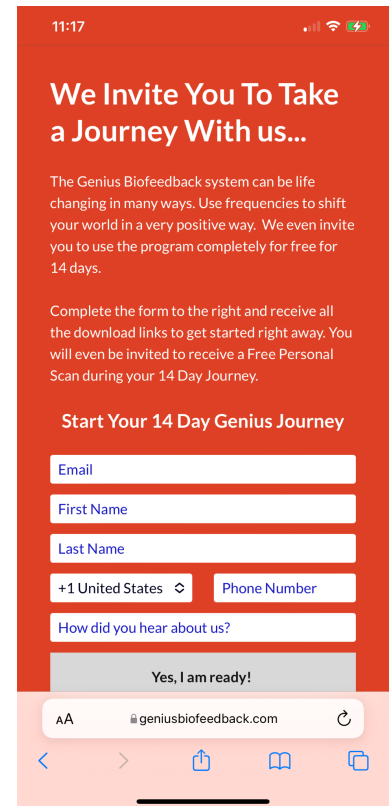
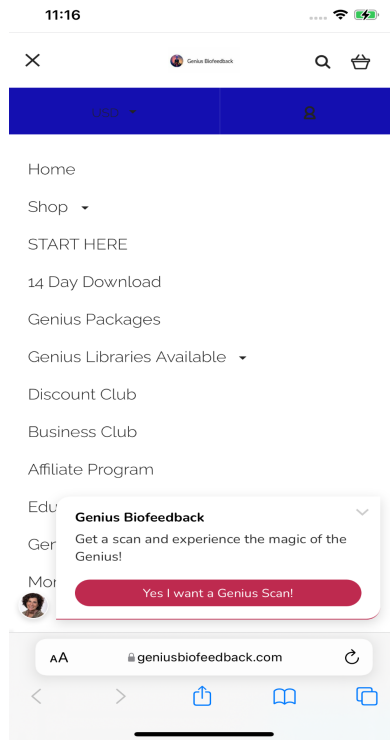
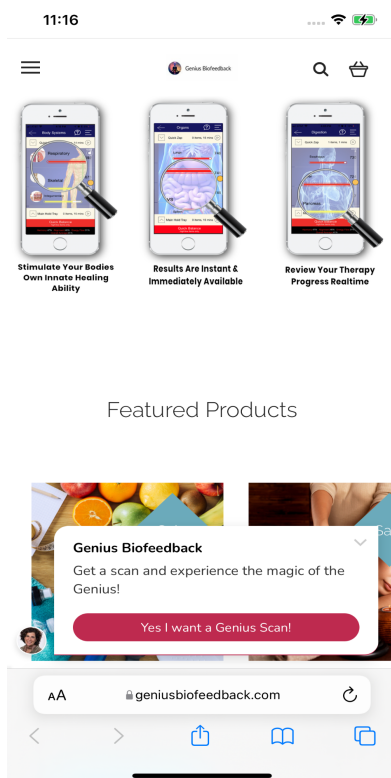


How to Download the Genius Biofeedback Program

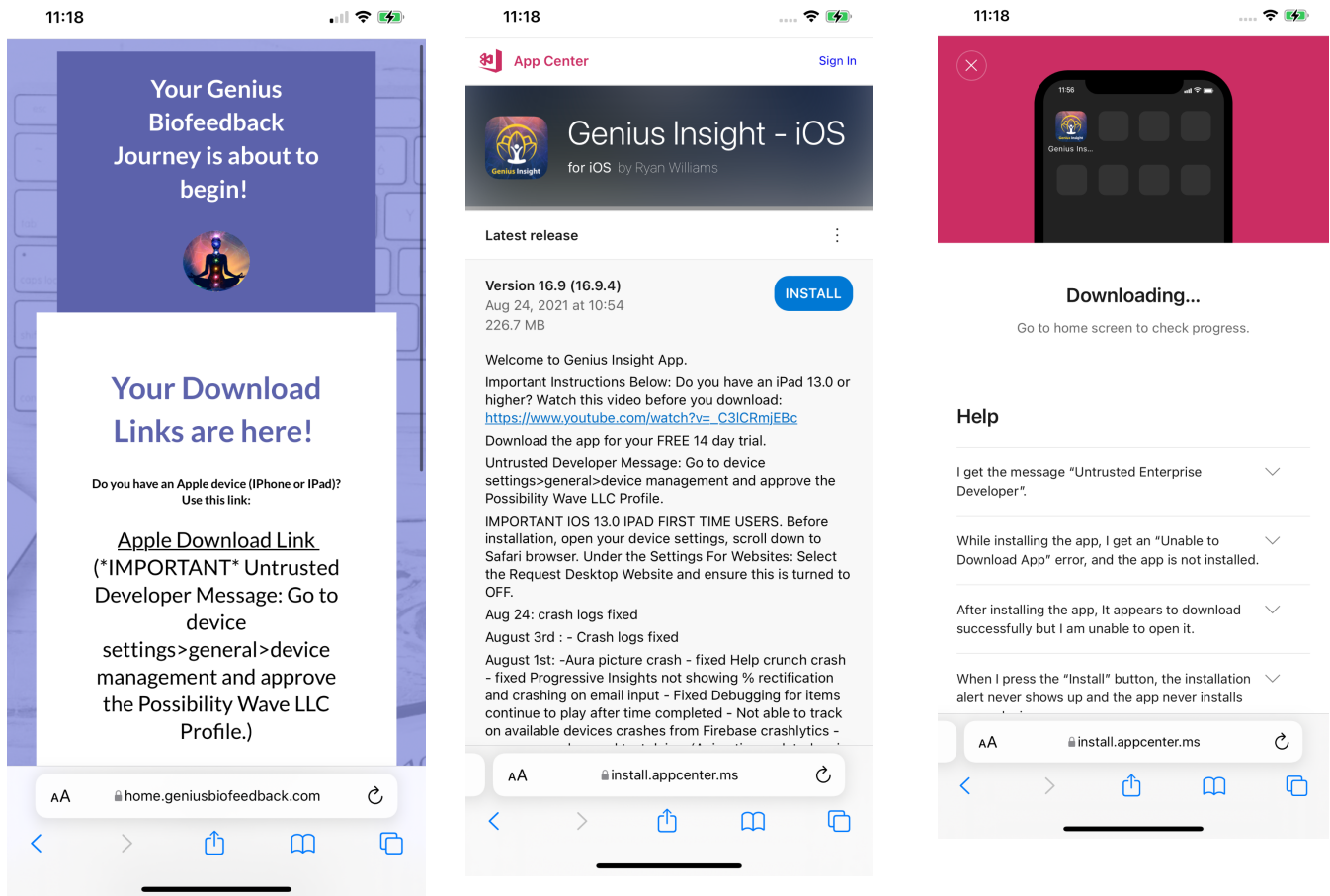
1. Head to geniusbiofeedback.com
2. Look for the menu “14 Day Download”
3. Click on 14 Day Download
4. Fill in your information and hit “Yes, I am ready!”

**Screenshots for mobile device



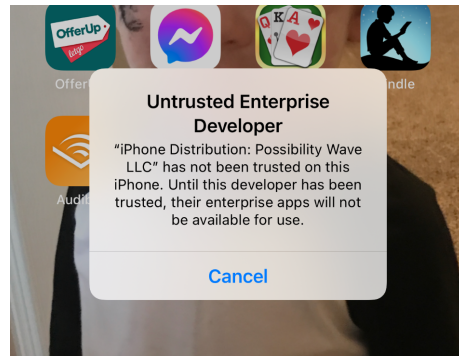
- On the next screen (purple color), there will be links for both Apple and Android devices. Click the one you need to download the App to your device.
- When your app store loads, hit install. When it begins to download it will tell you to check your screen for progress and at this point you are safe to exit the browser!

**IOS download is shown in pictures. Android users: Follow your device instructions for downloading apps.



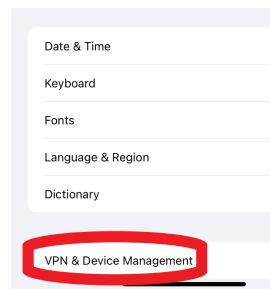
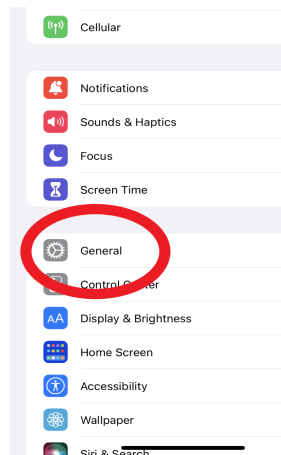
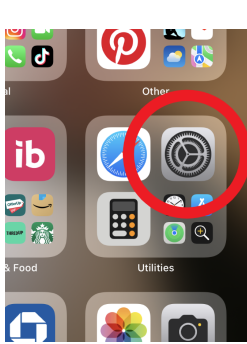
- Check your screen and you will see the Genius app - when download is complete click it to open.

- IOS/Apple users: If you get this “untrusted” message. Don’t panic - it’s an easy correction!

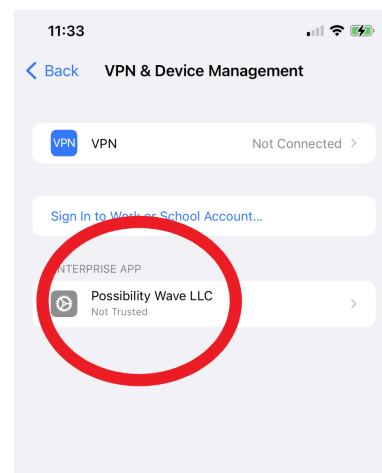


UNTRUSTED ENTERPRISE DEVELOPER MESSAGE:

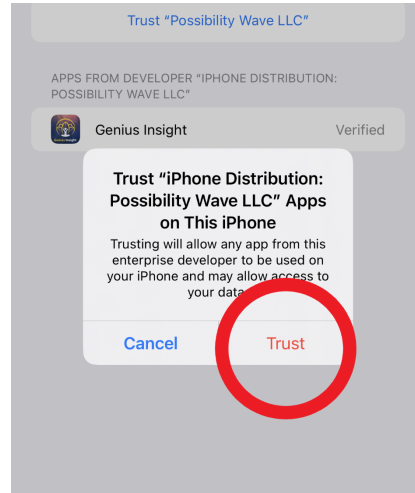
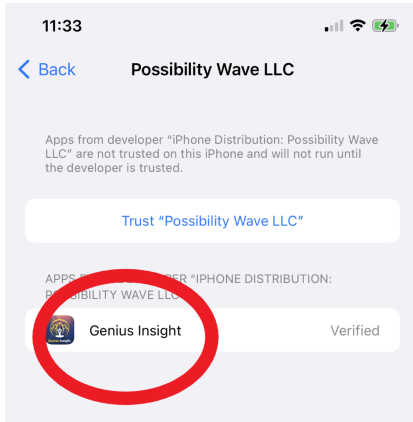
1. Go to your settings, and scroll to general.
2. Click VPN & Device Management



3. You will see “Possibility Wave LCC” - Click it!



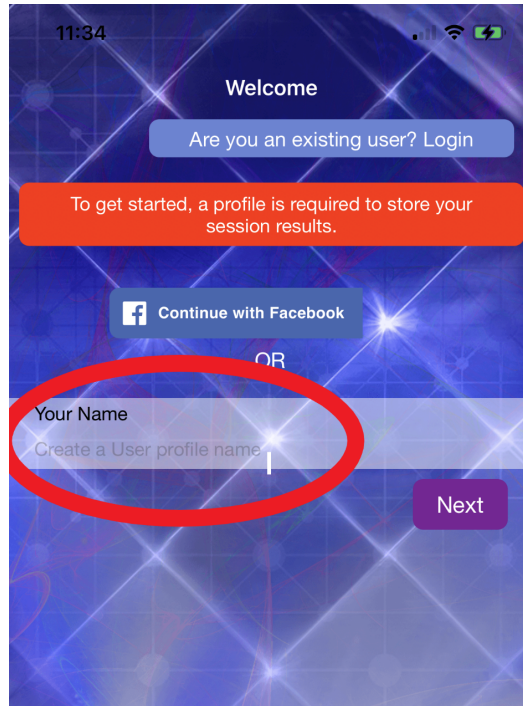
4. Click Genius Insight and select Trust.
5. That's it, you're done. Now you can go back to the app and you're set!



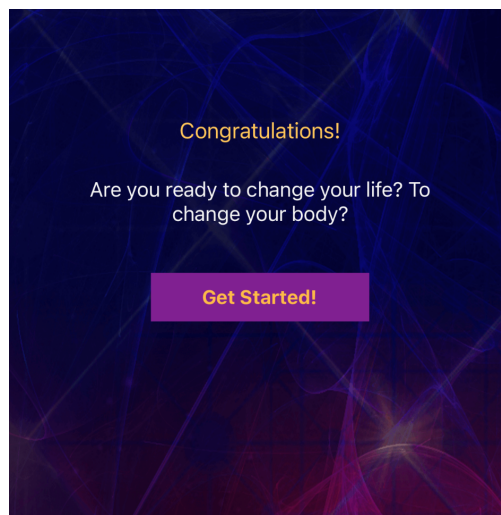
Set up your first session

Congrats on taking the first steps! Let's set up your account.

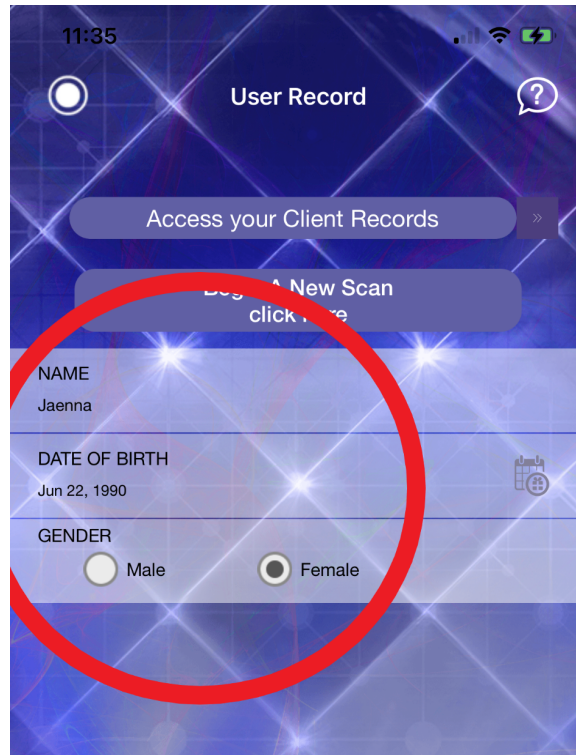
1. Enter your name and click next. Follow the prompts for your information.



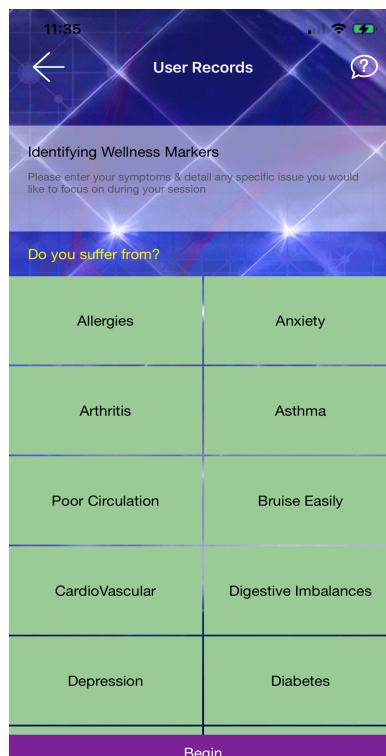
2. Once you've entered your information, click "Get Started!"



3. Click Begin a New Scan and enter the information needed. Remember to click "Begin a New Scan" before each session, even if you already have yourself or the client entered on this screen. It "clears" out the impression from the prior scan and resets all the results. The screen will prompt you.



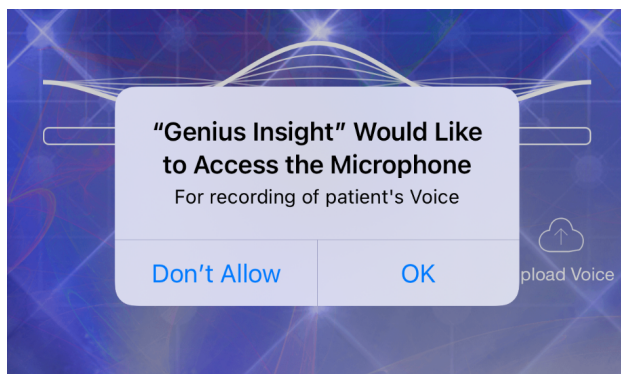
4. **Identifying Wellness Markers.** Enter the area you would like to focus on. After, click begin at the bottom of the screen.



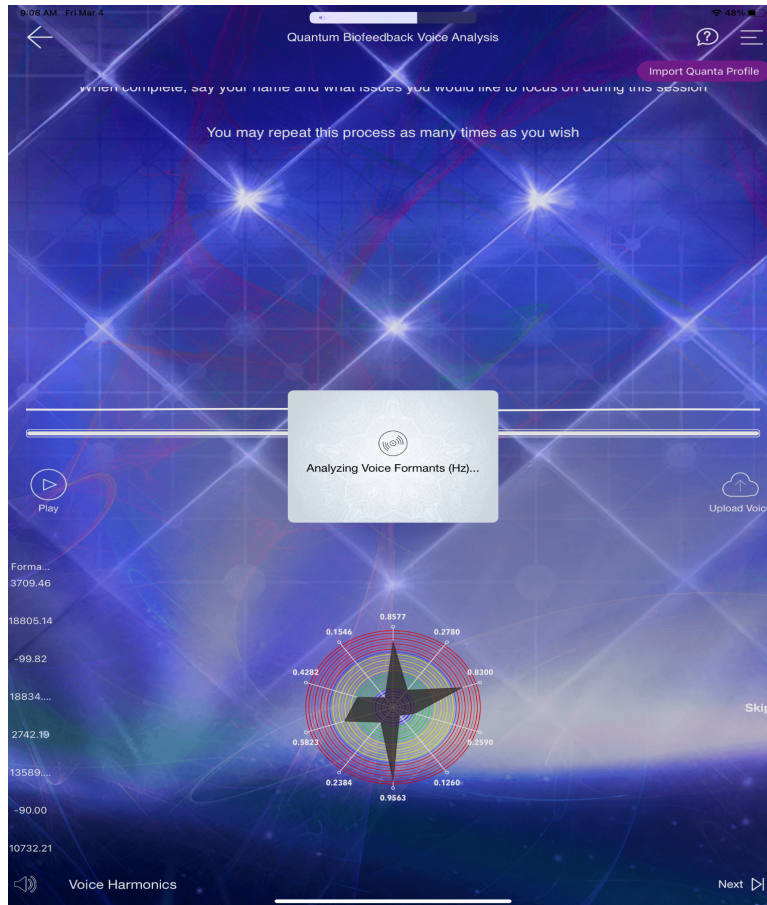
- When you hit next you will be prompted to record your voice. You will state your name and your vowels for 15 seconds. On this screen you will need to tap the microphone to begin.



