

Brain Balancing Strategies with the Genius



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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 Brain Balancing.





Step 1

Start 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).



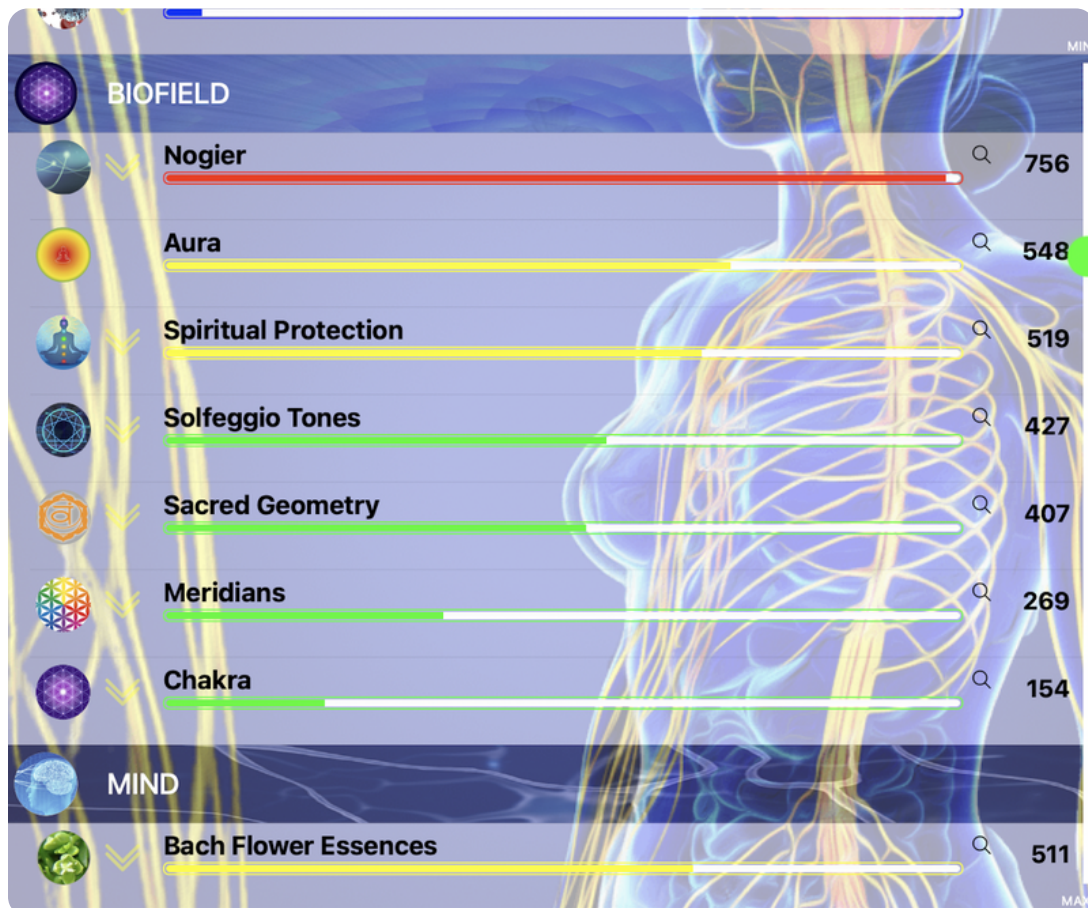


Step 2

Your frequency trays

To do the Brain Balancing process, we are going to add in frequencies associated with the brain. 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.

