

## MINI HARMONIZER Q & A

### What size is the Mini Harmonizer?

2 3/8"L x 3 3/4"W x 1"D: Small enough to wear or carry in a pocket without even noticing it. Weighs 4.1 ounces.

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

When the flashing light-emitting diodes on the front are blinking, a field is being generated.

### What is the power source?

The unit is supplied with internal rechargeable batteries. The AC adapter functions as the recharger. Keep the wall adapter plugged in when you are not using the Mini Harmonizer so the batteries can charge; they cannot be overcharged.

*We strongly suggest that you plug the Mini Harmonizer into a surge protector. Plugging it directly into an outlet can cause the transformer to malfunction if there is a power surge or power failure.*

### How long does a charge last?

A full charge will run the unit continuously for at least 48 hours.

### How accurate are the frequencies?

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

### What is the unit's frequency?

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

### Is the unit guaranteed?

Yes. There is a 1-year replacement warranty for manufacturing defects. The battery has a 90-day warranty.



P.O. Box 4158, Santa Fe, NM 87502  
Showroom: 3201 Richards Lane, Suite A  
Toll-free: (800) 497-9516  
Local: (505) 982-2688  
[www.cutcat.com](http://www.cutcat.com)

## MINI HARMONIZER

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



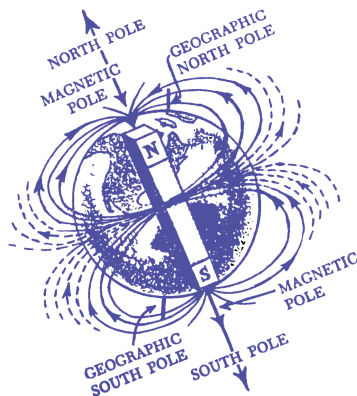
- Balanced earth resonance accurate to .005 Hz
- Engineered to run through a lifetime of use
- Unparalleled versatility and function
- Choice of earth resonance or one-half earth resonance

The Mini Harmonizer is solely intended for your personal experimentation with 7.83 Hz (Schumann Resonance), 3.91 Hz 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 MINI 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 electro-pollution 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 are being depleted, the Earth's natural magnetism is being disrupted.

## FUNCTION III: RE-ESTABLISH ENERGY FLOW

The Mini 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 the electrical system of a house becomes overloaded or short circuited, the circuit breaker flips off. This interruption does not mean the circuit is not intact; it is only temporarily disconnected.

The Mini Harmonizer helps re-establish bodily energy flow. As the Mini Harmonizer balances your environment, you will feel the circuits reconnect and energy pulses begin to flow in harmony again. The Mini 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.

The Mini Harmonizer "3-in-1" principle is one of balance with your environment, mind and body.

## MINI HARMONIZER SWITCH SETTINGS

SWITCH NUMBER	FUNCTION
Up (Top Position)	.....7.83 Hz
Down (Bottom Position)	.....3.91 Hz
Middle	.....Turns Unit Off

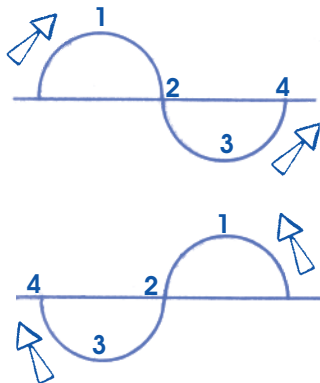
### Important Notice:

**Generally, units are charged and ready to use out of the box. Battery life will be extended by periodically running the unit until the LEDs stop blinking, and then charging it. Do this for one out of every five charges.**

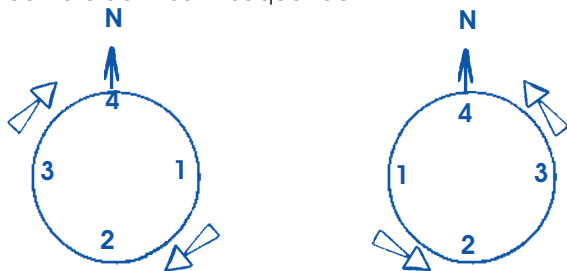
## CHARACTERISTICS OF THE MINI HARMONIZER FIELD

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

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



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

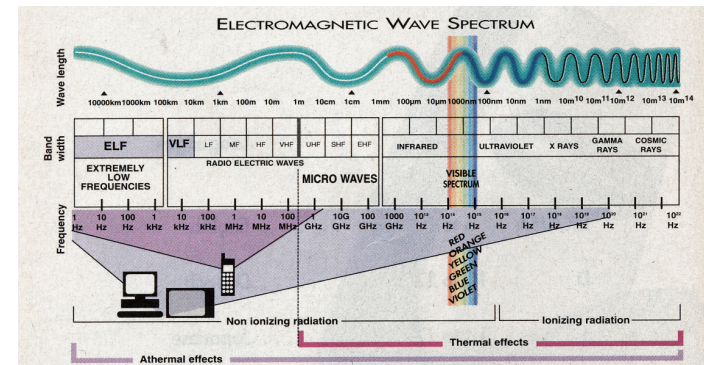


3. Output attenuated to an energetically assimilable level.

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 electromagneticism in our environment. Some frequencies shown occur naturally, but man-made sources of electromagnetism exist throughout the entire scale.



## HOW CAN THE MINI HARMONIZER HELP?

The Mini Harmonizer is a three-in-one tool for achieving 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 Mini 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 top of the Mini Harmonizer are three flashing LEDs (the 4X model has one 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. The switch on the side of the Mini Harmonizer lets you set the unit to 7.83 Hz (Up Position) or 3.91 Hz (Down Position). 7.83 Hz is Alpha and 3.91 is Theta. The middle position of the switch turns the unit off. 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 Mini 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 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 dowzers, 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.