



Genius Biofeedback Process List

Genius Processes: How do I do this with the Genius?

	What Libraries to include	What to do	Use for what?
Basic Process 1	<ul style="list-style-type: none"> • Today's Stress • Body Systems • Organs • Glands • Digestion • Bach Flower Essences 	Place the reds and blues in the Main Hold Tray Follow to Progressive Insights Balance high items for 15 minutes	Any case. Great place to get started
Basic Process 2	<ul style="list-style-type: none"> • Today's Stress • Spinal Energy • Neurotransmitters • Brain Anatomy • Digestion • Nogiers • Bach Flower Essence 	Place the reds and blues in the Main Hold Tray Follow to Progressive Insights Balance high items for 15 minutes	Physical Issues, pain, muscle aches
Basic Process 3	<ul style="list-style-type: none"> • Emotions • Bach Flower Essences • Digestion • Neurotransmitters • Nogiers • Brain EEG • Brain Anatomy • Spiritual Protection 	Place the reds and blues in the Main Hold Tray Follow to Progressive Insights Balance high items for 15 minutes	Anxiety, Depression, PTSD, Emotions, Agitation
Adrenal Elixir	<ul style="list-style-type: none"> • Today's Stress • Body Systems • Glands • Spinal Energy • Herbs - Rhodiola, Licorice • Adrenal Solutions (Optional) • Adaptogens (optional) • Solfeggio 285 Hz • Meridians 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Chronic fatigue, feeling exhausted, sleep issues
Anti-Inflammatory	<ul style="list-style-type: none"> • Today's Stress - Inflammation, Connective Tissue, Adrenal, Liver, Nutritional • Digestive - Enzymes, Flora, High/Lows • Herbs - Ashwagandha, Rhodiola, Arnica, Shilajit 	Place in Quick Zap Tray and run for 15 minutes	Pain, bloating, food allergies, seasonal



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	<ul style="list-style-type: none"> Essential Oils - Cardamom, Wintergreen, Ginger, Frankincense, Myrrh 		allergies, chronic issues
Bloating	<ul style="list-style-type: none"> Body Systems - Digestive Digestion - Enzymes, Floras, High/ Lows Herbs - Chamomile, Alow, Valerian, Lemon Grass Sacred Geometry - Flower of Life Emotions - High/Lows Flower Essences - High/Lows 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Feeling bloated, wanting to improve digestion
Blood Sugar	<ul style="list-style-type: none"> Today's Stress - Blood Sugar, Adrenal, and Hormonal Body Systems - Endocrine, Nervous, Circulatory Organs - Pancreas Herbs - Cinnamon, Ashwagandha, Rhodiola Vitamins - Any B Vitamins and Folate Minerals - Chromium, Magnesium Digestive - Stomach, Enzymes, Flora, Pancreas, Liver, Gallbladder Bach Flower Essences - High/Lows Solfeggios - 528Hz, 285Hz, 417Hz 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Hypoglycemia, diabetes, mood ups and downs, weight gain
Brain Balancing	<ul style="list-style-type: none"> Body Systems - Nervous, Circulatory Glands - Hypothalamus, Pituitary, Pineal Nogiers D, G, and L Herbs - Bacopa, Turmeric, Gotu Kola, Lion's Mane Solfeggios - 528, 285, 417 Essential Oils - Black Pepper, Cardamon, Lavender, Rosemary Emotions - High/lows Flower Essences - High/lows 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Brain fog, forgetfulness, sleep issues
Carpal Tunnel Syndrome Process	<ul style="list-style-type: none"> Today's Stress - Inflammation, Connective Tissue, Degeneration Body Systems - Skeletal, Muscular Spinal Energy - C6 (Neck), T1 (Forearms, wrist, fingers) Nogiers - Nogier C - Cartilage, muscle, Nogier E - Spinal issues, Peripheral Nervous System Solfeggios - 285 Hz - Repair damaged tissue, 528 Hz - Transformation and Miracles Meridians - Liver Meridian, Kidney Meridian Sacred Geometry - Circle - Perfection of Life 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Carpal tunnel issues



