

Healy Quick Reference Program Guide

GOLD H R R+ P

Pure	Pure program is the ideal starting point for anyone using Healy for the first time. It should help the energy field of the organism to recover from the bioenergetic effect of environmental pollutants, toxins, an unhealthy diet and other negative factors. Detox liver, kidney, digestion & metabolism. Increases cell comminucation.
Care	We see a weakened bioenergetic field as a reason for many acute and chronic diseases. Strengthen your energy field & immune system through appropriate exercise, healthy nutrition and pure water. Care means "caring"; in other words, preventing a multitude of bioenergetic disorders.
Balance	The fine balance of the various bodily functions is very important for our well-being and health. Balance refers to the bioenergetic balance of the kidneys, circulation, lymphatic system and hormones. It is an ideal program for a deep bioenergetic balancing of the body's energy field & physical stress.
Being	What the program Balance is for the body, Being is for our soul. It should help you regain emotional balance.
Energy	Performance needs support. No matter whether you are a well-trained competitive athlete, a stressed-out manager or a busy mother, Energy should help you to bioenergetically deal with lifes demands & performance.
Relax	Relax stands for harmonising your stress response. Stress is often the cause of hyper acidity and imbalances in the mind & body. Modern life keeps many of us from letting go of our daily sorrows and stress, vital for achieving balance & recovery. Calming, good for sleep and fatigue.
Release	Pain & discomfort can be a symptom of hyper-acidity of the tissue. Great for after shock, trauma, surgery, headaches, accidents, illness, aids in recovery and pain relief.

MENTAL BALANCE R R+ P

Inner Strength syst.*	Energetic Harmonisation of self-confidence when you feel uncertain or insecure
Emotional Well-being	Energetic Harmonisation when you feel emotionally blocked
Feel Good syst.*	Energetic activation of confidence when you feel down
Contentment syst.*	Energetic Harmonisation of the inner sense of self and contentment & addiction relief
Contentment acute**	Supports your sense of inner balance during recovery from nicotine dependence (not a smoking cessation program)
Inner Unity	Energetic Harmonisation of the sense of psychic wholeness
Well-being Soul	Energetic Harmonisation to support you while developing new habits
Mental Balance acute**	Supports positive thinking

FITNESS R+ P

Weight	Harmonisation of the bioenergetic field for your body's energy balance (not a weight-loss program)
Muscle	Harmonisation of the bioenergetic field for recovery & cell regeneration/muscle repair
Circulation	Harmonisation of the bioenergetic field for demands of exercise & metabolic supply
Performance	Harmonisation of the bioenergetic field that supports your desire to excel & activate life energy - chi
Strength	Harmonisation of the bioenergetic field of strained muscles & musculoskeletal system
Stamina	Harmonisation of the bioenergetic field for optimization of the capacity for endurance & cardiovascular system
Regeneration	Harmonisation of the bioenergetic field to stimulate vitality
Deep relaxation	Harmonisation of the bioenergetic field to optimize the relaxation phase

MERIDIANS 1 R R+ P

Allergy Meridian	Energetic desensitization of the energy flow
Connective Tissue	Harmonisation of the bioenergetic field of the connective tissue meridian
Bladder	Harmonisation of the bioenergetic field of the bladder meridian
Large Intestine	Harmonisation of the bioenergetic field of the large intestine meridian
Small Intestine	Harmonisation of the bioenergetic field of the small intestine meridian
Fatty Degeneration	Energetic regulation of cell uptake, lipid metabolism
Gall Bladder	Energetic regulation of the digestion of fat
Joints	Energetic balancing of flexibility
Skin	Energetic promotion of the energy pathways of the skin
Heart	Energetic stimulation of the heart energy

***RESONANCE R+ P

Bach Flower Remedies	Emotional, mental
Australian Bush Flowers	Emotional, mental, spiritual
Vital substances	Amino acids, vitamins & minerals
Alaskan Gem Elixirs	Gems and minerals with aspects relating to emotional, mental, spiritual energies
Schuessler Salts	Mineral salts
I-ching	Book of changes, oracle, wise guidance and relationships
Creative Homeopathy - psyche/Materia Medica	Psychology and homeopathy merge Therapeutic properties of any substance used for healing - homeopathic medical remedies
Personal Growth	Overcome disharmony experiences and blockages in life.

