

**VITALI-CHI**

*Vitali-Chi*  
ENERGY FOR LIFE

**BOOST**  
INSTRUCTION MANUAL



## Welcome to VITALI-CHI BOOST [www.vitali-chi.com](http://www.vitali-chi.com)

Congratulations on your purchase. We hope you enjoy many hours of relaxation, meditation and healing.

According to the most ancient cultures dating back to pre-Bible, we have been aware of a life force surrounding the human body. Chinese and Ayurvedic medical tradition has a 5,000 year history based on health that incorporates the various levels of subtle energy that surround the human body.

This energy, known as your life force, travels through channels in and around the body's electrical circuit. If the energy does not flow smoothly and freely, ill health occurs.

**VITALI-CHI BOOST** helps to clear the energy flow of any obstructions so that the life force can now move in one continuous smooth circuit. It is this vital natural energy, that when flowing smoothly and freely can prevent and heal disease. It can be either energising or relaxing, since it works towards balance in whichever way the body needs.

**VITALI-CHI BOOST** balances our body's energy by connecting meridian and chakra terminations in our hands and feet to the points at the base of the neck and the bottom of the spine. When the body's primary energy centres are linked together, energy flow is profoundly enhanced, relieving stress and tension.



**Your VITALI-CHI BOOST ENERGY & WELLBEING SYSTEM contains (see page opposite):**

- A. 1 set of head and spine copper mesh pads
- B. 1 Boost bottle
- C. 1 Box of 10 frequencies (vibrational healing properties)
- D. 1 Booster
- E. 2 sets of hand to foot connectors
- F. 1 Solfeggio frequency ‘Sound Medicine’ CD
- G. 1 eye mask
- H. 2 spare washable covers for the copper mesh pads
- I. 1 cotton bag to hold the loose items
- J. 1 timer
- K. 1 portable carry case

**VITALI-CHI BOOST** is a health care system that enhances and safely delivers natural healing vibrations called frequencies via the energy field. It assists all health issues including skin care, regeneration, weight loss, personal, relationship wellbeing, psychic or spiritual development.

- Cells in your body become lighter, brighter and stronger and so are able to send clearer messages of instruction for healing
- Enhances the Immune System by increasing communication to the cells
- Booster helps disrupt bacteria, pathogens and damaged cells
- Doubles your existing energy after just one hour of use
- Detox –Assists the organs of elimination
- Induces a Theta Brain Wave State which is the self-healing state which:-
  - o Encourages DNA to repair and heal
  - o Increases production of hormones Melatonin, DHEA, HGH
  - o Decreases production of cortisol linked to ageing, stress, fatigue, inflammation and pain

The PLUS options also include 16 hours of exclusive guided visualisations to listen to whilst relaxing.

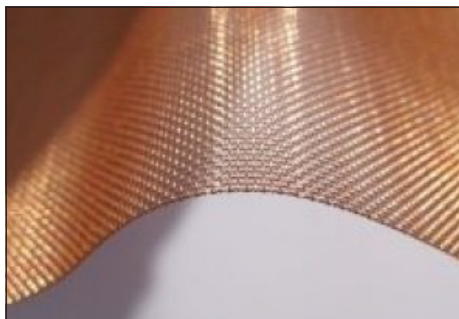


**VITALI-CHI BOOST** increases the effect of the frequencies more than when they are ingested, because they go straight to the energy field where the disturbed energy is held and to the channels of energy where there may be blockages. It is thought that this is where disease starts to manifest.

A low natural electrical charge carries the vibrations from the solution into the body. This charge can be safely further boosted by the flick of a switch on the Booster. When the current flows through the solution, it moves the frequencies into the aura and body along the circuit paths; these include the channels of energy (meridians) and the energy centres (the chakras).

## **VITALI-CHI BOOST USES COPPER**

Copper is an excellent conductor of energy. It is also another medium used to transmit the frequencies. It can conduct electrical impulses (the energy coursing through the meridians) and can magnify the energy transfer from the frequencies to the body.



Copper also has many other healing properties. It provides a harmonic connection between the physical and astral bodies and aligns the subtle bodies. It has been used successfully to amplify and transmit thought. It activates and opens the base and sacral chakras, advancing and stabilising the energies of intuition, sexuality, desire and vitality, directing these energies toward the pursuit of one's path of evolution.

