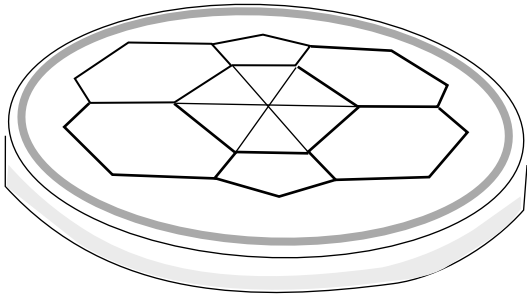


HOW TO USE THE HARMONETIC[®] CIRQ[™]



THE HARMONETIC® CIRQ

There are 3 levels in which one may choose to use the Harmonetic® CIRQ

Level 1 ... Wellness in body, mind or spirit

The Cirq™ may be used holographically by using tapping techniques (see the Cirq™ Instruction Sheet). Spiritual, emotional, or physical issues can be brought into harmony by setting intent and connecting with the body via the sacred geometric design, which serves as a tool of resonance.

Many people have shown that they respond to the Cirq, without the tapping technique, by simply placing the Cirq facedown on the area you wish to bring back into balance ... no matter whether you're dealing with pain or discomfort or the vestiges of disease.

Level 2 ... Protect the body from cell phone radiation, electro-smog, stress & tension

In our high-tech world, we constantly are bombarded by electro-magnetic radiation in its various forms, whether cell phones, wifi, smart meters, or microwaves. Keeping the Cirq with you stops these forms of radiation from disturbing the mind and body by allowing the body to have access to plasma from the Cirq's plasma emitter. The body uses plasma to revitalize itself.

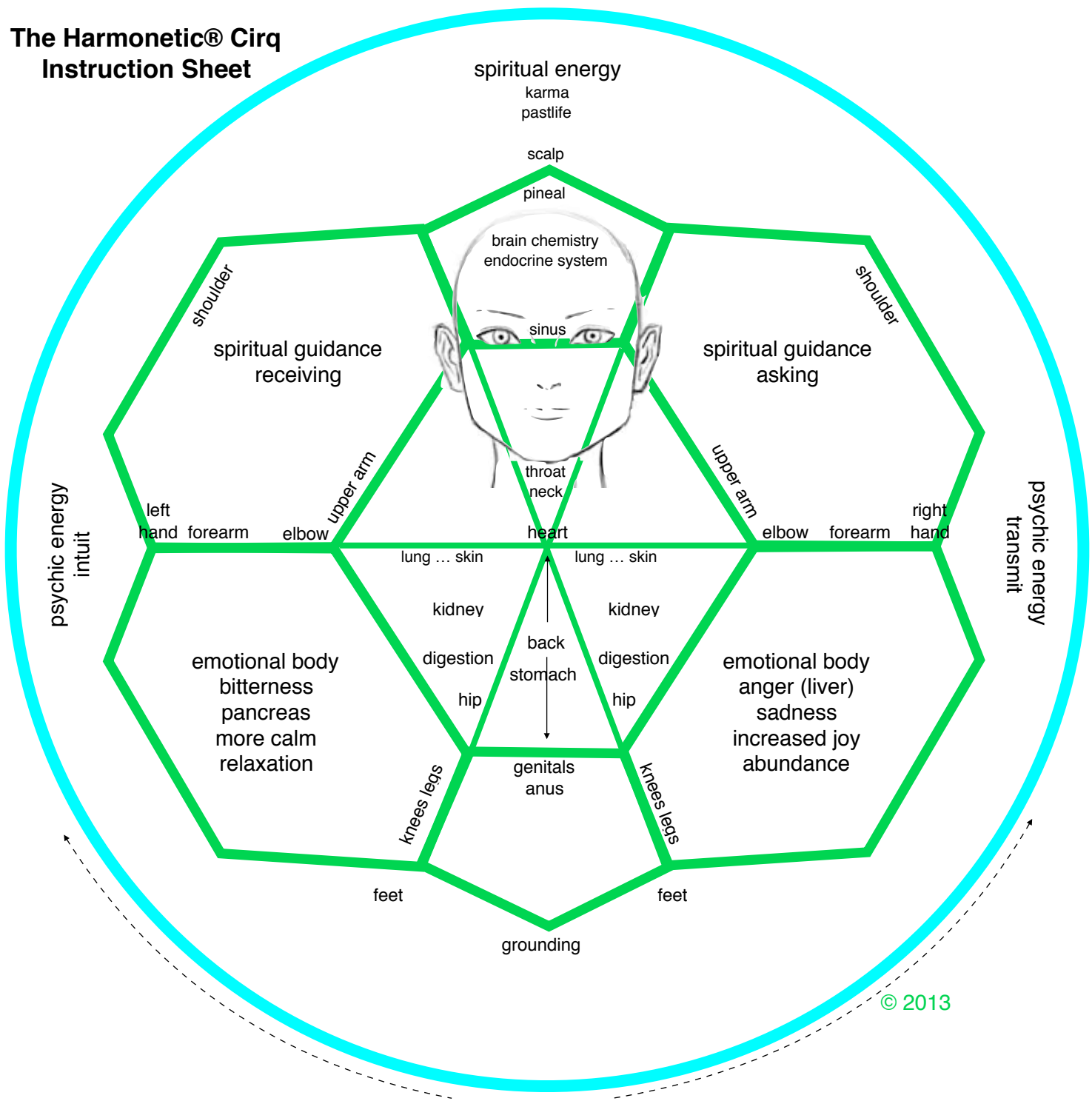
By placing the Cirq over the bellybutton for a mere few minutes the Cirq will clear all the meridians of the body. This may be used to desensitize the immune system to allergies (see the 5 Elements Instruction Sheet). It may be used as a complement to acupuncture.

