



Frequencies for Your Life

# Healy® App

## Program Overview



[www.healy.world](http://www.healy.world)

**Notice:**

"Individualized Microcurrent Frequencies" ("IMF") is a proprietary technology of Healy World. It uses the data from a physical noise generator to assign a priority to frequencies that professional user experience indicates have the highest relevance for the user.

The duration, frequencies, intensity, frequency, naming, and the descriptions of the Individualized Microcurrent Frequency (IMF) programs are based on the practical experience of Nuno Nina and other experts and our understanding of the interaction of frequency modulated microcurrent with the Bioenergetic Field. They have not been confirmed by independent studies.

The Healy Individualized Microcurrent Frequency (IMF) programs are designed to support wellbeing through harmonization of the Bioenergetic Field. We have conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants' wellbeing was higher after the application. We attribute this to the harmonization of the Bioenergetic Field, which we refer to as the energy flow of life, traditionally also called chi (or qi) and prana. This has not been confirmed by independent studies.

The Individualized Microcurrent Frequency (IMF) programs of the Healy device are not medical applications. They are not intended to cure, treat, mitigate, diagnose, or prevent any disease or medical condition. The terms used in the programs do not constitute statements concerning their effects. The purpose of the programs is to provide the user with a tool to explore application options. Healy programs should not be treated as a substitute for professional medical advice, diagnosis or treatment. You should always seek such advice from a qualified medical professional. 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.

**Disclaimer:**

Science does not acknowledge the existence of the Information Field, its analysis, harmonization and other importance due to the lack of scientific evidence.

Individualized Microcurrent Frequency (IMF) programs of the Healy device, Quantum Potential Frequencies (QPF) of the Healy Coil and the magnetic field programs of the MagHealy device are not acknowledged by conventional medicine due to the lack of scientific evidence in the sense of conventional medicine.

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# Gold Cycle



## Pure

The Pure program is the ideal starting point for anyone using the Healy App IMF programs for the first time. It is designed to help your body's energy field to recover from the bioenergetic effects of environmental factors

**Duration 52 min**



## 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

**Duration 46 min**



## 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

**Duration 52 min**



## 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

**Duration 55 min**



## Energy

Performance needs support. Whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy increases your ability to respond to life's demands

**Duration 55 min**



## 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

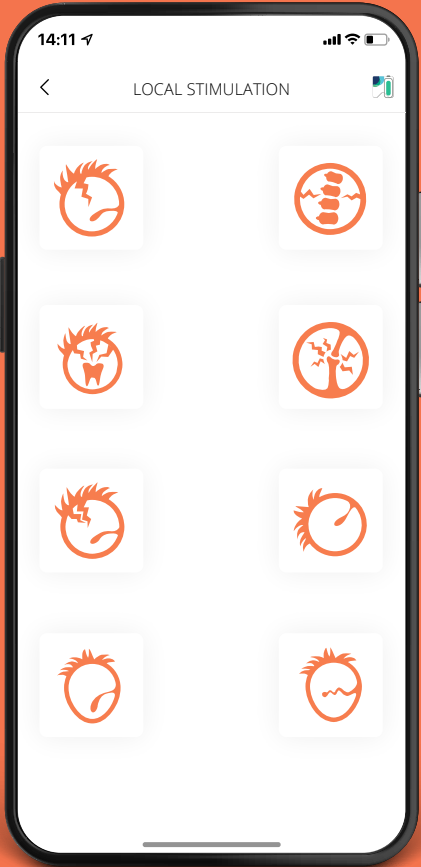
**Duration 55 min**



## 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

**Duration 46 min**



# Local Stimulation

 I

 II

 III

 IV

Duration 20 min

Duration 20 min

Duration 20 min

Duration 20 min

 V

 VI

 VII

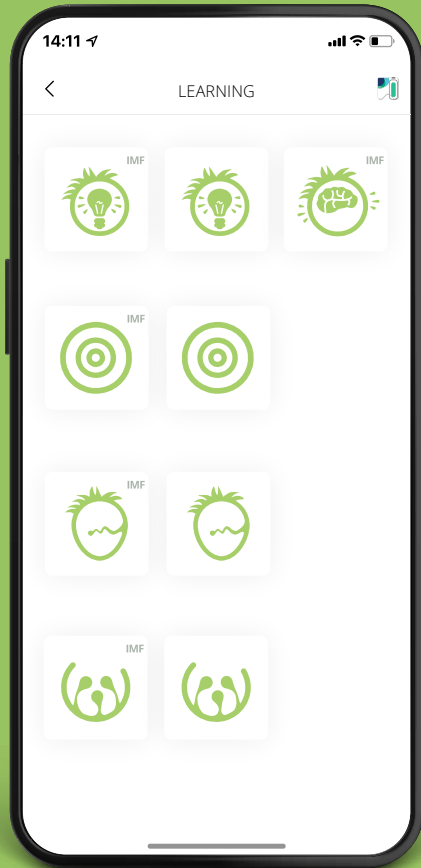
 VIII

Duration 20 min

Duration 20 min

Duration 20 min

Duration 20 min



# Learning



## Learning systemic

Harmonization of the Bioenergetic Field for learning activities

Duration 57 min



## Learning acute

Specific harmonization of the Bioenergetic Field for learning

Duration 20 min



## Memory

Harmonization of the Bioenergetic Field for learning regardless of age

Duration 79 min



## Concentration systemic

Harmonization of the Bioenergetic Field for achievement

Duration 57 min



## Concentration acute

Specific harmonization of the Bioenergetic Field to enhance focusing

Duration 20 min



## Exam systemic

Harmonization of the Bioenergetic Field during exam preparation

Duration 57 min



## Exam acute

Harmonization of the Bioenergetic Field before exams

Duration 30 min



## Stress systemic

Harmonization of the Bioenergetic Field for creative power

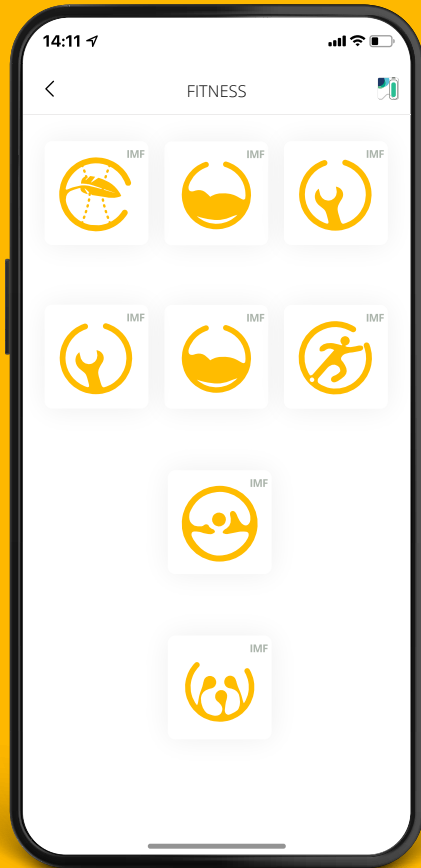
Duration 57 min



## Stress acute

Harmonization of the Bioenergetic Field for stress situations

Duration 30 min



# Fitness



## Weight

Harmonization of the Bioenergetic Field for your body's energy balance (not a weight-loss program)

