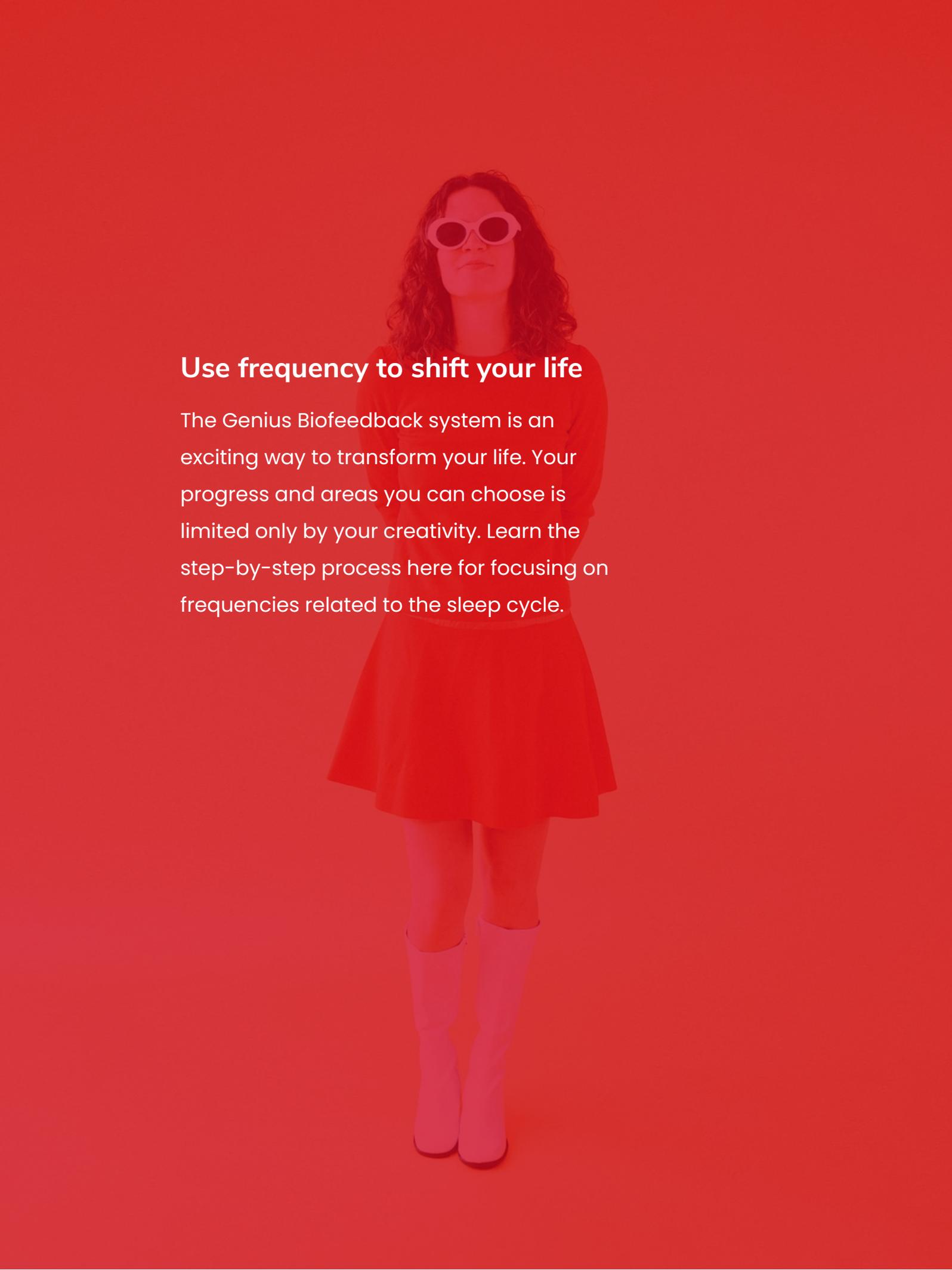


How to harmonize your sleep with the Genius



By Dr. Ariel Policano

GeniusBiofeedback.com



Use frequency to shift your life

The Genius Biofeedback system is an exciting way to transform your life. Your progress and areas you can choose is limited only by your creativity. Learn the step-by-step process here for focusing on frequencies related to the sleep cycle.



