

# Welcome to LumiCeutical's Harmonic Light Trial Program:

Thank you for taking the opportunity to experience the benefit of daily sessions of *Harmonic Light*. We are committed to providing education and support so that you can make the most of your trial period with our equipment. **We ask that you are responsible for the following agreements:**

**1. Your 2 week program begins on the day after your unit is delivered.** You can share the lights with your family and even friends, but the equipment should remain in your possession and cared for as directed in the manual. Please keep the shipment box and all packaging for when you return your system. We recommend having friends complete a light energy waiver.

## **2. Your First Light Session:**

- **We recommend starting with the mode set to setting C, and all of your pads shining down into the body. We like having the Eye Mask Light Pad over closed eyes, one pad over your belly and one pad across the lumbar section of the back. Having the pads rest on bare skin provides the greatest light delivery. If you would like to have less light over the closed eye, move the eye mask higher up on the forehead or place a Kleenex tissue over the eyes until you are more accustomed to the experience. Read the operations guide and quick start page for more tips. Please watch this quick video playlist that guides you on the basic instructions for using your system: [Click Here for Short Getting Started Video Playlist](#)**
- **Listen to the Light Energy Audio during your first session. [Click here for our guided meditation audio](#) This is first audio at [www.shinewithlight.com](http://www.shinewithlight.com) under videos/audio. You are welcome to listen to this audio as many times as you would like. We always recommend that people use it for their first session.**

**3. Read your emails from Shine With Light daily for light system coaching and new ideas for making the most of this amazing system. Within 3 days watch our webinar at [www.shinewithlight.com](http://www.shinewithlight.com) under videos/audios.**

## **4. Within 3-5 days, schedule Your Personal Light Coach Consultation.**

To make the best use of this 30-60 minute call, we request that steps 2 and 3 to be completed before we complete this appointment. Contact your trial sponsor or Marta DeBerard 303-818-6453 to set up your coaching session.

You are getting your greatest value for your trial when you successfully complete these first 5 steps during week 1.

**5. Within 9 days schedule a follow up call with your trial sponsor** to report how your program is going and get assistance if you need it. They can also let you know your purchase options and how to order your system so that you do not have to be without a system when your trial period ends. Orders typically take 3-5 business days to arrive. Contact: Marta 303-818-6453 or Shirley 303-818-9263 with questions. Your ENTIRE cost of the trial may be applied to any purchase you make during your trial period. Once you return your system, a percentage of your trial cost can be applied to your any purchase within 10 business days from the end of your trial.

**6. Return Shipment:** Your trial period ends 14 days after you received your unit. On that day, you are responsible for returning the unit in the same manner that it arrived. You are responsible for this minimal cost. A late fee of \$50/day may be charged for systems not shipped on time.

Important Guidelines: We recommend packaging the unit just as it arrived. Controller should be properly padded and light pads should be laid flat in package. Cords should be lightly coiled with no strain or pulling at the entrance of the pads. **Please do not wrap the cords around the pads.** A tracking number for your shipment is required. If you are using the same box, please make sure that you remove all previous shipping labels and bar code information.

Please return your system to:

LumiCeuticals  
Return:Trial  
850 23rd Ave, Suite D  
Longmont, CO 80501

Thank you for shining with Lumi Light!

Questions? Call either  
Shirley Joffs 303-818-9263 or  
Marta DeBerard 303-818-6453

# Quick Reference for Owners and Renters of LumiCeuticals Light Systems

## Basics:

- FDA cleared as a safe and effective over the counter device for the temporary relief of pain and increase in circulation. If you have been diagnosed with a medical condition, check with your medical provider about the use of light therapy. The light system is a support of your natural healing abilities and not an attempt to treat, prescribe, diagnose or prevent disease process.
- Receive the light, do not look or stare directly at the lights.
- The eye mask is designed to go over closed eyes and may be used on other parts of the body as well. Other pads should not be used over the eyes unless directed to by a medical practitioner.
- Keep yourself well hydrated with water for best session results.
- Children often love the lights. We recommend supervised use and limit a light session to 1-2 minutes per year of age.
- Pets often love the lights. Cover pads with plastic sleeves and use for short durations with pets as well. 1/2 -1 minute per pound is typical.
- Pads work best over clean skin. Use plastic sleeves if dirt, heavy oils, or germs are a concern. Pads can be gently wiped clean with a cloth with colloidal silver or a natural cleanser. Avoid bleach, alcohol and abrasives.
- Pads can be used over light layers of clothing.
- Pads should be stored flat when not in use.

The Vibe3 controller automatically runs for 20 minutes unless interrupted by turning the switch off. To change frequencies on the 3 port controllers press the button on the top of the controller. To restart the 3 port controller turn the power switch off and then back on.

The Grow6 and Pro6 controllers power up in the back and turn on by pressing the pause/play button on the far right side of the middle row. The session will run to the length of the timer unless you choose to pause or stop the session. The arrows in the middle row change the settings and the top row reflects what the hertz value is at any given time.

\* The **B** setting starts at 10hz for 10 seconds which is visibly pulsing to the human eye. (Any frequency under 60hz humans see as pulsing. Above 60hz we think it is constant but everything in the universe pulses. ) 10hz is a great grounding frequency to bring you into the present moment and it is safe over the eyes unless there is a history of seizures. We recommend that you choose your comfort level and feel free to allow for 10 seconds of the flashing light elsewhere on the body before placing the eye mask over the eyes.