Level 3 ... Create Harmonetic® Water to revitalize the body or to cleanse the body of toxins.

Testimonials have shown that the super-hydration principle behind Harmonetic® water can enhance wellness in different ways for different people. Using a Bio-Scan machine, several of the participants noticed a 50-60% increase in their cellular hydration levels. This same super-hydration also allows the cells in the body to get rid of toxins much faster. So if you are noticing more elimination than you feel comfortable with, decrease the amount of water you drink daily.

In the study, participants reported feeling more energy, more mental clarity, better emotional balance, and a greater sense of wellness.

The Harmonetic® Cirq Instruction Sheet

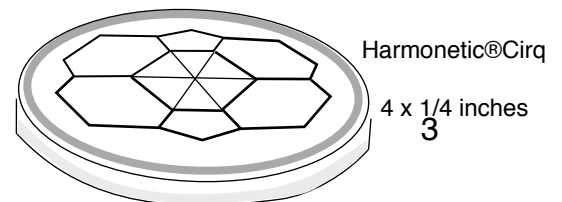


1. See the above schematic as if it were a mirror ... your right is on the right side of the schematic.

2. Tap on the area of the Cirq™ that you are trying to change. Adjust the tapping until you feel energy rising in that part of yourself. Then tap for two minutes or more depending on how quickly you respond.

3. Stop tapping to then trace your finger around the blue circle.

To increase your intent trace clockwise several times until you get the results you are creating for yourself. To decrease negativity (like pain), trace counterclockwise. The more coherent your intent the faster this works.



MAKING HARMONETIC[®] WATER WITH THE CIRQ[™]

Harmonetic[™] Water was tested in a Colorado study to determine its effectiveness and the principles behind it that are based on water's ability to hold patterns and vibrations. Mathematical patterns and frequencies based on harmony are used to create this highly structured water. What follow are instructions and recommendations in using the water and how to maintain it's effectiveness over time.

RECOMMENDATIONS:

1. Start with a minimum amount and then double the amount you drink across time until you feel you have reached the best level for you. If you feel your body can handle the doubling on a daily or weekly basis then start there. Trust your own intuition on this. No one knows your body better than you. If you are a highly sensitive person, then start with a 1/4 cup. If you handle change normally, then start with a glass of water. If you find that you have too much energy to the point where you have difficulty falling asleep, then decrease your daily intake. Otherwise, the study has shown that most people have better sleep patterns after drinking the water.
2. Transfer the water to a glass or hard-plastic container for longer water charging. It's also a good idea to send intention into the water (i.e. "I choose that this water will bring my body into harmony") before drinking it. Keep the water away from microwaves and/or wi-fi routers. Don't leave the water in direct sunlight. Any of these cause water to de-structure. Don't leave your cell phone next to the water for the same reason.
3. Feel free to use the water to make other drinks. Boiling and freezing will cause water to restructure. Harmonetic[®] Water may have more going on than just structure. We are hearing it makes great coffee. Drink the water on a daily basis and in amounts that work for you.

