



How to Set Up and Use your Quanta Capsule App

Congratulations on your Quanta Capsule! It is a powerful way for you to receive the special encoded frequencies from the Genius Biofeedback System. Running the frequencies twice per day each day in between your sessions with me is a wonderful way for you to get the maximum benefit and achieve your goals. This guide will help you to better understand how to use your **Quanta Capsule** system!

Once you purchase your Quanta Capsule from your Genius Practitioner or sign up for a monthly membership with me (Free Quanta Capsule included), you can now download the Quanta Capsule from the App Store or the Google Play Store at any time. You will receive an email after I activate your capsule. Find the email by checking your inbox for an email from **apps@biofeedbackapps.com**. You can also use these helpful links.

Apple Version of Quanta Capsule from App Store:

https://apps.apple.com/us/app/insight-quanta-capsule/id1434402544?inf_contact_key=9dd4c2a0000c35ce401639fff9e111a5680f8914173f9191b1c0223e68310bb1

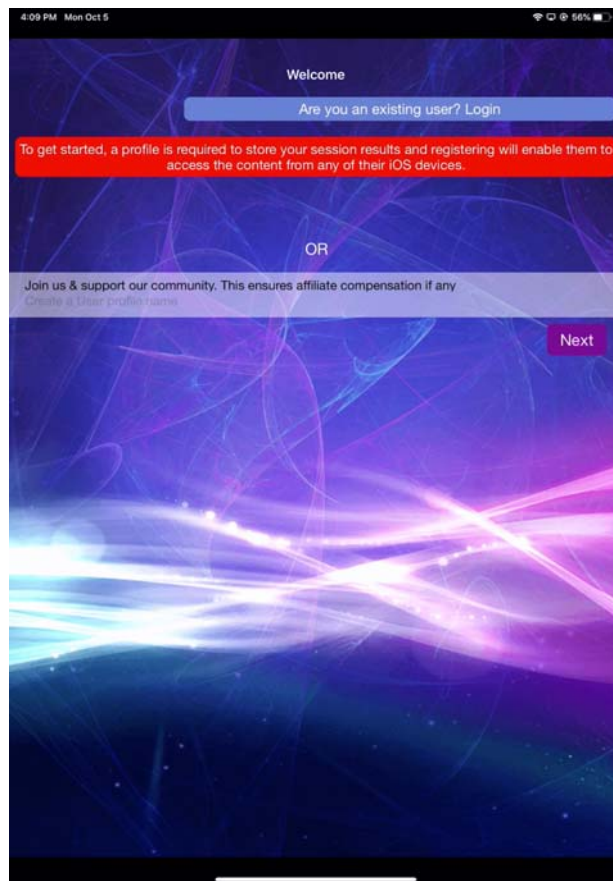
Android Version of Quanta Capsule from Google Play Store :

https://play.google.com/store/apps/details?id=insighthealthapps.quantacapsule.com&inf_contact_key=99a56f240adee723bb1196e2015db765680f8914173f9191b1c0223e68310bb1

