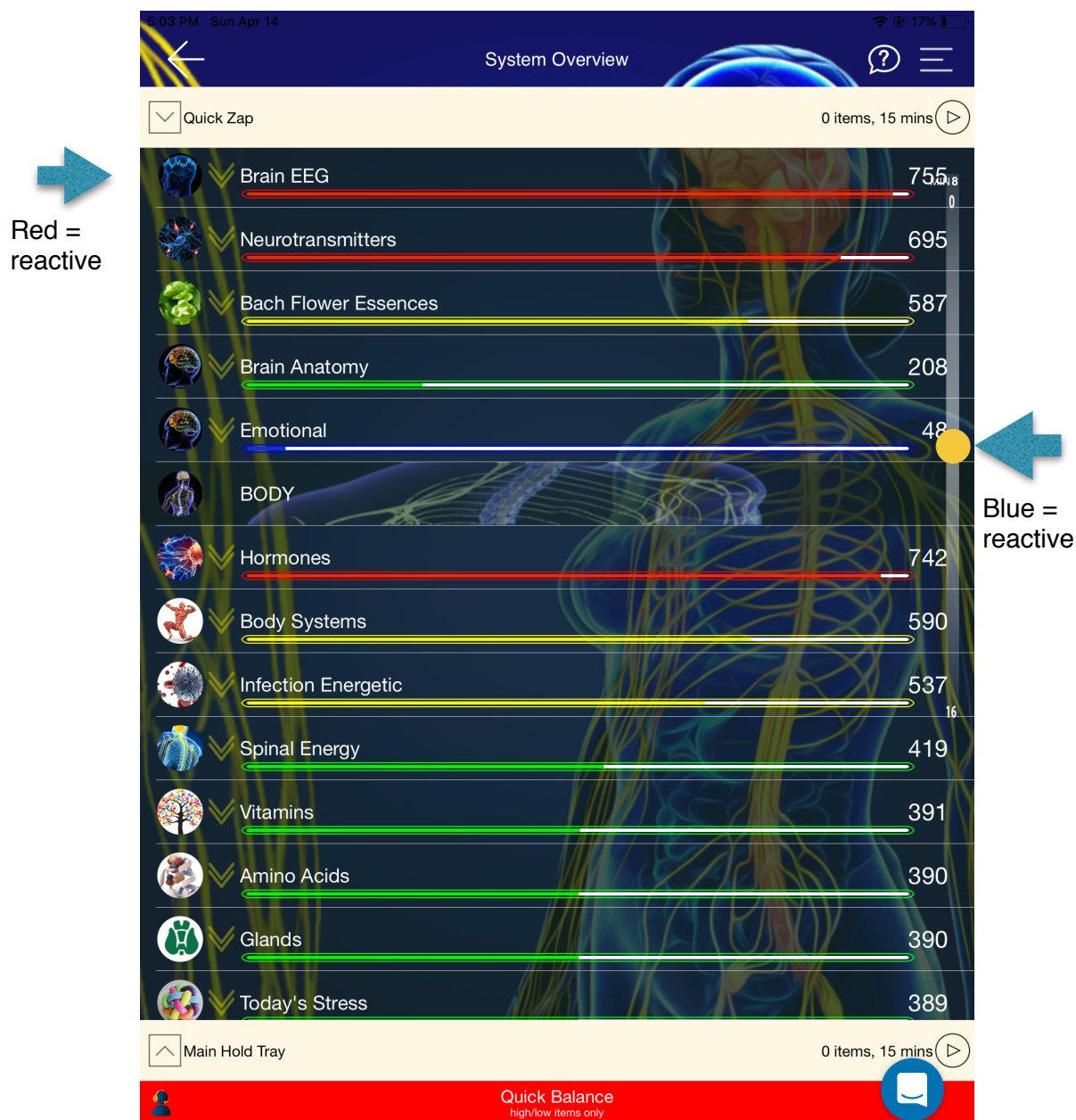
Custom Libraries, Frequency entry - Would you like to enter direct Hz frequencies from applications like Rife? Create complex frequencies with individual Rife/Hz frequencies you enter into your own custom libraries.

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System overview



The system overview tests for imbalances in 3 areas. These include the Biofield, the Mind and the Body. Within these areas are subcategories that have separate screens, such as the digestion, body systems, essential oils and more.

Items that are in red or blue represent areas that are showing reactivity when compared to your vibrational frequency. When you run these frequencies, the goal is to reduce that reactivity. The impact of reduced reactivity should be more relaxation and improved feelings of vitality.

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This system overview is a general snapshot that looks at all of the categories compared to each other. It asks the question, “in comparison to these other categories, which one is likely the priority to balance today.” However, this does not mean that you will not find items to balance in the other categories. You inevitably will and you should explore the screens that are of interest to you. After you scan the voice, the system automatically analyzes every screen in the program.

Simply tap the line of the category you are interested in and you will see a color display of red, yellow, green and blue items. Tap the accordion at the very left only and you will see only a drop down of the number scores. Either one works, but the color gives you the visual effect right away.

The general range for frequencies to select for inclusion into the Main Hold tray is anywhere from 1-50. A good sweet spot is about 20-30. However, you can select as many or as few as you would like. A number of 20-30 items gives you enough frequencies to do a good global balancing for that day, but also to see what items rise to the top as the significant priority items to be balanced.

General overview

You can scan the entire matrix, including every item in all the screens (except for Custom Libraries) and discover the top items in the entire program. You can tap on “General Overview” at the top a 2nd time and it will switch the ranking to the lowest items up to the highest items.

The advantage of looking at the entire matrix at one time is that you can see the very highest priority items that rise to the top at the high scores (inflammation) and the ones that are at the very lowest scores (stagnation). Balancing the items that have the most reactivity (the lowest or the highest scores) will have the most impact. By going through all items in the program, you have the advantage of getting to the top most reactive items.

One balancing strategy here would be to select the top 10 highest items and the top 10 lowest items and place them in the Main Hold tray for balancing.

It is also helpful to look for patterns or common themes in the highest and lowest items. Often you will see repetitive issues, like issues of viruses, parasite, bladder or kidney issues, or others in many of the high and low items. Quantum biofeedback has value because you can balance and clear many things, but also because it raises your level of awareness about what is going on. Use the results in the General Overview to raise that awareness.

Voice recording

It is recommended to record your voice before each session. When working on someone else, it is fine to receive a voice recording, for example by voice message or any other way. You can record the voice over the phone, via Skype or by any other means. The Genius has a sophisticated voice analysis mechanism. It establishes the frequency of your voice, which is then compared to other frequencies in order to come up with the scores and colors in the program.

Taking a picture

Pictures of people hold very powerful energetic resonances. If you want to take the picture live and include it, that is a great strategy and will add to your results in scanning someone. You can also upload a picture that someone sends to you. You can take a picture via FaceTime or Skype as well.

Setting up a session

To begin a session, enter the name, date of birth and select next. Be sure to enter the symptoms of the person you are testing and then select save. You now move on to the entry of the picture and the voice. Once inside the program, select Begin Analysis and then review the items in System Overview. Select the

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items in red and blue and drag them to the Main Hold tray. Choose any of the screens you would like to test. Then, add those items that are in red and blue in those screens into the Main hold tray. From the Main Hold Tray, set the timer for 10 minutes. Then, select the play button and you will be directed to the Progressive Insights.

Quick Zap

The Quick Zap tray is designed as a place to balance 1 or a few items. This is when you want to focus on one particular issue or focus on entraining into your energy field one particular remedy. This can be a powerful strategy. Balancing just 1 item for 1-5 minutes can lead to quickly entraining that frequency into the energy field. This is because of the singular focus on that item.

Main Hold Tray

The Main Hold Tray is meant for a global balancing that includes a number of frequencies. Anywhere from 5-50 frequencies will work just fine, with a sweet spot being somewhere between 20-50 frequencies. Placing items in the Main Hold Tray is a way to collect a number of frequencies from a variety of categories. Eventually the items in the tray will be transferred to the Progressive Insights screen. In that screen, they will be re-tested in comparison to each other for the items of highest priority.

Progressive Insights

Progressive Insights is a place where you get to re-test all the items you have selected. All the items you deemed important are now compared to other items. The highest priority items in red are the most important and the sessions are weighted towards those.

Choose “Select All” or individually select the items that are in “red” and then choose PLAY.

You receive the Genius tones automatically, just by having them generated as the play function runs. You can listen to them or not listen to them. If you choose to listen to them, consider choosing the Enhanced Layering Technology and experience the binaural beat technology. This can enhance your experience of the Genius Insight Tones.

Running your session for about 10 minutes a day is sufficient and builds a momentum with daily use that is beneficial. However, it is perfectly fine to balance more each day or to do several sessions at a time. It is advisable not to “overdo” but you are the best person to judge that and most people sense when it has been enough for that particular session or day. If you do much balancing, remember to drink plenty of water and consider getting an electrolyte drink as an option.

Functional Zones

There are seven functional zone. The items used in this process are made up of a series of homeopathic tinctures. There are a vast array of homeopathics used and their wisdom and the sequence of how to use them in this way was programmed into the Genius in a way that will increase your balancing results with the program very quickly. There are dilutions of homeopathics coded into these functional zones that range from 4X-600X potencies.

The goal of the functional zones is to reveal deeper issues, give you more information about the root cause of an issue and to help to accelerate the assimilation of frequencies into your energy field.

Use the functional zones as a final summary of the items in the that go from the main hold tray to the Progressive Insight Panel. You can either select one or all of the items in the Progressive Insight panel. By choosing the “Functional Zones Consideration” on the black bar at the bottom, you will initiate a deeper scan which will help you to identify which of the seven zones is related to the root cause of the imbalances.

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To use the functional zones: select the items you would like to find the Functional Zones for from the Progressive Insights Panel. Tap on the “Functional Zone Considerations” bar. Identify the Functional Zone you want to evaluate. Place that zone into the main hold tray for further evaluation. After the SCAN, drag the respective results into the TRAY as well. Then click START and you will see all the items added to the PI panel. Then select begin Analysis again and PLAY!

Psychogenic Zone

Depressive Tendency Stress, Shock Stress, Miasm Stress, Psychogenic Stress, Hormone Stress, Interference Zone, Scar Stress, Foci Field Stress, Significant Focus Stress, Mercury Stress, Inherited Interference Stress, Acquired Interference Stress, Toxic Substance, Interference Stress

Immune Zone

Food Allergy Stress, Non-Auto Immune Allergy Stress, Auto Immune Stress:, Immune Stress, Vaccine Stress, Organ Change Stress

Biochemical Zone

Trace Element Stress:Vitamin Stress:Enzyme Stress:Fatty Acid Stress:Amino Acid Stress:ATP/Phosphate Stress:pH Acid Stress:pH Alkaline Stress

Tissue regulation Zone

Cystic Process Stress, Benign Tumor Stress, Pre-Degeneration 1 Stress, Pre-Degeneration 2, Stress Degeneration 1, Stress Organic Vegetative Stress

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Microorganism Zone

Fungus Stress, Yeast Stress, Bacteria Stress, Virus Stress, Parasite Stress, Lyme Stress, Geophysical Zone, Atmospheric Stress, Geopathic Charge Stress, Electromagnetic Stress, Radioactivity Stress, Geopathic Field Stress

Rectification Percentages (Harmony, Alignment, Energy Flow)

After you run the Genius for the selected time, you will see several percentage scores. These scores indicate how much the energy field has entrained (or assimilated) those frequencies. A good goal for any session is 40% rectification overall. However, sometimes there are blocks which keep us from moving higher in the numbers. There is no need to focus exclusively on the numbers, but allow those percentages to be a general guide.

Knowing what to balance

Many people experience confusion in not knowing what to balance or how many things to balance. A good guide is to work in 3's. Select 3 categories that you will balance for any one session. A helpful screen to always analyze and include is the Emotions screen. This is because so many issues we have are related to unresolved emotions or wounds we have not healed. Running the emotions panel means that we are able to actively move energy into those stuck places and reduce the reactivity we are experiencing in relation to those emotions. This can be very helpful!

One strategy would be balancing Emotions, Chakras and Meridians. These are all powerful places in the energy field to open up and clear energy. Run all these screens and include the reds and the blues in each of these areas in the Main Hold tray. If there are too many items that come up in any one category, consider choosing just the top 3 items in red and top 3 items in blue to place in the balancing tray. The ideal time for a session is between 5-15 minutes, done either daily or 3-5 times per week.

Neuro Remedy

To access the Neuro Remedy, go to the navigation bar at the top right of the screen and scroll down to find it. This function turns any sound recording into a powerful healing signal. You can use your voice, along with an affirming script or series of affirmations that you speak during the recording time. You could add your recording or musical instruments, of you singing or chanting as well. You can record any musical recording, such as that of spiritual music, didgeridoo or anything that appeals to you.

To use the Neuro Remedy, select the + sign at the top right. Type in the name you want to associate with this. Press the record button at the bottom right. Record for as long as you want, up to 90 seconds. Select save when finished. Then tap Begin Analysis. Scroll the yellow ball, which is the timer, from left to right to select your desired time to balance. Hit the play button to the right for the Neuro Remedy you want to play at that time. Suggested time for the session is about 3-5 minutes.

Entangled Insights

The Entangled Insights function allows you to compare one frequency to a number of other frequencies. The full database of those frequencies can be obtained and is advisable to have on hand to see what items exist in the database. For example, you could use the Immune frequency from Today's Stress and compare it to viruses, bacteria, parasites or fungi in order to see if there is a connection with any of those pathogens.

You could also compare the Immune frequency to various remedies that are located within the database. These include homeopathic remedies, essential oils and Bach flower remedies. When you get a result from comparing these two frequencies, you will also get a % listed at the bottom of the screen. If this % is over 50%, there is more of a chance that these two items are related or that a remedy that is found will be of value. The higher the %, the more likely the relationship exists between the 2 items.

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To use: Select the frequency you want to test from System Overview or from any individual category. Swipe from left to right and you will be taken to Entangled Insights. There you will see a white search bar. Begin to type in the item you are interested in comparing to the frequency you have selected. Examples include homeopathics, Young Living Oils, bacteria, etc.

You can select the following items together as a group: Bacteria (all), Viruses (all), Parasites (all), Lyme (all), Young Living Oils (all), Homeopathic (all), Bach Flower Essences (all), Emotions (all). Selecting this will select every item in that particular area of interest.

When you get your results, the frequencies to focus on are the 2 at the top and 1 at the bottom if you tested a group. If you just tested 1 item, then just use that item. You can use the 2 at the top and 1 at the bottom by dragging them into your balancing tray (Main Hold or Quick Zap) in order to use them in your balancing session.