Duration 60 min



## Muscle Harmony

Harmony Harmonization of the Bioenergetic Field of muscles

Duration 39 min



## Circulation

Harmonization of the Bioenergetic Field for demands of exercise

Duration 30 min



## Performance

Harmonization of the Bioenergetic Field that supports your desire to excel

Duration 60 min



## Strength

Harmonization of the Bioenergetic Field of strained muscles

Duration 60 min



## Stamina

Harmonization of the Bioenergetic Field for optimization of the capacity for endurance

Duration 60 min



## Regeneration

Harmonization of the Bioenergetic Field to stimulate vitality

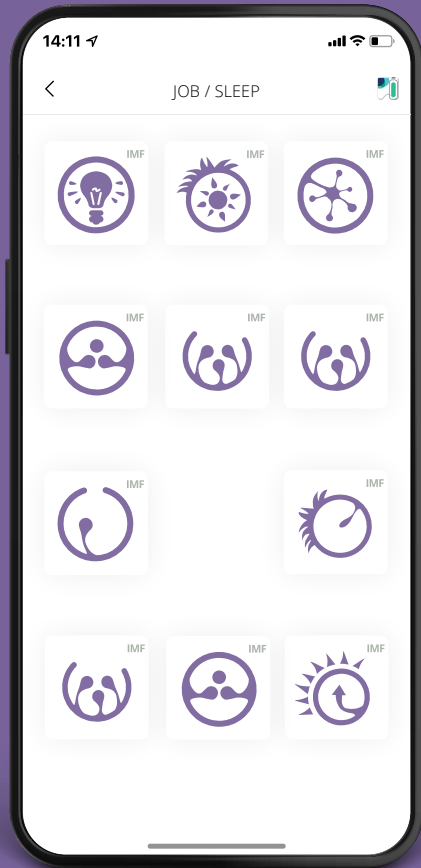
Duration 57 min



## Deep Relaxation

Harmonization of the Bioenergetic Field to optimize the relaxation phase

Duration 24 min



# Job/Sleep



## Activation

Activation of the Bioenergetic Field

Duration 57 min



## Positive Thoughts

Energetic orientation towards positive thoughts

Duration 45 min



## Balance Nerves

Harmonization of the Bioenergetic Field to promote calmness

Duration 60 min



## Fatigue

Harmonization of the Bioenergetic Field to promote energetic balance

Duration 60 min



## Exhaustion systemic

Harmonization of the Bioenergetic Field for recreation

Duration 60 min



## Exhaustion acute

Harmonization of the Bioenergetic Field to protect against various influences

Duration 20 min



## Extreme Stress

Harmonization of the Bioenergetic Field for mental balance

Duration 60 min



## Sleep systemic

Harmonization of the Bioenergetic Field for optimizing the sleep phase

Duration 51 min



## Bed Rest

Harmonization of the Bioenergetic Field to promote a relaxed mood

Duration 55 min



## Balanced Sleep

Bioenergetic harmonization of the sleep phase

Duration 52 min

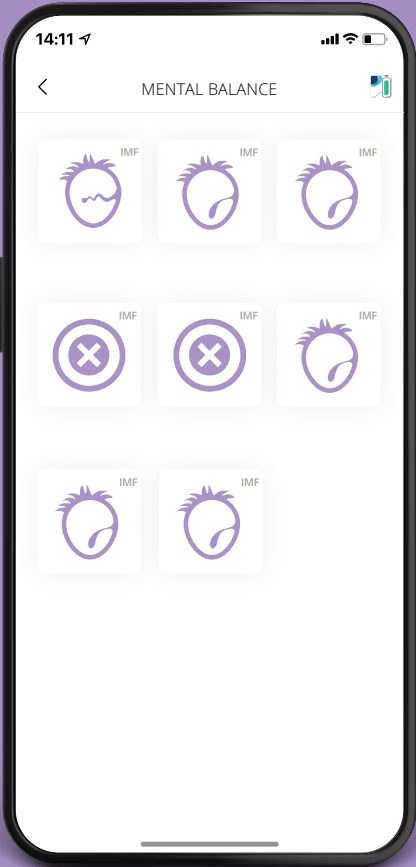


## Fine Flow

Bioenergetic activation through supporting the flow in the body

Duration 20 min





# Mental Balance



## Inner Strength systemic

Energetic harmonization of self-confidence when you feel uncertain or insecure

Duration 51 min



## Emotional Wellbeing

Energetic harmonization when you feel emotionally blocked

Duration 51 min



## Feel Good systemic

Energetic activation of confidence when you feel down