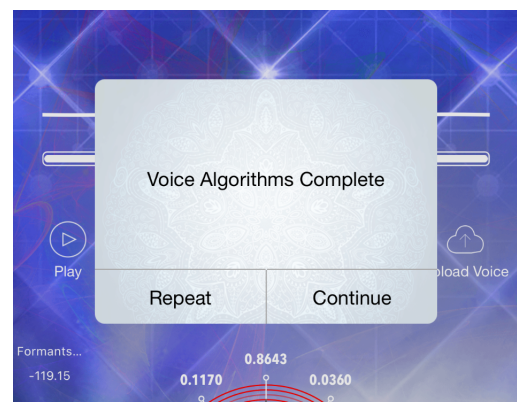
**** click "ok" to microphone prompt**



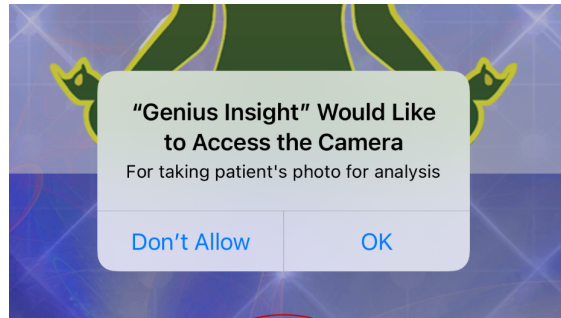
6. After your 15 secs you'll get this prompt - select ok and it will analyze your voice



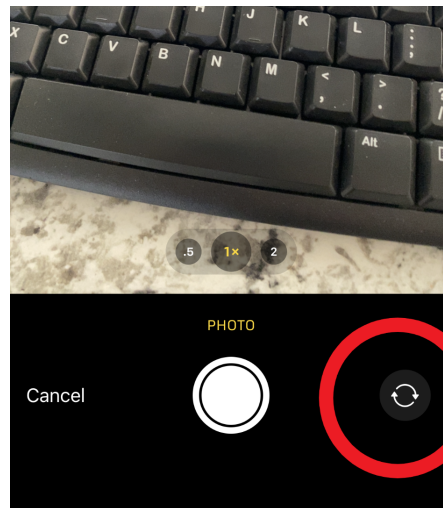
**** When complete click Continue and you will be led to input your picture next.**



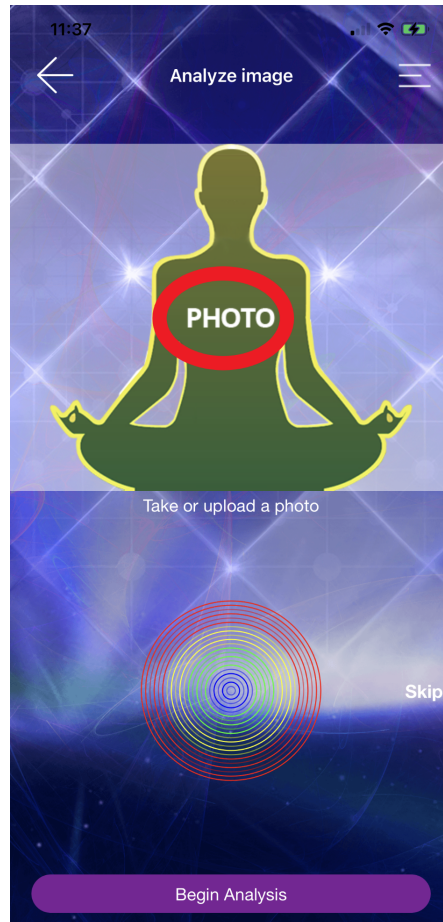
7. Your photo process is similar. Click the word photo. **allow access to your camera.



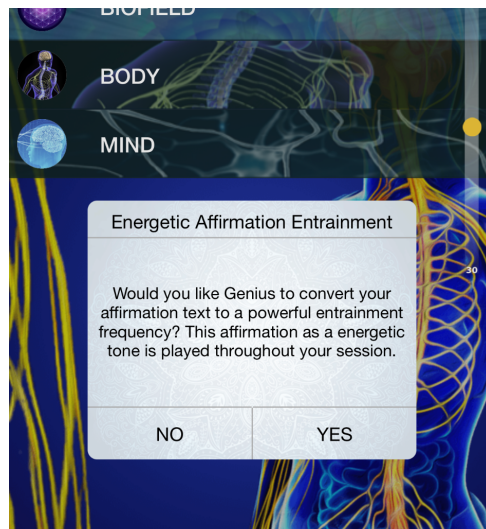
8. You might need to flip your camera. You can also choose to upload a picture you've already taken.



9. Click the word “photo”. After your image is taken, hit “Begin Analysis” at the bottom of the screen.



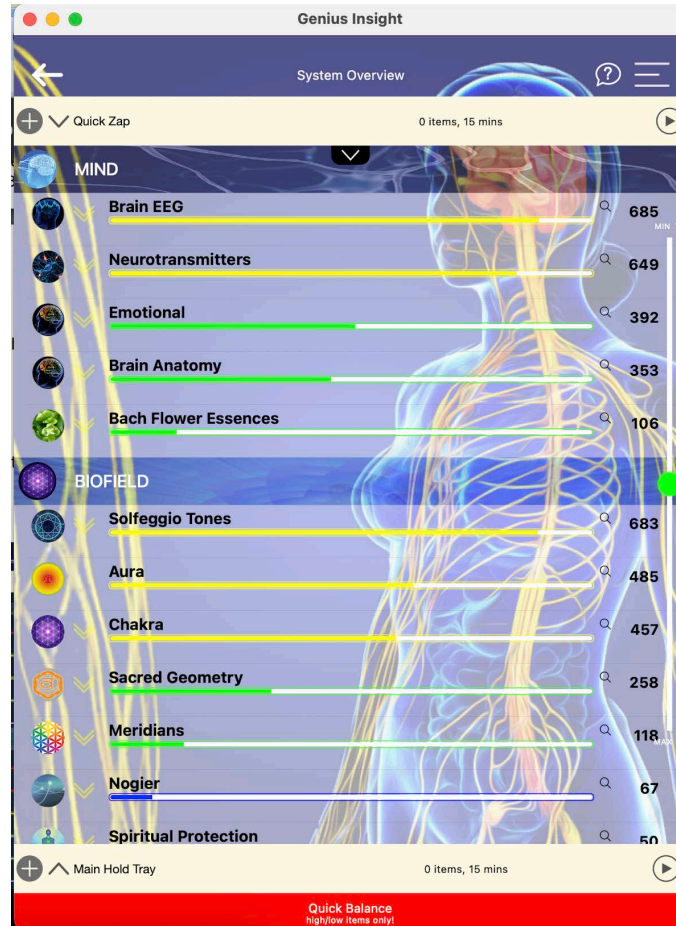
10. Energetic Affirmation Entrainment - this is a word you'd like to focus on.
Ex: hope, positivity, calm, love. Once you've entered your affirmation hit "Begin Analysis".



11. YOU DID IT! That's all, your results will be generated and you've completed your first scan!

Your results:

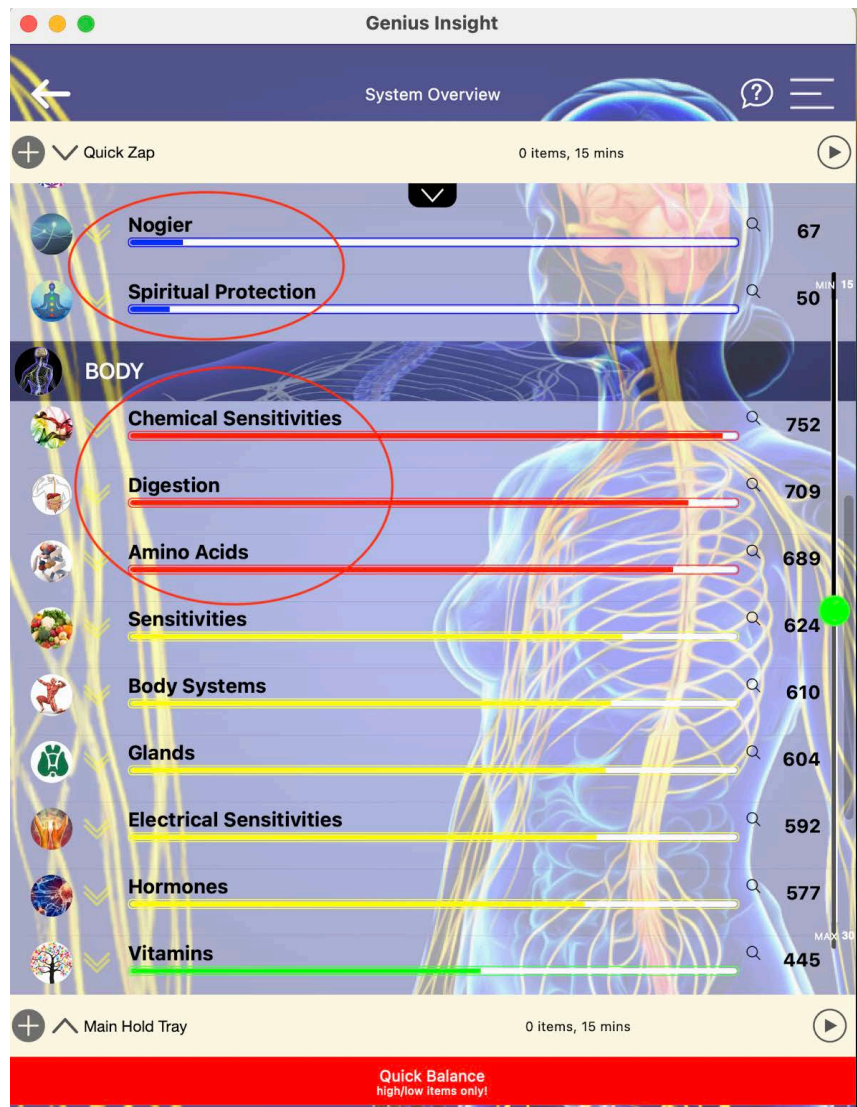
When your results appear you will get some notifications. Yay for help! First, how to drag items to the "Quick Zap" tray. This is for a short quick balance tool. You can always drag items to this. This tray is at the top of the screen.



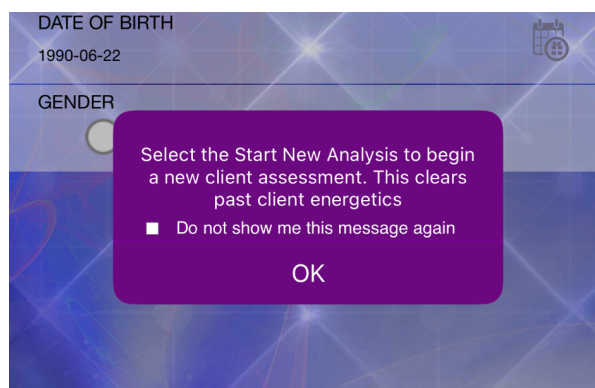
****You will also get a note of how to balance all the highs and lows. This is all the red and blue numbers.**

Highs and Lows/Red and Blues:

These are the areas that you could benefit from balancing based on your current scan.

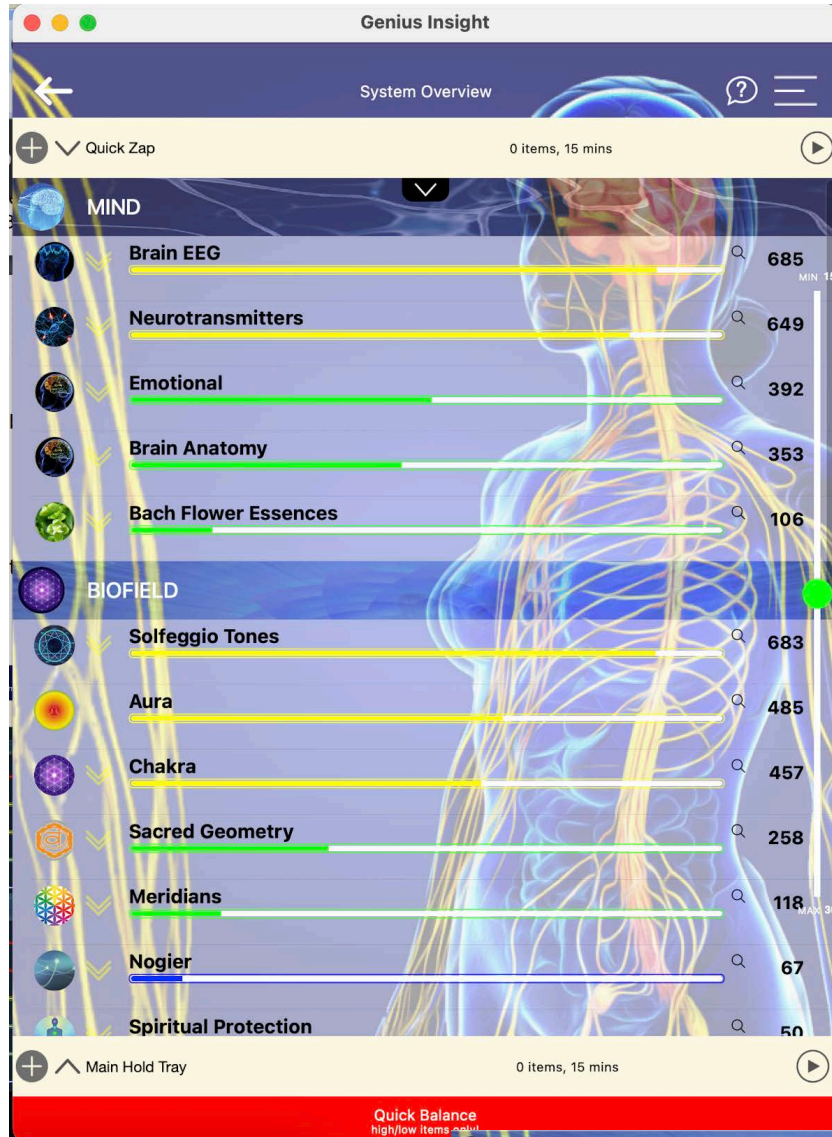


****Side note:** when you exit your session and go back to home screen. If you want to start a new scan (maybe after a session) you will need to click “begin a new scan” regardless if your information is still entered in. You want to do this so it will give you all new results!

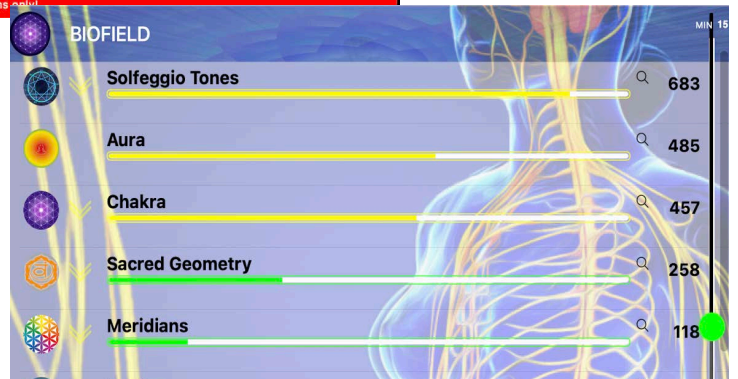


****Please review Guides 1 and 2. Guide 3 begins at your results page****

When you complete your first scan you're given a results page. This page gives you an overview of different areas. The Reds and Blues are areas that could use balancing at the moment. Pretty cool!

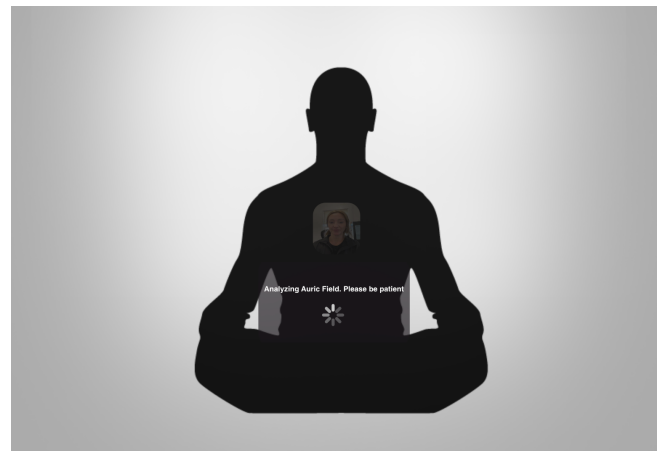


Get your Aura image : On the results screen, you'll see the word "Aura" in the results. Click it and you will be led to this screen below.





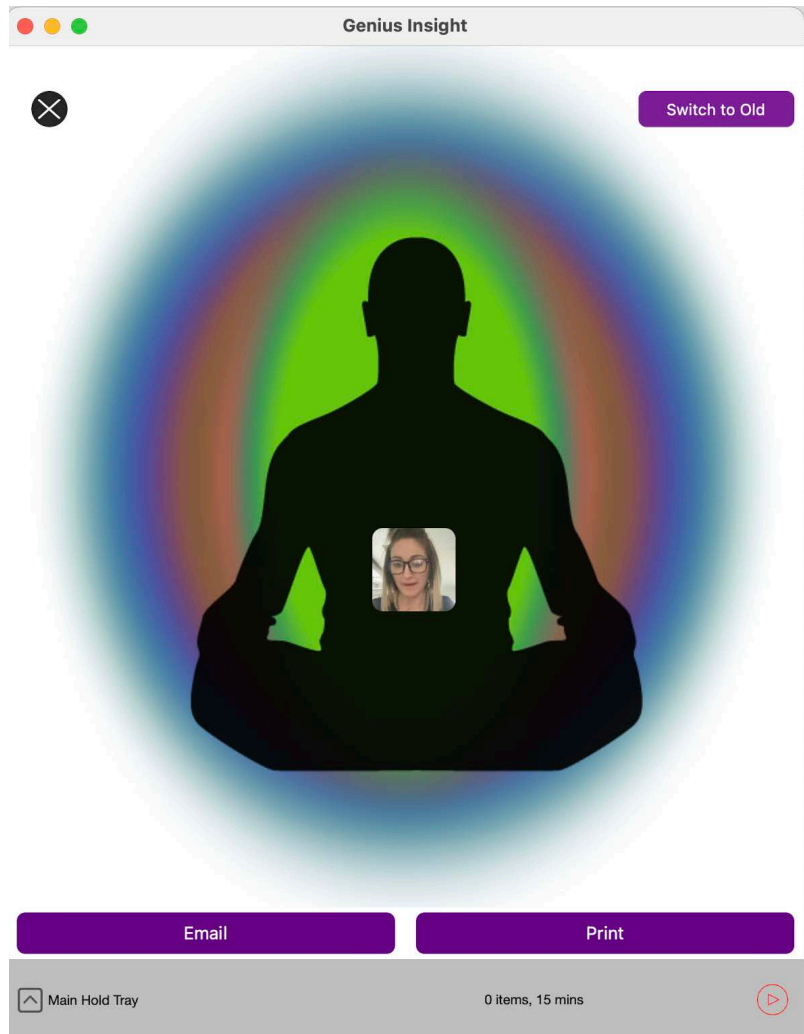
From here click “Begin Analysis” at the bottom. It will start to analyze the image you’ve already taken.