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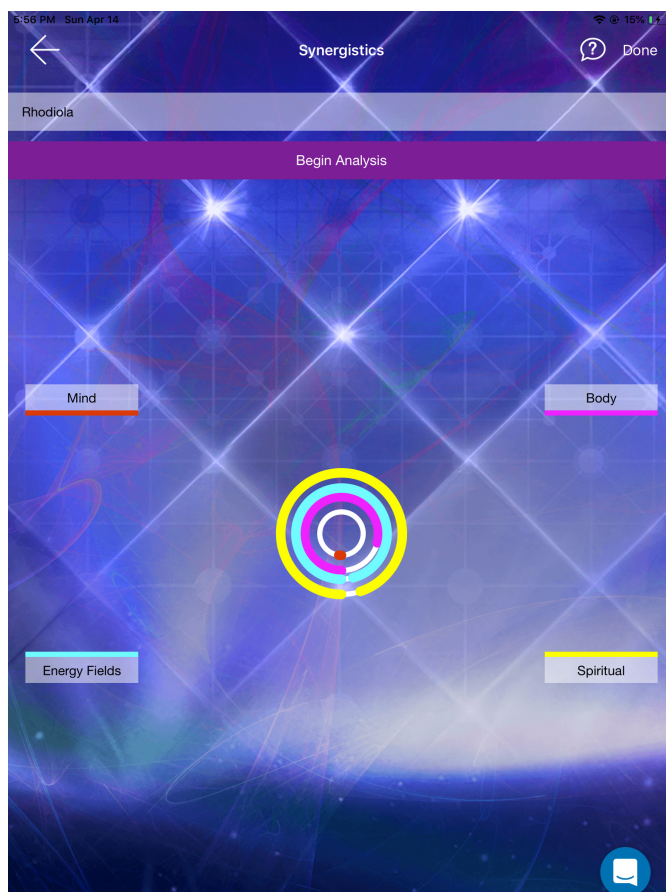
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Synergistics

The Synergistics test allows you to test the biocompatibility of a remedy, a person, a place you want to travel to etc. To see how compatible you are with the selected remedy, you look at how complete the circles are.

To use Synergistics, access it through your navigation bar. This is the bar at the top right of your screen (3 parallel lines). Select Response Assessment and then Synergistics. Type into the bar the remedy you would like to test. Then choose “Begin Analysis”. The completion of the colored circles gives indication of how well the remedy is likely to work. Completion of 3 circles about half way to 3/4’s full indicates a pretty good compatibility with the item you are testing. Very incomplete circles indicate less compatibility.



Response Assessment

The Response Assessment checks the likely results after a remedy is introduced into the field. If you want to see how 1 remedy will affect many different frequencies that you are testing, use this function for that.

For example, select Today’s Stress. Test the panel. Go to the response assessment, which is located in the Extra Modules menu. Type in a remedy you think might be helpful. For example, licorice is a remedy that has effects on many systems in the body. Type in Licorice at the top. Then, check all items on the right that you want to compare the remedy to. Now, select “Begin Analysis”. After the scan is complete, you will now see the original score on the left and the score AFTER the remedy was introduced into the field

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on the right. This tells you the result you might experience if you took the remedy, or used the remedy in your balancing session.

What movement of the numbers are you looking for? You want to see the numbers move into a mid-range of about 200-600. Do they move from a high score to this mid-range? This is an indication that it would be a helpful remedy. Did the number move from a low score to mid-range? Again, this is a sign that it would be a beneficial remedy.

The Response Assessment is most valuable to use as a way to see how one remedy works against a group of remedies at one time. In this way, you can test a couple of remedies in sequence and see which one as the best results in Response Assessment.

Custom Testing Panels

One of the best features of the Genius is the ability to create Custom Testing Libraries or acquire libraries that have been created. These libraries allow you to test many more things that have been pre-programmed into the software. Examples of other libraries could include adrenal assessment, thyroid solutions, Young Living Oils Blends, Standard Process Supplements and much more.

You can program the libraries using a remedy plate. This plate will connect with your device and bring in the digital item of the supplement or remedy you want to create a library for. You can also enter the item hololinguistically. This essentially means that you are typing the remedy in in order to create it. The software has pre-programmed frequencies that represent letters and words. We have found over the years that hololinguistically created remedies, assessments and affirmations test as well as anything that is digitally imprinted.

You can also use this custom library function to create Rife frequencies, or essentially your own program Hz frequency remedies. This can be a very powerful part of your Genius. You could use the CAFL list and create many frequencies under one area of interest. For example, you could put many frequencies in the program for “abdominal pain” even incorporating rife frequencies for emotions, for infections and for parts of the body like the stomach or small intestines. Google “CAFL and Rife” to find the resources that list these frequencies.

To create a custom library: Go to your navigation bar and select “Libraries”. Select the + and name your category. Picture and description are optional. Select “Save”. Look for your library now in the main Libraries list. It will be under the “Created” menu.

Now tap the category on the left side, by the green herb picture or the picture you have selected. Now select “items” and hit cancel when the prompt comes up. Choose “Import” and if you are entering the remedy hololinguistically (by typing it in), now enter your remedy and choose “Import Now”. When the scanning is complete, select “Add Item.”

To use the category once you have completed this process, refer to the instructions below about how to use your libraries.

If you are using a remedy plate to create your remedies, then you will use the same process, except that you will have the remedy plate attached to your device. You then follow the same Import Process

The “Add Manually” function is only used when you want to use the Rife function, which is basically the ability to program in any Rife frequency you would like to use.

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To use this frequency programming ability, chose “Add Manually”. Now choose “add”. Add any hertz frequency you would like to use, or multiple hertz frequencies down to the decimal point if you wish. When you have completed that, hit save. Go ahead and follow the same instructions below for using your libraries.

Creating Customized Testing Panels - Strategies

Because of the power of hololinguistics within the Genius Insight, you have a tremendous ability to create very detailed custom testing libraries for yourself. Do you have a line of supplements that you use regularly? You can enter the entire line or as many supplements, herbs or essential oils that you use on a regular basis.

Strategies for entering the branded lines you love:

- Order a test kit from the company and use your remedy plate to imprint the digital frequency directly from the remedy.
- Use the remedies/supplements that you currently have and place them on the remedy plate and imprint the digital frequency.
- Obtain a complete list of the remedies in their product line and enter these hololinguistically.

In my research, I have found that imprinted digital frequencies from the actual remedy test the same as those entered via hololinguistics.

When you are trying to find root cause - creating your own custom testing panel

Consider what your “problem is”. Example: Urinary tract infection.

What do YOU think is causing the issue? What do you know from research or from your advisors about what causes the issue?

These items become the parts of your first testing panel, the assessment portion

Urinary Tract Infection, my causes - Past hurt, Abandonment, Holding onto resentment, dairy allergy, gluten allergy, E. Coli, Klebisella pneumonia, Enterococcus, Staphylococcus, structural issues, blocked 2nd chakra, leaky gut, eating food sensitivities.

These all get entered as the possible causes on the testing panel under the category, UTI, my causes. Then we go to the solutions panel. What do YOU think will help you the most? What does the natural health research tell us? Add anything from the logical to the wildly possible. Biofeedback will give you the highest level of resonance.

UTI, My Solutions - Forgiveness, forgive mother, release worry, Cranberry pills, D-Mannose, Garlic, yogic postures, embrace sexuality, yoni steam, rest, laughter.

When creating testing panes, try to include at least 12 or more items per panel. An optimal number is about 20-30 items on a testing panel for this technology.

Other strategies:

Create a list of **affirmations** and test the affirmations that have the highest level of resonance, and therefore the best benefit for you at this time. Create a list of **“limiting beliefs”** for yourself or for clients. Seeing the ones that light up gives a “truth telling moment” to either you or the person looking at the list that are lighting up for them. When you are trying to achieve something, but finding obstacles, continue to dive more deeply into the daily question, “What is the limiting belief here?” For example, “I don’t

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deserve this.”, “There is never enough time.” “You can only go so far in these circumstances.”. Put each belief into your “Limiting Beliefs” category so that you can begin to clear, harmonize and transform them with biofeedback.

Power words to associate with your testing panels:

The following words can be used in conjunction with your panels. Consider this: anything can you face can be dealt with if you are able to adapt. Therefore “Adapt” is a powerful word.

This would be one of the items in a testing panel: EMF Adaptation or Adapt to EMF, Adapt to Air Quality Changes. **Other words:** Adapt, Harmonize, Clear, Dissolve, Resolve, Order, Restore, Heal, Energize, Transform, Transmute (use these in association with other words - “Food toxins clear” “Clear ChemTrails”, “Harmonize Viruses”)

Importing

Follow these instructions to install Custom Libraries that are sent to you.

From the navigation bar, Select Libraries. Select Import. Place the code from the Bulk Import section of your codes if more than one custom library has been sent to you. The bulk code is located at the very top of all the exported panels. When it comes to pushing another button be sure to select Bulk and not OK (if this doesn't work, repeat and select OK as the alternative.

Using your Custom Libraries

From Libraries in the navigation bar, Select Add To Client. Select the categories you would like to add. You can choose "Select All" for simplicity so that you have all categories available for that client. Hit the Back button and go back to System Overview. Tap Begin Analysis. Tap Libraries. Tap Begin Analysis. Use the search bar to find the desired category. Tap on that category and then hit begin analysis! Select any items you wish to balance by placing them in the Quick Zap or down in the Main Hold tray.

Frequency Shape/Form

Wave intensity - The wave intensity can be left at the default and is quite sufficient for most sessions. Increasing the intensity can be helpful for those that are trying to work through acute issues, such as pain, a recent injury or any other situation where a quick healing may be important.

Wave Shape - Soliton or Stacked Wave is like taking each individual frequency selected and playing it as is, the singular frequency as it cycle through all the selected frequencies. The Harmonic Wave, in contrast, will also include harmonic frequencies for each frequency selected. The harmonic wave selection, then, is likely to have more depth and be more far reaching than the soliton wave.

Wave Form - Use sine wave to create more coherence and for normalizing physical functions. Think of the heart beat, the pulse, brain waves and others in the body. These are all sine waves. Use the square wave when clearing any infection. Square wave is the best wave for clearing parasites, bacteria, fungi and viruses. Most Rife machines use a square wave. Use the Sawtooth Wave for breaking up places of stagnation. This can be physical stagnation, in the case of fibrosis or adhesions, or it could be emotional “stuck” places. The sawtooth wave is great for clearing these patterns.

Frequency Overlay - The Archetype Encoded Process is recommended over the Stacked Soliton Tone. The AEP has a proprietary frequency generation that reaches the deep subconscious and goes far deeper than the SST. It is one of the most special things about the Genius, the development of the AEP.

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Enhanced Layering Technology - Download this to install binaural beat technology to work in concert with your Genius tones. Bring the “volume” on this up to 100% when you are using stereo headphones to receive your tones.

Screens Associated with the Genius - Deeper meanings

There are 27 screens available for testing within the Genius. Meanings given in this training manual are by no means comprehensive. Some take years to learn or the investment into an entire field of training, as in the case of Chinese Medicine. The explanations given are those that will be most relevant to help you understand your client and give meaning to the appearance of that result and how to best use these frequencies in your balancing.

The **Body** category of screens include **Body Systems, Minerals, Amino Acids, Essential Oils, Hormones, Chemical Sensitivities, Spinal Energy, Organs, Electrical Sensitivities, Vitamins, Herbs, Glands and Digestion.**

Body systems

Immune - the immune system is the body’s protection against illness. When you see the immune system, consider that something may be challenging the immune system, such as a food sensitivity. There also could be an underlying infection. These include possible bacteria, viruses, parasites and others.

Respiratory - The respiratory system includes the lungs, bronchi, bronchioles, alveoli and more. This system keeps the body oxygenated and also helps to eliminate carbon dioxide. When you see the respiratory system showing reactivity, think of proper breathing exercises and ask them or even watch how they breathe. Is it shallow? Deep? They may have lung issues, a lung infection or postural issues that are causing their respiratory system to be out of balance. Also, ask them if they use an air filter at home. Do they have pets? Do they change their mattress and pillow somewhat regularly or do they have dust covers for these items to prevent and products.

Lymphatic - The lymphatic system is part of the immune system. It circulates fluid around the body but has no pump. This fluid includes metabolic waste from the cells. It is presented to various lymph nodes along the way as well as lymphatic tissue in order to clear any viruses or bacteria from the system.

When you see reactivity in the lymphatic system, consider that an underlying infection or stress on the immune system may be present. Also, remember that walking, stretching, skin brushing and rebound all help to greatly improve the healthy movement in the lymphatic system. Drinking plenty of water and even colonic hydrotherapy are also powerful ways of moving the lymphatic system.

Integumentary - The integumentary system generally refers to the skin. If you see the integumentary system showing reactivity, ask about any particular skin conditions. Also, encourage them to skin brush and do some form of sweating to clear the skin. Hydrating is also very important.

Digestive - The digestive system is a core consideration for healing any condition! The digestive system assists in the breakdown and assimilation of food. Any stress on the digestive system can lead to stress in many other parts of the body. When the digestive system show reactivity, consider it to be one of the most important frequencies to balance. Ask the client, do they relax before eating, do they avoid their food allergens and processed food? Remind them to chew their food properly and drink only sips with your meals. Get hydrated 1 hour after meals or 30 minutes before meals. It is important to chew your food

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about 21 times before swallowing for good digestion. The digestive system includes the mouth, esophagus, stomach, small intestine, large intestine and accessory organs including the liver and pancreas.

Circulatory - the circulatory system brings the blood to the cells of the body. It includes the heart, the arteries, veins and all other vessels along with the capillaries. Small capillaries bring the blood to the cells and pick up the waste products in order to return the carbon dioxide to the heart and eventually the lungs.

If you see reactivity in the circulatory system, it is important to balance it. Circulation is one of the most important functions of the body and it is crucial for it to stay healthy. Use the circulatory system if someone has a heart condition, high blood pressure or high cholesterol. You can often see signs of a poor circulatory system. These include sores that do not heal, slow healing of wounds or even the presence of hemangiomas.

Nervous - the nervous system is the system that helps impulses to flow from your brain to muscles, organs and glands. When someone is running, or they are afraid, our sympathetic nervous system goes into high gear. During these times, the blood pressure may go up along with the blood sugar. With a balanced life, when the stressful event is over, the person will switch back to parasympathetic mode. In this phase of the nervous system, we begin to become calm, blood pressure goes down and digestive juices can flow. Hormonal production can happen in parasympathetic mode.

When you see reactivity in the nervous system area, it may mean that there is an imbalance in the sympathetic nervous system. There could also be compression of nerves or an imbalance in the firing of the nerves to the organs, muscles or glands. Examples of problems with the nervous system include Parkinson's and Multiple Sclerosis.

Endocrine - The endocrine system regulates hormones in the body. These hormones include reproductive hormones, adrenal and thyroid hormones. It also includes the regulation of insulin in the body.

When you see reactivity in the endocrine system, think of possible hormonal imbalances. Do they have any weight issues? Blood sugar issues? Are they going through menopause or having hormonal issues? It is very important and helpful to balance the endocrine system.

Skeletal - The skeletal system includes the bones of the body. The bones provide structure. Bones need mineralization. Stress, a high protein diet or a high acidity diet can lead to depletion of the bones. It is also possible that bones could be out of alignment, such as the bones that make up the vertebrae of the body.

When you see the skeletal system showing reactivity, think about issues of bone density and whether the person is taking in enough minerals to support the bones.

Reproductive - The reproductive frequency covers the reproductive organs in both men and women. In women, think of the ovaries, uterus, fallopian tubes etc. In men, think of the prostate along with men's hormones and hormonal conditions. When you see reactivity in the reproductive system, consider that the hormones may be out of balance or there may be a hormonal condition such as enlarged prostate, uterine fibroids, ovarian cysts, fibrocystic breasts and others.

Muscular - The muscular system includes the muscles of the body and likely also is related to ligaments and connective tissue. Reactivity in this area indicates that the person may have slowed in muscle growth (as happens with aging) or the muscular system could be dealing with toxins (as happens with

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fibromyalgia). If someone has done a lot of physical exertion, this could also cause the muscular system to experience reactivity.

