

FREQUENCY - MEDICINE OF THE FUTURE?

HEALY

The Ideal Solution

How Quantum Physics is Revolutionising
Medicine

by Christa Krahnert ND

DISCLAIMER

The information provided is for and on behalf of Conscious Living Foundation, it is private information for educational purposes only and does not constitute legal, medical or financial advice.

For legal reasons, I would like to point out that I do not offer any promise of cure for diseases and

no guarantee for relief or improvement of symptoms of a disease. I would also like to point out that I strongly urge you to seek the advice of a doctor before using the Healy programs.

The contents of the e-book have been carefully checked and provided to the best of my knowledge. I do not take any responsibility or liability for damages of any kind as a result of using the proposed programs.

The use of the Healy and the programs and learning contents offered must be at your own risk.

Errors and changes are reserved.

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<https://www.healyworld.net/in/choose-your-language/partner/quantumfrequency/>

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What do you need to get started with your Healy?

With your Healy you need of course, a good vibrant water, a good Himalayan salt and an open mind to understand how frequency works. Drink at least 30ml of water per kilogram body weight daily to make sure you are well hydrated, and the frequencies can flow. Specifically, before you use your Healy and after you finished the session make sure to drink a big glass of water.

What Healy version do you need?

Healy Gold - Gold Cycle of Nuno Nina plus you also get with its Deep Cycle of Jan Fredrik Poleszynski and one other program of your choice.

If for some reason you don't have a Healy yet, you can order one here: <https://www.healy.shop/de/partner/?partnername=quantumfrequency>

Much love and success with your health!

Christa

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Introduction

Perhaps you are already aware that it is time for us all to make some fundamental changes. Since the book has found its way to you, I would like to encourage you to initiate your changes directly. As the title suggests, in this book I am writing about a new form of therapy. A new way to treat many common problems - independently, self-responsibly and quickly. The book will show you a new perspective. To look at known things, rules and consensus of our time in a new way. I will not only show you how to use your Healy but also give you information that has been suppressed for a long time.

I will tell you things about your body and your health that will make you worry and maybe even make you angry. 'Why haven't you been told this before?' But be aware that there is no change without change. Change in thinking, understanding, feeling and applying a new. What can you expect?

Will this book help you?

Can it help you? Will it help you change things? Is the price justified? Or could I have used Healy well without the book? And if you're honest with yourself, you've kind of already asked yourself these questions, right? Insecurities and doubts - a sign of our zeitgeist!

We are all sitting in the same express train driven by multitasking and time management. We race through time in search of the goal. Until illness and death decelerates us. So, you should wake up before it's too late. The time between birth and death - a time you should use as self-determined and free as possible! If you get involved with your Healy and use it properly, it will help you wake up.

To see through the trance of the *Brainwash Media* and a disease system that only has your money in mind. Just think clearly, grasp your own thoughts and trust. To perceive and trust your intuition again. Welcome problems, because otherwise they would be called contrablems.

With this book, I want to help you to develop joy of life again and to find your very own inner core. Also learn to look at things that are simply wrong, lies or both. You will learn to become more relaxed and stress resistant. This helps decisively to lower your blood pressure and prolong your life.

How much you will benefit from the book and using the Healy depends on you and your willingness to learn new things and let go of the old. Not simply parroting from others and intellectually talking to conceal ignorance and fear of the new. It is about experiencing and recognizing on one's own body. Are you ready?

What made you decide to buy a Healy?

Maybe some chronic disease that you just couldn't cure. Or you have already tried out a lot and have had good success, but that last feeling of well-being is still missing. Or you are totally frustrated with the standard medical world, which cannot offer anything but drugs and suppressive measures for the small and big health problems. Or you are fascinated by the surgical world that has achieved incredible results for people and you think that this should be possible even in everyday diseases.

No matter what your motive is that made you make your decision I would like to help you not only to make the first steps with your Healy but also to give you useful information that will help you to choose the right programs at the right time.

Why is this important to me?

I have been a German Naturopath for over 30 years and my whole effort is to understand the deepest causes of human diseases and to offer optimal help. Many causes were easy to understand such as poor nutrition, lack of exercise, lack of water, environmental toxins and of course accidents and injuries.