**VITALI-CHI BOOST** balances our body's energy by connecting meridian and chakra terminations in our hands and feet to the points at the base of the neck and the bottom of the spine. When the body's primary energy centres are linked together, energy flow is profoundly enhanced, relieving stress and tension.

## SCIENTIFIC PROOF

### Muse

Muse, a brainwave measuring device was used ‘before and after’ a Vitali-Chi session. We achieved a 59% ‘calm’ during the session, which effectively showed that the brain was in ‘theta’. A theta brain wave is where the self-healing state automatically kicks in.

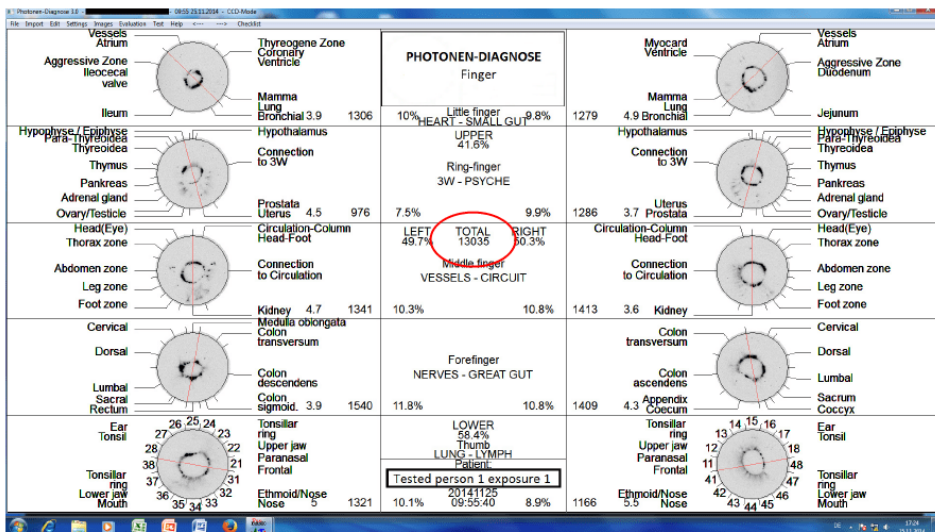
### Increased Photonic Light

We have scientific evidence that Vitali-Chi Boost increases the cells energy and photonic light transmissions that surround the body’s cells. When the cells emit a strong bright light they can message each other correctly, and when the cells energy increases their susceptibility to disease is improved. This means that the Immune System and all the systems of the body can work more effectively.

**VITALI-CHI BOOST** used with the frequencies is a totally non-invasive method of delivering a healing substance. It sends safe healing to the system with increased potency and avoids the disadvantages of ingestion and injection with medication that can toxify the system.

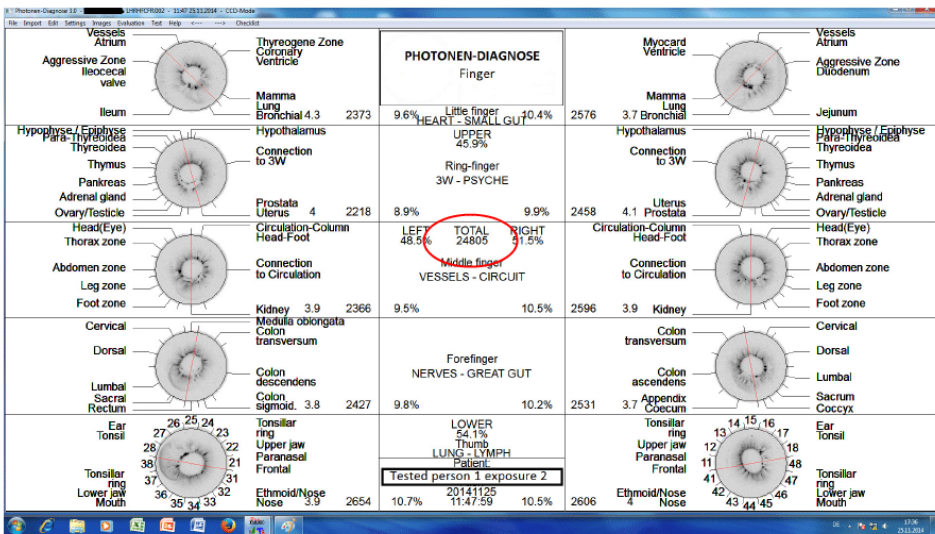
The body will absorb how much it needs of the frequencies by taking what it needs and no more, just as a battery takes just the current it needs for charging. A frequency is a pure and uncontaminated medium for transmission and we supply a starter kit of 10 different bottles, suitable for your needs. Further bottles of frequencies are available upon request and can be ordered on our site.





