

Ready to have  
more Energy?  
Try this Genius  
Process!



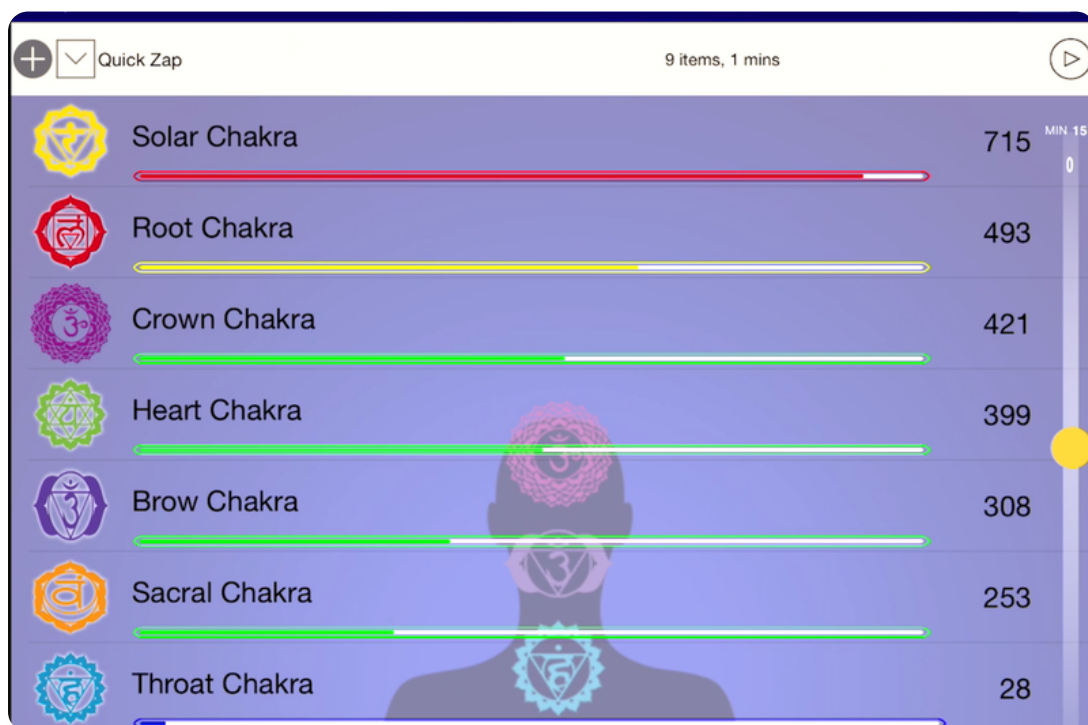
Dr. Ariel Policano  
[GeniusBiofeedback.com](http://GeniusBiofeedback.com)



## Step 1

# Have Energy for Life Process

Do you find yourself wanting more energy? Many people would like to experience more vitality in their body in order to enjoy all the things in life they want to do. How can Genius frequencies make a difference? Let's find out! Begin by recording your voice and your picture. Speak clearly after tapping the microphone icon. Saying your name and then repeating the vowels, A-E-I-O-U, allows the Genius to understand who you are today at the frequency level. These frequencies are then compared to other frequencies in the program to give you a score between 0-777. The colors red and blue indicate frequencies that would be beneficial to balance today. When we say "balance" in terms of the Genius, it means placing the frequencies into one of the trays. After placing the frequencies into the tray and pressing the play button, frequencies affect the energy field through a process called resonance.