Urinary - The urinary system includes the kidneys, the bladder and the ureters. Issues here include kidney stones, bladder leakage or incontinence, or underlying infections in the kidney and bladder.

Spinal energy

The spinal segments of the body are known as the vertebrae. These make up the spinal column of the body. Out of this column, you will find many nerves which go on to bring impulses to organs, glands and muscles. Any imbalances in the segments indicated will also be related to organs and glands which are connected to those nerves.

Meaning: Possible past injuries, spinal nerves being compressed and affecting related organs. Opening up the spinal energy is great for everyone and it is a wonderful way to open up the energy of the entire body as all the impulses flow through the spinal nerves.

Digestion

The digestive system is a core consideration for healing any condition! The digestive system assists in the breakdown and assimilation of food. Any stress on the digestive system can lead to stress in many other parts of the body. When the digestive system shows reactivity, consider it to be one of the most important frequencies to balance. Ask the client, do they relax before eating, do they avoid their food allergens and processed food? Remind them to chew their food properly and drink only sips with your meals. Get hydrated 1 hour after meals or 30 minutes before meals. It is important to chew your food about 21 times before swallowing for good digestion. The digestive system includes the mouth, esophagus, stomach, small intestine, large intestine and accessory organs including the liver and pancreas.

Small intestine - This is where absorption and assimilation of nutrition takes place. The person might have digestive issues or may be experiencing SIBO.

Large intestine - This is where elimination of waste takes place. LI is also a place where Vitamin K and B12 are absorbed.

Enzymes - help the breakdown of food and enzymes help to improve all metabolic processes in the body. Many people need to supplement digestive enzymes as they age in order to have complete digestion.

Gall bladder - The gall bladder is a small pouch under the rib cage. It concentrates and stores bile for digestion. If someone has difficulty digesting fatty foods or burps repeatedly after eating, this may indicate a gall bladder imbalance.

Mouth - Digestion begins in the mouth. It is important to chew your food about 21 times before swallowing. Mouth issues could include issues with the teeth, salivary glands or tongue.

Pancreas - The pancreas produces enzymes along with insulin. Look for digestive imbalances of some kind, enzyme deficiency or blood sugar imbalance.

Esophagus - The esophagus allows food to move from the mouth into the stomach. If a person has reflux, it will make sense that this comes up. Often, the acid is flowing upwards from the stomach and inflaming the esophagus. This is known as reflux or heartburn. The irony is that overall, usually the person is

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experiencing low stomach acid vs high stomach acid. The acid ultimately comes from putrefaction of the contents of the stomach.

Stomach - The stomach is a place where proteins are digested. To do this, a high acid environment is needed. So, strong HCl is important. Many people are low in stomach acid and that would cause this frequency to light up.

Flora - The flora in the body is the healthy bacteria. Antibiotics, alcohol, fast food, low fiber diets can all contribute to the reduction of flora in the body.

Liver - The liver helps to detoxify poisons in the body. But it also performs over 450 other functions including immune functions, storing vitamins and iron among others. When the liver frequency comes up, it could mean the need for more detoxification or there could be an underlying infection in the liver.

Glands

The glands of the body are part of the endocrine system. With this system, chemical messengers flow through the bloodstream in order to have various physiological effects. Examples include the pineal gland, pituitary, adrenal and thyroid gland.

Ovaries - Ovaries are part of a woman's reproductive system and produce estrogen and progesterone. Consider any imbalances in women's hormones to be related to a possible imbalance in the ovaries. The ovaries are regulated by the pituitary and share an inter-relationship with the thyroid and adrenal glands.

Pituitary - Master gland in the brain. Releases many hormones including melanin, oxytocin and hormones that control the adrenals, the thyroid and the reproductive glands. Consider any thyroid imbalances, adrenal imbalances or hormonal imbalances to be aided by balancing the pituitary gland.

Adrenal - The adrenal glands are among the most important glands in the body. To feel good and to have drive and ambition in your life, they need to function correctly. The adrenal glands secrete cortisol, epinephrine and norepinephrine. In any chronic illness, you can expect to find some degree of adrenal fatigue. Over-functioning of the adrenals can suppress the immune system. Under-functioning of the adrenals can leave the immune system weak! Balance the adrenals in any chronic case or anytime you think boosting them would be helpful.

Pancreas - The pancreas produces enzymes along with insulin. Look for digestive imbalances of some kind, enzyme deficiency or blood sugar imbalance.

Thymus - The thymus gland is an important part of the immune system. It is said that the thymus gland seriously shrinks during adulthood and into old age. Therefore, the thymus gland is strategically a great frequency to include in your balancing sessions.

Pineal - The pineal gland produces melatonin, which helps to regulate sleep. It is generally believed that wireless communications and cell phones tend to suppress the pineal gland along with enough melatonin. This could be the reason that so many people are suffering with insomnia today. Consider running the pineal frequency when there are sleep disorders. Melatonin has been used with some success for treating cancer. There may be some value then, in running the pineal frequency for clients wanting to resolve cancer.

Hypothalamus - The hypothalamus is in the brain and deals with functions such as sensing if the body is too hot or too cold and regulates the appetite as well. The hypothalamus sends initiating messages to the

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pituitary gland for regulation of many hormonal functions including those of the thyroid gland and the reproductive organs.

Thyroid - The thyroid gland is located in the front part of the neck a few inches above the breastbone. The thyroid regulates metabolic rate in the body.

Hormones

Hormones travel through the blood and regulate various functions of the body. Examples include adrenal hormones, thyroid hormones and insulin. These all have major effects on the various functions of the body by increasing body temperature, metabolic rates and others.

Secretin - A hormone released into the bloodstream by the duodenum in response to acidity to stimulate secretion by the liver and pancreas.

Histamine - May be related to food sensitivities or inflammation.

Erythropoietin - EPO is a growth factor that stimulates the production of RBC's. Most of the cells in the blood are red blood cells, whose main function is to carry oxygen throughout the body.

Epinephrine - Also known as adrenalin. This is one of the primary adrenal hormones along with cortisol.

Lipotropin - A hormone secreted by the anterior pituitary gland. It promotes the release of fat reserves from the liver into the bloodstream.

Thyroxin - Secreted by the thyroid to up-regulated metabolism.

Thyroid stimulating hormone - Secreted by the pituitary to regulate the thyroid. Energy and metabolism are related to proper thyroid function.

Parathyroid hormone - Secreted by the parathyroid to regulate calcium levels in the body. There appear to be more parathyroid imbalances on the rise and it may be related to autoimmune issues.

Dopamine - Secreted by the brain in order to increase a feeling of satisfaction.

Oxytocin - Secreted by the pituitary and has a calming effect.

Melanin - Secreted by the pituitary, when secreted causes a darkening of the skin.

Growth hormone - Causes growth of the bones in younger part of life. Growth hormone is also a youth hormone and in proper amounts, it helps with repair of cells and the development of lean muscle.

Serotonin - Serotonin is a hormone secreted in the brain. It tends to promote a feeling good, satisfied and happy.

Androstenedione - A naturally occurring steroid hormone, also available as a dietary supplement, believed to increase levels of serum testosterone.

Estradiol - Primary sex hormone for women. Secreted by the ovaries and regulates various functions in the body.

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Ghrelin - Ghrelin is known as the hunger hormone. It regulates appetite. It is generally believed that as ghrelin may increase as weight increases.

Insulin - a hormone made by the pancreas that allows your body to use sugar from carbohydrates in the food that you eat for energy or to store glucose for future use. Insulin helps keep your blood sugar level from getting to high or too low.

Norepinephrine - a hormone that is released by the adrenal medulla and by the sympathetic nerves and functions as a neurotransmitter.

Follicle stimulating hormone - is synthesized and secreted by the gonadotropic cells of the anterior pituitary gland and regulates the development, growth, pubertal maturation, and reproductive processes of the body. FSH and luteinizing hormone (LH) work together in the reproductive system.

Progesterone - Fertility and menstruation are largely controlled by hormones, and one of these hormones is progesterone. It is secreted by the corpus luteum, a temporary endocrine gland that the female body produces after ovulation during the second half of the menstrual cycle.

Cortisol - cortisol is a hormone secreted by the adrenal gland. This is a very powerful frequency to balance. Cortisol is a hormone that many people have too much of or have an imbalance of due to excessive stress in their lives.

Estriol - weakest form of estrogen. These can be very powerful for women in menopause as they appear to improve bone density and help with hot flashes and night sweats.

Calcitonin - secreted by the parathyroid gland, calcitonin helps to lay down bone in the body. Think of calcitonin for healing a bone or for building bone density.

Estrone - secreted by the ovaries, estrone is the most powerful form of estrogen that a woman makes. When you see that this is out of balance, consider foods that can help to lower unhealthy estrogen, such as broccoli, cauliflower and Brussels sprouts. Fibroids, cysts and other conditions can arise from excess estrone.

Leptin - Leptin is a hormone that helps to regulate energy balance by inhibiting hunger. Leptin is opposed by the actions of ghrelin which is the “hunger hormone”. Consider balancing leptin for anyone wanting to work on their weight or their blood sugar.

Testosterone - hormone for men produced mainly in the testes, but testosterone is present in women as well and is produced in the ovaries and adrenal glands in small amounts.

Gastrin - hormone in the stomach that stimulates the release of gastric acid (HCl) by the parietal cells and aids in gastric motility. If digestion is an issue or you suspect low stomach acid, consider using the gastrin frequency.

Angiotensinogen - plays a role in the renin-angiotensin system. This has to do with the regulation of blood pressure by opening or closing blood vessels. If someone is having blood pressure issues, include this frequency in your session!

Prolactin - Prolactin is produced in the pituitary and promotes milk letdown for women after giving birth. This frequency could show imbalance particularly if there is an imbalance in the pituitary gland.

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Melatonin - Melatonin is secreted by the pineal gland. It is crucial for good sleep. Melatonin is out of balance in many people. This is due to the blue light of computers and EMF from wireless or cellular frequencies.

Leutenizing hormone - hormone in women that triggers ovulation and secretes progesterone. If a woman is having irregular menses or experiencing infertility, consider adding LH frequency to your balancing.

Endothelin - endothelins are peptides that constrict blood vessels and raise blood pressure. Consider balancing endothelin in someone who has hypertension.

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Today's Stress

Acid - This is a check on the pH balance of the body. The body functions best at an alkaline pH.

Brain - If the brain frequency comes up, consider that it could have to do with brain anatomy or brain chemicals. It may be an issue with the nervous system, with sleep with memory, or any of the brain waves. Consider using my Brain Assessment Custom Library to further clarify the reason for imbalance in the brain frequency.

Environmental - This will light up when someone is exposed to something often at their home or work environment. Examples include the spraying of pesticides, herbicides, paint fumes or any other type of environmental exposure.

Liver - The liver helps to detoxify poisons in the body. But it also performs over 450 other functions including immune functions, storing vitamins and iron among others. When the liver frequency comes up, it could mean the need for more detoxification or there could be an underlying infection in the liver.

Kidneys - The kidneys help to clear excess minerals and metabolic waste from the body. When the kidneys show up as out of balance, consider asking your client if they hydrate well. The kidneys will also be stressed when a person drinks coffee, black tea or alcohol. They can also be stressed by a high protein diet, which would be over about 100g of protein per day. A typical Western diet with meat and dairy tends to run high in protein.

Conception vessel - The conception vessel runs down the middle of the front of the body. The conception vessel being out of balance can lead to the following issues: bladder issues, any genital issues, fascia in the front of the body, lung issues including difficulties in breathing, heart imbalances, menopausal issues and more.

Immune - the immune system is the body's protection against illness. When you see the immune system, consider that something may be challenging the immune system, such as a food sensitivity. There also could be an underlying infection. These include possible bacteria, viruses, parasites and others.

Fungus - Fungus can come in many forms and one of them does include candida. Fungus comes in as the "composter" in the human body and it may mean that there is undigested food or other pathogens that are carrying fungi. Consider dietary changes that would eliminate waste or reduce sugar, which certain fungi will thrive on.

Sensitivities - This relates to food sensitivities and environmental sensitivities. You may want to test other screens to get more specific information about the particular items that the person is sensitive to.

Degeneration - Degeneration indicates there may be things breaking down or in place where they need to be addressed. It is good to balance this frequency and you want to see it come back into balance after a session. If it stays out of balance, search for clues about a deep or chronic issue.

Virus - may be a chronic virus the person is unaware of.

Emotional - Emotions are part of the total equation of what is going on for that person.

Pathogens - Pathogens is an umbrella term for bacteria, parasites, fungus, viruses, Lyme disease, etc. These all could be pathogens. This is a general term that alerts you that some microorganism is affecting the individual.

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Cardiovascular - the cardiovascular system brings the blood to the cells of the body. It includes the heart, the arteries, veins and all other vessels along with the capillaries. Small capillaries bring the blood to the cells and pick up the waste products in order to return the carbon dioxide to the heart and eventually the lungs.

If you see reactivity in the circulatory system, it is important to balance it. The cardiovascular system is one of the most important functions of the body and it is crucial for it to stay healthy. Use the circulatory system if someone has a heart condition, high blood pressure or high cholesterol. You can often see signs of a poor circulatory system. These include sores that do not heal, slow healing of wounds or even the presence of hemangiomas.

Inflammation - Inflammation is an important frequency to pay attention to. inflammation can be a precursor to many chronic illnesses from cancer to heart disease. The following things can contribute to inflammation: food allergies, wheat gluten, dairy, meat products, high levels of stress, exposure to EMF, excessive amounts of sugar and more. Getting grounded and changing ones lifestyle can result in reduced levels of inflammation.

Adrenal - The adrenal glands are among the most important glands in the body. To feel good and to have drive and ambition in your life, they need to function correctly. The adrenal glands secrete cortisol, epinephrine and norepinephrine. In any chronic illness, you can expect to find some degree of adrenal fatigue. Over-functioning of the adrenals can suppress the immune system. Under-functioning of the adrenals can leave the immune system weak! Balance the adrenals in any chronic case or anytime you think boosting them would be helpful.

Connective tissue - tissue that connects, supports, binds, or separates other tissues or organs, typically having relatively few cells embedded in an amorphous matrix, often with collagen or other fibers, and including cartilaginous, fatty, and elastic tissues.

Nutritional - Possibly deficiencies or imbalances in the areas of vitamins, minerals and essential fatty acids.

Hormonal - The hormones systems of the body include the reproductive system, adrenals, thyroid, blood sugar and more. If hormonal comes up, consider that these areas may be out of balance.

Heavy metal toxicity - There are various heavy metals in the environment that can be transferred or contaminate the human body.

Blood sugar - blood sugar is important to keep the energy being generated in the human body. Glucose helps to create ATP, the energy currency of the body. When this frequency is present, consider the person may have ups and downs in their blood sugar, possibly pre-diabetes but that isn't clear unless you know more. Reduce fats and a rich diet of meat and dairy in order to better balance blood sugar. Meditation and stress reduction also helps.

Lymphatic - The lymphatic system is part of the immune system. It circulates fluid around the body but has no pump. This fluid includes metabolic waste from the cells. It is presented to various lymph nodes along the way as well as lymphatic tissue in order to clear any viruses or bacteria from the system.

When you see reactivity in the lymphatic system, consider that an underlying infection or stress on the immune system may be present. Also, remember that walking, stretching, skin brushing and rebound all help to greatly improve the healthy movement in the lymphatic system. Drinking plenty of water and even colonic hydrotherapy are also powerful ways of moving the lymphatic system.