Once it is done Analyzing your image you will get an Aura image with colors....
Do you want to get a better understanding for reading your Aura results? There is a PDF below
that will give you more knowledge on reading your Aura results!

[How to Interpret Your Aura - PDF Guide](#)

**Aura results



Click the arrow at the top left and you'll get back to your results.

There are a few panels we recommend when you are starting your Genius Journey!
(see below)

Today's Stress: What are the basic issues to focus on balancing today?

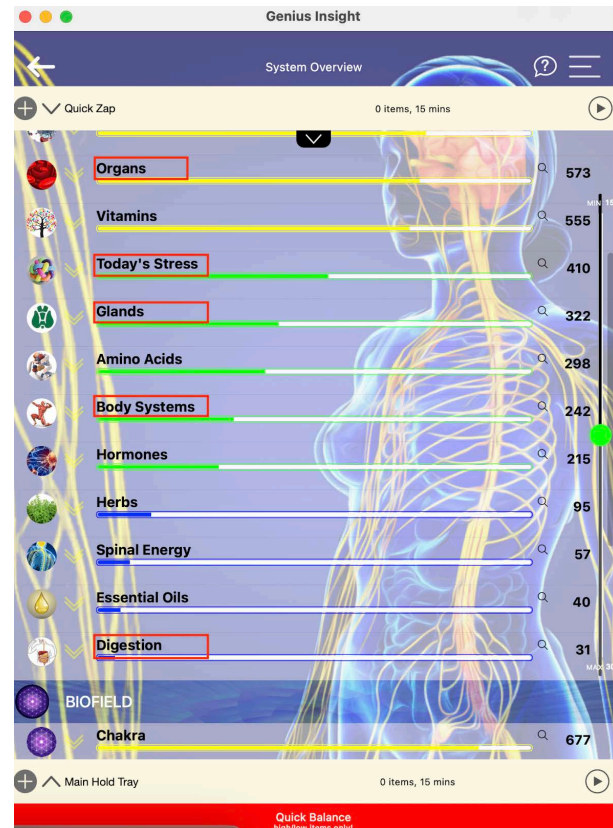
Body Systems: What are the major body systems to focus on balancing today?

Organs: What are the major organs of the body being represented energetically to focus on today?

Glands: What are the major organs of the body being represented energetically to focus on today?

Digestion: What elements from the digestive system, like flora or enzymes, are important to focus on balancing for today?

Flower Essences: What can the Bach Flower Essences tell us about balancing and clearing our emotions today?

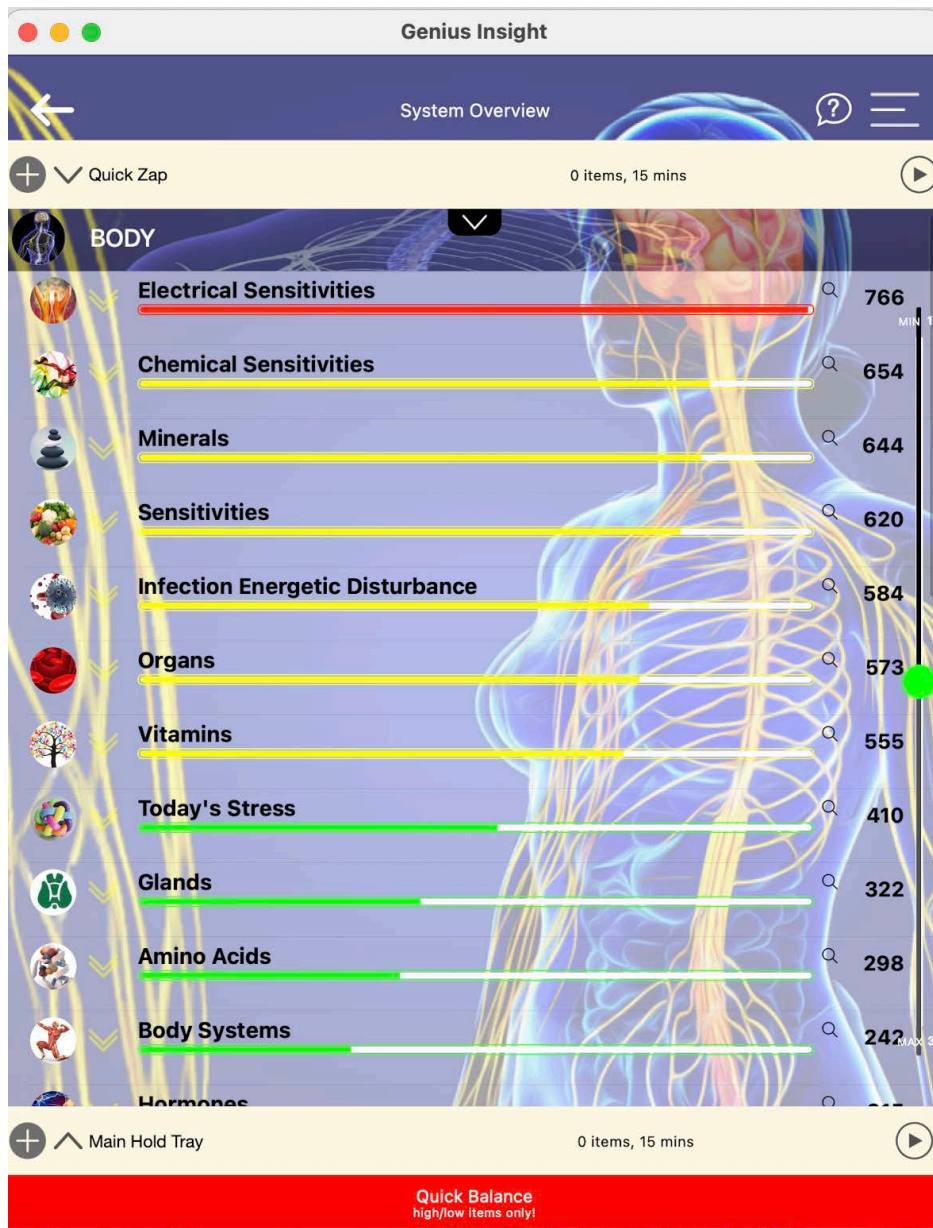


Understanding the Genius Biofeedback Panels

Body Panel

The Body section of the Genius has testing for areas related to the physical body. Readings are energetic only, but give clues about patterns that may indicate emerging issues.

Balancing Tip: Choose the red and blue items from 3 panels in the Body section and place them in the Quick Zap. Set the timer for 15 minutes and press play. This will be a great start to any day.

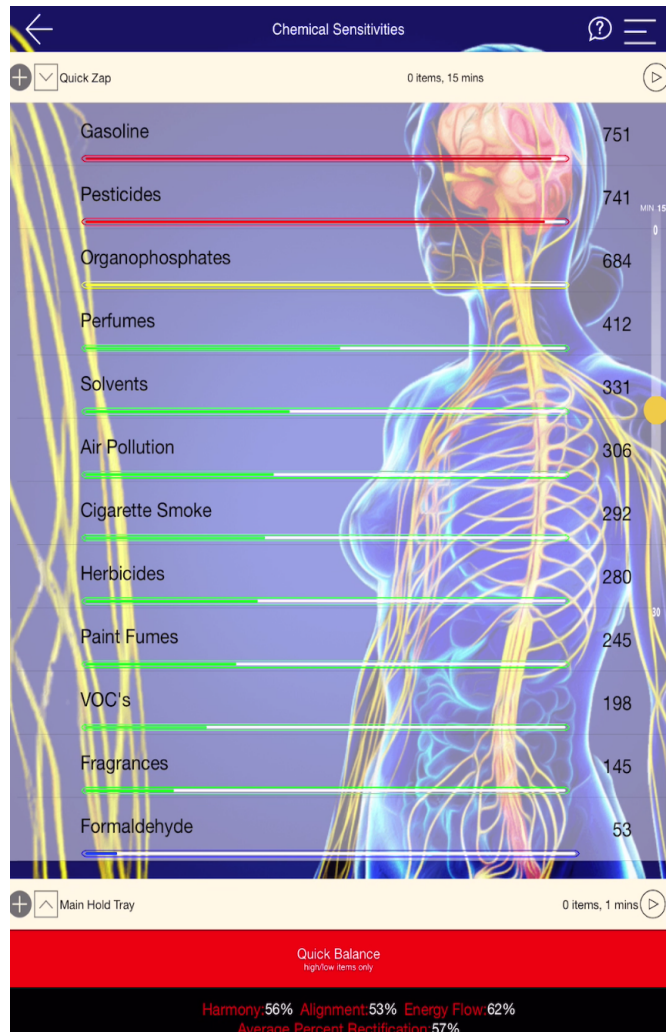
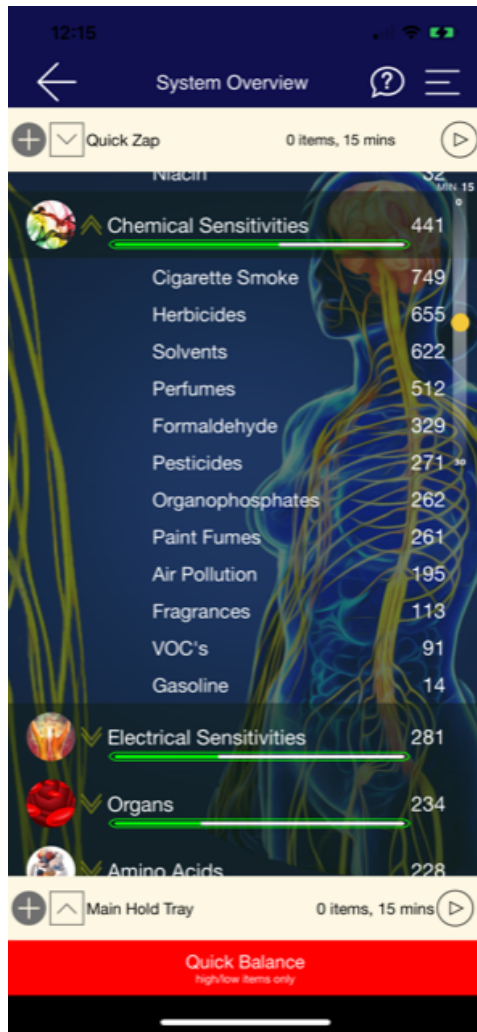


Areas within Body results:

The libraries in the Body system represent energetic patterns. They are not necessarily directly associated with any physical condition. They give us hints about places that currently need energy. Playing the frequency is the best thing to do to help to balance the energy. Here are the panels that can be tested under the Body section in System Overview.

Chemical Sensitivities

What chemicals have you been exposed to recently? Which chemicals are causing imbalances? Learn more with the [Chemical Sensitivities Panel](#)



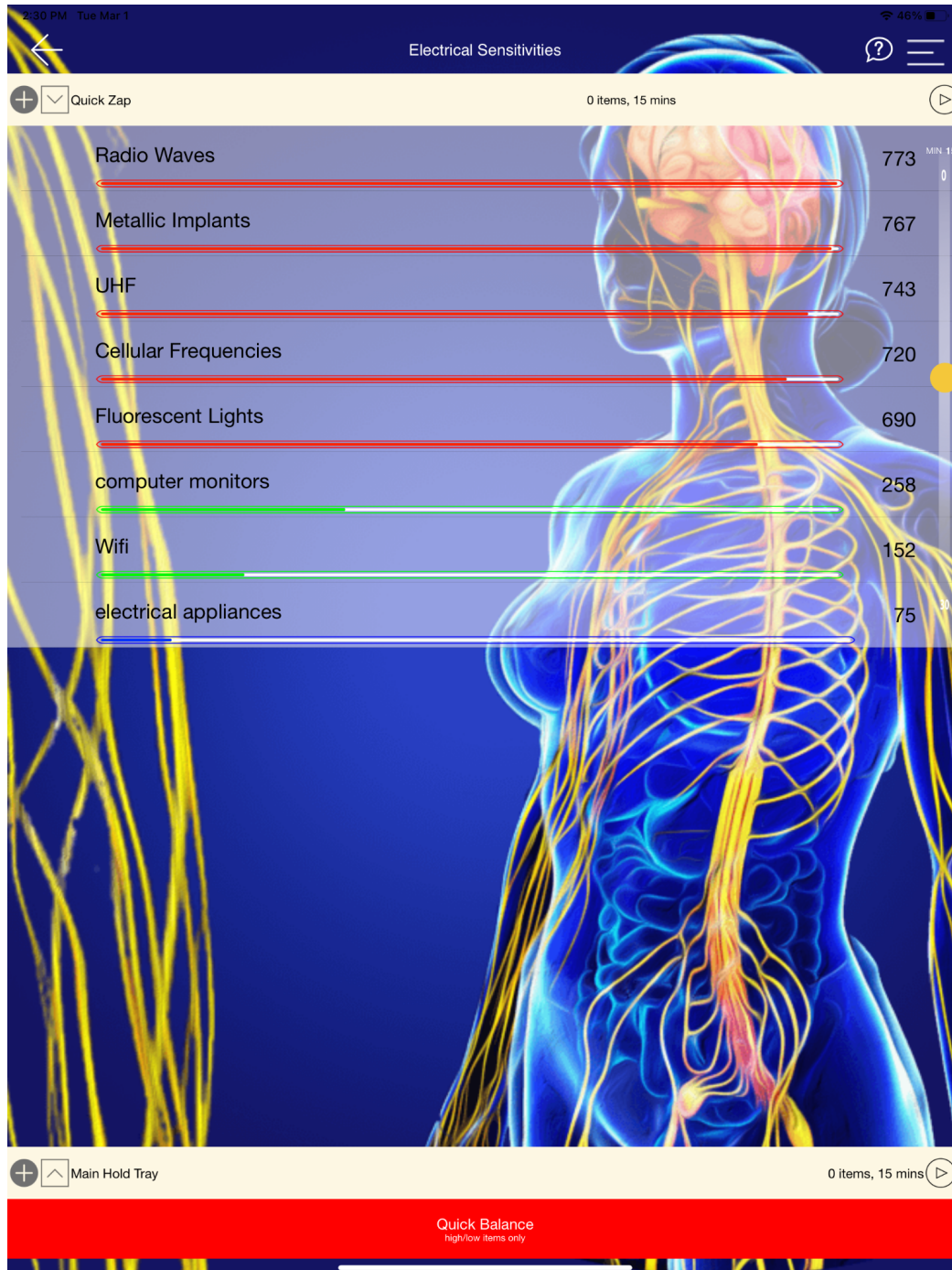
Drop down view : Tap on the "Chemical Sensitivities line" to see this view.

In the Genius, use the "Tap on the line" view as it allows you to see which items are red or blue (these are the ones you want to add to the tray). For quick views, you could use the drop down view if you wish.

Electrical Sensitivities

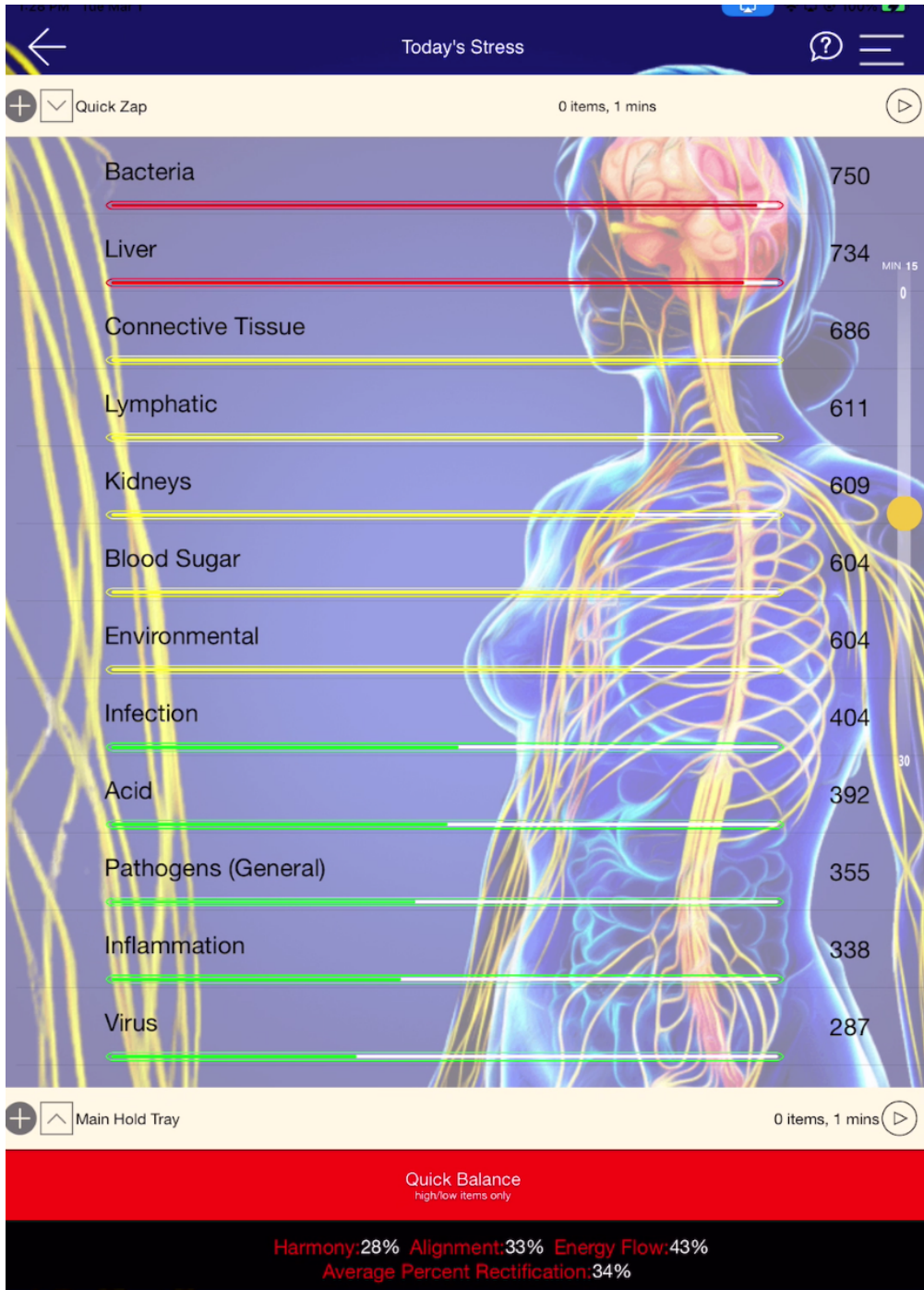
What types of electromagnetic frequencies may be affecting you today? Electromagnetic frequencies come from cell phones, WiFi routers and more. Discover if today you are out of balance because of exposure to EMF's. Click here to learn more about the Electrical Sensitivities panel. Learn more about this panel with the [Electrical Sensitivities Panel Guide](#).