Duration 51 min



## Contentment systemic

Energetic harmonization of the inner sense of self and contentment

Duration 60 min



## Contentment acute

Supports your sense of inner balance leading to an independent way of life

Duration 20 min



## Inner Unity

Energetic harmonization of the sense of psychic wholeness

Duration 55 min



## Wellbeing Soul

Energetic harmonization to support you while developing new habits

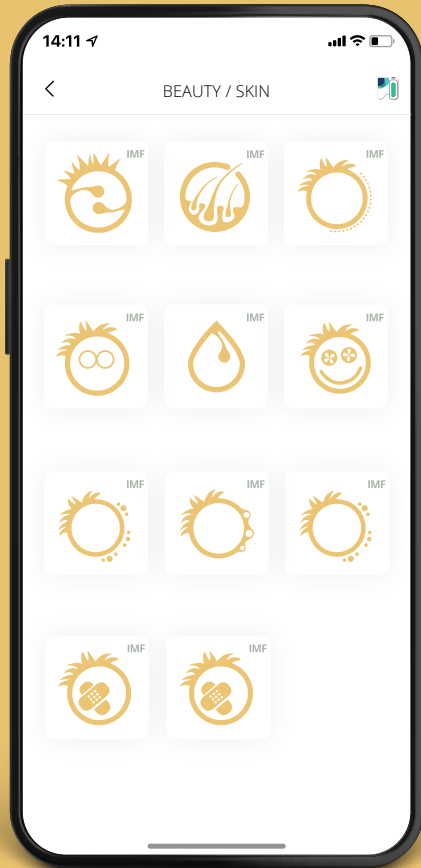
Duration 51 min



## Mental Balance acute

Supports positive thinking

Duration 20 min



## Beauty/Skin



### Inner Beauty

Harmonization of the coherence and expression of the Bioenergetic Field

Duration 45 min



### Hair

Harmonization of the Bioenergetic Field of the hair

Duration 60 min



### Skin Harmony

Harmonization of the Bioenergetic Field of the skin

Duration 60 min



### Aging

Harmonization of the Bioenergetic Field of expressions

Duration 57 min



### Nail Harmony

Harmonization of the Bioenergetic Field of the nails

Duration 42 min



### Skin Energy

Harmonization of the Bioenergetic Field for firm skin

Duration 51 min



### Skin Harmony local

Harmonization of the Bioenergetic Field of the skin cells

Duration 30 min



### Skin Harmony systemic

Energetic balancing of the skin

Duration 60 min



### Skin Impurity systemic

Harmonization of energetic impurities

Duration 60 min



### Scar Harmony systemic

Harmonization of the Bioenergetic Field to balance interference fields

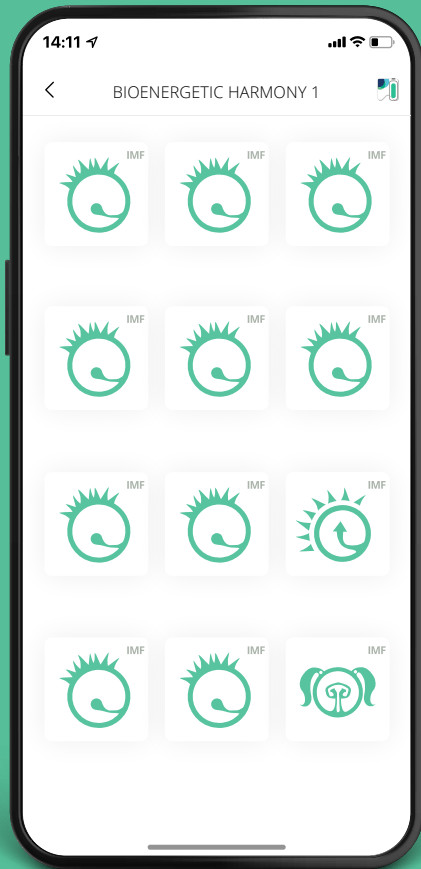
Duration 60 min



### Scar Harmony local

Harmonization of the Bioenergetic Field of scar tissue

Duration 20 min



# Bioenergetic Harmony 1



## Defense

Harmonization of the Bioenergetic Field of the energetic defense system

Duration 60 min



## Shiver

Harmonization of the Bioenergetic Field of the mucous membranes

Duration 51 min



## Sensitivity

Harmonization of the Bioenergetic Field in case of over-reactions to irritants

Duration 60 min



## Eyes Harmony

Harmonization of the Bioenergetic Field of the eyes

Duration 65 min



## Hormone Harmony

Harmonization of the Bioenergetic Field of the body's "messengers".

