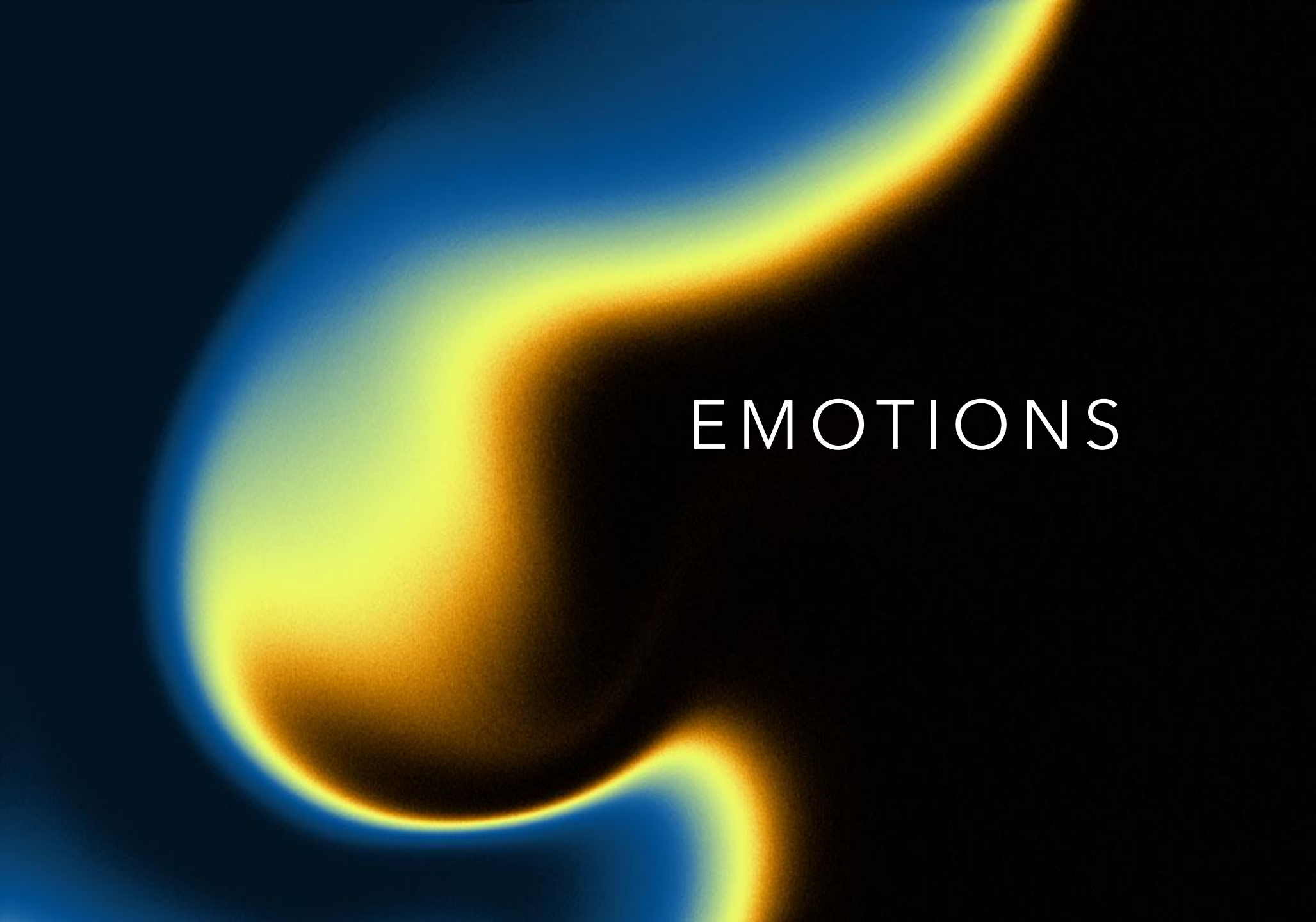
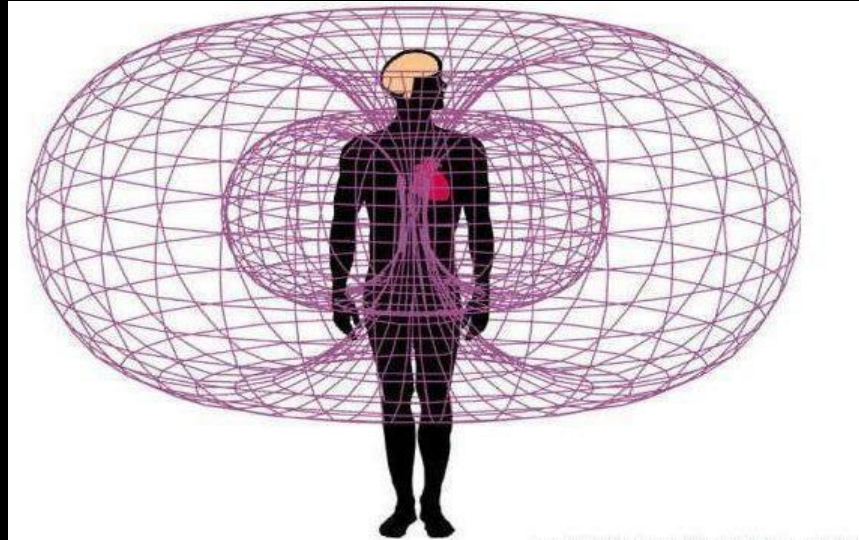