Balancing Tip: Tap the “Quick Balance” at the bottom of the screen to balance this entire panel. The default time is 15 minutes and the timer can be adjusted with the yellow ball to the right.



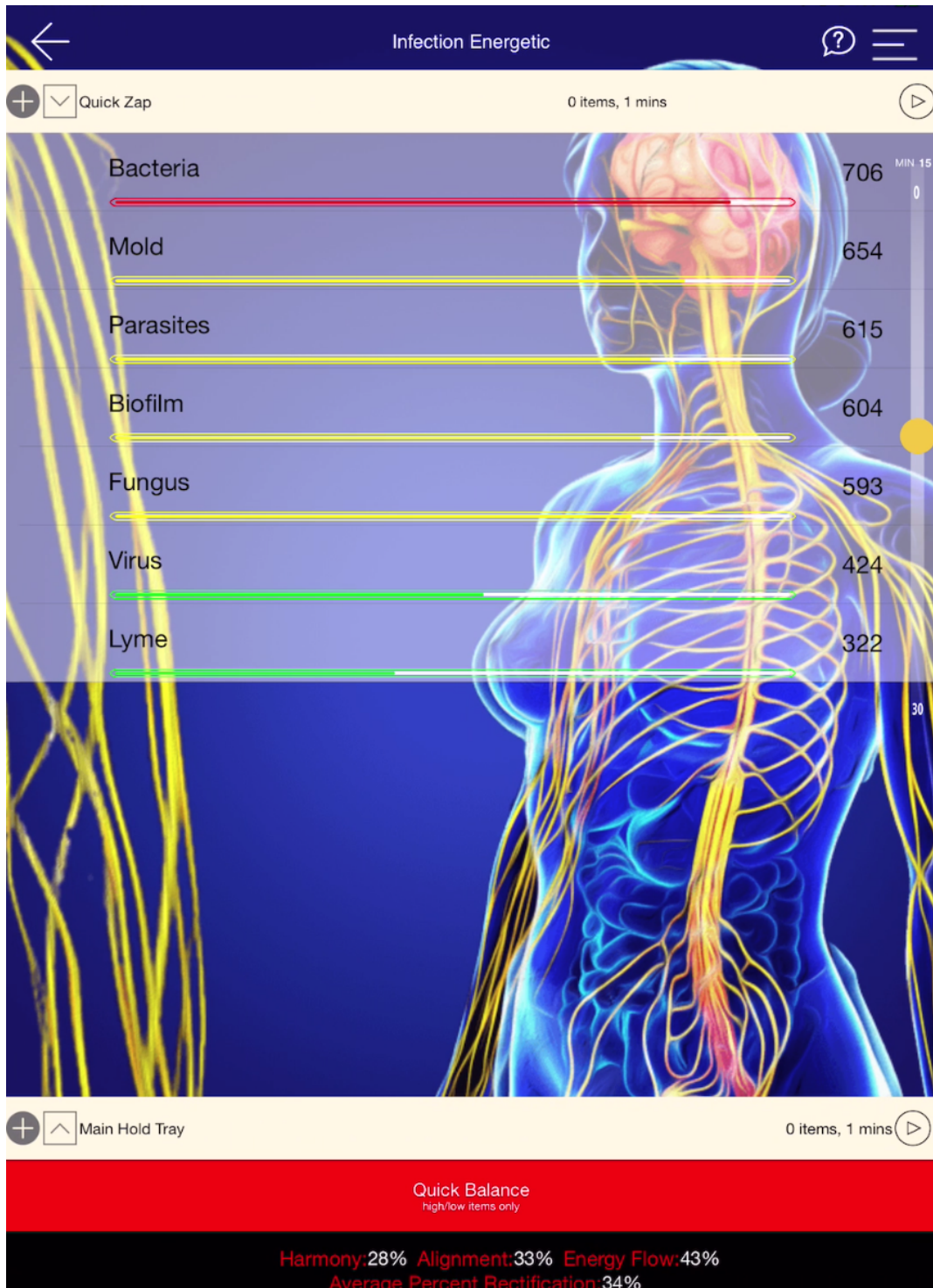
Today's Stress

Use this panel to discover the most pressing issues for the day. This may give you hints about patterns or issues that could be in the biofield at this time. Use the reds and blue items by placing them into the Quick Zap or Main Hold tray and pressing the play button in order to reduce these stress disturbances. Learn more here: [Today's Stress Panel Guide](#)



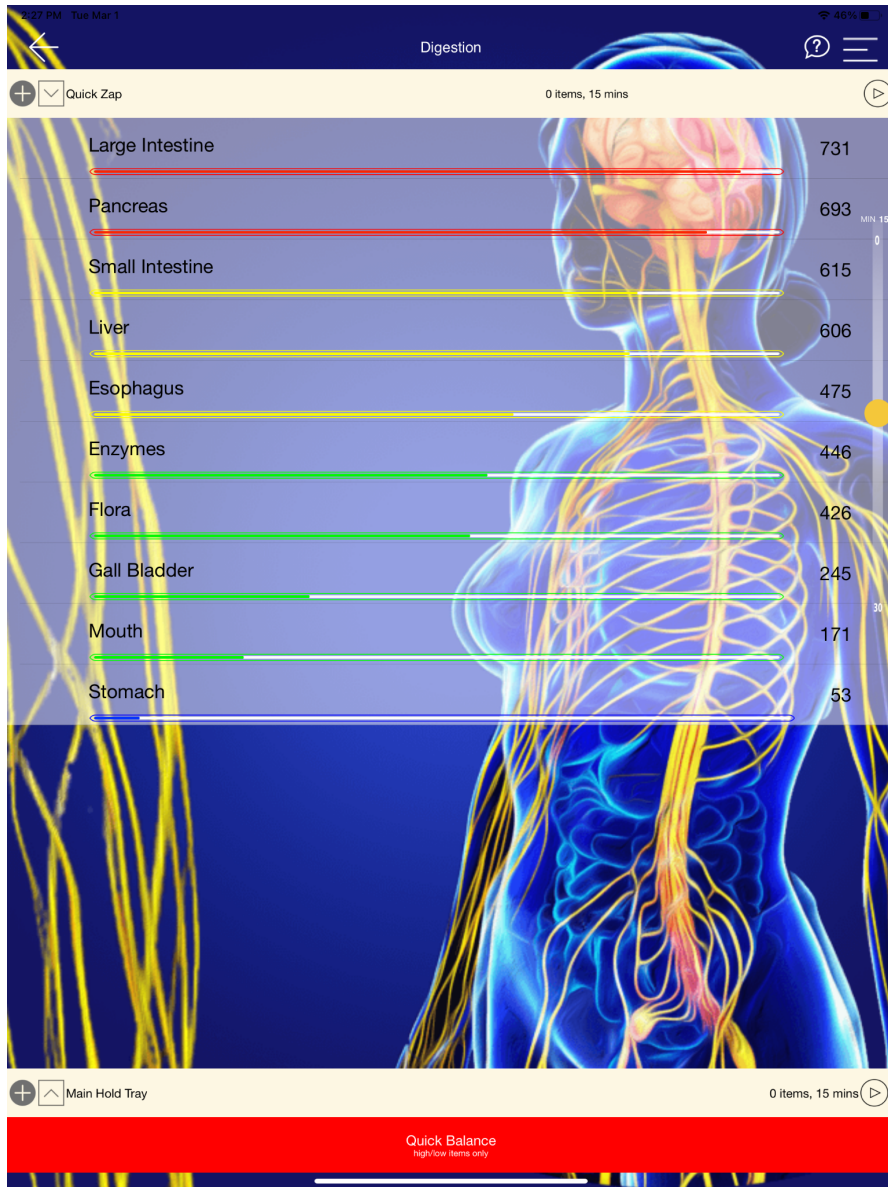
Infection Energetic

Represents resonances of infections. These are merely resonance frequencies that reveal patterns or stress within the system. They may or may not correlate directly with any pathogen. Issues appear in the biofield before they are in the physical body.



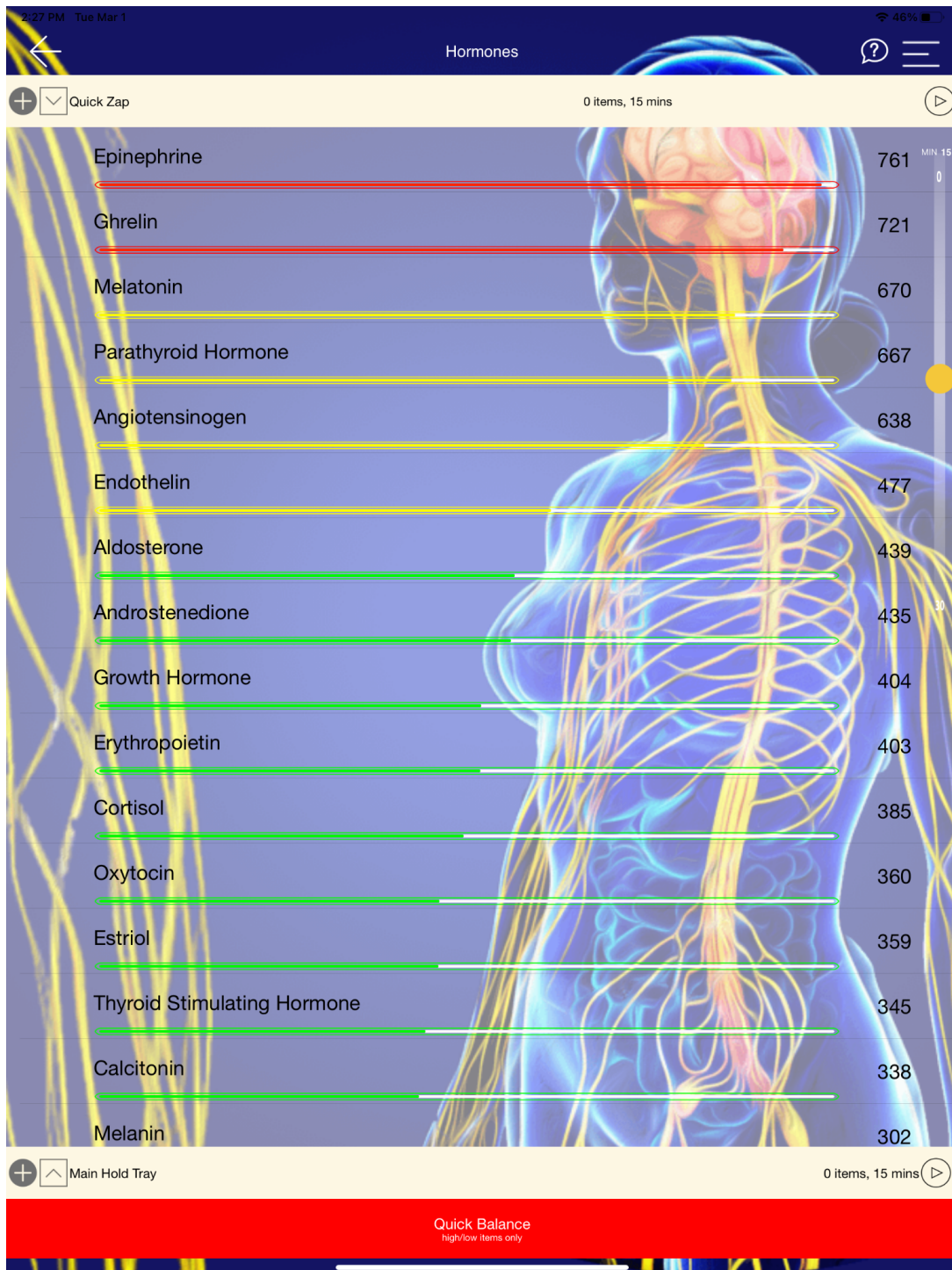
Digestion

The digestive system is one of the most important systems to keep balanced. Check in daily and harmonize the red and blue items. Do they give us hints about anything we need to change in diet or lifestyle? Include digestion frequencies in your daily balancing sessions.



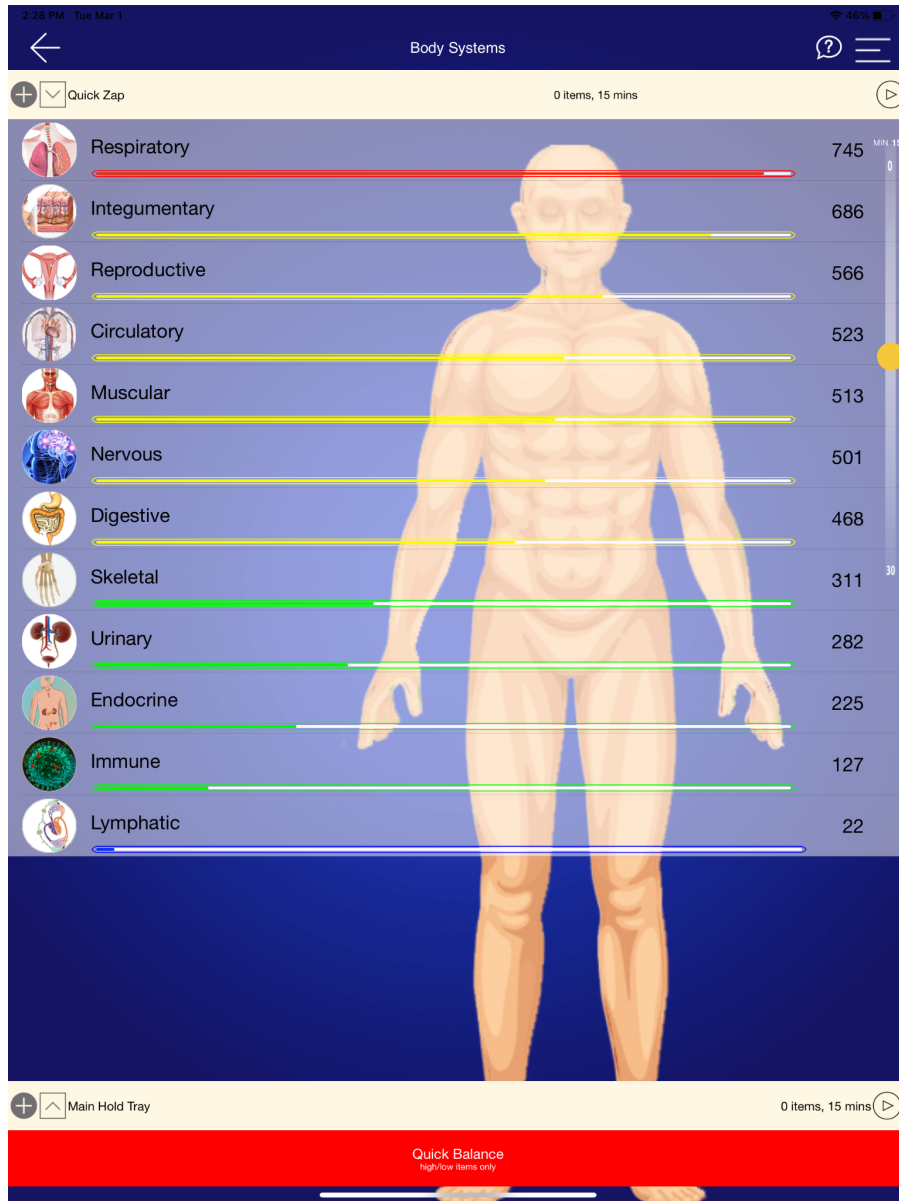
Hormones

Hormones are chemical messengers in the body that help the body to stay in balance. Run the red and blue items to reduce stress disturbances related to hormones. Consider balancing the hormones panel when you think of issues of mood, sleep and improving feelings of wellness. Learn more here: [Hormones Panel Guide](#).



