



Guide for **Healy App**  
Frequency Applications  
for Balancing the Bioenergetic Field

Internal Training Material



Frequencies for Life

# Healy App Guide



## Notice:

The Healy App has applications for using your Healy for bioenergetic balancing with individualized frequencies that bring mind and body into balance and reduce stress. If you have or suspect you may have a medical condition, or if you are under the care of a healthcare practitioner, you should consult your practitioner before using Healy. Always use your Healy according to the Instructions for Use.

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# Foreword

This document will guide you through the frequency applications in the Healy App that you can use with your Healy to improve your wellbeing and bioenergetic harmony. It explains the basics of frequency applications and introduces the Programs in the Healy App. The programs in the Healy App are not intended to diagnose, treat, cure, mitigate or prevent any physical or mental disease or medical condition. If you have a medical condition or concern, you should consult a medical doctor or other qualified healthcare practitioner. The Healy App frequency programs are delivered through the Healy microcurrent device using the adhesive electrodes that came with your Healy



Please be sure to also read the Instructions for Use that came with your Healy. They contain important Safety Notes as well as instructions for properly operating, cleaning and storing your Healy.

**We hope that you will enjoy your Healy and experience increased wellbeing and vitality!**





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# 1 Introduction

## 1.1 Healy Program Functions for Systemic Bioenergetic Harmonization

The Healy App uses the 144,000 Gold Frequencies, which were developed together with the Portuguese clinic director and researcher Nuno Nina, who has applied them to thousands of clients. Based on the Gold Frequencies, the Healy App has more than 100 sequence programs using these frequencies for harmonizing the bioenergetic field. These Healy applications are called “systemic programs,” and their names contain the abbreviation “syst.”.

The systemic frequency programs in the Healy App function in three modes, designated “Realtime,” “Resonance” and “Selection.”

Once you select and start a particular program, usually in the first step the Realtime mode is engaged and the currently suitable frequency is analyzed in the Information Field with the help of the quantum sensor and applied in real time. When the App automatically switches to Resonance mode, the current resonance frequencies are determined and applied in real time until they are “no longer needed” by the body. In Selection mode, specific frequencies are analyzed and applied in real time from a frequency pool specifically compiled for the program you selected until they are “no longer needed” by the body.

### 1.1.1 Realtime Mode

Healy analyzes frequencies in the Information Field with the best resonance to the user in the moment.

### 1.1.2 Resonance Mode

Healy uses the Resonance analysis function every 10 seconds to determine the progress of the currently applied frequency. As in Realtime mode, these frequencies are individually determined during application. The respective frequencies are applied until the progress, which can be between -100 % and +100 %, reaches 95 % or the maximum time set for the application step. The current progress value is displayed on the Healy App screen.

### 1.1.3 Selection Mode

Specific frequencies for particular bioenergetic systems are stored in the Selection steps. For example, certain frequencies used to harmonize the bioenergetic field of the kidneys are contained in a Selection step.

Frequencies from this specified frequency pool are selected in real time based on the Resonance analysis applied for as long as it takes for the resonance progress analysis to reach 95% or the maximum time set for the application step. A frequency pool can contain up to 400 different frequencies.

### 1.1.4 Warnings

The Healy App frequencies are delivered through the Healy microcurrent device using the adhesive electrodes that came with your Healy. Do not use microcurrent stimulation if you:

- have a pacemaker or an implanted defibrillator, or have any metallic foreign objects in the area of application
- have an open wound or bleeding, a sensory disorder, or have had radiation therapy near the site of the electrodes
- have a fever, new scar tissue, a history of uncontrolled seizures, epilepsy
- are or may be pregnant

Consult a qualified healthcare professional before using Healy if you have any of these contraindications.

Do not place the electrodes directly on the eyes, covering the mouth, on the front of the neck (especially the carotid sinus), or on the chest and the upper back or crossing through the heart. These could cause a dangerous condition.

During the application mood changes can occur, such as a feeling of heaviness or lightness. In such cases, you should continue the application for a few minutes until you feel normal again. If the disturbing symptoms persist even after a few minutes, you should discontinue the application.

Within the framework of holistic healing approaches, certain interactions (e.g., strengthening of the body's own mechanisms) are possible through frequency applications.

If you are using Healy while taking medication, we recommend that you have the dose periodically checked by your doctor, especially if you are taking the following medications:

- Blood thinners
- Antidiabetics
- Blood pressure lowering medication
- Hormones (especially thyroid hormones)
- Beta blockers

