

HEAL YOUR DEEPER CORE

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):

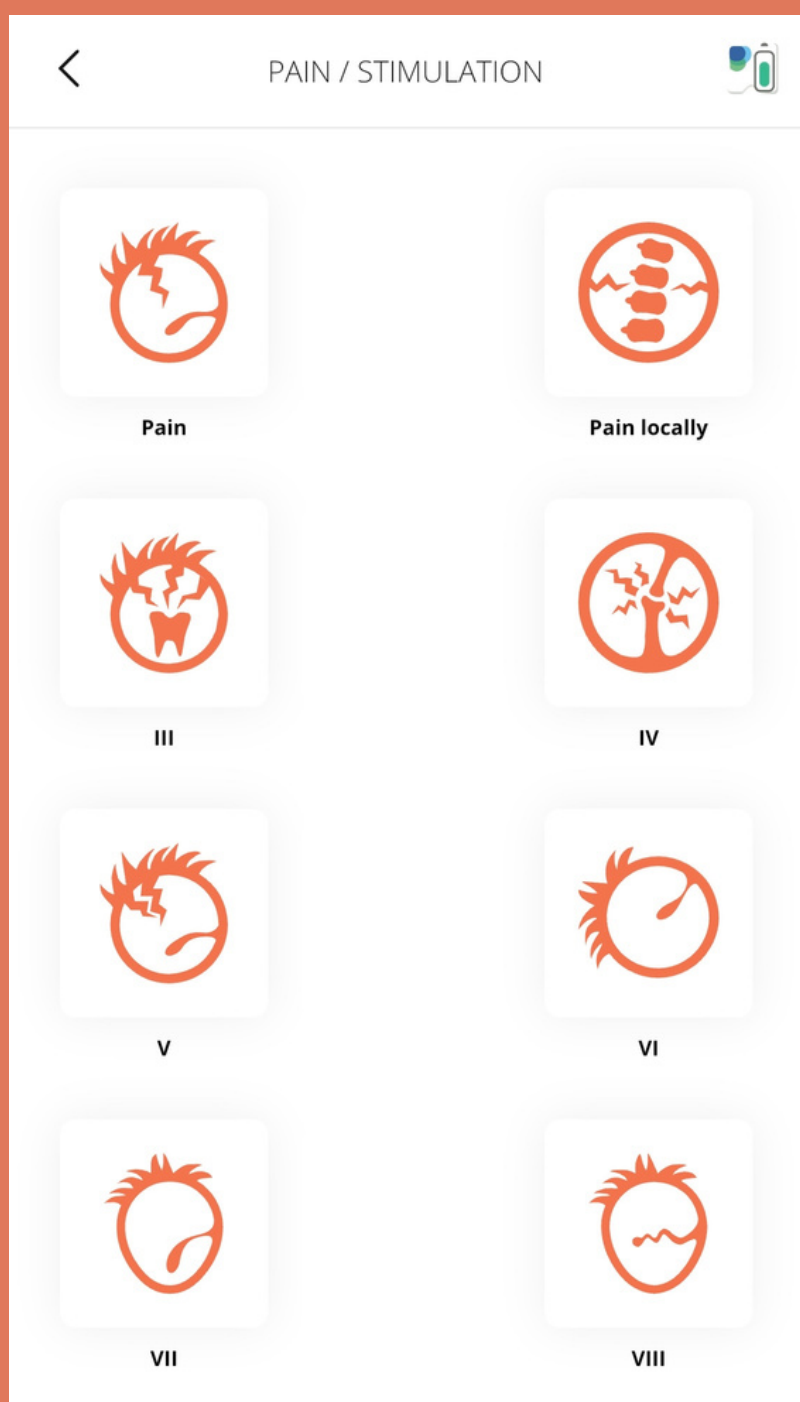
local application to support and address sleep issues/insomnia via the CNS (central nervous system)

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

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.

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

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 oarasites, viruses and bacteria.

POWER OF THE VEDAS DIGITAL AYURVEDA

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