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<p>Cold Hands and Feet</p>	<ul style="list-style-type: none"> • Organs - Heart • Body Systems - Circulatory • Sacred Geometry - Toroids - Energy of the Heart • Nogiers - Nogier B - Digestion, Nogier D - Nervous System • Solfeggios - 285, 528 • Meridians - Conception Vessel • Herbs - Ashwagandha, Rhodiola, Siberian Ginseng 	<p>Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.</p>	<p>Cold hands and feet, poor circulation</p>
<p>Cold/Flu Process</p>	<ul style="list-style-type: none"> • Today's Stress - Liver and Lymphatic • Body Systems - Digestive and Immune • Glands - Thymus • Vitamins - Vitamins A, Vitamin C, Vitamin D • Minerals - Zinc and Selenium • Herbs - Amla, Bilberry, Fo-Ti, Turmeric • Essential Oils - Oregano, Geranium, Frankincense, Myrrh • Solfeggio - 639Hz • Flower Essences - High/Lows • Sacred Geometry - Fibonacci 	<p>Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.</p>	<p>Common Cold/ Flu symptoms</p>
<p>Core Power Enhancer</p>	<ul style="list-style-type: none"> • Chakras - High/Lows to Main Hold and add Solar Chakra regardless of high/low to Quick Zap • Organs - all highs/lows in Main Hold Tray Include Liver, Heart, Brain in Quick Zap • Solfeggios - Use highs/lows in the Main Hold Tray. Place 528 Hz in the Quick Zap. • Sacred Geometry - Include all highs/ lows in the Main Hold Tray. Place Spirals. in Quick Zap. • Meridians - Include all highs/lows in the Main Hold Tray. Place the Governing Vessel and Conception Vessel in Quick Zap. • Nogiers - Include all highs/lows in the Main Hold Tray • Flower Essences - Include all highs/ lows in the Main Hold Tray. 	<p>Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.</p>	<p>Wanting to feel more empowerment in one's life</p>
<p>Detox</p>	<ul style="list-style-type: none"> • Today's Stress - Lymphatic, Liver, Adrenal, Heavy Metal Toxicity, Inflammation, Kidneys • Body Systems - Nervous, Integumentary, Circulatory • Organs - Kidney, Liver, Lungs • Digestion - Large Intestine, Gallbladder, Small Intestine, Stomach • Meridians - Liver Meridian, Spleen Meridian, Lung Meridian, Kidney Meridian 	<p>Place the frequencies in the Main Hold tray. You can also add the reds and blues that come up for that day and</p>	<p>Feeling bloated, gaining weight and difficult to lose, Wanting to detox,</p>



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	<ul style="list-style-type: none"> ● Flower Essences - Crab Apple ● Herbs - Dandelion, Gymnema, Cascara, Milk Thistle 	combine them with the core detox frequencies.	to reset the energy
Eye Droop	<ul style="list-style-type: none"> ● Brain Anatomy - High/Lows ● Organs - Eyes ● Liver Meridian ● Body Systems - Nervous System ● Nogier G, Nogier E ● Herbs - St. John's Wort 	Place frequencies in the Quick Zap tray for 15 mins.	Nerve issues, eye droop
Home Clearing	<ul style="list-style-type: none"> ● Enter House Info : Name is street, city, zip. Birthdate is the day you moved in. Gender, your choice. Record sounds inside your home and image from the exterior. ● Chakras - High/Lows ● Meridians - High/Lows ● Home Clearing Panels - High/Lows ● Sacred Geometry - High/Lows ● Solfeggios - High/Lows ● Flower Essences - High/Lows 	Place frequencies in the Main Hold Tray. Run Progressive Insights for 8 mins!	Feeling fatigued, home energy feels stagnant, wanting a sense of renewal
Hormonal Balancing	<ul style="list-style-type: none"> ● Body Systems - Reproductive and Endocrine ● Organs - Digestive and Immune ● Minerals - Magnesium and Silica ● Vitamins - Vitamin B1, B5, B12, Folate ● Hormones - Progesterone, Insulin, Melatonin, Testosterone, Estrone, Estradiol ● Solfeggios - 639Hz ● Nogier C 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Hot flashes, night sweats, irregular periods, sleep issues, digestive issues including bloating
Immune Support Process	<ul style="list-style-type: none"> ● Today's Stress - Liver, Lymphatic and Inflammation ● Body Systems - Digestive and Immune ● Glands - Thymus and Pineal ● Vitamins - Vitamin C, Vitamin A, Vitamin D ● Minerals - Zinc and Selenium ● Herbs - Arnia, Bilberry, Fo-Ti, Turmeric ● Essential Oils - Oregano, Germanium, Frankincense, Myrrh ● Flower Essences - High/low items ● Emotions - High/low items 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Wanting to work with some aspect of the immune system
Microcirculation	<ul style="list-style-type: none"> ● Organs - Heart ● Body Systems - Circulatory ● Sacred Geometry - Toroids ● Nogier B, Nogier E 	Place Frequencies in the Quick Zap tray and run for	Blood pressure, cholesterol,