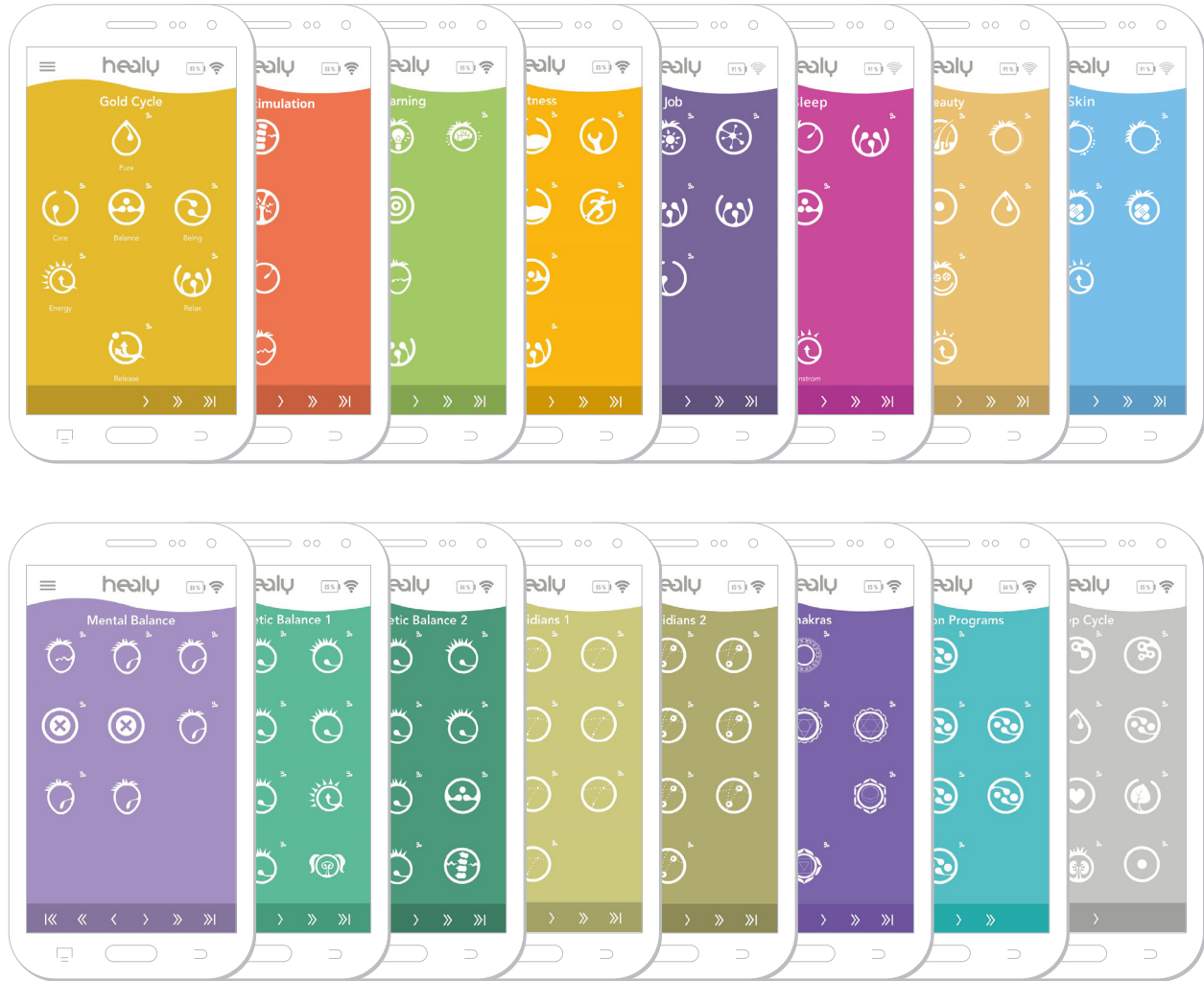
Healy and its applications are only suitable for adults over the age of 18. Insufficient data is available for use by minors. Always use your Healy in accordance with the Instructions for Use, and pay particular attention to the Safety Notes they contain.

## 1.2 Supporting Factors in Combination with Frequency Applications

In order to support the positive effects of frequency applications, we recommend that you integrate the following routines into your everyday life:

- Drink at least 8 glasses of pure, healthy water in the morning and 4 glasses in the afternoon (avoid drinking water 30 minutes before and after meals).
- If possible, release bioelectric potential by earthing: walking barefoot outside for at least 15 minutes (this ensures natural electrical potential equalization).
- Exercise in fresh air to activate the energy flow - you can use your Healy while doing this.
- Enjoy natural and balanced nutrition
- Make mindful and conscious use of frequency programs. Avoid extremes - do not exceed two to three frequency applications per day

# 2 Healy Frequency Programs





## 2.1 Gold Cycle

The Gold Frequencies were developed together with the Portuguese clinic director and researcher Nuno Nina, who has applied them to thousands of clients for over 15 years. The Gold Cycle is based on three programs: Balance, Being and Pure. Balance is designed to harmonize the bioenergetic field of the physical, Being the emotional body, while Pure promotes recovery from environmental causes of energetic imbalance. These three programs can be used alternately every day to harmonize your bioenergetic field. The Care program can be used when you feel your system is particularly challenged.

With the Healy Frequency applications, the technology, expertise and experience of Nuno Nina are now available to you at all times.

Order No.	Program name	Duration	Frequency
1	Pure	52 min	1 x Daily
2	Care	46 min	1 x Daily
3	Balance	52 min	1 x Daily
4	Being	55 min	1 x Daily
5	Energy	55 min	1 x Daily
6	Relax	55 min	1 x Daily
7	Release	46 min	1 x Daily

Program name	Description
Pure	The Pure program is the ideal starting point for anyone using the Healy App frequency programs for the first time. It is designed to help your body's energy field to recover from the bioenergetic effects of environmental factors.
Care	A weakened bioenergetic field is frequently associated with poor health. Strengthening your energy field through appropriate exercise, healthy nutrition and pure water, and restoring bioenergetic harmony are all ways of caring for your inner and outer health.
Balance	The fine balance of the various bodily systems is very important for our wellbeing and health. The Balance program refers to bioenergetic harmony. It is an ideal program for a deep bioenergetic harmonization of the body's overall energy field.
Being	What the program Balance is for the body, Being is for our soul. It is designed to help you remain centered during life's turmoil.
Energy	Performance needs support. Whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy increases your ability respond to life's demands.
Relax	Relax stands for harmonizing your stress response. Stress can be both the result and the cause of imbalances in the mind and body that can undermine your health and wellbeing. Modern life keeps many of us from letting go of our daily sorrows and stress, so support for you in this area can help you restore your sense of balance.
Release	There are many different causes of discomfort. In this program you work systemically to address the energetic source of the discomfort in the bioenergetic field.