Duration 57 min



## Intestine Harmony

Harmonization of the Bioenergetic Field of the intestine

Duration 51 min



## Nerve Harmony

Harmonization of the Bioenergetic Field to promote relaxation

Duration 45 min



## Flexibility

Harmonization of the Bioenergetic Field to ease movement

Duration 51 min



## Circulation

Harmonization of the Bioenergetic Field of the circulation

Duration 55 min



## Potency

Harmonization of the Bioenergetic Field of the reproductive organs

Duration 60 min



## For Mature Women

Harmonization of the Bioenergetic Field for the care of older women

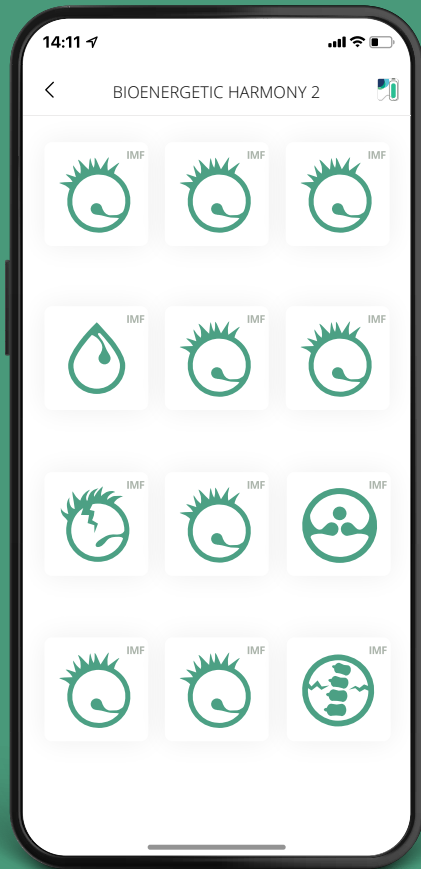
Duration 66 min



## For Women

Harmonization of the Bioenergetic Field of the lower abdomen

Duration 20 min



## Bioenergetic Harmony 2



### Gastrointestinal Harmony

Harmonization of the Bioenergetic Field of digestion

Duration 60 min



### Bacteria Harmony

Harmonization of the Bioenergetic Field of the energetic defense system

Duration 60 min



### Tonsil Harmony

Harmonization of the Bioenergetic Field of the tonsils

Duration 60 min



### Liver Harmony

Harmonization of the Bioenergetic Field of the liver

Duration 52 min



### Food Imbalance

Harmonization of the Bioenergetic Field for food consumption

Duration 60 min



### Impurities

Harmonization of the Bioenergetic Field in case of impurities

Duration 60 min



### Head Harmony

Harmonization of the Bioenergetic Field to reduce tension

Duration 72 min



### Prostate Harmony

Harmonization of the Bioenergetic Field of the prostate

Duration 60 min



### Lung Harmony

Harmonization of the Bioenergetic Field of the lungs

Duration 52 min



### Thyroid Gland Harmony

Harmonization of the Bioenergetic Field of the thyroid gland

Duration 60 min



### Joints-Bones Harmony

Harmonization of the Bioenergetic Field of the joints and bones

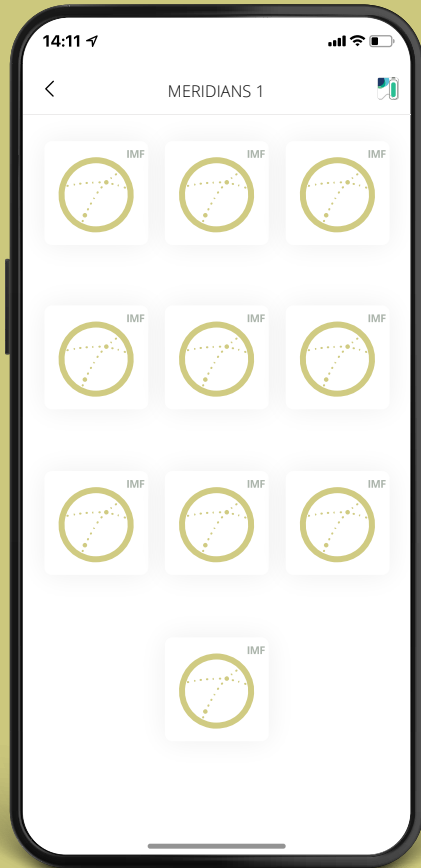
Duration 72 min



### Sciatica Nerve Harmony local

Harmonization of the Bioenergetic Field of the sciatic nerve

Duration 20 min



# Meridians 1



## Allergy Meridian

Harmonization of the Bioenergetic Field of the allergy meridian

Duration 60 min



## Connective Tissue

Harmonization of the Bioenergetic Field of the connective tissue meridian

Duration 51 min



## Bladder

Harmonization of the Bioenergetic Field of the bladder meridian

Duration 51 min



## Large Intestine

Harmonization of the Bioenergetic Field of the large intestine meridian

Duration 51 min



## Small Intestine

Harmonization of the Bioenergetic Field of the small intestine meridian

Duration 51 min



## Fatty Degeneration

Harmonization of the Bioenergetic Field of the fatty degeneration meridian

Duration 51 min



## Gall Bladder

Harmonization of the Bioenergetic Field of the gall bladder meridian

Duration 51 min



## Joints

Harmonization of the Bioenergetic Field of the joints meridian

Duration 51 min



## Skin

Harmonization of the Bioenergetic Field of the skin meridian

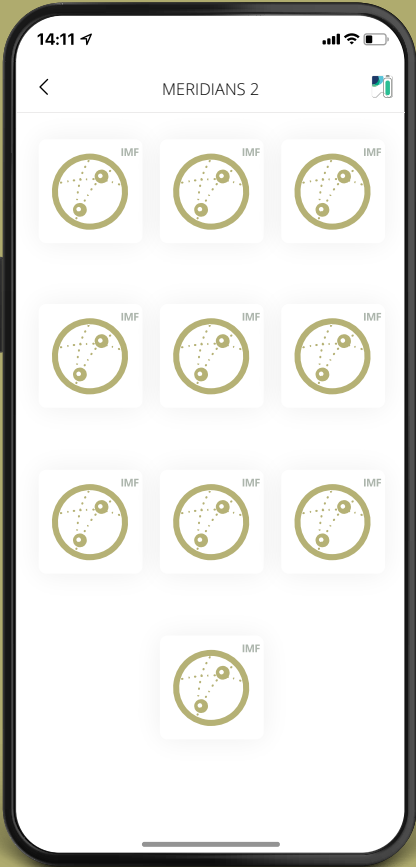
Duration 51 min



## Heart

Harmonization of the Bioenergetic Field of the heart meridian

Duration 63 min



# Meridians 2



## Hormonal Balance

Harmonization of the Bioenergetic Field of the hormonal balance meridian

Duration 51 min



## Circulation

Harmonization of the Bioenergetic Field of the circulation meridian

Duration 51 min



## Liver

Harmonization of the Bioenergetic Field of the liver meridian

Duration 54 min



## Lungs

Harmonization of the Bioenergetic Field of the lungs meridian

Duration 51 min



## Lymphatic System

Harmonization of the Bioenergetic Field of the lymphatic system meridian

Duration 51 min



## Stomach

Harmonization of the Bioenergetic Field of the stomach meridian

Duration 51 min



