

# Adrenal Elixir Process with the Genius



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A person's hands are shown holding a magnifying glass over an open book or document. The scene is dimly lit, with a strong blue color cast over the entire image. The magnifying glass is positioned over a page, suggesting a process of deep focus, research, or discovery.

## 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 your Adrenal.



## Step 1

# Begin Your Session

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).



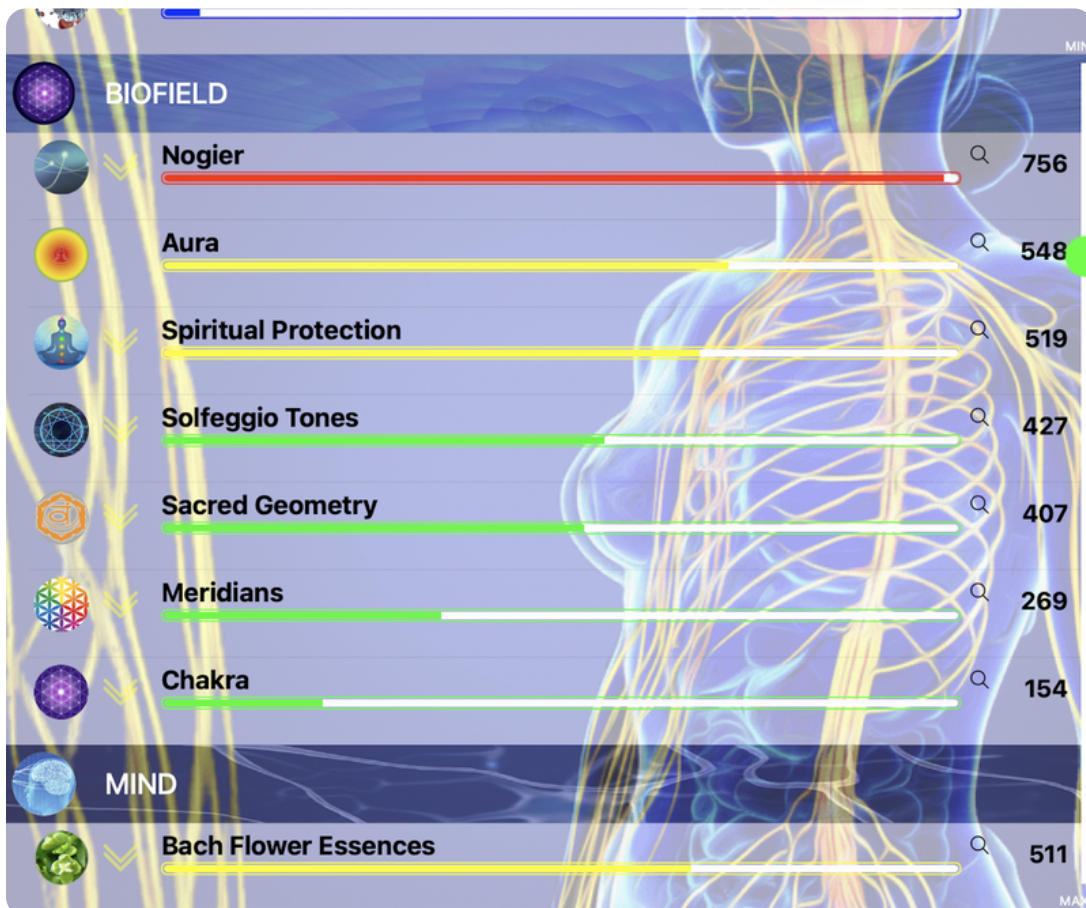


## Step 2

# Frequencies to add to your tray

To do the Adrenal Elixir process, we are going to add in frequencies associated with the Adrenal. 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.

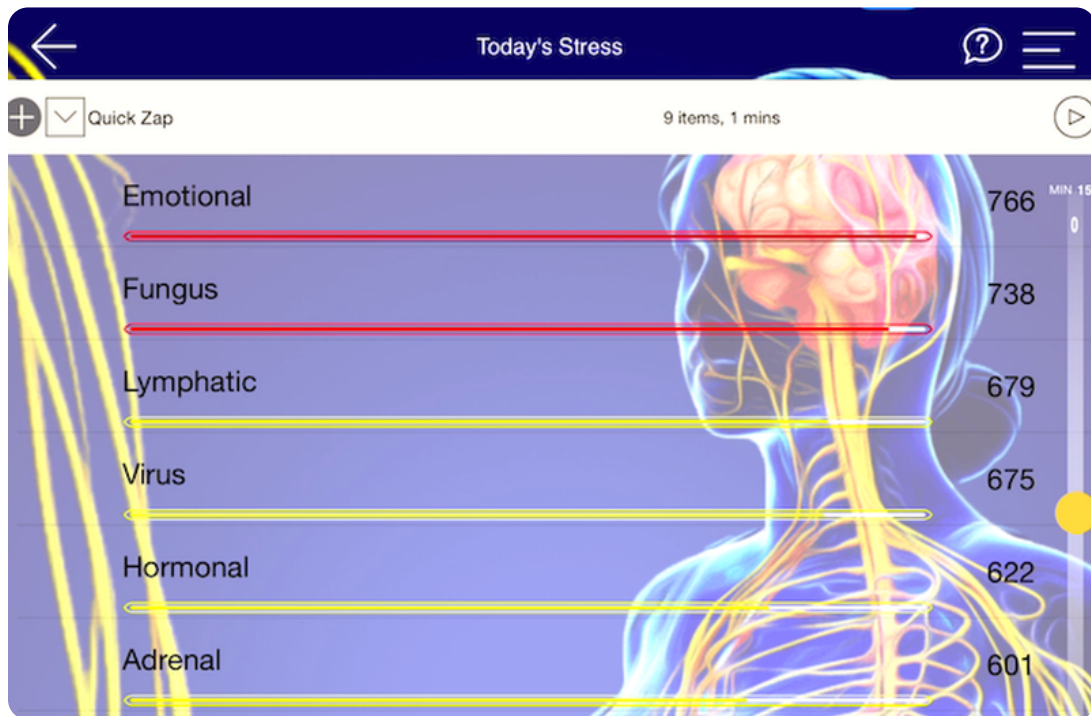




## Step 3

# Add frequencies to your Main Hold Tray:

- Today's Stress - add the reds and blues
- Body Systems - add the reds and blues
- Glands - add the reds and blues
- Spinal Energy - add the reds and blues
- Herbs - Rhodiola, Licorice
- Adrenal Solutions (Optional)
- Adaptogens (optional)
- Solfeggio 285 Hz
- Meridians







## Step 4

# Progressive Insights

Once in Progressive Insights, click "Begin Analysis" at the bottom of the screen. When your results are complete select your highs and play your frequencies for 15 minutes.