## The Standard Settings:

**Settings 1-7:** Body Tuning & Support. See guide for the specific tissue that each setting supports. 3-10 minutes on any one of these settings is adequate. Running them on 20 minutes is fine as well.

**Setting A for Activate:** The controller is cycling through the 7 physically tuning **Nogier** frequencies like a scale. For someone in good overall health, A is good for a morning session or before working out or for overall balancing the physical body.

**Setting B to Be Calm:** **This is for de-stressing or relaxing the body into a healing, meditative state.** It contains relaxing, calming frequencies and is good to use when a calm, restful, healing state is desired. This is a favorite setting at bedtime or before a healing treatment or massage or chiropractic type of treatment. Use this to allow the body to rest, digest, and heal.

**Setting C is for Centered Balance & Cell Renewal: We find this an ideal combination of relaxation and physical balancing.** This setting offers frequencies in harmony with nature. This is a great gentle setting when working with children or the elderly and an ideal place to start for everyone.

## Pro6 Settings:

See the Custom Sweep Possibilities Chart for Specifics. Unless noted, these frequencies are compiled from the *Electroherbalism Frequency Handbook*. The numbers with dashes on the guide represent settings that are possible to exchange in the future through the custom software but are not currently available on your controller.

## Custom Mode Settings:

11-17 are Calming Whole Body Support.

18-20 are Mood and Sleep Support

21-45 are Immunity and Detoxification Support

46-54 are Digestive Tract Support

55-57 are Heart & Lung Support

58-64 are Gland & Hormone Support

65-67 are Diabetic Support

68-77 are Skin Support

78-83 are Brain & Eye Support

84-89 are Joint, Bone & Muscle Support

90 is Body Sculpting Support

91 is Liver Support

92-99 are Settings for Support from the work of True Ott, PhD.

**The body's natural healing ability is optimized when we are relaxed. We recommend starting your use of the lights with relaxation sessions on setting C or B. Listen to the audio download at [www.shinewithlight.com](http://www.shinewithlight.com) to further enhance the effect. Pad Placement for a relaxation session:**

- The eye mask goes nicely over closed eyes – use a Kleenex over the lights to keep the mask clean from dirt, makeup or oils.
- Place the body pad across the small of the back or up and down the spine – on clean skin is ideal. A red/infrared pad is often a great choice here. A plastic bag can be used over the pad if needed.
- Place the third pad over the naval or chest – directly on clean skin is best. The blue/infrared is often a great choice here.
- Relax and enjoy.

After several days of sessions that focus on relaxation with B or C, you may want to add 5-20 minutes of individual Nogier frequency settings 1-7 for more specific support to areas of the body or explore some of the custom settings. See the Nogier Chart or the frequency guide to determine the best frequencies for your specific target area.

**For best results:** It is preferable to move the pads around on the body if your session is longer than 20 minutes. This way you get better coverage and the body enhances nitric oxide in different places. Blood circulates through the body and passes the naval area every 20 minutes, so that is a good area of focus. Places of good lymphatic flow are also excellent places for light. Those include the back of knees, the groin, top of chest and back, as well as under the chin.

Ideally, limit sessions to 20 – 40 minutes and then let the body act on that nutrition and information. You can do another session again in as little as a few hours. Many adults like to start with 1-2 sessions a day. Sessions can be experienced sitting or lying down. While the turquoise–blue range of light over closed eyes is a healthy range, we generally limit the overall time of using the eye mask directly over the eyes to 40 minutes a day. Many people find the red and blue eye mask is supportive of sleep and relaxation. If you find a session energizes you, please limit use of the mask to earlier in the day.

**Light up both sides of the body equally when possible**, even though you may be experiencing more pain or imbalance on one side or the other. The goal of the harmonic light sessions is to provide an ideal environment for the mind, body and spirit to balance, heal and thrive.

Feel free to contact your ambassador to ask questions.

With light,  
Your Shine With Light Team

*This information is not intended to treat, prevent, or cure disease. This is not intended as a substitute for medical advice.*



# HARMONIC LIGHT PULSATION GUIDE

## Setting Modes 1-7, ABC

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.

# Basic Settings

One way to utilize the basic settings ABC1-7 on your controller is to follow the guide below. We like to keep things simple and use setting B or C first for 20 minutes with pads on closed eyes, naval and kidneys for helping to shift the body into a relaxed state of healing. Once a relaxed state is reached we shift the pads to areas that need enhanced circulation, relief from pain or stress, or increased recovery. Remember that the eye mask doesn't have to stay on the eyes and that we are working with the harmonic lights to offer enhanced energy flow and environmental support not to treat, diagnose, prevent or cure. You do not have to do B or C first every time. If you are already feeling relaxed or for additional sessions in a day, you can go right to the area of concern.

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

Please visit [www.shinewithlight.com](http://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 and is not a replacement for medical treatment or advice.