The human psyche on the other hand is so diverse that it is almost impossible to understand it in detail. It requires a language that every human being can understand regardless of the language. A language that also excludes misunderstandings, since it cannot be misunderstood. I got to know this language when I started working with quantum physics 20 years ago.

For 15 years I have been working with a professional device that uses vibrations and frequencies - the universal language of the universe. And now we got this amazing technology available for every individual to be able to use it daily to balance and optimise the bodily functions and energy supply.

According to quantum physics, everything is vibration and frequency, information and energy. If we know the different frequencies and the associated information, we can inform matter to work optimally. All living things in an information field have a construction manual. If the blueprint is out of balance, we can re-inform the body and start activating self-healing ability.

Once made information cannot be erased but you can change the energy of this information and thus dissolve blockages by shifting or transforming energies. This allows you to re-evaluate your experiences and take a broader view of the world. The originally stored information changes and self-healing can happen.

Your Healy works with real micro current as energy and information. As well as only vibration and information with the Healy Resonance. With the Healy it is also able to scan your energy field in real time and search the information field for the individual right frequencies. These individual frequencies and information are then returned to you. But what you do with the information, how you handle it, which learning processes or changes you want to allow, is entirely up to you.

CONTRA INDICATIONS

These contraindications serve to ensure that Healy can be used safely. Your Healy is an amazing little health helper but there are certain rules that must be followed. There are very clear contraindications where the Healy cannot be used.

Please do not use the Healy with:

- Metallic foreign bodies in the treatment area. Stay away with the wrist bands or pads at least 20 cm.
- Wearing a Pacemaker
- Danger of bleeding or bleeding
- Danger of embolism or embolism
- Radiation therapy treated with it or disturbed by it
- Sensitive skin areas
- Do not use in case of fever
- Do not use when you are pregnant
- Do not use in epilepsy
- Do not use the pads in the heart area or crossing the heart area.

Caution with some medicines

When taking the following medications, the doctor must be consulted as it may be necessary to adjust the medication.

- Blood thinners
- Blood pressure tablets
- Hormones (especially thyroid hormones)
- Beta blockers
- Anti-diabetics.

If you want to find the **secrets of the universe**, think in terms of energy, frequency and vibration.

Nikola Tesla

FREQUENCIES

**The next evolution in health,
holistic healing, prevention and
personal freedom.**

Christa Krahnert ND

What else could be helpful in using your Healy?

Buy a journal to document your success or write it in a document on your computer. Because most of the time we forget our successes as soon as we feel better.

How to use your Healy Journal

- Write down every day how you feel and where you feel unwell before you use your Healy
- then write down which Healy program you use
- now it is important to feel inside yourself how you feel while running the program
- then you write down how you felt after the application and what has changed
- if you are treating pain, write down on a scale of 1-10 how much pain you feel before and after the application?
- use sleep and relaxation programs later in the evening and write down the other day how you slept or relaxed
- you can move freely with your Healy but it is a good idea to use the time to meditate or just sit and relax.

The human body is a miracle and has very powerful self-healing mechanisms. You should always keep this in your mind. And it is important to give your body time to

react and balance. It is a very old saying in classic Naturopathy that '**less is more**'. It is very powerful to integrate and to take breaks in the therapy.

Acquire a feeling in handling your Healy. Check your results with critical eyes and try out different treatment strategies. If you think of buying a Healy Resonance or you got already a Healy Resonance follow the results.

Often it looks like it has nothing to do with what you experience as a symptom but give it a go and see what happens. Recognise connections between chemical-physical metabolic processes and your mind-spirit connection. Your goal is first and foremost to build up well-being.

Learning 1

For over 30 years I have been coaching people, helping them to solve their problems and heal diseases. I help them to get involved in a transformation, to energetically straighten up and teach them how they can better shape their reality. I teach groups and individuals in various forms of therapy but especially in biological principles!

Biology is comprehensible, testable and reproducible at any time! The ruling system, on the other hand, bombards you with constantly new fears of diseases, viruses and bacteria. Of water, air and food, people who

come too close and money and seats that are supposed to be contaminated. This whole system is sitting in your head and urgently needs a reset! I am a transformation coach and change manager and the inserted learning units should help you to see the world with new eyes.

