

**** IMPORTANT ****

one should always bear in mind that one's own active participation in the therapy, as well as one's own positive intention, can have a very positive influence on the effect of the programs.

Reason being that it is possible for our mind to influence matter. In this way, the positive effects of the frequencies can have an energetic effect more easily

START WITH GOLD CYCLE PROGRAMS

** recommended that for the first 7-14 days you stick with the gold cycle so that your body can get accustomed to the frequencies

** energy program gives a gentle but powerful boost of energy

** balance program prevents/help subside burnout or sensory overload

PAIN & STIMULATION

** programs should be used via local contact with either the wrist-bands, electrodes or coil

** each program runs for 20 minutes

** repeat programs up to 3 times if necessary

SKIN PROGRAMS

** according to FrequencyTherapyAtHome.com

** "systemic frequency programs should always be the first choice of application as they focus on balancing the cause of the condition. This is why these programs are not applied locally, but in most cases in a holistic way through the arm bands

** the frequencies are designed to energetically affect the entire system in an integrated way via the upper body and its organs, glands and the nervous system. These systemic frequency programs can have a duration of 45 minutes

** their goal is to stimulate you and balance you at deeper levels. You should take time to rest during these programs

** In cases of acute stress or energetic problems, you can apply acute programs. In cases of localized pain, you can use the local programs. The local and acute programs are a complement and addition to the systemic programs"

DEEP CYCLE H

** based on Nuno Nina's popular Gold Cycle and together they can be used very effectively (Deep Cycle programs are generally more comprehensive than the Gold Cycle programs)

** designed to help you flow & adapt to the changing and constantly developing universe that surrounds us and that is also within us

** In his clinic for integrative medicine in Oslo, Jan Fredrik Poleszynski (creator) treats several clients with chronic fatigue or impaired cell metabolism.

— clients with chronic health problems use other additional programs, such as CLEAN ALL + more concrete programs like DIGEST ALL (if they still have digestive issues after a longer period of applications)

— if the digestion issues are directly linked to stress, PURE CALM can be helpful for bio-energetic balancing

— KIDNEYALL FEMALE/MALE for bio-energetically related organs and issues as well as the sexual organs (if you're a "kidney person" aka kidney issues are more dominant than other systems)

— if you are a "lung person" (aka breathing and breast issues), you'd use BREATH OF LIFE

** **the programs work on various levels and should not be used in the beginning** (need to gradually adjust to this frequency application) **

— once you've worked your way through the Gold Cycle programs then what follows is a good way to introducing yourself to the Deep Cycle and gaining maximum benefits

(2-3 Gold programs/day in sequence, record your reactions, repeat if desired up to 3x, leave a reasonable gap between programs to allow frequencies to settle & take effect)

POWER OF THREE

** Intended for a special 9-week application protocol (only need to apply them once a day on Monday/Wednesday/Friday in addition to other Healy programs you are currently using)

— **IMPORTANT:** in the first 3-weeks, you may see many detox reactions (such as headache & fatigue)

** Hulda Clark developed a theory about what really makes us sick - she studied parasites that invade the human organism

** Clark/Rife recommended drinking plenty of water and supporting your body with zeolite (detoxification mineral) and colloidal. Water is so vitally important!!! & many are not properly hydrated

NATURAL CYCLE

** frequency sessions consists of two parts (18min activation + 30min stabilization)

STEP 1: determine your location

— natural forces and their interactions depend on where you are on the planet

STEP 2: set the trigger date

— the appropriate starting point for applying the Healy Natural Cycle are solstices, equinoxes and the changing of the seasons

— the end of a Natural cycle must also be on a trigger date

STEP 3: the choice of day & time

— with the help of Natural Cycle + your location, determine the exact date & time for the start of your Natural Cycle protocol

STEP 4: determine the phase of the moon

— moon phase is important for the Natural Cycle

** HealAdvisor app will help you with this as well

STEP 5: determine the right frequency programs

— based on data collected by the HealAdvisor app in steps 1-4, you can now determine which organ is active in the organ clock at the selected time of the day and select the right frequency program for it

RECOMMENDED ATTENTIONS

HEALY CARE BALANCE BEING ENERGY RELAX RELEASE

PURE: the Pure program is the ideal starting point for anyone using Healy for the first time. It is designed to assist the organism (ie. us) to recover from the bioenergetic effects of environmental pollutants, toxins, an unhealthy diet and other negative factors. It starts by supporting the filtering organs then prepares and acclimates the body to microcurrent frequencies. Before starting any wellness protocol, it is always best to do a cleanse & detox so that you have a clean palate from which to start.

CARE: a weakened bioenergetic field is frequently associated with poor health. Care sets the stage to support the immune system. By gently offering frequencies that enhance and assist the bioenergetic field, care strengthens and supports immune processes. Care frequencies nurture the energy of the immune cells and organs. When the bioenergetic field is weak or damaged, this can cause a run on effect that predisposes the body to serious imbalances. If these imbalances persist, we are at risk that this can manifest in a physical form. Care distributes "caring" energies and frequencies in and around the body. The supportive signals strengthen cellular communication to help the body balance its own immune pathways for optimal energy.

BALANCE: the fine balance of the various bodily systems is very important for our wellbeing and health. The Balance program refers to bioenergetic harmony & balance of the kidneys, circulatory system, lymphatic system and hormones. It is an ideal program for a deep bioenergetic harmonization of the body's overall energy field. Running balance is a great way to help balance the immune system. With all the challenges of today's world, Balance is a great way to BALANCE on multiple levels. It is also good for the signaling pathways that help support emotional and mental balance. What we think and focus upon, we can create. Beautiful balance can help the body align the immune system and the body/mind bioenergetic connection.

BEING: what the program Balance is for the body, Being is for our soul. It's designed to help you remain centered during life's turmoil. The Being program is seen as a supportive set of frequencies to help balance the mind and mental wellbeing. Creating sound & supportive structure for higher states of mental processing. It could also be thought of as the immune system of the mind, where it supplies us with supportive and nurturing frequencies that align our soul to the higher vibratory fields of energy. This can help to create a more supportive mental and emotional experience in the physical body. Stress can cause huge issues in all body processes. The bioenergetic support of being can be thought of as a sort of energetic epigenetic process wherein it soothes and calms with supportive frequencies.

ENERGY: performance needs support. Whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy increases your ability to respond to life's demands. It helps the energy processes of the body. Using bioenergetic support helps us more efficiently deal with physical/mental and energetic demands.

RELAX: relax stands for harmonizing your stress response. Stress can be both the result & cause of imbalances in the mind and body that can undermine your health & wellbeing. Relax works to create an anti-stress effect. Stress is often the cause of hyperacidity & imbalances in the body. Relax is also about surrendering & letting go of the energies that keep us in a cycle of chronic stress & stress responses. Long term stress can have a damaging effect on the body. Modern life keeps us from letting go of our daily worries. These negative patterns can anchor into our bioenergetic field & send signals which most are unaware. Relax supports this process in a powerful yet gentle way. This is vital for achieving recovery. Think of this energy as a cooling energy to help sooth & calm.

RELEASE: there are many different causes of discomfort. In this program, you work systemically to address the energetic source of the discomfort/pain in the bioenergetic field. Used as an alternative or in addition to the classic pain applications, Release is designed to support the bioenergetic processes to release the pain at its core. No matter where the pain is located in the body, it is thought to originate from some energetic location that manifests from areas of the bioenergetic field downward into the physical form. This program seeks to locate the pain or imbalance at its original source, so that it can be fully removed from a higher level of being. This is seen as going into the causal energy body & targeting the pain at its root cause.

CHRONIC PAIN (I):

local application for relief of chronic pain via the CNS (central nervous system)

CHRONIC BACK PAIN (II):

local application bioenergetic support for chronic back pain

TOOTH-JAW LOCAL (III):

local application to send bioenergetic support for pain of the teeth, mouth, & jaw area

JOINTS LOCAL (IV):

local application for the support of joint pain

MIGRAINE (V):

local application to supply energy to the bioenergetic field for cranial (head side) support of migraine

INSOMNIA (VI):

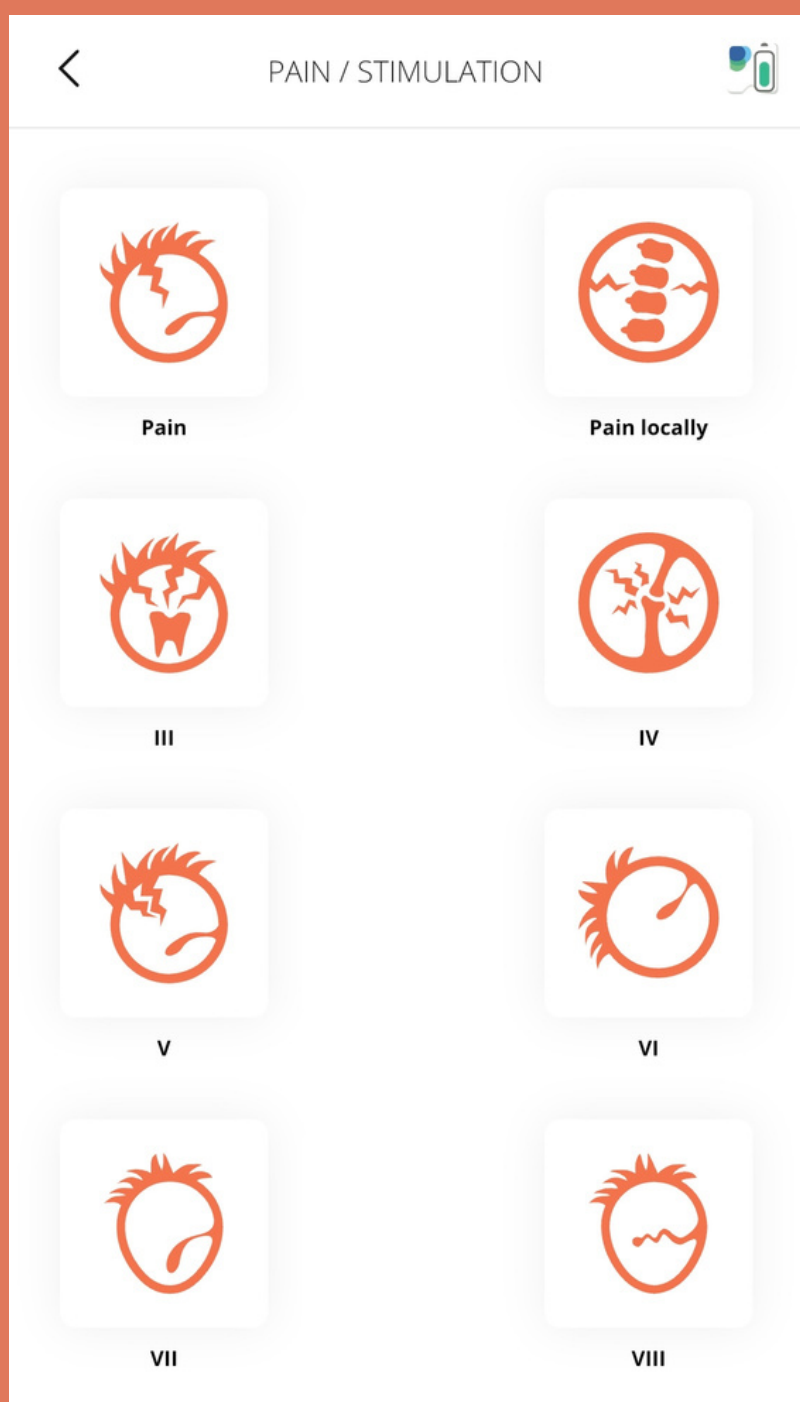
local application to support and address sleep issues/insomnia via the CNS (central nervous system)

DEPRESSION (VII):

ilocal application to energetically support depression and deep negative thought patterns and thought processes

ANXIETY (VIII):

local application to send frequencies that work to ease and support anxiety via the CNS (central nervous system)



PAIN & STIMULATION

LEARNING

LEARNING SYSTEM: harmonization of the bioenergetic field for learning activities

LEARNING ACUTE: specific harmonization of the bioenergetic field to support the ability to focus and retain learning. Supports learning through cranial stimulation and is focus on the acute states of learning and challenges. These frequencies help the bioenergetic field connect to the information field for higher states of learning.