# SETTING b - SOLFEGGIO FREQUENCY GUIDE

Frequency	SUPPORTIVE HARMONICS
<b>174 Hz</b>	<b>Calm</b> - This vibration has been found to support relaxation by creating a space of calm, safe, peaceful sense of meditation.
<b>285 Hz</b>	<b>Renew</b> - This vibration has been found to support cellular rejuvenation and deeper movement into meditation & relaxation where the body naturally rests, digests and heals.
<b>UT 396 Hz</b>	<b>Liberate</b> – This vibration has been found to help release lower energies like guilt and fear and support freedom and expansion in the root chakra energy center of the body.
<b>RE 417 Hz</b>	<b>Empower</b> – This vibration has been found to help resolve past traumas and facilitate change. It helps break up crystallized emotional patterns, destructive influences of past events, and limiting beliefs in the sacral chakra. This release assists enhanced cellular DNA and energy.
<b>MI 528 Hz</b>	<b>Transform</b> – This vibration has been found to support transformation miracles, experiences of love and peace and increases in life energy in the solar plexus energy center of the body.
<b>FA 639 Hz</b>	<b>Harmony</b> – This vibration has been found to foster connection and communication from cell to cell and person to person through balance, awareness and acceptance in the heart chakra energy center.
<b>SOL 741 Hz</b>	<b>Illuminate</b> - This vibration has been found to support stability, power and self-expression in the throat chakra. It also helps cleanse cells of electromagnetic radiations as well as infections – viral, bacterial, and fungal.
<b>LA 852 Hz</b>	<b>Awaken</b> - This vibration has been found to support communication with an all-embracing Spirit as it raises awareness and awakens intuition and divine purpose through the third eye chakra.
<b>TI 963 Hz</b>	<b>Connect</b> - This vibration has been found to support a sense of enlightenment and oneness with The Light and all-embracing Spirit through the crown chakra.

## The Ancient Solfeggio Scale

Music and sound can be a powerful transformational tool for body and soul. Every note or sound has its own frequency. Light is offered as a powerful way to send this frequency quickly, easily and safely into every cell in the body.

The Solfeggio tones date back to ancient times when they were sung in Gregorian chants. Based on a Hymn from John the Baptist, these resonances have been found to be spiritually and energetically healing.

# SETTING C - GOLDEN RATIO FREQUENCY GUIDE

Setting C is a series of 3:2 Pythagorean or Golden Ratio frequencies. These frequencies are the blueprint of how energy naturally flows and are repeatedly found in minerals, architectural, medical research, in nature and in music when the A tuning is shifted to the original frequency of 432hz.

These harmonies have been named by researchers at Stanford as part of “the most harmonic frequencies in nature.” According to Tibetan Chakra Meditations and The Electroherbalism Frequency Manual these frequencies have been historically used to support the following experiences in the mind and body:

**256 hz Musical Note C - Heart Chakra, Thymus, Calcium, Manganese, Boron, Blood Pressure, Immunity, Muscle Tension, Heart Issues, Breathing Issues, Improper Cell Growth. Relationships, Acceptance, Balance, Love**

**324 hz Musical Note E - Support for Neurological Health, Hypertension, Joint Pain, Muscle Tonic, Muscular Pain & Injury.**

**432 hz Musical Note A - Crown Chakra, Pineal Gland, Magnesium, Gold, Boron, Mental Health, Vascular Health, Lymphatic System Support, Skin Imbalance Support, Upper Brain, Hair Growth, Spirituality, Bliss.**

**486 hz Musical Note B - Doubles 243 hz which offers Immune System Support**

**729 hz Musical Note F# - Solar Plexus, Pancreas, Indium, Chromium, Vanadium, Blood Sugar Balance, Digestive Support, Nervousness, Parasite Cleansing, Memory, Personal Power, Optimism.**

**768 hz Musical Note G – Throat Chakra, Thyroid Gland, Iodine, Potassium, Selenium, Immunity, Tonsils, Teeth, TMJ, Speech, Hormones, Hyperactivity, Communication, Trust.**

**1152 hz Musical Note D – Third Eye Chakra, Pituitary, Iridium, Molybdenum, Platinum, Vision, Sleep, Headaches, Mood Balance, Intuition, Imagination.**

The Most Harmonic Numbers/Frequencies

1	3	9	27	81	243	729	2187
2	6	18	54	162	486	1458	4374
4	12	36	108	324	972	2916	8748
8	24	72	216	648	1944	5832	17496
16	48	144	432	1296	3888	11644	34992
32	96	288	864	2592	7776	23328	69984
64	192	576	1728	5184	15552	46656	139968
128	384	1152	3456	10368	31104	93312	279936
256	768	2304	6912	20736	62208	186624	
512	1536	4608	13824	41472	124416		
1024	3072	9216	27648	82994			
2048	6144	18432	55296				
4096	12288	36864					
8192	24576						
16384							
C	G	D	A	E	B	F#/Gb	C#/Db

Sources: Tibetan Chakra Meditations, Electroherbalism Frequency Manual, Jamie Buturff – The Cosmic 432.

\*Offered as support for the body’s natural healing response. Not intended to treat, prevent, diagnose, or cure disease process. If you have a medical condition, seek advice from your health care professional.

# Harmonic Light Custom Setting Possibilities

Sample set compiled from the [Electroherbalism Frequency List](#) and wellness professionals

## Whole Body Support

- 11 General Power Sweep
- 12 Grounding Balance
- 13 Abundance
- 14 Transformation
- 15 Chakra Balancing
- 16 Instant Vacation
- 17 Master Healing Support
- \_\_\_ 17 Chakra Wand Sweep
- \_\_\_ 17 DNA Repair Support
- \_\_\_ 17 Energize
- \_\_\_ 17 Schumann Wave
- \_\_\_ 17 Ultimate Health
- \_\_\_ Also See #94, 98, 99

## Mood and Sleep Support

- 18 Peace & Calming
- 19 Insomnia Support
- 20 Depression /Anxiety Support
- \_\_\_ 20 Emotion Sweep
- \_\_\_ 20 Joy & Happiness
- \_\_\_ 20 Sleep Apnea
- Also See Sweep #97