Freedom is our greatest asset! In every respect and if we want to learn and understand new things, we must always keep the bigger goal in mind: 'To lead people back to free self-determination! That is my goal! But freedom also demands a price - discipline. Only those who have the necessary discipline are equal to a life in freedom. Maybe you are wondering what discipline has to do with freedom? Ok, let's look back to the years after World War II Our grandparents were agile and mentally and physically fit most of their lives. Our grandparents still knew times when there was not enough food - what was available was eaten. Discipline was not the order of the day. That has changed fundamentally! At every corner there are supermarkets, snack bars and food stalls. Do you recognize the health problem? Just because food is always and everywhere available, that is no reason to shove it in your mouth all the time! And that's exactly what it takes discipline!

Discipline is indispensably connected with freedom. Because how free are you when you can no longer move, are sick and inflexible or you have even lost your memory?

Disease?

What happens when a person, free from beliefs, concepts and dogmas looks at other people? Would he see or belief in the alleged 50,000 created diseases/labels?

Or could he recognise only symptoms such as *inflammation, pain, cells growing for repair, cells being degraded if too much, lack of nutrients, too much nutrients, diminished function and increased function. In addition to worries, fears, anxiety, scared, frightened just to name a few emotions.*

The world has become more and more complicated and man is no longer master of his common sense. Do we need more and more names for different combinations out of this little range of recognisable symptoms to create more and more drugs? Or could we ask how do we harmonise our bodies to address the symptoms and to eliminate the cause?

Week One Healy Applications: **Start with a Healy detoxing program.** If toxins are not eliminated the body has hard times to balance itself and to activate self-healing.

USE IT	PROGRAM	WHAT FOR	INTENTION
1st week - 2 daily	PURE	Detox on all levels	I want to be clean and pure
	CARE	Balance body functions	I eat and drink healthy
	BALANCE	Kidney, circulation, lymphatic system, hormones	My energy organs are working perfectly
	BEING	Balancing emotions	I am calm and content
	ENERGY	Increase energy, ATP	I have great energy
	RELAX	Relaxation	I am relaxed and calm
	RELEASE	Release pain and lactic acid	I let go of blockages
	FIRST APPLICATION	Energy for kidney and lungs	I feel good and touched
	SECOND APPLICATION	More energy for kidney and lungs	My health journey has begun
	THIRD APPLICATION	Kidneys, lungs, heart and accelerated energetic detoxification	I am ready to for positive change in my life
	CLEAN ALL	Detox of kidneys, lungs, liver, digestive system, lymphatic system and circulation system	I am clean and pure, and I feel comfortable in my body
	DIGEST ALL	Detox of intestines, stomach, pancreas and gallbladder	I can digest all I experienced in my life
	BREATH OF LIFE	Energetic balance of lungs, breast, chest, heart and feelings	I feel my breath to be the foundation of my life. I breath with the universe.

USE IT	PROGRAM	WHAT FOR	INTENTION
	GO TO THE ROOTS	Harmonize mental, emotional and biochemical processes.	I can feel my roots and use this resource to grow.
	FREE FLOW	Circulation and oxygen supply, flexibility and muscle relaxation	I am flexible and all my circulations are flowing freely.
	KIDNEY FEMALE	Bioenergetic support of kidney, adrenals, bladder, urinary system, ovaries, genitals	My energy flows freely
	KIDNEY MALE	Bioenergetic support of kidney, adrenals, bladder, urinary system, prostate, genitals	My energy flows freely
	PURE CALM	Emotional and spiritual balance and inner peace	I am connected to everything
	RENEWAL	Recovery of bones, skin, tendons, vessels, muscles, nerves, DNA	I recover and everything is restored.

Learning 2

Best strategy to use your Healy

- First, use programs to address acute symptoms if you have them or as I said before you start with detoxing
- Second, strengthen organs that are showing symptoms
- Third, activate the energy flow with meridian and chakra program

- Fourth, activate blood circulation and lymphatic flow
- Fifth, regulate your pH levels through kidney and lung programs
- Sixth, activate toxin eliminating organs like colon/ intestine, liver, skin as the last layer to get/sweat toxins out.

The technical side of your Healy

The micro-current application of your Healy works with the wrist band electrodes which are connected to the Healy by cables. The micro current energy flows through these electrodes. To have a good energy flow it needs enough water and minerals in your body. You can do this by drinking a big glass of water before and after and maybe adding a pinch of Himalayan salt. Sometimes it is necessary to moisten the bracelet electrodes or to place a piece of wet paper towel under the bands if your skin is very dry. It is important that the circle is white, which indicates the energy flow and the duration of use.