## Spleen - Pancreas

Harmonization of the Bioenergetic Field of the spleen-pancreas meridian

Duration 39 min



## Nerve Meridian

Harmonization of the Bioenergetic Field of the nerve meridian

Duration 51 min



## Kidney

Harmonization of the Bioenergetic Field of the kidney meridian

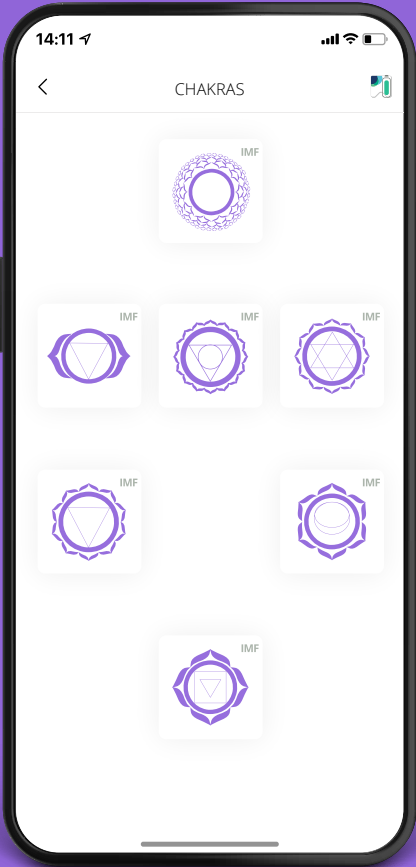
Duration 54 min



## Organ Meridian

Harmonization of the Bioenergetic Field of the organ meridian

Duration 54 min



# Chakras



## Crown Chakra

Harmonization of the energies of the crown chakra

Duration 33 min



## Third eye Chakra

Harmonization of the energies of the third eye chakra

Duration 33 min



## Throat Chakra

Harmonization of the energies of the throat chakra

Duration 33 min



## Heart Chakra

Harmonization of the energies of the heart chakra

Duration 33 min



## Solar Plexus Chakra

Harmonization of the energies of the solar plexus chakra

Duration 33 min



## Sacral Chakra

Harmonization of the energies of the sacral chakra

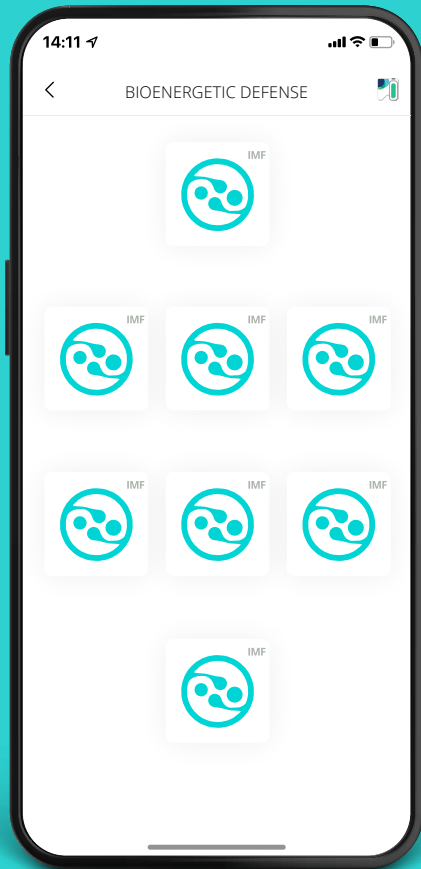
Duration 33 min



## Root Chakra

Harmonization of the energies of the root chakra

Duration 33 min



# Bioenergetic Defense



## General Protection

Energetic shielding

Duration 77 min



## Electrosensitivity

Energetic harmonization of the tolerance for so-called „electrosmog“

Duration 86 min



## Cell Harmony

Energetic harmonization of the Bioenergetic Field of the cell

Duration 77 min



## Mental

Energetic harmonization of the Bioenergetic Field of the mind

Duration 77 min



## Sleeping

Energetic harmonization during sleep

Duration 77 min



## Geopathy

Harmonization of the energetic sensitivity to interference fields

Duration 77 min



## Subtle

Energetic harmonization of the sensitivity to interference fields

Duration 77 min



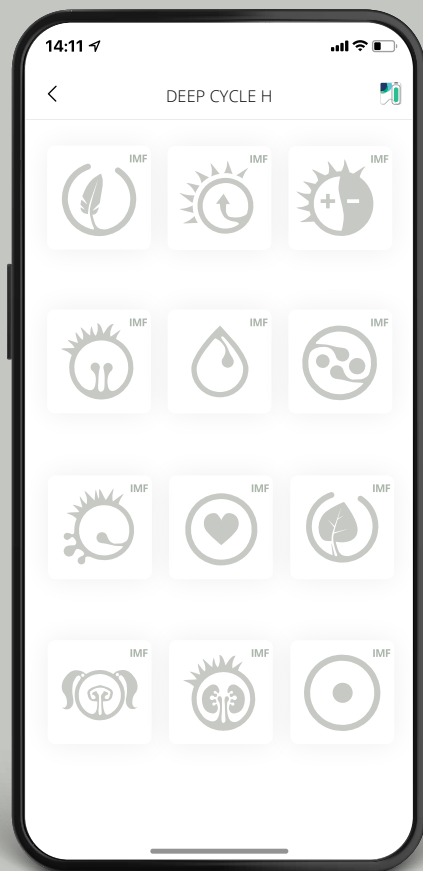
## Planets

Harmonizing the influences of planets

Duration 77 min



# Deep Cycle H



## Sensitive

Well suited for sensitive people, including those affected with electro sensitivity. If you are particularly sensitive to your environment, it is a good idea to run this program for a period of several days until you feel some relief. If you are new to frequency application, this would be a good program to start your journey. If you do not perceive any changes on the day after application, it is time to move on to the next program. Many users report that they sometimes feel the need to revert to the Sensitive program, and this may indeed be a good idea, specifically during periods of high physical stress that may be caused by traveling or by exposure to electromagnetic noise

**Duration 41 min**



## Pure Energy

The main part of the Pure Energy program is focused on balancing emotions, spiritual balance and supporting wellbeing

**Duration 62 min**



## Energy Work

The main purpose of the Energy Work program is to increase the energetic harmony. It is recommended to use it in the morning

**Note:** This program should not be used if you are under a lot of tension; you should feel a certain level of balance before using it

**Duration 241 min**



## 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

**Duration 60 min**



## 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

**Duration 63 min**

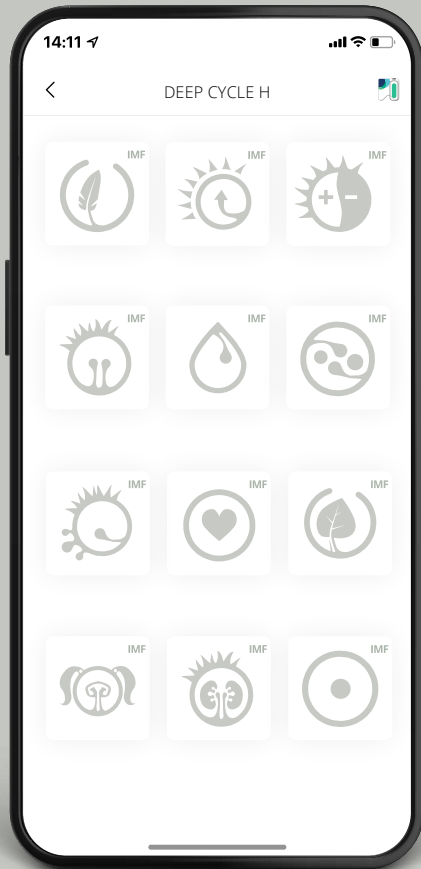


## Digest all

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)

**Duration 60 min**

# Deep Cycle H



## 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

Duration 72 min



## 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

Duration 65 min



## Renewal

If energetic harmonization is desired

Duration 61 min



## Kidney Harmony female/male

To harmonize the Bioenergetic Field of the kidneys and harmonize energetic processes which are related to the kidneys. 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

