

# HARMONIC LIGHT PULSATION GUIDE

Mode Setting	Area the Nogier frequencies have been reported to support	Nogier Frequency/ Musical Note
1	<b>Cell Energizer</b> - Bone, Brain, Endocrine Glands, Hormones, Increased Circulation, Increased Immunity, Mood Energizer	73 Hz. / F
2	<b>Cleanse &amp; Calm</b> Inflammation, Infections, Scar tissue, Parasites, Mood Calming	147 Hz./ G
3	<b>Ectodermal Tissue</b> – Wounds, Eyes, Ears, Nerves, Skin, Pain, Acute Issues	294 Hz./ A
4	<b>Endodermal Tissue</b> – Gastrointestinal tract, Metabolism, Neuropathy, Circulation, Lymph, Liver, Pancreas, Stomach Chronic Conditions, Deep Tendon, Ligament & Joint, Spine	587 Hz. / B
5	<b>Mesodermal Tissue</b> – Heart and Blood Vessels, Bones, Muscles, Joints, Ligaments, Lungs, Reproductive Organs Circulation, Movement, Relaxation of Large Muscle Groups	1174 Hz. / C
6	<b>Balance</b> - Stress, Right/Left Brain, Brain Connectivity, Plateaus, Alignment Session Support	2349 Hz. / D
7	<b>General Pain</b> – Nerve Issues, Bone Chips, Spurs, Calcifications, Arthritic Conditions, Spinal Cord, Sedation	4698 Hz. / E

## The Sweep Settings of A, B, C

**Mode Setting A** – 21 Minute Energy Tune Up – Automatically pulses the light to the above Nogier mode settings 1 through 7 for three minutes each. Setting A works well as a morning tune up session for people in overall good health.

**Mode Setting B** – Relaxation & Emotion Release - Automatically pulses the light to a series of spiritually tuning Solfeggio frequencies. See the reverse side for details. The B setting is an excellent choice for the release of emotional stress and feels, for many, like a light assisted prayer for an improved sense of wellbeing in mind, body and spirit.

**Mode Setting C** – Natural Harmony & Balance - Automatically pulses the light to a series of 3:2 Pythagorean or Golden Ratio based frequencies which represent the blueprint of how energy naturally flows and are repeatedly found in music, in minerals, in architecture, in medical research and in the natural patterns of life. The Golden Ratio Harmonics have been named by researchers at Stanford as part of “the most harmonic frequencies in nature.” The C setting is an excellent choice for a beginning session and to support a sense of overall natural balance and harmony.