

Basic Settings

To utilize the 1-7 settings on your controller, follow the guide below. We like to keep things simple and use setting B or C first for 20 minutes with pads on eyes, naval and kidneys for helping to shift the body into a relaxed state of healing and then shift the pads to areas of concern and the setting on areas that you are working to support. Remember that the eye mask doesn't have to stay on the eyes and that we are working with the lights to support these areas not treat, diagnose, prevent or cure.

Nerves, Brain	B or C for 20 min., then 1, 3, 6 for 5 min each. (Add 7 for calming)	Liver Gallbladder	B or C for 20 min., then 4 for 5 min. each
Skin - wounds, rash, burns, collagen, scars	C for 20 min., then setting 2 and 3 for 5-10 min. Setting 4 for chronic issues	Stomach Digestion	B or C for 20 min, then 2, 4 for 5 min.
Pituitary, Hypothalamus, Pineal Gland	B or C for 20, then 1 for 5 min. (Eye mask over eyes is best)	Small intestine Large Intestine	B or C for 20 min. then 2 and 4, for 5 min. each
Thyroid	B or C for 20 min., then 1 for 5 min. (Blue pad or eye mask)	Kidneys Bladder	B or C for 20 min. then 2 and 4 for 5 min. each
Adrenals	B or C for 20 min., then 1 for 5 min. (Add 7 to relax)	Uterus Prostate	B or C for 20 min., then 1 and 5 for 5 min. each
Ovaries/Testes	B or C for 20 min., then 1 and 5 for 5 min.	Spine, Bones Muscles, Ligaments	B or C for 20 min. then 2, 4, 5, and 1 or 7 for 5 min. *Use 1 instead of 7 for new bone growth after injury.
Pancreas Blood Sugar	B or C for 20 minutes, then 1 for 5 min., 4 for 5 min.	Spleen Lymph Immune	B or C for 20 min., then 1, 2, and 4 for 5 min. each
Heart Circulation	B or C for 20 min., then 1, 2, and 4 for 5 min. each	Lungs Bronchus	B or C for 20 min., then 2 for 5 min., 5 for 5 min.

Please visit www.shinewithlight.com for more info. Or contact: Marta 303-818-6453 or Shirley 303-818-9263. This chart is designed as a guide to support the body's own healing ability not to treat, diagnose, prevent or cure disease.