## 2.2 Learning

Learning succeeds particularly well when it is fun, easy and relaxed.

Today, even young adults face big challenges: examination stress, mental strain, grade pressure, social anxiety and others. This can manifest itself in concentration problems, burnout, compulsive and self-defeating behaviors, lack of motivation or unpredictable moods.

Healy provides programs for harmonizing the bioenergetic field, which can support memory, concentration, stress reduction, problem-solving and creativity.

University and career training students can particularly profit from Healy frequency technology during exam time. Healthy habits can be supported in the bioenergetic field as well as learning and concentration.

Order No.	Program name	Duration	Frequency
1	Learning syst.	57 min	1 x Daily
2	Learning acute	20 min	1 x Daily
3	Memory	79 min	1 x Daily
4	Concentration syst.	57 min	1 x Daily
5	Concentration acute	20 min	1 x Daily
6	Exam syst.	57 min	1 x Daily
7	Exam acute	30 min	1 x Daily
8	Stress syst.	57 min	1 x Daily
9	Stress acute	30 min	1 x Daily

Program name	Description
Learning syst.	Harmonization of the bioenergetic field for learning activities
Learning acute	Specific harmonization of the bioenergetic field to support the ability to focus and retain learning
Memory	Harmonization of the bioenergetic field for knowledge retention
Concentration syst.	Harmonization of the bioenergetic field for focus and the ability to ignore distraction
Concentration acute	Specific harmonization of the bioenergetic field to enhance focusing.
Exam syst.	Harmonization of the bioenergetic field during exam preparation
Exam acute	Harmonization of the bioenergetic field before exams
Stress syst.	Harmonization of the bioenergetic field for creative power
Stress acute	Harmonization of the bioenergetic field for stress situations



## 2.3 Fitness

With today's frequently sedentary lifestyles, maintaining fitness is a good means of balance for physical, mental and emotional wellbeing. Regular physical activity should always be followed by a recovery phase. In addition, it is essential to maintain a healthy, balanced diet rich in nutrients and fiber. Fitness is also characterized by a sense of becoming balanced and centered within ourselves.

It is always important to feel supported and centered, and all the more so during times of stress, burnout or grief. The Healy Fitness programs have been developed with this basic idea in mind. These programs include the body as well as the mind; we strongly believe that a balanced, sustainable and holistic psycho-physiological constitution must encompass both of them.

Our Healy Fitness programs therefore concentrate on the harmonization of the bioenergetic field in four essential areas: muscles, performance, weight and relaxation. This combination is therefore suitable for everyone who enjoys sports and fitness activities.

Order No.	Program name	Duration	Frequency
1	Weight	60 min	1 x Daily
2	Muscle	39 min	1 x Daily
3	Circulation	30 min	1 x Daily
4	Performance	60 min	1 x Daily
5	Strength	60 min	1 x Daily
6	Stamina	60 min	1 x Daily
7	Regeneration	57 min	1 x Daily
8	Deep relaxation	24 min	1 x Daily

Program name	Description
Weight	Harmonization of the bioenergetic field for your body's energy balance (not a weight-loss program)
Muscle	Harmonization of the bioenergetic field for recovery
Circulation	Harmonization of the bioenergetic field for demands of exercise
Performance	Harmonization of the bioenergetic field that supports your desire to excel
Strength	Harmonization of the bioenergetic field of strained muscles
Stamina	Harmonization of the bioenergetic field for optimization of the capacity for endurance
Regeneration	Harmonization of the bioenergetic field to stimulate vitality
Deep Relaxation	Harmonization of the bioenergetic field to optimize the relaxation phase



## 2.4 Job

People leading a stressful working life often feel stuck on a treadmill. They may be in a situation where they have little opportunity to focus on their own needs and wants. External commitments may seem more important than their inner voice calling for a break or a change of direction. If this call is ignored for too long and if one's own limits are permanently exceeded, the body may adopt a "refusal attitude" that can lead to the deactivation of entire functional areas. This in turn can lead to prolonged fatigue, exhaustion, sleep disruption and hypersensitivity to stress.

Healy frequency applications can provide valuable harmonization of the bioenergetic field when leading an active professional life, offering programs for people leading a stressful everyday life.

Order No.	Program name	Duration	Frequency
1	Activation	57 min	1 x Daily
2	Positive Thoughts	45 min	1 x Daily
3	Balance Nerves	60 min	1 x Daily
4	Fatigue	60 min	1 x Daily
5	Exhaustion syst.	60 min	1 x Daily
6	Exhaustion acute	20 min	1 x Daily
7	Extreme Stress	60 min	1 x Daily

Program name	Description
Activation	Activation of the bioenergetic field
Positive Thoughts	Energetic orientation towards positive thoughts
Balance Nerves	Harmonization of the bioenergetic field to promote calmness
Fatigue	Harmonization of the bioenergetic field to promote energetic balance
Exhaustion syst.	Harmonization of the bioenergetic field for recreation
Exhaustion acute	Harmonization of the bioenergetic field to promote stress resistance
Extreme Stress	Harmonization of the bioenergetic field for mental balance



## 2.5 Sleep

We spend about one third of our life sleeping. The need for sleep varies for each individual, but on average it is about 7.5 hours per day. Depending on the age and life situation, 4-12 hours of sleep may be required, in one go or spread over the day. Sleep is vital and serves to regenerate the body and process the impressions of the day. Disturbed sleep can throw us off balance and even make us sick in the long run. Longer lasting sleep disturbances can lead to physical fatigue, health deficits and a weakening of the immune system. In addition, poor sleep quality can also have a negative emotional effect and strain our psyche.

Healy frequency applications are designed to harmonize your bioenergetic field to quickly calm down after a long day or after the stress of everyday life and promote deep and restful sleep.