Photon measurement taken **before** Vitali-Chi session

**Note:** total emission of 13035



Photon diagnosis **after** Vitali-Chi session

**Note:** stronger and more regular emissions around the fingertips and how total vitality has increased to 24805 (from 13035)



Trials with a quantum physicist revealed that after just one hour of using Vitali-Chi Boost there was an increase in photonic light transmissions and a doubling of the person's existing energy.

The diagnostic photon machine revealed how the energy from your fingertips is linked to the acupuncture channels that link to every organ of your body. We were able to see the reversal of the disease process taking place before our very eyes.

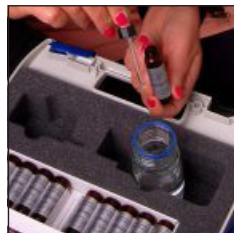
## **WHAT ARE FREQUENCIES?**

Frequencies are natural vibrational healing properties that not only help you look younger but feel healthier too, because they work at a cellular level that is more than just skin deep. They assist root cause healing by conveying to the cell - 'detox', 'revitalise', 'regenerate' and help take out the stress that life has put in.

They may be made from a combination of flowers, herbs, essential oils, earth minerals and distilled water. The infused vibrational healing properties help to revitalise your energy. They are to be used with VITALI-CHI BOOST only and are not to be taken internally.

## **HOW DO I USE THE FREQUENCIES WITH VITALI-CHI BOOST?**

Add 2 drops from each frequency bottle in your Wellbeing Box Set/s and place into the Boost bottle with water. After your treatment, empty the used contents. Repeat with new frequencies each session. Every frequency comes with an explanation of how it can help.



The written information inside the Box Sets explain the root cause of the disease/problem and greatly assist the transformational change by prompting the person to change their patterns of behaviour.

## **BESPOKE BOX SET/S**

Your VITALI-CHI BOOST is supplied with an initial Box Set of 10 frequencies to assist your wellbeing. You will have been asked by Vitali-Chi Head Office or your Vitali-Chi practitioner to fill in an email questionnaire to determine which frequencies you need.

A box set is generally required but the number may vary dependent upon your need. As symptoms of health or behaviour change, new frequencies need to be purchased to replace what may no longer be needed.

## **SELF-SELECT BOX SETS AND INDIVIDUAL FREQUENCIES**

We have ready-made box sets of Wellbeing, Self-Esteem, Success, Spiritual Development, Wounds, Relationship Fears, Relationship Recovery, Relationships Ending, Relationship Independence, Intuitive, Authentic and Law of Attraction and over 1, 200 individual frequencies to choose from. They may be ordered online from [www.vitali-chi.com](http://www.vitali-chi.com).

## **HOW LONG WILL THE FREQUENCIES LAST?**

If needed, with daily use the frequencies will last approximately 12 weeks.



## **WHERE CAN VITALI-CHI BOOST BE USED?**

- Lying flat on a bed
- Lying in a reclining chair
- Sitting in an upright chair with a head rest or with a small pillow behind the neck

## **HOW LONG AND HOW OFTEN SHOULD I USE VITALI-CHI BOOST FOR?**

For best results, we recommend using VITALI-CHI BOOST 40-60 minutes daily. Longer periods of time or more frequent use will not harm but water must be drunk before and after each treatment to help release toxins from your body. A maximum of 2 hours at a time is suggested otherwise too many toxins may be released.