MERIDIANS 2 R R+ P

Hormonal Balance	Energetic hormone balancing
Circulation	Energetic regulation of blood circulation for nutrients & oxygen
Liver	Energetic metabolism regulation
Lungs	Energetic balancing of the respiratory system
Lymphatic System	Bioenergetic stimulation of the lymphatic system - toxin removal
Stomach	Energetic Harmonisation of the gastric function
Spleen-Pancreas	Harmonisation of the bioenergetic field of the spleen-pancreas meridian (blood sugar)
Nerve Meridian	Energetic Harmonisation of the nerve function
Kidney	Energy control of the fluid balance
Organ Meridian	Harmonisation of the energy flow (chi) between organs

CHAKRAS R+ P

Crown Chakra	Harmonisation of the connection to the higher Self - I am spirit
Third eye Chakra	Harmonisation of the strengthening of intuition - I am awareness
Throat Chakra	Harmonisation of constructive communication
Heart Chakra	Harmonisation of heart chakra & balanced empathy & compassion
Solar Plexus Chakra	Harmonisation and strengthening of self-confidence, inner power
Sacral Chakra	Harmonisation and stimulation of creativity
Root Chakra	Harmonisation of the energies of the root chakra activation of basic trust & safety

BIOENERGETIC SUPPORT H R R+ P

Coherence	Universal love
Bioenergetic Boost	Immune system & energy support
Cosmic Growth	Fibonacci sequence & golden ratio

BIO HARMONY 1 R R+ P

Defence	Harmonisation of the bioenergetic field of the energetic defence system
Shiver	Harmonisation of the bioenergetic field of the mucous membranes
Sensitivity	Harmonisation of the bioenergetic field in case of overreactions to irritants
Eyes	Harmonisation of the bioenergetic field of the eyes
Hormones	Harmonisation of the bioenergetic field of the body's "messengers"
Intestine	Harmonisation of the bioenergetic field of the intestine - moving food
Nerves	Harmonisation of the bioenergetic field to promote relaxation
Flexibility	Harmonisation of the bioenergetic field to ease movement - tendons
Circulation	Harmonisation of the bioenergetic field of the circulation
Potency	Harmonisation of the bioenergetic field of the reproductive organs
Mature women	Harmonisation of the bioenergetic field to help you deal with menopause
Women	Harmonisation of the bioenergetic field to promote relaxation of the lower abdomen

BIOENERGETIC DEFENCE

General Protection	Energetic shielding
Electro-sensitivity	Energetic Harmonisation of the tolerance for so-called "electrosmog". EMF, phones, computers, radiation
Cell Harmony	Energetic Harmonisation of the bioenergetic field of the cell
Mental	Energetic Harmonisation of clear perceptual capacity
Sleeping	Energetic Harmonisation during sleep
Geopathy	Harmonisation of the energetic sensitivity to interference fields of earth's activities or energetic shifts
Subtle	Energetic protection against external influence
Planets	Harmonizing the influences of planets

BIO HARMONY 2 R R+ P

Gastrointestinal	Harmonisation of the bioenergetic field of digestion
Bacteria	Harmonisation of the bioenergetic field of the defence system
Tonsils	Harmonisation of the immune system in cases of infections
Liver	Harmonisation of the bioenergetic field of liver metabolism
Food Imbalances	Harmonisation of the bioenergetic field in case of food sensitivities
Impurities	Harmonisation of the bioenergetic field of the excretory processes
Head	Harmonisation of the bioenergetic field to reduce tension
Prostate	Harmonisation of the bioenergetic field of the prostate
Lung	Harmonisation of the bioenergetic field of the lungs
Thyroid Gland	Harmonisation of the bioenergetic field of the thyroid gland
Joints-Bones	Harmonisation of the bioenergetic field of the joints and bones - cartilage & bone cells - arthritis
Sciatica nerve	Harmonisation of the bioenergetic field of the sciatic nerve