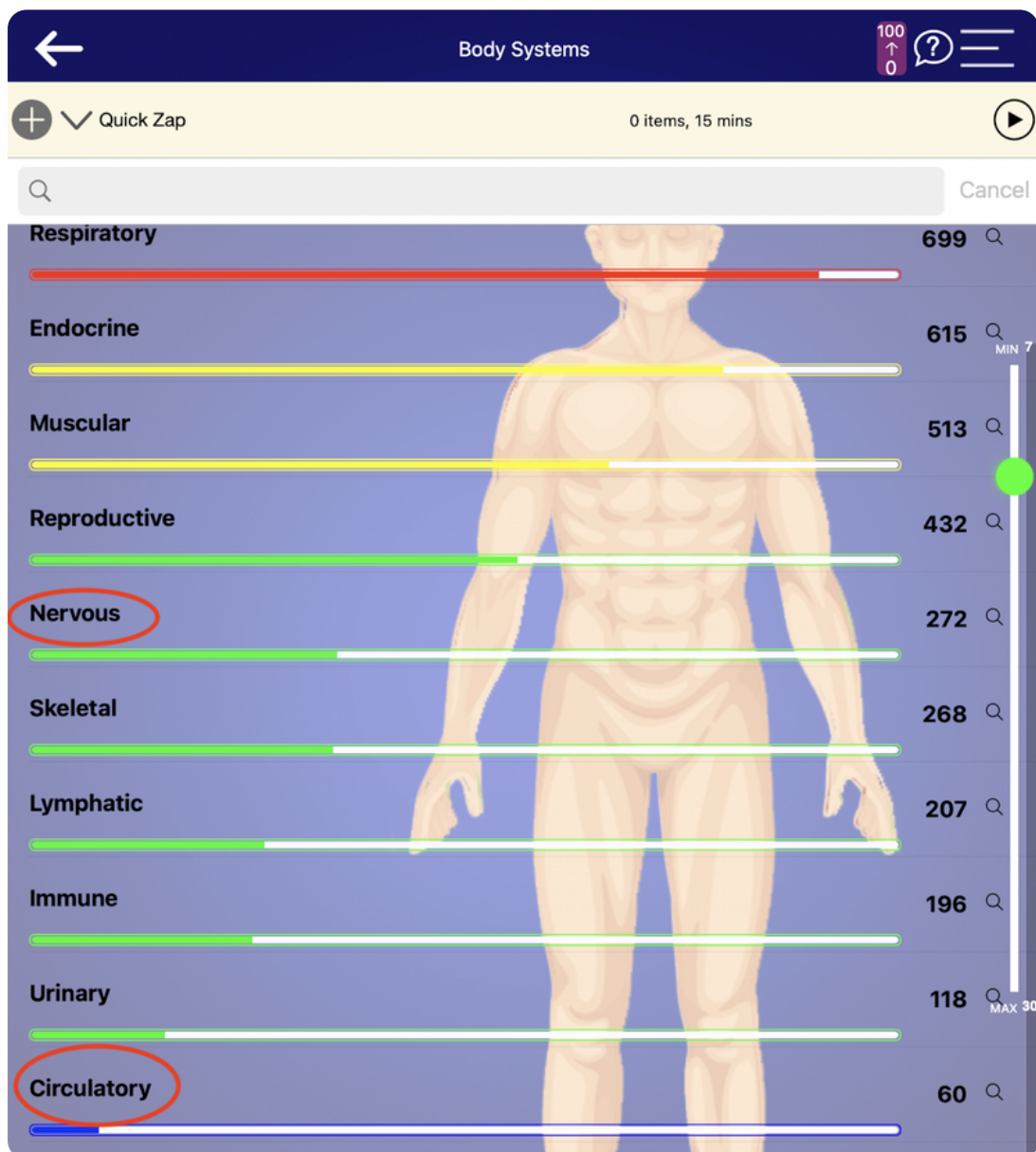


Step 3

Frequencies to add - Main Hold Tray

Add the following items from Body Systems:

- Nervous
- Circulatory





Step 4

Also add these items to your Main Hold Tray (System Overview)

- Glands - Hypothalamus, Pituitary, Pineal
- Nogiers D, G, and L
- Herbs - Bacopa, Turmeric, Gotu Kola, Lion's Mane
- Solfeggios - 528, 285, 417
- Essential Oils - Black Pepper, Cardamon, Lavender, Rosemary
- Emotions - High/lows
- Flower Essences - High/lows

The screenshot shows a software interface for creating a capsule. The background features a blue anatomical diagram of the human head and neck, highlighting the nervous system and glands. The interface is divided into several sections:

- Item List:** A list of items with progress bars and search icons. The items are: Rock Rose (758), Gorse (719), Centaury (717), White Chestnut (716), and Vine (714).
- Drag & Drop Items Here:** A collection of buttons for various items, each with an 'X' icon. The items include: Sweet Chestnut, Cherry Plum, Larch, Chestnut Bud, Wild Oat, Vine, White Chestnut, Centaury, Gorse, Rock Rose, Worry, Envy, Angst, Curiosity, Awe, Loathing, Disappointment, Contempt, Affection, Shame, Frustration, Jealousy, Sadness, Disgust, Cardamom, Black Pepper, Rosemary, Lavender, 417 Hz RE Undoing Situations and Facilitating Change, 285 Hz Expressing Uniqueness, 528 Hz MI Transformation and Miracles (DNA Repair), Gotu Kola, Lion's Mane, Bacopa, Turmeric, Nogier L, Nogier G, Nogier D, Pineal, Pituitary, Hypothalamus, Circulatory, and Nervous.
- Export Button:** A purple button labeled "Export to Capsule".
- Progress Bar:** A horizontal bar at the bottom showing a progress of 15 minutes out of a 30-minute total.
- Bottom Bar:** A bar with a plus icon, a triangle icon, the text "Main Hold Tray", the text "43 items, 15 mins", and a play button icon.

Step 5

Progressive Insights

Place frequencies in the Main Hold Tray, then press the "play" icon to head to progressive insights.

The screenshot displays a mobile application interface with a list of items. Each item has a circular icon, a title, a progress bar, a search icon, and a numerical value. The items are:

- Nogier (364)
- Solfeggio Tones (203)
- Aura (118)
- Sacred Geometry (95)
- MIND (Section Header)
- Brain EEG (755)
- Emotional (683)
- Bach Flower Essences (272)
- Brain Anatomy (238)
- Neurotransmitters (140)

At the bottom of the screen, there is a navigation bar with a plus icon, the text "Main Hold Tray", the text "11 items, 15 mins", and a play button icon circled in red. A red arrow points to the play button icon.

Step 6

Play your frequencies

Now in Progressive Insight you can tap begin analysis at the bottom. You can select all and just your highs, then play your frequencies for 15mins. DONE! Congrats, you just completed the brain balancing process.

The screenshot shows the 'Progressive Insight' app interface. At the top, there is a navigation bar with a back arrow, the title 'Progressive Insight', a help icon, and a 'Rescan' button. Below this is a status bar with a plus icon, a dropdown menu set to 'Quick Zap', the text '0 items, 15 mins', and a play button. A progress slider is visible, ranging from 0 min to 30 min, with a yellow dot at the 15 min mark. Below the slider are four buttons: 'All', 'High', 'Medium', and 'Low', with 'High' selected. To the right of these buttons is an 'Export To Capsule' button. The main area contains a list of items, each with a checkbox on the left, a frequency level in the middle, and a checked checkbox on the right. The items are:

Item	Frequency	Checked
<input type="checkbox"/> Circulatory	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Centaury	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Gotu Kola	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Larch	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Disgust	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Vine	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Pineal	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Curiosity	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Affection	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Jealousy	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Bacopa	High	<input checked="" type="checkbox"/>
<input type="checkbox"/> Shame	High	<input checked="" type="checkbox"/>