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	<ul style="list-style-type: none"> • Solfeggio 528 Hz • Solfeggio 285Hz 	15 min	heart, cold hands and feet, pain and more
Nerve Damage - Inner Ear	<ul style="list-style-type: none"> • Kidney Meridian • Nogier E, Nogier G • Solfeggio 285 Hz • Solfeggio 528 Hz • Sacred Geometry - Vesica Pisces 	Place frequencies in the Quick Zap Tray for 15 mins.	Nerve issues, Ear Issues
New Beginnings Process	<ul style="list-style-type: none"> • Vesica Piscis - sign of rebirth, of ultimate creation • Heart Chakra • 528 Hz 	Add these 3 frequencies to Quick Zap Tray and run for 15-30 mins.	New business, wanting a fresh start
Sleep Harmony	<ul style="list-style-type: none"> • Today's Stress - Adrenal, blood sugar, hormonal, environmental • Body Systems - Nervous, Endocrine • Neurotransmitters - Dopamine, norepinephrine, oxytocin, serotonin, GABA • Brain EEG - Delta • Herbs - Valerian, Chamomile, Catnip. During the day: Siberian Ginseng, Two Rhodiola, Lycium Root • Meridians • Flower Essences • Herbs 	Place selected items as well as reds and blues into the Main Hold tray. Balance high items from Progressive Insights for 15 minutes	Insomnia, Poor sleep, waking up in the middle of the night.
Spleen Qi Harmonizing	<ul style="list-style-type: none"> • Digestion - Pancreas, Stomach • Organs - Spleen, Lungs, Kidneys • Solfeggios - 528Hz, 285Hz • Body Systems - Circulatory • Herbs - Cayenne, Ginkgo Biloba, Gotu Kola, Bacopa, Korean Ginseng • Sacred Geometry - Toroids, Fibonacci sequence • Emotions - High/Lows • Flower Essences - High/Lows 	Run the Spleen Qi Harmonizing Session for 30 minutes.	Diabetes, blood sugar issues, fatigue
Stem Cell Activation	<ul style="list-style-type: none"> • Stem Cell Series 1-3 - High/Lows • Sacred Geometry - Flower of Life, Toroids, Fibonacci • Solfeggios - 528 Hz Repair DNA • Emotions - High/Lows • Flower Essences - High/Lows 	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	Fatigue , weight gain, sleep issues, chronic pain



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<p>Telomere Lengthening/Anti-Aging</p>	<ul style="list-style-type: none"> • Glands - Pineal • Herbs - Astragalus, Bacopa, Ashwagandha, Shilajit • Sacred Geometry - Torroids and Flower of Life • Solfeggios - 528Hz, 295Hz • Essential Oils - Frankincense, Myrrh, Sandalwood • Chakras - Heart and Crown • Hormones - Growth Hormone, Cortisol, Insulin, Melatonin • Emotions - High/Lows • Flower Essences - High/Lows 	<p>Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.</p>	<p>Fatigue , weight gain, sleep issues, chronic pain</p>
<p>Thyroid Harmonizing Strategies</p>	<ul style="list-style-type: none"> • Today's Stress - Liver, Adrenal, Environmental, Heavy Metal Toxicity • Body Systems - Endocrine, Reproductive, Digestive, Nervous, Lymphatic • Glands - Thyroid, Adrenals, Ovaries (Women), Gonads (Men) • Minerals - Iodine, Selenium, Magnesium • Electrical Sensitivities - Clear any Electrical sensitivities that are reactive • Spinal Energy - C7 - from C7, nerves connect to the thyroid gland • Nogiers - Nogier B - 584 Hz resonance helps to bring the thyroid into balance • Vitamins - Vitamin A, Vitamin D, All B Vitamins are helpful • Herbs - Gynostemma, Maitake, Lycium Fruite, Fo-Ti (Ho Shou Wu) 	<p>Place frequencies in the Main Hold Tray or Quick Zap Tray and run.</p>	<p>Weight gain, thyroid issues, Hashimoto's, fatigue</p>
<p>Traumatic Brain Injury Process</p>	<p>Scan Aura + take screenshot</p> <ul style="list-style-type: none"> • Spinal Energy • Today's Stress • Organs • Glands • Minerals - Be sure to include magnesium • Vitamins - Be sure to include B6, B12 • Solfeggios - In addition to highs/lows, add 285 Hz, 528 Hz and 639 Hz (enhance cell relationships, specifically the neurons in this case). • Nogiers - In addition to highs/lows, add Nogier A (wound healing), Nogier G (reduce scar tissue, brain balancing), Nogier L (Memory issues). • Herbs - Highs/Lows, be sure to add Arnica, St John's Wort (nerve healing), Holy Basil and Boswellia Flower Essences - High/Lows • Add high/lows from Traumatic Brain Assessment/Solution 	<p>Add to Progressive Insights and run for 15mins.</p>	<p>Past traumatic brain injury</p>



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<p>Triple Heater/Calm Anxiety</p>	<ul style="list-style-type: none"> ● Meridians - High/Lows ● Bach Flower Essences - High/Lows ● Solfeggios - High/Lows 	<p>Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.</p>	<p>Anxiety, Panic attacks, sleep issues, worry, nervous system issues</p>
<p>Weight Release Process</p>	<p>Include all the high/lows from the following areas:</p> <ul style="list-style-type: none"> ● Emotions ● Flower Essences ● Spleen Meridian ● Spleen Meridian Points ● Neurotransmitters ● Hormones ● Organs ● Glands ● Nogiers ● Solfeggio Tones ● Digestion ● Minerals 	<p>Place items in the Main Hold Tray. Proceed to Progressive Insights. Run for 15 mins 2x/day.</p>	<p>Weight gain</p>