JOB

Activation	Bioenergetic stimulation of mental clarity
Positive thoughts	Energetic orientation towards positive thoughts
Balance Nerves	Harmonisation of the bioenergetic field to promote calmness towards the beta state (cognitive tasks, decisions, judgement)
Fatigue	Harmonisation of the bioenergetic field to promote energetic balance & reduce strains
Exhaustion syst.*	Harmonisation and balancing of adrenal hormones/endocrine syst
Exhaustion acute**	Supports stress resistance via cranial stimulation to promote stress resistance
Extreme Tension	Harmonisation of the bioenergetic field for mental and physical balance

AURA P

Aura	Balance chakras, Program affirmations, record frequencies etc
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LEARNING P

Learning syst. *	Bioenergetic activation of the central nervous system & learning activities
Learning acute**	Supports learning through cranial stimulation & to focus and retain learning
Memory	Energetic stimulation of the brain metabolism & knowledge retention
Concentration syst. *	Bioenergetic optimization of the oxygen supply & ignore distractions
Concentration acute**	Supports concentration via cranial stimulation & enhance focus & ignore distractions
Exam syst. *	Support before exams through cranial stimulation & exam preparation
Exam acute**	Energetic balancing of anxiety before exams
Stress syst.*	Mental balance, bioenergetic stimulation of creative power & reduces learning stress
Stress acute**	Supports mood improvement for stressful situations

PAIN/STIMULATION R+ P

1. Chronic Pain	Treatment of chronic pain via CNS (central nervous system) .5hz
2. Chronic Back pain	Local treatment of chronic back pain 71.5hz
3. Tooth-Jaw local	Local supportive treatment of pain in the mouth area
4. Joints local	Local treatment of joint pain .3hz
5. Migraine	Cranial (head side) treatment of headaches and migraines .5hz
6. Insomnia	Supportive treatment of insomnia via the CNS .5hz
7. Depression	Supportive treatment of depression & deep negative thought patterns via the CNS .5hz
8. Anxiety	Supportive treatment of mental stress & anxiety via the CNS .5hz

BEAUTY

Inner Beauty	Supporting the coherence and expression of the energetic field - compassion, pure heart
Aging	Harmonisation of the bioenergetic field to relax your expressions and support organelles
Hair	Bioenergetic stimulation of the hair
Skin	Bioenergetic fostering of the skin
Nails	Bioenergetic stimulation of the nails
Skin Energy	Harmonisation of the bioenergetic field for lymphatic system & smoother/firmer skin

SKIN P

Skin Harmony local	Harmonisation of the bioenergetic field of the skin cells
Skin Harmony syst.*	Harmonisation of the skin regeneration & cell metabolism in the bioenergetic field
Skin impurity syst.*	Harmonisation of skin impurities in the bioenergetic field
Scar Harmony syst.*	Harmonisation of the bioenergetic field to balance interference fields
Scar Harmony local	Harmonisation of the bioenergetic field of scar tissue

SLEEP R+ P

Sleep syst.*	Bioenergetic optimized changing into delta state (deep sleep) - use before bed time.
Bed rest	Bioenergetic promotion of parasympathetic functions (recovery, relaxation) & vagus nerve - use 5+hrs before bed
Balanced Sleep	Bioenergetic balancing of the deep sleep phase - use before bed
Fine flow	Bioenergetic activation through ionic movement - regulates neurotransmitters, hormone release - use in morning without coil

HEAL ADVISOR SEARCH H R R+ P

ORIGINAL DEEP CYCLE P

1st App	Kidneys and lungs, hypersensitivity reduced, balance increase - gentle detox
2nd App	Kidneys and lungs, hypersensitivity reduced, balance increase - gentle detox
3rd App	Kidneys, lungs, heart & an accelerated energetic detoxification.
Breath of life	Lungs, chest area, depression, weakness, lightens things
Clean all	Detoxification of kidneys, lungs, liver, digestive system, lymph, and circulation system from mind and body.
Digest all	Digestive issues that remain, stress, bad life to swallow - Intestines, stomach, pancreas, gallbladder.
Go to the roots	Mental, emotional patterns and biochemical processes associated with these levels reset, ground, stability - use only when symptoms are gone, causes on mental, emotional and biochemical processes level addressed
Free flow	Ease of soul, circulation, oxygen supply to cells - after kidney and lungs balanced (unsteady heart beat supported, muscle relaxation)
Kidney all female/male	Adrenals, bladder, prostate, sex organs, ovaries, regulates kidneys, hormones, fear, washes blood, alkalises, lets go
Pure Calm	Inner peace, energetic muscle relaxation, emotional & spiritual rebalance, soul letting go, sleep, concentration on inner path
Renewal	Post op, stimulates growth, good for athletes, builds cells, lets go, rebuilds self, bones, skin, nerves, muscle, DNA support