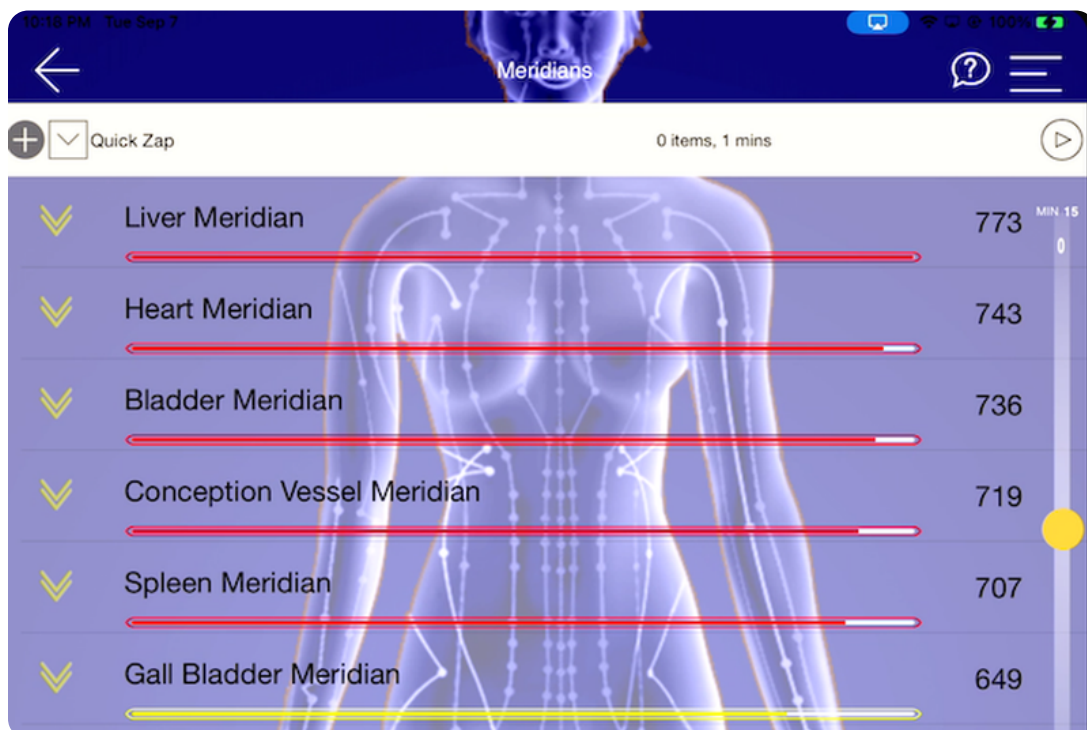


## Step 2

# Meridians

The Meridians panel contains frequencies for each of the Chinese Meridian energy flows of the body. The meridians are energy channels and have elements of mind, body and spirit in each one. Running the meridians that are red or blue helps to open up blocked channels and allows the movement of energy to be restored!

1. Place the red and blue meridians in the Main Hold Tray
2. Take the lowest blue meridian and tap on the line to reveal the Meridian Points that are part of that meridian. The meridian points are specific areas along the meridian that can have a big impact. The Genius gives you the key points on that meridian (the reds and blues) that may have a most impact for your session. Place these meridian points in the Main Hold Tray.