Duration 65 min/76 min

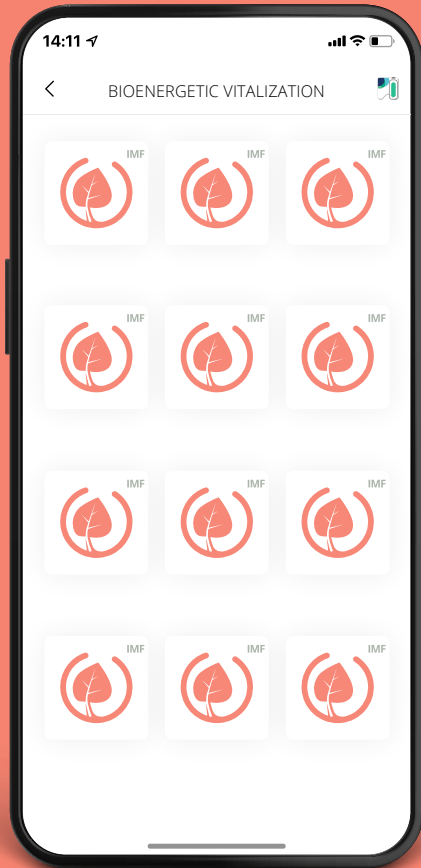


## Pure calm

It should contribute to inner peace, emotional and spiritual balance

Duration 65 min

**Caution: Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation.**



# Bioenergetic Vitalization



## Regeneration I

Harmonization of the Bioenergetic Field to stimulate vitality first phase

Duration 36 min



## Regeneration II

Harmonization of the Bioenergetic Field to stimulate vitality second phase

Duration 36 min



## Regeneration III

Harmonization of the Bioenergetic Field to stimulate vitality third phase

Duration 36 min



## Bone Harmony

Harmonization of the Bioenergetic Field of the bones

Duration 32 min



## Tissue Harmony

Harmonization of the Bioenergetic Field of the tissue

Duration 36 min



## Stability

Harmonization of the Bioenergetic Field for stability

Duration 22 min



## Holistic Support

Harmonization of the Bioenergetic Field for holistic support

Duration 37 min



## Nerve Harmony

Harmonization of the Bioenergetic Field of the nerves

Duration 38 min



## Pineal Gland Harmony

Harmonization of the Bioenergetic Field of the pineal gland

Duration 36 min



## Youth

Harmonization of the Bioenergetic Field for optimization of the capacity for activity

Duration 25 min



## Epigenetic Harmonization

Harmonization of the Bioenergetic Field of the cell epigenetics

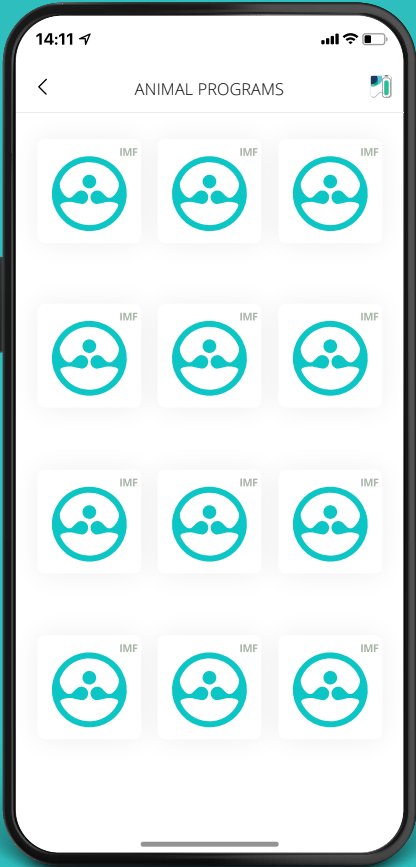
Duration 36 min



## Cell Harmony

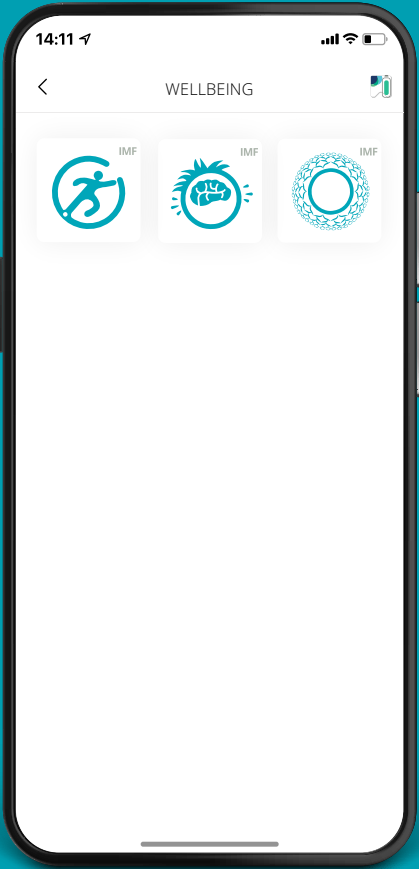
Harmonization of the Bioenergetic Field of the cells

Duration 41 min



# Animal Programs

	Eyes	Duration 36 min		Rest	Duration 52 min
	Irritant Reactions	Duration 70 min		Cleaning	Duration 52 min
	Hormones	Duration 52 min		Emotions	Duration 52 min
	Suffering	Duration 52 min		Power	Duration 52 min
	Sensitivity	Duration 66 min		Defense	Duration 52 min
	Microbiota	Duration 43 min		Joints	Duration 69 min



# Wellbeing



Body

Duration 42 min



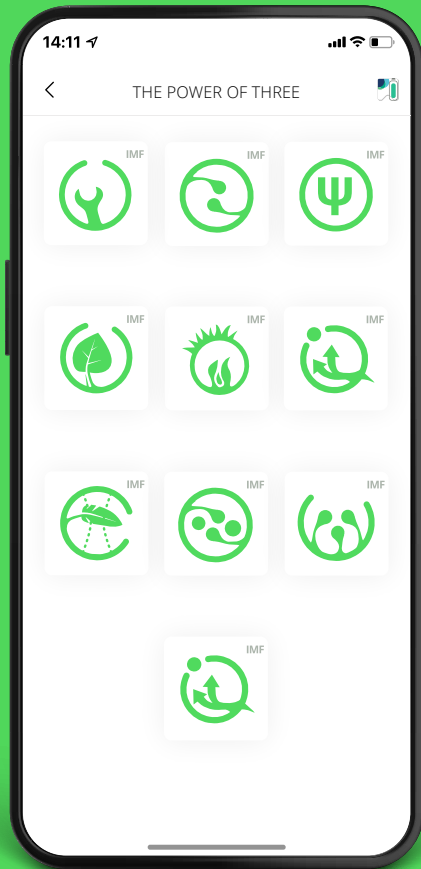
Mind

Duration 66 min



Spirit

Duration 66 min



# The Power of Three

## BIOENERGETIC REBALANCE

For use in especially difficult energetic times!