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Bacteria - a member of a large group of unicellular microorganisms that have cell walls but lack organelles and an organized nucleus, including some that can cause disease. Strep throat would be an example, the bacteria that can cause pneumonia is another one. Others include staph aureus, e. coli, shigella, mycoplasma and others.

When you see reactivity here, it is very likely the bacteria is present but symptoms are absent. This is called a subclinical infection and is fairly common. Consider running the frequencies along with others that will help to boost the immune system.

Infection - An infection in the body can be one that presents with symptoms or one that does not, which is called subclinical. When a person has reactivity in relation to infection, run the frequency but also run other frequencies that can support the immune system. This can include essential oils, herbs and others. Emotions are good to include. Unresolved emotions can put stress on the immune system.

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Vitamins

Vitamin A - Helps fight infection, maintains healthy vision, Plays a key role in heart, lung, and kidney health. Keeps skin healthy by fighting off toxins (also called free radicals). Strengthens bones and teeth

Vitamin B1 - (Thiamine) Vitamin B1 is a vital human nutrient that belongs to the Vitamin B complex. It plays an important role in maintaining a healthy nervous system and improving the cardiovascular functioning of the body. Vitamin B1 is also required for the breakdown of fats and protein.

Vitamin B2 - Impressive Riboflavin (Vitamin B2) Benefits. Vitamin B2 is a water soluble vitamin. The human body needs a daily dosage of it since it cannot be stored in the body. It plays a major role in energy production and represents an essential nutrient in your diet.

Vitamin B5 - Helps convert food into energy. Helps make lipids (fats), neurotransmitters, steroid hormones, and hemoglobin

Vitamin B6 - Aids in lowering homocysteine levels and may reduce the risk of heart diseaseHelps convert tryptophan to niacin and serotonin, a neurotransmitter that plays key roles in sleep, appetite, and moods. Helps make red blood cells Influences cognitive abilities and immune function

Vitamin B12 - Aids in lowering homocysteine levels and may lower the risk of heart disease. Assists in making new cells and breaking down some fatty acids and amino acids. Protects nerve cells and encourages their normal growth Helps make red blood cells

Vitamin C - Foods rich in vitamin C may lower the risk for some cancers, including those of the mouth, esophagus, stomach, and breast. Long-term use of supplemental vitamin C may protect against cataracts. Helps make collagen, a connective tissue that knits together wounds and supports blood vessel walls. Helps make the neurotransmitters serotonin and norepinephrine Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Bolsters the immune system

Vitamin D - Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones. Supplements can reduce the number of non-spinal fractures

Vitamin K - Activates proteins and calcium essential to blood clotting. May help prevent hip fractures

Folate - Vital for new cell creationHelps prevent brain and spine birth defects when taken early in pregnancy; should be taken regularly by all women of child-bearing age since women may not know they are pregnant in the first weeks of pregnancy. Can lower levels of homocysteine and may reduce heart disease risk May reduce risk for colon cancer. Offsets breast cancer risk among women who consume alcohol

Niacin - Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system

Choline - Helps make and release the neurotransmitter acetylcholine, which aids in many nerve and brain activities. Plays a role in metabolizing and transporting fats

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Minerals

Copper - Plays an important role in iron metabolism. Helps make red blood cells

Calcium - Builds and protects bones and teeth. Helps with muscle contractions and relaxation, blood clotting, and nerve impulse transmission. Plays a role in hormone secretion and enzyme activation. Helps maintain healthy blood pressure

Chlorine - Balances fluids in the body. A component of stomach acid, essential to digestion

Chromium - Enhances the activity of insulin, helps maintain normal blood glucose levels, and is needed to free energy from glucose

Cobalt - Cobalt is an essential component of the structure of vitamin B-12, also called cobalamin. In combination with vitamin B-12, cobalt is needed in the diet in small amounts to ensure the proper functioning of all cells in the body.

Silica - When our dietary silica goes down, our nails grow slower and become more brittle. The same goes for hair. Silica also plays a role in keeping skin elastic and collagen healthy. Joint Health – Since collagen is vital to healthy joints, ligaments, and cartilage, silica is important too.

Phosphorous - Helps build and protect bones and teeth Part of DNA and RNA. Helps convert food into energy. Part of phospholipids, which carry lipids in blood and help shuttle nutrients into and out of cells

Potassium - Balances fluids in the body. Helps maintain steady heartbeat and send nerve impulses. Needed for muscle contractions. A diet rich in potassium seems to lower blood pressure. Getting enough potassium from your diet may benefit bones

Lithium - Lithium Orotate May Promote normal white blood cell count. Support liver health, Stimulate general well-being, Encourage normal thyroid health. Prompt mental balance and a good mood, Support eyesight,

Iron - Helps hemoglobin in red blood cells and myoglobin in muscle cells ferry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones

Iodine - Part of thyroid hormone, which helps set body temperature and influences nerve and muscle function, reproduction, and growth. Prevents goiter and a congenital thyroid disorder

Magnesium - Needed for many chemical reactions in the body Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth

Strontium - Assists in the building of bone density.

Magnesium - Needed for many chemical reactions in the body Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth

Molybdenum - Part of several enzymes, one of which helps ward off a form of severe neurological damage in infants that can lead to early death

Boron - Boron seems to affect the way the body handles other minerals such as magnesium and phosphorus. It also seems to increase estrogen levels in older (post-menopausal) women and healthy men. Estrogen is thought to be helpful in maintaining healthy bones and mental function.

Fluorine - Encourages strong bone formation. Keeps dental cavities from starting or worsening

Selenium - Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Helps regulate thyroid hormone activity.

Sodium - Balances fluids in the body. Helps send nerve impulses. Needed for muscle contractions Impacts blood pressure; even modest reductions in salt consumption can lower blood pressure.

Sulfate - Helps form bridges that shape and stabilize some protein structures. Needed for healthy hair, skin, and nails.

Vanadium - bone health and blood sugar.

Zinc - Zinc is needed for the proper growth and maintenance of the human body. It is found in several systems and biological reactions, and it is needed for immune function, wound healing, blood clotting, thyroid function, and much more.

Amino Acids

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Histidine - L-histidine has many vital functions within the body and is involved in the synthesis of hemoglobin, tissue repair and the strengthening of the immune system.

Phenylalanine - The amino acid tyrosine is classified as non-essential amino acid and is involved in the production of the neurotransmitters norepinephrine (noradrenaline), dopamine, and epinephrine (adrenalin). Tyrosine is also needed to produce the skin pigment melanin.

Tryptophan - Like phenylalanine, histidine and tyrosine, its structure contains an indole functional group, which means it cannot be synthesized and must be ingested as part of the diet. Foods which are high in protein, like soybeans or oats, are particularly suitable for this purpose, though peas and walnuts can also be used to ensure the daily requirement is met.

Methionine - The sulphurous α -amino acid L-methionine is an essential amino acid. The human body is not able to manufacture it by itself. That means that a constant blood serum level level therefore has to be maintained through nutrition and diet.

Threonine - L-threonine is an essential amino acid. It is important for regulating protein balance in the body. This amino acid is a precursor to serine and glycine. These are two other amino acids necessary for muscle tissue production. L-threonine supports digestive function, immune system.

Arginine - Arginine helps to increase circulation in the body. This can be very helpful for lowering blood pressure or helping with flow for sexual vitality.

Tyrosine - Tyrosine is necessary to produce the brain chemicals that assist with regulating pain sensitivity and appetite. Also, this amino acid helps the body to respond appropriately to stress. Tyrosine is also required for healthy thyroid, adrenal, and pituitary gland function.

Serine - Serine is a nonessential amino acid that the human body can make from two other amino acids, glycine and threonine. Serine is an important component of proteins in the brain, and a compound the body makes from serine, phosphatidylserine, is an important component in the myelin sheaths that protect nerve cells from chemical and mechanical injury.

Glycine - This amino acid is closely associated with the central nervous system and the digestive system. Glycine helps with the breakdown of fat by regulating the concentration of bile acids. Glycine is also required for the biosynthesis of heme. Heme is a key component of hemoglobin. Hemoglobin is essential in the maintenance of red blood cell integrity and optimal oxygen carrying capacity.

Leucine - Leucine is an essential branched chain amino acid. Leucine is important for protein synthesis and many metabolic functions; it contributes to regulation of blood-sugar levels, growth and repair of muscle and bone tissue and growth hormone production.

Glutamic Acid - Glutamic acid is an excitatory neurotransmitter. When out of balance, it can cause concentration issues. However, glutamic acid levels that are too low can impair learning.

Proline - L-proline is a non-essential amino acid manufactured mainly from ornithine, glutamine, and glutamate in the liver. Proline is one of the principal amino acids that are needed by the body to build collagen. This is a structural protein required to make elastic fibers found in the skin, bones, ligaments and tendons. Together with lysine and vitamin C, proline is converted into hydroxylsine and hydroxyproline to help form collagen.

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Isoleucine - Isoleucine is one of the three branched chain amino acids alongside both leucine and valine. Relative to the other two BCAAs, isoleucine is intermediate for its ability to induce muscle protein synthesis (stronger than valine, but much weaker than leucine) but is able to significantly increase glucose uptake and the usage of glucose during exercise. Isoleucine does not promote glycogen synthesis, however.

Alanine - L-alanine is a non-essential amino acid and plays a crucial role as a building block of important proteins. Mostly synthesized by the muscle cells from lactic acid it is considered the most important nutrient for the amino acid metabolism in the blood together with L-Glutamine. Once synthesized L-alanine is absorbed via the liver and converted to a pyruvate. This compound is critical for the production of glucose and hence blood sugar management.

Glutamine - Glutamine plays a decisive role in keeping a balanced acid-base ratio. Thanks to glutamine, toxic ammonia is separated off in the kidneys and the basic ammonia molecule is connected to acids and is excreted. A further advantage is that bicarbonate which is necessary for the neutralization of acids can be saved.

Valine - Valine is a branched-chain amino acid (BCAA) that works with the other two BCAAs, isoleucine and leucine, to promote normal growth, repair tissues, regulate blood sugar, and provide the body with energy. Valine helps stimulate the central nervous system, and is needed for proper mental functioning.

Cysteine - This makes a varied diet very important to avoid Cysteine undersupply. L-cysteine is built directly from the essential amino acid L-methionine. This makes the abundance of L-Methionine in the body a critical factor to the body's supply of L-cysteine. It is therefore sometimes counted as a semi-essential amino acid and also due to its role as a catalyst in many important metabolic cycles.

Asparagine - Asparagine is one of the principal and frequently the most abundant amino acids involved in the transport of nitrogen. Asparagine is an amino acid required by cells for the production of protein. Asparagine is an essential component of those proteins that are concerned with signaling, neuronal development and transmission across nerve endings. Asparagine is essential to all living cells for the production of many proteins. Cells can either internally produce asparagine or they can absorb asparagine from outside the cell, as it is obtained from a person's diet and made available through the bloodstream to all cells in the body. L-asparagine is an amino acid involved in the metabolic control of cell functions in nerve and brain tissue.

Aspartic Acid - Aspartic acid, also known as L-aspartate, is thought to help promote a robust metabolism, and is sometimes used to treat fatigue and depression.

Chemical sensitivities

Chemical sensitivities are something that many people are trying to deal with today. The sensitivities affect the liver and the kidneys. Becoming aware of your chemical sensitivities can be helpful and can give you some context of what you may need to detoxify and areas where you may need to focus.

Gasoline - gasoline has compounds such as benzene that are carcinogenic.

Cigarette Smoke - has compounds that are toxic to the lung and body.

Solvents- solvents like toluene come from paints and are toxic to humans.

Perfumes- these perfumes have solvents which are toxic to the liver.

Pesticides - pesticides are toxic to the nervous system.

VOC's - volatile organic compounds have toxic solvents.

Herbicides - these herbicides may be carcinogenic and have effects on the liver.

Organophosphates - these compounds are deeply toxic to the body.

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Paint Fumes - paint fumes have significant solvents.

Air Pollution - pollution in the air can cause the body to be toxic.

Formaldehyde - formaldehyde is still found in particle board, flooring and more. It is known to be carcinogenic.

Fragrances - Fragrances, like air freshener or dryer sheets are often filled with toxic chemicals.

Electrical sensitivities

Electrical lines, electricity in the house, cellular frequencies and wireless frequencies may have effects on human health. This was best elucidated in a report created by scientists from around the world. You can find this at bioinitiative.org. You can see by this panel which of these electrical sensitivities may be affecting you or your client.

Wifi - Wireless frequencies typically come from RF routers to allow for wireless internet. Those frequencies can travel through solid objects, but can also travel through bodies.

Cellular frequencies - frequencies from the phone

Radio waves - These frequencies are on the range of RF, radio frequency and merge with the same RF produced by internet providers to generate wireless frequencies.

Fluorescent lights - fluorescent lights may flicker at a rapid pace that can cause problems. The frequency given off by the light may be problematic for human health.

UHF - Frequencies generated for TV reception.

Computer monitors - sitting too close to monitors, particularly older ones may have harmful effects. Newer monitors are of more concern due to the blue light emanating from it.

Electrical appliances - some appliances give off high levels of gauss, which is where the electrical sensitivities may come from.

Sensitivities

Food allergies are more common than ever. Find out which foods or other items you may be sensitive to. By running the reactive items, you will be able to clear some sensitivities. This is particularly true when you combine your clearing of these items with emotional clearing.

Run a clearing of sensitivities and emotions for 10-15 minutes and then re-test. You will see that some items will clear quickly, while some items remain. These remaining, or chronic items often represent the true food intolerances (like lactose intolerance in relation to milk).

A helpful combination for clearing sensitivities is: Sensitivities that are in red and blue, the frequency for the liver (from today's stress), Emotions, Solfeggio Frequencies. Choose Sine as the wave in order to promote physiological healing.

Biofield

The biofield of the body is the energy field. Specific frequencies that relate to the energy field of the body are included in this category of screens.

Included in the **biofield** screens are **Sacred Geometry, Meridians, Spiritual Protection, Aura, Nogier, Chakra and Solfeggio Tones**.

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Solfeggio Tones

The Solfeggio tones represent sacred harmonic steps that bring tranquility to the spirit when we listen to them. To get a feeling of this, listen to Gregorian chanting, which uses the solfeggio tones. This scale is sacred and can be contrasted to the current musical scale used today. Take the feel of pop music compared to Gregorian chants. The pop music keeps us focused on the external, while the feeling of the chanting is almost immediately being drawn within.

Using the tones in your balancing is very powerful. The tones have different balancing effects. You could even do a session that only includes these frequencies. These are considered “coherent” frequencies. Coherent frequencies are those that help us to achieve perfection on both the energetic and physical level. You can test the Solfeggio screen and see which of these tones are most resonating for you. In this case, those tones will be revealed as those in red or blue. You can really choose any of these tones for your balancing and you can do it in order to bring about a particular effect. Find that effect by reading the meanings of the different tones and select accordingly.

396 Hz (UT)

Liberate one from fear. Cleanse heavy feelings of guilt. Release hidden subconscious obstacles.

417 Hz (RE)

Clear the effects of traumatic experiences and the pain or cellular memory of past events, when it is limiting in the present. 417 is known as the frequency that puts you in touch with the infinity energy within you!

528 Hz (MI)

Use this for DNA repair and to bring about miracles! This is a great frequency for any chronic case, for cancer clients and for anyone who has lost hope or just wants to do preventive DNA repair. The tone “MI” can activate both your imagination and your intuition! You can also use your 528 Hz in every balancing session in order to make it more successful and to create powerful results faster.