## Step 3

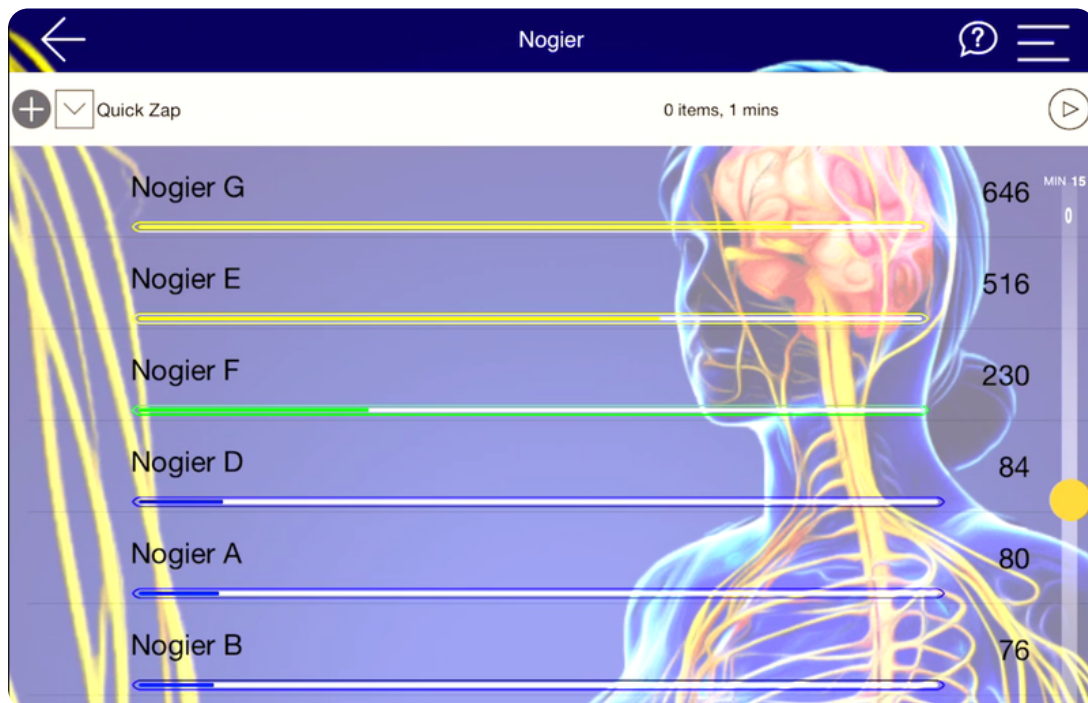
# Nogiers

The Nogier frequencies represent the home frequencies of systems within the body. Similar to the effects of a tuning fork, the Nogiers encourage your body to move back into balance and alignment.

Add these frequencies to the Main Hold Tray:

1. **Nogier A**- Encourages Cellular Vitality
2. **Nogier C** - Brings optimal frequencies to the Adrenal Glands
3. **Nogier G** - Relaxation, reduce nervousness and worry

Tip: Try placing all the 8 of the Nogier frequencies in the Quick Zap for 5 minutes. This creates a harmonic experience of all the Nogiers working together to restore your body to its optimal frequency.



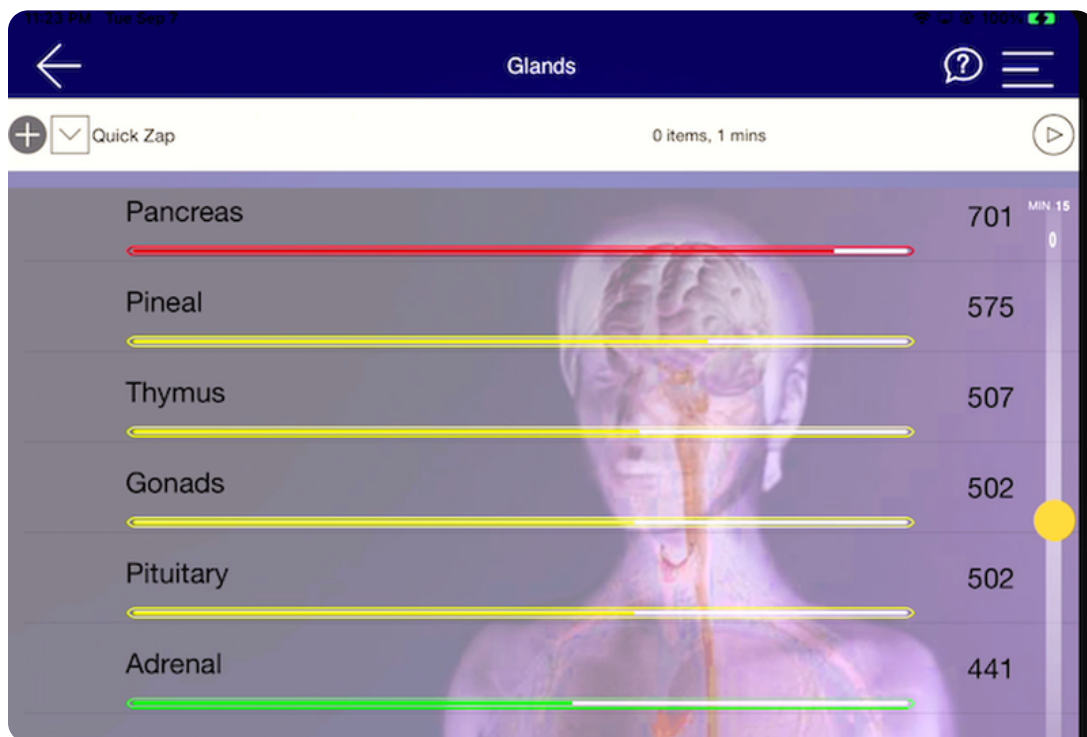
## Step 4

# Glands

The endocrine, or glandular, system plays a big role in energy production. For example, the adrenal glands are part of the stress response and produce cortisol and epinephrine.

Place these items in the Main Hold Tray:

1. Adrenal
2. Pineal
3. Thyroid
4. Pituitary



## Step 5

# Progressive Insights

Once the items are placed in the Main Hold Tray, tap the play button to move into the Progressive Insights screen. In the Progressive Insights screen, you discover the top priority items, which give you hints about root cause.

Run all of the frequencies included by tapping the All box at the top left. Run the frequencies for 15 minutes. Listen to the frequencies with headphones or earphones if possible.