MEMORY: harmonization of the bioenergetic field for knowledge retention. Energetic stimulation of the brain metabolism to help support the memory. This means the way that the brain circulates glucose and oxygen supplies the neurons/nerve cells that carry valuable information creating important "neural nets" where information can be stored and then later retrieved. The nets are the bridges to memories. Neural nets are the fundamental principle of being able to have access to your experiences which are stored as memories.

CONCENTRATION SYSTEM: harmonization of the bioenergetic field for focus and the ability to ignore distraction. Bioenergetic optimization of the oxygen supply. This ultimately assists with higher states of concentration. This program focuses on frequencies that work at a systemic level.

CONCENTRATION ACUTE: specific harmonization of the bioenergetic field to enhance focusing. Supports concentration via cranial stimulation and focuses on frequencies for acute states of concentration.

EXAM SYSTEM: harmonization of the bioenergetic field during exam preparation. Support before exams through cranial stimulation. These frequencies focus on systemic energy balance that supports optimal mental states for exams.

EXAM ACUTE: harmonization of the bioenergetic field before exams. Energetic balancing of anxiety before tests. This program provides frequencies that help with test anxiety. Frequencies for those acute states of mental disharmony that trigger high stress states seen as test anxiety.

STRESS SYSTEM: harmonization of the bioenergetic field for creative power. Energetic support for mental balance. Bioenergetic stimulation of important creative energies that help to balance stress levels associated with learning. This is the systemic program for addressing deep rooted stress states around learning.

STRESS ACUTE: harmonization of the bioenergetic field for stress situation. Supports mood improvement via cranial stimulation in moments of acute stress, sending more aligning frequencies to support higher states of learning.

WEIGHT: harmonization of the bioenergetic field for your body's energy balance. While not a weight-loss program, this program provides bioenergetic stimulation of the organs that process and eliminate waste from the body. This can energetically assist in weight loss.

MUSCLE HARMONY: harmonization of the bioenergetic field for recovery. This program provides bioenergetic optimization of cell regeneration. It provides frequencies that offer support for restoring and repairing muscle tissue.

CIRCULATION: harmonization of the bioenergetic field for demands of exercise. This program provides bioenergetic support of blood flow for healthy circulation and metabolism. This frequency set is designed to energetically assist the circulatory system in carrying oxygen and nutrients through the blood into target areas of the body.

PERFORMANCE: harmonization of the bioenergetic field that supports your desire to excel. Energetic activation of the life force energy to support better states of athletic performance. Contains powerful frequencies that call upon the body's own energetic processes that take one to the next level of performance.

STRENGTH: harmonization of the bioenergetic field of strained muscles. This program provides bioenergetic activation of the musculoskeletal system for optimal strength.

STAMINA: harmonization of the bioenergetic field for optimization of the capacity for endurance. This program provides bioenergetic optimization of the cardiovascular system to support energetic balance for endurance during physical activities.

REGENERATION: harmonization of the bioenergetic field to stimulate vitality. This program provides support for the body to rebuild, repair and restore after physical exertion. When in a high-performance state, the body must recover and repair. Regeneration acts on the energetic processes to recover more quickly through the quantum field. This can allow for a more speedy recovery.

DEEP RELAXATION: harmonization of the bioenergetic field to optimize the relaxation phase. Frequencies for deep states of relaxation while the body rests so that it can reset and restore. Cooling and calming energies assist both physically and mentally.

SEMINAR

ACTIVATION: activation of the bioenergetic field. Bioenergetic stimulation of mental clarity that is needed when you want to be performing at the top of your game.

POSITIVE THOUGHTS: energetic orientation towards positive thoughts. These frequencies support energetic stimulation of emotional pathways towards positive thoughts.

BALANCE NERVES: harmonization of the bioenergetic field to promote calmness. Bioenergetic promotion of the beta state. It is said that beta waves are our normal waking state of consciousness. Beta waves occur in the frontal areas of the brain. When we focus on mind and memory, cognitive tasks and the outside world we are in Beta states. It is involved in problem solving, judgement, decision making and mental activities. When our brain stays too long in beta, we see anxiety, panic attacks, insomnia, overthinking problems, stress, & paranoia.



FATIGUE: harmonization of the bioenergetic field to promote energetic balance. These frequencies energetically support the reduction of stressors that cause strain, stress and ultimately fatigue. The job and/or work environment can become very stressful and it's nice to have access to frequencies that work to bioenergetically support job and work related fatigue.

EXHAUSTION SYSTEM: harmonization of the bioenergetic field for recreation. Bioenergetic balancing of the adrenal hormones. These frequencies can support adrenal fatigue and adrenal burnout. This program is for systemic or long-term issues. These states of being can take a little longer to resolve.

EXHAUSTION ACUTE: harmonization of the bioenergetic field to promote stress resistance. Support stress resistance via cranial stimulation to help energetically balance acute exhaustion. This is for people that push themselves until they have nothing left. It's working too hard to meet a goal or deadline. It is burning the candle at both ends. This frequency is created to support and calm acute states of being.

EXTREME TENSION (formerly extreme stress): harmonization of the bioenergetic field for mental balance. These frequencies help to support physical and mental stress. It is a bioenergetic transfer of energy for both mental and physical balance to aid the body in dealing with extreme stress states while guiding the energy into more supportive states.

SLEEP SYSTEM: harmonization of the bioenergetic field for optimizing the sleep phase. Frequencies to assist the bioenergetic field to optimize energetic shifts into deep delta sleep states (deep sleep).

BED REST: harmonization of the bioenergetic field to promote relaxation. This also supports healthy heart rate variability and vagal tone, bringing deep relaxation to the nervous system. The autonomic nervous system is comprised of two parts - the sympathetic and the parasympathetic nervous systems.

Bed rest frequencies promote bioenergetic support of parasympathetic functions (recovery, relaxation, rest and digest). The parasympathetic nervous system helps to slow the heart, conserve energy, increase intestinal and gland activity which helps the body rest. It also helps the body digest foods.

In contrast, the sympathetic nervous system prepares the body for intense physical activities. It is involved in fight or flight. The parasympathetic is basically the opposite to the sympathetic.

The bed rest frequency is involved in relaxing the body and slowing down higher activity functions in relaxing the body and slowing down higher activity functions supporting the actions of the parasympathetic nervous system to slow down and recover (rest and digest).

BALANCED SLEEP: bioenergetic harmonization of the sleep phase. These frequencies help to better guide the system into more balanced states of sleep.

FINE FLOW: bioenergetic activation through supporting ionic flow / movement in the body. Ions are charged particles that send electrical signals through the body. Ionic charges in the extracellular fluid are strong controllers of the body's ability to move into sleep.

The fine flow frequencies support movements of charged particles through the body which in turn helps to regulate neuronal communication, neurotransmitter and hormone release that support healthy sleep states.



WELLBEING BALANCE ANCE

INNER STRENGTH SYSTEM: energetic harmonization of self-confidence when you feel uncertain or insecure. Energetic promotion of self-confidence in states of anxiety. These are the frequencies used when one has been struggling to attain inner strength as a systemic issue.

EMOTIONAL WELLBEING: energetic harmonization when you feel emotionally blocked. Energetic balancing of emotional blockages that keep one stuck in limiting belief systems. Supporting the bioenergetic field to realign and recalibrate. Energetic balance for higher states of emotional wellbeing. By way of the bioenergetic field it creates calming, cooling, bringing higher states of emotional support to daily life.

FEEL GOOD SYSTEM: energetic activation of confidence when you feel down. Energetic activation of confidence in cases of low self-worth, low self-esteem or when spirits are low. Frequencies used for systemic issues are geared for long running issues. Helps to shift the energy to higher states of being.

CONTENTMENT SYSTEM: energetic harmonization of the inner sense of self and contentment. Energetic balance to support a positive sense of wellbeing. Supportive energy to dissuade the attraction to addictive actions and behaviors both energetically and chemically. Using balancing energies of the bioenergetic field, it helps to reduce and resolve addictive behaviors.

CONTENTMENT ACUTE: supports inner balance via cranial stimulation in cases of extreme addiction such as nicotine. Frequencies that promote inner contentment and feeling safe and supported. This group of frequencies is for acute states (not a smoking cessation program).

INNER UNITY: energetic reorganization of psychic wholeness. Finding one's psychic center unifying and balancing the inner world to a more expansive perspective. Finding wholeness from within, thus allowing for a more unified psychic awareness. In this state, one is not looking for security in the outer world but more from within. Bioenergetic support to find peace, balance and wholeness.

WELLBEING SOUL: energetic harmonization to support you while developing new habits. Energetic balancing of compulsive or obsessive behaviors. Like inner unity, the frequencies in this program align one to a more cohesive soul energy. Energetic movement away from obsession. This frequency helps to align to the energy of harmony and fulfillment at a soul level. When we connect to our higher aspects (by going within, instead of looking outside) we feel a reconnect to our source energy. From this perspective we are more able to appreciate the true nature of being. In this state, we are anchored to the higher aspects of who we are at a soul level.

MENTAL BALANCE ACUTE: supports positive thinking and mental balance via cranial stimulation. Balancing the processes of the mind when needed. We can fine tune our energy pulling in both grounding states and focus. It's important to find the balance for higher states of mental clarity. These frequencies are for acute states of energy.

INNER SKIN & BEAUTY

INNER BEAUTY: harmonization in the coherence and expression of the bioenergetic field. Supporting inner coherence and emanation of the inner beauty into the energetic field. This allows one to tune into and support the beauty that comprises the higher dimensional bodies. The beauty that radiates from a soul level shines from within and radiates outward into the warmth. Inner beauty is a more deeper and meaningful beauty. It supports energy of compassion, a pure heart, a deep unconditional caring. If you are judging yourself too harshly and only look to your physical appearance, it's time to enhance this frequency in your bioenergetic field to radiate your inner beauty.

HAIR: harmonization and stimulation of the bioenergetic field of the hair and hair follicles.

SKIN: harmonization of the bioenergetic field of the skin. Bioenergetic support of the different layers of the skin. The skin is our first line of defense and it is important to our overall health. We also have an immune system within the skin. Sending energy and frequency to support all of these processes.

AGING: harmonization of the bioenergetic field to relax your expressions. Bioenergetic support of the organelles. Just as our bodies have organs, our cells also have organs. These tiny organs are called organelles. They are the inner machinery of the cell and help the body build new proteins important for life and renewal. We are a symbiotic organism, and we count on an ancient relationship with our organelles. They help our systems regenerate. They power the processes of life. The Aging frequency offers bioenergetic support for the processes of life.

NAIL HARMONY: harmonization and stimulation of the bioenergetic field of the nails.

SKIN ENERGY (formerly skin elasticity): harmonization of the bioenergetic field for smooth skin. Bioenergetic promotion of collagen, elastin and the connective tissues. This program is also said to work with the lymphatic system just beneath the skin. This is a great program to run in combination with the skin program.

SKIN HARMONY SYSTEM (formally support skin/wounds system): harmonization of the skin regeneration in the bioenergetic field. Bioenergetic frequencies that support wounds at the cellular level. They are also geared to move deep within the body to stimulate and nurture. This program is for systemic issues that run deep and have been a constant challenge.