EMOTIONS
AND
BRAIN WAVES

The background features a dark, almost black, space filled with vibrant, ethereal light streaks. These streaks are primarily in shades of deep blue and bright yellow-gold, flowing in a curved, organic pattern that suggests movement and energy. The light has a soft, blurred quality, creating a dreamlike atmosphere.

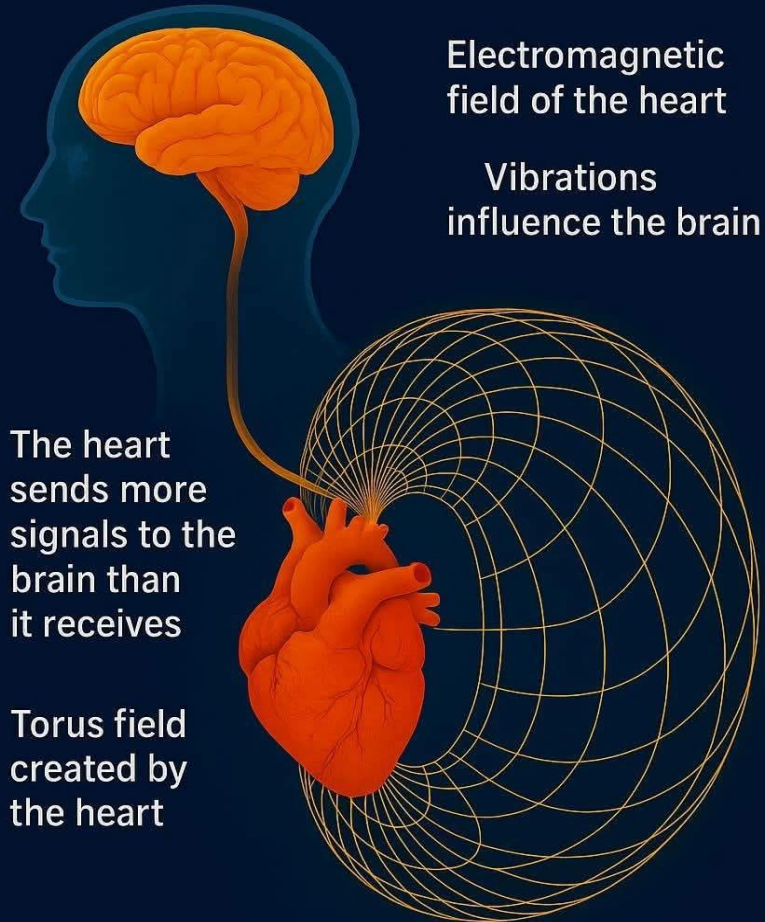
EMOTIONS



It is well documented that the human heart generates the strongest magnetic field in the body, nearly 5,000 times stronger than that of the brain.

THE HEART–BRAIN DIALOGUE

A COHERENT FIELD OF INTELLIGENCE



Electromagnetic
field of the heart

Vibrations
influence the brain

The heart
sends more
signals to the
brain than
it receives

Torus field
created by
the heart

The heart is a powerful organ of
perception and intelligence

- **Every emotion is a *frequency*.**
- ***Every frequency shapes matter.***
- **Harmonic Frequency like solfeggio, overtone-rich frequencies, (that are on our Biomodulator PRO and Biomodulator Plus 2) activates the calmness and healing in the heart and tunes the body.**
- **Dissonant sound, Violence, Negative News, Loud Aggressive Music, contracts and distorts the waveform—reducing coherence. Creating “Fight or Flight or Frozen Survival Mode”**
- ***Emotion is sound slowed into chemistry.***

- **The hearts magnetic field responds to the quality of emotion that we create in our lives. Just as the intuitive link between feelings and the body seems to suggest, positive emotions increase the physical balance of hormones and heart rhythms, as well as the mental clarity and productivity.**
- **Healing *Amplifies* when you are in your *HEART***