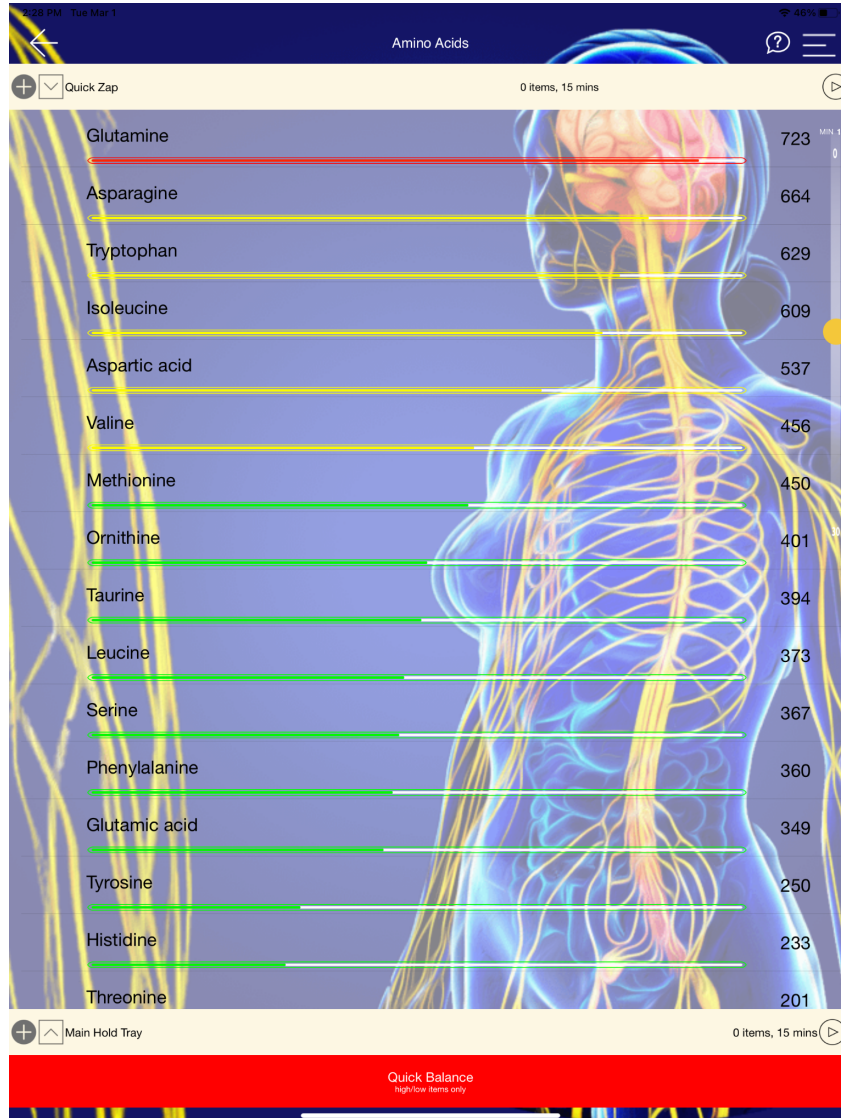
Body Systems

These are frequencies that represent the overall systems of the body. Stress disturbances mean that something needs to be balanced and is appearing within the energetic field as important at this time. Learn more here: [Body Systems Guide](#).



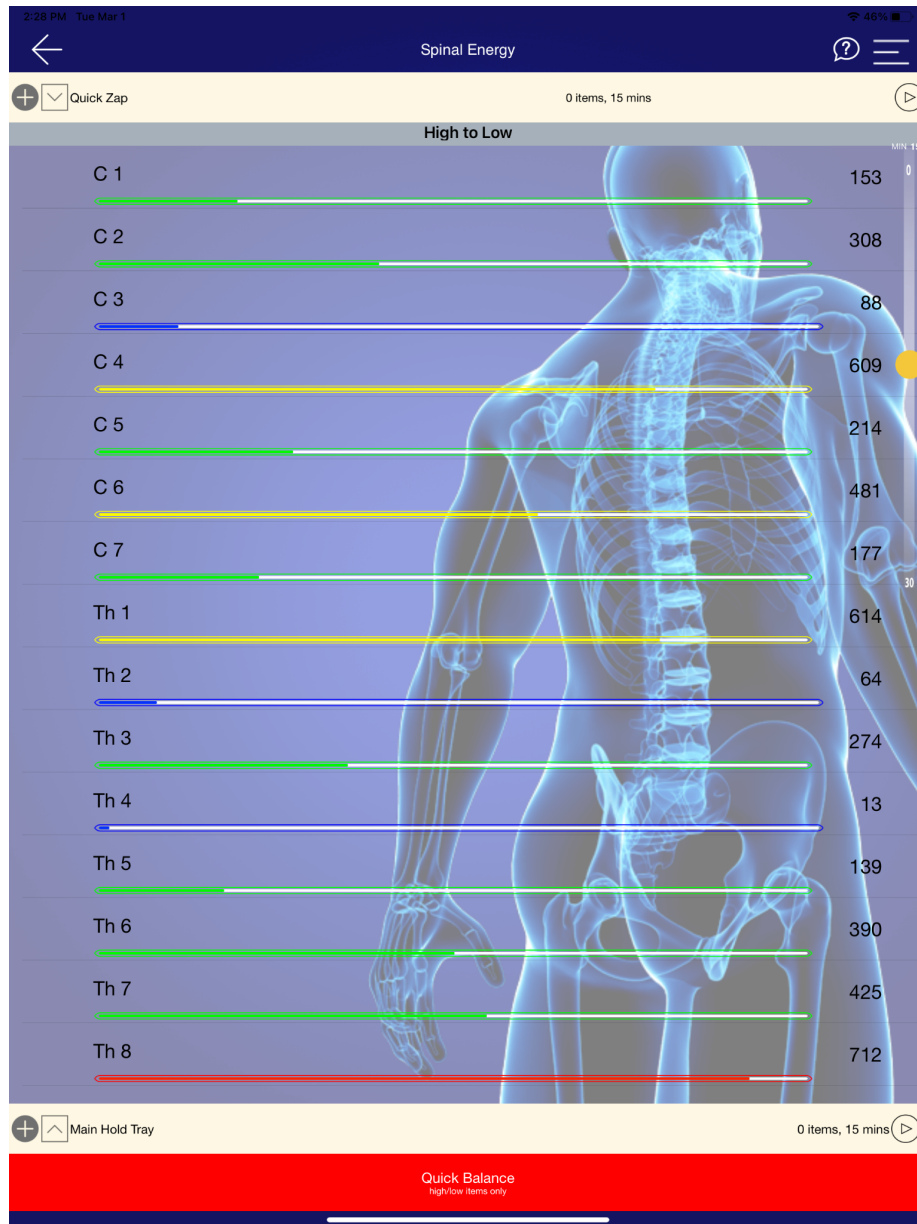
Amino Acids

Amino acids will be used to synthesize neurotransmitters as well as perform many other functions in the body. Glutamine, as an example, is important for healthy gut function. Tryptophan is an amino acid that is a precursor for the production of serotonin, a feel good hormone. Learn more here: [Amino Acid Guide](#).



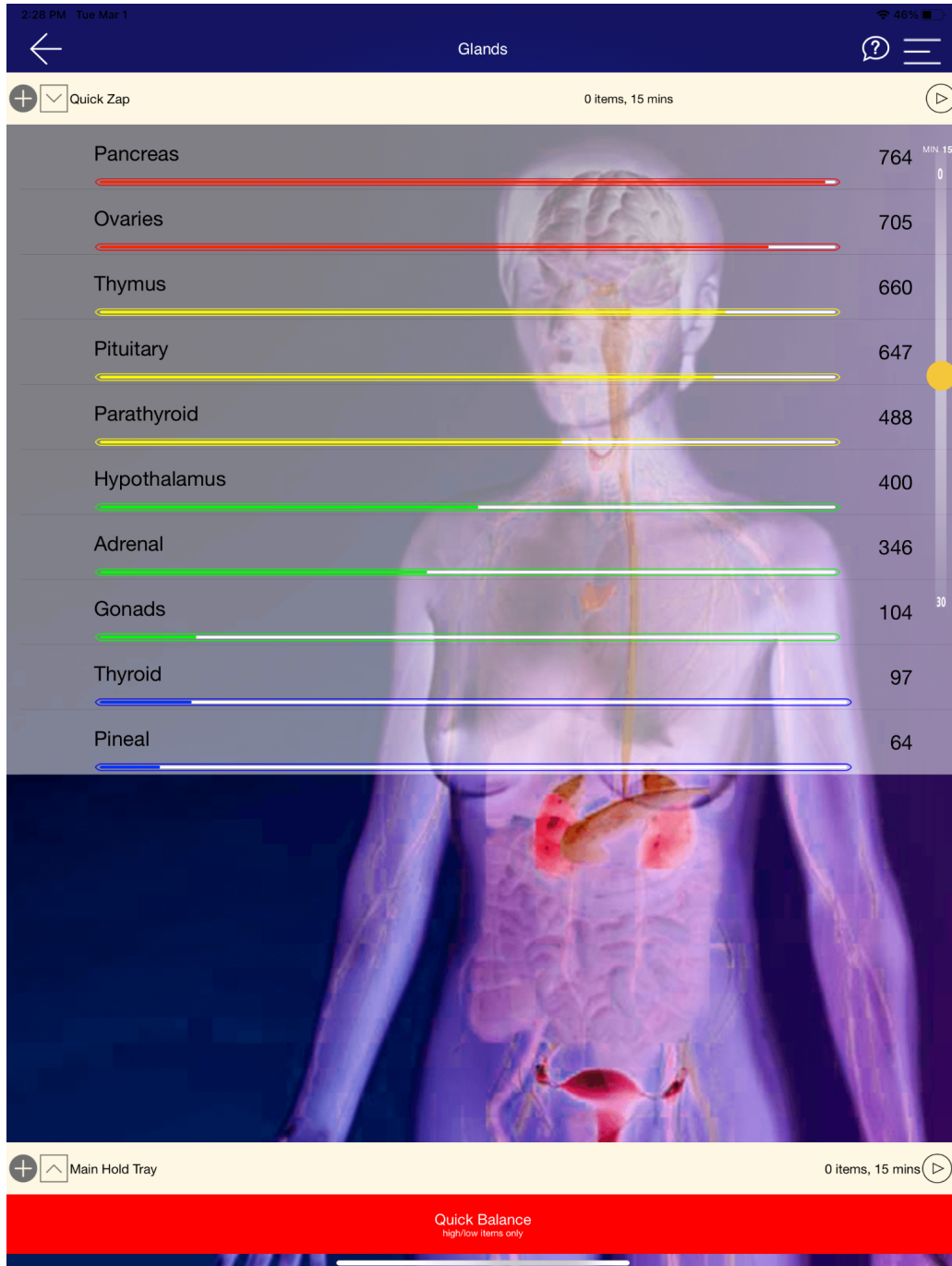
Spinal Energy

The nervous system is an important part of health. Nerves extend from the spine and reach out to organs and glands. These nerves give power to the muscles and organs. Use these frequencies to reduce stress disturbances that may have its origins in compressed nerves affecting the muscles, organs and glands of the body. Try a Quick Balance for 5 minutes a day to work on the total energetics of the spine. Learn more here: [Spinal Energy Guide](#).



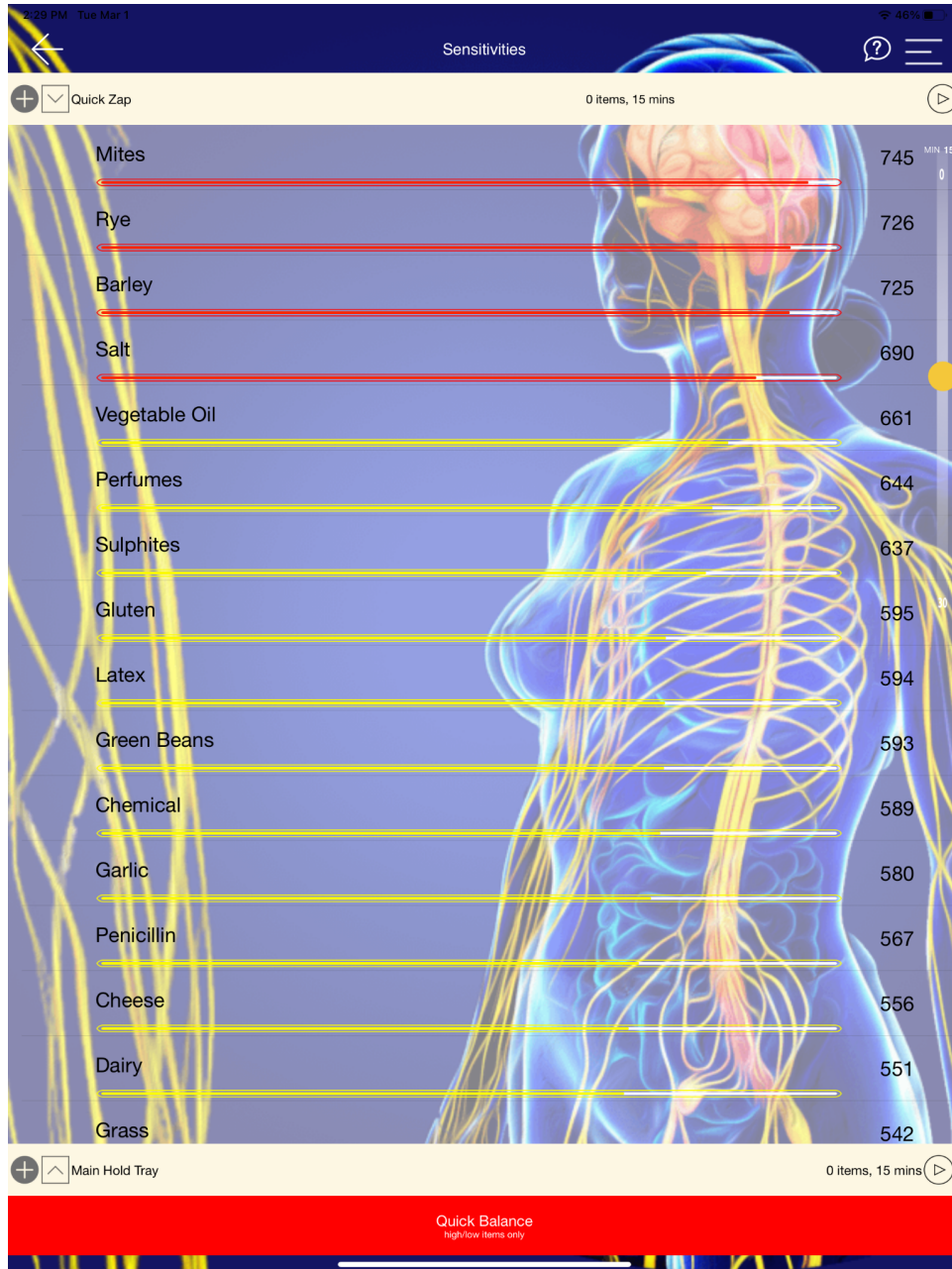
Glands

The glands of the body secrete important hormones for overall health and wellness. Consider using the Glands panel in your daily balancing. Learn more in the [Glands Panel Guide](#).



Sensitivities

What foods or things in your environment are not in resonance with you today? Learn about exposures that might be affecting you. Foods that appear in red or blue are best to avoid today. Learn more about these frequencies in the [Sensitivities Panel Guide](#).



Herbs

Herbs are derived from plants and may have powerful healing benefits. Which herbs resonate the most for you today? Play these frequencies to entrain the energetics of the herbs on this panel. Learn more about this panel in the [Herbs Guide](#).

The screenshot shows a mobile application interface for 'Herbs'. The top status bar displays '2:28 PM Tue Mar 1' and '46%' battery. The app title 'Herbs' is centered at the top. Below the title, there are two sections: 'Quick Zap' and 'Main Hold Tray'. The 'Quick Zap' section shows '0 items, 15 mins' and a play button. The 'Main Hold Tray' section shows '0 items, 15 mins' and a play button. The central part of the screen is a list of herbs with their corresponding frequency values and progress bars. The progress bars are red for the first 10 herbs and yellow for the remaining 10. The background of the list is a blue silhouette of a human body with a glowing yellow nervous system.

| Herb | Frequency |
|----------------|-----------|
| Ginseng | 758 |
| Milk Thistle | 755 |
| Bee Balm | 744 |
| Chaparral | 727 |
| Cayenne | 725 |
| Turmeric | 720 |
| Boswellia | 717 |
| Shilajit | 716 |
| Chicory | 687 |
| Maca | 664 |
| Comfrey | 644 |
| Maitake | 639 |
| Chaste Tree | 617 |
| Borage | 608 |
| Korean Ginseng | 608 |
| Ashwagandha | 608 |

At the bottom of the screen, there is a red bar with the text 'Quick Balance' and 'high/low items only'.

Essential Oils

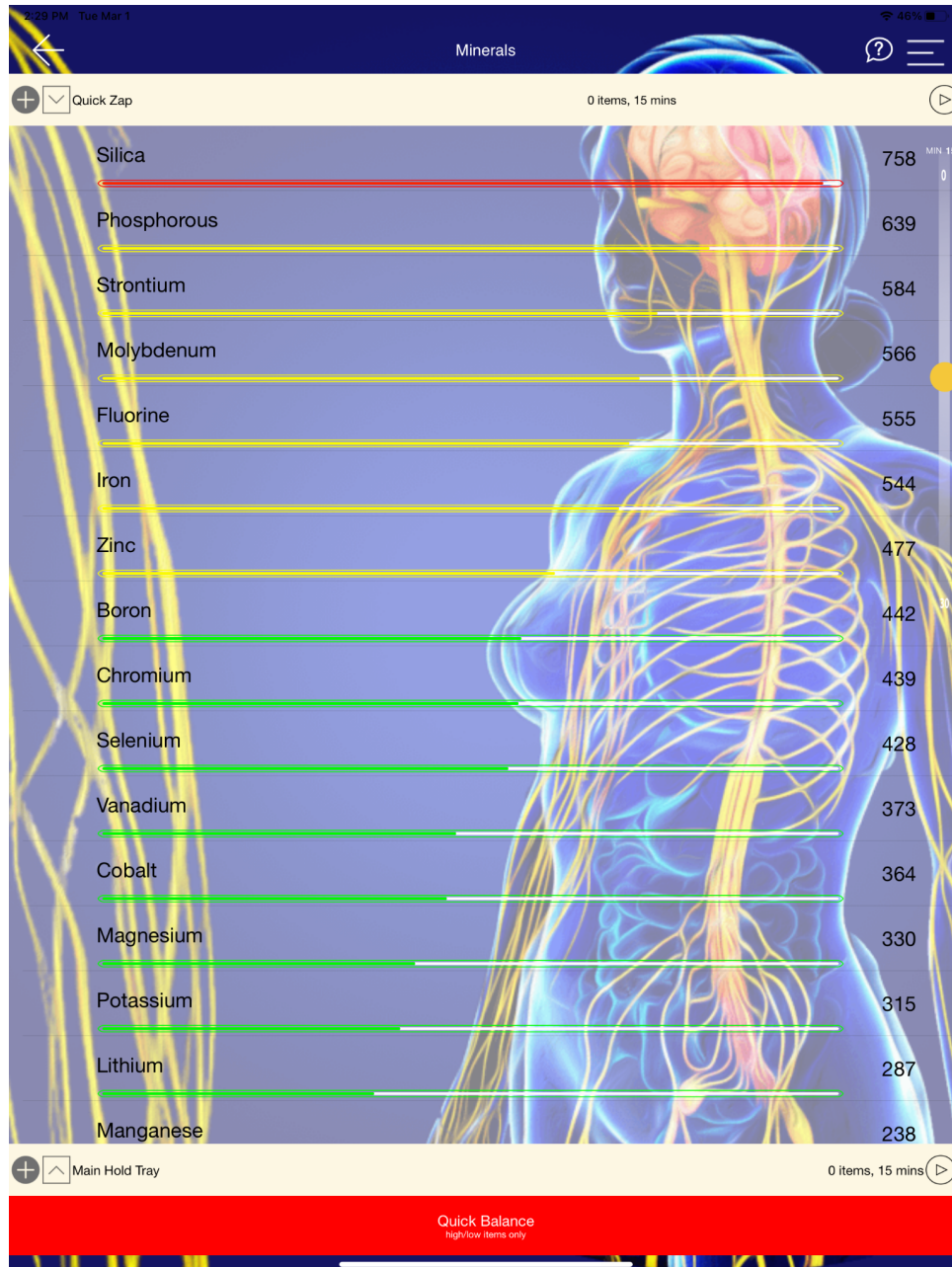
Essential Oils are derived from plants and may have powerful healing benefits. Which herbs resonate the most for you today? Play these frequencies to entrain the energetics of the herbs on this panel. Learn more about this panel in the [Essential Oils Guide](#).