Step 1

Sleep Process

Begin your session with these simple steps:

1. Record your voice and your picture.
2. Enter your Energetic Affirmation Entrainment (a word that you want to focus on today). Click Next. Arrive at the System Overview Screen
3. Tap "Begin Analysis" at the bottom (Red Bar).



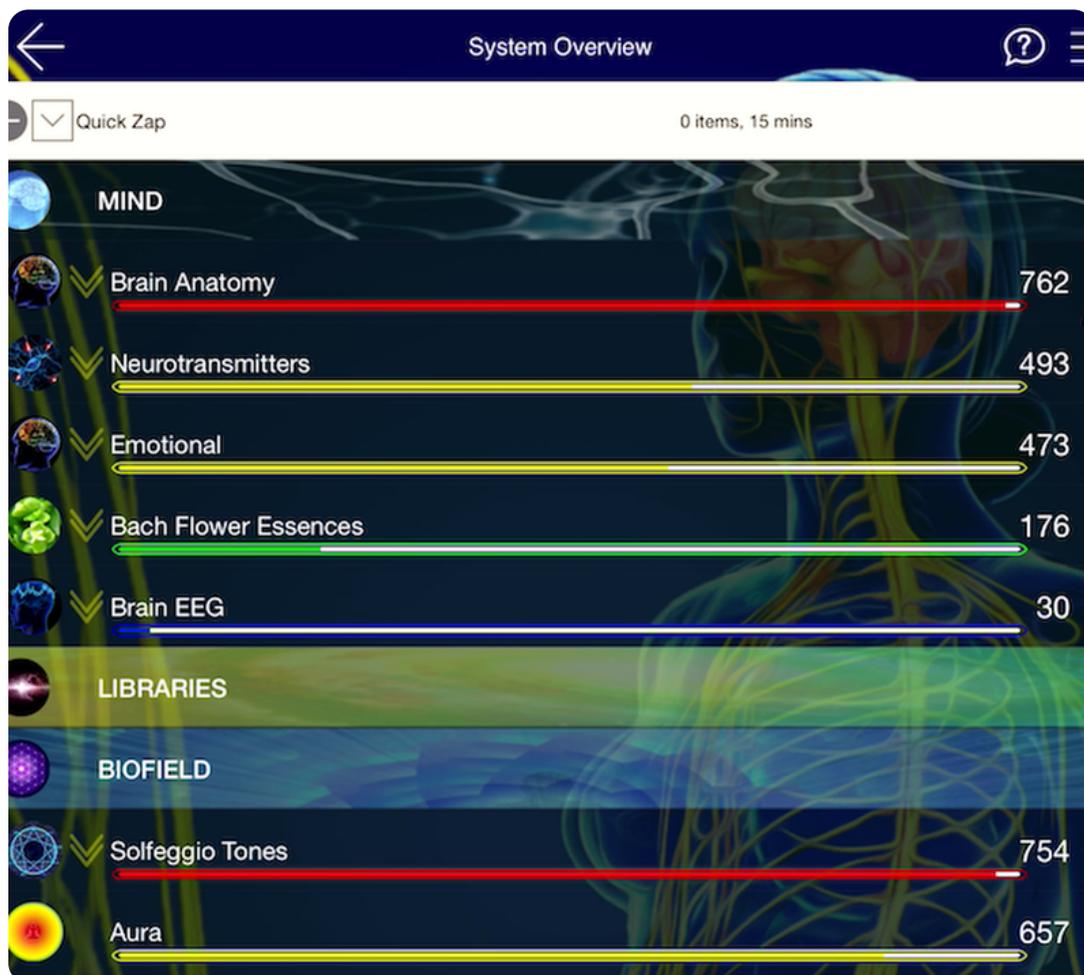


Step 2

Frequencies to add to your tray

To do the sleep harmonization process, we are going to add in frequencies associated with sleep. Let's first review the 3 trays.

1. The Quick Zap tray is when you want to add a few items for a specific purpose (about 10 or fewer frequencies).
2. The Quick Balance tray is used when you want to just balance the reds and blues on one tray (see vertical timer)
3. The Main Hold tray is when you have a more than 10 frequencies.