### **Please Note:**

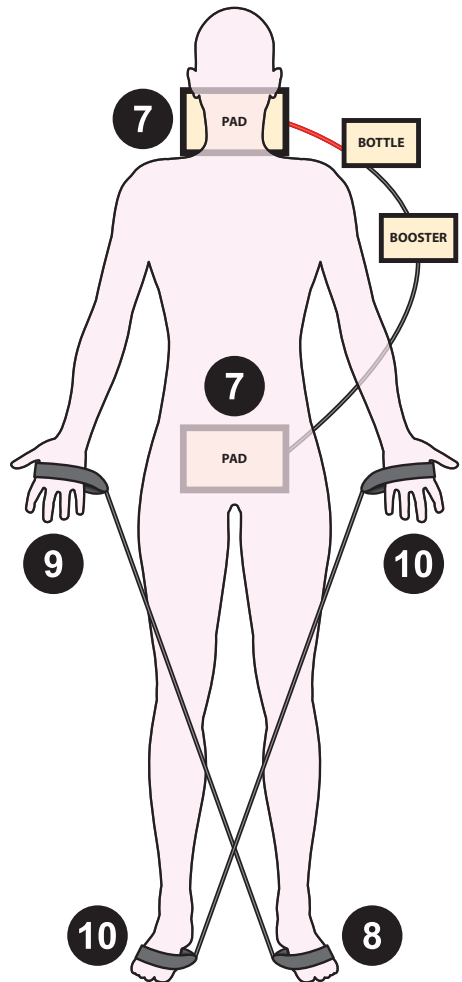
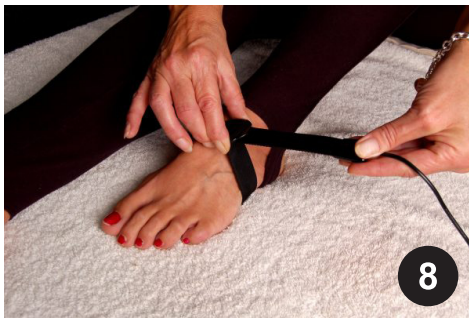
Do not switch on Boost if you are pregnant, wear a Pacemaker or suffer from Epilepsy or have severe nerve pain. However, you may use VITALI-CHI BOOST with the frequencies but without the Booster as a less energising alternative.

## **HOW TO USE VITALI-CHI BOOST**

1. Drink a glass of water before starting a VITALI-CHI BOOST session
2. Avoid caffeine before a session if you can as it is stimulating and not relaxing
3. Do not use late at night as it can energise you
4. Wear loose, comfortable clothing
5. Ensure that you will not be disturbed
6. Put on the provided Solfeggio frequency ‘Sound Medicine’ CD
7. Choose to lie down, recline or sit in a warm and comfortable place
8. Place the portable carry case on a table close to where you will be laying, reclining or sitting
9. Place enough water in the glass bottle for the copper probes to rest, approximately one inch

10. Add 2 drops from each frequency bottle in your Wellbeing bespoke box set/s and add to the water every session (unless only random frequencies are needed from self-selecting) set or from chosen frequencies)
11. Screw the lid back on
12. Stand the bottle upright in the portable carry case
13. Connect the pad black terminal to the black Booster terminal (as far as it will go)
14. Connect the Booster black terminal to the black terminal in the bottle
15. Place the red terminal that is connected to the other pad into the red terminal in the bottle
16. Place the red terminal end pad where your neck will be and the other where the base of your spine will be. Now sit down on your bed, recliner or chair
17. Place one fabric connector over your left foot and pull the strap tight so that the fabric is tight to your foot
18. Place the other end of it over your right hand and pull the strap tight. There is now a diagonal connection
19. Repeat for the opposite hand and foot to create another diagonal connection
20. Switch the Booster on (unless pregnant, wear a pacemaker, are epileptic or have severe nerve pain)
21. Set the timer for 40 – 60 minutes
22. Cover with a light blanket to induce relaxation
23. If you are lying down you may want to place a pillow or bolster under your knees for comfort. If you are sitting up you may want to place a small pillow underneath the neck then position the pad on the pillow
24. Do not cross your ankles
25. When finished, disconnect from VITALI-CHI BOOST and wait a few moments so that your body's energy re-settles
26. Drink plenty of water
27. Move around if you are able or move your fingers, toes, arms and legs which further assists the movement of energy
28. After completion, empty the bottle of water and its contents





## USING VITALI-CHI BOOST WITHOUT THE BOOSTER AND FREQUENCIES

Although not as effective as when using frequencies, you may use VITALI-CHI BOOST without the Booster and frequencies to balance the body's energy and attain a deep sense of calm.