The screenshot displays an application interface for selecting essential oils. The title is "Essential Oils". Below the title, there is a "Quick Zap" section with "0 items, 15 mins" and a play button. The main list contains 15 items, each with a name, a frequency value, and a progress bar. The items are: Sandalwood (771), Cassia (741), White Fir (739), Dill (719), Lemongrass (718), Fennel (717), Oregano (687), Basil (662), Rosemary (630), Frankincense (622), Cinnamon Bark (615), Geranium (604), Coriander (601), Thyme (590), Cardamom (589), and Cypress (555). A yellow dot is visible on the right side of the list, corresponding to the Dill item. At the bottom, there is a "Main Hold Tray" section with "0 items, 15 mins" and a play button. A red banner at the very bottom contains the text "Quick Balance high/low items only".

| Essential Oil | Frequency |
|---------------|-----------|
| Sandalwood | 771 |
| Cassia | 741 |
| White Fir | 739 |
| Dill | 719 |
| Lemongrass | 718 |
| Fennel | 717 |
| Oregano | 687 |
| Basil | 662 |
| Rosemary | 630 |
| Frankincense | 622 |
| Cinnamon Bark | 615 |
| Geranium | 604 |
| Coriander | 601 |
| Thyme | 590 |
| Cardamom | 589 |
| Cypress | 555 |

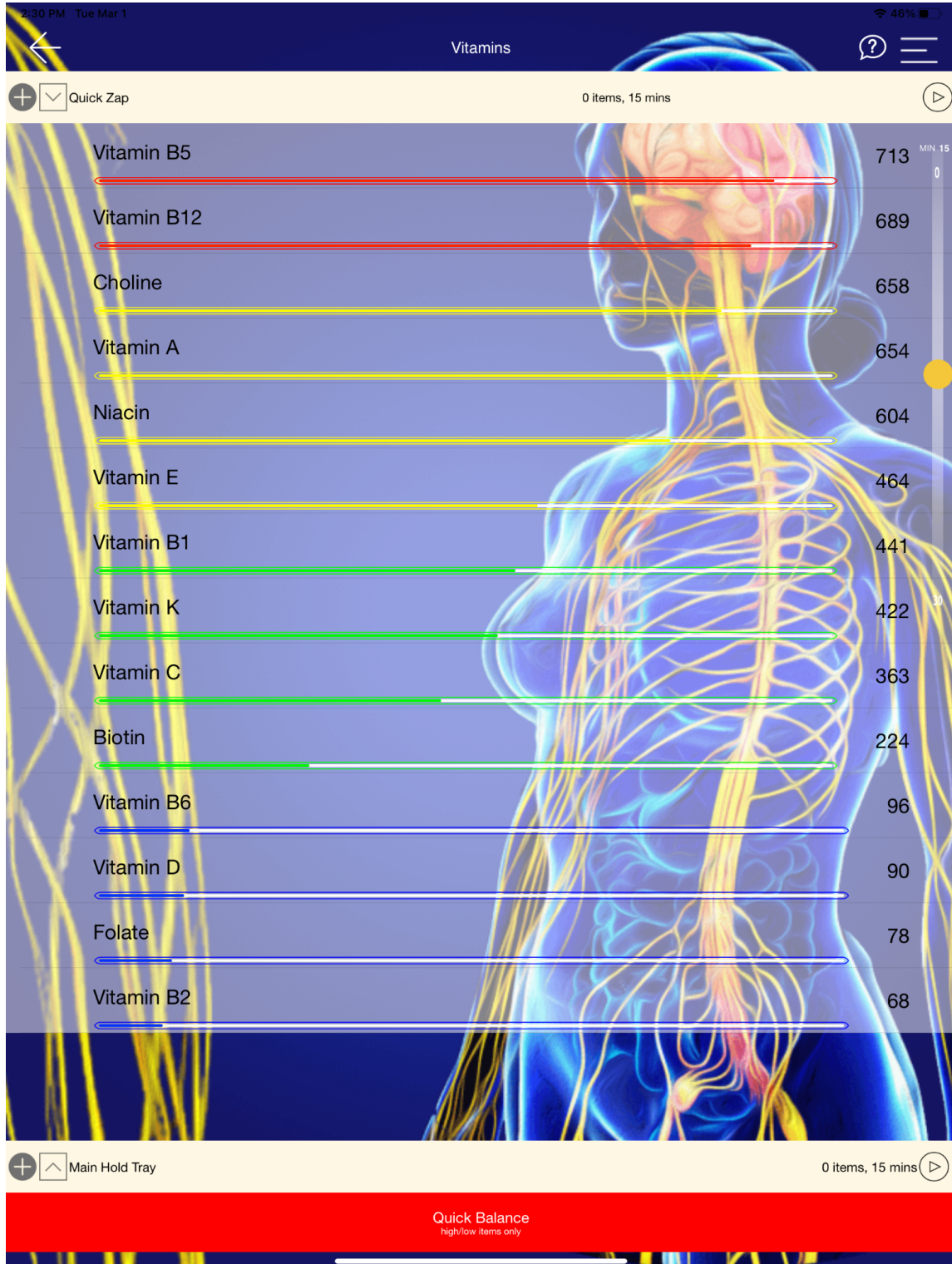
Minerals

Minerals help with many functions of the body, including those for bones, muscles, heart and brain. Minerals are also important for the production of enzymes and hormones. Use minerals in your daily balancing. Get hints about which minerals are resonating most for you today. Those will be indicated by those that have red and blue scores. See more about this panel in the [Minerals Panel Guide](#).



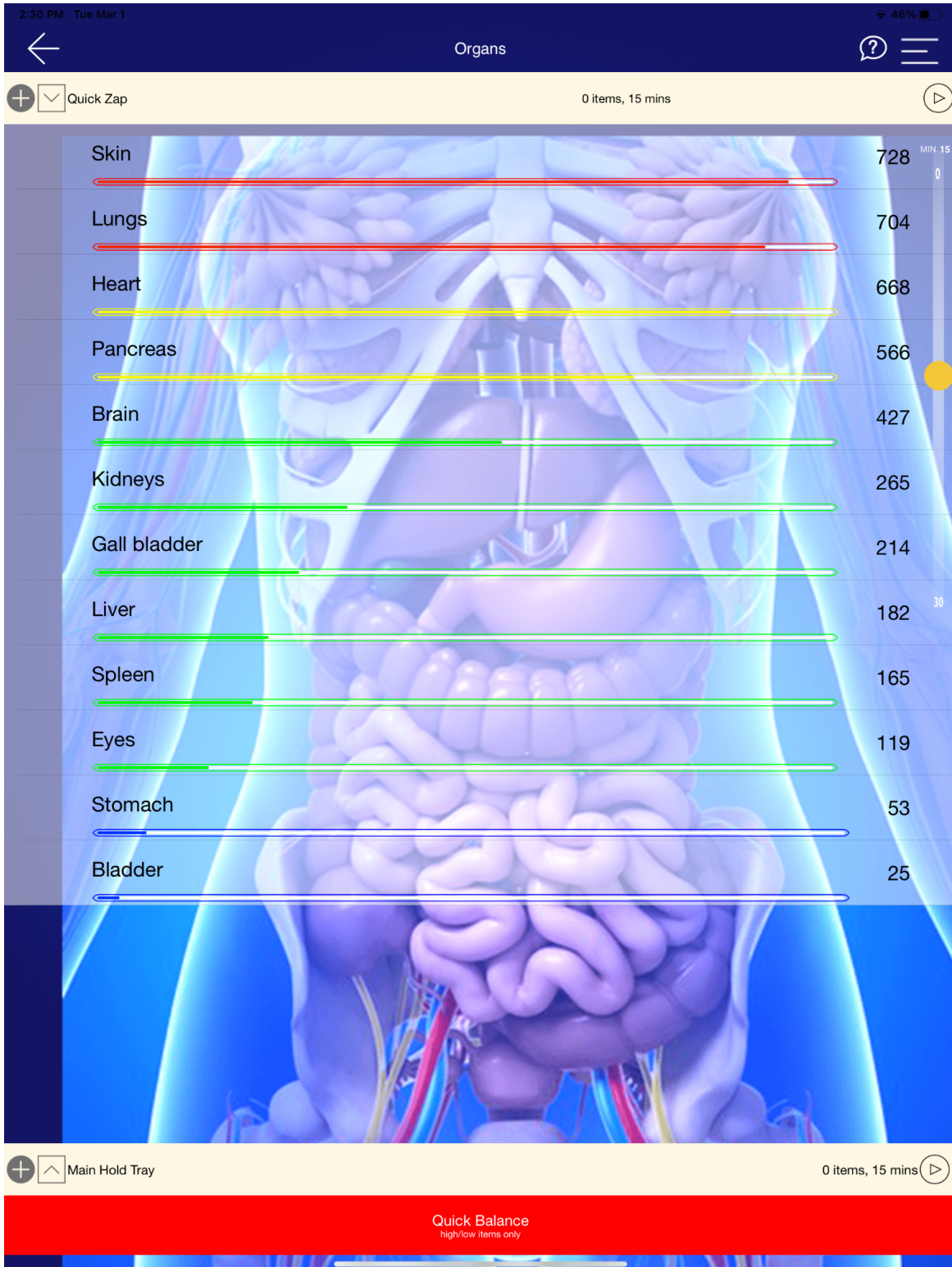
Vitamins

Vitamins are utilized by the body to support the immune system, detoxify, assist with the creation of energy and much more. Choose the red and blue items by dragging and dropping them into the Quick Zap or Main Hold Tray. Read more about this panel in the [Vitamins Panel Guide](#).



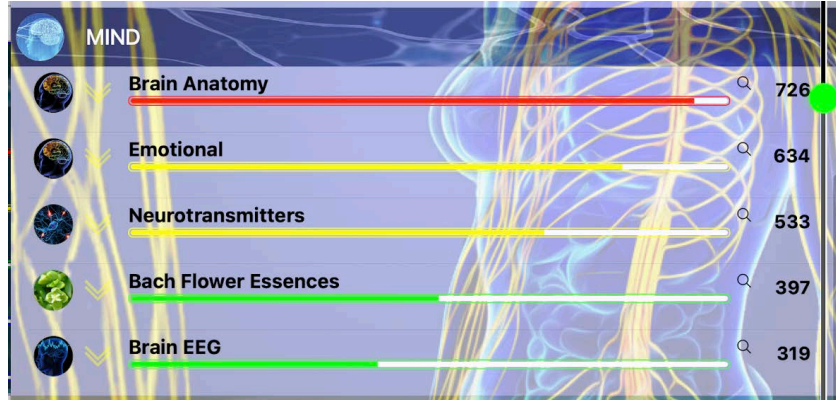
Organs

The organs of the body are related to digestive function of the body, lungs, heart and more. Use these frequencies in your daily balancing by selecting the red and blue items to place in the Quick Zap or Main Hold tray.



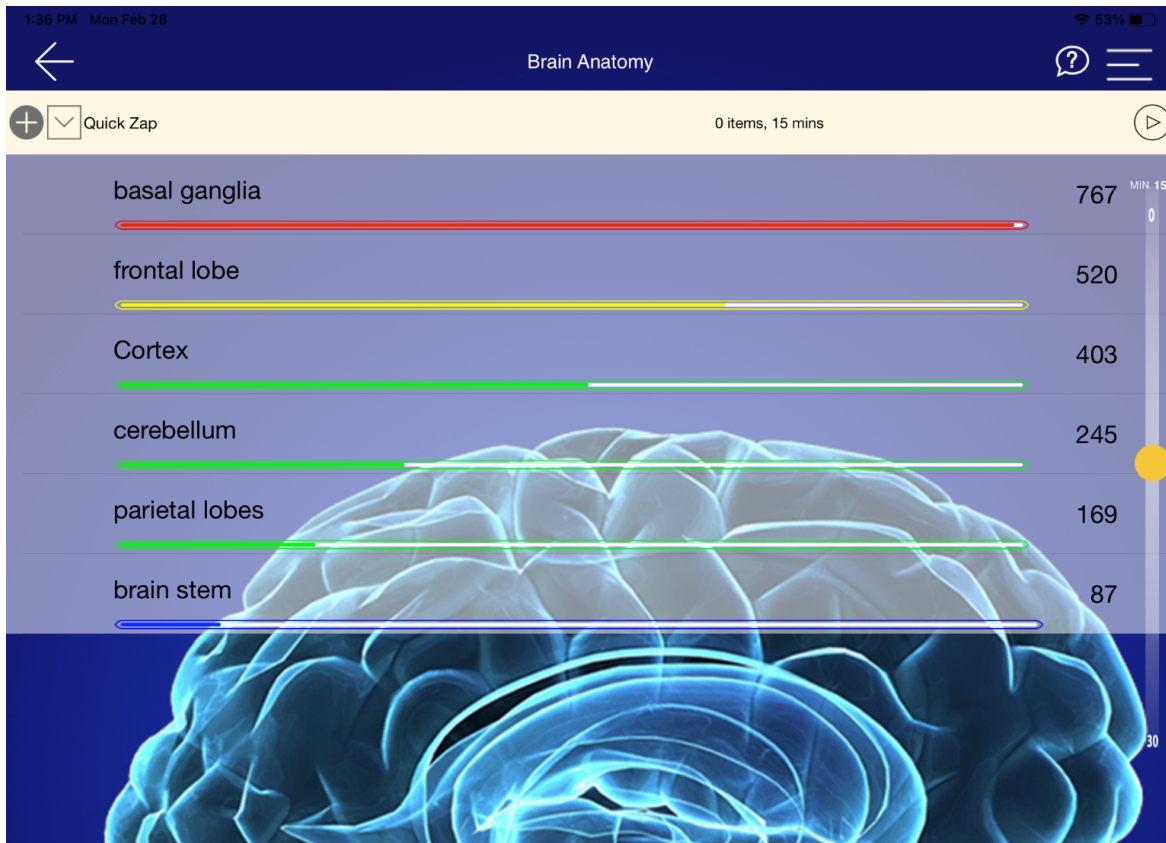
Mind Panels

The panels under the Mind category are related to the brain neurotransmitters and mental overall wellness as explored in the Bach Flower Essences and Emotional panels.



Brain Anatomy:

Where in the brain should we send energy today? Reds and blues indicate which frequencies are best used for today. Increased energy in the brain might assist with clearing feelings of brain fog and fatigue. Learn more with the [Brain Anatomy Guide](#).



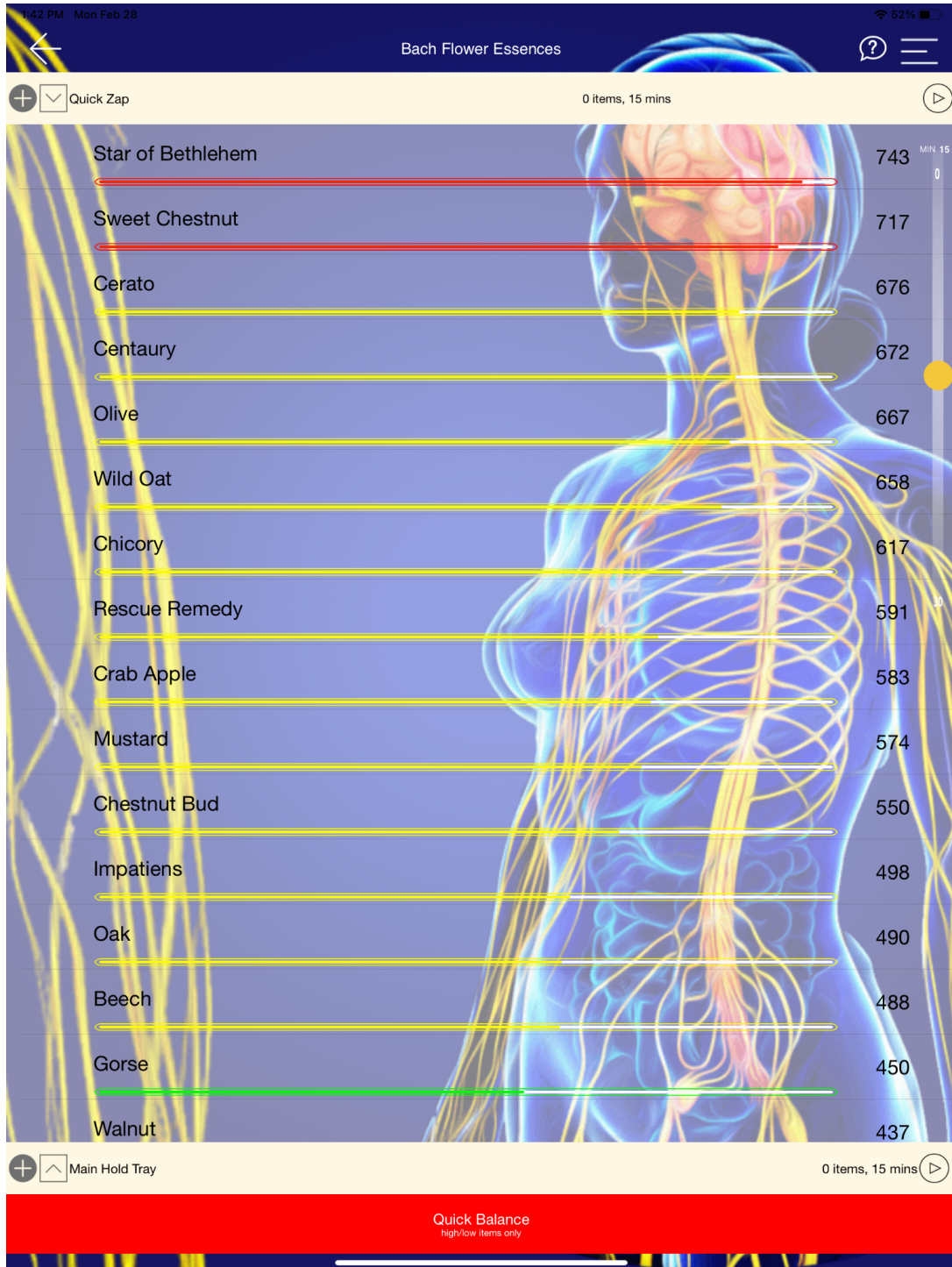
Brain EEG:

Alpha waves are increased by daily meditation and help us to think more clearly and creatively. Beta waves help us to focus on the task at hand. Which brain wave needs energy today? Add the items that appear as red or blue into the Quick Zap or Main Hold tray. Learn more with the [Brain EEG Guide](#).