### Conflict Balance

Conflicts can cause emotional, mental and physical stress. In our experience, not only the bioenergetic, but also the physical field can react to stressors by hidden and permanent conflicting processes. This program is designed to harmonize these conflicts on different levels

Duration 54 min



### Defense Support

According to our experience, conflicts and external stressors activate our bioenergetic defense system and may cause it to get out of balance, overreact or be weakened. Harmonization can rebalance the Bioenergetic Field to find the appropriate response to external challenges and change

Duration 66 min



### Friendly Flora

According to our experience, the Bioenergetic Field consists of the fields of the organism and the Bioenergetic Field of all its microorganisms. We believe that a synergistic energetic relationship between these fields is the basis for bioenergetic harmony and wellbeing. Additionally, this program is designed to support emotional and mental balance

Duration 66 min



### Rebalance

In our experience, physical events can cause severe imbalances to the Bioenergetic Field. This program is designed specifically to harmonize those imbalances

Duration 102 min

## UNIVERSAL FREQUENCIES

The classical frequencies as developed by the great frequency pioneers, complemented and enhanced by Healy IMF frequencies!



### Classical Physical

Classical basic frequencies combined with Individualized Microcurrent Frequencies (IMF)

Duration 53 min



### Classical Energetic

Additional classical frequencies combined with Individualized Microcurrent Frequencies (IMF)

Duration 44 min



### Zapper Protocol

The classic 7-20-7-20-7 minutes Zapper protocol to harmonize the Bioenergetic Field and the parasitic bioenergetic fields

Duration 79 min

## DIGITAL AYURVEDA

The soothing power and ancient wisdom of digital Ayurveda. Mix and match, or choose one or two according to your personal Ayurvedic type!



### Kapha

Harmonizes the Bioenergetic Field if Kapha is imbalanced

Duration 54 min



### Pitta

Harmonizes the Bioenergetic Field if Pitta is imbalanced

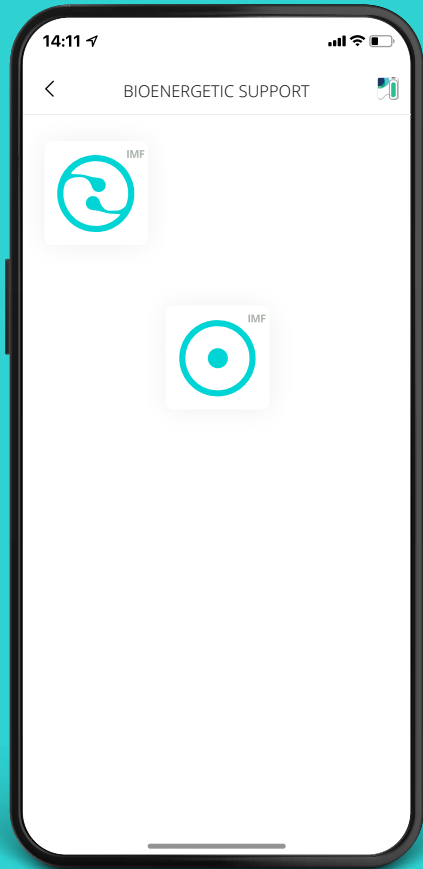
Duration 42 min



### Vata

Harmonizes the Bioenergetic Field if Vata is imbalanced

Duration 42 min



# Bioenergetic Support



## Bioenergetic Support

Supporting, balancing and harmonizing the Bioenergetic Field

**Duration 78 min**

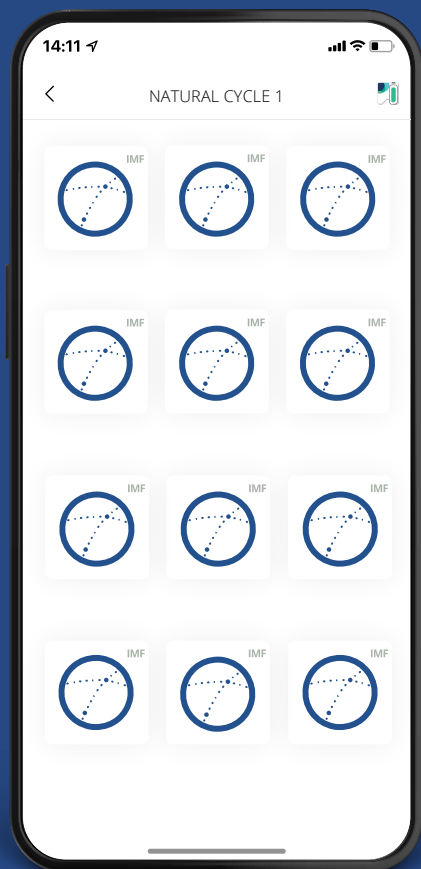


## Coherence

In our experience, coherence is the ability of a person to respond flexibly and as a whole to the stimuli of their environment, while also vigorously pursuing the meaning of their existence. Coherence is a measure of inner consistency and balance as well as the ability to communicate and interact with the external world

We believe that it corresponds to a strong sense of purpose and the power to be able to create an inner and outer order. The interaction between the parts of an organism, the harmonious relationship between organism, mind and spirit, and of the individual to the community – this is what we call coherence. The application of the Healy Coherence program is designed to strengthen the sense of coherence

**Duration 54 min**



# Natural Cycle



## 3AM-5AM Lung 寅

The Lung meridian is called the “Master of Qi”, meaning that it can balance the flow of biological energy and breath in the whole body. It supports the cells as they engage in the energetic exchange of taking in oxygen and releasing waste. The time of regeneration for this important qi modulating meridian is between 3am and 5am. The distribution of qi and ying allows a good lymphatic and energetic flow that happens in the middle of the night when the body is in a very passive or Yin state