## Immune & Cleanse Support

- 21 A+ Immune Support
- 22 Allergies
- 23 Autoimmune Support
- 24 Colds/Flu Support
- 25 Chemical Detox
- 26 Detox
- 27 Energy Cleansing - run w/ pads face up
- 28 Epstein Barr Support
- 29 Fungus/Mold
- 30 Lymph
- 31 Heavy Metal
- 32 Herpes/Shingles Support
- 33 Immune Support General
- 34 Immune Support Breast
- 35 Immune Support Lymph
- 36 Immune Support Prostate
- 37 Immune Support Blood
- 38 Inflammation/Infection
- 39 Lyme Support
- 40 Ear Infection/Otitis support
- 41 Papilloma virus support
- 42 Pneumonia Support
- 43 Sinus Support
- 44 Strep Support
- 45 Staph Support
- \_\_\_ 45 Bells Palsy Support
- \_\_\_ 45 Chronic Fatigue Support
- \_\_\_ 45 Hepatitis C Support
- \_\_\_ 45 Immune Stimulation
- \_\_\_ 45 Macrophage - Immune
- \_\_\_ 45 Bronchitis Support
- \_\_\_ 45 Chemical Sensitivity
- \_\_\_ 45 EMF Clean
- \_\_\_ 45 Sore Throat
- \_\_\_ 45 Viral Infection Support
- See Sweep #94 and #95

## Digestive Tract Support

- 46 Acidosis/Alkalize
- 47 Candida
- 48 Colitis/ IBS Support
- 49 Digestion
- 50 Gall Bladder Support
- 51 Parasite Support
- 52 Polyp Support
- 53 Ulcer Support
- 54 Urinary Tract
- \_\_\_ 54 Flukes
- \_\_\_ 54 Hernia Support Masters
- \_\_\_ 54 Hiatal Hernia
- \_\_\_ 54 Hookworm
- \_\_\_ 54 Larynx Support Masters
- \_\_\_ 54 Tapeworm
- \_\_\_ 54 Constipation
- See Sweeps #94 and 95

## Heart & Lung Support

- 55 Circulation
- 56 Lungs
- 57 Artery Support
- \_\_\_ 57 Raynauds Support
- See Sweep #94

## Gland & Hormone Support

- 58 Adrenal /Stress Support
- 59 Breast Fibroid Support
- 60 Endocrine Support
- 61 Endometriosis/Uterine
- 62 Hypothyroid Support
- 63 PMS/Menopause Support
- 64 Prostate Support
- \_\_\_ 64 Pineal Opening
- \_\_\_ 64 Adrenal Balance
- \_\_\_ 64 Hot Flashes
- \_\_\_ 64 Hypothalamus
- See Sweep #96

## Diabetic Support

- 65 Blood Sugar
- 66 Pancreas
- 67 Neuropathy Support

## Skin Support

- 68 Acne
- 69 Eczema Support
- 70 Gums Support
- 71 Hives
- 72 Warts
- 73 Rosacea Support
- 74 Psoriasis Support
- 75 Skin Support
- 76 Skin Immune Support
- 77 Wounds/Injuries
- \_\_\_ 77 Healthy Skin
- \_\_\_ 77 Insect Bites
- \_\_\_ 77 Scarring
- \_\_\_ 77 Vitiligo Support

## Head & Brain Support

- 78 ADD/ Autism Support
- 79 Headache Support
- 80 MS Support - Masters
- 81 Tinnitus Support
- 82 Parkinson Support
- 83 Cognition Support
- \_\_\_ 83 MS Support 2
- \_\_\_ 83 Vertigo
- \_\_\_ 83 ADD Support

## Eye Health Support

- \_\_\_ 83 Vision – Sharpen
- \_\_\_ 83 Macular Support
- \_\_\_ 83 Eye Lens Support
- \_\_\_ 83 Eye Nerve Support
- \_\_\_ 83 Eye Health Support

## Joint, Bone & Muscle

- 84 Arthritis Support
- 85 Pain Support
- 86 Rheumatism Support
- 87 Knee/Hip Support
- 88 Bone Trauma
- 89 Sciatica Support
- \_\_\_ 89 Gout Support
- \_\_\_ 89 Fracture Support –Masters
- \_\_\_ 89 Disc Support
- \_\_\_ 89 Sprain
- \_\_\_ 89 Elbow Pain
- \_\_\_ 89 Carpal Tunnel
- See Sweep #94 and 95

## Body Sculpting

- 90 Weight Release 1 Support
- \_\_\_ 90 Belly Fat Release
- \_\_\_ 90 Cellulite Release
- \_\_\_ 90 Fat Burning
- \_\_\_ 90 Weight Release

## Liver & Kidney

- 91 Liver
- \_\_\_ 91 Cirrhosis/Liver Support
- \_\_\_ 91 Kidney Stones Support

## Ott Settings

- 92 Ott Trace Minerals
- 93 Ott Macro Minerals
- 94 Ott Cleanse, Energy, Rejuvenate
- 95 Ott Immune, Inflammation Support
- 96 Ott Hormone Balance
- 97 Ott Relaxation/Clear Thinking
- 98 Ott B Alternative
- 99 Ott New C Alternative
- \_\_\_ 99 Anahata Solfeggio
- \_\_\_ 99 Ott C Original Alternative
- \_\_\_ 99 Ott Harmonic Balance
- \_\_\_ 99 Ott Ozone
- \_\_\_ 99 Ott Solfeggio
- The \_\_\_ before a number means that it is available on your software USB but must be manually exchanged for one of the existing modes 12-99 on your controller.*