When using the pads, especially for pain programs, stick them so that the area to be treated is in the middle between the pads. Hair must first be removed and the skin degreased. As the electrodes can absorb dust and skin flakes, they should be washed more often under cold running water.

Biological Laws - Law One

"The root cause of dis-ease?"

A meaningful biological special program starts for the first time with an unexpected, dramatic and isolating without any instant solution available - experienced biological conflict shock. We call it in biological terms UDIN or DHS (Dirk-Hamer-Syndrome).

The conflict content (e.g. "I can't get air to breathe, to flee, no good food, no water", "I'm not intellectually on top", "my heart is sick", "worry about my child" etc.) determines at this moment which special biological program is started (e.g. of goblet cells, pulmonary alveoli, the small intestine, the kidney, the cervical spine, the pericardium, the mammary glands). It also determines our changes in thinking, feeling, sensation and action.

The sympathetic nervous system took over and we call it conflict active phase. This starts with 'fight and flight response', 'freeze response', 'fainting'. Only a biological solution will stop it.

NOTE

To support relaxation and the nervous system to change back into the parasympathetic state Healy got from the **Job/Sleep programs** the **BED REST** program to switch back.

Week Two Healy Applications : PURE and RELAX. In the second week we make sure **your ability to relax is given** as with relaxation a deeper cleanse can happen, and regeneration starts.

USE IT	PROGRAM	WHAT FOR	INTENTION
Morning	PURE	Detox on all levels	I want to be clean and pure
	CARE	Balance body functions	I eat and drink healthy
	BALANCE	Kidney, circulation, lymphatic system, hormones	My energy organs are working perfectly
	BEING	Balancing emotions	I am calm and content
	ENERGY	Increase energy, ATP	I have great energy
Evening	RELAX	Relaxation	I am relaxed and calm
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	BREATH OF LIFE	Energetic balance of lungs, breast, chest, heart and feelings	I feel my breath to be the foundation of my life. I breath with the universe.

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	GO TO THE ROOTS	Harmonize mental, emotional and biochemical processes.	I can feel my roots and use this resource to grow.
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	PURE CALM	Emotional and spiritual balance and inner peace	I am connected to everything
	RENEWAL	Recovery of bones, skin, tendons, vessels, muscles, nerves, DNA	I recover and everything is restored.

Learning 3

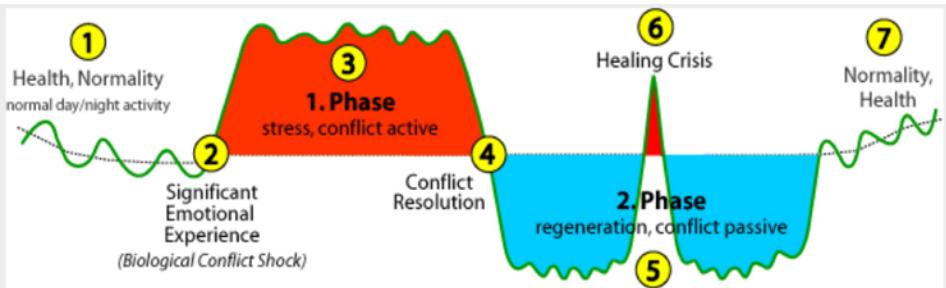
Biological Laws - Law two

"How is the dis-ease progressing?"

The course of a biological conflict goes over 2 phases. An biological conflict shock UDIN begins with a so-called 'conflict-active phase' in which everything revolves around the solution of the conflict with forced thinking about one thing (psyche), functional and cellular changes in the required organ (cell plus or cell minus, function plus or function minus) and the activation of the corresponding brain relay. When the conflict is resolved, the 'conflict-solved phase' begins, in which the body has 2 weeks' time-frame with severe symptoms like pain, swellings, inflammation, discomfort followed by a healing peak which is followed by the regenerates itself. The second phase is when most symptoms are felt and visible.

NOTE

In the 2nd phase **RELEASE, CARE, PURE and RELAX** are most important programs to run. In the 1st phase as there is conflict active phase **BED REST** must be the main program.