SKIN IMPURITY SYSTEM (formally acne system): harmonization of skin impurities in the bioenergetic field. Bioenergetic promotion of toxin transport. This energy can help to stimulate the processes that help the skin resolve and restore balance.

SKIN HARMONY LOCAL (formally support skin/wounds local): harmonization of the bioenergetic field of the skin cells. Bioenergetic stimulation of cell metabolism. In cell metabolism, there are specific enzymes involved in wound healing. These frequencies promote this cellular pathway in localized areas that are in need.

SCAR HARMONY LOCAL: harmonization of the bioenergetic field of scar tissue. Local stimulation of scar tissue, bioenergetic support to help the deconstruction of scar tissues. Restore balance in the way the skin lays down fibrous tissues.

SCAR HARMONY SYSTEM: harmonization of the bioenergetic field to balance interference fields. Balancing of energetic interference that causes scarring. Scar tissue is composed of collagen, however the fibers are different to normal tissue. They are fibrous and grow over the site of the injury. The body produces tissue that can grow out of control causing pain and lack of movement. the scar tissues can be deep within the body or closer to the surface of the skin. These frequencies offer bioenergetic support on a systemic level.

BIOENERGETIC HARMONY 1

DEFENCE (formerly immune system): harmonization of the bioenergetic field of the energetic defence system. These frequencies are created to bioenergetically support activation of the body's defense system working through different immune pathways. Depending on the strength or weakness of the immune system the body can respond to environmental challenges. The body is a self-healing mechanism of the greatest kind. It knows how to heal when it is supported properly. the immune system can work for us or against us and many times this comes down to an ancient body system called the ECS - the Endocannabinoid System. There are specialized receptors throughout the body that help to balance this system and ultimately keep the immune system in check. These important areas are called the CB2 receptors. They are areas in the cells that send important messages throughout the body and help the immune system to talk efficiently and effectively.

SHIVER (formerly chilling/cold): harmonization of the bioenergetic field of the mucous membranes.

SENSITIVITY (formerly hypersensitivity/allergies): harmonization of the bioenergetic field in case of overreactions to irritations.

EYES HARMONY: harmonization of the bioenergetic field of the eyes.

HORMONE HARMONY: harmonization of the bioenergetic field of the body's "messengers"

INTESTINE HARMONY: bioenergetic support of the intestinal muscles and tissues. Bioenergetic stimulation to the muscles that carry out involuntary movements in the transferring of food through the digestive tract.

NERVE HARMONY: harmonization of the bioenergetic field to promote relaxation. Bioenergetic regulation of the nervous system. The nerve cells and neurons carry information throughout the body. They can send long range cellular communication which is very important to overall health. The nerve cells are also highly involved in the ECS and communicate via the CB1 & CB2 receptors. Receptors are the translation stations for advanced cellular and energetic communication.

FLEXIBILITY: harmonization of the bioenergetic field to ease movement. Bioenergetic mobilization of the joints, tendons and ligaments that work to move the body and support flexibility.

CIRCULATION: harmonization of the bioenergetic field of the circulation. Bioenergetic stimulation of the body's energy supply. The circulatory system is an important highway that transfers oxygen rich blood and other nutrients throughout the body.

POTENCY: harmonization of the bioenergetic field of the reproductive system.

FOR MATURE WOMEN (formerly menopause): harmonization of the bioenergetic field to help you deal with menopause. Bioenergetic regulation of hormonal release and hormone balance.

FOR WOMEN (formerly menstruation local): harmonization of the bioenergetic field to promote relaxation of the lower abdomen. Local relaxation of the lower abdomen and bioenergetic support of the female reproductive organs. It is a great energetic assisten when cramping occurs in those areas.

GASTROINTESTINAL HARMONY: harmonization of the bioenergetic field of digestion. Energetic balancing of the gastrointestinal tract. This important environment is where our symbiotic microbes live. We count on our diverse microbial communities to support us with many of our daily body processes. This relationship is of critical importance.

BACTERIA HARMONY: harmonization of the bioenergetic field of the defense system. Balancing of the bioenergetic defense system. We are a symbiotic organism and have bacteria and other microbes that can work both for us and/or against us. We count on these different microbes to help us digest foods, extract nutrients, produce chemicals for protection and elimination, and to help with things like anxiety and depression. There are both supportive and destructive bacteria we need to support a healthy well-balanced microbial community. Our good microbes help protect us from harmful bacteria.

TONSIL HARMONY: harmonization of the bioenergetic field to reduce feelings of discomfort. Energetic balancing the immune system in cases of infections. We usually see this come up when some sort of invasion or infection is taking place in the body, or has been first detected in the energy field.

LIVER HARMONY: harmonization of the bioenergetic field of the liver. Bioenergetic promotion of liver metabolism. The liver is a filtering organ. Processing of foods as well as toxins through and then out of the system. When working on the meridians, the energy of the liver is associated with anger. It is important to process this anger so that it does not manifest as other conditions.

FOOD IMBALANCES (formally intolerances): harmonization of the bioenergetic field in case of food sensitivities. Bioenergetic fostering of food tolerance. Energetic support to help the body repair from food upsets, disturbances and intolerances. It's also good to look into supporting the mucosal linings and gut/digestive system for supportive companion frequencies.

IMPURITIES (formerly toxins): harmonizations of the bioenergetic field of the excretory processes. Bioenergetic stimulation of the body's excretory processes in the removal of toxins and toxic debris. This can be from both the physical body and the energetic field.

HEAD HARMONY: harmonization of the bioenergetic field to reduce tension. Bioenergetic reduction of tensions and imbalances within the head. Balancing of the brain energy. Can assist with the energy of headaches.

PROSTATE HARMONY: harmonization of the bioenergetic field of the prostate gland.

LUNG HARMONY: harmonization of the bioenergetic field of the lungs.

THYROID GLAND HARMONY: harmonization of the bioenergetic field of the thyroid gland. The thyroid is one of the main master regulators of the hormones.

JOINTS-BONES HARMONY: harmonization of the bioenergetic field of the joints and bones. Bioenergetic stimulation of supportive energies that assist in processes of bone growth and repair. Vibrations to support the repair of important bone cells and cartilage related to arthritic processes.

SCIATICA NERVE HARMONY LOCAL: harmonization of the bioenergetic field of the sciatic nerve. Energy to help the body better support the area that is affected by sciatica.

BIOENERGETIC HARMONYS

MERIDIANS

Meridians are energetic highways/pathways within your physical body. There are 12 main meridians. 10 of which associate with specific organs. The other 2 meridians are linked to the emotional and spiritual well being, as well as a 13th, the triple-warmer, which controls metabolism.

They are used in acupuncture.

**** Yin meridians help to calm and relax whereas the**

**** Yang meridians stimulate energy and movement.**

ALLERGY MERIDAN: harmonization of the bioenergetic field of the allergy meridan. Frequencies to desensitize energetic flow.

CONNECTIVE TISSUE: harmonization of the bioenergetic field of the connective tissue meridian. Frequencies to regulate the energetics of connective tissue.

BLADDER: harmonization of the bioenergetic field of the bladder meridian. The bladder meridian regulates the removal of the toxins from the body. Frequencies to regulate the bladder's energetic control.

LARGE INTESTINE: harmonization of the bioenergetic field of the large intestine meridian. The large intestine meridian regulates the processing and extraction of water from waste. A Yang meridian.

SMALL INTESTINE: harmonization of the bioenergetic field of the small intestine meridian. The small intestine meridian is responsible for digestion, water absorption, nutrient absorption, and bowel functions. A Yang meridian.

FATTY DEGENERATION: harmonization of the bioenergetic field of the fatty degeneration meridian. Frequencies to regulate the energetics of cell uptake. Energetic support in lipid (fat) metabolism and lipid processing. Breaking down and burning energy storages for fuel.

GALLBLADDER: harmonization of the bioenergetic field of the gall bladder meridian. The gall bladder meridian regulates the removal and storage of toxins that are produced in the liver. Frequencies to regulate the digestion of fat and other behaviors of the gall bladder. A Yang meridian. Involved in the emotion of surprise. The energy of excessive surprise is said to damage the gallbladder.

JOINTS: harmonization of the bioenergetic field of the joints meridian. Frequencies to balance the energetics of flexibility, support of joints and connective/joint tissues.

SKIN HARMONY: harmonization of the bioenergetic field of the skin meridian. Frequencies to promote the bioenergetic pathways of the skin.

HEART: harmonization of the bioenergetic field of the heart meridian. The heart meridian regulates circulation of blood to all organs. Frequencies to support the energetic stimulation of the heart and heart energies.

Physically, the heart can also play a role in blood pressure.

Energetically, the heart can be involved in areas of heartbreak or heartache.

A Yin meridian - known to be involved in energies of happiness & thoughtfulness. It can also be involved in sadness, fear and anxiety. Energies of sadness, worry, stress and hate can have a damaging effect on the heart. This, in turn, can have a knock-on effect into the body.

HORMONAL BALANCE: harmonization of the bioenergetic field of the hormonal balance meridian. Hormones are the chemical messengers that tell the body to do different things.

CIRCULATION: harmonization of the bioenergetic field of the circulation meridian. Physically, this can also play a role in blood pressure. The circulatory system is an important highway that transfers oxygen rich blood and other nutrients that are necessary for health.

LIVER: harmonization of the bioenergetic field of the liver meridian. The liver meridian regulates the female reproductive system, circulation of energy and maintains the flexibility of the ligaments of the tendons. The frequencies supply energetic metabolism regulation. The liver is known to be involved in the emotion of anger. The energy of anger damages the liver.

The liver is an important filtering organ & responsible for helping the body process both nutrients and toxins. It is part of the digestive system and has over 500 different functions.

The liver removes toxins with enzymes and oxygen. Amino acids step in to help remove the burned toxins through bile or urine.

The liver is also a regenerative organ and can re-grow a new healthy liver from a small part of itself.

Glutathione production is key for a healthy liver. It helps the liver protect itself from free radical damage and toxin induced inflammation. Glutathione frequencies can be used as strong companion frequencies in support of the liver.

LUNGS: harmonization of the bioenergetic field of the lungs & respiratory system. The lung meridian controls how energy is consumed and impacts the respiratory system. A Yin meridian.

Known to be involved in the emotions of sadness and anxiety. The lungs are in charge of sadness.

The lungs move fresh air into the body while also removing waste gasses. Lungs help to oxygenate the cells and organs by pumping oxygen rich blood through the system.

LYMPHATIC SYSTEM: harmonization of the bioenergetic field of the lymphatic system meridian. The lymph is responsible for the transport of toxins and helps to rid the body of unwanted materials. It also helps the body to fight infection.

STOMACH: harmonization of the bioenergetic field of the stomach meridian - aka gastric function. The stomach meridian regulates the extraction of nutrients from food, nutrient distribution to the intestines and spleen, and overall digestion of food. A Yang meridian.

The stomach is the first step in breaking down food into usable nutrients. Next they are sent through the blood. The stomach is part of the digestive system and plays a role in nutrient distribution.

SPLEEN-PANCREAS: harmonization & stimulation of the bioenergetic field of the spleen-pancreas meridian.

These organs are part of the endocrine system and help to send chemical messengers for cell signaling. This communication is important for energy balance, metabolism & much more.

NERVE MERIDIAN: energetic harmonization of nerve function.

KIDNEY: harmonization of the bioenergetic field of the kidney meridian.

The kidney meridian regulates the reproductive system, testosterone levels, produces bone marrow and blood. Kidneys are important filtering organs and help the body rid itself of toxins and waste.

The kidneys are in charge of fear.

ORGAN MERIDIAN: harmonization of the bioenergetic field of the organs.

