

## MICRO HARMONIZER Q & A

### How small is the Micro Harmonizer?

2 3/8" x 1 1/2" x 3/4": Small enough to wear or carry in a pocket without even noticing it.

### Do I have to keep the unit on my body?

Yes; use the clip to attach it to clothing or place it in a pocket.

### How do I know it's working?

The flashing LED on the back is always active while the unit is operating.

### What is the power source?

A 3-volt lithium cell. Lithium eliminates the bioenergetic disadvantages of nickel/cadmium or alkaline batteries.

### How long does the battery last?

6-9 months with average use (2-3 hours per day).

### How accurate are the frequencies?

The unit remains effective and stable to .005 Hz, regardless of the age of the battery.

### What is the unit's frequency?

The frequency can be changed from 7.83 Hz to 3.91 Hz.

### Can the field strength be adjusted?

Yes, it can be switched from regular to high power.

### Is the unit guaranteed?

Yes. There is a 1-year replacement warranty for manufacturing defects.

The manufacturer of the Micro Harmonizer also makes units for rooms, large spaces and agricultural use. See our Website or catalog for these items.



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## MICRO HARMONIZER

**A MIRACLE OF ADVANCED TECHNOLOGY  
PACKAGED IN THE SMALLEST, HIGHEST-QUALITY UNIT  
OF ITS KIND!**



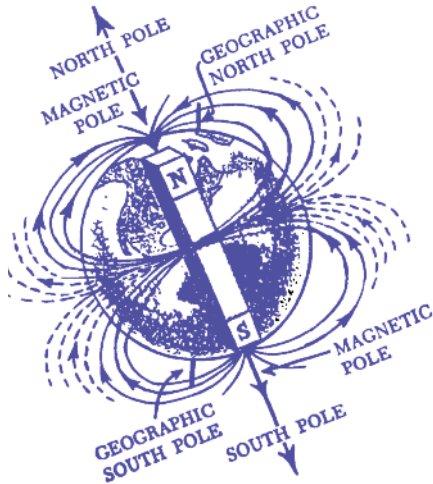
- Balanced earth resonance accurate to .005 Hz
- Engineered to run through a lifetime of use
- Unparalleled versatility and function
- Choice of power level and frequency combinations
- Compact and easy to wear
- Convenient clip-on design

The Micro Harmonizer is solely intended for your personal experimentation with 7.83Hz (Schumann Resonance), 3.91Hz pulsed frequency, and biofeedback meditative entrainment. No medical claims are made or implied. For any physical problems that you believe are caused by exposure to electropollution, consult your healthcare practitioner.

## WHY DO I NEED THE MICRO HARMONIZER?

Are you tired or feel out of sorts no matter how well you take care of yourself? If you are getting plenty of rest and have a good diet but still do not feel as well as you know you could, stress from ever-present electropollution may be the cause. Before man-made electromagnetic devices existed, the earth provided mankind with all the physical conditions for optimal health. The atmosphere, water, ozone balance and food chain are dramatic examples of an ecosystem in danger. The latest and most troubling alteration of our environment is the presence of a wide spectrum of artificially created magnetic fields. We are challenged in every aspect of our environment to maintain our equilibrium.

## WHAT IS HAPPENING TO EARTH'S NATURAL RESONANT MAGNETISM?



Scientists have documented that the Earth's field periodically waxes and wanes. Geological evidence indicates this building and diminishing of the Earth's field is tied to a planetary polar shift every million years or so. A full 5% decline has been recorded in the last 100 years. Technology is the major disruptive factor in our balance with the Earth's naturally occurring resonance and magnetism. Much in the same manner as the ozone layer and the oxygen content of our atmosphere being depleted, the Earth's natural magnetism is being disrupted.

## FUNCTION III: RE-ESTABLISH ENERGY FLOW

The Micro Harmonizer's "flow" is based on the acupuncture principle of unlocking energy that has been blocked in the body. For example, when a circuit in a building's electrical system becomes overloaded or short circuited, the circuit breaker flips off. This does not mean the circuit is not intact; it is only temporarily disconnected.