**Harmonic Light Energy Systems**  
**Operations Guide**

# Operations Guide

## LumiCeuticals Light Energy Systems:

### Chapter 1: Welcome LumiCeuticals Owner

1. Why LumiCeuticals?
2. Function and Features

### Chapter 2: Operations

1. Basic Use Instructions
2. How to set frequency channels and sweeps
3. Care for your unit and Cautions:
4. Warranty and repair:

### Chapter 3 Tips and Suggestions

1. Pad Placement (can include placement, children, pets, frequency of use etc.
2. Frequency and Light Energy Education Resources.

#### 3 Daily use Tips

Indication for use: The LumiVibe Go2, LumiVibe Flex3, LumiVibe Grow6, LumiVibe Pro6 and LumiVibe Pro10 are intended for the relaxation of muscles and relief of muscle spasms; temporary relief of minor muscle and joint aches, pains and stiffness; temporary relief of minor pain and stiffness associated with arthritis; and to temporarily increase local blood flow.

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# Chapter 1 Welcome to LumiCeuticals

Welcome to our LumiCeuticals Light Owner Community. We are so excited to have you join us. We see such a wonderful future for harmonic light as the ultimate self-healing tool. We are thrilled to be Lighting The Way....

Lighting the Way for pain-free living with FDA Clearance for Pain Relief and Injury Recovery

Lighting the Way for your power to recover and thrive.

Lighting the Way for your family, pets and community to shine with health and vitality

Lighting the Way for optimum performance and recovery

Lighting the Way for peace and harmony in mind, body and spirit.

Lighting the Way for your inner radiance to shine.

Lighting the Way for a bright financial future for all.

We invite you to use and share your LumiCeuticals light energy system every day.

## 1. The LumiCeuticals Advantage:

- Our systems are all made in an FDA and ISO-9000 approved zero waste medical manufacturing facility and your whole system is backed by a three year full warranty and service in the USA.
- Our systems have a minimum of 500 medical grade invisium diodes in specific wavelengths of red, infrared and blue light that are well researched for safety and efficacy.
- Our systems combine light and vibrational energy by offering the important added benefit of pulsing the light at 20 highly accurate standard frequencies and a possible 9999 custom frequency options for a profound full body light energy experience that is simple to use and program and unique in the marketplace.
- Each controller has an automatic timer and contains EMF reduction chips for your health and safety.
- **In addition to factory-set frequencies, our Professional System can be user programmed with up to 9999 individual frequencies or 88 sweeps of your choice. This proprietary feature sets us apart from any other light energy system on the market to date**
- All LumiCeuticals Systems come with additional Educational opportunities to further support your use of your harmonic light system. For Further Information Contact: [marta@shinewithlight.com](mailto:marta@shinewithlight.com)

## 2. Function and Features and operation of your Harmonic Light System

- Easy to read and use lighted control panel.
- Comes standard with either a three or six port computerized controller and three to six sturdy, flexible and comfortable pads of at least 500 diodes of red, blue and infrared light.
- Superior technology and design for unsurpassed reliability and longevity.
- Each system contains 7 Nogier frequencies and three highly accurate sweeping series that contain the Nogier, Solfeggio and Golden Harmony frequencies for a profound full body light experience.
- Automatically shuts off with either an internal or LED display timer.
- Three year Warranty
- The Pro6 system includes a programmable USB Flash Drive exclusively programmed for downloading up to 88 frequency sweeps and 9999 individual frequencies for unlimited choices and use.

## Chapter 2: Operation

### (1). How to set up your LumiVibe Flex3 Light System

1. Plug the Electrical wall plug into the wall and transformer box plug into the back side of the control box. Check to be sure that the plugs are all seated carefully into the receptacles.
2. Always have the control box off to install the pads. The three light pads plug easily into the back side of the control box. Notice the indentation on the silver part of the pad plug. That is there to show you that it goes into the control receptacles at the top of the arc. Gently plug in and remove the pads using the black plastic plug. Do not pull on the cords of the pads. (see *Caring for your Light Unit*) The Light pads may be placed in any one of the control receptacles and they may be moved from one to another.
3. To turn on the pads, press the on/off switch in the back of the controller. All three pads should light up. Every other row of the medium and large pads will illuminate with infrared light which is beyond human perception. You can look at those pads through a camera lens to see that light energy. Because they are wired together, when a pad's red or blue row is illuminated, the infrared row will be as well.
4. With the pad lights still on, press the small black button on the face of the control box and note that the lights advance thru the frequencies on the control box. When you are ready to use the pads on your body, you will choose the setting from those listed: 1 – 7 and sweeps A, B, and C.
5. The control box is designed to turn off the lights after a 20 minute session. The control box will stay lit after the pads go off. Use the on/off switch on the back side of the box to turn off power to the box and to reset the box for the next use. The lights and the button to



advance the frequencies will not operate until the unit is turned off and then back on between sessions.

6. The Personal System's automatic timer always offers a 20 minute session. You do not need to always do a 20 minute session on settings 1-7. To do shorter sessions or to use multiple single settings, use your own timer and advance the settings when ready. A 3-5 minute session on 1-7 can be highly effective. Any time you stay on a setting for 20 minutes, the personal controller will automatically turn off and have to be reset with the on/off switch.