Order No.	Program name	Duration	Frequency
1	Sleep syst.	51 min	1 x Daily
2	Bed rest	55 min	1 x Daily
3	Balanced Sleep	52 min	1 x Daily
4	Fine flow	20 min	1 x Daily

Program name	Description
Sleep syst.	Harmonization of the bioenergetic field for optimizing the sleep phase
Bed Rest	Harmonization of the bioenergetic field to promote relaxation
Balanced Sleep	Bioenergetic harmonization of the sleep phase
Fine Flow	Bioenergetic activation through supporting ionic flow in the body



## 2.6 Beauty

The skin forms the physical boundary between the inner and outer worlds. It is not only a respiratory organ, but also a visible “showpiece” representing beauty, youthfulness and health. The outer beauty is decisively influenced by the inner beauty, which in turn is influenced by factors such as intestinal health, inner balance and bliss.

Nuno Nina’s experience in harmonizing the bioenergetic field for inner balance and relaxation as well as his expertise in defining the appropriate frequencies for harmonizing the bioenergetic field of the skin have been integrated into the Healy Beauty programs.

Order No.	Program name	Duration	Frequency
1	Inner beauty	45 min	1 x Daily
2	Hair	60 min	1 x Daily
3	Skin	60 min	1 x Daily
4	Aging	57 min	1 x Daily
5	Nails	42 min	1 x Daily
6	Skin elasticity	51 min	1 x Daily

Program name	Description
Inner Beauty	Harmonization the coherence and expression of the bioenergetic field
Hair	Harmonization of the bioenergetic field of the hair
Skin	Harmonization of the bioenergetic field of the skin
Aging	Harmonization of the bioenergetic field to relax your expressions
Nails	Harmonization of the bioenergetic field of the nails
Skin Elasticity	Harmonization of the bioenergetic field for smooth skin



## 2.7 Skin

The skin is our largest organ and fulfills many vital functions. It serves as a storage center for lipids and water and has metabolic and protective capabilities.

Using Healy frequency applications, you can obtain harmonization of the bioenergetic field for different tissues.

The skin of your face may reflect an inner conflict, which can be a mental imbalance or a possible food sensitivity. Healy frequency applications can target harmonization of the bioenergetic field for skin purity.

If an injury does not heal smoothly, scar tissue develops and can act as a source of disturbance. An untreated scar can create bioenergetic blockages, which can strain both the body and the soul of the affected person. Healy frequency applications can support the coherence of your bioenergetic field to help you to overcome these stresses.

Order No.	Program name	Duration	Frequency
1	Support Skin local	30 min	1 x Daily
2	Support Skin syst.	60 min	1 x Daily
3	Skin impurity syst.	60 min	1 x Daily
4	Scars syst.	60 min	1 x Daily
5	Scars local	20 min	1 x Daily

Program name	Description
Support Skin local	Harmonization of the bioenergetic field of the skin cells
Support Skin syst.	Harmonization of the skin regeneration in the bioenergetic field
Skin impurity syst.	Harmonization of skin impurities in the bioenergetic field
Scars syst.	Harmonization of the bioenergetic field to balance interference fields
Scars local	Harmonization of the bioenergetic field of scar tissue

## 2.8 Mental Balance\*

The mental balance and the subconscious of the human being are complex and host all feelings and thoughts, as well as all mental characteristics and the specific personality traits of a person. The human being is a unity consisting of body, mind and soul. Thus, as psychosomatics shows, people can have physical complaints caused by mental imbalances. This influence also works in the opposite direction, so that the body, for example the intestine, has a great influence on a person's mental balance. If this colloquially called inner or soul life is intact, an individual is balanced and vital. Traumatic experiences are partly unconscious experiences that can reach from the past into the present. They continue to have an effect on the physical as well as the mental and spiritual level, because the trauma has not been processed, integrated or dissolved. To bioenergetically harmonize your mental balance with Healy frequency applications, we have created the following programs for you:

Order No.	Program name	Duration	Frequency
1	Inner Strength syst.	51 min	1 x Daily
2	Emotional Well-being	51 min	1 x Daily
3	Feel good syst.	51 min	1 x Daily
4	Contentment syst.	60 min	1 x Daily
5	Contentment acute	20 min	1 x Daily
6	Inner Unity	55 min	1 x Daily
7	Well-being Soul	51 min	1 x Daily
8	Mental balance acute	20 min	1 x Daily

Program name	Description
Inner Strength syst.	Energetic harmonization of self-confidence when you feel uncertain or insecure
Emotional Well-being	Energetic harmonization when you feel emotionally blocked
Feel Good syst.	Energetic activation of confidence when you feel down
Contentment syst.	Energetic harmonization of the inner sense of self and contentment
Contentment acute	Supports your sense of inner balance during recovery from nicotine dependence (not a smoking cessation program)
Inner Unity	Energetic harmonization of the sense of psychic wholeness
Well-being Soul	Energetic harmonization to support you while developing new habits
Mental Balance acute	Supports positive thinking

\*If you have frequent or prolonged periods of feeling sad, overly tired, or agitated, whether or not while using Healy, discontinue use and consult a qualified medical or mental health professional.



## 2.9 Bioenergetic Harmony 1

The categories “Bioenergetic Harmony 1” and “Bioenergetic Harmony 2” contain frequency program compilations of the most common applications in everyday life, selected based on the experiences of our users. The use of terms like “Immune system” etc. refer to the disharmonies in the bioenergetic field that frequently underlie the symptoms associated with these terms. They are not intended to claim or imply that harmonizing the bioenergetic field will have a direct effect on those expressions or will cure, treat, mitigate or prevent any diseases associated with them. The Healy frequency programs only address disharmonies in the bioenergetic field.