Each organ has a specific job to carry out in each of the body systems. Frequencies help to establish a cohesive and supportive energy that resonates with the organs.

2 S A N D R I D M E R I D I A N S

CHAKRAS

CROWN / I understand - I am spirit: energetic and physical harmonization of the energies of the crown chakra and connection to the higher self / dimensions.

- **FUNCTION:** wisdom, universality, transcendence; pure consciousness energy; connects one to the rest of the universe & source energy; spirituality, consciousness, awareness, and alignment; self-identity & spiritual guidance

THIRD EYE / I see - I am awareness: harmonization of the energies of the third eye chakra and strengthening of intuition. Supporting psychic visions and the ability to see through illusion

- **FUNCTION:** inspiration, psychic ability / energy, extrasensory perception, intuition, insight, wisdom and imagination. Guides one to make the right decision

THROAT / I speak - I am communication: harmonization of the energies of the throat chakra and promotion of the construction of communication

- **FUNCTION:** expression of self & personal truths; communication, thought, music, speech & writing. The personal and divine will center that governs our preferences, choices & decisions. Desire of spiritual guidance; allows you to speak your truths with clarity, confidence and kindness; self-expression

HEART / I love - I am love & healing: harmonization of the energies of the heart chakra and stimulation of balanced empathy, love & compassion. Energetic stimulation of this area helps to support leading one's life connected to the energy of the heart

- **FUNCTION:** love, loving feelings; compassion, kindness, true love, integration & spirituality; self-love; giving / receiving love. Connects body and mind with spirit. Health and healing. Connects us to our memories and our loved ones (both current and past)

SOLAR PLEXUS / I do - I am power & wisdom: harmonization of the energies of the solar plexus chakra and strengthening of self-confidence, inner strength and gut feelings and emotions, creativity and personal power

- **FUNCTION:** personal power, drive, self-confidence, identity, harnessing one's own inner sun, your sense of personal character / individuality / will-power, provides a strong sense of ego, self-esteem, willpower

SACRAL / I feel - I am creativity & sexuality: harmonization of the energies of the sacral chakra and stimulation of energetic support of creativity and balanced sexuality

- **FUNCTION:** pleasure, emotional state, creativity, intimacy, sexuality & sex drive; your identity as a being. Fertility; center of our sensations and feelings

ROOT / I am - I am grounded: harmonization of the energies of the root chakra and activation of basic trust, safety and security in one's life

- **FUNCTION:** feeling grounded; sense of security / safety; basic functioning needs of physical body; right to live; survival; support and foundation for living our lives

BIOENERGETIC DEFENSE

GENERAL PROTECTION: energetic shielding. A blanket of energetic protection.

ELECTROSENSITIVITY: energetic harmonization of the tolerance for so-called "electrosmog". Energetic support from EMF and other potential influences from phones, TVs, computers, electronic and radiation.

CELL: energetic harmonization and support of the bioenergetic field of the cells

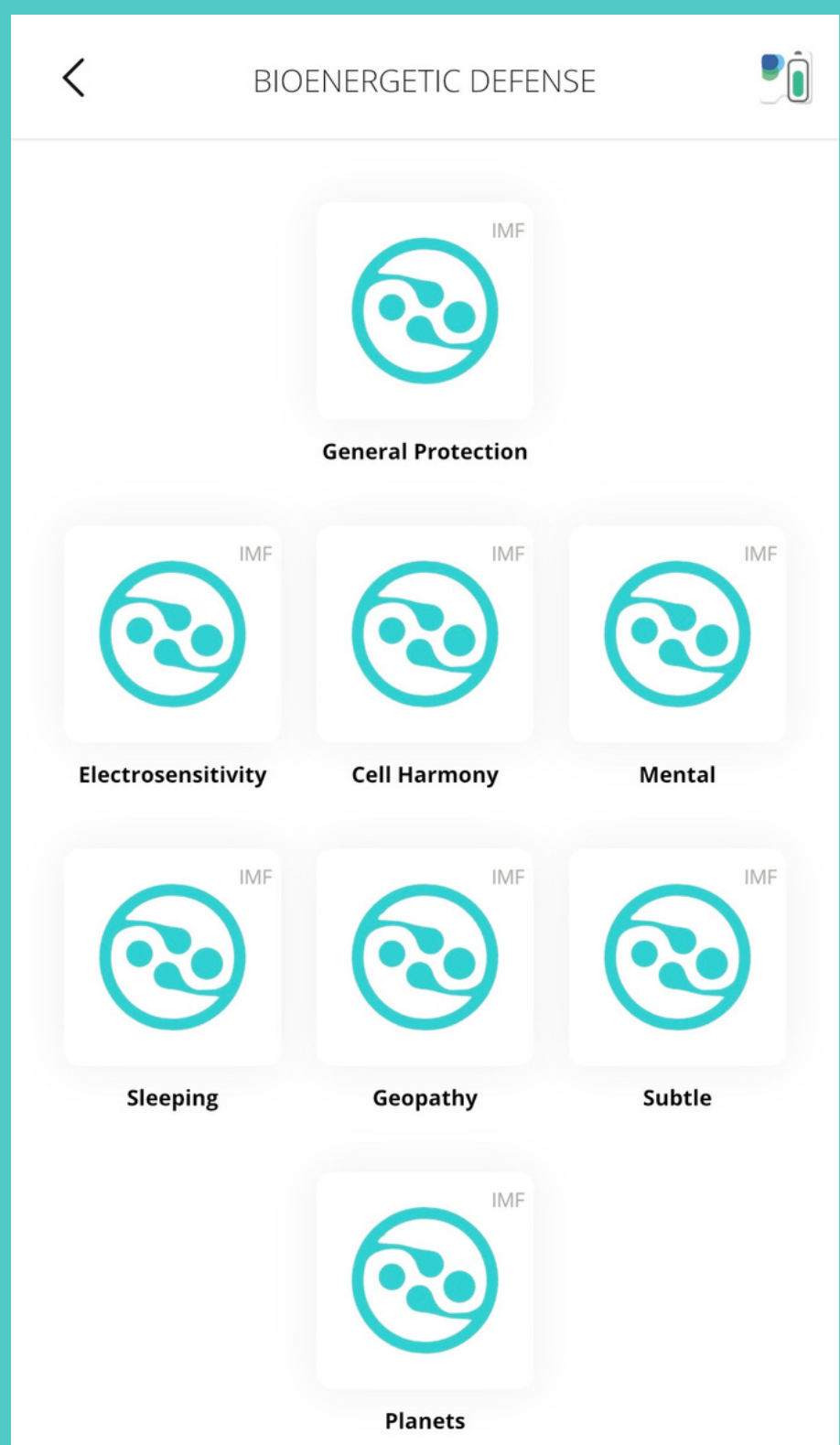
MENTAL: energetic harmonization of the bioenergetic field of the mind. Energetic promotion of the capacity of a clear unobstructed state of mind. Supporting the mental pathways from disharmonic influences and promoting a clearer mental process.

SLEEPING: energetic harmonization during sleep

GEOPATHY: harmonization of the energetic sensitivity to interference fields. Energetic reduction of sensitivity to interference fields such as electromagnetic and interferences from earth activities or energy shifts.

SUBTLE: energetic harmonization of the sensitivity to interference fields.

PLANETS: harmonizing the influences of planets



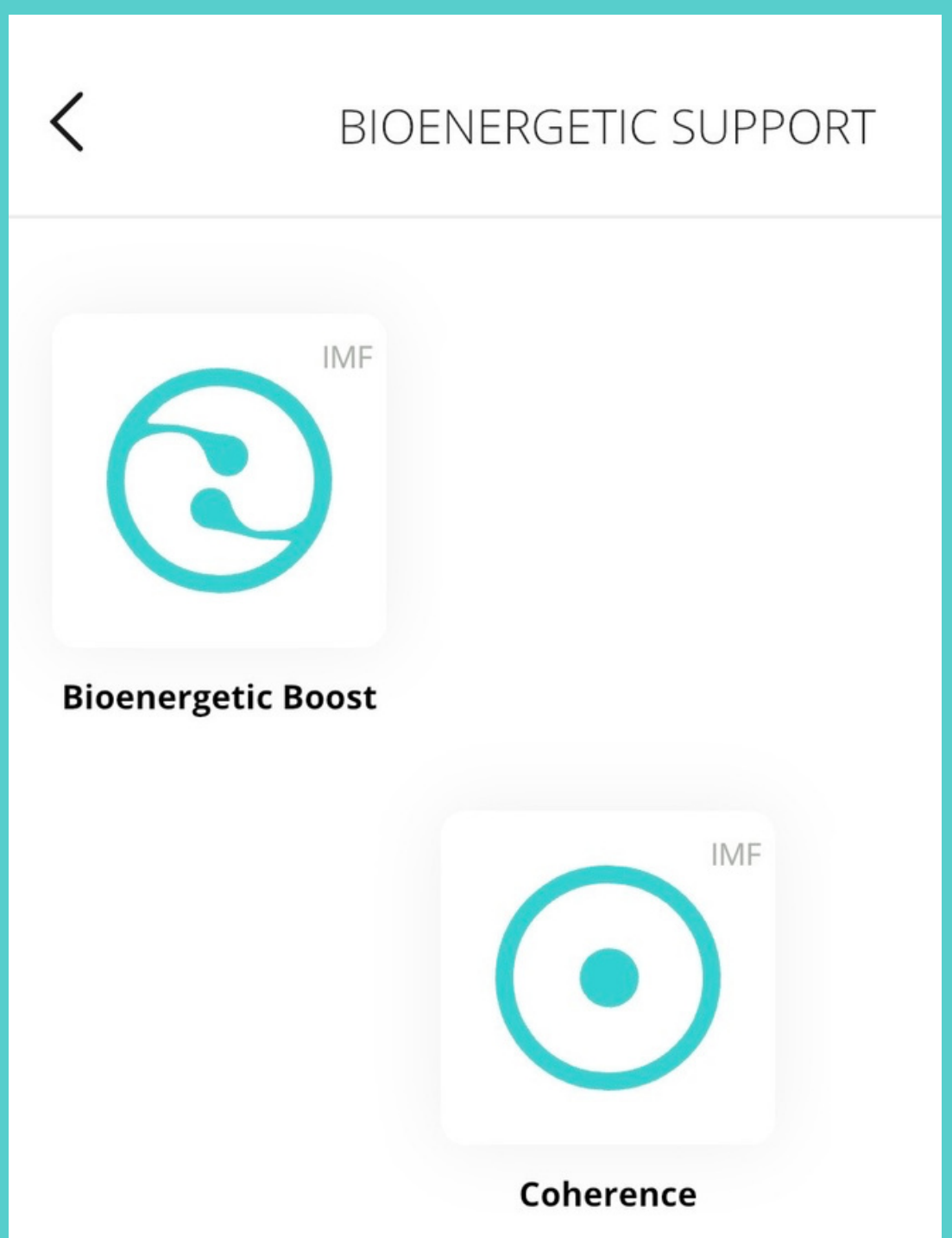
BIOENERGETIC SUPPORT

BIOENERGETIC BOOST: energetic boost to the entire bioenergetic field

COHERENCE: bringing the mind, body and spirit into alignment to balance and harmonize all aspects of you. Helpful to use within meditations to get into a state of coherence.

Coherence is the ability of a person to respond flexibly and as a whole to the stimuli of their environment, while also vigorously pursuing the meaning of their existence. Coherence is a measure of inner consistency and balance as well as the ability to communicate & interact with the external world.

It corresponds to a strong sense of purpose and the power to be able to create an inner & outer order. The interaction between the parts of an organism, the harmonious relationship between organism, mind and spirit, and of the individual to the community - this is what we call coherence.