DEEP CYCLE HOLISTIC P

Energy Work	Battery recharge. morning use 3hrs
Pure Energy	Chronic Fatigue, burn out
Sensitive	EMFs, chemical, asthma, allergies stress and those who react strongly to first treatments

BIOENERGETIC VITALISATION

Regeneration 1	Uses the frequency of 50 Hz
Regeneration 2	Uses frequencies up to 50 Hz
Regeneration 3	Uses frequencies up to 300 Hz
Nerve Harmony	Bioenergetic Harmonisation of nerves
Bone Harmony	Harmonisation of the bioenergetic field of bones
Tissue Harmony	Bioenergetic Harmonisation of tissues
Holistic Support	Based on Solfeggio Frequencies
Stability	Maintains stability
Pineal Gland	Harmonisation of the bioenergetic field of the pineal gland & dark/light cycle
Epigenetic Harmonisation	Harmonisation of the bioenergetic field of the epigenetic imprint
Youth	Maintains Holistic coherence
Cell Harmony	Harmonisation of the bioenergetic field of cells

SOUL CYCLE

Acceptance	Energetic Harmonisation of the ability to accept ourselves the way we are
Self-Confidence	Inner centering of the energetic field
Confidence	Energetic stimulation of the inner connection to yourself
Serenity	Stimulating the inner balance of the energetic field
Inner Balance	Energetic stimulation of the inner unity
Happy	Positive alignment of the energetic field
Emotions	Energetic support for processing emotions
Burden	Energetic support for releasing
Aura Pure	Purifying energetic field - all chakras
Stimulation	Stimulating energetic regeneration
Power Reserve	Stimulating the Bioenergetic Field - use before 6pm
Energy Balance	Balancing the energy centers

POWER OF THREE R+ P

Bioenergetic Rebalance	Conflict balance
	Defence Support
	Friendly Flora
	Rebalance
Universal Frequencies	Classical Physical
	Classical Energetic
	Zapper protocol
Digital Ayurveda	Kapha
	Pitta
	Vata

ANIMAL

Eyes	All eye disorders, including signs of aging
Irritant reactions	Stimulation of self-healing powers in acute and chronic disorders
Hormones	Balances hormones: heat (hunting), hyper sexuality, diabetes, Cushing's syndrome.
Suffering	Psyche, old animals, traumas, fears, serious diseases
Hypersensitivity	Allergies, food intolerances micro biota: intestinal flora, indigestion, gastritis
Microbiota	helps digest nutrient
Rest	Psychological balance, fears, nervousness, states of excitement
Cleaning	Drainage, detoxification, after an operation, application of medication.
Emotions	Excitement, fears, harmony, abundant behaviour
Power	For weaknesses, for better performance, sport horses, recovery
Defence system	Strengthening of immunity, colds, infections
Joints	Osteoarthritis, arthritis, spondylitis, acute joint damage, stiffness

* Systemic (syst.) frequency programs are applied through the wrists for Harmonisation of the Bioenergetic Field
 ** Acute frequency programs are applied locally for Harmonisation of the Bioenergetic Field
 *** See healthyharmonics.co.nz/downloads/ for in depth details

WELLBEING

Body	Body's Bioenergetic Field
Mind	Based on Solfeggio frequencies to harmonise the mind and communicate with the cosmic spirit
Spirit	Spectral colours of Light frequencies

NATURAL CYCLE

Quickly and easily calculate the right day and the exact time for the optimal start time; you can also use it to determine the right program for the application of the Natural Cycle programs, according to the solar and lunar cycles.