The Micro Harmonizer helps re-establish bodily energy flow. When you use the device, you will feel your circuits reconnect and energy pulses begin to flow in harmony again. The Micro Harmonizer flow technique reinforces the natural state of harmony, which brings the body back into alignment. Using the biofeedback and flow principles just a few minutes each day can dramatically reduce stress levels.

## MICRO HARMONIZER SWITCH SETTINGS

### SWITCH NUMBER

### FUNCTION

- |             |                                                        |
|-------------|--------------------------------------------------------|
| 1 . . . . . | On/Off                                                 |
| 2 . . . . . | High Power (Up Position)<br>Low Power (Down Position)  |
| 3 . . . . . | Battery Extend (Up Position)<br>Normal (Down Position) |
| 4 . . . . . | 7.83 Hz (Up Position)<br>3.91 Hz (Down Position)       |

Normal settings are 4 in the up position and 2 and 3 in the down position. When the light begins to get dimmer, the battery is getting weaker. You can then put the unit in the "Battery Extend" position (3 up) until you change the battery.

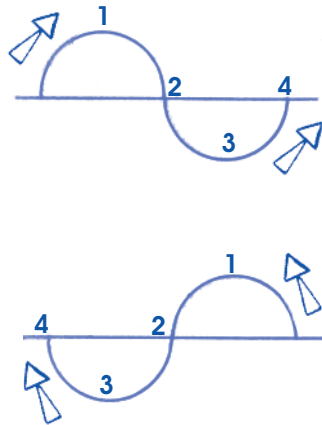
In areas where EMFs are extremely high, put switch 2 in the up position for high power. This will use the battery more quickly, so put the switch down when you return to a normal environment.

If you use the light for relaxation, put switch 4 up for Alpha state (conscious and relaxed awareness) and down for Theta state (deeper state of relaxation). See page 5 for more information about these brainwave states and the biofeedback function.

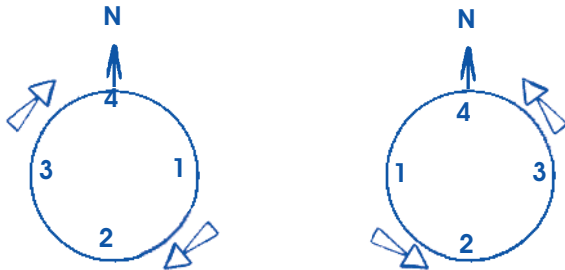
# CHARACTERISTICS OF THE MICRO HARMONIZER FIELD

The key to the Micro Harmonizer's effectiveness is the presence of the following four characteristics of the earth-resonant field.

1. A direct current biphasic sine wave, reversing direction on every cycle



2. Fully polar rotational: alternating around the compass clockwise, then counterclockwise in sequence

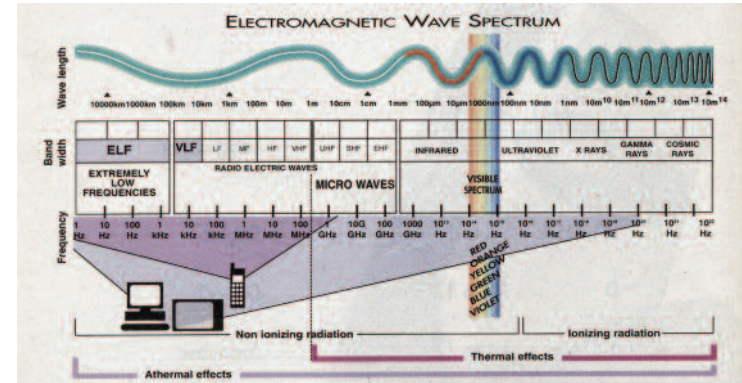


3. Output attenuated to an energetically assimilable level

4. Predetermined in shape and density, set by a unique design of field emitters

A poor field emitter can make earth resonance an irritant rather than a harmonizing influence.

The graphic below illustrates the broad spectrum of man-made electromagnetism in our environment. Some of the frequencies shown occur naturally, but man-made sources of electromagnetism exist throughout the entire scale.



## HOW CAN THE MICRO HARMONIZER HELP?

The Micro Harmonizer is a three-in-one tool for achieving maximum emotional, mental and physical harmony in an artificial and stressful environment.