These programs are based on 20 years of stem cell research, according to Marcus Schmiede (inventor of Healy).

These programs contain frequencies to support stem cell regeneration, cellular regeneration and DNA repair. This helps with preventing aging of the body on all of the following areas:

REGENERATION 1: harmonization of the bioenergetic field to stimulate vitality first phase.

REGENERATION 2: harmonization of the bioenergetic field to stimulate vitality second phase.

REGENERATION 3: harmonization of the bioenergetic field to stimulate vitality third phase.

BONE HARMONY: harmonization of the bioenergetic field of the bones

TISSUE HARMONY: harmonization of the bioenergetic field of the tissues

STABILITY: harmonization of the bioenergetic field for stability

HOLISTIC SUPPORT: harmonization of the bioenergetic field for holistic support

NERVE HARMONY: harmonization of the bioenergetic field of the nerves

PINEAL GLAND HARMONY: harmonization of the bioenergetic field of the pineal gland

YOUTH: harmonization of the bioenergetic field for optimization of the capacity for activity

EPIGENETIC HARMONIZATION: harmonization of the bioenergetic field of the cell epigenetics

CELL HARMONY: harmonization of the bioenergetic field of the cells

Why Deep Cycle??

This group include frequencies and harmonics originating from nature, our planet, the sun and fundamental cosmic frequencies, frequencies that connect you to the earth and basic resonances of the atmosphere and the planets that surround us.

These frequencies are called "information highways," designed to be in harmony with yourself and with nature.

SENSITIVE: "the environment is my soil"

This program is very suitable for sensitive people, including those affected by electrosensitivity. If you are especially sensitive to any part of your environment, it is a good idea to use this program for several days until you begin to notice some relief.

** If you are new to frequency, this would be a good program to start your journey **

If you do not perceive any changes on the day after application, it is time to move on to the next program. You may need to revert back to the Sensitive program, especially during periods of high physical stress that may be caused by traveling or by exposure to electromagnetic noise.

PURE ENERGY: "it's all energy"

The main part of this program focuses on balancing emotions, achieving spiritual balance and contributing to well-being.

ENERGY WORK: "a lot of energy is flowing"

The main purpose of the Energy Work program is to increase your energy harmony. It should be used in the morning, but not when one feels a stressed body; you should feel a certain balance before using it.

BREATH OF LIFE: "my breathing goes hand in hand with the breathing of the universe"

This program is for when there are energy problems, in addition to feelings related to weakness and occasional feelings of sadness. Beneficial for energetic issues associated with lung and their surrounding organs, including the breasts.

CLEAN ALL: "my house is clean and the energy flows freely"

This program is suitable for follow-up after energy purification, as a kind of energy reinforcement for all purification pathways. It is recommended to include this program in a sequence of applications, since any release at any level of the system often causes a need for purification. To release old blockages from the energetic body & mind.

DIGEST ALL: "I digest and absorb my evolution"

It is recommended for lack of harmony in the bioenergetic field that affect future progress in the cycle.

Adhesive electrodes can be used for this program. They must be placed at ankle height, on the front of the ST 42 foot acupuncture point.

GO TO THE ROOTS: "I feed my roots and grow to become a strong tree"

It should only be used if the energy symptoms have subsided and the energy recovery process has begun. All essential energy functions should work normally. Mentally energetic causes and emotional patterns are addressed at this time. This program is suitable as a conclusion of a series of applications.

FREE FLOW: "my liquid energy flows in beautiful ways"

This program serves to harmonize the bioenergetic field of body flows at the energy level. Recommended for use after a basic harmonization of the bioenergetic field of the kidneys & lungs, as well as for general energetic resilience.

RENEWAL: "everything is restored, the pain is temporary"

Use this program when you are looking for energy harmonization.

KIDNEY HARMONY FEMALE & MALE: "my energy flows freely"

It serves to harmonize the bioenergetic field in order to balance the energy processes related to the kidneys. The acupuncture point K5 to K6 (below the ankle, on the inside of the foot) is suitable for electrode placement. K5 to K6 (or SP6) are close to the tibial nerve, which can also be indirectly stimulated.

** **CAUTION:** do NOT use SP6 or K5-K6 stimulation during bleeding, including menstruation **

PURE CALM: "I'm connected to everything"

This program is designed to contribute to inner peace, emotional and spiritual balance.

THE E L C Y C L E R E L E D

BREATH OF LIFE:

— WHEN: bioenergetic stimulation of the lungs and support for a variety of issues connected to breathing. There are energetic issues associated with lungs and their surrounding organs, including breasts and surrounding tissue, along with feelings related to weakness and depression & sadness and fear of life

— BODY: lungs & all energetic afflictions in the surrounding area

— AFFIRMATION/INTENTION: "my breath is a reflection of the breath of the universe"

CLEAN ALL:

— WHEN: appropriate for follow-up after detoxification as an energetic support for all detoxification pathways (such as kidneys, lungs, liver, digestion, lymphatic system & circulatory system). It is advisable to include this program in a sequence of applications, as any release on any level of the system often causes a need for detoxification

**** CAUTION **** to release old toxins from the energetic body and mind is powerful and sometimes carries discomfort, flu-like symptoms and side-effects. Move gentle & slow and remember to consume LOTS of water.

— BODY: complete energetic detoxification of various systems, such as kidney, lungs, liver, digestive system, lymph and circulation system is always advisable, and many times needs follow up support

— AFFIRMATION/INTENTION: "my body is pure, I feel comfortable in it"

DIGEST ALL:

— WHEN: recommendable with digestive issues that block further progress (e.g. if stomach issues continue even after stress is reduced & the kidneys work well). Encourages bioenergetic support to breakdown foods and properly digest & process them for proper nutrient distribution. This is a great frequency when challenged with lack of nutrient from a damaged leaky gut. Works with digestion on the physical level but also an energetic level. Being able to digest concepts and new beliefs is important for health and growth. For this program, the adhesive electrodes can be used as an alternative to bracelet electrodes. They should be placed at the level of the ankle on the front side of the foot acupuncture point ST-42 (intestines, stomach, pancreas, gallbladder).

— BODY: intestines, stomach, pancreas, gallbladder. This program is great for digestive issues that can block moving forward (e.g. if stomach issues continue even after the stress is reduced & kidneys work well)

— AFFIRMATION/INTENTION: "I accept my past, digest and integrate it"

GO TO THE ROOTS:

— WHEN: only use when the symptoms have subsided and the recovery process has begun. All essential bodily functions should work normally. The energetic causes on the mental level, emotional patterns and biochemical processes associated with these levels will now be addressed. This program is suitable as the conclusion of a series of applications. Bioenergetic stimulation on the mental and emotional levels, diving past the physical - moving to the root cause. It's in the higher dimensions that we find persistent disharmonious root causes. They radiate downward to affect biochemical and physiological processes. This is a VERY intense program.

— BODY: intestines, stomach, pancreas, gallbladder

— AFFIRMATION/INTENTION: "I feed my roots and grow into a strong tree"

FREE FLOW:

— WHEN: to energetically support the circulation and the supply of oxygen to the cells. Even an irregular heartbeat and unsteady heartbeat can be energetically supported by this program. It is suitable for use after basic kidney and lung balancing, as well as for general energetic stiffness and circulatory imbalance. In addition to supporting the circulation, it can bio-energetically promote muscle relaxation. It supports free-flowing energy in higher states/fields as well as the energy within the body. Promoting unobstructed smooth, balanced movement of energy on all levels. It supports the cycling of communication, creating a feedback loop into & out of the body.

— BODY: intestines, stomach, pancreas, gallbladder

— AFFIRMATION/INTENTION: "movement, blood flow and circulation are powerful"

RENEWAL:

— WHEN: in case of injuries, after operations, or an energetic regeneration is desired. It should energetically stimulate bone recovery (growth & repair). These events cause energy disturbances or distortions in the field. It is important to address these disturbances and not leave them too long. Energetic regeneration is a beautiful way to support the mind-body-soul connection. Also suitable for athletes needing recovery. Energetic support/recovery for bones, skin, tendons, blood vessels, nerves, muscles, cells, organs, tissues & DNA. It's a powerful all rounder.

— BODY: bones, skin, tendons, vessels, nerves, muscles, DNA

— AFFIRMATION/INTENTION: "everything is restored, pain is temporary"

KIDNEY HARMONY FEMALE & MALE:

— WHEN: when it is necessary to energetically support kidneys/kidney energy and promote their ability to regulate (electrolytes, pH & the like) or for any symptom that originates from the "superior organ" and manifests itself in the "subordinate organ," such as energetic problems with the bladder, urinary system, ovaries & vagina, menstruation with women and the sexual organs for men and women. The acupuncture point K5 & K6 (below the ankle, on the inside of the foot) is suitable for electrode placement. K5 to K6 (or SP6) are close to the tibial nerve, which can also be indirectly stimulated.

**** CAUTION **** do NOT use SP6/K5-K6 stimulation during bleeding, which also includes menstruation

— BODY: kidneys, adrenals, bladder, urinary system, ovaries, genitals, prostate & related bio-energetic (men's/women's) problems

— AFFIRMATION/INTENTION: "my energy flows freely"

****Herring's Law:** all improvement occurs from within and move out from the head down...in the reverse order the symptoms appeared - working backwards to resolve.

PURE CALM:

— WHEN: it should contribute to inner peace, emotional & spiritual balance. This energy helps to calm & cool the central nervous system. Energetic calming of excitatory signaling pathways for high stress states. It's a great program for attaining a calm, meditative state- perfect for when working to take the body out of inflammatory responses.

— BODY: energetic muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life

— AFFIRMATION/INTENTION: "I'm connected to everything"

DEEP CYCLE H

DEEP CYCLE H-PROTOCOL

RECOMMENDATIONS:

- do not apply other forms of electromagnetism when using the Deep Cycle guide
- preferable to hydrate with water (AVOID alcohol & coffee before 12PM/noon)
- consume pure, unprocessed foods (low in sugar & carbohydrates)
- do some exercise, breathe fresh air & expose to natural light
- maintain your usual sleep rhythm
- avoid all unnecessary medication, as much as possible
- stay as far away as possible from other electrical appliances (such as mobile phones, television screens, Wi-Fi routers/modems, etc)

WEEK 1

DAY 1: SENSIBLE

- MORNING: after waking up & drinking a glass of pure water, moisten the electrodes and adjust a low intensity

DAY 2: BREATH OF LIFE

- MORNING: use it as early as possible (ideally at 5am)

DAY 3: KIDNEY HARMONY WOMEN/MEN

- AFTERNOON: drink a glass of pure water before & after the application

DAY 4: SENSITIVE / DIGESTION

- (sensitive) MORNING: after waking up & drinking a glass of pure water, moisten the electrodes and adjust a low intensity
- (digestive) MORNING: drink a glass of pure water before & after the application

DAY 5: BREATH OF LIFE / KIDNEY HARMONY WOMEN/MEN

- (breath of life) MORNING: use it as early as possible (ideally at 5am)
- (kidney harmony) AFTERNOON: drink a glass of pure water before & after the application

DAY 6: CLEAN ALL

- ANY TIME: drink a glass of pure water before & after the application

DAY 7: DO NOT APPLY ANY PROGRAM

WEEK 2

DAY 8: BREATH OF LIFE / KIDNEY HARMONY WOMEN/MEN

- (breath of life) MORNING: use it as early as possible (ideally at 5am)
- (kidney harmony) AFTERNOON: drink a glass of water before & after the application

DAY 9: FREE FLOW / PURE CALM

- (breath of life) FIRST PART OF DAY + (pure calm) SECOND PART OF DAY
- drink a glass of pure water before & after the two applications