- After work - to rejuvenate and energise
- Catnapping - to maximise productivity by recharging your system

mid-afternoon

- After flying - to restore and harmonise energy. (Use twice that day and once the following day)
- Before bed - to unwind and induce sleep (best to use in a reclining chair)
- Preparation for meditation and yoga
- Preparation for and relaxation after demanding competitive exercise and sports
- Inner exploration - VITALI-CHI BOOST intensifies visualisation exercises, affirmations and helps with the absorption of subliminal messages

Simply, connect the terminals as described above in **‘HOW TO USE VITALI-CHI BOOST’** to the empty Booster Bottle and **don’t** switch the Booster on.

**VITALI-CHI BOOST** has been designed for use for the ‘layman’ and the experienced practitioner as it treats illness and can also be used for preventative care.

It is also an invaluable tool for professionals who facilitate personal change as it can be used with visualisation, imagery work, affirmations or positive programming and can assist spiritual development as it clears the aura. An increased sensitivity to life energy may occur and one may experience enhanced intuitive abilities because of the increase in the subtle flow of life energy.

## **WHAT CAN I EXPECT?**

VITALI-CHI BOOST has been designed to assist all health issues and may also assist skin care, regeneration, weight loss, personal, relationship wellbeing, psychic or spiritual development. It is based on a simple but universal principle: When the body’s primary energy centres are linked together, energy flow is profoundly enhanced, relieving stress and tension. Balancing your whole person can be especially effective if your nervous

system is imbalanced, or if you are suffering from elevated stress or fatigue.

You may also find that VITALI-CHI BOOST slows and strengthens your pulse rate and lowers your blood pressure if it is high. You will notice that your breath deepens and you will have improved sleep. You may also feel an increased vitality and rejuvenation after illness. You will undoubtedly have an improved meditation as VITALI-CHI BOOST promotes a deeply relaxed and intelligent trance state. You may also find an improvement in your overall health and wellbeing as VITALI-CHI BOOST releases hidden emotions, memories and patterns of bodily tension.

## **WHAT RESULTS MIGHT I RECEIVE?**

### **General effects:**

- Accelerated recovery with symptoms of disease
- Accelerated improvement of personal, relationship wellbeing, psychic or spiritual development
- Muscular relaxation - balances, relaxes and energises the entire system
- Improved sleep
- Speeded recovery from jetlag and exhaustion after flying
- Slowed and strengthened pulse rate thereby lowering blood pressure
- A calming and de-stressing of the nervous system
- Increased mental clarity



## **Subtle effects:**

- Promoted sensitivity to life energy, subtle bodies and aura
- Less obstructions in the aura
- Developed and enhanced intuitive abilities because there are less obstructions in the aura
- Facilitated personal growth by aiding in the work of contacting and releasing hidden emotions, memories and patterns of bodily tension
- Magnified intentional reprogramming by enhancing the effectiveness of visualisation exercises. (Because you are deeply relaxed the whole brain absorbs the material effortlessly)
- A more balanced body, prior to and during meditation
- An effective change in the aura (electromagnetic field)
  - Within 0 – 10 minutes, a swirling of the energy field. There may be intensified feelings of imbalances in the energy field
  - Within 10 – 20 minutes, a polarising of the energy field, notably from the base of the spine, negative, to the top of the spine, positive - this is where the electrons/energies flow from
  - 20 minutes plus, a power surge - intense disturbed energies disappear, the energy field evens out





## **EFFECTS OF VITALI-CHI BOOST ON THE SUBTLE BODIES (AURA)**

The human body-mind is a hierarchy of energy stepped down by degrees through various levels of subtlety. The core of the being is consciousness itself, and these energies are like clothing around it.

The physical body is a vehicle for consciousness, a sheath around the core of the being. The subtler levels of energy are like layers of clothing around consciousness itself. The outermost or grossest continuum of conscious energy that we are. VITALI-CHI BOOST with the use of any VITALI-CHI AROMAFREQUENCIES+ OR AN AURA & ROOM CONDITIONER+ will help dissipate obstructions in the multi-dimensional flow of energy around the body.

