Process Links

Here you will find the quick links to process guides. These are short breakdowns of how to find specific interest in the Genius you are looking for!

- 3 Basic Processes : [3 Basic Process Guide](#)
- Immune Process : [Immune Process Guide](#)
- Telomeres and more : [Telomeres Guide](#)
- Spleen Qi Harmonizing : [Spleen Qi Harmonizing Guide](#)
- Detoxification Process : [Detoxification Process Guide](#)
- Sleep Process : [Sleep Process Guide](#)
- Calming Process : [Calming Process Guide](#)

Ebooks

These quick guides help you to start your journey in using the Genius. There are easy to follow steps in each guide to help you to reach your goals quickly! Learn the Genius with these guides and find the results you want. You can download any - or all of these guides to support your Genius practice!

- [Understand the basics Genius Quick Guide](#) - Start balancing with the Genius in a few minutes.
- [Energy Boost Genius Quick Guide](#) - Use frequencies in the Genius to move areas that are stuck or stagnant and allow for more movement and energy
- [Blood Sugar Harmonization Quick Guide](#) - Use frequencies to work on the energetics related to blood sugar
- [Detox and Renew Quick Guide](#) - Feel renewed with the Genius detox process
- [Age in Reverse Genius Quick Guide](#) - Frequencies that work on the energetics in areas related to the aging process
- [Beat the bloat Genius Quick Guide](#) - Struggling with digestion and bloat. Try this process
- [Inflammation Genius Quick Guide](#) - Pain, bloating or general feelings of inflammation? Try this process
- [Harmonize your sleep Genius Quick Guide](#)
- [Vision Improvement Genius Quick Guide](#)

Guides

These guides will give a shortened understanding of the areas listed.

- Aura – [Aura Guide](#)
- Flower Essences – [Flower Essences Guide](#)
- Solfeggio Tones – [Solfeggio Tones Guide](#)
- Nogiers – [Nogiers Guide](#)
- Spinal Energy – [Spinal Energy Guide](#)
- Chakras – [Chakras Guide](#)
- Herbs – [Herbs Guide](#)

**The Genius makes no claims to diagnose or cure any health conditions.