## 2. How to set up Your LumiVibe Grow6 System:

1. Plug the Electrical wall plug into the wall and transformer box plug into the back side of the control box. Check to be sure that the plugs are all seated carefully into the receptacles. Then press the on/off switch to see that the control box lights up and makes a beep sound.
2. On the face of your control box you will see three rows of information illuminated:
  1. Top row: Frequency,
  2. Middle Row: Mode
  3. Lower row: Time.
  4. At the end of the row marked "mode" note the "start" button that begins your sessions: a triangle and two bars. Test your unit by lightly touching the 'start' button and note that the timer will begin to count down. Tap the 'start' button again and note that the timer stops. You are ready to proceed.
3. Light Pads: Turn the control box off at the on/off switch on the rear panel to install the four pads. The light pads plug easily into the back side of the control box. Notice that the indentation on the silver part of the pad plug, is there to show you that it goes into the control receptacles at the top of the arc. Gently plug in and remove the pads using the black plastic plug. Do not pull on the cords of the pads. (see *Caring for your Light Unit*) The pads can use any controller receptacle interchangeably. There is no set receptacle for each pad.
4. To test the pads, again press the on/off switch. The control box will light up. Now press the "start" button at the end of the Mode row. All four should light up and the time should start counting down.
5. Your controller comes with the Nogier single Frequencies 1 – 7 and three frequency sweeps, A, b, and C. Note that the b setting is lower case to distinguish it from the number 8. You can select any one of those in the MODE row and press the "start" symbol at the end of the MODE row to begin. The control box will stay lit after the pads go off. Use the on/off switch on the back side of the box to turn off power to the control box once you have finished using your unit. (see *Caring for your Light Unit*)
6. The control box is designed to turn off the light pads when the timer reaches 00:00. When the mode is on settings 1-7, you can set the timer from 1 minute to 30 minutes or any length in between with the arrows in row three. Always set your frequency choice first and then set the timer before pressing the start button. When your controller is set to Modes of A,b (note the lower case B here) and C, these modes sweep from frequency to frequency for a pre-

programmed 20-21 minute duration. The timer cannot be altered manually when you are on A,B or C.

7. See Pad placement and Frequency choices under Tips and Suggestions, Chapter 3
8. Remember that you can contact your sales representative to upgrade your Grow6 to the Pro6 features of programmable frequencies at any time. This gives you access to another 88 sweeps and 9999 individual frequency selections.

### 3. How to set up Your LumiVibe Pro6 or Pro10 System:

1. Plug the Electrical wall plug into the wall and transformer box plug into the back side of the control box. Check to be sure that the plugs are all seated carefully into the receptacles. Then press the on/off switch to see that the control box lights up and makes a beep sound.
2. On the face of your control box you will see three rows of information illuminated:
  5. Top row: Frequency,
  6. Middle Row: Mode
  7. Lower row: Time.
  8. At the end of the row marked "mode" note the "start" button that begins your sessions: a triangle and two bars. Test your unit by lightly touching the 'start' button and note that the timer will begin to count down. Tap the 'start' button again and note that the timer stops. You are ready to proceed.
3. Light Pads: Turn the control box off at the on/off switch on the rear panel to install the four pads. The light pads plug easily into the back side of the control box. Notice that the indentation on the silver part of the pad plug, is there to show you that it goes into the control receptacles at the top of the arc. Gently plug in and remove the pads using the black plastic plug. Do not pull on the cords of the pads. (see *Caring for your Light Unit*) The pads can use any controller receptacle interchangeably. There is no set receptacle for each pad.
4. To test the pads, again press the on/off switch. The control box will light up. Now press the "start" button at the end of the Mode row. All four should light up and the time should start counting down.
5. The control box is designed to turn off the lights when the time reaches 00:00. You can set the timer for single frequencies from 1 minute to 30 minutes or any length in between with the arrows in row three. Always set your frequency choice first and then set the timer before pressing the start button. Sweeps of frequencies such as A, b, and C and settings 11-99 sweep from frequency to frequency for a set duration that can only be altered through the programming software. The control box will stay lit after the pads go off. Use the on/off switch on the back side of the box to turn off power to the control box once you have finished using your unit. (see *Caring for your Light Unit*)
6. Selecting factory-set frequencies. Your controller comes with the Nogier single Frequencies 1 – 7 and three frequency sweeps, A, b, and C. Note that the b setting is lower case to distinguish it from the number 8. You can select any one of those in the MODE row and press the "start"

symbol at the end of the MODE row to begin. Settings 1-7 and ABC cannot be changed with the programming software.

#### 7. Using Custom Settings 11-99

Your Pro6 or Pro10 system may already have a sample series of 88 settings programmed in modes 11-99 based on popular frequency sets provided in The Electroherbalism Frequency Lists compiled by Brian McInturff ([www.electroherbalism.com](http://www.electroherbalism.com)). This sample series is listed on the chart Custom Sweep Possibilities. You will know your system is already programmed with some custom settings because each setting from 11 to 99 will have frequencies already showing. If any of the 11-99 show 0's in the top row or on the timer, you can download up to 88 frequency sweeps and individual frequencies into your control box using the USB Flash drive and USB cord included in your LXP unit. Instructions for this step are under "Programing Your Controller."