Highly emotional charged memories surface and clear from the aura. As you clear the aura, intuition and psychic awareness can improve and now you can raise your consciousness easier with less obstruction and a new awareness to not suppress and store future emotions.

### **YOUR VIBRATION CHANGES**

With less obstruction your vibration changes and so you alter the vibration of others who are in your field of energy. Entangled negative particles made by negative thinking mix with your positive particles because we are all connected to each other. It has been noted that animals sense this and are attracted to the changed vibration and want to be near you whilst experiencing VITALI-CHI BOOST.

### **AWAKENED PSYCHIC SENSITIVITY**

Sensitivity to the etheric dimension can be developed when you emotionally interact with others and the environment; this helps you to become sensitive to energy. Negative emotions disturb the energy body. Positive emotions radiate a healthy vibration which radiates good health. A clear aura awakens your extra sensory perception, telepathic

communication and clairvoyance. At first you may notice feeling alert and clear and as you open you may become aware of energies in nature and in your relationships.

## **A HEIGHTENING OF THE SENSES INCREASES**

Because you are relaxed you are more receptive and heightened emotions get released so they are not in the way of you receiving universal wisdom. The copper acts like an antenna for receiving energy.

This can only continue after the use of VITALI-CHI BOOST if you remain relaxed and learn to dissociate a busy mind. The aura can remain clear of negative emotions if you work with your new heightened awareness by responding differently and hence not storing new negativity.

Your frequency alters with regular use of VITALI-CHI BOOST and as you clear the aura and energy pathways and change the molecular structure of the disease/problem, so you will become lighter and more able to see energy. Specific frequencies further enhance your ability to see and sense energy.

## **AN INTELLIGENT TRANCE**

VITALI-CHI BOOST can be used as a tool to enhance and promote non-ordinary states of consciousness by easy access to these states. The value of these non-ordinary states is conducive to emotional healing, transformation and the evolution of consciousness.

## **OUT OF BODY EXPERIENCES AND CHANNELLING**

The deeply relaxed intelligent trance state promoted by VITALI-CHI BOOST is very similar to trance states that are used in entering into super-ordinary experiences. A deeply relaxed state is required where the body is asleep and the mind is awake, VITALI-CHI BOOST produces such a state. Yoga literature describes the tandra and nidra state as sleep-like trance states that can be used in the development of unusual mystical experiences. VITALI-CHI BOOST can even help to facilitate astral

travel. Trance channelling is facilitated by VITALI-CHI BOOST because it induces the deep state necessary.

Becoming aware that you are energy is very liberating. VITALI-CHI BOOST helps you to let go of and surrender to the relaxed movement and flow of energy instead of relating to the physical plane of effort, power and survival.

You may experience pleasure when feeling flows without obstruction, not when you feel the limitations that physical existence imposes. So, by becoming aware of limiting thoughts and limitations it helps you to balance your life effectively. VITALI-CHI BOOST is like a biofeedback mechanism. It helps you to transcend negativity and in doing so live in a state of fullness of energy without tension. It enables you to increase sensitivity, vitality and balance.

## HOW DO I CLEAN MY VITALI-CHI BOOST?

### Copper Mesh Pads

These do not need cleaning as they are protected with covers.

### Covers

We supply two sets of washable covers for the copper pads and these can be removed and washed at 30 degrees in a normal washing machine.

### Glass Bottle

It is important to keep the glass bottle provided with VITALI-CHI BOOST clean. After each use empty and rinse the jar under hot water and drain. If storing, dry bottle with a clean cloth.

### Copper Probes Lid

Separate the lid that holds the copper probes and rinse under hot water (over the probes only), do not dry. If storing, dry probes with a clean cloth.



## **WHAT BATTERIES DO I NEED WITH VITALI-CHI BOOST?**

Your Boost package ships with a Booster pre-loaded with a 9 volt battery. Simply unclip the side and replace when the green light starts to fade. It will last approximately 3 months with daily use. The Booster delivers a low level battery current of 9 volts (30 k Hz / 30,000 Hz) which is similar to Galvanic beauty treatments.

## **HOW TO MEDITATE WITH VITALI-CHI BOOST**

In the West it is a relatively new concept but now the benefits of meditation are being recognised by doctors all over the world.