TIMES

Acute	6-8 times 0:37 min per day (frequent but short stimulation) until success for Emotional shock & fear
Chronic	2-3 times 2:49 min per day (less frequent but longer stimulation) About 1 month Separation trauma, stress, emotional blockages

EXPERT PROGRAMS H R R+ P

Space to put Timewaver Therapist programs

KEY

- Gold & search app available in all Healys
- Holistic + all previous
- Resonance + all previous
- Resonance Plus + all previous
- Professional + all previous
- Separate Subscriptions/modules for all
- Versions which use these programs

DIGITAL NUTRITION 1

Brain Harmony	Body
Hair Harmony	Body
Skin Harmony	Body
Heart Harmony	Body
Head Harmony	Body
Gastrointestinal Harmony	Body
Muscle Harmony	Body
Nail Harmony	Body
Nerve Harmony	Body
Kidney Harmony	Body
Ear Harmony	Body
Thyroid Harmony	Body

DIGITAL NUTRITION 2

Age	Metabolism
Amino Acids	Metabolism
Alkaline Powder	Metabolism
Connective Tissue	Metabolism
Blood Harmony	Metabolism
Weight	Metabolism
Liver Harmony	Metabolism
Minerals	Metabolism
Trace Elements	Metabolism
Vegan	Metabolism
Vitamin B Complex	Metabolism
Vitamin Intake	Metabolism

DIGITAL NUTRITION 3

Alcohol intake	Detox
Antioxidants	Detox
Lymphatic system	Detox
For Women	Detox
Spirituality	Detox
Impurities	Detox
Birth	Detox
Hormonal system	Detox
Libido	Hormonal system
Sensitivites	Immune system
Defence	Immune system
Secondary plant substances	Immune system

PERSONAL COACHING P

Emotional Balance	Emotional Harmony (21)
	Energy and Power (36)
	Living consciously (79)
Family Relationships	Boundaries and team spirit (26)
	Dissolve imprints and ancestral claims (24)
	Harmonisation of areas of life (28)
Self-worth	Basics of self esteem (60)
	Parameters for happiness (33)
	Self acceptance (119)
Social relationships	Boundaries and team spirit (26)
	Personal integrity (57)
	Self-love and altruism (60)
Spirituality	Breath (9)
	Silence (13)
	Spirituality (25)
Personal relationships	Finding a partner (15)
	Self-love and altruism (60)
	Trust (7)

DIGITAL NUTRITION 4

Energy	Vitality
Fatigue	Vitality
Eyesight	Vitality
Sports	Sports
Men	Sports
Regeneration	Sports
Women	Other
Children	Other
Psyche	Other
Sleep	Other
Growth	Other
Skin	Other

DIGITAL NUTRITION 5

Breath	Sport
Motion	Sport
Competition	Sport
Structure	Musculoskeletal-system
Mobility	Musculoskeletal-system
Activation	Musculoskeletal-system
Reduction	Cardiovascular
Exertion	Cardiovascular
Circulation	Cardiovascular
Rigidity	Metabolism
Lifestyle	Metabolism
Energetic	Metabolism

DIGITAL NUTRITION 6

Tissue	Metabolism
Bioinformation	Metabolism
Comfort	Metabolism
Exhaustion	Hormonal system
For mature women	Hormonal system
Passion	Hormonal system
Balance	Other
Relief	Other
Joy of life	Other
Recreation	Other
Rest	Other
Teeth	Other

SUCCESS COACHING P

Career	Resolving stress factors - professional and work (146)
	Self assertion and self confidence (38)
	Talents (182)
Finances	Identify focus (288)
	Personal responsibility (63)
	Profession (94)
Goals	Goal alignment and intent (73)
	Resolving motivational disorders (205)
	Resolving stress factors: personality and character (61)
Potentials	Individual qualities (250)
	Personal strengths (25)
	Personality aspects (68)

MAGHEALY CLASSIC APPLICATION

Use for 36 mins once a day at intensities according to each program.		Intensity
Cell Harmony	Harmonisation of the Bioenergetic Field of the cells with resonance frequencies.	70 – 100 %
Regeneration	Regeneration of the Bioenergetic Field of Body, Mind and Spirit.	70 – 100 %
Vitality	Restoration of the vitality of the Bioenergetic Field.	5 – 15 %
Head Harmony	Harmonisation of the Bioenergetic Field of the head.	5 – 15 %
Joints	Harmonisation of the Bioenergetic Field of the joints.	20 – 50 %
Tiredness	Energisation of the Bioenergetic Field in case of fatigue.	20 – 50 %
Sleep	Harmonisation of the Bioenergetic Field during sleep.	70 – 100 %
Balance Body	Harmonisation of the Bioenergetic Field of the whole being.	50 – 70 %
Energy Circulation	Harmonisation of the circulation of bioenergetic energies.	70 – 100 %
Positive Mood	Frequencies to harmonise your mood when you are out of emotional balance.	5 – 15 %
Earth	Connect yourself with the frequencies of Mother Earth.	20 – 50 %
Spherics	Harmonise yourself with the frequencies of the earth's atmosphere.	70 – 100 %
Pressure	Free yourself from external and internal pressure.	5 – 15 %
Sound of Silence	Most suitable for people experiencing auditory disharmony.	5 – 15 %