Duration 18 min



## 5AM-7AM Large Intestine 卯

The Large Intestine meridian is called the “Water Purifier” since it supports elimination of waste during the day. The large intestine regulates the health of skin, joints and mucosae and regenerates every morning between 5am and 7am. This particular time is very important to rebalance our microbiome and redistribute fluids that will be then eliminated during the day or reabsorbed as hydration

Duration 18 min



## 7AM-9AM Stomach 辰

The Stomach meridian is also called the “Great Granary” or grain storage due to its connection with ingested food. It is not only very important to balance digestion, but also supports good sight and eye coordination as well as alertness. The stomach needs to regenerate every morning between 7am and 9am and if well reactivated, it produces enough yang energy to maintain a good body temperature

Duration 18 min



## 9AM-11AM Spleen/Pancreas 巳

The Spleen meridian relates to Yi or “Thought and Memory” and is traditionally associated with assimilation. It plays a role in regulating GuQi or digestive energy, allowing a long-lasting energy supply for the day. The spleen energy is regenerated every day between 9am to 11am. During this time, it is important to allow the energy to flow from the inside to the outside and not vice versa, therefore heavy meals are to be avoided

Duration 18 min



## 11AM-1PM Heart 午

The Heart meridian is considered the body’s “Emperor Spirit”, the source of consciousness and pure self. The typical state of vacuity dear to the Taoists and Buddhists is historically represented by the empty resonant heart, devoid of stress and passion. The opportunity to empty the heart and brain and favor the transit of energy to the digestive organs is every day between 11am and 1pm. This short break for the brain allows the Heart meridian to promote balance of cognitive and energetic functions

Duration 18 min

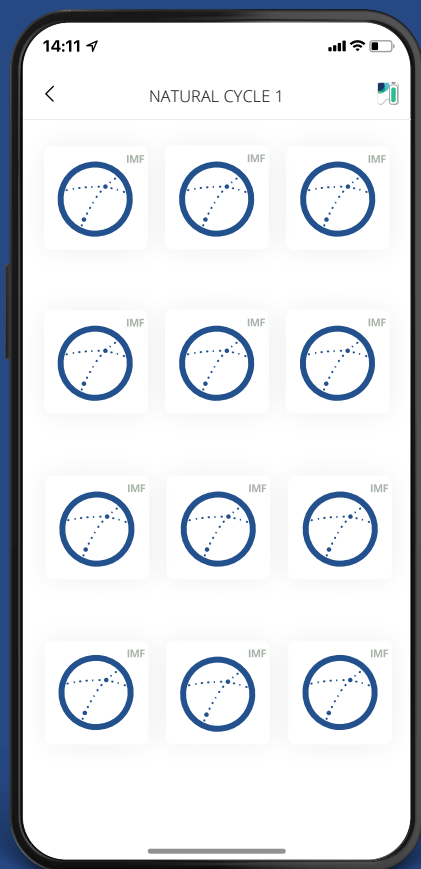


## 1PM-3PM Small Intestine 未

The Small Intestine meridian is the seat of “Fire” and digestive energy. It is in the small intestine that the energy for attention and concentration is produced. During this part of the day the Yang Qi has an increased opportunity to circulate in order to better assimilate food and transform it into GuQi or the energy from food and drinks. The regeneration time for the Small Intestine meridian is every day between 1pm to 3pm

Duration 18 min





# Natural Cycle



## 3PM-5PM Bladder 申

The Bladder meridian is thought to balance both the output of fluids and the external flow of energy in the nerves. The Bladder meridian in fact produces the largest distribution of qi along the spine and from the head to the toes. The regeneration time for the Bladder meridian is every day between 3pm to 5pm

**Duration 18 min**



## 5PM-7PM Kidneys 酉

The Kidney meridian is called the "Root of Life", as water is its element and the most vital component of life and youth. It is the storage of dense energy called Jing, the type of less-flowing energy that constitutes glands and tissues. A loss of Jing is visible through a lower quality of hair, bones and teeth. Between 5pm and 7pm the Kidney meridian can be calmed through the use of juices, activated water or a warm non-caffeinated beverage

**Duration 18 min**



## 7PM-9PM Pericardium 戌

The Pericardium meridian supports the microcirculation of qi through the body's vascular system. Due to the daily chrono-biorhythm, the effect of the qi in the periphery begins to travel towards the inner organs at 7pm, thus allowing for an inner energetic nourishment of dense organs

**Duration 18 min**



## 9PM-11PM Triple Heater 亥

The Triple Heater meridian is comparable to the metabolism in the western view. A healthy triple heater helps maintain a normal temperature and regulate a good balance between O2 and CO2 through breathing. The Triple Heater meridian reduces its functions between 9pm and 11pm. A typical sign of the need to recuperate is when you yawn during this 2-hour period

**Duration 18 min**



## 11PM-1AM Gallbladder 子

The Gallbladder meridian is called the "General" and thought to be the organ of focused energy. It is related to brain function, magnetic energy (from iron metabolism) and willpower. It is thought to be related to energetically balanced eyes and reflexes. The regeneration time for the Gallbladder meridian is between 11pm and 1am

**Duration 18 min**



## 1AM-3AM Liver 丑

The Liver meridian is the organ of "Life and Energy" and needs a restful night's sleep to recover. The liver is hosting both the Wei Qi (defensive energy) and the blood. Both get purified during the night around 1am and 3am. The Liver meridian also controls the healthy qi of tendons and blood circulation in the eyes and head

**Duration 60 min**



# Soul Cycle



## Acceptance

Energetic harmonization of the ability to accept ourselves the way we are

Duration 51 min



## Self-Confidence

Inner centering of the energetic field

Duration 60 min



## Confidence

Energetic stimulation of the inner connection to yourself

Duration 51 min



## Serenity

Stimulating the inner balance of the energetic field

Duration 60 min



## Inner Balance

Energetic stimulation of the inner unity

Duration 51 min



## Happy

Positive alignment of the energetic field

Duration 51 min



## Emotions

Energetic support for processing emotions

Duration 60 min



## Burden

Energetic support for releasing

Duration 69 min



## Aura Pure

Purifying the energetic field

Duration 60 min



## Stimulation

Stimulating energetic regeneration

Duration 60 min



## Power Reserve

Stimulating the Bioenergetic Field

Duration 51 min



## Energy Balance

Balancing the energy centers

Duration 69 min



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