

# Weight Release 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 your Weight Release.





## Step 1

# Weight Release Strategies

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).



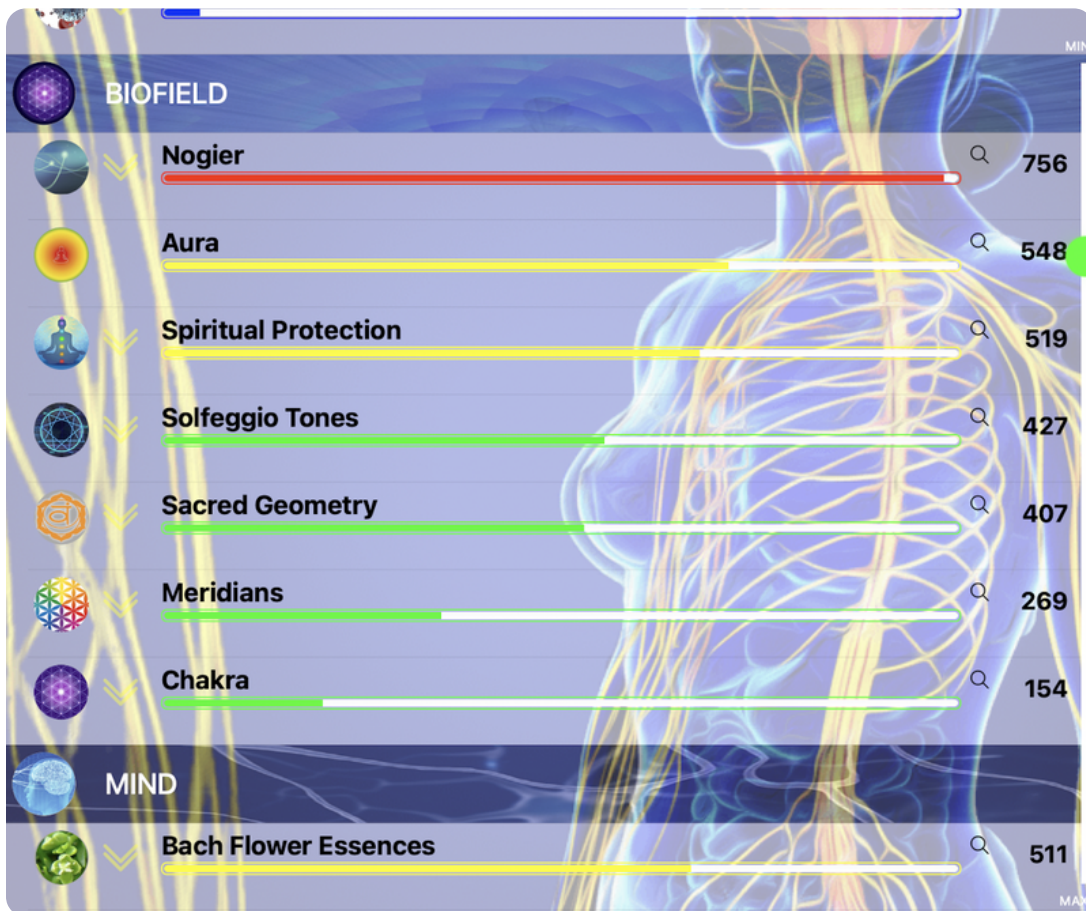


## Step 2

# Frequencies to add to your tray

To do the weight release process, we are going to add in frequencies associated with weight. 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.