639 Hz (FA)

Use this for balancing and reconnecting relationships. Creates harmony in these areas and specifically the tone “FA” can be used to clear any type of relationship issue in your life. Because it is about relationships and relationships are all about communication, this frequency can be used to increase cell to cell communication. This is important for healing any disease, but specifically cancer will likely benefit from the introduction of this frequency. 639 Hz enhances the energy of tolerance and love.

741 Hz (SOL)

Use this for solving problems, discovering innovative solutions and increasing creative self-expression. 741 Hz is amazing in that it can assist in cleaning the cell of toxins. Use 741 also for clearing the effect of EMF. Use it intentionally to increase your power of self-expression.

852 Hz (LA)

Use this for awakening intuition and returning to spiritual order. This frequency is helpful for piercing through the illusions in your life. Use this frequency in order to open yourself to Divine communication. 852 raises your awareness and allows you to return to spiritual order. It even allows the process within your cells to transform to a much higher level of energetic functioning.

Additional research conducted by Dr. Leonard Horowitz claims to have revealed three more Solfeggio frequencies and they are included in your Genius software.

963 Hz (SI)

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This frequency enhances the experience of connecting to your own perfection. This can also be thought of as the return to Oneness. To feel more spiritually connected, consider running this frequency.

174 Hz

This frequency is helpful for pain reduction and for enhancing a sense of comfort. This frequency gives your organs a sense of security, safety and love.

285 Hz

This frequency helps return tissue into its original form. 285 Hz influences energy fields, sending them a message to restructure damaged organs. It also leaves your body rejuvenated and energized.

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Nogier Frequencies

The late French neurologist, Dr. Paul Nogier, is best known for his innovative work in the development of auriculotherapy (ear acupuncture). Based on this research, Dr. Nogier's findings and innovations have had profound implications for neuropathy and chronic pain patients, by helping to increase blood flow, reduce inflammation and assist in general healing.

Dr. Nogier developed a unique pulse test. This test enabled him to determine that all tissues and organs throughout the body (which develop from three basic embryologic tissues; ectoderm, endoderm and mesoderm) are in resonance (sympathetic vibration) with specific frequencies. Dr. Nogier identified these frequencies as harmonics of the musical note D. This is to say that all the tissues of the body resonate to harmonics of D. Dr. Nogier found that these and other harmonics of D have healing effects. These harmonics are the Nogier frequencies.

Based on these findings, he designed electronic instruments that delivered seven pulsed energies into the body for the purpose of healing injured or diseased organs and tissues. These pulsed energies induced healing by exposing damaged tissues to their normal resonance frequency.

Nogier A | 292 Hz

Nogier A is used to **encourage cellular vitality**.

Cellular Vitality: Resonates with the Ectoderm (outermost tissue) that forms skin, glands, nerves, eyes, ears, teeth, brain and spinal cord. Assists wound healing, skin and nerve repair, and reduces scar tissue, inflammation and tumors. Try D if a chronic condition related to A is not improving. Frequency A is a universal frequency (as is G) to try for any condition.

Nogier B | 584 Hz

Nogier B is excellent for people with **digestive issues**. It may improve **nutritional assimilation**.

This frequency chimes in perfect resonance with Endoderm (innermost tissue) that forms the lining of the intestinal tract, the lungs, the bladder, the urethra, and the auditory tube. This ectoderm also forms the thyroid, thymus, liver, gall bladder and pancreas. 584 Hz appears to improve nutritional assimilation, allergy problems and balances the parasympathetic nervous system.

584 Hz can also be used for circulatory problems, edema, lymph issues, autoimmune disease and issues with the immune system including allergies.

Nogier C | 1,168 Hz

Nogier C brings coherent frequencies to the mesoderm (middle tissue) that forms connective tissue such as ligaments, tendons, cartilage, muscle, and bone. It also forms the heart, blood and lymph vessels, kidneys, ovaries, testes, spleen, and the cortex of the adrenal gland. Used for muscle, skeletal and myofascial pain.* Try D if chronic condition related to C is not improving.

Nogier D | 2,336 Hz

Frequency D helps to balance the two sides of the brain. May also help reduce and handle stress. Frequency D can also be used for posture disorders including "false" shorter leg and scoliosis.

Nogier E | 4,672 Hz

Frequency E is used for spinal and skin disorders and for pain control. This frequency brings coherence to the spinal cord and peripheral nervous system. Veterinary experience reports the reduction of excess calcification such as bone spurs and arthritic joints.

Nogier F | 73 Hz - Harmonic Frequency

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Emotional Reactions: Resonates with the subcortical lower regions of the brain. including the thalamus and hypothalamus—two major control centers for body functions. May also help with muscle spasms, facial pain, headaches and depression. Has been used for non-healing bone fractures and to help balance hormones. Veterinary experience: Improves circulation.

Nogier G | 146 Hz - Harmonic Frequency

Intellectual Organization: Used for memory, psychological disorders, nervousness and worry. Resonates with the cerebral cortex of the brain—involved with thinking, imagining and creating. Veterinary experience: Reduces inflammation and scar tissue on tendons and ligaments, reduces edema and improves gums. Frequency G is a universal frequency (as is A) to try for any condition.

Nogier L | 276 Hz

Nogier L brings resonance to the brain. The 276 Hz is helpful for difficulties with left brain to right brain communication. It specifically helps with dyslexia, concentration issues, memory issues, depression and others.

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Chakras

Root chakra – first chakra - The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra colors associated with the root chakra is Red. The root chakra defines our relation to Earth. It impacts our vitality, passion and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

Sacral chakra - second chakra - – The Sanskrit word for the sacral chakra is the Swadhisthana chakra. The chakra colors associated with sacral chakra is orange. Swadishthana chakra relates to the water element in the human body. The chakra colors orange impact sexuality, reproductive function, joy, desire and even creativity, compassion for others etc. The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, bladder etc.

Solar plexus chakra - third chakra – The Sanskrit word for this chakra is ManiPura Chakra which literally translates to “city of jewels”. Thus the solar plexus chakra is the personal power chakra that is responsible for one’s personal and professional success. The chakra colors yellow of this energy vortex are associated with fire, energy, charge etc. This element of fire, when balanced and harmonious allows one to feel more confident, cheerful and energetic along with a right amount of respect for self and others. Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with Solar plexus chakra are Adrenal glands.

Heart chakra – The 4th chakra, Anahata Chakra or the heart chakra is associated with the chakra colors Green. This chakra influences our relationships and has the Air element. A weak heart chakra is responsible for sabotaging the relationships through distrust, anger and envy etc. Sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

Throat chakra – The 5th chakra. The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen etc. The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth and neck vertebrae. The ethereal element of the Throat Chakra, when balanced, allows an individual to have pleasant voice, artistic abilities, expressive ways and also ability to be in a higher place spiritually. The individuals with balanced throat chakra are able to meditate well and use their energy efficiently and artistically.

Brow/Third Eye chakra - The 6th chakra – The Ajna Chakra literally translates to “centre of knowing or monitoring”. This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well balanced brow chakra can have telepathic abilities, charismatic personality and they often do not have any fear of death. The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

Crown Chakra – The 7th chakra - This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple. The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light. In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

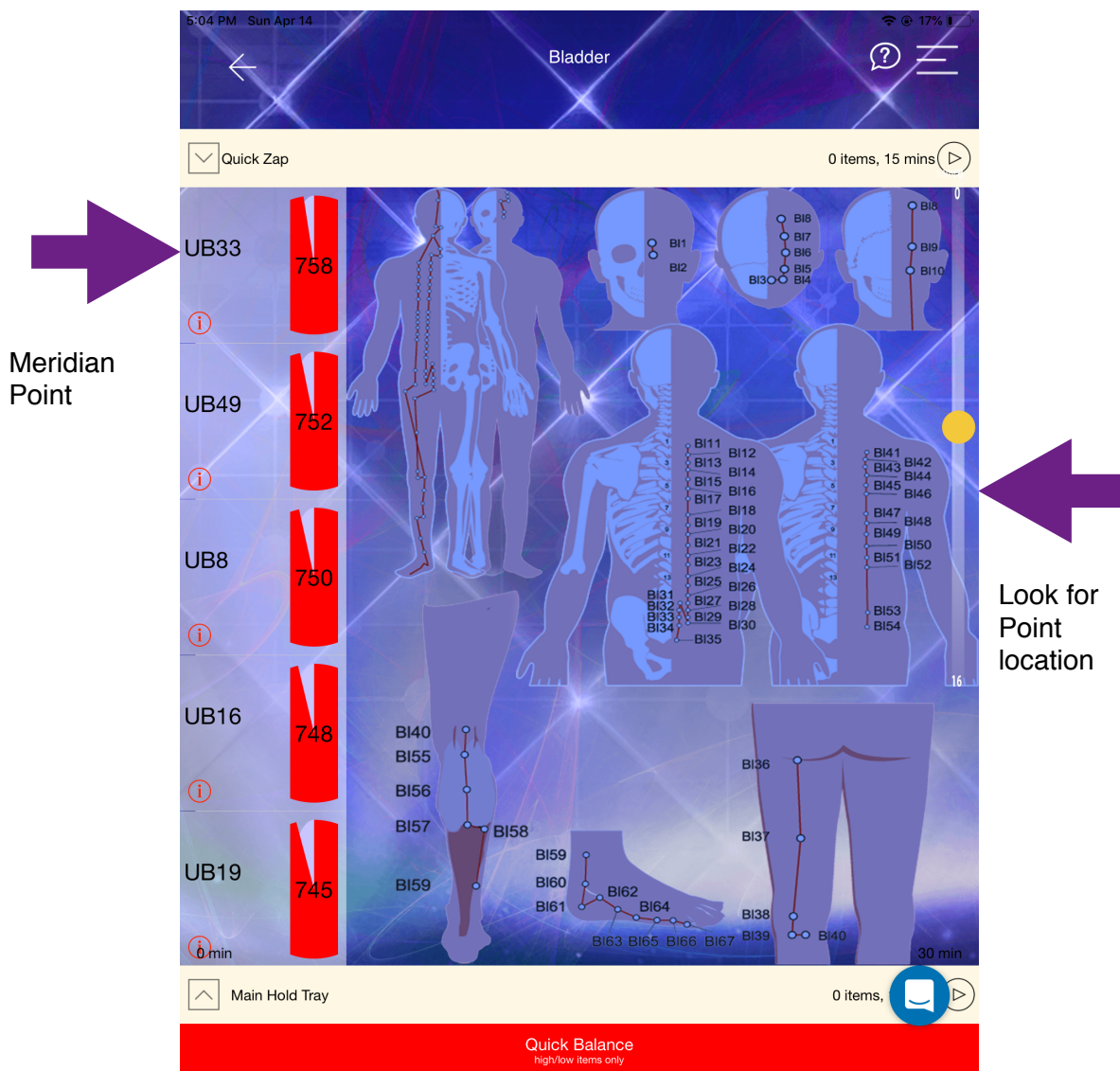
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Meridians

Meridians are powerful energetic pathways in the human body. They represent the flow of energy and have a relationship to mind, body and spirit. Meridians are powerful and you could consider including the highest and lowest scoring meridian in each session you do. You can also go deeper into each meridian by testing for the points on the meridian that have reactivity. These points allow you to laser in on one precise energy location on the body. You may want to apply essential oils or acupressure to these



individual points. Within the screen that tests for these points, you will see amazing detailed diagrams covering every meridian in the body.

Stomach: Earth Energy Yang Organ

Focus of the stomach meridian is on the digestion of food and fluids, as you might have guessed. In addition, it moves the fluids on for assimilation in the small intestine.

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The stomach also extracts pure postnatal energy from foods and fluids, and in coordination with spleen energy it transports this food energy through the meridian system to the lungs, where it combines with air energy from breathing. This is a function of the stomach not acknowledged in Western medicine, which focuses only on the biochemistry of digestion and does not recognize the bioenergetic aspect.

Spleen: Earth Energy Yin Organ

In Chinese medicine, the function of the spleen organ-energy system includes the pancreas. Called the 'Minister of the Granary', the spleen and pancreas control extraction and assimilation of nutrients from food and fluids by providing the digestive enzymes and energy required by the stomach and small intestine. They regulate the quantity and quality of blood in circulation and coordinate with the kidneys to control fluid balance throughout the system. Spleen energy commands extraction of energy from stomach to lungs, where it is blended with energy from air to form True Human Energy. The spleen directly influences and is reflected by the tone and condition of muscle tissue. Weak limbs and muscular atrophy are indications of deficient spleen energy.

Spleen and pancreas condition is reflected externally by the color and tone of the lips: reddish moist lips indicate strong spleen function; pale dry lips are a sign of weak spleen function. The mouth is the spleen's external aperture, and temperamental moodiness is its associated emotion. The Chinese term for 'bad temper' is 'bad spleen energy', a psychophysiological association also reflected in the English term 'splenetic'.

Spleen imbalances are often associated with sitting for too long, lots of mental stress and strain, drinking cold fluids or cold food, or visiting or living in a cold, damp environment. This can mean a rainy climate or even living too close to the ocean.

Color	Orange, Yellow
Peak hours	9am-11am
Positive emotions	Trust, honesty, acceptance
Negative emotions	worry, excessive thinking, remove
Body	muscles, lip, mouth, saliva, lymphatic system
Function	cleanses the blood

Heart: : Fire Energy Yin Organ

The Heart's associated organ is the Small Intestine; its element is Fire. Long-term memory, thinking, emotions, intimacy, cognition, intelligence, and ideas are all dominated by the function of the Heart. The Heart is sometimes called The Emperor, or "supreme controller of all Yin and Yang organs". The Heart houses the body's spirit (Shen). The Heart dominates sleep; if the Heart is strong the patient will fall asleep easily and sleep soundly.

If the Heart is weak, the patient's mind will "float," resulting in an inability to fall asleep, disturbed sleep, or excessive dreaming. The Heart's positive psycho-emotional attributes are love, joy, peace,

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contentment, propriety, insight, wisdom, orderliness, forgiveness, and courtesy. Its negative attributes are hate, guilt, shock, nervousness, excitement, longing, and craving.

Color	Red
Peak hours	11am-1pm
Positive emotions	joy, peace, contentment
Negative emotions	hate, guilt, shock, longing
Body	blood, tongue, throat, sweat, facial complexion, adrenals, thyroid, prostate, pituitary.
Function	pulse, circulation, house of the spirit

Small Intestine: Fire Energy Yang Organ

Known as the 'Minister of Reception', the small intestine receives partially digested food from the stomach and further refines it, separating 'the pure from the impure', then assimilating the purified nutrients and moving the impure wastes onwards to the large intestine for elimination. Associated with the heart by Fire energy, the small intestine controls the more basic emotions, as reflected in the Chinese term duan chang ('broken intestines'), which is equivalent to the English term 'broken heart'.

Its energy meridian runs into the head, where it influences the function of the pituitary gland, the 'master gland' whose secretions regulate growth, metabolism, immunity, sexuality, and the entire endocrine system. Notice that this points to the connection between digestion and hormones and the immune system!