Important note for using settings 11-99 accurately:

\*When you switch off the power to the controller, the settings will default to the last setting shown before shut down. If you are running settings 11 through 99, and want to repeat the same setting after turning back on the power, you need to advance the middle row up or down by at least one number before returning to repeat the setting.

Example: If you run setting 16 and turn the power completely off at the back of the unit after the session, when you return to use the system and switch back on the power, you will be on setting 16. If you wish to run this setting, you need to advance the middle row arrows up to 17 and then back to 16 before running the session again. If you have kept the controller's power on between sessions or choose to run a different setting, there is no need to advance and return the middle row arrows to run the setting.

8. Setting individual frequencies into the top row: To set individual frequencies from 10 – 9999hz on the top row of your controller, you MUST place the MODE row on 1 – 7. Ideally choose a number in MODE where the frequency is closest to the frequency that you want to set. For example, to set your FREQUENCY row on 432, place the MODE row on setting 3 which is 297. Now you can use the up arrow in the top row to move the frequency number to 432, by holding the arrow button down gently, pulsing every 5 seconds to avoid rapidly passing the 432 number that is your goal.

\*A short cut for setting an individual FREQUENCY in the top row, place the MODE in 1 then hold down both of the up and down arrows until a single number in the frequency starts flashing. Set the number that is flashing; then return to holding down the two arrows until the next number starts flashing. Set that number and return to holding down both arrows until the complete frequency number that you desire is set. Again, individual frequency numbers can be set from 10 to 9999. Once your frequency number is in place, set the timer for the desired length of the session then press the start button in the MODE row to begin your session. See Pad placement and Frequency choices under Tips and Suggestions, Chapter 3

## (2) Operation of Your Light Unit

Once you have set up your unit and explored the functions and features you are ready to enjoy your first light energy experience.

Set the desired frequency: We suggest that you check out the list of factory-installed frequencies in the attached lists:

- Nogier frequencies Setting A,
- Solfeggio Frequencies, setting b, and
- Golden Harmony also known as Pythagorean 3:2 Ratio Frequencies, Setting C.
- Individual settings 1 – 7 are the individual Nogier frequencies.

We recommend that your first session be Setting C as a great way to support calming, tuning and release of stress in the body, mind and spirit. The C setting can be done any time of day. For pad placement start with placing the eye mask over closed eyes, shine the large pad into the kidneys and adrenals across the mid back and shine the medium square pad into the center of the belly or naval. The lights will have greater effect when placed right on bare skin. Thin white or light colored fabric will work as well. You can continue to use the b or C setting every day for giving the mind, body and spirit and environment that supports balance and stress relief.

Once you are comfortable. Press the appropriate start button on your system (see setting up your system), close your eyes and enjoy. Your pads will automatically shut off when the timed session ends.

See tips and suggestions for more ideas about selecting frequencies and pad placement. Contact our education consultants at [marta@shinewithlight.com](mailto:marta@shinewithlight.com) for advanced use.

### **(3) Cautions and Care for your Light System:**

#### A. Cautions

LumiCeuticals makes no claims, representations or warranties regarding the ability of its products to cure, mitigate, prevent, repair or heal any disease. Any information given in this guide should not be considered as a treatment, mitigation, fix, cure or repair for any disease, not is it to be used as a replacement for qualified medical advice. A qualified medical professional should be consulted with regard to any condition requiring medical attention.

Warning: Use your system carefully. May cause burns. The unattended use of light energy equipment by children or incapacitated persons may be dangerous. As with any esthetic treatment, precautions warrant consideration and may indicate possible contraindications such as pregnancy, thyroid conditions, asthma, epilepsy, migraines, Accutane, Steriods (topical or systemic), NSAIDS, antibiotics and other light-sensitive medications.

## B. Care For Your System:

Your system is designed to be a long lasting wellness tool. Remember that your system contains important computer technology that needs proper care.

- Store the pads **flat** when not in use and when transporting your system.
- While pads are flexible to wrap around body parts, do not fold or crease pads.
- Do not wrap the cords around the pads or excessively bend or twist cords.
- If the cords become entwined, unplug the pads by gently removing the cord at the protected connection to the controller. Do not pull directly or excessively pull on the cords, themselves.
- Do not operate the system under water or expose to moisture for long periods of time.
- Do not expose to your pads to heavy oils without a protective covering.
- Do not expose your system to extreme heat or extreme cold.
- Do not stand or walk on the system or apply excessive pressure to the light pads or control unit.
- Use care when attaching and detaching the Velcro straps from the pad fabric.

### Proper cleaning of the light pads:

Use a gentle cleanser that does not contain alcohol or bleach.

Do not spray the pads or controller directly. Spray a micro-fiber cloth with a gentle cleansing solution and gently wipe pad. Never scrub pad or controller when cleaning. We recommend using a slightly damp colloidal silver microfiber cloth, Colloidal silver sprays or Natural Disinfecting Wipes like *Shaklee* Get Clean or *Seventh Generation* Wipes. You can protect your pads from open wounds, odors and contamination by using plastic sleeves.

### Electrical Considerations:

Only use the power supply provided by the manufacturer specifically for your controller.

To maintain optimal electrical supply to your system, we recommend that you use a surge protection power strip for your light system controller.

Turn your system off when not in use.

Turn the power off to your system before removing cords.

Use only with a building code approved grounded outlet. When in doubt test your outlets.

Do not use pins or metallic materials to hold light pads in place.