1. Natural rhythms/phases: active and passive
2. A bio-logical shock affecting thoughts and feelings
3. The mind tries to find a solution: stress, focused, linear and obsessive thinking
4. A solution appears: relief
5. Body and mind relax and repair: tired, hungry, repair symptoms
6. Repair crisis to flush out excessively retained water
7. Natural rhythm day activity, night relaxation - all good

The second, blue phase is the phase where you mostly experience your symptoms. Specially the first part before the healing peak is very well felt. It is important not to be scared or fearful. It is also important to support the body with its repair and not to take suppressing drugs or to think you can't have enough rest for recovery.

Week Three Healy Applications: CARE, BALANCE, RELEASE. In this week we **balance your bioenergetic field**, activate your detoxing organs and help you to let go what's not longer needed.

USE IT	PROGRAM	WHAT FOR	INTENTION
	PURE	Detox on all levels	I want to be clean and pure
Morning	CARE	Balance body functions	I eat and drink healthy
Afternoon	BALANCE	Kidney, circulation, lymphatic system, hormones	My energy organs are working perfectly
	BEING	Balancing emotions	I am calm and content
	ENERGY	Increase energy, ATP	I have great energy
	RELAX	Relaxation	I am relaxed and calm
Evening	RELEASE	Release pain and acidity	I let go of blockages
	FIRST APPLICATION	Energy for kidney and lungs	I feel good and touched
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USE IT	PROGRAM	WHAT FOR	INTENTION
	GO TO THE ROOTS	Harmonize mental, emotional and biochemical processes.	I can feel my roots and use this resource to grow.
	FREE FLOW	Circulation and oxygen supply, flexibility and muscle relaxation	I am flexible and all my circulations are flowing freely.
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	PURE CALM	Emotional and spiritual balance and inner peace	I am connected to everything
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Learning 4

Biological Laws - Law three

"How does the 'dis-ease' behave? "

The tissues in the body behave exclusively according to the origin of their embryological phase. This means that there are tissues/organs which in the **conflict-active phase begin with an immediate increase in function and**

cell plus structure (e.g. digestive tract, breast glands, dermis), while in the dissolved phase there is functional impairment and cell minus degradation. These are the tissues and organs controlled by the brain stem and cerebellum.

Just as there are tissues where it runs exactly the other way around! Namely the tissue/organs controlled by the new brain cerebrum medulla and cortex the conflict- active phase begins with an immediate impairment and a cell minus degradation (skin, joints, breast ducts).

The 3rd law describes exactly how the individual tissues/ organs behave during the 2 phases, which provides an exact determination of biological processes in the body with which symptoms and progressions can be precisely assessed.

NOTE

Most (but not all) symptoms are noticed during the regeneration phase, i.e. when the biological conflict has been resolved and symptoms like swelling, pain, inflammation, fever, etc. are present. In this phase **RELEASE, CARE, PURE and RELAX** are as well most important programs to run.

Learning 5

Today's way of life and habitat, however, is no longer natural and biological. As a result, the meaningful special programs often run very intensively and often for too long or do not come to an end (recurrence). The unnatural way of living includes poisoned air, water and food. Includes separation from the tribe (divorce, nursing homes, retirement villages, fights over money and love etc.), separation from oneself and friends through electronic devices and social media and separation from nature.

We live in an increasingly chaotic world. We are misinformed and scattered. Everything is confusing and real truths can no longer be easily identified. Access to our own inner wisdom is blocked by the electromagnetic fields, information-salad and lack of minerals and trace elements in our food.

Is there a way out? Education about our true nature is urgently needed. If you like to host an event with me - get in touch with me.

NOTE

To address those unnatural habitats **PURE, CARE, BALANCE, CLEAN IT ALL, KIDNEY FEMALE AND MALE** is great helper.

I hope you are writing your journal and by now you have already a great feeling for what the program can do for you, which one suits you and which one you got resistance. Be sure resistance indicates often that we have some blockages sitting in this area and to run the program will be of great benefit.

Have you learned anything about yourself? Something new about your habits or your needs. Are you very anxious to do everything right? Or do you not take things too seriously? Have you realised what you want for yourself and how you can take responsibility for it?

With your Healy Gold you have many possibilities to bring your physical and energetic body back into balance. But maybe you want to go a little bit further, then an upgrade to a higher version of the Healy would make sense.