Color	Pink
Peak hours	1pm-3pm
Positive emotions	joy, peace, contentment
Negative emotions	hate, guilt, shock, longing
Body	blood, tongue, throat
Function	absorbs nutrients, digestion and elimination

Bladder: Water Energy Yang Organ

The bladder is called the 'Minister of the Reservoir' and is responsible for storing and excreting the urinary waste fluids passed down from the kidneys. As an organ the bladder has only this function, but as an energy system the bladder is intimately related to the functions and balance of the autonomous nervous system. That's because the bladder energy meridian runs along the back of the body from head to heel, with two parallel branches flowing along each side of the spinal column. These four branches of the bladder meridian exert a direct influence on the sympathetic and parasympathetic trunks of the

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autonomous nervous system, whose condition of modern life, over activates the sympathetic system, causing tension and pain along the spine and its periphery. This tension and pain may be relieved by stimulating the flow of energy along the spinal branches of the bladder meridian. Such stimulation induces total relaxation by switching the autonomous nervous system over to the restful, restorative parasympathetic mode. Chinese massage therapy focuses primarily on these four spinal branches of the bladder meridian because of their direct influence over the autonomous nervous system, which regulates all the body's basic vital functions.

Color	Deep Blue
Peak hours	3pm-5pm
Positive emotions	joy, peace, contentment
Negative emotions	hate, guilt, shock, longing
Body	autonomic nervous system
Function	stores and eliminates urine

Kidney: Water Energy Yin Organ

Known as the 'Minister of Power', the kidney is regarded as the **body's most important reservoir of essential energy**. The original prenatal energy (yuan chee) which forms the basis of life is stored in the kidney organ-energy system, which is why the kidneys are also known as the 'Root of Life'. In the Chinese view, the kidney organ system also includes the adrenal glands, which consist of the adrenal medulla and the adrenal cortex. These glands sit like hats on top of the kidneys and secrete a wide range of essential hormones that regulate metabolism, excretion, immunity, sexual potency and fertility. Destruction of the adrenal cortex is fatal. The kidney system also includes what the Chinese call the 'external kidneys': the testicles in men and the ovaries in women. Thus the kidneys control sexual and reproductive functions and provide the body's prime source of sexual vitality, which the Chinese regard as a major indicator of health and immunity.

The kidneys themselves are responsible for filtering waste metabolites from the blood and moving them onwards to the bladder for excretion in urine. Along with the large intestine, the kidneys control the balance of fluids in the body. In addition, they regulate the body's acid-alkaline balance (pH) by selectively filtering out or retaining various minerals.

The kidneys, particularly the adrenal glands, are especially vulnerable to damage from excessive stress and sexual abuse. In the Chinese view, such damage is a major cause of immune deficiency, low vitality, and sexual impotence.

The kidneys control the growth and development of bones and nourish the marrow, which is the body's source of red and white blood cells. Weak kidney energy is therefore a prime cause of anemia and immune deficiency. The Chinese view the spinal cord and the brain as forms of marrow, and therefore poor memory, inability to think clearly, and backache are all regarded as indicators of impaired kidney function and deficient kidney energy.

Kidney vitality is reflected externally by the condition of head and body hair and is associated with the aperture of the ears. Tinnitus (ringing ears) is thus a sign of kidney dysfunction. The kidneys are the seat of courage and willpower, and therefore any impairment in kidney energy results in feelings of fear and paranoia. Intense fear can cause involuntary urination, a phenomenon also known to Western medicine.

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Color	Light blue
Peak hours	5pm-7pm
Positive emotions	confidence
Negative emotions	fear, paranoia
Body	autonomic nervous system
Function	stores prenatal essence, filters the blood.

Pericardium: Fire Energy Yin Organ

Known as the 'King's Bodyguard', the pericardium is the heart's protective sack. Although it is not recognized as an organ in Western physiology, it is regarded in Chinese medicine as a Fire-energy organ whose special function is to protect the heart. Not only does the pericardium provide the heart with physical protection, its energy also protects the heart from damage and disruption by excessive emotional energies generated by the other organs, such as anger from the liver, fear from the kidneys, and grief from the lungs. In the Chinese system of health, extreme outbursts of the Seven Emotions are regarded as powerful disruptors of internal energy balance and major causes of disease. Without the pericardium to protect it, the heart would be subject to injury from the radical fluctuations in energy caused by every emotional up and down of the day. The pericardium also helps regulate circulation in the major blood vessels that run in and out of the heart. Emotionally, pericardium energy is related to the loving feelings associated with sex, thereby linking the physical and emotional aspects of sexual activity. It does this by moderating the raw sexual energy of the kidneys with the all embracing love generated by the heart.

Color	Purple, red
Peak hours	7pm-9pm
Positive emotions	confidence
Negative emotions	fear, paranoia
Body	throat, sweat, facial complexion
Function	protects the heart

Triple Warmer: Fire Energy Yang Organ

This organ-energy system, which is not recognized in Western physiology, is called the 'Minister of Dykes and Dredges' and is responsible for the movement and transformation of various solids and fluids throughout the system, as well as for the production and circulation of nourishing energy (ying chee) and protective energy (wei chee). It is not a single self-contained organ, but rather a functional energy system involved in regulating the activities of other organs. It is composed of three parts, known as 'burners', each associated with one of the body's three main cavities: thorax, abdomen, and pelvis. An ancient Chinese medical text states: 'The Upper Burner controls intake, the Middle Burner controls transformation, the Lower Burner controls elimination.'

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The Upper Burner runs from the base of the tongue to the entrance to the stomach and controls the intake of air, food, and fluids. It harmonizes the functions of heart and lungs, governs respiration, and regulates the distribution of protective energy to the body's external surfaces.

The Middle Burner runs from the entrance to the stomach down to its exit at the pyloric valve and controls digestion by harmonizing the functions of stomach, spleen, and pancreas. It is responsible for extracting nourishing energy from food and fluids and distributing it via the meridian system to the lungs and other parts of the body.

The Lower Burner runs from the pyloric valve down to the anus and urinary tract and is responsible for separating the pure from the impure products of digestion, absorbing nutrients, and eliminating solid and liquid wastes. It harmonizes the functions of liver, kidney, bladder, and large and small intestines and also regulates sexual and reproductive functions.

Some medical researchers believe that the Triple Burner is associated with the hypothalamus, the part of the brain which regulates appetite, digestion, fluid balance, body temperature, heartbeat, blood pressure, and other basic autonomous functions.

Color	Orange, red
Peak hours	9pm-11pm
Positive emotions	none recorded
Negative emotions	none recorded
Body	covering of the heart
Function	regulates transportation of body fluids

Gallbladder: Wood Energy Yang Organ

Known as the 'Honorable Minister', the gall bladder is in charge of the '**Central Clearing Department**'. It secretes the pure and potent bile fluids required to digest and metabolize fats and oils, and its energy provides **muscular strength and vitality**. It works with the lymphatic system to **clear toxic by-products of metabolism from the muscular system, thereby eliminating muscular aches and fatigue**. In the Chinese system, the common tension headache is caused by obstruction in the gall-bladder meridian, which runs up over the shoulders and back of the neck to the top of the head and forehead. Hence such headaches are usually accompanied by neck and shoulder tension.

The gall bladder governs **daring and decisiveness**. In Chinese, the word for 'daring' is da dan ('big gall'). The English language also acknowledges this psychophysiological relationship with the phrase 'a lot of gall'. An old Chinese adage states: 'The gall bladder is daring, the heart is careful', which reflects the stimulating generative influence of Wood to Fire.

Common themes: headaches, loss of muscular strength or loss of vitality, indecisiveness.

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Liver: Wood Energy Yin Organ

Liver: Wood-energy yin organ

The liver is called the 'General' or 'Chief of Staff' and is responsible for **filtering, detoxifying, nourishing, replenishing, and storing blood**. The liver stores large amounts of sugar in the form of glycogen, which it releases into the blood stream as glucose whenever the body requires extra infusions of metabolic energy. The liver receives all amino acids extracted from food by the small intestine and recombines them to synthesize the various forms of protein required for growth and repair of bodily tissues.

The liver controls the peripheral nervous system, which regulates muscular activity and tension. The inability to relax is often caused by liver dysfunction or imbalance in Wood energy. Liver energy also controls ligaments and tendons, which together with muscles regulate motor activity and determine physical coordination. Liver function is reflected externally in the condition of finger- and toenails and by the eyes and vision. **Blurry vision is often a result of liver malfunction rather than an eye problem**, and even Western medicine recognizes the symptomatic yellow eyes of liver jaundice.

Through its association with Wood energy, the liver governs growth and development, drive and desires, ambitions and creativity. **Obstruction of liver energy can cause intense feelings of frustration, rage, and anger**, and these emotions in turn further disrupt liver energy and suppress liver function, in a vicious self-destructive cycle.

Color	Deep green
Peak hours	1am-3am
Positive emotions	Happy, content, free to change
Negative emotions	anger, defensiveness, feeling "stuck"
Body	eyes, tendons, tears, nails
Function	stores the blood, governs the free flow of Qi

Lung: Metal Energy Yin Organ

Known as the 'Prime Minister', the lungs control breath and energy and assist the 'King' heart with the circulation of blood. The Internal Medicine Classic states: 'Energy is the commander of blood; when energy moves, blood follows. Blood is the mother of energy; where blood goes, energy follows.' This intimate relationship between breath and pulse, blood and energy, is the basis of Chinese breathing exercises.

Breathing controls cellular respiration, and shallow irregular breathing is therefore a major cause of low vitality and insufficient metabolism. The lungs also control the skin, which 'breathes' via the opening and closing of pores and is responsible for adjusting body temperature through perspiration and shivering. The skin is where the radiant energy of resistance emanates, forming the first line of defense against noxious environmental energies such as heat and cold. Flu and the common cold are caused by impairment of radiant skin energy's capacity to resist external invasion, and symptoms of these diseases usually settle in the lungs and bronchial tract. Pallid skin and poor complexion are common indications

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of weak lungs. The nose is the external aperture of the lungs and the gate of breath. A clogged or runny nose is another indicator of ailing lungs.

Breathing directly controls the autonomous nervous system, and this relationship is the basis for almost every system of yoga and meditation. By regulating the autonomous nervous system and governing energy and pulse, breathing forms a direct bridge between body and mind and may be utilized to keep the two in balance.

Common themes: any lung illness, breathing practice is important, skin and lungs are connected. Consider that issues of the skin or lungs may benefit from opening the energy of this meridian.

Large Intestine: Metal Energy Yang Organ

The large intestine is called the 'Minister of Transportation'. It controls the transformation of digestive wastes from liquid to solid state and transports the solids onwards and outwards for excretion through the rectum. It plays a major role in the balance and purity of bodily fluids and assists the lungs in controlling the skin's pores and perspiration.

Coupled with the lungs by Metal energy, the large intestine depends on the lungs for movement via the expansion and contraction of the diaphragm, which works like a pump to give impetus to peristalsis by regulating abdominal pressure. Thus sluggish bowels may be stimulated and constipation cured by deep diaphragmatic breathing and by tonifying lung energy. Conversely, congested lungs and clogged bronchial passages may be cleared by purging the bowels.

Color	Off white
Peak hours	5am-7am
Positive emotions	worthy, willing to let go
Negative emotions	intolerant, depressed, prejudiced
Body	eyes, tendons, tears, nails
Function	stores the blood, governs the free flow of Qi

Conception Vessel

The Conception Vessel (ren mai) originates from the perineum, runs along the anterior midline of the abdomen, passes through the cheek and enters into the eye socket finally. It meets all the yin meridians, and thus is called the "sea of the yin meridians."

Common themes: fertility, reproduction in general, menopause. Consider also that an imbalance in the conception vessel area can signify that someone has gotten low in reserves and needs to begin to rebuild them.

Governing Meridian

The Governing Vessel is the confluence of all the Yang channels, over which it is said to "govern." Because it controls all the Yang channels, it is called the "Sea of Yang Meridians." This is apparent from its pathway because it flows up the midline of the back, a Yang area, and in the center of all Yang

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channels (except the stomach channel which flows in the front). The Governing Vessel governs all the Yang channels, which means that it can be used to increase the Yang energy of the body.

The Governing vessel is also responsible for nourishing the five ancestral organs, which include the brain and spinal cord. This is one of the ways in which the kidneys "control" the brain, as is said in Chinese medicine. Because of their importance to health, the Governing vessel and the Conception vessel are considered the two most important Qi channels to be trained in Qigong, especially in Nei Dan. Training related to these two vessels includes: 1. How to fill them with Qi so that you have enough to regulate the twelve channels, 2. How to open up stagnant areas in these two vessels so that the Qi flows smoothly and strongly, 3. How to effectively direct the Qi to nourish the brain and raise up the Shen, 4. How to effectively govern the Qi in the twelve channels, and nourish the organs, 5. How to use your raised Shen to lead the Guardian Qi to the skin and strengthen the Guardian Qi shield covering your body. **Common themes:** Increasing overall vitality, restoring health. A vital and important meridian to be strong.

Aura

The aura panel can be thought of as a sort of monitoring panel. Place the frequencies you want to balance into the main hold tray. Then, navigate to the Aura panel. Once inside, choose a short time to balance. For example 1-3 minutes. Tap Begin Analysis to get an initial sense of where the person's aura is right at the beginning. Take a screen shot of the aura picture for comparison to a later one and then one at the end. When the aura is filled with purple, pink, green and higher vibrational colors, you are at a good ending point for the session but it is not absolutely necessary to achieve these goals.

Once you have balanced for a few minutes, you will be able to choose "Begin Analysis" again and get new results as to where the energy is moving. The aura picture is facing you and frequencies are moving through the body from the person's left side, or as you view it the right side. They take in frequencies through this side and they release energy through their right side.

Typically, you will start out with frequencies associated with the lower chakras, reds, orange and yellow. These may have a muddy tone to them. As you proceed, you will often see results progress to green, pink, purple and blue tones. If you run the frequencies for longer than 5 minutes, you may see the tones go through cycles. The higher chakra colors will revert to lower chakra colors and then come back to the purple and pink once again. You are viewing the process of the person working through the frequencies and experiencing that in the energy field in a cyclical way.

In the aura picture, the person is facing you. So your right view is their left side. The energy they are receiving from the Genius can often be visualized as the energy moving in on that right side view for you. On the other side, the energy is moving out. It takes some practice to understand the aura by reviewing the color meanings below. Do your own research on auras to take the information to a deeper levels. The general pattern you are looking for is a clearing of gray, black, brown and murky appearance of the energy that may appear like "split pea soup" regardless of the color it has a fuzzy appearance. This should clear away during the session.

It is a great practice to monitor the aura at different times during the session, retesting it as you go along. You will be able to see your progress and your client can enjoy seeing the movement as well. It is perfectly fine to send the aura pictures of before and after and it is actually a great marketing tool as many people are fascinated by the aura. However, do remember to explain that it is energetic information only.

Below are some common associations with the various aura colors.

RED: Relates to the physical body, heart or circulation. The densest color, it creates the most friction. Friction attracts or repels; money worries or obsessions; anger or unforgiveness; anxiety or nervousness

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ORANGE: Relates to reproductive organs and emotions. The color of vitality, vigor, good health and excitement. Lots of energy and stamina, creative, productive, adventurous, courageous, outgoing social nature; currently experiencing stress related to appetites and addictions;

YELLOW: Relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence and action shared, creative, playful, optimistic, easy-going.

GREEN: Relates to heart and lungs. It is a very comfortable, healthy color of nature. When seen in the aura this usually represents growth and balance, and most of all, something that leads to change. Love of people, animals, nature; teacher; social

BLUE: Relates to the throat, thyroid. Cool, calm, and collected. Caring, loving, love to help others, sensitive, intuitive.