WATCH & WATCH DIGITAL NUTRITION

Rigidity Harmony	DN Rigidity Harmony
Rigidity Activate	DN Rigidity Activate
HR Harmony	DN HR Harmony
HR Activate	DN HR Activate
HRV Harmony	DN HRV Harmony
HRV Activate	DN HRV Activate
Stress Harmony	DN Stress Harmony
Stress Activate	DN Stress Activate
Tension Harmony	DN Tension Harmony
Tension Activate	DN Tension Activate
Pressure Harmony	DN Pressure Harmony
Pressure Activate	DN Pressure Activate

WATCH MERIDIANS

Gallbladder	
Liver	
Lung	
Large Intestine	
Stomach	
Spleen-pancreas	
Heart	
Small Intestine	
Bladder	
Kidney	
Pericardium	
Triple Heater	

MAGHEALY ATMOSPHERE APPLICATION

Use between 30-100% intensity once a day for as long as needed.

Study	Designed to generate an energetic space that promotes concentration and learning.
Creativity	Supports the right environment for creative thoughts and ideas by harmonising the energetic field.
Office	Designed to create an optimal environment in your workspace that promotes performance, teamwork and focus.
Prosperity	Energetic improvement of the space to create the right environment for financial and professional activities.
Car	Optimising the energetic field inside a car while driving.
Workout	Harmonising the surrounding space to create an energetic field for your workout.
Family Harmony	Harmonisation of the living space to support a positive energetic environment for the whole family.
Children Playing	Harmonising the surrounding space of children to optimize their energetic well-being during play.
Eating	Creating a positive energetic field for nourishment.
Food Cleansing	Harmonisation of the energetic memory of the Bioenergetic Field of food.
Kitchen	Creates an optimal atmosphere to promote a positive mindset and emotional state to prepare food with a high energy.
Pantry	Harmonising space around your food to create a positive environment for storing.
Stress	Harmonisation of inner expectations and outer reality through energetic balancing of the surrounding space.
Coherence	Promotion of the sense of holistic wellbeing by energetic coherence in the surrounding space.
Energy	Creation of an energised space through energetic harmonisation of the surrounding space.
Relaxation	Energetic harmonisation of the space to improve coping with daily input while practicing your chosen relaxation method.
Holistic Health	Promotes a sense of unity and coherence of body, mind and soul, to support an all inclusive wellbeing and vitality.
Sleep	Placed in the area where you sleep, harmonises yin and yang to promote balance while you sleep.
Electrosensitivity	Energetic harmonisation of the space to balance electromagnetic disturbances.
Energy Clearing	Harmonisation of the energetic memory of the space to balance negative frequencies.
Chakra Balancing	Harmonisation of the space to balance the whole chakra system of your energetic body especially during meditation.
Relationship	Carefully balancing the surrounding space to energetically favour loving relationships.
Animal Harmony	Optimisation of the space to support a positive energetic field for animal balance.
Plants	Balancing the space to promote an positive energetic growth environment.

MAGHEALY WATER APPLICATION

Use at 100% intensity for 10 mins once a day.