Order No.	Program name	Duration	Frequency
1	Immune system	60 min	1 x Daily
2	Chilling	51 min	1 x Daily
3	Hypersensitivity	60 min	1 x Daily
4	Eyes	65 min	1 x Daily
5	Hormones	57 min	1 x Daily
6	Intestine	51 min	1 x Daily
7	Nerves	45 min	1 x Daily
8	Flexibility	51 min	1 x Daily
9	Circulatory System	55 min	1 x Daily
10	Potency	60 min	1 x Daily
11	Menopause	66 min	1 x Daily
12	Menstruation local	20 min	1 x Daily

Program name	Description
Immune System	Harmonization of the bioenergetic field of the energetic defense system
Chilling	Harmonization of the bioenergetic field of the mucous membranes
Hypersensitivity	Harmonization of the bioenergetic field in case of overreactions to irritants
Eyes	Harmonization of the bioenergetic field of the eyes
Hormones	Harmonization of the bioenergetic field of the body's “messengers”
Intestine	Harmonization of the bioenergetic field of the intestine
Nerves	Harmonization of the bioenergetic field to promote relaxation
Flexibility	Harmonization of the bioenergetic field to ease movement
Circulatory System	Harmonization of the bioenergetic field of the circulation
Potency	Harmonization of the bioenergetic field of the reproductive organs
Menopause	Harmonization of the bioenergetic field to help you deal with menopause
Menstruation local	Harmonization of the bioenergetic field to promote relaxation of the lower abdomen

## 2.10 Bioenergetic Harmony 2

Order No.	Program name	Duration	Frequency
1	Gastrointestinal	60 min	1 x Daily
2	Bacteria	60 min	1 x Daily
3	Tonsils	60 min	1 x Daily
4	Liver	52 min	1 x Daily
5	Intolerances	60 min	1 x Daily
6	Toxins	60 min	1 x Daily
7	Head	72 min	1 x Daily
8	Prostate	60 min	1 x Daily
9	Lung	51 min	1 x Daily
10	Thyroid gland	60 min	1 x Daily
11	Joints-Bones	72 min	1 x Daily
12	Sciatica local	20 min	1 x Daily

Program name	Description
Gastrointestinal	Harmonization of the bioenergetic field of digestion
Bacteria	Harmonization of the bioenergetic field of the defense system
Tonsils	Harmonization of the bioenergetic field to reduce feelings of discomfort
Liver	Harmonization of the bioenergetic field of the liver
Food Sensitivities	Harmonization of the bioenergetic field in case of food sensitivities
Toxins	Harmonization of the bioenergetic field of the excretory processes
Head	Harmonization of the bioenergetic field to reduce tension
Prostate	Harmonization of the bioenergetic field of the prostate
Lungs	Harmonization of the bioenergetic field of the lungs
Thyroid Gland	Harmonization of the bioenergetic field of the thyroid gland
Joints-Bones	Harmonization of the bioenergetic field of the joints and bones
Sciatica local	Harmonization of the bioenergetic field of the sciatic nerve

## 2.11 Meridians 1

Traditional Chinese medicine (TCM) claims that the life energy (Qi) flows in channels, or meridians. According to this concept, there are twelve main channels and each meridian is assigned to a functional circle (organ system). The corresponding acupuncture points are therefore threaded onto the meridians like pearls on a string. Furthermore, acupuncture points have relationships or connections to organs or parts of organs which the acupuncturist activates by stimulation and thus endeavors to positively influence the state of the organ.

The individual programs according to the meridian system of Dr. Reinhold Voll are designed to harmonize blockages in the bioenergetic field of the individual meridians.

Order No.	Program name	Duration	Frequency
1	Allergy Meridian	60 min	1 x Daily
2	Connective Tissue	51 min	1 x Daily
3	Bladder	51 min	1 x Daily
4	Large intestine	51 min	1 x Daily
5	Small intestine	51 min	1 x Daily
6	Fatty degeneration	51 min	1 x Daily
7	Gallbladder	51 min	1 x Daily
8	Joints	51 min	1 x Daily
9	Skin	51 min	1 x Daily
10	Heart	63 min	1 x Daily

Program name	Description
Allergy Meridian	Harmonization of the bioenergetic field of the allergy meridian
Connective Tissue	Harmonization of the bioenergetic field of the connective tissue meridian
Bladder	Harmonization of the bioenergetic field of the bladder meridian
Large Intestine	Harmonization of the bioenergetic field of the large intestine meridian
Small Intestine	Harmonization of the bioenergetic field of the small intestine meridian
Fatty Degeneration	Harmonization of the bioenergetic field of the fatty degeneration meridian
Gall Bladder	Harmonization of the bioenergetic field of the gall bladder meridian
Joints	Harmonization of the bioenergetic field of the joints meridian
Skin	Harmonization of the bioenergetic field of the skin meridian
Heart	Harmonization of the bioenergetic field of the heart meridian

## 2.12 Meridians 2

Order No.	Program name	Duration	Frequency
1	Hormonal balance	51 min	1 x Daily
2	Circulation	51 min	1 x Daily
3	Liver	54 min	1 x Daily
4	Lungs	51 min	1 x Daily
5	Lymphatic system	51 min	1 x Daily
6	Stomach	51 min	1 x Daily
7	Spleen-pancreas	51 min	1 x Daily
8	Nerve Meridian	51 min	1 x Daily
9	Kidney	54 min	1 x Daily
10	Organ Meridian	54 min	1 x Daily

Program name	Description
Hormonal Balance	Harmonization of the bioenergetic field of the hormonal balance meridian
Circulation	Harmonization of the bioenergetic field of the circulation meridian
Liver	Harmonization of the bioenergetic field of the liver meridian
Lungs	Harmonization of the bioenergetic field of the lungs meridian
Lymphatic System	Harmonization of the bioenergetic field of the lymphatic system meridian
Stomach	Harmonization of the bioenergetic field of the stomach meridian
Spleen-Pancreas	Harmonization of the bioenergetic field of the spleen-pancreas meridian
Nerve Meridian	Harmonization of the bioenergetic field of the nerve meridian
Kidney	Harmonization of the bioenergetic field of the kidney meridian
Organ Meridian	Harmonization of the bioenergetic field of the organ meridian

## 2.13 Chakras

The chakra system is thousands of years old and references to it can be found in many cultures all over the world. The Hopi, Inca and Maya cultures, for example, make references to the chakras.