VIOLET: Relates to crown, pineal gland and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura, and reveals psychic power of attunement with self. Intuitive, visionary, futuristic, idealistic, artistic, magical.

GOLD: The color of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance. Protection, wisdom, inner knowledge, spiritual mind, intuitive thinker.

BLACK: Draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually indicates long-term unforgiveness (toward others or another) collected in a specific area of the body, which can lead to health problems; also, entities within a person's aura, chakras, or body; past life hurts; unreleased grief from abortions if it appears in the ovaries

WHITE: Reflects other energy. A pure state of light. Often represents a new, not yet designated energy in the aura. Spiritual, etheric and non-physical qualities, transcendent, higher dimensions. Purity and truth; angelic qualities.

Spiritual Protection

The spiritual protection screen is best interpreted as a place where you may be weak in terms of spiritual hygiene. This means taking time each day to put protection around yourself and being aware of how you are sharing your energy.

Chanting & Invocations - When you see this, it is important for the client to embrace daily positive affirmations. Chanting can be sacred positive words or it can be affirmations. This means that consciously declaring your state of perfect health or speaking your intentions daily is important at this time.

Psychic attack - It is possible that someone is thinking negative thoughts about you or sending you negative energy. That is why daily energetic protection can be helpful. However, you are the one in charge of your energy field. By building that energy field with positive thoughts, you can become impenetrable to other's negativity.

Cutting the cord - We energetically "cord" with people we are connected to in life. This can be parents, children, spouses, etc. When a relationship is codependent or one person is pulling or draining energy from the other, this is an example of an unhealthy cord from one to the other. With this frequency, it will help to strengthen you and correct that imbalance in the relationship.

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Dark Forces - While there may be dark forces externally, most people need to be concerned about the dark forces they face within themselves. If you see this frequency, it is best to begin to intentionally return to spiritual practices including meditation and positive affirmations. Consciously consider embracing the light. Balancing this frequency will help.

Auric Protection - This is very similar to many of the other frequencies in this category. This means that some of your defenses may be down and you are more likely to be influenced by the moods or negativity at that time. To protect your aura, run this frequency and imagine that you are protected by red roses with long stems all along the perimeter of your aura, going out about 3 feet from your body.

Grounding - This indicates that you may feel a little off balance and some time for meditation and reflection may be helpful. Going barefoot for a short period of time outside will also be helpful. Imagine a grounding cord going out from the back of your 2nd chakra and going deep inside the earth and connecting with the earth core crystal as you run this frequency.

Surround & Protect: FTHG - FTHG here means “For The Highest Good”. This indicates the need to build up your energetic reserves and keep your energetic shields up! Imagine yourself protected by red roses with long stems that will pick up negativity sent to you by others. Run this frequency to increase protection all around you.

Protective Jewelry - This frequency tells you that wearing jewelry such as crystals or stones may be very beneficial for you today! You can use your Genius to imprint positive and protective frequencies, such as the Solfeggio tones into crystals and stones.

Releasing Attachments - This frequency means that you may be holding on to old belief systems or engaging in codependent relationships with others that do not serve you. It could also mean unnecessary attachments to material items. Everything is temporary and spiritual teachers tell us to have some sense of detachment from material things. This frequency will help you to ease fears you may have from releasing attachments to people and things.

Entities - This frequency indicates that some entities may be affecting your energy field. It is important not to give your power away or feel like a victim. Most “entities” are really projections of our own fears and negative thoughts that have been going on for some time. The best remedy is to begin to meditate and to do some positive affirmations, written or spoken, each and every day. When running this frequency, some may find it helpful to invoke the protection and assistance of Archangel Michael. It has been said that Michael specializes in helping humanity from clearing these negative influences successfully.

Embracing the light - When this frequency is shown in red or blue, it communicates an important message to the user. Remember to embrace the light daily through positive affirmation, meditation and writing down your intentions. Forgiveness and working toward freedom from fear is also part of this equation. Run this frequency while speaking or reading your positive affirmations for the day.

Sacred Geometry

Using sacred geometry frequencies in your balancing protocols can make them significantly more powerful and greatly improve your impact with the balancing. The different frequencies included in this category are considered “coherent”. They are representative aspects of perfection within ourselves. When we focus on the Flower of Life or the Fibonacci Sequence, it helps to bring a profound inner stillness and assists us into coming back into balance. It is a great practice to use any Sacred Geometry frequency in your balancing sessions.

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Archimedean Solids - In geometry, an Archimedean solid is one of the 13 solids first enumerated by Archimedes. They are the semi-regular convex polyhedrons composed of regular polygons meeting in identical vertices, excluding the 5 Platonic solids (which are composed of only one type of polygon) and excluding the prisms and anti-prisms. Balancing the Archimedean Solids will be like a chakra balancing.

Circle - Think of the circle for successful completion of projects or feeling a sense of completion within yourself.

Dimensionality - Think of running dimensionality to more deeply embrace all the aspects of yourself, particularly ones that are wonderful but you may not be aware of. Dimensionality suggests becoming more aware and embodying all of "you" which exists on multiple planes and dimensions. The dimensions are not fixed points on a compass. They are a circle dancing, moving and expanding constantly. There is constant movement with and between all of dimensions – they are fluid.

Fibonacci - The Fibonacci sequence is a set of numbers that starts with a one or a zero, followed by a one, and proceeds based on the rule that each number (called a Fibonacci number) is equal to the sum of the preceding two numbers. It represents the organic growth of all life and the mathematical relationship of nature. When you see nature, it may appear random. However, it has an element of perfection. This is because every tree, every leaf and every human being exists in mathematical relationships according to the Fibonacci sequence. Consider using the Fibonacci sequence when you want to normalize physiology or normalize the growth of cells. Think of running the frequency as a way of entraining the energy of perfection within yourself.

Flower of Life - The Flower of Life is most likely something that you have seen before. It is a common symbol of many spiritual and religious teachings around the world. The Flower of Life is indicative of perfection. It is a great frequency to run with an illness, any emotional issue as it helps to clear all of the suffering and dis-ease.

Fractals - Fractals are fascinating mathematical progressions of a repeating iteration of numbers. Fractals are beautiful to look at and often remind us of snowflakes or crystals. Use fractals in a similar way to other sacred geometry. Use it to introduce an energy of perfection into your balancing sessions.

Sphere - a round solid figure, or its surface, with every point on its surface equidistant from its center. The sphere as a shape is an ancient and universal symbol that represents unity, completeness, infinity - the whole universe. Use the sphere for successful completion of a project or just for the fun of experiencing the unity and wholeness within ourselves.

Spirals - Spirals are believed to represent movement through experiences in life. Life is not lived in linear terms from beginning to end. Consider a walk through a labyrinth, which is in the form of a spiral. The person walks one way and then back again. You move forward but always retrograde somewhat in life; we have gains and losses. However, we are moving forever out in the spiral, as in the labyrinth. The spiral is also the divine movement of the universe. Think of the vortex. Even our incarnation is a spiral movement. When you want to have divine movement in this world, even magical and miraculous, use the Spiral frequency.

Point - At the center of a circle or a sphere is always an infinitesimal point. The point needs no dimension, yet embraces all dimension. Transcendence of the illusions of time & space result in the point of here and now, our most primal light of consciousness. The proverbial "light at the end of the tunnel" is being validated by the ever-increasing literature on so-called "near-death experiences". If our essence is truly spiritual omnipresence, then perhaps the "point" of our being "here" is to recognize the oneness we share, validating all "individuals" as equally precious and sacred aspects of that one.

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Platonic Solids - The 5 Platonic solids (Tetrahedron, Cube or (Hexahedron), Octahedron, Dodecahedron & Icosahedron) are ideal, primal models of crystal patterns that occur throughout the world of minerals in countless variations. These are the only five regular polyhedra, that is, the only five solids made from the same equilateral, equiangular polygons. To the Greeks, these solids symbolized fire, earth, air, spirit (or ether) and water respectively. Consider using the platonic solids to balance the chakras and meridians of the body.

Square Root of 3 and Vesica Piscis - The Vesica Piscis is formed by the intersection of two circles or spheres whose centers exactly touch. This symbolic intersection represents the "common ground", "shared vision" or "mutual understanding" between equal individuals. The shape of the human eye itself is a Vesica Piscis. The spiritual significance of "seeing eye to eye" to the "mirror of the soul" was highly regarded by numerous Renaissance artists who used this form extensively in art and architecture. The ratio of the axes of the form is the square root of 3, which alludes to the deepest nature of the triune which cannot be adequately expressed by rational language alone. Use this frequency to improve relationships with others, including romantic, familial or even business relationships.

Toroids - Rotating a circle about a line tangent to it creates a torus, which is similar to a donut shape where the center exactly touches all the "rotated circles." The surface of the torus can be covered with 7 distinct areas, all of which touch each other; an example of the classic "map problem" where one tries to find a map where the least number of unique colors are needed. In this 3-dimensional case, 7 colors are needed, meaning that the torus has a high degree of "communication" across its surface. The toroidal field is also the sacred field around the heart. It is also the basis for free energy, a concept that will free us from the need for fossil fuels. When you are dealing with a heart issue, either emotional or physical, use the Toroids. They bring coherent energy, similar to the field of the heart, to your energy field. Toroids are very powerful and dynamic and they are a great addition to any balancing protocol.

Golden Ratio - The Golden ratio is a special number found by dividing a line into two parts so that the longer part divided by the smaller part is also equal to the whole length divided by the longer part. It is often symbolized using phi, after the 21st letter of the Greek alphabet. ... Phi is usually rounded off to 1.618. Using the Golden Ratio means to entrain that experience of perfect growth within you.

Metatron's Cube - In sacred geometry, Archangel Metatron, the angel of life oversees the flow of energy in a mystical cube known as Metatron's Cube, which contains all of the geometric shapes in God's creation and represents the patterns that make up everything God has made. "Metatron's Cube helps us realize the harmony and balance of nature," writes VanDen Eynden in "Metatron." "Since it depicts an equilibrium in the six directions represented within it. ... Metatron's Cube can be used as a visual focal point to connect with the archangel, or it can be used as a concentration tool for meditations that promote peace and balance. Place an image of the cube anywhere you wish to be reminded of the archangel's loving, balancing presence."

Mind

The Mind screens include **Neurotransmitters, Brain EEG, Brain Anatomy, Emotional, Bach Flower Essences.**

Neurotransmitters

Dopamine - In the brain, dopamine functions as a neurotransmitter—a chemical released by neurons (nerve cells) to send signals to other nerve cells. The brain includes several distinct dopamine pathways, one of which plays a major role in reward-motivated behavior.

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GABA - GABA is a neurotransmitter that calms the brain down. GABA has been used for people with ADHD and sleep disorders.

Serotonin - Serotonin is a neurotransmitter. From its chemical structure it is called 5-Hydroxytryptamine or 5-HT. It is derived from tryptophan. Serotonin can mainly be found in the gastrointestinal tract, platelets and central nervous system of certain animals including humans. Its name is derived from its effect on blood pressure: serotonin is a part of the serum which regulates the tone of blood vessels. Serotonin also contributes to the feeling of well-being. For this reason it is often labeled happiness hormone, even though it is not a hormone.

Norepinephrine - Norepinephrine (NE), also called noradrenaline (NA) or noradrenalin, is an organic chemical in the catecholamine family that functions in the brain and body as a hormone and neurotransmitter.

Oxytocin - Oxytocin is a hormone found in mammals. It acts on the brain. In humans it is released during female reproduction, especially during and after childbirth. It has other effects. It encourages pair bonding, and parental behavior. It is released during intimate moments during orgasms and even hugs. For this reason it is often called the 'love hormone'.

Epinephrine - Epinephrine, also known as adrenalin or adrenaline, is a hormone, neurotransmitter and medication. Epinephrine is normally produced by both the adrenal glands and certain neurons. It plays an important role in the fight-or-flight response by increasing blood flow to muscles, output of the heart, pupil dilation, and blood sugar.

Histamine - a compound that is released by cells in response to injury and in allergic and inflammatory reactions, causing contraction of smooth muscle and dilation of capillaries. When someone is having lots of food allergies, you may see this frequency as reactive. You can also use this frequency to help people who have leaky gut or lots of food allergies. This will help to modulate the histamine reaction.

Brain anatomy

Cerebellum - the part of the brain at the back of the skull in vertebrates. Its function is to coordinate and regulate muscular activity.

Parietal lobes - either of the paired lobes of the brain at the top of the head, including areas concerned with the reception and correlation of sensory information.

Basal ganglia - a group of structures linked to the thalamus in the base of the brain and involved in coordination of movement.

Brain stem - the portion of the brain that is continuous with the spinal cord and comprises the medulla oblongata, pons, midbrain, and parts of the hypothalamus, functioning in the control of reflexes and such essential internal mechanisms as respiration and heartbeat.

Cortex - the furrowed outer layer of gray matter in the cerebrum of the brain, associated with the higher brain functions, as voluntary movement, coordination of sensory information, learning and memory, and the expression of individuality.

Frontal lobe - each of the paired lobes of the brain lying immediately behind the forehead, including areas concerned with behavior, learning, personality, and voluntary movement.

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Brain EEG

Low Beta/High Beta - Beta wave, or beta rhythm, is the term used to designate the frequency range of human brain activity between 12.5 and 30 Hz (12.5 to 30 transitions or cycles per second)

Low Alpha/High Alpha - Alpha waves are one type of brain waves detected either by electroencephalography (EEG) or magnetoencephalography (MEG) and predominantly originate from the occipital lobe during wakeful relaxation with closed eyes. Alpha waves are reduced with open eyes, drowsiness and sleep.

Delta - A delta wave is a high amplitude brain wave with a frequency of oscillation between 0.5–4 hertz. A delta wave is a high amplitude brain wave with a frequency of oscillation between 0.5–4 hertz. Delta waves, like other brain waves, are recorded with an electroencephalogram[1] (EEG) and are usually associated with the deep stage 3 of NREM sleep, also known as slow-wave sleep (SWS), and aid in characterizing the depth of sleep.

Low Gamma/High Gamma - Gamma brain waves (39-100 hz) are involved in higher mental activity and consolidation of information. An interesting study has shown that advanced Tibetan meditators produce higher levels of gamma than non-meditators both before and during meditation.

Theta - Theta waves generate the theta rhythm, a neural oscillatory pattern in electroencephalography (EEG) signals, recorded either from inside the brain or from electrodes glued to the scalp. ... Theta waves with a lower frequency range, usually around 6–7 Hz, are sometimes observed when a rat is motionless but alert.

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Bach Flower Essences

The Bach flower essences are among the most powerful and important remedies for your use in the Genius Insight program. That is because these essences are a powerful salve for human emotional suffering. It is, after all, emotional suffering that causes most of the physical ailments we are aware of today. It is helpful to include emotions in your balancing protocols because it opens up the energy and helps to reduce the impact that reactivity is having on the person.

However, you may find your results both faster and more effective by also including these essences. You are giving the person an amazing ally to resolve the emotional wound. You can also create powerful imprinted remedies with the Bach Flower Essences. Consider using 3 remedies at a time in this case. You just use the 3 remedies in the Quick Zap or Main Hold tray and imprint the remedy that way.

These flower essence explanations give you Bach's original meanings, because his exact words on the essence really nail the emotional component that is active for this person. We all will journey through many of these different essence energies at different times of our lives. Do not be surprised to see 1 or 2 flower essences that come up time and time again for yourself or for a client. This is because it represents a major issue you are tackling at this time.

