

Genius Biofeedback Research Project Instructions

Welcome to your Genius Biofeedback Research Project! This is the Daily Process and how to do it. For the next 8 weeks, do this balancing process only without any other frequencies for the purpose of the study.

Each week you will receive an email requesting that you complete the symptom progress questionnaire. Please check your inbox every week to see your questionnaire. If you do not find the email, you can download the questionnaire by logging into the Learning Portal at geniusbiofeedbacktraining.com and access the module for the Genius Biofeedback Learning Portal.

Follow this exact process daily. You can do your process at any time of the day. You may want to schedule it for the same time each day so that it is part of your routine. Thank you for being part of this exciting project!

Here is the Daily Process:

- Record your voice and picture
- Skip Energetic Entrainment Affirmation
- Select the red and blue items for each of these panels:
 - **Today's Stress**
 - **Body Systems**
 - **Organs**
 - **Glands**
 - **Spinal Energy**
 - **Meridians**
 - **Solfeggio Tones**
 - **Digestion**
 - **Bach Flower Essences**
- From System Overview, move to Progressive Insights
- Tap Begin Analysis in Progressive Insights
- Select "all" to balance all the items
- Set the timer to 15 minutes
- Check your Frequency Shape/Form for these settings:
 - Default Tone Generator
 - Wave Power Intensity - Default
 - Ambient Soundscapes - Chimes & Bells
 - Binaural Beats - Inner Bless & Harmony
 - Wave Form - Alternating
- Run the frequencies for 15 minutes. If possible, listen to the tones through headphones.
- Let this Process be the one balancing you do each day - time of day is not important but just do this one time each day

Do you have questions? Please reach out to us: support@geniusbiofeedback.com