- **While we are Healing if the Heart and Brain are In alignment, we can produce the *Emotion of "FEELING" of what it is to be Healed without judgement.***
- ***Act as IF.***
- ***What is the "FEELING" of being totally healed and allow that in envelope your entire being without thinking about it.***

- ***HOW DO WE DO THIS?***

- **Get in a quiet environment where you know you will not be disturbed**
- **Subdue the lighting. Turn the TV, computer and phone off.**
- **Let it be as quiet as possible for all your senses**

- **Place left hand on your heart.**
- **Then place your right hand on top of it.**
- ***Feel.. In this moment of Truth***
- **You're activating the touch point current of your Heart.**
- **This is how you remind your field:**
- ***This is home. This is source.***
- **Stay here for a moment**
- **Anchor this moment in time and remember so you can go back here.**

- **Now stop and reset your Autonomic Nervous System**
- **Take at least 5 minutes to pause after the reset.**
- **FEEL THE CALM.**
- ***Feel the "FEELING" of being totally healed and allow that in envelope your entire being without thinking about it.***

- **If you are feeling overwhelmed,**
 - **upset**
 - **just cannot let something go**
-
- **Wait before you reset your Autonomic Nervous System and do the following**

EMOTIONAL
HEALING
RELEASE

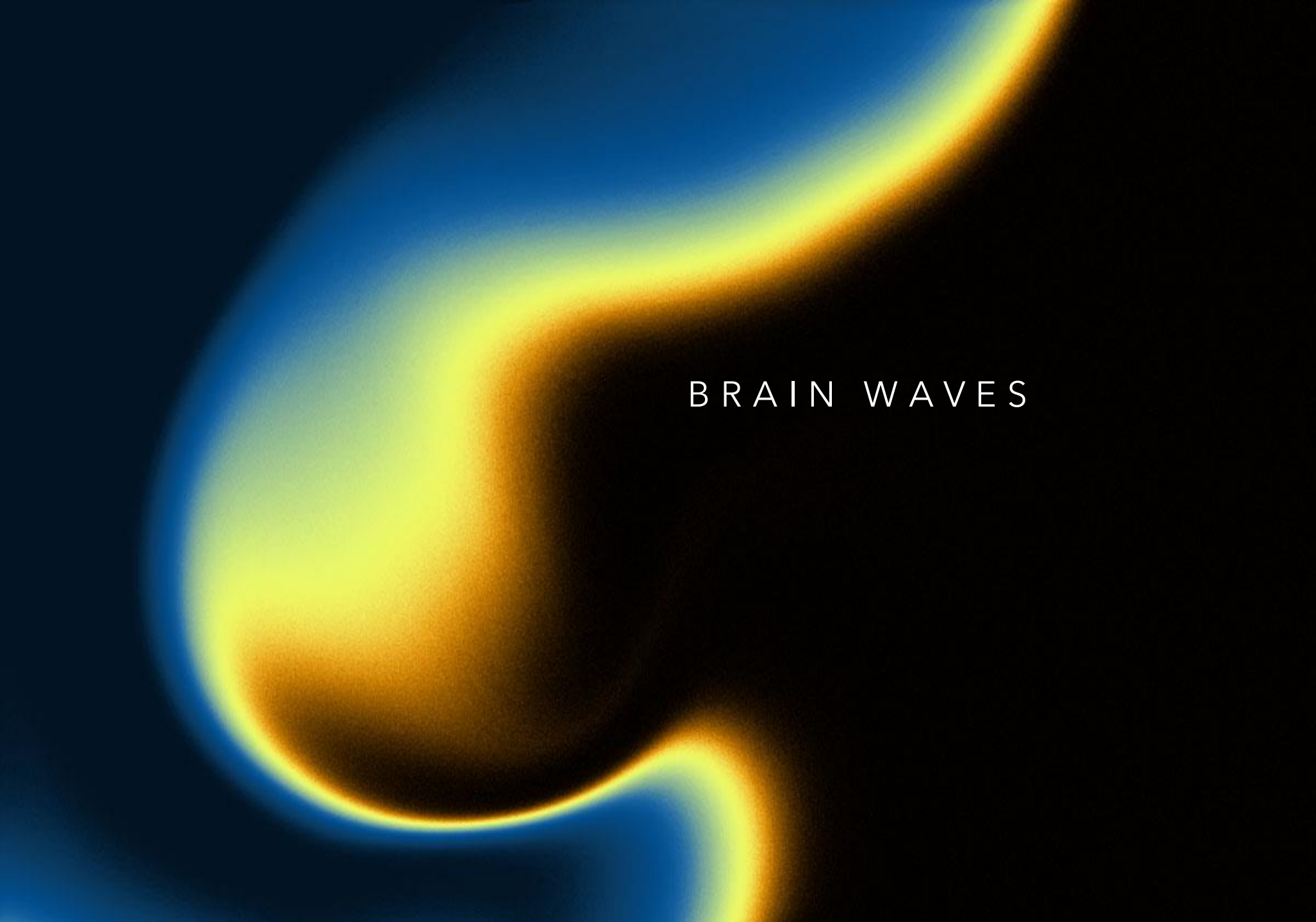
- Sit in a quiet place where you will not be disturbed. Ask for help from the Divine to release the emotion.
- If you are working with another person to support you, they sit and witness only. They will not speak during this time. Their job is to hold space for you. *The Power of the Spoken Word* can help release on very deep levels.
- If you are sitting alone talk out loud about what is concerning you. *The Power of the Spoken Word* allows the emotions to come up to the surface to be released
- During this time allow the Emotions to be intense. Let the anger come up and allow the tears to flow.
-

