

# Hormonal Balancing with the Genius



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## Step 1

# Begin

Begin your session with these simple steps:

1. Record your voice and your picture.
2. Enter your Energetic Affirmation Entrainment (a word that you want to focus on today). Click Next. Arrive at the System Overview Screen
3. Tap "Begin Analysis" at the bottom (Red Bar).



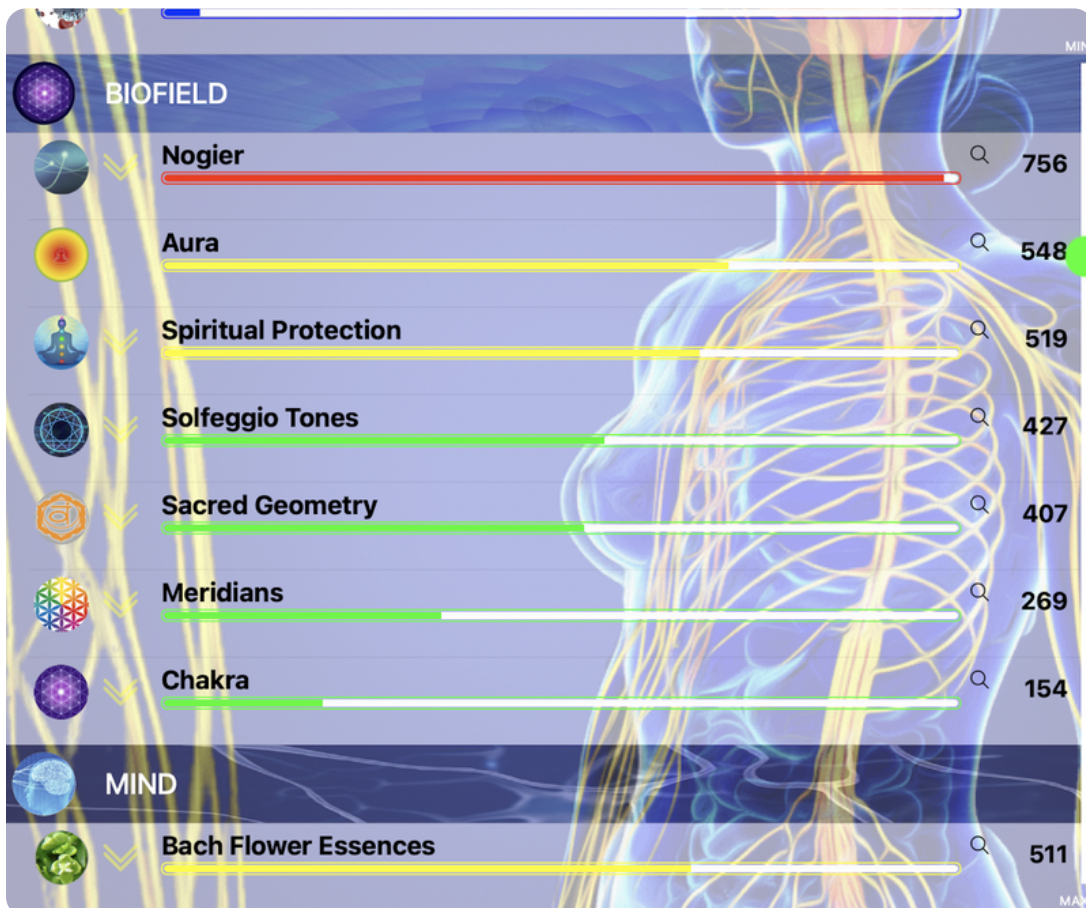


## Step 2

# Frequencies to add to your tray

To do the hormonal balancing process, we are going to add in frequencies associated with the hormones. Let's first review the 3 trays.

1. The Quick Zap tray is when you want to add a few items for a specific purpose (about 10 or fewer frequencies).
2. The Quick Balance tray is used when you want to just balance the reds and blues on one tray (see vertical timer)
3. The Main Hold tray is when you have a more than 10 frequencies.