DAY 10: PURE ENERGY / PURE CALM

- (pure energy) MORNING: use it as early as possible (ideally at 5am)
- (pure calm) SECOND PART OF THE DAY: drink a glass of pure water before & after the application

DAY 11: RENEWAL / GO TO THE ROOTS

- (renewal) MORNING + (go to the roots) AFTERNOON
- drink a glass of pure water before & after the two applications

DAY 12: SENSITIVE / GO TO THE ROOTS

- (sensitive) MORNING: after waking up & drinking a glass of pure water, moisten the electrodes and adjust to a low intensity
- (go to the roots) AFTERNOON: drink a glass of pure water before & after the two applications

DAY 13: PURE CALM / KIDNEY HARMONY WOMEN/MEN

- (pure calm) MORNING + (kidney harmony) AFTERNOON
- drink a glass of pure water before & after the two applications

DAY 14: GO TO THE ROOTS

- AFTERNOON: drink a glass of pure water before & after the application

WEEK 3

DAY 15: BREATH OF LIFE / KIDNEY HARMONY WOMEN/MEN

- (breath of life) MORNING: use it as early as possible (ideally at 5am)
- (kidney harmony) AFTERNOON: drink a glass of water before & after the application

DAY 16: FREE FLOW / PURE CALM

- (breath of life) FIRST PART OF DAY + (pure calm) SECOND PART OF DAY
- drink a glass of pure water before & after the two applications

DAY 17: PURE ENERGY / PURE CALM

- (pure energy) MORNING: use it as early as possible (ideally at 5am)
- (pure calm) SECOND PART OF THE DAY: drink a glass of pure water before & after the application

DAY 18: RENEWAL / GO TO THE ROOTS

- (renewal) MORNING + (go to the roots) AFTERNOON
- drink a glass of pure water before & after the two applications

DAY 19: SENSITIVE / GO TO THE ROOTS

- (sensitive) MORNING: after waking up & drinking a glass of pure water, moisten the electrodes and adjust to a low intensity
- (go to the roots) AFTERNOON: drink a glass of pure water before & after the two applications

DAY 20: PURE CALM / KIDNEY HARMONY WOMEN/MEN

- (pure calm) MORNING + (kidney harmony) AFTERNOON
- drink a glass of pure water before & after the two applications

DAY 21: GO TO THE ROOTS

- AFTERNOON: drink a glass of pure water before & after the application

WEEK 4

DAY 22: PURE CALM / GO TO THE ROOTS

- (pure calm) MORNING + (go to the roots) AFTERNOON
- drink a glass of pure water before & after the two applications

DAY 23: PURE ENERGY / PURE CALM

- (pure energy) MORNING + (pure calm) AFTERNOON
- drink a glass of pure water before & after the two applications

DAY 24: RENEWAL / KIDNEY HARMONY WOMEN/MEN

- (renewal) MORNING + (kidney harmony) AFTERNOON
- drink a glass of pure water before & after the two applications

DAY 25: BREATH OF LIFE / GO TO THE ROOTS

- (breath of life) MORNING: use it as early as possible (ideally at 5am)
- (go to the roots) AFTERNOON: drink a glass of pure water before & after the application

DAY 26: PURE CALM / KIDNEY HARMONY WOMEN/MEN

- (pure calm) MORNING + (kidney harmony) AFTERNOON
- drink a glass of water before and after the two applications

DAY 27: GO TO THE ROOTS

- AFTERNOON: drink a glass of pure water before & after the application

DAY 28: DO NOT APPLY ANY PROGRAMS

EXTENSIONS OF THE PROTOCOL

** for more intense guide to the 4-week protocol:

- execute the program recommendations for week 1
- apply recommendations for week 2 twice (week 2 + 3)
- continue the program recommendations for week 4

** even more intensive guide to 6-week protocol:

- repeat program recommendations for week 1 + 2
- continue with program recommendations for week 2 for two more weeks (weeks 3 + 4)
- end up following the program recommendations for week 4 for at least two weeks (weeks 5 + 6)

** IMPORTANT **

- when you have finished the 2, 4 or 6 week cycle: rest for at least 3 whole days
- do NOT apply any type of frequency applications during this period

** NOTE **

- if you have the HealAdvisor Analyse Resonance Module, you can perform an in-depth analysis of the Information Field after finishing this guide and analyze the Deep Cycle programs with which you are currently resonating the most

DIGITAL NUTRITION MIXTURES 1 (BODY)

BAIN HARMONY: vitamin B1, vitamin B2, vitamin B6, Co-Q10, calcium, sulfur, cobalt, magnesium, potassium, zinc, glycine, phenylalanine

HAIR HARMONY: vitamin B12, vitamin B2, vitamin B5, vitamin B9, vitamin B10, biotin, inositol, manganese, zinc, copper, molybdenum, cysteine, silicone dioxide, selenium

SKIN HARMONY: Co-Q10, selenium, silicone dioxide, vitamin A, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B10, vitamin D, potassium, sulfur, zinc, copper, cysteine, threonine, chromium, cobalt, silicon

HEART HARMONY: Co-Q10, potassium, sodium, calcium, phosphorous, magnesium, molybdenum, chlorine

HEAD HARMONY: chlorine, vitamin B1, vitamin B10, vitamin B12, vitamin B5, vitamin B2, vitamin B6, Co-Q10, sulfur

GASTROINTESTINAL HARMONY: magnesium, molybdenum, vitamin B1, copper, potassium

MUSCLE HARMONY: phosphorus, sodium, carnitine, potassium, isoleucine, glycine, chromium, silicone dioxide

NAIL HARMONY: cysteine, selenium, vitamin B12, zinc

NERVE HARMONY: vitamin B1, vitamin B6, vitamin B9, vitamin B12, vitamin B3, isoleucine, tryptophan, molybdenum, alanine, liothyronine

KIDNEY HARMONY: vitamin B1, vitamin B2, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, vitamin C, vitamin D, calcium, iron, zinc, copper, taurin, selenium, histidine, phosphorus, magnesium, carnitine

EAR HARMONY: manganese, potassium, zinc, vitamin E, vitamin B3

THYROID HARMONY: iodine, chromium, selenium, phenylalanine

AGE: vitamin A, vitamin B1, vitamin B6, vitamin B8, vitamin B10, vitamin B9, vitamin B12, vitamin B13, vitamin C, vitamin K, vitamin D, coenzyme Q10, tryptophan, tyrosine, citrulline, calcium, sulfur, phosphorus, copper, cysteine, glutathione, glutamine, glycine, serine, leucine, valine, zinc, iron, selenium, magnesium

AMINO ACIDS: valine, leucine, threonine, methionine, phenylalanine, thryptophan, lysine, histidine, ornithine arginine, glycine, alanine, serine, cysteine, tyrosine, proline, taurine, glutamine

ALKALINE POWDER: calcium, magnesium, potassium, zinc, manganese, glutamine

CONNECTIVE TISSUE HARMONY: silicon dioxide, manganese, vitamin C, glycine, proline, threonine

BLOOD HARMONY: copper, iron, molybdenum, vitamin B12, vitamin K, threonine, calcium, manganese

WEIGHT: vitamin B2, vitamin C, vitamin E, vitamin D, iodine, iron, calcium, selenium, chromium, carnitine, leucine, citrulline, taurine, 5-HTP, magnesium, serotonin

LIVER HARMONY: vitamin E, vitamin C, vitamin A, vitamin D, vitamin B1, vitamin B2, vitamin B6, vitamin B10, vitamin B9, vitamin B12, vitamin K, iron, zinc, copper, selenium, potassium, ornithine-arginine, aspartic acid, citrulline, glycine, leucine, valine, coenzyme Q10, taurine, cystine

MINERALS: sodium, potassium, calcium, magnesium, phosphorus, chloride, sulfur, chromium, cobalt, iron, iodine, copper, manganese, molybdenum, selenium, silicon dioxide, zinc, vanadium, fluoride

TRACE ELEMENTS: vitamin B1, vitamin B6, vitamin B9, vitamin B12, vitamin B3, isoleucine, tryptophan, molybdenum, alanine, liothyronine

VEGAN: vitamin A, vitamin B1, vitamin B2, vitamin B6, vitamin B9, vitamin B12, vitamin D, vitamin C, iron, zinc, calcium, iodine, sulfur, selenium, carnitine, taurine, valine, lysine, proline, EPA

VITAMIN B COMPLEX: vitamin B1, vitamin B2, vitamin B3, vitamin B4, vitamin B5, vitamin B6, vitamin B7, vitamin B8, vitamin B9, vitamin B10, vitamin B12, vitamin B13, vitamin B17

VITAMIN INTAKE: vitamin B1, vitamin B2, vitamin B3, vitamin B4, vitamin B5, vitamin B6, vitamin B7, vitamin B8, vitamin B9, vitamin B10, vitamin B12, vitamin A, vitamin D, vitamin E, vitamin K, vitamin C

DIGITAL NUTRITION MIXTURES (WETABOLISM)

DIGITAL NUTRITION MIXTURES 3 (DEFROX)

ALCOHOL INTAKE: vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B12, vitamin E, vitamin D, potassium, selenium, phosphorus, manganese, magnesium, calcium, methionine, molybdenum, boron, cysteine, choline

ANTIOXIDANTS: vitamin A, vitamin E, vitamin C, vitamin B2, vitamin B10, flavonoids, coenzyme Q10, selenium, zinc, manganese, copper, iron, chromium, glutathione, melatonin, cysteine, glutamine, methionine, taurine

LYMPHATIC SYSTEM HARMONY: silicone dioxide, potassium, copper, zinc, calcium, magnesium, vitamin C, vitamin B6, vitamin E, lysine, proline, methionine, EPA, ornithine arginine, glutathione

FOR WOMEN (menstruation): calcium, magnesium, manganese, vitamin B5, vitamin B6, vitamin E

SPIRITUALITY: vitamin B1, vitamin B3, vitamin B9, vitamin B12, vitamin E, vitamin D, vitamin K, coenzyme Q10, iron, selenium, zinc, manganese, flavonoids, tyrosine, taurine, tryptophan, carnitine, glycine, glutamine, EPA, cysteine, methionine, glutathione

IMPURITIES / TOXINS: vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B12, vitamin C, vitamin E, choline, cysteine, methionine, glutathione, glycine, taurine, glutamine, aspartic acid, flavonoids, selenium, zinc, copper, iron, calcium, magnesium, silicone dioxide

BIRTH / FERTILITY: coenzyme Q10, carnitine, vitamin A, zinc, manganese

HORMONAL SYSTEM HARMONY: vitamin B6, vitamin B9, vitamin B10, vitamin D, vitamin E, sulfur, zinc, manganese, iron, iodine, selenium, calcium, leucine, lysine, phenylalanine, threonine, tryptophan, glutamine, ornithine arginine, glycine, proline, cysteine, tyrosine, methionine, valine, melatonin, serotonin, corticosterone

LIBIDO: vitamin E, vitamin A, zinc, manganese

ALLERGIES / SENSITIVITIES: vitamin B3, vitamin C, vitamin D, calcium, sulfur, proline, phytic acid, quercetin

DEFENSE / IMMUNE SYSTEM: vitamin A, vitamin C, vitamin E, cysteine, liothyronine, sulfur, glycine, threonine, valine, arginine, carnitine, calcium, copper, manganese, zinc, cobalt, molybdenum, selenium

2YR PLANT SUBSTANCES: flavonoids, carotenoids

ENERGY: vitamin B1, vitamin B2, vitamin B5, vitamin B7, coenzyme Q10, iron, zinc, selenium

FATIGUE: vitamin B1, vitamin B2, vitamin B5, vitamin B7, vitamin B10, vitamin B6, coenzyme Q10, potassium, sulfur, iron, zinc, selenium, molybdenum, glycine, alanine, liothyronine, methionine, vitamin B9, vitamin B12, vitamin B6, isoleucine, chromium, tryptophan, copper