Bach Flower Essences:

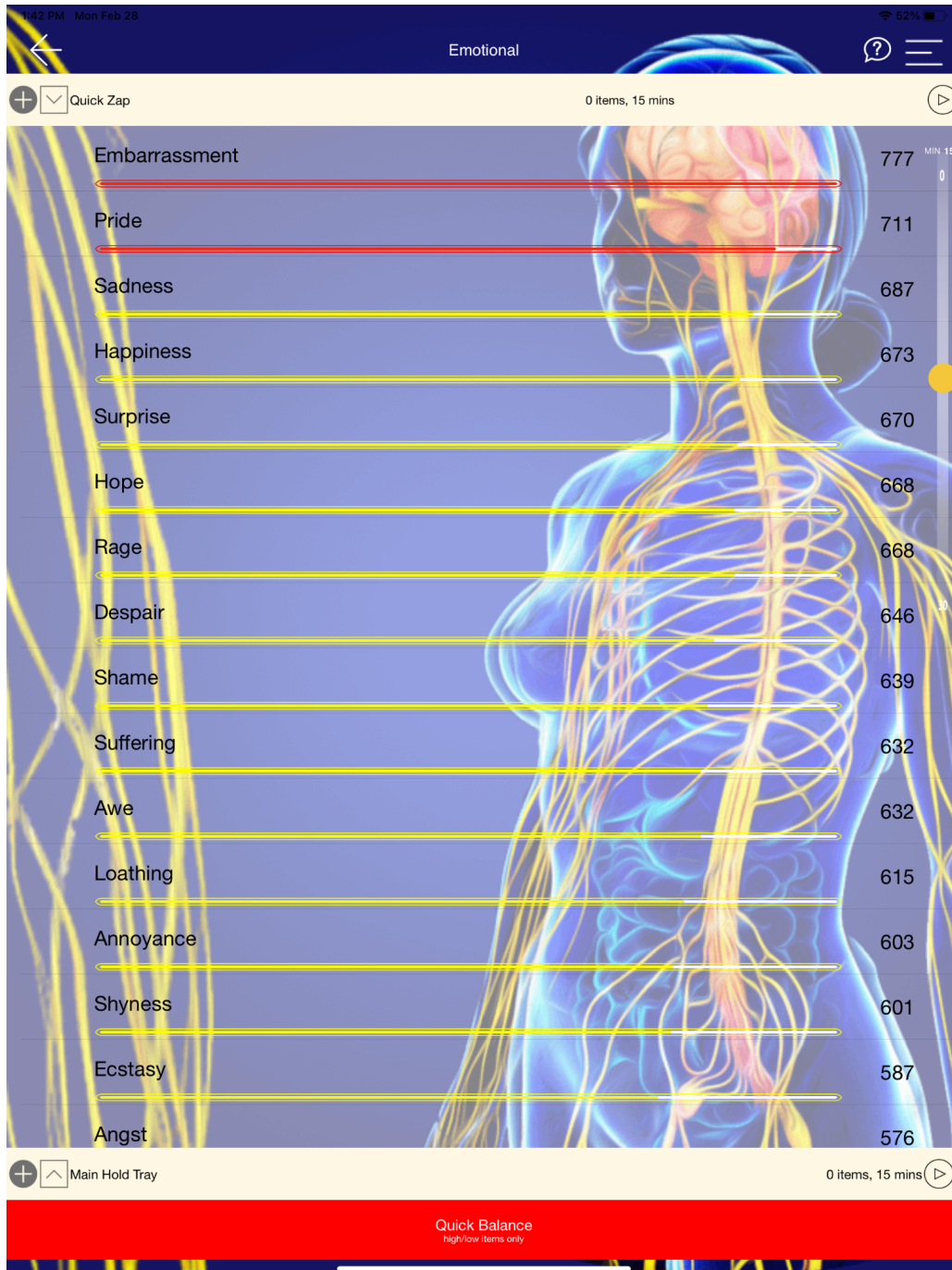
Bach Flower Essences give us excellent hints about the emotional issue we may be working through at this time. The Essence gives us the ability to push through and resolve the emotional wound or blockage. We can take the Flower Essence or we can play the frequency on the Genius for a similar experience. What is your top Flower Essence today? See the meaning of the Flower Essence in this Guide to [Bach Flower Essences Panel](#)



Emotional:

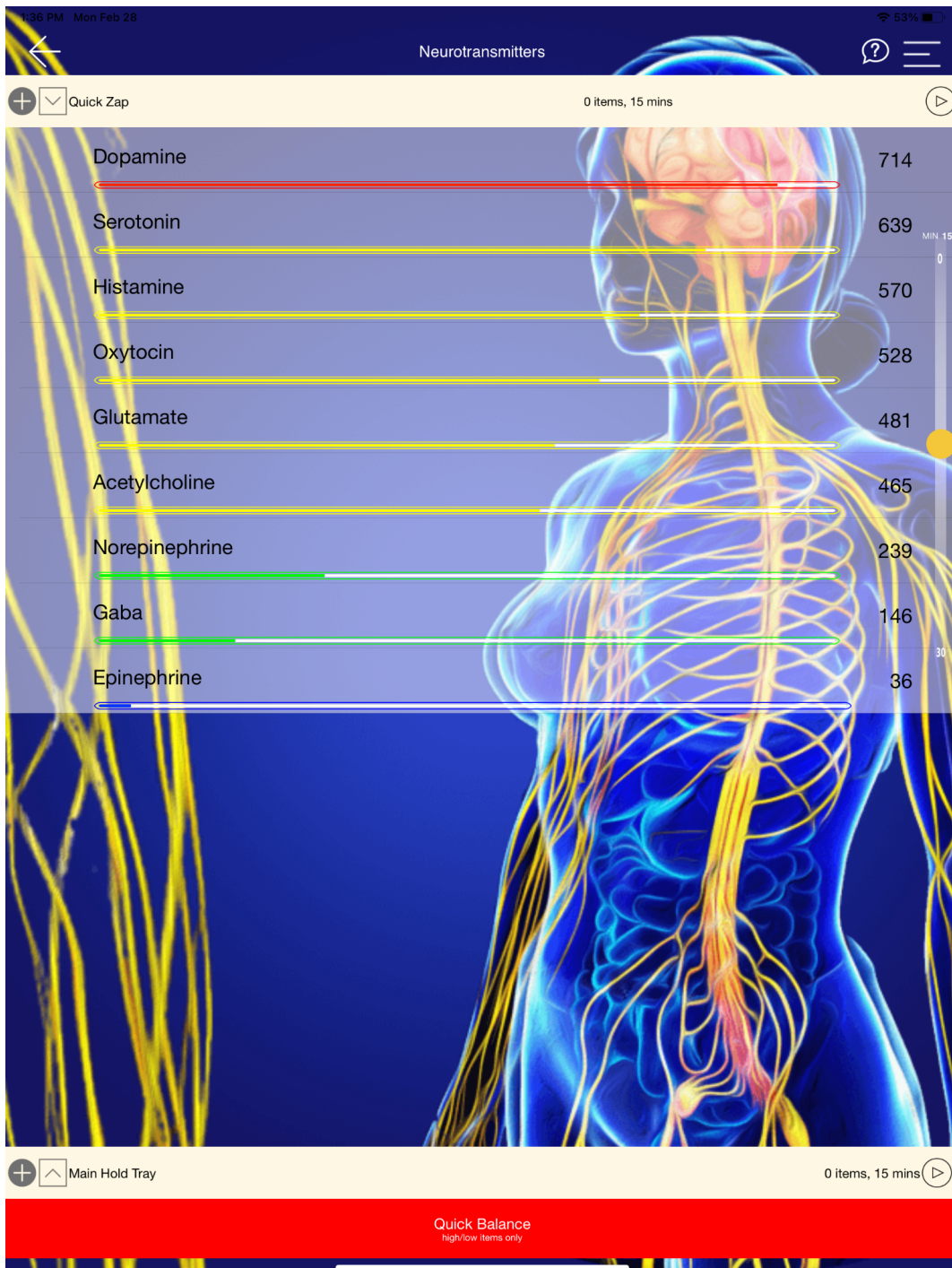
It has been said that every physical illness or issue has an emotional connection. What are the emotions that are blocked? What emotional wounds are keeping us from experiencing true happiness or having more energy in life? Run the frequencies that show up as red or blue in order to clear the charge that emotion has and experience more harmony and peace. Learn more with this [Emotional Healing Guide](#)

Balancing Tip: Use the Quick Balance bar at the bottom of the screen to automatically balance the reds and blues on this panel. The timer bar is the yellow bar



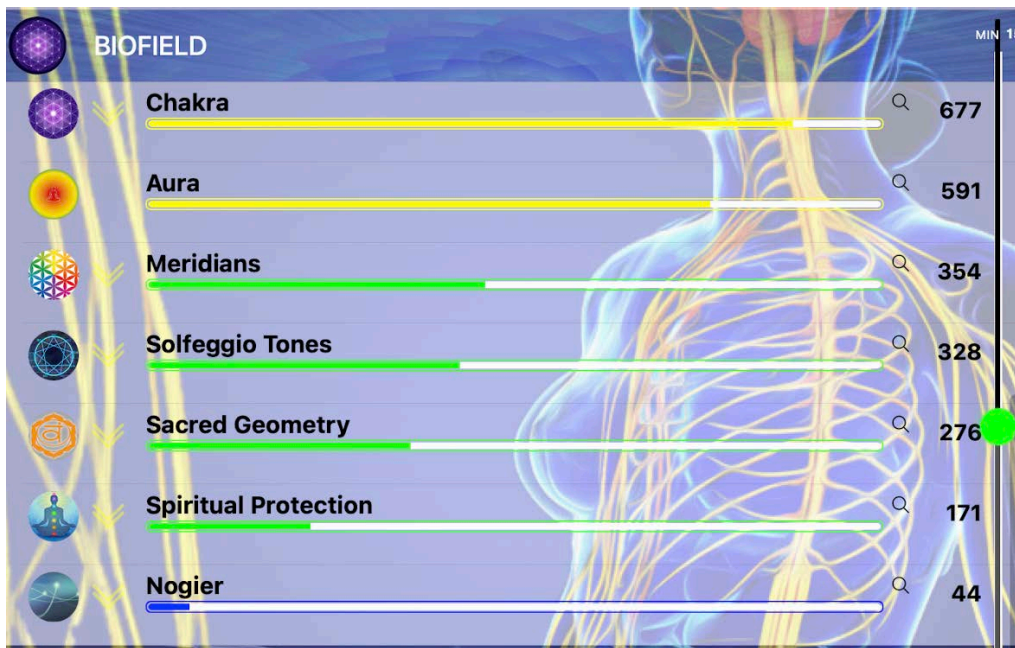
Neurotransmitters:

Neurotransmitters are often referred to as the body's chemical messengers. They are the molecules used by the nervous system to transmit messages between neurons, or from neurons to muscles. Discover which of these to give energy to today as indicated by the red and blue scoring items. Learn more with the [Neurotransmitters Guide](#)



Biofield Panel

The biofield represents the energy field of the individual. It is the matrix that connects our physical, emotional, and mental dimensions. The biofield is a large field of energy that surrounds and extends out from the body about 8 feet. Work on the biofield panels as a way to powerfully shift energy that will ultimately affect the body, mind and spirit.

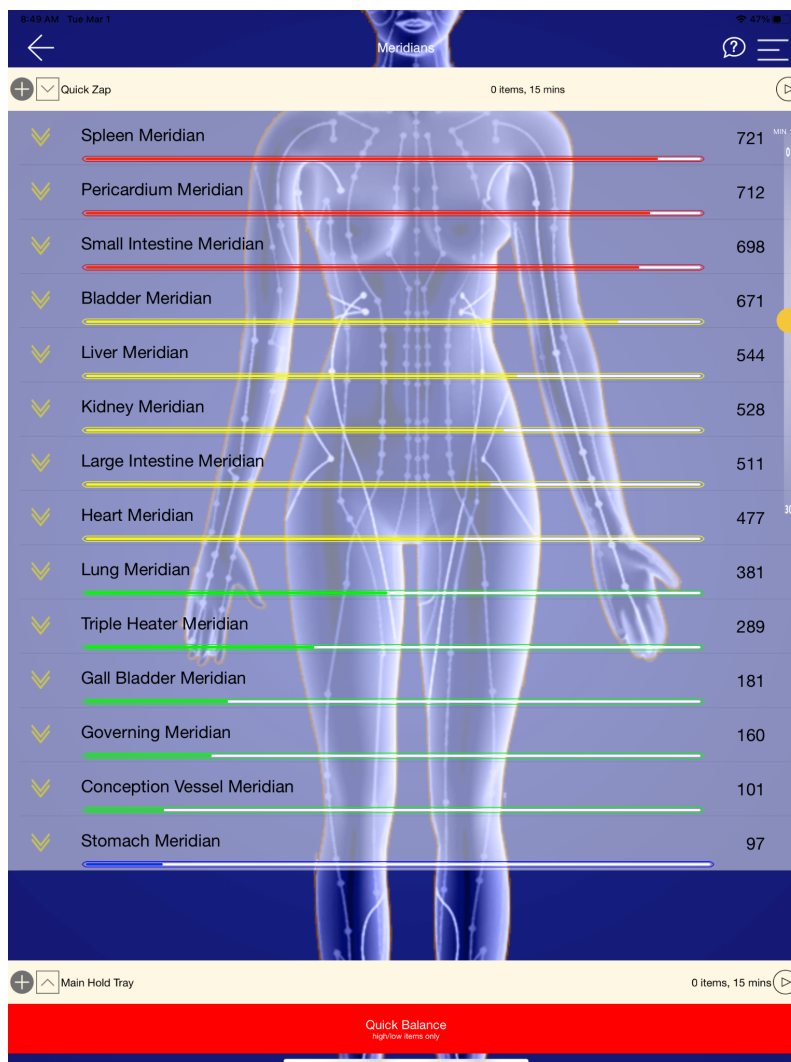


Aura :

The aura panel is interpreted through the colors that appear when you tap on the Aura button. To learn more about the meaning of the colors, see the [Aura Panel Guide](#).

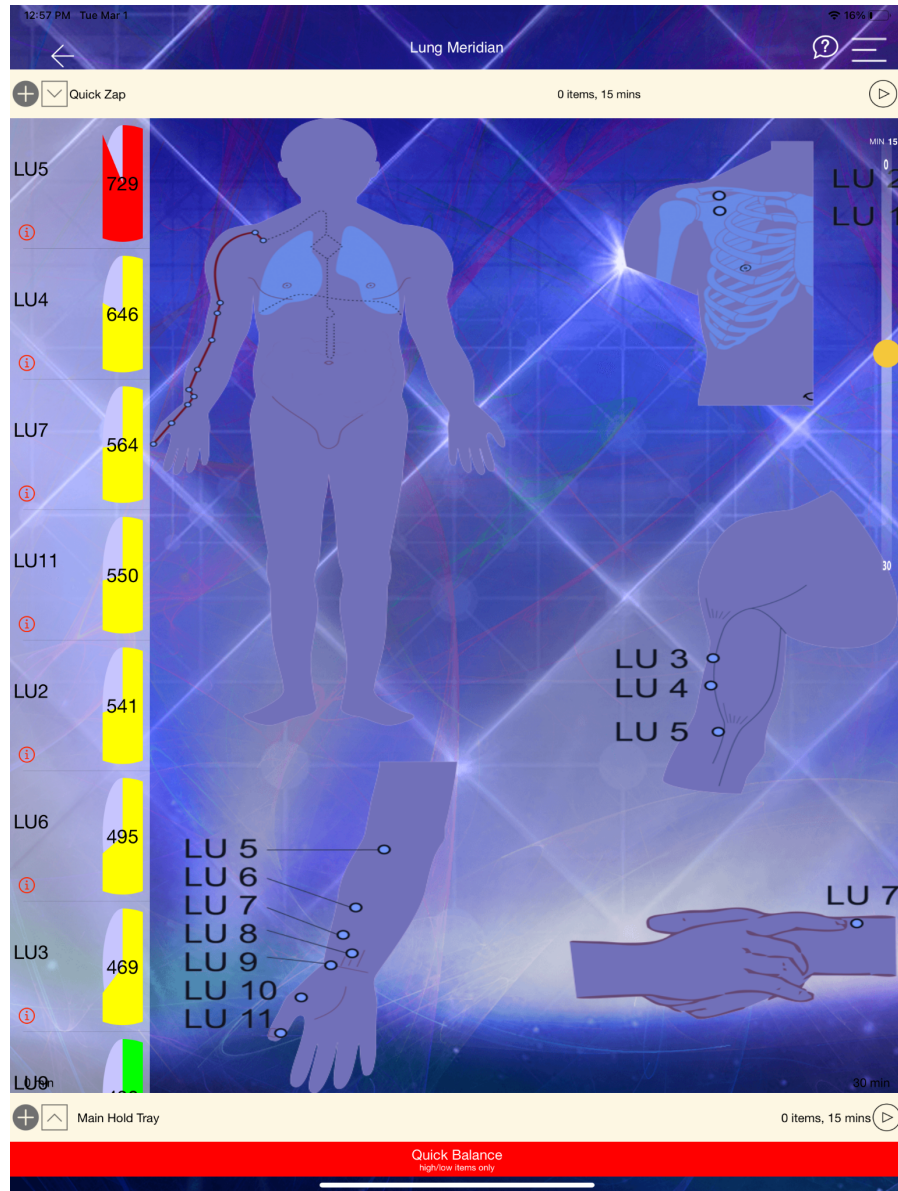
Meridians

The meridians of the body are energetic channels. They have been defined in Chinese medicine as 12 specific pathways associated with specific organs and energies. Discover the meridians that could use energy and frequency today by selecting the ones that score with the red or blue color. Place these items into the Quick Zap tray (above) or the Main Hold Tray (below). To learn more see the [Meridians Guide](#).