### **Meditation has been scientifically proven to:**

- Improve mental health
- Reduce stress, anxiety, insomnia and depression
- Lower pain sensation
- Improve memory and critical thinking
- Help overcome addiction
- Increase confidence and self esteem
- Improve the immune system
- Create an alpha brain wave state (alert but calm) long after a session has finished

When you meditate, you may clear away the information overload that builds up every day that contributes to your stress.

### **The emotional benefits of meditation can include:**

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance

VITALI-CHI BOOST helps accelerate the meditative process making it easier to achieve meditation.

### **Meditation Guide:**

1. Drink a glass of water before starting a VITALI-CHI BOOST meditation
2. Wear loose, comfortable clothing
3. Place an Aroma Diffuser in the room with 6 drops of any VITALI-CHI AROMAFREQUENCIES+ (a unique blend of pure essential oils with frequencies) or light a candle or a perfumed incense stick if desired
4. Ensure that you will not be disturbed
5. Put on the provided Solfeggio frequency 'Sound Medicine' CD
6. Dim the lights and or draw the curtains
7. Choose to lie down, recline or sit in a warm and comfortable place
8. Place one pad under your neck and the other at base of your spine
9. Place one of the fabric connectors over your left foot and pull the strap tight so that the fabric is tight to your foot
10. Place the other end of it over your right hand and pull the strap tight so that the fabric is tight to your foot. There is now a diagonal connection
11. Repeat for the opposite hand and foot to create another diagonal connection
12. Stand the empty Boost Bottle upright in the portable carry case, there is no need to switch the Booster on
13. Connect the pad black terminal to the black Booster terminal (as far as it will go)
14. Connect the Booster black terminal to the black terminal in the bottle
15. Place the red terminal that is connected to the other pad into the red terminal in the bottle
16. If you are lying down you may want to place a pillow or bolster under your knees for comfort



17. Do not cross your ankles
18. Put a light blanket over yourself if you prefer
19. Close your eyes and rest your arms comfortably by your side
20. Breathe slowly and deeply
21. Do not engage in conversation with your ‘mind chatter’
22. Clear your mind of all thoughts by telling your mind you will answer any questions or concerns after the meditation
23. If you have a conscious thought, sense or visualise putting the thought onto a cloud and just let it drift by
24. Every time there is an interruption, take yourself back to listening to your breath
25. Do not let your ‘journey’ be interrupted by any conscious thought, even if you are listening to a guided visualisation, just let your subconscious mind take over
26. Go where your meditation takes you, do not try and guide it
27. If at first, you don’t ‘travel’ into nothingness, then stay still and concentrate on your breathing, keeping your mind clear of any conscious thought. Over time you will be able to discipline your mind to empty itself of all thoughts
28. When your meditation has completed, disconnect yourself from VITALI-CHI BOOST and wait a few minutes so that your energy re-settles
29. Drink plenty of water
30. Move around if you are able or move your fingers, toes, arms and legs which further assists the movement of energy

## **HOW DO I KNOW THAT VITALI-CHI BOOST IS WORKING?**

A variety of sensations may occur whilst experiencing VITALI-CHI BOOST:

- An awareness of becoming relaxed
- A drop in body temperature as your body relaxes
- Drowsiness and sleepiness
- Possible warmth or coolness as the body’s energy rebalances

- Pleasurable warmth
- Relaxed, fuller and deeper breathing
- Lowered pulse
- Deep and restful sleep
- Tingling sensations in the hands and feet
- Stiffness in the joints from the increased life energy flow
- Your intensified physical symptoms
- Emotional release e.g. laughing or crying
- A sense of fullness in the upper chest
- A feeling of a strong current of energy coursing through your body
- Experience of energy coming in waves of intensity alternating with lulls
- A feeling of a current of energy aligning vertically along the spine, even down to the feet between the legs
- The jerking or jolting of the body or body parts from the increased energy flow
- Heat in the hands
- Sensations of expanding beyond the physical body
- Sexual awakening
- Spontaneous awakening when the process is finished

Thanks again for your purchase. We are here to help so if you need anything, including a Wellbeing Program or online therapy then please do not hesitate to get in touch at: [www.vitali-chi.co/pages/contact-us](http://www.vitali-chi.co/pages/contact-us)

Thanks, Allen and Jill