EYESIGHT: vitamin A, zinc

SPORTS: vitamin C, vitamin D, vitamin B1, vitamin B2, vitamin B6, vitamin B3, vitamin B7, vitamin B9, vitamin B12, vitamin B13, coenzyme Q10, carnitine, calcium, potassium, sodium chloride, magnesium, zinc, iron, phosphorus, chromium, vanadium, glutamine, cysteine, phenylalanine, threonine, taurine, valine, glycine, glutathione, androsterone, aspartic acid

MEN: vitamin C, vitamin E, vitamin D, vitamin B1, vitamin B2, vitamin B6, vitamin B9, vitamin B12, magnesium, calcium, selenium, zinc, boron, coenzyme Q10, flavonoids, EPA, androsterone, aspartic acid

REGENERATION: vitamin C, vitamin E, vitamin B6, vitamin B7, vitamin B13, carnitine, copper, selenium, zinc, iron, iodine, magnesium, potassium, calcium, chromium, methionine, glutamine, ornithine, arginine, glycine, histidine, leucine, valine, methionine, cysteine, glutathione, coenzyme Q10

WOMEN: vitamin A, vitamin C, vitamin D, vitamin E, vitamin K, vitamin B1, vitamin B2, vitamin B6, vitamin B9, vitamin B12, calcium, iron, aspartic acid, ornithine, arginine, zinc, magnesium, iodine, silicone dioxide, glucosamine, sulfate, carnitine, coenzyme Q10, flavonoids, EPA

CHILDREN: vitamin A, vitamin C, vitamin D, vitamin E, vitamin B1, vitamin B2, vitamin B5, vitamin B6, vitamin B9, vitamin B12, iron, zinc, magnesium, manganese, selenium, copper, iodine, calcium, potassium, threonine, ornithine, arginine, tryptophan, EPA

PSYCHE: vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B10, vitamin B12, sulfur, zinc, copper, chromium, cobalt, tryptophan, methionine, phenylalanine, glutamine, 5-HTP, threonine, glycine, serotonin, melatonin

SLEEP: vitamin B3, tryptophan, glycine, glutamine

GROWTH: vitamin A, vitamin B9, vitamin B12, zinc, manganese, selenium

SKIN / WOUNDS: vitamin B1, vitamin B5, vitamin B6, vitamin B9, vitamin C, vitamin E, potassium, silicone dioxide, zinc, isoleucine, threonine

DIGITAL NUTRITIONAL MIXTURES 4 (HORMONAL SYSTEM)

DIGITAL NUTRITION MIXTURES 5

SPORTS

BREATH: vitamin A, vitamin B6, vitamin B9, vitamin B12, vitamin C, vitamin E, vitamin D, selenium, zinc, magnesium, cysteine, sulfuraphane, EPA, glutathione

MOTION: vitamin C, vitamin E, vitamin A, vitamin B1, vitamin B2, vitamin B6, magnesium, calcium, iron, potassium, zinc, sodium, iodine, copper, glutathione, EPA, chromium, carnitine, coenzyme Q10, ornithine - arginine, methionine, glycine

COMPETITION: carnitine, glycine, methionine, ornithine - arginine, glutamine, magnesium, potassium, iron, coenzyme Q10, selenium, vitamin C, vitamin E, vitamin B6, taurine, sodium chloride, EPA

MUSCOLOSKELETAL

STRUCTURE: alanine, glycine, proline, valine, leucine, lysine, vitamin C, zinc, copper, iodine, sodium, calcium, potassium, magnesium

MOBILITY: vitamin B12, vitamin B6, vitamin A, vitamin C, vitamin E, vitamin D, vitamin B1, vitamin K, EPA, glucosamine sulfate, silicone dioxide, histidine, cysteine, magnesium, calcium, manganese, copper, carnitine, glycine, lysine, proline

ACTIVATION: vitamin B1, vitamin B2, vitamin B12, vitamin B4, vitamin B6, vitamin B9, vitamin C, vitamin D, iron, magnesium, coenzyme Q10, taurine, carnitine, glycine, lysine, zinc, tyrosine, phenylalanine, tryptophan, choline, glutamine, glutathione,

CARDIOVASCULAR

REDUCTION: vitamin A, vitamin C, vitamin K, vitamin E, vitamin D, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, glutathione, magnesium, cobalt, copper, chromium, EPA, coenzyme Q10, flavonoids, ornithine - arginine, taurine, glycine, glutamine, lysine

EXERTION: coenzyme Q10, ornithine - arginine, vitamin B6, carnitine, taurine, vitamin C, vitamin B12, vitamin B9, magnesium, vitamin D, EPA, flavonoids, potassium, glutathione

CIRCULATION: vitamin A, vitamin B12, vitamin B9, vitamin d, iron, orthinine, arginine, glutamine, selenium, zinc, calcium, potassium, phosphorus, flavonoids, EPA, glutathione, histidine, magnesium, coenzyme Q10, taurine, lysine

METABOLISM

RIGIDITY: iron, phenylalanine, cysteine, vitamin C, vitamin B10, valine, proline, vitamin D, copper, vitamin E, flavonoids, magnesium, coenzyme Q10, carnitine, phosphorus, glycine, zinc

LIFESTYLE: vitamin B3, vitamin B9, vitamin B6, vitamin B8, vitamin B12, vitamin C, vitamin D, vitamin E, glutathione, EPA, chromium, coenzyme Q10, cartinine, selenium, zinc, copper, magnesium

ENERGETIC: vitamin B1, vitamin B2, iron, selenium, zinc, vitamin B12, vitamin B3, vitamin B9, manganese, copper, vitamin C, vitamin A, vitamin D, vitamin K, methionine, histidine, magnesium, coenzyme Q10, carnitine, EPA

METABOLISM

TISSUE HARMONY: vitamin C, vitamin D, coenzyme Q10, vitamin B5, vitamin B10, vitamin B12, selenium, proline, cortisone, tryptophan, copper, EPA, flavonoids, potassium

BIOINFORMATION: vitamin A, vitamin E, vitamin B2, vitamin B6, vitamin B7, vitamin B9, vitamin B12, methionine, choline, EPA, glycine, magnesium, selenium, zinc, iron, copper, manganese, calcium, chromium, glutathione

COMFORT: vitamin D, vitamin C, vitamin E, vitamin K, vitamin B9, chromium, magnesium, coenzyme Q10, EPA, zinc, vanadium, taurine, ornithine, arginine, carnosine, carnitine, cysteine, glycine, sulfoaphane, flavonoids, corticosterone

HORMONAL SYSTEM

EXHAUSTION: vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, sodium, EPA, glutamine, taurine, corticosterone, vitamin C, cortisone, magnesium, tryptophan, ornithine, arginine, potassium

FOR MATURE WOMEN / MENOPAUSE: vitamin C, vitamin E, vitamin D, vitamin K, vitamin B2, vitamin B1, vitamin B9, vitamin B12, vitamin B6, flavonoids, selenium, magnesium, zinc, calcium, ornithine, arginine, tryptophan, EPA

PASSION: vitamin B6, vitamin B9, vitamin B12, vitamin D, selenium, zinc, glutathione, coenzyme Q10, carnitine, aspartic acid

OTHER

BALANCE: vitamin B6, vitamin B5, vitamin B12, vitamin D, vitamin E, iron, selenium, zinc, magnesium, glutathione, flavonoids, glutamine, ornithine, arginine, aspartic acid

RELIEF: vitamin B2, vitamin B5, vitamin B1, vitamin B7, vitamin B3, vitamin B9, vitamin B10, vitamin B12, selenium, ornithine, arginine, vitamin C, vitamin D, zinc, glycine, magnesium, vitamin E, tryptophan, EPA

JOY OF LIFE: 5-HTP, serotonin, tryptophan, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B10, vitamin B12, phenylalanine, cobalt, androsterone, glutamine, copper, sulfur, EPA, citrulline, chromium, methionine, zinc, thyroxine

RECREATION: tryptophan, serotonin, magnesium, vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, vitamin D, vitamin C, selenium, melatonin, coenzyme Q10, manganese, molybdenum

REST: tryptophan, serotonin, melatonin, glycine, ornithine, arginine, vitamin D, vitamin B3, vitamin B5, vitamin B6, vitamin B9, vitamin B10, vitamin B12, iron, zinc, copper, selenium, magnesium, methionine, phenylalanine

TEETH HARMONY: vanadium, coenzyme Q10, vitamin K, vitamin C, vitamin B6, glucosamine, sulfate, phosphorus, vitamin B12, manganese, copper, vitamin B9, vitamin E, vitamin A, vitamin D, calcium

DIGITAL NUTRITION MIXTURES

POWER OF THREE UNIVERSAL FREQUENCIES

These programs combine frequencies from the pioneers Nicola Tesla, Dr. Royal Raymond Rife, Dr. Hulda Clark and analyzed in the information field. They harmonize your energetic field of negative stimuli.

CLASSICAL PHYSICAL: frequencies that support, balance and tackle the problem of acute and long term stress responses & the signalled pathways are supported, regulated and rebalanced.

When we are under constant attack, there are many different physical processes that can and will take place.

Acute stress and anxiety are a huge challenge, but if left uncontrolled for a long time, our bodies can enter a prolonged state of stress. This will take its toll on our adrenal glands.

When we are in fear and panic, the immune system releases various signal substances in this state. This activates our defense mechanisms (such as fight/flight/freeze). This system is also activated in anxiety and stress states.

Imagine if there were a frequency that could help calm down all potentially harmful signals!!!

If we stay in this state for a long time, this causes inflammation and oxidative states and thus damage to our cells.

CLASSICAL ENERGETIC: designed to help when we are in conflict and feel we have lost control or are being attacked by outside forces.

Remember, we are not really a physical being. We are an energy being! Our energy is very important. We see damage in the energy field long before it manifests in the physical body.

You have 7 energy bodies that align with the 7 major energy centers (chakras). So it's great to have a tool to balance those areas!!

Ultimately, we are a collection of organelles, cells and microbial communities, and these need to communicate effectively for everything to flow like a well-oiled machine.

ZAPPER PROTOCOL: balances and harmonizes the important and delicate relationship of all of our different microbes (bacteria, viruses and fungi). You automatically give the correct frequencies to your own body. These frequencies have been chosen in such a way that you can remove (almost) all parasites, viruses and bacteria.

The ancient wisdom of Ayurvedic medicine (over 5,000 years old) based on the three body and person types, called doshas, that have been formatted into three distinct programs. Each program is composed of different frequencies coming from the 5 basic elements of water, ether, air, fire & earth. Each individual has a part of their own doshas in them.

Doshas aren't static - meaning that they change throughout our lives and vary greatly depending on the choices we make, our diet, any diseases we have, our environment and many additional factors.

**VEDA = knowledge, science of art
AYURVEDA = the art or science of living**

KAPHA: gives strength, stamina, a good immune system, patience & psychological stability, love, forgiveness and rest.