Step 3

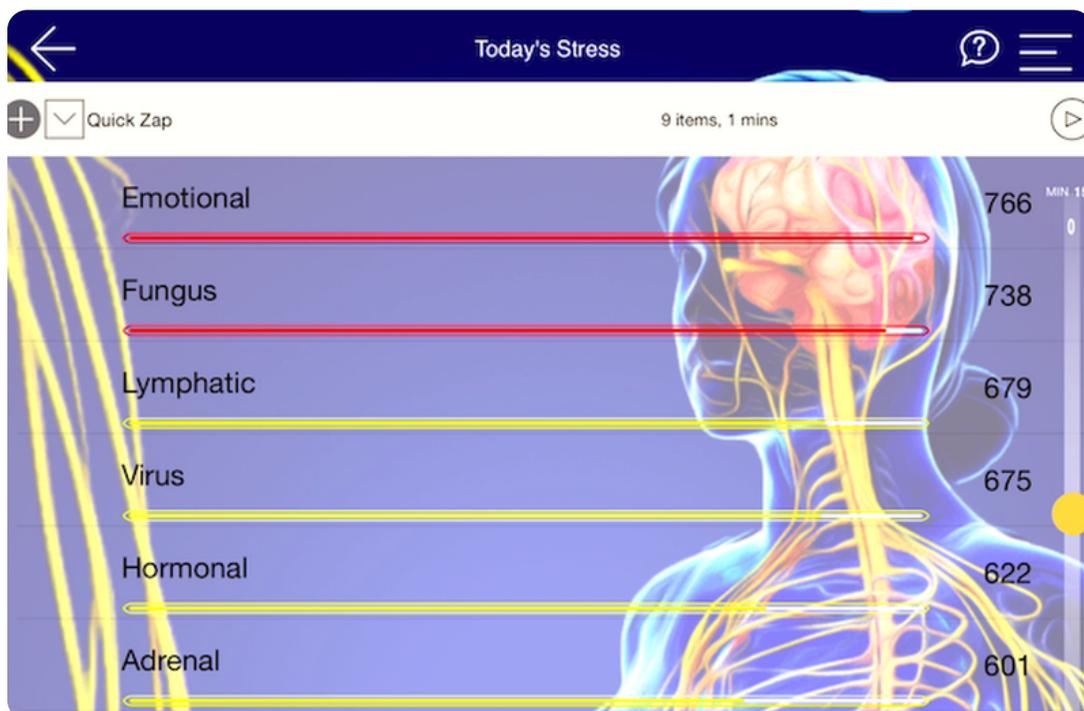
In Today's Stress, add the reds and blues to the main hold tray

The Today's Stress panel is a good place to start any session. It addresses some of the important issues for the day and is a good core panel for general balancing.

Add the items shown in reds and blues to the Main Hold Tray by dragging and dropping them into the tray.

Red items are associated with issues that might be more recent, sometimes considered to be acute or superficial.

Blue items could be considered areas where there is stagnation or deficiency or may be associated with more chronic issues.





Step 4

Add these items to your Main Hold Tray (System Overview)

1. Gland - Pineal - The pineal gland secretes melatonin, which helps the body to get into a deep sleep.
2. Hormones - Melatonin - Melatonin is the hormone that is secreted in darkness to promote deep sleep.
3. Herbs - Skullcap, valerian and catnip are relaxing herbs.
4. Essential Oils - Lavender and Lemon Balm promote relaxation.
5. Solfeggio Tone 528 Hz - This frequency is used for transformation and miracles and is great to add to any balancing session

Go from the Main Hold Tray to Progressive Insights. Tap Begin Analysis. Tap "All" at the Top Left and balance for 15 minutes. Plan do to this session about 1 hour before bedtime.



Step 5

Rectification Percentages

There are words at the bottom of Progressive Insights including Harmony, Alignment and Energy Flow. Each one of these gives a score in a percentage form. Rectification lets you know how much the frequency has evoked some kind of change. The higher the %, the more the change.

Quantum Biofeedback is a form of subtle energy. In this world of frequency, a small change can make a big impact. Therefore, a change of just 40% or more can mean completion for a set of frequencies. After reaching 40%, it is perfectly fine to move onto another type of balancing session where you work on other goals.