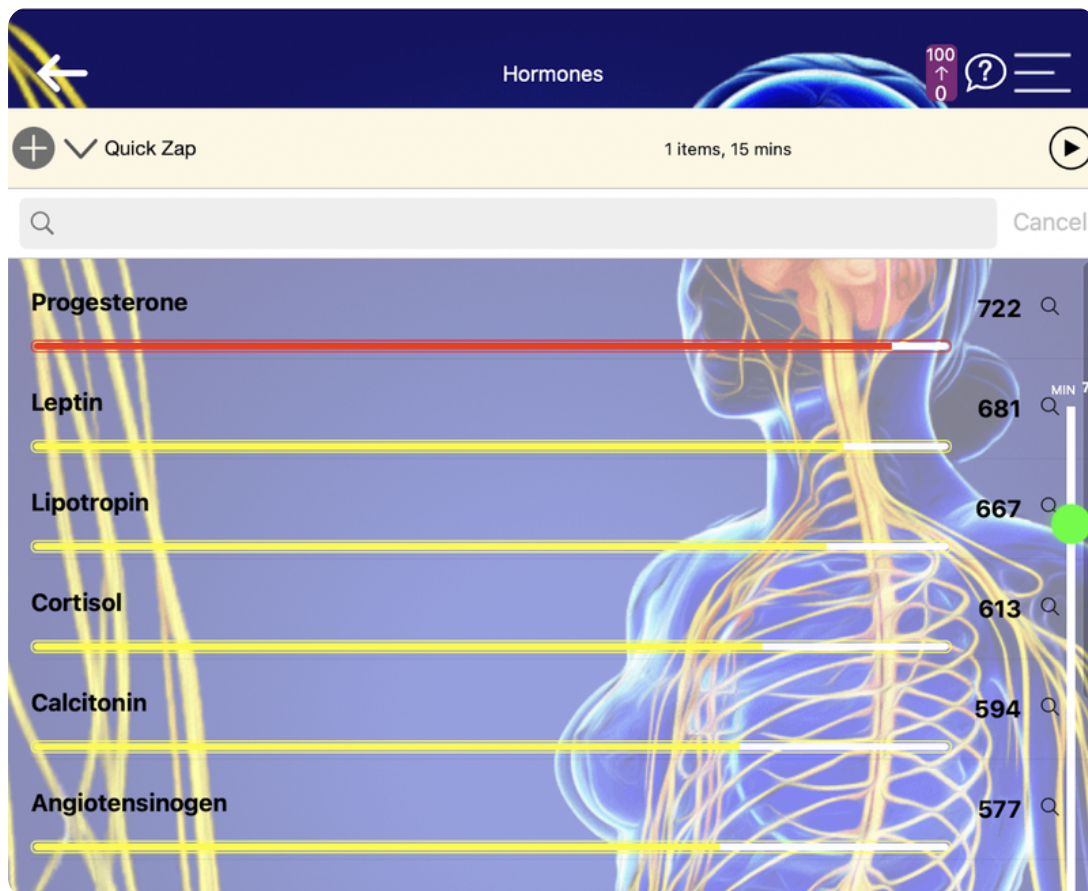




## Step 3

# Add the following to the Main Hold Tray:

1. Body Systems - Reproductive and Endocrine
2. Organs - Digestive and Immune
3. Minerals - Magnesium and Silica
4. Vitamins - Vitamin B1, B5, B12, Folate
5. Hormones - Progesterone, Insulin, Melatonin, Testosterone, Estrone, Estradiol
6. Solfeggios - 639Hz
7. Nogier C



# Step 4

## Progressive Insights

Place all items in the Main Hold Tray and press the "play" icon to head to Progressive Insights.

The screenshot displays a list of items in a 'Main Hold Tray'. Each item has a circular icon, a title, a progress bar, a search icon, and a numerical value. The items are:

- Nogier (364)
- Solfeggio Tones (203)
- Aura (118)
- Sacred Geometry (95)
- MIND (Section Header)
- Brain EEG (755)
- Emotional (683)
- Bach Flower Essences (272)
- Brain Anatomy (238)
- Neurotransmitters (140)

At the bottom, the tray is labeled 'Main Hold Tray' with a plus icon and '11 items, 15 mins'. A play button icon is circled in red, and a red arrow points to the 'Neurotransmitters' item.

Item	Value
Nogier	364
Solfeggio Tones	203
Aura	118
Sacred Geometry	95
MIND	-
Brain EEG	755
Emotional	683
Bach Flower Essences	272
Brain Anatomy	238
Neurotransmitters	140

## Step 5

# Play your frequencies

Once you are in Progressive Insights, tap "Begin Analysis" at the bottom of the screen. When your results appear you can select the highs and then run your frequencies for 15 minutes.