Fitness	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field of the muscles.
Cell Harmony	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field of the cells.
Nutrition Transport	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field for an optimal environment for nutrient transport.
Kidney Harmony	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field for water regulation.
Vagus Harmony	Modifying the coherent quantum structure of water to harmonise the natural coherence of water.
Skin Harmony	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field of the skin for optimised water distribution and transport. Bring your inner beauty to the outside supported through improved hydration.
Energy Circulation local	Modifying the coherent quantum structure of water to harmonise the local energy circulation of the Bioenergetic Field.
Energy Circulation systemic	Modifying the coherent quantum structure of water to harmonise the whole energy circulation of the Bioenergetic Field.
Bioenergetic Regeneration	Modifying the coherent quantum structure of water to harmonise the rebalancing and regeneration of the Bioenergetic Field.
Fasting Morning	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field during morning fasting.
Fasting Noon	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field during midday fasting.
Fasting Evening	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field during evening fasting.
Energy	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field of the mitochondria.
Mental Clarity	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field for optimised clarity.
Heart Opening	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field for openness towards social relationships.
Water Coherence	Modifying the coherent quantum structure of water to harmonise the natural coherence of water.
Purification Negative Info	Modifying the coherent quantum structure of water to harmonise and purify its information.
Bioenergetic Detox	Modifying the coherent quantum structure of water to promote the cleansing of the Bioenergetic Field.
Before Stress	Modifying the coherent quantum structure of water to harmonise and prepare the Bioenergetic Field for psychological stress.
After Stress	Modifying the coherent quantum structure of water to harmonise and balance the Bioenergetic Field after stressful events.
Bioenergetic Defence	Modifying the coherent quantum structure of water to harmonise and strengthen the Bioenergetic Field.
Unpleasant Sensations	Modifying the coherent quantum structure of water to harmonise sensations in the Bioenergetic Field and balance mood.
Sleep	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field for peaceful sleep. The ideal time is before 6 o'clock in the evening.
Plants	Modifying the coherent quantum structure of water to harmonise the Bioenergetic Field of plants for improved water distribution and transport

MAGHEALY MCMAKIN APPLICATION

Use at intensity 20 - 100% once a day for the individual times shown below.

		Time
Body Comfort	Harmonisation of the Bioenergetic Field of the spinal cord.	63 min
Skin Harmony	Harmonisation of the Bioenergetic Field of the skin for energetic regeneration.	39 min
Prostate Harmony	Harmonisation of the Bioenergetic Field of the prostate.	44 min
Soft Tissue	Harmonisation of the Bioenergetic Field of soft tissue for regeneration.	63 min
Soft Tissue wk 1-4	Harmonisation of the Bioenergetic Field of soft tissue for regeneration. Recommended in week 1-4 after bioenergetic event.	49 min
After Exercise	Harmonisation of the Bioenergetic Field of the muscles. Recommended within 20 minutes after exercise.	30 min
Neck Harmony	Harmonisation of the Bioenergetic Field of the musculoskeletal system.	43 min
Joint	Harmonisation of the Bioenergetic Field of the musculoskeletal system.	53 min
Joint Balance	Harmonisation of the Bioenergetic Field of the joint for regeneration.	76 min
Tendon Harmony	Harmonisation of the Bioenergetic Field of the tendon for regeneration.	60 min
Lower Back Harmony	Harmonisation of the Bioenergetic Field of the musculoskeletal system.	48 min
Foot Harmony	Harmonisation of the Bioenergetic Field of the soft tissue.	43 min
Sleep	Harmonisation of negative influences on sleep quality.	35 min
Brain Harmony	For harmonising consciousness, strengthening the sense of coherence and harmonising bioenergetic traumas.	29 min
Nerve Harmony	Harmonisation of the Bioenergetic Field for soothing.	54 min
Emotions	Harmonisation of the Bioenergetic Field to balance emotions in case of stress.	30 min
Thalamus Harmony	Harmonisation of the Bioenergetic Field of the thalamus to balance sensitisation.	56 min
Vagus Harmony	Harmonisation of the Bioenergetic Field to support energetic relaxation and regeneration.	43 min
Detox	Harmonisation of the Bioenergetic Field of the liver.	37 min
Kidney Harmony	Harmonisation of the Bioenergetic Field of the kidney.	92 min
Digestion	Harmony Energetic harmonisation of metabolic activity of the Bioenergetic Field of the digestive system.	59 min
Women Care	Harmonisation of the Bioenergetic Field for women.	29 min
Ovary Harmony	Harmonisation of energetic interferences in the Bioenergetic Field of the ovary.	35 min
Sinuses Harmony	Harmonisation of the Bioenergetic Field of the sinuses to balance energetic disturbances.	38 min