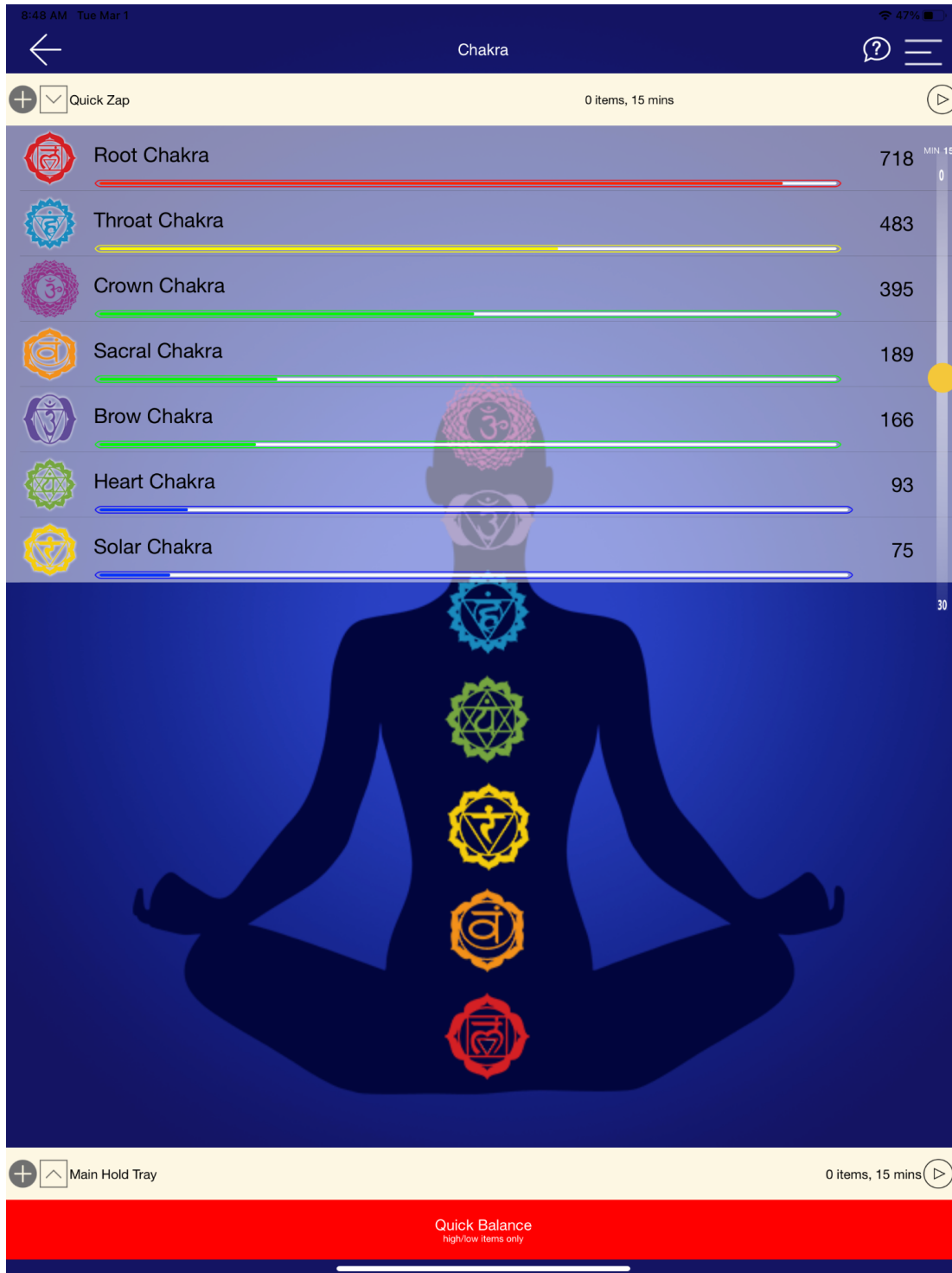
Meridian Points: Deeper dive into the meridians

You can take a deeper dive into each meridian by viewing the meridian points. To see the meridian points, tap on any line in the meridians panel. The points all have meaning and you can access the meaning by tapping on any point and revealing the meaning. Select the red and blue items for any meridian and place them in the Main Hold Tray or Quick Zap tray and press play.



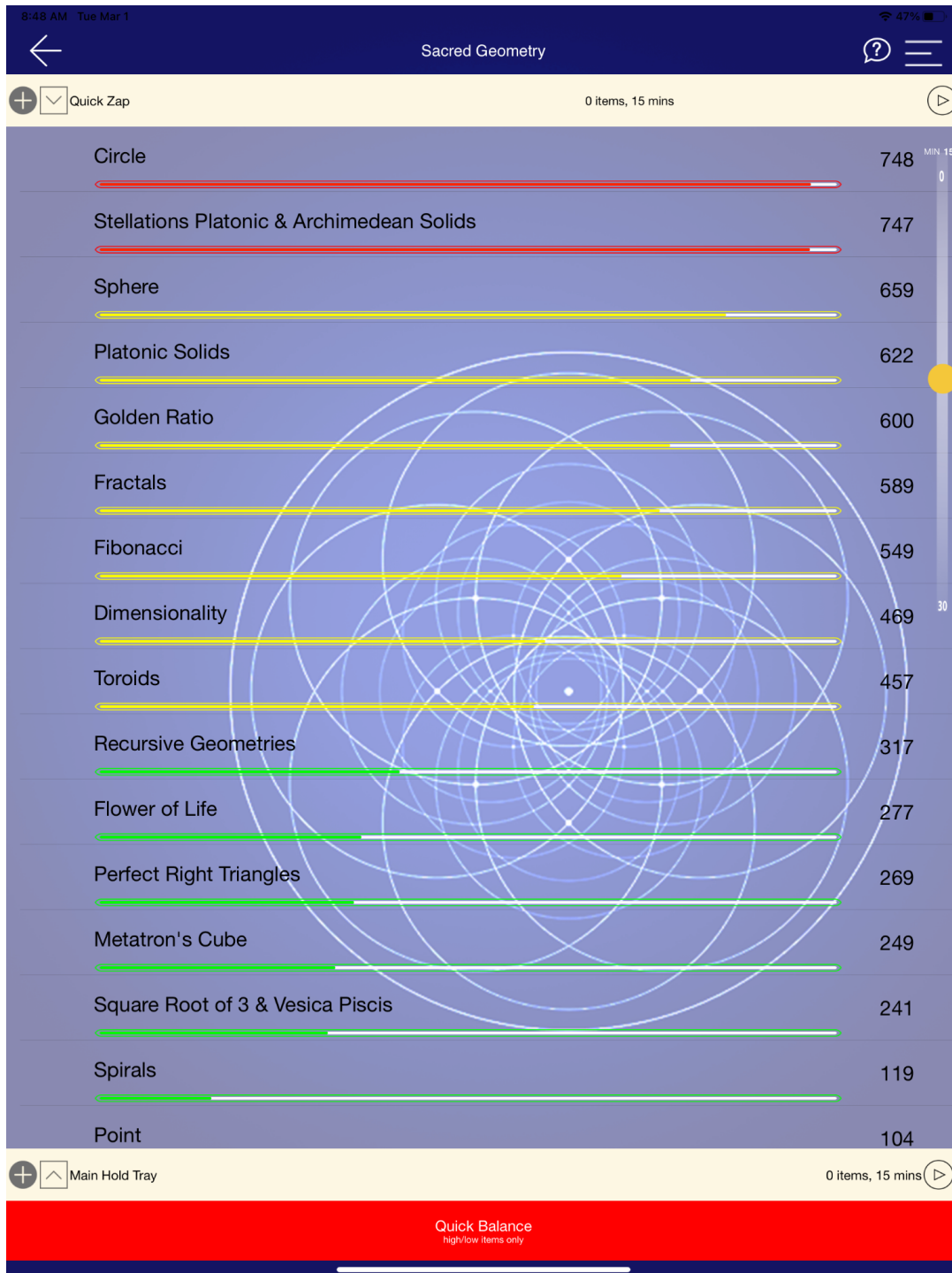
Chakra:

The chakras of the body are considered to be **energy points in your body**. They are thought to be spinning disks of energy that should stay “open” and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being. To learn more see the [Chakras Guide](#).



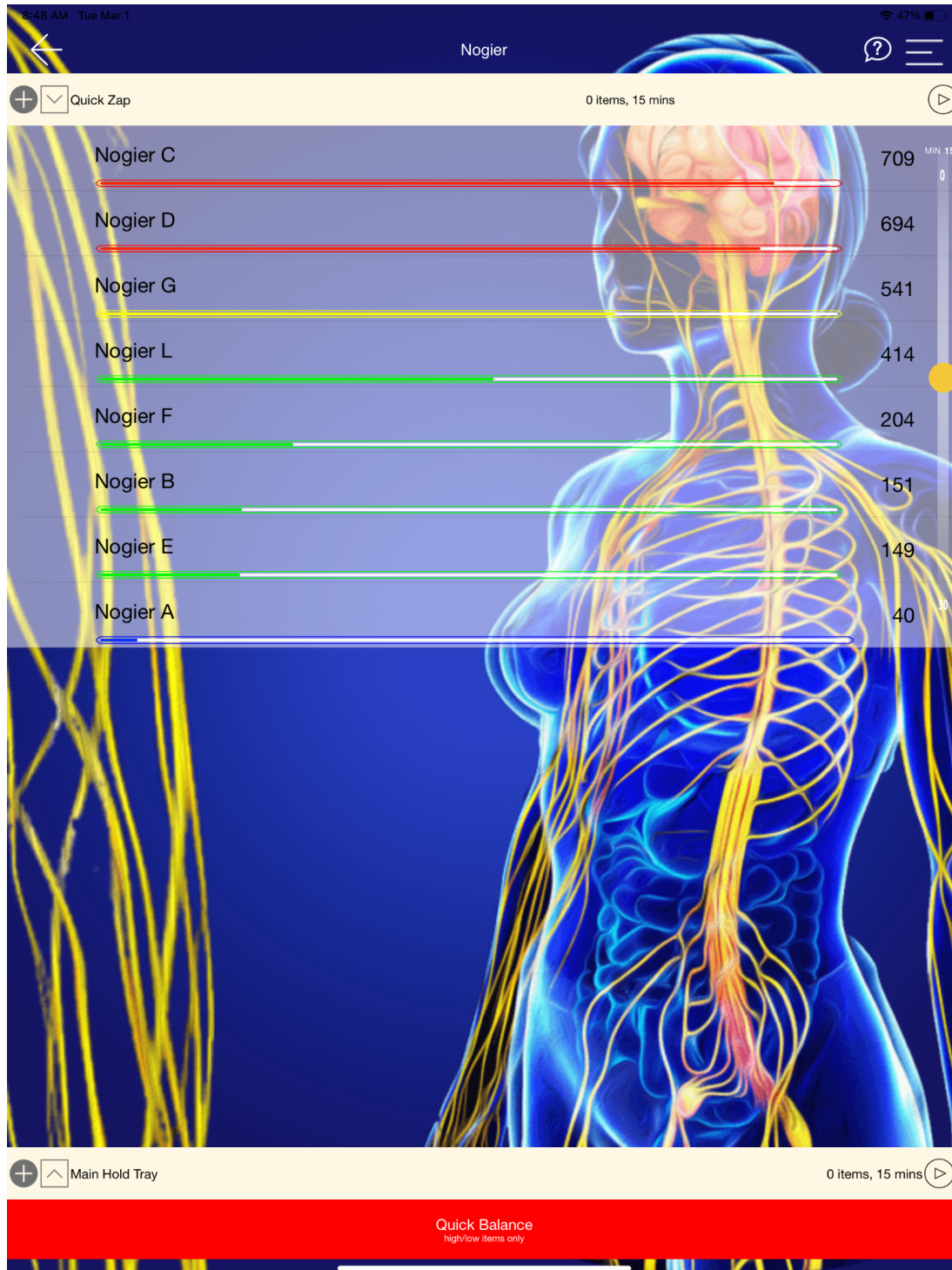
Sacred Geometry

The shapes and numbers associated with sacred geometry are said to represent an energy of the Divine, perfection or coherence. The energies and mathematics of Sacred Geometry appear everywhere in nature. See what Sacred Geometric energy is resonating for you today. Is it Toroids? Toroids are a powerful type of energy generation and a toroidal field surrounds the heart of every human being. To learn about more see the [Sacred Geometry Guide](#).



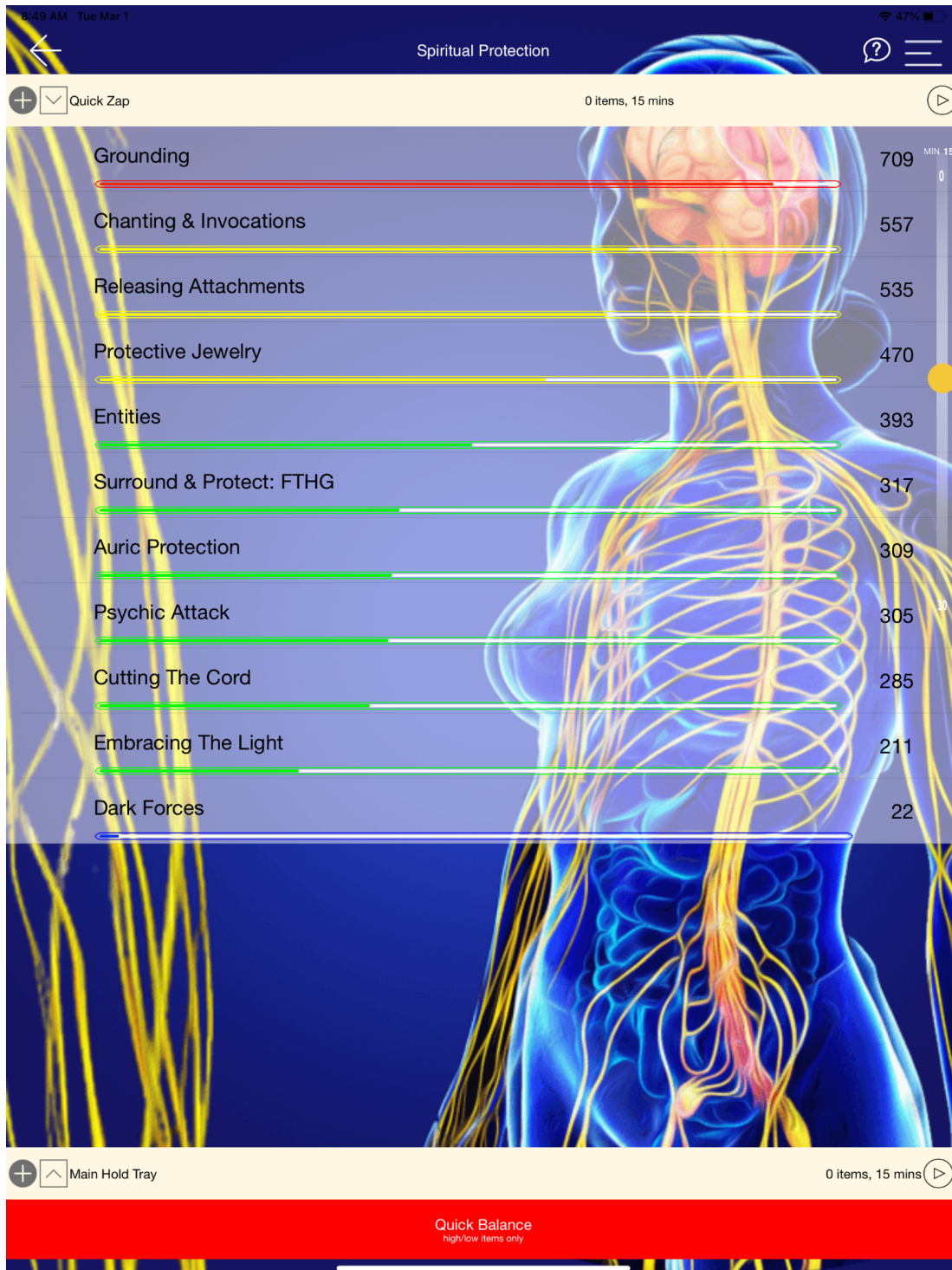
Nogier

From the perspective of Dr. Paul Nogier, disease occurs when cells go out of sync with their optimal vibrating frequency, which is like the organ's native or home frequency. By playing the home frequency, the organ will quickly move back into a state of optimal functioning. Which Nogier most resonates for you today? To learn more see the [Nogier Guide](#).



Spiritual Protection

The spiritual protection screen looks at different energies and shows where some may need fortification. For example, if grounding shows up as a red frequency, the person may find it hard to focus on the task at hand. Their mind is often running in a different direction. The frequencies in this panel are quite powerful. You may want to do a 5 minute Quick Balance daily in order to stay energetically strong, grounded and focused.



Solfeggio Tones

The Solfeggio tones represent sacred harmonic steps that bring tranquility to the spirit when we listen to them. To get a feeling of this, listen to Gregorian chanting which uses the harmonics of the Solfeggio tones. The Solfeggio Tone 528Hz has been associated with assisting the creation of miracles and the transformation at a DNA level. You can choose this single frequency and place it up in the Quick Zap. Play this one on its own throughout the day for any issue you may be experiencing. To learn more please see the [Solfeggio Tones Guide](#).

8:48 AM Tue Mar 1 47%

Solfeggio Tones

Quick Zap 0 items, 15 mins

| Frequency (Hz) | Description | Value |
|----------------|---|-------|
| 852 | LA Returning to Spiritual Order | 729 |
| 174 | Connecting the Dots | 627 |
| 741 | SOL Awakening Intuition | 574 |
| 639 | FA Connecting/Relationships | 323 |
| 417 | RE Undoing Situations and Facilitating Change | 214 |
| 528 | MI Transformation and Miracles (DNA Repair) | 99 |
| 285 | Expressing Uniqueness | 90 |
| 963 | Perfect Note completing the circle | 47 |
| 396 | UT Liberating Guilt and Fear | 27 |

Main Hold Tray 0 items, 15 mins

Quick Balance
high/low items only