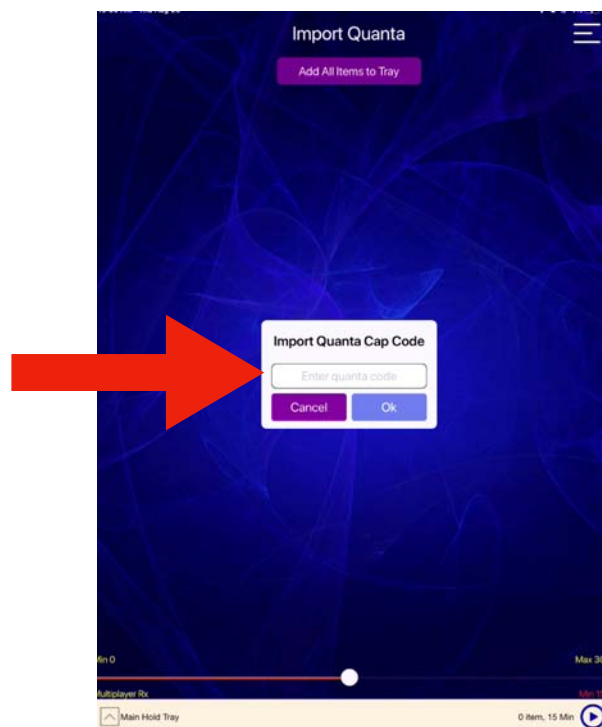
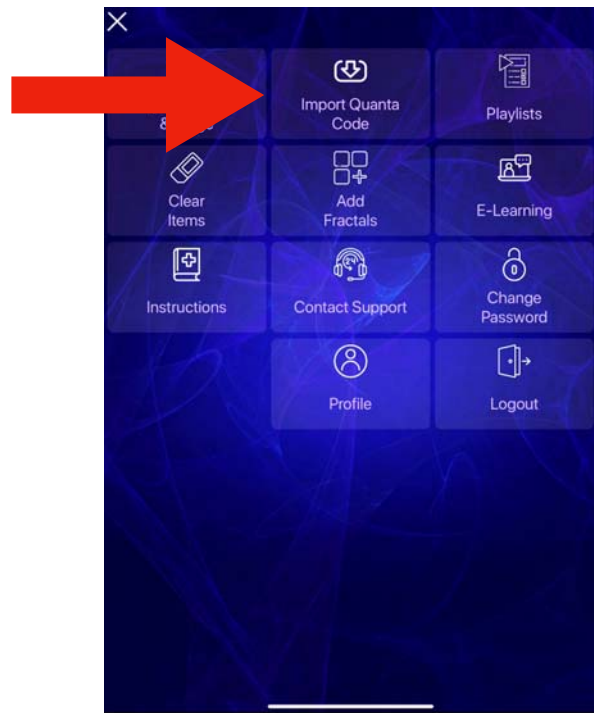




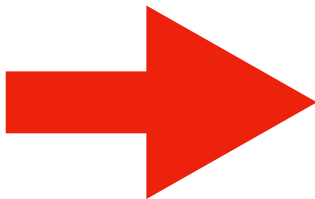
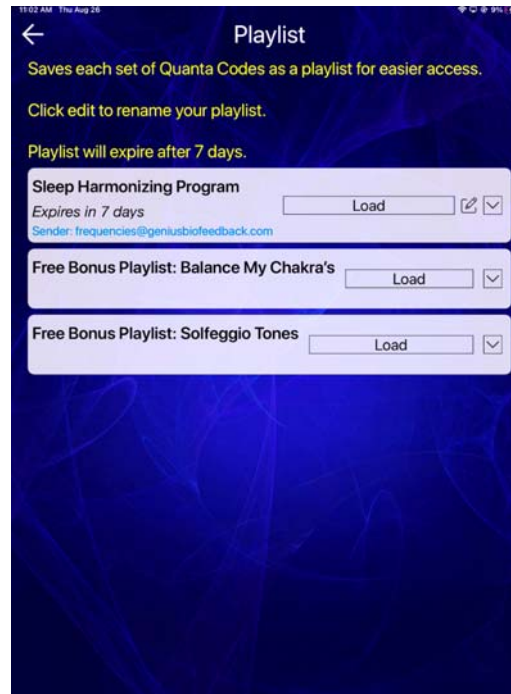
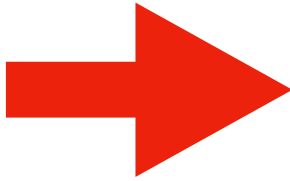
2) Log into your account with the automated password. IMPORTANT - use Are you an existing user login. Try not to automatically enter your email below.



3) I will send you an **email** that contains a **code with letters and numbers**. Be sure to check Spam and Promotions folders for your code. It will be received from apps@biofeedbackapps.com. It is recommended that you copy and paste this into the Quanta Capsule. Inside the capsule, you will see a navigation bar at the top right. Click the navigation bar to see this icon gallery:



4) Your frequencies will download as a Playlist. I may have named this playlist or you can name the Playlist. The default will show as the date imported. The frequencies will expire in 7 days. Tap "Load" to load these frequencies into the area where you can play the frequencies by tapping the play button.