LEVELS	HEALY VERSION
Spirit, Soul level	Healy Resonance (HR)
Informational level	Healy Holistic Health plus (HHH+), HR
Mental Level	Healy Holistic Health (HHH), HHH+, HR
Energetic Level	HG, HHH, HHH+, HR
Physical Level	Healy Gold (HG), HHH, HHH+, HR

You could think of Healy Resonance

With Healy you can do applications with the micro current and cables which works on the physical and energetic levels of your body. But you can as well use Healy Resonance. If you use your Healy without micro current and cables, a small electromagnetic field forms around the Healy like an electromagnetic cloud. This cloud vibrates in the desired application and acts at the subatomic level. The electrons pass through everything like bodies, all organs and cells and put water structures into this vibration.

So, to speak, we bathe in the information fields. With Healy Resonance, children can pick up healthy vibrations without danger, as can animals and water. The informed water can then be drunk additionally as well. Resonance is an interactive device able to communicate with your body's own field related to the big field of the universe - the information field or field of potential.

I am happy to explain that further to you and as well give you a demonstration if you like.

Week Four Healy Applications: ENERGY, FIRST APPLICATION, BEING. This week it is all about your energy and to get positive vibrations and feelings while using **BEING**.

USE IT	PROGRAM	WHAT FOR	INTENTION
	PURE	Detox on all levels	I want to be clean and pure
	CARE	Balance body functions	I eat and drink healthy
	BALANCE	Kidney, circulation, lymphatic system, hormones	My energy organs are working perfectly
Evening	BEING	Balancing emotions	I am calm and content
Morning	ENERGY	Increase energy, ATP	I have great energy
	RELAX	Relaxation	I am relaxed and calm
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Learning 6

Biological Laws - Law four

"The meaning of microbiome"

Microbes are not "enemies" but symbionts according to the different tissues and phases of a biological conflict.

Fungi and bacteria help during the regeneration phase and are not the cause of a „dis-ease". They help, for example, to break down the cells built up in the active phase.

CONCLUSION: A physical process of the psychic-brain-organ does not start accidentally, but meaningfully and biologically necessary, because the person feels a shock from his view of the world, which apparently threatens their survival (e.g. a frightening diagnosis, a verbal or threatened attack on the person, a loss of self-esteem, termination, loss of a loved one, etc.). The changes of organ functions and cell events can always be determined exactly according to the tissue type, phase and conflict content.

NOTE

To support the work of the microbes **CARE, IMMUNE SYSTEM, BACTERIA, TONSILS, CLEAN ALL, BIOENERGETIC SUPPORT** is meaningful to use.

Week Five Healy Applications: SECOND APPLICATION, CARE, RELEASE. Now it is time to let go even more of old energetic blockages. Make sure you drink good water during the day and choose carefully what you eat.

You might like to try intermitted fasting to support your process. That's about 16-18 hours you don't eat anything like e.g. You stop eating at 5pm and only start your breakfast the next day between 9am - 11am. Just give it a go and see how you feel with it.

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	PURE	Detox on all levels	I want to be clean and pure
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	BALANCE	Kidney, circulation, lymphatic system, hormones	My energy organs are working perfectly
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USE IT	PROGRAM	WHAT FOR	INTENTION
	DIGEST ALL	Detox of intestines, stomach, pancreas and gallbladder	I can digest all I experienced in my life
	BREATH OF LIFE	Energetic balance of lungs, breast, chest, heart and feelings	I feel my breath to be the foundation of my life. I breath with the universe.
	GO TO THE ROOTS	Harmonize mental, emotional and biochemical processes.	I can feel my roots and use this resource to grow.
	FREE FLOW	Circulation and oxygen supply, flexibility and muscle relaxation	I am flexible and all my circulations are flowing freely.
	KIDNEY FEMALE	Bioenergetic support of kidney, adrenals, bladder, urinary system, ovaries, genitals	My energy flows freely
	KIDNEY MALE	Bioenergetic support of kidney, adrenals, bladder, urinary system, prostate, genitals	My energy flows freely
	PURE CALM	Emotional and spiritual balance and inner peace	I am connected to everything
	RENEWAL	Recovery of bones, skin, tendons, vessels, muscles, nerves, DNA	I recover and everything is restored.

Learning 7

Biological Laws - Law five

“Every Dis-eases has a meaningful background”

“Dis-eases” are parts of special biological programs that can be understood in developmental history.