- formed by elements water & earth
- principle of structure, bones, muscles, tendons
- gives the body firmness & stability, keeps the fluid balance in balance
- **IN BALANCE:** excellent stamina, big and soft eyes, strong build, thick hair, smooth skin, loyal, patient, stable, supportive
- **OUT OF BALANCE:** oversleeping, overweight, short of breath, unhappy, insulin intolerance and dependence, resistance to change, stubbornness

PITTA: gives satisfaction, energy, eloquence, good digestive power, correct body temperature and a clear mind

- primarily made up of the element of fire
- determined by association of the elements fire & earth
- metabolic principle regulates, among other things, digestion & body temperature
- in the spiritual realm, it represents a keen intellect & emotions
- **IN BALANCE:** good digestion, glowing complexion, strong appetite, precisely sharp-minded, straight away, pronounced
- **OUT OF BALANCE:** skin rash, digestive problems, excess body heat/perspiration, burning sensations*, irritable/short fuse, constantly discussing

* a burning sensation in the skin can be the result of stimulation of nerves at various levels

VATA: makes one feel energetic, happy, enthusiastic & creative; the mind is calm, clear & lively (this includes the intestines, skin, ears, nervous system & lungs)

- consists of elements air and space/ether
- principle of movement is responsible for the nervous system, respiration and all movement processes in the body
- focused on breathing, sensory stimuli & excretion
- **IN BALANCE:** excellent agility, dry skin and hair, lightness in life, creative, energetic, flexible, love and excitement, open to new challenges
- **OUT OF BALANCE:** high blood pressure, constipation, weight loss, weakness, rheumatism, insomnia, digestive challenges constantly delivered

POWER OF THREE BIOENERGETIC REBALANCE

The Power of Three program group is our answer to the energetic and informational dividing point that many of us perceive and experience. The programs are based on the ancient system of 3 natural energetic forces expressed in the bio-energies of Ayurveda. Power of Three programs combine a systematic analysis of current collective processes and classical universal frequencies

BIOENERGETIC REBALANCE: for use in especially difficult energetic times

Physical events can cause severe imbalances to the bioenergetic field. The Rebalance program is designed specifically to harmonize those imbalances.

CONFLICT BALANCE: when the conflict energy takes its toll

The consequences of conflict (stress) on the brain are enormous. This creates an imbalance in the forms of emotional, mental or psychological stress.

**** This program resolves inner conflicts ****

The amygdala is an area of the brain where everyone stores sadness, pain, disappointment and loss - negative emotions. Stress triggers the production of cortisol (stress hormone). Cortisol activates the area in the brain (hippocampus) that decreases stress and regulates your memory (under a prolonged stressful situation you can remember less and your brain stores less)

Too much stress leads to overworking of the hippocampus which damages your frontal lobe. Your frontal lobe will then inhibit your amygdala (an uninhibited amygdala means an unleashing of negative emotions).

DEFENSE SUPPORT: for that extra support to defend & protect against external influences/destructive energies

The defense mechanism ensures that you do not feel emotions - which are experienced as negative.

Due to your defense mechanism, you keep yourself asleep or unconscious. Because you do not want to feel certain emotions, you unconsciously automatically ensure that you feel "something else." And you will behave accordingly.

FRIENDLY FLORA: to help our delicate microbial community do their important work & also works on your mental and emotional field

Supports digestive health by encouraging the growth of friendly bacteria

- promotes intestinal health
- supports overall health of the immune system
- supports optimal digestion and absorption

WEEK 1

MONDAY: conflict balance
WEDNESDAY: protection support
FRIDAY: friendly flora

WEEK 2

MONDAY: conflict balance
WEDNESDAY: protection support
FRIDAY: friendly flora

WEEK 3

MONDAY: conflict balance
WEDNESDAY: protection support
FRIDAY: friendly flora

WEEK 4

MONDAY: classic physical
WEDNESDAY: classic energetic
FRIDAY: zipper protocol

WEEK 5

MONDAY: classic physical
WEDNESDAY: classic energetic
FRIDAY: zipper protocol

WEEK 6

MONDAY: classical physical
WEDNESDAY: classic energetic
FRIDAY: zipper protocol

WEEK 7

MONDAY: kapha
WEDNESDAY: pita
FRIDAY: vata

WEEK 8

MONDAY: kapha
WEDNESDAY: pita
FRIDAY: vata

WEEK 9

MONDAY: kapha
WEDNESDAY: pita
FRIDAY: vata

POWER OF THREE 9-WEEK PROTOCOL

SOUL CYCLE

Soul Cycle is designed to assist you in reconnecting with everything around you. It has the ideal frequencies to support you in performing at your highest level and in harmony with your beloved ones as well as re-filling your energy reserves to enjoy life.

ACCEPTANCE: designed to support you in strengthening the fundamental ability to manage your reactions to change, embrace who you are and find peace amidst the chaos

SELF-CONFIDENCE: designed for inner centering of your energetic field. A healthy dose of self-confidence is necessary to become more resilient, have a balanced view of yourself and embrace your full potential.

CONFIDENCE: designed to support the energetic stimulation of the inner connection to yourself. Fears can be helpful when alerting you to dangers and preparing you to deal with it. However, an excessive level of fear can also lead to distress and disruption.

SERENITY: designed to stimulate the inner balance of your energetic field. When you're in a state of inner peace, you are staying calm and accepting circumstances that you cannot easily change.

INNER BALANCE: designed to energetically stimulate your inner unity. Maintaining your inner balance is a crucial part of leading a positive life and achieving a state of happiness.

HAPPY: frequencies in this program are designed to help you positively align your energetic field. Happiness is more than just feeling good - it's about combatting negative thoughts and approaching every day with optimism. Everyone already carries the key for positive thinking & thus for a happy life.

EMOTIONS: unique frequencies are designed to energetically support the processing of emotions. Emotions are a central part of our lives. They help us evaluate & assess situations as well as make choices.

BURDEN: designed to energetically support releasing. Experiencing burden and negative energies can weigh heavily on your shoulders and even prevent you from progressing in your everyday life.

AURA PURE: intended to support you in purifying your energetic field. When negative feelings such as anger and bad thoughts pollute your aura, you can quickly feel tired, irritated or listless.

STIMULATION: designed to stimulate your energetic regeneration. Balance is the basis of your wellbeing and factors such as hectic lifestyle, pressure and stress can impact it.

POWER RESERVE: designed to stimulate your bioenergetic field. When you're feeling drained, it is harder to concentrate on tasks, and control your level of frustration, even with simple challenges.

ENERGY BALANCE: designed to balance your energy centers. Maintaining an energy balance plays a central role in your performance & strength.

Everything is connected - from our first heartbeat, we are connected with everything & everything is good. As we grow up, we begin separating (from our mothers at birth, from our environment and eventually our mind & body). This disconnection and separation can be seen as trauma - we continue to separate ourselves from everything around us eventually creating separation within ourselves. We accumulate blockages, fears, traumas and beliefs which often manifest as hatred, envy and anger.

Every human has their own unique spectrum of frequencies. Every negative influence leaves disharmonies in our frequency spectrum - some small & some big, leaving behind mental scars.

Soul Cycle programs are designed to support you in re-harmonizing negative frequencies by:

- PEACE: finding peace within yourself
- LOVE: feeling loved at all times
- RECONNECTING: regaining your deep connection to everything
- FEARLESSNESS: letting go of your fears
- POTENTIAL: unfolding your full potential

LENGTH: 36 days

1 **ACCEPTANCE:** 3 days | 1x a day

— energetic harmonization in the ability to accept ourselves the way we are

2 **SERENITY:** 3 days | 1x a day

— stimulation the inner balance of the energetic field

3 **BURDEN:** 3 days | 1x a day

— energetic support for releasing

4 **EMOTIONS:** 3 days | 1x a day

— energetic support for processing emotions

5 **AURA PURE:** 3 days | 1x a day

— purifying the energetic field

6 **HAPPY:** 3 days | 1x a day

— positive alignment of the energetic field

7 **CONFIDENCE:** 3 days | 1x a day

— energetic stimulation of the inner connection to ourselves

8 **INNER BALANCE:** 3 days | 1x a day

— energetic stimulation of the inner unity

9 **POWER RESERVE:** 3 days | 1x a day

— stimulating the bioenergetic field

** do NOT use too late in the evening

10 **SELF-CONFIDENCE:** 3 days | 1x a day

— inner-centering of the bioenergetic field

11 **ENERGY BALANCE:** 3 days | 1x a day

— balancing the energy centers

12 **STIMULATION:** 3 days | 1x a day

— stimulating energetic regeneration

** **TIP:** pay extra attention to which programs you do really well with and then apply it once every other day for the next two weeks

** once you complete the routine, you will be more familiar with each program and that will help you choose the one that is best for you at that moment.

** **BONUS TIP:** if you have HealAdvisor Analyse App, you can also do an analysis in the Information Field in the Resonance module and choose the program with which you currently have the highest resonance with!!

SOUL CYCLE PROTOCOL

** Times listed are the ideal hours for regeneration of organ listed **

3AM - 5AM, LUNGS: "Master of Qi"

- balances the flow of biological energy and breath in the whole body
- supports the cells as they engage in the energetic exchange of taking in oxygen and releasing waste
- distribution of qi and ying allows a good lymphatic & energetic flow that happens in the middle of the night when the body is in a very passive/Yin state

5AM - 7AM, LARGE INTESTINE: "Water Purifier"

- supports elimination of waste during the day
- the large intestine regulates the health of skin, joints and mucosae
- this time is important to rebalance our microbiome & redistribute fluids that will be then eliminated during the day or reabsorbed for hydration

7AM - 9AM, STOMACH: "Great Granary"

- grain storage due to its connection with ingested food
- not only important to balance digestion, but also supports good sight and eye coordination as well as alertness
- if well reactivated, it produces enough yang energy to maintain a good body temperature

9AM - 11AM, SPLEEN/PANCREAS: (relates to Yi) "Thought and Memory"

- traditionally associated with assimilation
- plays a role in regulating GuQi, or digestive energy, allowing long-lasting energy supply for the day
- it's important to allow the energy to flow from inside to outside and not vice-versa, therefore heaving meals are to be avoided

11AM - 1PM, HEART: "Emperor Spirit"

- source of consciousness and pure self
- typical state of vacuity dear to the Taoists & Buddhists is historically represented by the empty resonant heart, devoid of stress and passion
- the short break for the brain allows the Heart meridian to promote balance of cognitive & energetic functions

1PM - 3PM, SMALL INTESTINE: seat of "fire" and digestive energy

- energy for attention and concentration is produced in the small intestine
- during this time, the Yang Qi has an increased opportunity to circulate in order to better assimilate food & transform it into GuQi or energy from food & drinks

NATURAL CYCLE

** Times listed are the ideal hours for regeneration of organ listed **

3PM - 5PM, BLADDER: balances both output of fluids and external flow of energy in the nerves

— Bladder meridian produces the largest distribution of qi along the spine from the head to the toes

5PM - 7PM, KIDNEYS: “Root of Life”

— water is the kidneys’ element and most vital component of life & youth

— storage of dense energy called Jing, the type of less-flowing energy that constitutes glands and tissues

— a loss of Jing is visible through a lower quality of hair, bones & teeth

— during this time, can be calmed through the use of juices, activated water or a warm non-caffeinated beverage

7PM - 9PM, PERICARDIUM: supports the microcirculation of qi through the body’s vascular system

— due to the daily chrono-biorhythm, the effect of the qi in the periphery begins to travel towards in the inner organs at 7PM and allows for inner energetic nourishment of dense organs

9PM - 11PM, TRIPLE HEALER: comparable to the metabolism in the western view

— a healthy triple healer helps maintain a normal temperature and regulates a good balance between O₂ & CO₂ through breathing

— the triple healer reduces its functions during this time

— a typical sign of the need to recuperate is when you yawn during this 2-hour period

11PM - 1AM, GALLBLADDER: the “General”

— thought to be the organ of focused energy

— related to brain function, magnetic energy (from iron metabolism) & willpower

thought to be related to energetically balanced eyes and reflexes

1AM - 3AM, LIVER: “Life and Energy”

— needs a restful night’s sleep to recover

— hosts both Wei Qi (defensive energy) & the blood, both get purified during the night

— the liver meridian also controls the healthy qi of tendons and blood circulation in the eyes and head