5) Run your Genius frequencies for **15 minutes in the morning** and **15 minutes at night**. The timer bar is set at 15 minutes as a default on your Quanta Capsule. You can do other things while you run your frequencies. To have an immersion experience of

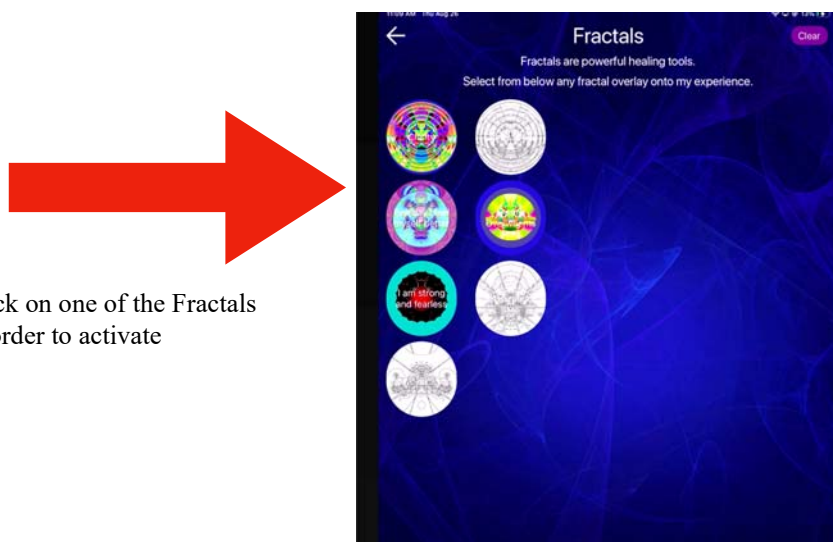
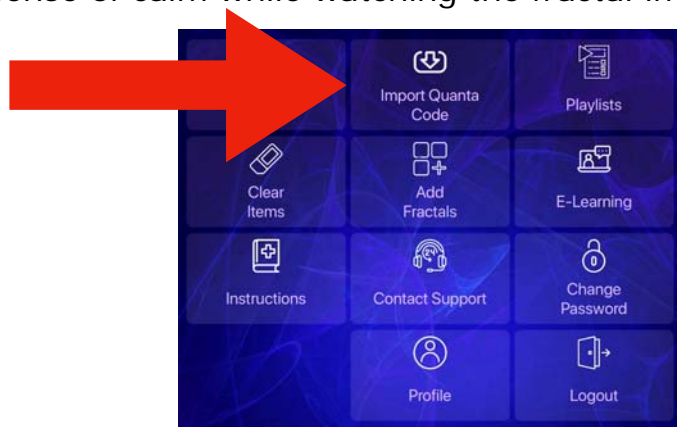


receiving your frequencies, try sitting quietly while listening to the frequencies through your best headphones or earbuds!

You can run the frequencies more often throughout the day and/or for a longer time if you wish. Drink water before and after you run your Genius frequencies! Frequencies help energy move through your body and water is a wonderful way to keep the energy flowing smoothly.

The frequencies you received from me will last for 7 days. At the end of the 7 days, contact me for new frequencies that are the most current and beneficial for you at that time!

6) **Enhancing your frequencies with fractals.** Would you like to include powerful fractal images to increase the effects of the Genius? Go to the Navigation Bar and choose "Import Fractals". The fractals will play while your personalized Genius frequencies are playing. **This will powerfully potentiate the effects of your frequencies!** Fractals are coherent energies that bring things into order. You may feel an increased sense of calm while watching the fractal images in your Quanta Capsule.



Click on one of the Fractals
in order to activate



The Genius Quanta Capsule is an incredible tool for your transformation!

Please e-mail me with questions.

And remember to be sure you send me your voice recording and photo via the Quanta Cap app weekly to receive your next set of frequencies!

You may also schedule an intake session with me to check in and discuss the aspects you want to address with the Genius Biofeedback program. I will be glad to address your specific goals and include affirmations you may want to add to the analysis.