INSTRUCTIONS:

Place your container of water, or wine, or drinks, on the Cirq[™] between 20 minutes and an hour, depending on the size of the container. That's it. It's charged.

REPORTED EFFECTS & TESTIMONIALS:

1. Testimonials have shown that the super-hydration principle behind the water can enhance wellness in different ways for different people. Using a Bio-Scan machine, several of the participants noticed a 50-60% increase in their cellular hydration levels. This same super-hydration also allows the cells in the body to get rid of toxins much faster. So if you are noticing more elimination than you feel comfortable with, decrease the amount of water you drink daily.

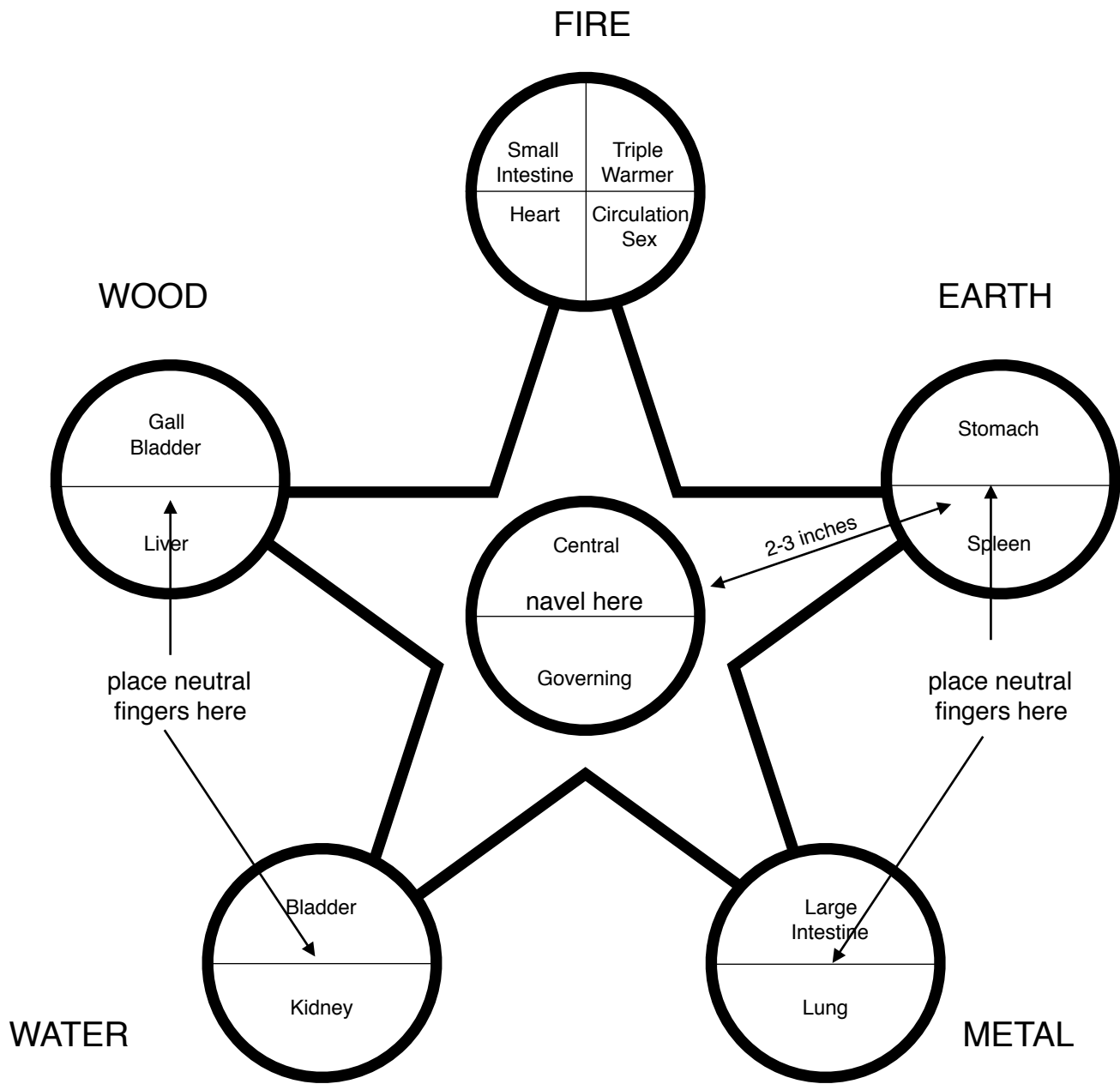
USING THE CIRQ™ WITH THE 5-ELEMENT CHART

