Frequencies for Your Life

Martina Kondritz's Guide to Using Soul Cycle

If you're new to the Soul Cycle programs and want to achieve a better sense of inner balance and calm, this step-by-step guide is for you. Note: The ideal time to use these programs is in the morning.

1
3 DAYS | 1 × A DAY
ACCEPTANCE
Energetic harmonization in the ability to accept ourselves the way we are.

2
3 DAYS | 1 × A DAY
SERENITY
Stimulating the inner balance of the energetic field.

3
3 DAYS | 1 × A DAY
BURDEN
Energetic support for releasing.

4
3 DAYS | 1 × A DAY
EMOTIONS
Energetic support for processing emotions.

5
3 DAYS | 1 × A DAY
AURA PURE
Purifying the Energetic Field.

6
3 DAYS | 1 × A DAY
HAPPY
Positive alignment of the Energetic Field.

7
3 DAYS | 1 × A DAY
CONFIDENCE
Energetic stimulation of the inner connection to ourselves.

8
3 DAYS | 1 × A DAY
INNER BALANCE
Energetic stimulation of the inner unity.

9
3 DAYS | 1 × A DAY
POWER RESERVE
Stimulating the Bioenergetic Field (do not use too late in the evening).

10
3 DAYS | 1 × A DAY
SELF-CONFIDENCE
Inner-centering of the Bioenergetic Field.

11
3 DAYS | 1 × A DAY
ENERGY BALANCE
Balancing the energy centers.

12
3 DAYS | 1 × A DAY
STIMULATION
Stimulating energetic regeneration.

During these 36 days, pay extra attention to which program you do really well with and then apply it once every other day for the next 2 weeks.

After completing this routine, you will be more familiar with each program and that will help you choose the one that is best for you at that moment.

If you have the HealAdvisor Analyse App, you can also do an analysis in the Information Field in the Resonance module and choose the program with which you currently have the highest resonance with.

Good luck on your path to deeper inner harmony with yourself and everything around you!

Healy World Trading India Pvt Ltd. | www.healy.world
Level 2 | Elegance Tower | Old Mathura Road Jasola | New Delhi 110025 | India

healyworldofficial

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: The information on these pages is for reference and educational purposes only. While Healy World endeavors to keep the information contained in these pages current, no warranty or guarantee concerning the accuracy, suitability, or timeliness of information is made. Healy World is not responsible for any loss or damage resulting from the use of the information provided on these pages. All information is presented on an "as is" basis and responsibility for its interpretation and use lies solely with the user. Use of Healy World products, programs, or information is at the user's own risk and subject to the user's discretion and independent judgment. The Healy World companies specifically disclaim responsibility for user decisions related to the use of Healy World products or services that are outside the scope of the Instructions for Use and company-provided manual.