This means that nothing that happens in our organs, in our psyche (behaviour, thinking and sensations) and in the brain is random, erroneous or degenerate. But it all makes perfect biological sense (except poisoning, injuries, deficiency symptoms on the surface).

The programs have been developed over millions of years to help individuals to survive and solve life-critical situations as well and as quickly as possible (e.g. by eating or fleeing). **Example:** Someone is in a situation that is difficult for him. He would like to run away, and he would need energy for that. If this person is thinking about running away, the body will release or hold enough sugar to have energy available for the escape. If the person is stuck in this undesirable situation because he thinks he cannot run away; he can develop diabetes. If the person realises his or her tricky situation and decides to go, or if the person realises and finds ways to be at peace with the place he or she is put in, his or her diabetes can be cured. Cured only because the reason/ root cause of the dis-ease is gone.

NOTE

CARE, BALANCE, RELAX, RELEASE and BEING

would be a great idea to use. With BEING and RELAX the possibility to find an answer of the tricky situation is bigger as if only running in stressful circles. While in stress it is not easy to think about life, it's meaning, about own needs or if the desired lifestyle is happening. Often one gets stuck in the hamster wheel and doesn't find energy to make a change. Sometimes even fear of the unknown stops the decisive step.

JOURNAL

Use your journal to find out about your life. Is it the life you want to live? Are you content with it and happy what you do? Is there enough time for laughter, creativity, humour and meaningful relationships?

Week Six Healy Applications: THIRD APPLICATION, RELAX, FREE FLOW. By now you should feel already a good improvement in all your life like much lighter in your body, less pains and aches, a feeling of being clean, more balanced moods or emotions and serenity and relaxation in your daily life.

USE IT	PROGRAM	WHAT FOR	INTENTION
	PURE	Detox on all levels	I want to be clean and pure
	CARE	Balance body functions	I eat and drink healthy
	BALANCE	Kidney, circulation, lymphatic system, hormones	My energy organs are working perfectly
	BEING	Balancing emotions	I am calm and content
	ENERGY	Increase energy, ATP	I have great energy
Evening	RELAX	Relaxation	I am relaxed and calm
	RELEASE	Release pain and acidity	I let go of blockages
	FIRST APPLICATION	Energy for kidney and lungs	I feel good and touched
	SECOND APPLICATION	More energy for kidney and lungs	My health journey has begun
Afternoon	THIRD APPLICATION	Kidneys, lungs, heart and accelerated energetic detoxification	I am ready to for positive change in my life
	CLEAN ALL	Detox of kidneys, lungs, liver, digestive system, lymphatic system and circulation system	I am clean and pure, and I feel comfortable in my body
	DIGEST ALL	Detox of intestines, stomach, pancreas and gallbladder	I can digest all I experienced in my life
	BREATH OF LIFE	Energetic balance of lungs, breast, chest, heart and feelings	I feel my breath to be the foundation of my life. I breath with the universe.

USE IT	PROGRAM	WHAT FOR	INTENTION
	GO TO THE ROOTS	Harmonize mental, emotional and biochemical processes.	I can feel my roots and use this resource to grow.
Morning	FREE FLOW	Circulation and oxygen supply, flexibility and muscle relaxation	I am flexible and all my circulations are flowing freely.
	KIDNEY FEMALE	Bioenergetic support of kidney, adrenals, bladder, urinary system, ovaries, genitals	My energy flows freely
	KIDNEY MALE	Bioenergetic support of kidney, adrenals, bladder, urinary system, prostate, genitals	My energy flows freely
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Learning 8

The human system is conditioned to conformity! This often is a root cause of illness and dis-ease. Individuality seems to be difficult to express as the fear of rejection is overwhelming. Through lifetimes - stored in our brain stem - we learned that on our own we can't survive. We need a tribe to be able to stay safe.

Therefore, man is a group being and has been in a family and relational system since birth, which follows certain rules and positions like a chessboard with its pieces. Every work with a person always means a work with his system, which must be respected and considered. Many human actions are not logical in the sense of the individual but are carried out for the preservation and continuance of the whole group, system. Solomon Asch shows a good example of this mechanism with his research into conformity. It shows that the person of self-doubt and the desire for integration also carries out things of which he himself is neither convinced nor beneficiary.

Now it is the time to learn how we can embrace our individuality and all of us to integrate it in a much bigger picture of who we are and what our mission on earth can be.