A large part of Asian teachings and religions are based on the principles of the Indian chakra teachings. The influence of the Indian chakra teachings reaches so far that they form the foundation for Buddhism and Hinduism, as well as for various techniques of energy and body work, such as Yoga, Tai Chi, Ayurveda, TCM and spiritual healing.

Furthermore, spiritual as well as energy practitioner circles have adopted these teachings as the basis of many methods of energy and healing work.

The chakras serve the physical body and the subtle body (the aura) as mediators and it is thought that they function as a kind of transformer.

According to this model, the chakras are connected with the different aura layers and the meridians (energy paths) of the body and are also able to absorb energies of the cosmos and the ethereal world. Absorbed energies (vibrations) can be either a "positive" influence (beneficial and useful) or a "negative" influence.

The chakra teachings say that there are seven main chakras which are located along the spine or in the vertical central axis of the body, following the Kundalini energy, from the root chakra to the crown chakra. According to the chakra system, the Kundalini power rises upwards through this assumed energy channel (called sushumna or hara line).

The seven main chakras are characterized by certain functions and colors. For example, the lowest of the seven chakras, the red root chakra, indicates the basic trust level of a person. It stands for a fundamental part of the developmental process, because the basic trust level is established at the beginning of the child's life. The crown chakra, the highest of the chakras, which is usually depicted in white or slightly violet, reflects, among other things, the knowledge about the universe that a person has collected with age. The colors of the chakras correspond to their individual vibration frequencies.

In addition to the subtle interpretation of the chakras, the main chakras can be assigned physically to the organs and glands with which they are supposed to be connected. Physical and mental challenges often lead to changes in these energy fields.

Using intuition, one can perceive the existence and the position of the chakras and explore one's own energy field. In principle, anyone can learn how to feel energy fields under professional guidance and with practice by attending appropriate seminars. Often more and more sensitive abilities are developed in the process of an energetic initiation and with progressive use of the different methods of energy work. The Healy chakra programs aim to bioenergetically harmonize these central energy centers and bring them back into their natural balance.



Order No.	Program name	Duration	Frequency
1	Crown chakra	33 min	1 x Daily
2	Third eye chakra	33 min	1 x Daily
3	Throat chakra	33 min	1 x Daily
4	Heart chakra	33 min	1 x Daily
5	Solar plexus chakra	33 min	1 x Daily
6	Sacral chakra	33 min	1 x Daily
7	Root chakra	33 min	1 x Daily

Program name	Description	Traditional Themes
Crown Chakra	Harmonization of the energies of the crown chakra	Higher Self
Third eye Chakra	Harmonization of the energies of the third eye chakra	Intuition
Throat Chakra	Harmonization of the energies of the throat chakra	Communication
Heart Chakra	Harmonization of the energies of the heart chakra	Empathy
Solar Plexus Chakra	Harmonization of the energies of the solar plexus chakra	Self-confidence
Sacral Chakra	Harmonization of the energies of the sacral chakra	Creativity
Root Chakra	Harmonization of the energies of the root chakra	Trust



## 2.14 Protection Programs

These frequency programs are designed to energetically harmonize electrosensitivity, stress, geopathic disturbances or negative influences and protect you from energetic breakdowns. The protection programs unfold their effect directly in the Information Field. The Information Field has many different names, such as Morphogenic Field, Akashic Record etc. The Information Field is a field surrounding us everywhere at all times, interacting between the mental and physical world.

In principle, no electrodes are required when using these programs. However, you can intensify the effect of the programs by using electrodes.

Order No.	Program name	Technol.	Duration	Frequency
1	General protection	IF	unlimited	1 x Daily
2	Electrosensitivity	IF	unlimited	1 x Daily
3	Cell	IF	unlimited	1 x Daily
4	Mental	IF	unlimited	1 x Daily
5	Sleeping	IF	unlimited	1 x Daily
6	Geopathy	IF	unlimited	1 x Daily
7	Subtle	IF	unlimited	1 x Daily
8	Planets	IF	unlimited	1 x Daily

IF = Information program

Program name	Description
General Protection	Energetic shielding
Electrosensitivity	Energetic harmonization of the tolerance for so-called "electrosmog".
Cell	Energetic harmonization of the bioenergetic field of the cell
Mental	Energetic harmonization of the bioenergetic field of the mind
Sleeping	Energetic harmonization during sleep
Geopathy	Harmonization of the energetic sensitivity to interference fields
Subtle	Energetic harmonization of the sensitivity to interference fields
Planets	Harmonizing the influences of planets



## 2.15 Deep Cycle

The Deep Cycle programs are in daily use in the Uno Vita - Klinik for Integrert Medisin (Integrated Medicine Clinic) in Oslo, Norway, and many of its clients use them at home as well. The Deep Cycle programs are a variation and further development of the popular Nuno Nina Gold Cycle programs and can be beneficially combined with them for harmonizing the bioenergetic field. The development of the Deep Cycle programs is the result of Jan Fredrik Poleszynski's experience in microcurrent frequency applications since 2009 and is closely connected to the integrative thinking of Nuno Nina and his Gold Frequencies. The Deep Cycle programs have a special position in applications in the bioenergetic field and are generally more comprehensive than the Gold Cycle programs.