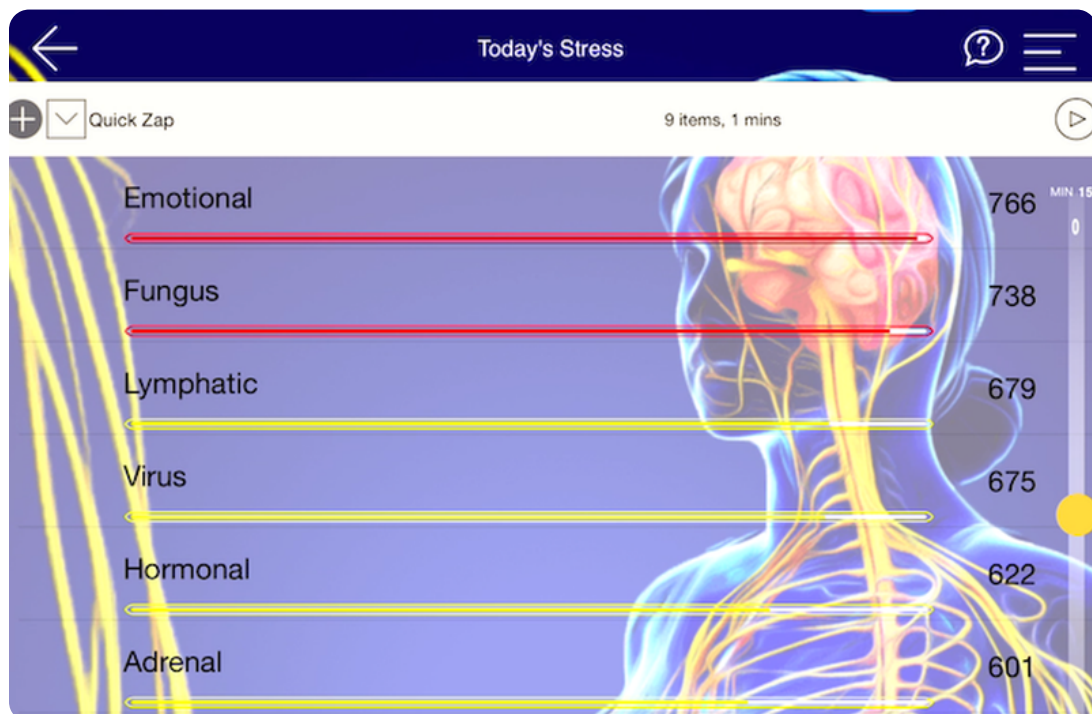




## Step 3

# Add the Reds and Blues from the following areas to the Main Hold Tray from the System Overview.

- Emotions
- Flower Essences
- Spleen Meridian
- Spleen Meridian Points
- Neurotransmitters
- Hormones
- Organs
- Glands
- Nogiers
- Solfeggio Tones
- Digestion
- Minerals



## Step 4

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

Place items in the Main Hold Tray. Proceed to Progressive Insights by clicking the "play" icon.

The screenshot displays a 'Main Hold Tray' containing 11 items with a total duration of 15 minutes. The items are listed as follows:

Item Name	Duration
Nogier	364
Solfeggio Tones	203
Aura	118
Sacred Geometry	95
<b>MIND</b>	
Brain EEG	755
Emotional	683
Bach Flower Essences	272
Brain Anatomy	238
Neurotransmitters	140

At the bottom of the tray, there is a '+' icon, the text 'Main Hold Tray', the summary '11 items, 15 mins', and a play button icon circled in red.

## Step 5

# Progressive Insights

Once in "Progressive Insights", click "Begin Analysis". When complete, select the highs and then play the frequencies. Run the frequencies for 15 mins in the morning and again in the evening.

The screenshot shows the "Genius Insight" application window. The title bar reads "Genius Insight". The main header is "Progressive Insight" with a back arrow on the left, a help icon (?), and a "Rescan" button on the right. Below the header is a yellow bar with a plus icon, "Quick Zap", "0 items, 15 mins", and a play button. A progress bar below this shows a yellow dot at the 15 min mark, with labels for 0 min, 15 min, and 30 min. Below the progress bar are five filter buttons: "All", "High", "Medium", "Low", and "Export To Capsul". The "High" button is selected. Below the filters is a list of items, each with a checkbox on the left, the item name, and a "High" label with a checkmark on the right. The items are: Cerato, Red Chestnut, Respiratory, Larch, Oak, Immune, Aspen, Amino Acids, Mimulus, Mustard, and Honeysuckle. The background features a stylized human figure with glowing yellow neural pathways.

Item	Filter	Status
<input type="checkbox"/> Cerato	High	✓
<input type="checkbox"/> Red Chestnut	High	✓
<input type="checkbox"/> Respiratory	High	✓
<input type="checkbox"/> Larch	High	✓
<input type="checkbox"/> Oak	High	✓
<input type="checkbox"/> Immune	High	✓
<input type="checkbox"/> Aspen	High	✓
<input type="checkbox"/> Amino Acids	High	✓
<input type="checkbox"/> Mimulus	High	✓
<input type="checkbox"/> Mustard	High	✓
<input type="checkbox"/> Honeysuckle	High	✓

## Step 6

### Go even further

This weight release strategy can also be added to the use of Genius weight loss libraries, Pineal Gland Regen., Vagus Nerve Activation, and the Genius 21 Day Detox Program. You can scan the QR Codes below or head to [Geniusbiofeedback.com](https://Geniusbiofeedback.com) and search "21 Day Detox" or "Weight Loss".



**21 Day Detox**



**Weight Loss Panels**



**Vagus Nerve Regen.**



**Pineal Gland Activation**