- **Get your Biomodulator and Hand Electrodes only**
- **Put the hand electrodes in each hand. Black Lead will be on the Right and the Red Lead will be on the left.**
- **When using the Biomodulator PRO or the Biomodulator Plus 2 use the Solfeggio setting. The Biomodulator Plus you will use the Infinity setting. Turn power to barely feel the Microcurrent in your hands**
- **Sit for 30 minutes only. Go deeply and talk out loud about what is concerning you. As you do this, set the intent that these emotions are like a cloud engulfing you. It is not part of who you are. Imagine the cloud dissipating and rising above your leaving you free of the triggers from that memory as you talk.**

- **Immediately after re-set you Autonomic Nervous System.**
- ***Do not revisit the memory or discuss it. It has left your field and you do not want to bring it back. When we continue to "tell our stories". We keep them alive and repeating on some level with in us.***
- **Notice that you do not go back to what is "familiar" knowing it is not healthy for you**

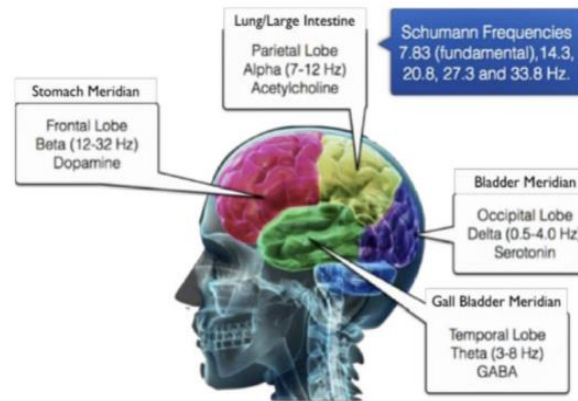
- **Take a few moments to “feel” the “lightness of your being” and the feel Healing has taken place.**
- **Notice the next time that memory or situation comes up you are not triggered or have a negative emotional response.**

- **The Emotional Release can be done as many times as you feel necessary**
- **Wait 3 to 4 days between sessions to allow the Healing to fully integrate**

The background features a large, abstract, glowing shape that resembles a stylized letter 'S' or a wave. This shape is composed of a bright yellow core that transitions into a vibrant blue outer glow. The entire composition is set against a solid black background, which makes the glowing elements stand out prominently.

BRAIN WAVES

Brain Map + Brain Waves



Occipital Lobe (Delta Waves)

- First Gear
- Visual perception, including color, form, and motion

Temporal Lobe (Theta Waves)

- Second Gear
- Processing auditory information & the encoding of memory. Also believed to play an important role in processing affect/emotions, language, and certain aspects of visual perception

Parietal Lobe (Alpha Waves)

- Third Gear
- Sensory perception & integration, including the management of taste, hearing, sight, touch, and smell

Frontal Lobe (Beta Waves)

- Fourth Gear
- Short term memory, learning something new, planning, motivation, expressive language, and executive functions

Gamma waves help you shift gears between lobes. It also comes into play in the cerebellum.

Brain Waves

BETA

14 - 30 Hz



Awake, normal alert
consciousness

ALPHA

9 - 13 Hz



Physically and
mentally relaxed,
awake but drowsy

DELTA

Below 4 Hz



Deep (dreamless) sleep,
loss of bodily awareness

THETA

4 - 8 Hz



Reduced consciousness,
deep meditation,
dreams, light sleep, REM sleep

GAMMA

30 Hz and above



Heightened perception

- Turning Brain off and on in **Alpha** with **BioTransducer (Biomodulator PRO)**
- **783 Harmonics (Biomodulator Plus 2)**
- **Infinity (Biomodulator Plus)**
- Turning **Brain off - Front to Back (Crown to back of head)**
- Turning **Brain On - Back to Front (Back of Head to Crown)**

- Thank you Dr. Chase Faldmo