Order No.	Program name	Duration	Frequency
1	First Application	42 min	1 x Daily
2	Second Application	42 min	1 x Daily
3	Third Application	39 min	1 x Daily
4	Breath of life	52 min	1 x Daily
5	Clean all	59 min	1 x Daily
6	Digest all	48 min	1 x Daily
7	Go to the roots	47 min	1 x Daily
8	Free flow	42 min	1 x Daily
9	Renewal	45 min	1 x Daily
10	Kidney all female	49 min	1 x Daily
11	Kidney all male	52 min	1 x Daily
12	Pure calm	39 min	1 x Daily

### 2.15.1 Short Description of the Deep Cycle Programs

Here is a short description of the Deep Cycle programs. However, you should not feel limited by these descriptions, because the programs offer many more possibilities on an energetic level.

Based on Jan Fredrik Poleszynski's experience, clients go through certain cycles during applications. There are daily, weekly and monthly cycles as well as the classic application cycles like energetic detoxification, harmonization of key organ systems and working with the energetic root cause. It can therefore be very helpful to find out which "cycle" you are currently in, so that you can select the appropriate program.

### 2.15.2 Preparatory Programs

Program	When	Affirmation and intention
First Application	At the first application, to establish a connection and to get a feeling for frequency applications.	Feel good and be touched.
Second Application	At the second application, unless the first application was too intense.	My journey has begun.
Third Application	As soon as you're ready for a more intense application.	Powerful waves of change are coming to me.

### 2.15.3 The Deep Cycle Programs

Program	When	Affirmation and intention
Breath of life	There are energetic issues associated with lungs and their surrounding organs, including the breast, along with feelings related to weakness and occasional sad feelings.	My breath is a reflection of the breath of the universe.
Clean all	Appropriate for follow up after energetic purification as energetic support for all purification pathways. It is advisable to include this program in a sequence of applications, as any release on any level of the system often causes a need for purification. To release old blockages from the energetic body and mind.	My body is pure, I feel comfortable in it.
Digest all	Recommended for disharmonies in the bioenergetic field of the digestion that block further progress. For this program, the adhesive electrodes can be used. They should be placed at the level of the ankle on the front side of the foot acupuncture point ST 42.	I accept my past, digest and integrate it.
Go to the roots	Only use when the energetic symptoms have subsided and the energetic recovery process has begun. All essential energetic functions should work normally. The energetic causes on the mental level and emotional patterns will now be addressed. This program is suitable as the conclusion of a series of applications.	I feed my roots and grow into a strong tree.
Free flow	To energetically harmonize the bioenergetic field of the circulation. It is suitable for use after basic harmonization of the bioenergetic field of the kidneys and lungs, as well as for general energetic stiffness.	My movement, blood flow and circulation are powerful.
Kidney all female & Kidney all male  Hering's law states that: "All improvement occurs from within out, from the head down, and in the reverse order in which the symptoms have appeared."	To harmonize the bioenergetic field of the kidneys and harmonize energetic processes which are related to the kidneys according to Traditional Chinese Medicine. The acupuncture point K5 to K6 (below the ankle on the inside of the foot) is suitable for electrode placement. K5 to K6 (or SP6) are close to the tibial nerve, which can also be indirectly stimulated.	My energy flows freely.
<b>Caution:</b> Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation.		
Pure Calm	It should contribute to inner peace, emotional and spiritual balance.	I am connected to everything.
Renewal	If energetic harmonization is desired.	Everything is restored, pain is temporary.

### 2.16 Practitioner Programs

The "Practitioner Programs" category offers 12 slots for programs individually created for you by your practitioner. Your practitioner can transfer them to your Healy, regardless of their, or your, location. The HealAdvisor Cloud enables secure data transfer between Healy and the TimeWaver Frequency system of your practitioner through the Practitioner TAN. The Practitioner TAN procedure is described below.

# 3 Additional Functions

## 3.1 Practitioner TAN

Using the Practitioner TAN function you can let your practitioner transfer individual programs from their TimeWaver Frequency system to your Healy or delete formerly transferred programs.

To create the Practitioner TAN, your smartphone needs a connection to the Internet. Generate the Practitioner TAN by clicking on the button "Enable?" in the Practitioner TAN menu, see **Figure 3.1.1** and **Figure 3.1.2**. Then you send the Practitioner TAN to your practitioner, see **Figure 3.1.3**, who can then transfer your practitioner programs to your Healy App.

If "No connection" is displayed in the Practitioner TAN menu, see **Figure 3.1.4**, please check your Internet connection.

## 3.2 Settings

In the settings menu you can activate logging using the menu item "Activate Logging", see **Figure 3.2.1**. With the menu item "Check for updates" you can download the Healy frequency program set you purchased, see **Figure 3.2.2**. The menu item "Choose language" allows you to change the language in which the Healy App is displayed.

## 3.3 Information

The "Information" menu contains all the relevant information about your Healy and the Healy App. You can also open the Instructions for Use as a PDF. On the bottom there are the links to "Website", "Privacy", "Contact" and "Imprint".