### FUNCTION I: BALANCE YOUR ENVIRONMENT

The Earth has a natural magnetic resonance (called the Schumann Resonance), created in a constant interaction between the Earth's surface, the atmosphere, the ionosphere and the radiation of the sun. The dynamics of this interaction create capacitor discharge effect with two byproducts: the occurrence of electrical fields of charged particles that are discharged by lightning strikes; and an electromagnetic field pulsing at an average of 7.83 cycles per second. This 7.83 frequency functions as the coordinating signal for life on our planet. When our bio-electrical system is altered, our bio-chemical system will invariably be affected in some way.

The Harmonizer supplies a clear, stable and energetically compatible earth-resonant field. No matter what level of electromagnetic interference is present, the Micro Harmonizer makes this balanced and integrated field immediately available to re-establish harmony.

## FUNCTION II: BIOFEEDBACK ENTRAINMENT

It is no mistake that the Earth resonance of 7.83 Hz also falls into the Alpha brain-wave frequency. The Harmonizer's second function is to assist biofeedback entrainment to Alpha and Theta brain states. Entrainment happens when brainwave frequency becomes synchronized with an external stimulus.

On the back of the Micro Harmonizer is a flashing LED that can be used for a quick, effective biofeedback session whenever needed. Through entrainment, your mind will experience the peaceful awareness and calming effects associated with the Alpha states. In addition, the fourth switch on the Micro Harmonizer allows you to set the unit to flash at 7.83 (Alpha) or 3.91 (Theta).

The 7.83 Alpha setting represents a state of conscious, relaxed awareness and enhanced creativity. The 3.91 Theta setting has a deeper, more relaxing effect than the Alpha setting.

In situations where you are feeling agitated, it can be very difficult to stop your thoughts and emotions from cycling through the situation over and over again. Many people faced with this predicament would like to escape with a long walk in the country or a good book. However, those options can rarely fit into a busy workday.

In a matter of minutes, you can achieve a balanced mental and emotional state using the Micro Harmonizer entrainment techniques. Hold the unit in your palm and simply focus your eyes, thoughts and feelings into the flashing LED set at 3.91 Hz.

The entrainment into the Theta state will calm you down and allow you to remove yourself from your thoughts and feelings. When this session is completed, you will be able to look at the situation from a calm, detached state, allowing you to go on with your activities in an unhindered manner. The benefits of this entrainment technique become more profound with practice and can quickly become your most effective stress reduction tool.

## MAGNETIC FIELD DEFICIENCY SYNDROME

The human body is under the influence of the Earth's magnetic field and maintains a balanced relationship with it. As a result, many people experience physical problems with consistent negative-field exposure. Symptoms can include:

- Lower back pain
- Chest pain
- Headaches, dizziness and insomnia
- Hypertension
- Digestive disorders
- Bone and nerve diseases

On December 4, 1976, Dr. Kyoichi Nakawa, director of Isuzu Hospital in Tokyo, introduced a new term in the *Japanese Medical Journal*: magnetic field deficiency syndrome. The following are highlights of the clinical research contained in his report:

“Electropollution is an electrical source that jams, alters or interferes with normal bio-energetic functions such as cellular communication, sleep cycles, brain wave patterns, and circadian rhythms. The Earth's resonant magnetic field is also altered by sunspot activity and moon cycles. Statistical evidence demonstrates that these phenomena affect human and animal behavior. As early as 1929, scientists began to study what dowsers, indigenous peoples and animals have always been aware of, which is that we are sensitive to geopathic stress, or subtle fields of electromagnetic disturbance in the Earth's field. Even then, scientist Gustave Freiherr Von Pohl demonstrated a definite connection between the electromagnetic condition of sleeping places in German homes and their occupants' rate of cancer deaths.”

Other European studies have shown correlations between geopathic stress and degenerative diseases such as multiple sclerosis, rheumatism, arthritis and cardiovascular dysfunction. In the April 24, 1991 issue of *Whole Health America*, Dr. William Adey, an American cancer researcher, wrote that “electronic smog” can block the brain's electromagnetic signals to the cells, undermining the body's disease-fighting ability and promoting tumors.