1. Test the meridians using the techniques described below.
2. If a meridian is blocked or has too much energy, place the Cirq facedown over the bellybutton for a few minutes to clear the meridian. Test the meridian again. If it isn't clear, use the thymus tapping technique described below.
3. To use the Cirq to desensitize the body to allergens, first test which meridians are affected by placing a sample of the allergen in a baggy or container over the bellybutton. Make sure you have cleared all the meridians first as described below. The allergen will immediately overload certain meridians. These are the ones that need particular attention using the emotional descriptions for that meridian. By using muscle testing, you can determine which emotion is related to the allergen. With this information a healthcare professional can explore the source of the allergy (i.e. past-life, childhood trauma, relationship issues, etc.). This can make the desensitizing training more effective. To desensitize the body to the allergen, place the Cirq facedown over the bellybutton, with a sample of the allergen (dust, cat hair, dairy, etc) in a baggy or small container placed on top of the Cirq. Leave it there until the affected meridians clear. Once they clear, you are done for the time being.

Certain triggers can cause the body to fully react once again, thus the importance of repeating the process over time until the body unlearns its allergic reactions. Keep in mind this technique is not substitute for seeing your physician or healthcare professional.

4. If the person has strong or life threatening allergies, instruct the person to follow the orders of their doctor. With chronic allergies, this technique should be used repeatedly until the body is more tolerant of the allergen.
5. Keep in mind that using the Cirq is a substitute for the techniques below using the meridian beginning points and endpoints. By placing the Cirq over the bellybutton, you do not need to clear the meridian by using touch on these points.

Note: the word "below" refers to the 5 Elements instructions.



FIVE ELEMENT BALANCING INSTRUCTIONS SHEET

This method can be used for a great variety of problems, including allergies, chemical sensitivities (perfumes, cosmetics, cleaning chemicals, etc.), energy blocks, body positions that stress, chakras, sensory disturbances, pain/scars, detoxification and even psychological problems.

This method requires a special sensitivity when testing the element alarm points. These points lie in a 4-5 inch circle around the navel. To locate the position of each element alarm point, visualize a diagram of the five elements placed upon the navel.

Alarm points, in Traditional Chinese Medicine, are areas where excess meridian energy is stored. Each individual meridian has one main alarm point, located upon the trunk. The Chinese technique of alarm point diagnosis is through palpation. In kinesiology, when an alarm point is lightly touched, and this touch causes an indicator muscle to test weak, the associated meridian is considered to be in a state of excess energy. So alarm points are diagnostic points for an excess of energy. An alarm point (or any point) which, when touched, makes a previously strong testing indicator muscle test weak is said to be “active.”

In this 5-element balancing technique, we do not use the 14 individual meridian alarm points. Instead, we use the 5-element points located around (and in) the navel.

Next, you will have to ascertain how strongly you will need to press to weaken the indicator muscle in order to detect active alarm points. The amount you must press is different for each client. It may require only a very light pressure or a quite strong one. To determine how much you must press to detect active alarm points, stand or kneel to the side of your client. Place your palm over the navel, touching all 5-element alarm point at once. Say, “hold” and press just enough that the arm clearly begins to down. Then remove your hand, say “hold,” and press a bit harder. If the muscle remains strong this second test, you now know how hard to press. Use this amount of pressure when testing each of the individual alarm points. If you cannot detect any change no matter what pressure you apply, this is an indicator that the polarity of the individual is flipped. In such case, tape on the area of the thymus (sternum area above heart) for a minute or so, and try again. You should get results.