Illness or some divergence from complete wellness is always tied in with an emotional component. It is the physical manifestation of the issue or issues we are working through on this "earth school" called life. By understanding the Flower Essences on a deeper level, you can tell that person's story in more detail. It is the recognition and new awareness of this story and the desire to release or unlock these wounds that is the direct catalyst for all healing. Therefore, the Bach flower essences are one of your greatest allies in both gaining cognitive information about the case and also in conferring the exact healing frequencies that are needed by that person at that time.

After doing an initial scan with many varying items in the main hold tray, discover the 3 Flower Essences that have the highest resonance in Progressive Insights. Write those down. Choose the highest one and use the harmonizing recommendations by placing that flower essence and the other ones in the Quick Zap. Check the aura and take a picture of the aura before beginning. Run the harmonizing items in the Quick Zap for 5 minutes. Now, check the aura again. You should see some wonderful green, purple, pink and other high vibrational colors fill the aura.

Agrimony - Overcoming a tendency to hold back on sadness and put on a happy face.

"The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness." – Dr. Edward Bach

Aspen - Triumphant over the fear of unknown things.

The Aspen is a tree that is smaller than most. Its growth pattern has been known to cause the leaves to quiver at the slightest breeze. "Vague unknown fears for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others." - Dr. Bach

Beech - Striving to have more tolerance of others, of circumstance and of themselves. "For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and

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understanding of the different way each individual and all things are working to their own perfection.” – Dr. Edward Bach

Centaury - The “putting your foot down essence!” “Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life” – Dr. Edward Bach

This essence is needed when the person gives so much but forgets or forgoes the act of self-nourishing. The discovery in entraining the energy of this essence is that taking time to nourishing yourself, allows you to serve others from a place of having something nourishing to ultimately authentically share with others. Centaury is a plant comprised of bitters, known to be good for digestion.

Cerato - Gaining confidence and trust in one's own decisions. “Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided” – Dr. Edward Bach

Cherry Plum - Fear of the mind giving way. “Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them.” – Dr. Edward Bach. With Cherry Plum, think “temper tantrum”. There is much stored up energy of frustration that has not been able to find a healthy expression.

Chestnut Bud - Failure to learn from mistakes. “Chestnut bud has the ability to contact your core essence and help it blossom in fullness into the world.” (NB - Dr. Bach’s Chestnut remedies address different states of anxiety).

Chicory - Finding good boundaries, respecting others space. “Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them” – Dr. Edward Bach

Clematis - Dreaming of the future without working in the present. Clematis can assist you in grounding you in the future so that you can move in the direction of your dreams. “Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true.” – Dr. Edward Bach

Crab Apple - Cleansing, purification, development of self-love. “This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out.” – Dr. Edward Bach

Elm - Overwhelmed by responsibility. “Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being.” – Dr. Edward Bach

Gentian - Discouragement after a setback. “Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.” – Dr. Edward Bach

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Gorse - Hopelessness and despair. “Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief.” – Dr. Edward Bach. Gorse restores light! Goals unattained can sometimes lead to stagnation and feelings of sadness or depression. Gorse helps to lift this.

Heather - Self-centeredness and self-concern. “Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time.” – Dr. Edward Bach

Holly - Hatred, envy and jealousy. “For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness.” – Dr. Edward Bach

Honeysuckle - Living in the past. “Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had.” – Dr. Edward Bach

Hornbeam - Tiredness at the thought of doing something. “For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work.” – Dr. Edward Bach

Impatiens - Impatience. “Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will endeavor to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed.” – Dr. Edward Bach

Larch - Lack of confidence. “For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed.” – Dr. Edward Bach

Mimulus - Fear of known things. “Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others.” – Dr. Edward Bach

Mustard - Deep gloom for no reason. “Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful.” – Dr. Edward Bach

Oak - Plodder who keeps going past the point of exhaustion. “For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort.” – Dr. Edward Bach

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Olive - Exhaustion following mental or physical effort. “Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.” – Dr. Edward Bach

Pine - Guilt. “For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?” – Dr. Edward Bach

Red Chestnut - Over-concern for the welfare of loved ones. “For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of.” – Dr. Edward Bach

Rock Rose - Terror and fright. “The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy.” – Dr. Edward Bach

Rock Water - Self-denial, rigidity and self-repression. “Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result.” – Dr. Edward Bach

Scleranthus - Inability to choose between alternatives. “Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.” – Dr. Edward Bach

Star of Bethlehem - Over-coming shock

“For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort.”

Sweet Chestnut - Extreme mental anguish; feeling there is no hope. For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.” – Dr. Edward Bach

Vervain - Over-enthusiasm. “Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.”

Vine - Dominance and inflexibility. “Very Capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency.” – Dr. Edward Bach

Walnut - Protection from change and unwanted influences

“For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong

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opinions of others. The remedy gives constancy and protection from outside influences.” – Dr. Edward Bach

Water Violet - Quiet self-reliance leading to isolation. “For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.” – Dr. Edward

White Chestnut - Unwanted thoughts and mental arguments. “For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day.” – Dr. Edward Bach

Wild Oat - Uncertainty over one's direction in life. Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction.” – Dr. Edward Bach

Wild Rose - Drifting, resignation, apathy. “Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take its as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.” – Dr. Edward Bach

Willow - Self-pity and resentment. “For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed.” – Dr. Edward Bach

Emotions

Running the Emotions screen and including some of the top red emotions and blue emotions is recommended for practically every session that you do, particularly in chronic cases. Reducing reactivity in emotions is not equal to doing therapy or really dealing with one's feelings, but just the same, it can have powerful effects and impact. You may be able to significantly improve things by running the emotions on a regular basis.

Essential Oils

It is always recommended to run your other items, physical and others, along with reactive items from the Emotional panel and the Flower Essence panel and include those all in your Main Hold tray before going on to Progressive Insights. Essential Oils

Essential oils are powerful medicinals. In current practice, they are often combined with an carrier oil for external application or placed in a gel capsule for internal consumption. Oils carry a very high vibrational quality. When a person takes the oils in some form, they are ultimately entraining that oil into their field.

When you have oils come up for you, it indicates that they could be beneficial for you to use in their actual essential oil form. However, it also indicates that running that frequency in the Quick Zap or in the Multi Hold Tray is also very likely to have positive benefits.

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These are likely benefits from using these oils. Remember not to make any claims of cure for any therapeutics or for biofeedback in general. When using these as frequencies, they can be very powerful. If you have a case of diabetes or high blood pressure, it is perfectly appropriate to seek these essential oils and use them in your balancing tray. It is your choice to use them even if they do not appear to have a red or blue score. It is still possible to use your cognitive skills to make that call. If you include them down in the Main hold tray, you will be able to retest them in Progressive Insights to see if they rise to the highest level of priority.

Basil - helps to harmonize infections, balance blood sugar, adaptogen.

Bergamot - Citrus fruit, has limonene. Lift depression, clear liver stagnation, lift mood, stimulate digestive juices, balance insulin.

Birch - High in salicylates. detox, good for oral health, for infections, for migraines and headaches, respiratory health, kidney health.

Caradamom - Good for colds and flu, high antioxidants, increase circulation, creates a sense of calm, antimicrobial.

Cassia - Help with nausea and vomiting, lower body temperature in fever, viral infections, ease depression, decrease joint pain, antimicrobial, good for oral health

Cedarwood - Sedative, antifungal, diuretic, improve metabolism.

Chamomile - For migraines and headaches, calming, dental issues, insomnia, relieve muscle spasm.

Cilantro - antibacterial, analgesic, stimulant, lower lipid levels, oral health.

Cinnamon Bark - Very good for infections (viruses in particular), free radicals, relieves depression, stimulates the immune system, fights parasites.

Clove - Good for skin health, anti-candida, very high antioxidant content, digestive aid, protects gastric mucosa (stomach lining), antibacterial, immune system booster, may lower blood pressure.

Coriander - improves libido, treats spasms, good for digestion, purify blood, cures fungal infections and nausea, aids in digestion and weight loss.

Cumin - Good for colon health, reduce inflammation, prevent asthma, boost immune system, support good pancreatic function, helps with high blood pressure.

Cypress - Diuretic, good for oral health including gums, helps reduce muscle spasms, reduces heavy menses, optimizes health of the liver, reduces stress.

Dill - Facilitates digestion, stimulates digestive juices, improves bile flow, reduces anxiety and depression.

Douglas Fir - Boosts mood, good for skin health, clears pathways for easy breathing.

Fennel - Excellent for digestion right after a meal, assists in the healing of wounds, may be a vermifuge (clear worms), purifies the blood, bladder/kidney cleanser.

Frankincense - one of the most powerful of the essential oils, it has many uses and benefits. Boosting the immune system, particularly those with cancer, may be one of the top uses this one is known for. Improves oral health, helps to maintain healthy cells (cancer preventative), acts as a tonic, helps to cleanse the bladder/kidney system, helps with bronchitis and congestion in the respiratory system. For women's health, it may reduce the chances of post-menopausal tumor or cyst formation in the uterus and in general, helps to regulate healthy female function.

Geranium - Relieves stress, reduces depression, improves the immune system. It is high in flavonoids including quercetin. Flavonoids have a stabilizing effect on vessels. and are good overall for circulation. They are also helpful to reduce seasonal allergies. Geranium appears to have a powerful effect on the immune system; think about it for cancer prevention or cancer harmonizing.

Ginger - Digestive health, liver optimization, good for colds and flu (to overcome quickly). Ginger is an amazing ally for reducing inflammation. High antioxidants. May help with fatty liver disease.

Grapefruit - Excellent for weight loss. All citrus oils are good for cleansing in general and for supporting liver health. May help to reduce sugar cravings and addictions.

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Helichrysum - Reduce inflammation, regulate adrenals, indigestion and acid reflux support, helpful for insomnia, reduces bloating, skin antibiotic and anti fungal (try with carrier oil for skin), kidney stone reliever, pain reliever.

Jasmine - One of the most beautiful scents of all the essential oils, it is calming and soothing yet uplifting. A good antiseptic and disinfectant. Good for insomnia. Has affinity for the skin and can be used for eczema and dermatitis. Protects the uterus and may help to prevent maladies including cysts and tumors.

Juniper Berry - Juniper has a particular affinity for assisting the kidneys in cleansing and tonifying. In this way, it will act as a diuretic to clear waste from the kidneys and bladder. Improves the flow of bile. Juniper may act as a stimulant that can help to overcome the effects of fatigue. It reduces inflammation. Helps to strengthen gums and may reduce or help to heal tooth infections.

Lavender - is very calming and a great sleep aid, as most people know who have ever used a drop of lavender oil under their pillow. It can also help with skin health, particularly for eczema and dermatitis. Good for hay fever and may help to heal cold sores.

Lemon - excellent for liver cleansing and promoting the flow of bile. Citrus is a powerful cleaner of the body. Cough relief, calms stomach, reduces nausea, improves digestion. Excellent assistant for weight loss! Helps to restore luster in dull skin! Citrus is calming and good for anyone with anxiety.

Lemon Balm - lower triglycerides, help with heart arrhythmias, candida, regulate blood sugar, lift the mood, reduce anxiety, assist with anxiety, aid digestion. It is a natural antibacterial (good for infections), helps to improve blood sugar regulation.

Lemongrass - Anti-fungal. Relieves muscle pain. Surprisingly nutritive, the oil has vitamin A, B1, B2, B3, B5, B6, folate and Vitamin C. It boosts energy. Helps reduce stomach aches. Good for hair health and may assist in reducing hair loss and improving hair overall due to strengthening the hair follicles. A stress reducer and sleep aid.

Lime - An excellent liver cleanser and assists in the flow of bile. Good for both viral and bacterial infections. Anti Candida. For urinary tract infections. Sinus infections and most upper respiratory infections.

Marjoram - Very calming and good for the nervous system. Hormonal balance (studies show promise for PCOS and infertility). Blood sugar balance. Digestive health. Cardiovascular health (reduce blood pressure), pain relief. Keeps the digestive system healthy through replenishing the gastric wall health. This may help in the healing of ulcers.

Myrrh - Myrrh is one of the top essential oils in terms of its ability to often assist with powerful healing. There are many uses/benefits. It is a good overall preventative for many disease, very likely including cancer. It is antimicrobial, antifungal, an immune booster, a circulatory tonic. It acts as an astringent to improve gum health. It can even strengthen the hair root and potentially prevent hair loss. Immune booster, particularly good for those with cancer or those that want to prevent cancer.

Orange - Circulation booster, liver/gallbladder cleanser. Immune system support. Assists with chronic fatigue. Possible help with cancer through the induction of Phase 2 carcinogen clearing enzymes! Induces apoptosis and growth regulating properties. Antibacterial. Reduces headache pain. Reduces PMS symptoms.

Oregano - Anti-microbial. Excellent overall for infections, it is also antiviral, antifungal, antiparasitic, anti-inflammatory. Good for dental infections.

Patchouli - antidepressant, astringent, sedative, tonifying. May help with gout, indicating a positive effect on the kidneys. Improves circulation in the body. Anti fungal

Peppermint - Very good for soothing the stomach, antimicrobial, relieves headaches, improves mental focus, clears respiratory tract, boosts energy, releases tight muscles.

Rose - Among the highest frequency of all the essential oils. Antidepressant and tonifier of the nerves. Protects against viruses, wonderful for the health of the skin (boils, acne, helps with scars). High antioxidant value. Purifies the blood. Supports the liver. Relieves anxiety.

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Rosemary - aids in digestion and good for stomach cramps and bloating. Rosemary stimulates hair follicles in order to make the hair grow stronger. Improves skin health and may eliminate eczema. Good for acne as well. Excellent for improving cognitive function.

Sage - Antifungal, antimicrobial, improves bile flow, helps the bile to move out of the gallbladder more efficiently, disinfectant, helps with any skin disease, helps to heal scars.

Sandalwood - One of the top essential oils in terms of benefits along with Frankincense and Myrrh. Normalize cholesterol, heal scars, strengthens gums, improves muscle tone, boosts immune system, helps with urinary tract infections, improves memory and concentration.

Spearmint - Speeds wound healing, relieves spasms, regulates stress, excellent for oral care. Spearmint contains limonene.

Tangerine - may work against sepsis via staph aureus. Helps to repair the regular wear and tear to the body. Excellent blood purifier. Helps with detoxification and improves digestion.

Tea tree - antiseptic. Both tea tree oil and frankincense oil have been proven to have anticancer benefits. Good for oral health. May assist with healing MRSA. For skin issues, such as psoriasis and eczema.

Thyme - Increases stimulation and increases healing and blood flow. Regulates blood pressure, boosts energy, detoxifies, decreases anxiety, helps to cleanse the kidney/bladder, helps to clear scars, reduces free radicals associated with aging.

White Fir - Excellent effect on respiratory tract, including lung and chest issues. Analgesic, antibacterial, antioxidant, decongestant, expectorant.

Wild Orange - cleansing, purifying, antioxidant, uplifting to the mind and body, immune system support, energizing, improve mood.

Wintergreen - reduces inflammation, relieves pain, reduces swelling, improves digestion, clears skin irritation, treats cold, fevers and flu. Eases muscle and bone pain. Excellent headache remedy. Excellent for respiratory issues like asthma, colds and flu, kidney problems and heart disease.

Ylang Ylang - antiseptic, aphrodisiac, circulatory regulator, reduce depression, balance nervous system, hormonal balancer, regulate blood pressure, reduce stress, boost energy.