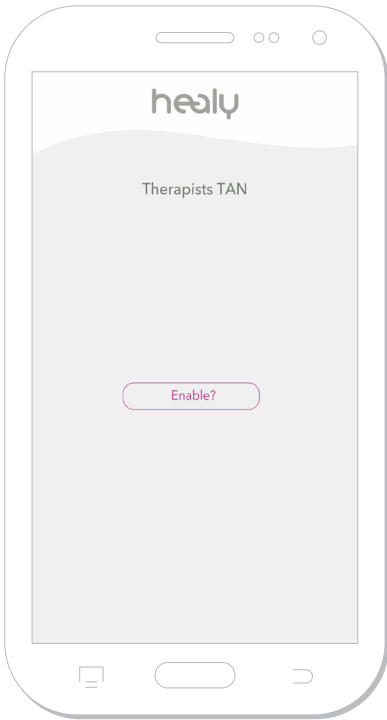


Figure 3.1.1: Creating Practitioner TAN for practitioners

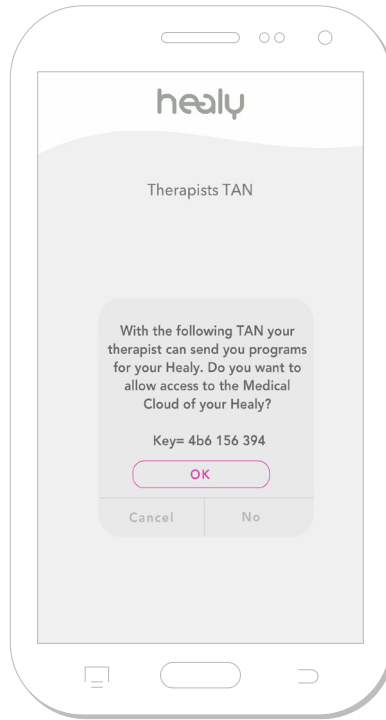


Figure 3.1.2: Example of a Practitioner TAN

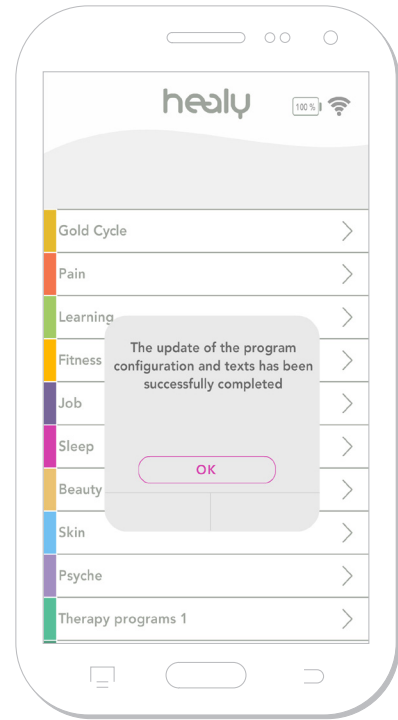


Figure 3.1.3: Confirmation for Practitioner access

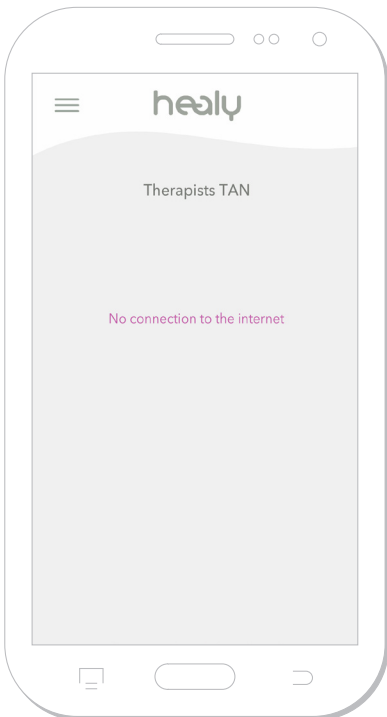


Figure 3.1.4: Therapist TAN – No internet connection available

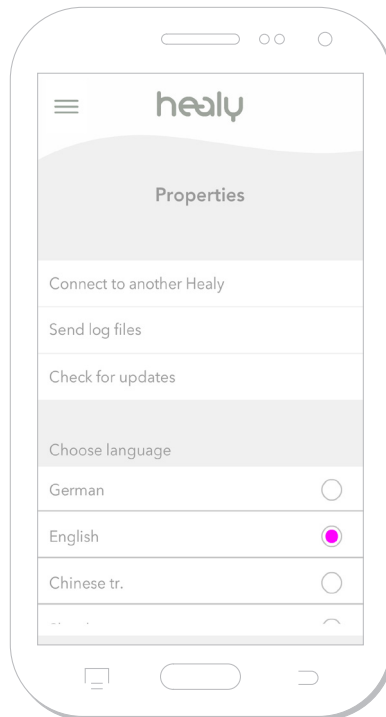


Figure 3.2.1: Settings menu

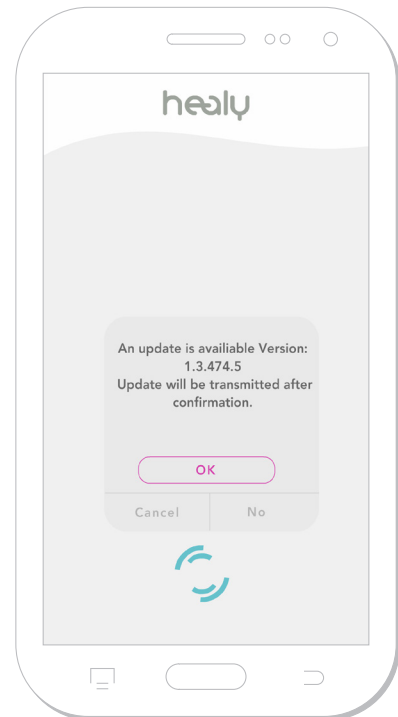


Figure 3.2.2: Healy program update



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