Be sure that your posture while performing all muscle tests remains identical. If, while testing a substance, you lean further over your client, you may inadvertently use far more pressure while muscle testing. This will cause you to think that a substance is weakening an element when in fact it doesn't. Find the posture that you will use for all tests and use it from the beginning.

Test the 5-element alarm points around the navel to determine which elements have excel energy. To test these element alarm points, touch them very gently with a neutral touch (two adjacent fingers) and test an indicator muscle. If the indicator muscle weakens, this element (meridian) has excess energy. Note that if, for example, the water element tests weak, either the bladder or the kidney meridians (or rarely both) are in an excel energy state. From the element alarm test, we do not know which. However, since in this 5-element balancing technique, we always balance both, it is not necessary to know which individual meridian is in a state of excel energy.

- 1- Perform the pretests
- 2- Ask the body if such an energy balancing is a good idea for both the client and the tester (muscle test).
- 3- Test the 5-element alarm points around the navel (plus the navel itself) and note the results. Save these notes to compare when your client returns for subsequent sessions.
- 4- Tap around the thymus area (upper sternum) for 20-30 seconds.
- 5- Re-test the 5-element alarm points. None should be active
- 6- Place the Cirq™ facedown over the navel for 30 seconds.
- 7- Test the 5-element alarm points plus the navel itself (for central and governing meridians).
- 8- If the navel tests weak, ask the body if the central and governing meridians should be balanced first or last.
- 9- Continue to apply the Cirq over the navel, which will cause the meridians to clear.

If needed, keep applying the Cirq facedown over the navel until the meridians clear.

- 10- Re-test the 5-element alarm points with the Cirq removed to test for strength while touching the areas around the navel with the “neutral” fingers.

TREATING ALLERGIES/SENSITIVITIES WITH THE 5-ELEMENT BALANCE

When desensitizing the body to an allergen (i.e. dust or cat hair), place the allergen in a bottle or a sealed baggy. Then place the bottle or baggy on top of the Cirq while it is placed facedown on the navel. This should take less than a minute. Then remove the Cirq and place the bottle or baggie over the navel and test the 5-elements again for strength. If it still tests weak, repeat the process until the client tests strong. Let the client know that the time of desensitization depends on the what lesson might be learned from the allergy (for instance, lactose intolerance might be caused by a past-life issue around sacred cows). It may take repeated clearings over weeks and even months until the source of the allergy has reached its point of completion. However, this process is so quick and simple that anyone who

is determined to clear the source of an allergy, has a significant tool to accomplish that.

After steps 1-5 in the 5-element balance are performed, test various substances for multiple allergies by placing each substance on top of the Cirq (or hand) while it is placed over the navel area. If the indicator muscle weakens, the body is sensitive to these substances. This may be termed an “energy allergy.” Especially if there are several substances that block the body’s energy, ask the body which ones it wants you to treat at one time. Don’t balance too many substances nor do too many energy balances during one session or the healing reaction may be too strong and the client may get sick or at least be very tired.

TREATING TOLERANCE PROBLEMS

Even after the energy allergy is balanced, the person may still have symptoms if too much of the substance is contacted at one time. In such case,

- 1- Tap on the thymus to temporarily disperse all excess energy.
- 2- Place a large amount of the substance on the body and hold the occiput (bottom of the skull at the back of the head) as the stimulus.
- 3- Test the alarm points to determine which meridians are now in an excess energy state.
- 4- Place the Cirq facedown on the navel with the substance on top of the Cirq.
- 5- Re-test the alarm points to see that none are still active.
- 6- Remove the Cirq but not the substance and re-test the alarm points once again.

The amount of substance that can be placed upon the body (with the Cirq facedown on the navel or the hand on the back of head) without weakening the indicator muscle is the amount the body can tolerate at one time.