<https://youtu.be/TYIh4MkcfJA>

Your Healy is part of this new time, to find out what you as an individual is really in need of, how you can help yourself, how you can find out about your self-healing and self-empowerment. Healy is your best friend to look after yourself, self-responsible for your actions, its results and how to rebalance your life.

Week Seven Healy Applications: From this week you are free to use all programs just as you like and feel it is important in any given moment. I would suggest though to start with **BREATH OF LIFE, KIDNEY and PURE CALM.**

Don't use more than 3 programs a day as not to overload your body with information. The rule, less is more 'is always to keep in mind. The body needs time to find its balance, to integrate and to digest.

CLEAN ALL, DIGEST ALL, GO TO THE ROOTS AND RENEWAL is free to choose from now on.

I would love you to look at all the programs from many different levels like e.g. CLEAN ALL you can clean your physical, energetic body but as well your thoughts, your emotions, addictions, unhealthy habits, negative people around you. Your imagination and intention while using CLEAN ALL is totally free and up to you. Thinking of DIGEST ALL, what is it you can't accept or swallow emotionally or mentally as well? Is it hard to digest a special situation in your life or people's behaviour?

The more you can think in all directions the better your result with your Healy will be.

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Learning 9

The more you are relaxed, make healthy food and Lifestyle choices the healthier you are and the less you get sick. Avoid the media as much as you can and take care of your healthy lifestyle. Support your well-feeling and - being with nice relaxing music, nice scents and nice people around you. Nothing is strengthening your immune system more.

NOTE

BIOENERGETIC SUPPORT is a program that helps you to address those times of challenge like flu season. Run it once a day and relax.

TROUBLESHOOTING

I start my Healy program, but the circle remains black.

The bracelet electrodes must have a good contact with your skin, otherwise the ring stays black. Sometimes this is because your skin is too dry, or you did not drink enough water.

Also, a lack of minerals can be the cause. Therefore, it is important to drink water first and add a pinch of Himalayan salt. And you can first moisten the bracelets and then put them on or put a wet paper towel between your skin and the bracelet.

However, some programs have a grey circle. This is normal.

I do not feel anything during the treatment

This may be because you have a slightly thicker skin, or the frequencies are so low that you do not feel anything. Here you can experiment with the frequency percentage. Adjust the percentage so that you just feel a slight tingling sensation on your skin. That's quite enough. Less is more - as you've already heard from me.

I get red spots and skin irritations

Maybe you set the frequency percentage too high. Make sure you feel something just like that. Use the damp paper towel as a protection in between. You might also have an allergic reaction to the electrodes. In that case I would use the allergy program on low percentage with a paper towel in between.

I feel dizzy during or after the treatment

Make sure that the frequency percentage is not set too high. Start at 15% or below and increase slowly. Make sure you are hydrated and have drunk enough water.

Would you like individualised guidance?

You can also work with me individually. I have been assisting people with naturopathic therapy since 1995 and have a wide range of therapy options. I am specialised in the treatment of chronic diseases and cancer. But most of all I enjoy inspiring people to laugh more again, to take things with humour, to turn to the spiritual side of life and to encourage creativity.

Just arrange a free orientation talk with me on Zoom. Together we can discover whether coaching could be helpful for you.

<https://app.acuityscheduling.com/schedule.php?owner=16106758&appointmentType=10867816>

We are at the end

I hope you find this little guide helpful for the use of your Healy. There is nothing you can do wrong as in choices you make with the programs. You will find out what helps you and gives you well-being and energy to live a life full of happiness and things you like to do.

Life is an experience and we only must make sure that we are making the most and best out of it.

About the author



Christa Krahnert. 'I am a German trained Naturopath ND, Lifestyle Prescription© Health Coach Specialist, Holistic Counsellor, Psycho-Oncologist, Neurografik Specialist and Frequency Therapist. I am also a professional Trainer for Doctors and Therapists for Psychobiology, Pleomorphism, Nutrigenetic, Epigenetic and Frequency Therapy and NLS Systems. The

book "Process Orientated Cancer Therapy", which I am the co-author, was published in 2001 in Germany.

Since 2010, I have called Australia my home and authentic spirituality is my main interest. As a Spiritual Teacher I want to reach as many people as I can, assisting people to live a peaceful, happy life based on unconditional love.'