#### (4) Warranty and repair:

Your product is warranted to be free from defects in materials and workmanship for a period of three (3) years from date of purchase. The obligation of LumiCeuticals is to repair or replace any parts deemed defective during the warranty period. This warranty does not extend to any liability for medical expenses or for any other direct, indirect, or consequential damages caused by failure, defect or malfunction of any LumiCeuticals equipment. After the warranty period, LumiCeuticals is still committed to your unit's satisfactory performance and offers cost effective repair options.

Your light diodes are medical grade LED, and have a long rated life span. With proper care they should continue to last for many years to come. Remember that every pad except that your eye mask, contains rows of near infrared light that are beyond our visible range and will look like they are not lighting up. Looking through a camera lens you will see that they are in fact working. The diodes are all wired together so that as long as the red and blue are lighting appropriately, so are the infrared.

Flashing: Any frequency setting below 60 hertz will have a visible flashing. Above 60 hertz everything appears to be solid light, but is, in fact, still flashing.

If any of your lights stop working, or you have a cord issue or problem with your controller, we suggest that you notify our warranty/service department right away so that they can instruct you how to resolve your issue. Continuing to use your light system when everything is not working correctly may cause further damage to other parts of the system.

#### **Warranty/Service Contact information:**

**If you are experiencing any disruption in your system's performance, please go to [www.shinewithlight.com/contactus](http://www.shinewithlight.com/contactus) to submit a warranty service request. You will be contacted within 24 hours.**

#### **Questions? Contact:**

**Marta DeBerard at [marta@shinewithlight.com](mailto:marta@shinewithlight.com)**

## Chapter 3: Tips and Suggestions

- Pad Placement: You may place the pads anywhere on the body, noting that **only the eye mask pad is typically placed directly over closed eyes**. The eye mask pad, however, may be placed on other parts of the body. Any pad may be used on the face and head. Seek medical advice before placing any pad besides the eye mask over the eyes.
- Pads work best if used on bare skin. Thin white or light colored clothing is okay. To protect you pads, use plastic wrap over the pad if there is infection, oozing, bleeding wounds or any dirt or contamination. The light and frequency will go thru the clear wrap.
- If the eye mask is uncomfortable on the brow bones, place clean white cotton cosmetic discs or a tissue between the pad and the area of discomfort.
- Do not use heavy oils or liquids where you place the pads. The pads will be damaged if they absorb too much moisture or oil. Protect your pads from smoke, heavy perfumes or toxins. See “Caring for your Light set”
- As an alternative to putting the lights over closed eyes, start with the pad higher upon the forehead, or use the pad on the palm of the hands or behind the knees. The lights should always be an enjoyable relaxing experience.
- Children love and thrive with the lights. We recommend supervised use and to limit a light session to 1 -2 minutes per year of age. Be sure that children are well hydrated. Place the pads where they are comfortable at first, gradually exploring other areas that need attention.
- Pets also love the lights. Use for less time than humans. More often is better than too long in duration. Cover the pads and place them along the spine or over an injured area, gradually lengthening the time. Allow the pet the freedom to move away from the lights at will.
- In general the higher the frequency number the more sedative the effect of the frequency. The lower numbers are more energizing, stimulating. Setting A is a more energizing environment. Settings b and C offer an environment that supports the mind, body and spirit’s ability to de-stress, relax and come back into natural harmony.
- Remember that the lights themselves are always offering the well-researched benefits to the body in terms of enhanced cellular energy, oxygenation, regeneration, and detoxification. The frequency setting offers an enhanced environment of vibratory pattern to assist the body’s ability to return to a balanced vitality. See the attached for more specifics on the harmonic frequency environment offered at each setting.
- Remember that when using settings 11-99, if you turn off the power to the unit and want to run the same setting immediately after powering on the system back on, you need to advance the arrows in the middle row up at least one setting and then back down to the setting you wish you run.
- LumiCeuticals offers free use of their Guided Meditations to enhance your light session experience. You can access these under audios/videos on our website.





# Harmonic Light Waiver

For the diagnosis and treatment of any medical condition, consult a licensed physician.

**Print Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

I am choosing to use harmonic light energy, exercising my free will and following the dictates of my own conscience which allows me to select what I understand is most beneficial to my health. I fully understand that the attending demonstrators do not offer allopathic drugs, surgery, chemical stimulants, or any other conventional treatments. In addition, they do not diagnose, treat or otherwise prescribe for my disease, illness, or perform any act that would constitute the practice of medicine for which a license is required. I have solicited use of harmonic light energy and any attending practitioners' services in good faith, I am fully aware and release the practitioner to do a light energy session, wellness consultation and other stress reduction protocols. By signing below, I acknowledge that I have read and understand all parts of this consent form, that I had the opportunity to ask any questions with regard to the described procedures, and I hereby affirm: I am not here for medical diagnostic or treatment procedures and I am here on this and any subsequent visit solely on my own behalf.

**Yes No 1. Are you currently pregnant?**

**Yes No 2. Are you taking photosensitive medicines where you have been guided to stay out of the sun by your doctor? If yes, consult your doctor prior to use.**

**Yes No 3. Are you epileptic or prone to seizures?**

**Yes No 4. Are you sensitive to light?**

**Yes No 5. Are you currently being treated for an active cancer?**

**Yes No 6. In the event that a LumiCeuticals Ambassador requests to use my image for promotion or marketing on a public website, social media or in print, I approve this use.**

**Your Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Occupation:** \_\_\_\_\_

**Whom may we thank for your referral:** \_\_\_\_\_

**I am interested in improving my health and that of my family in the following areas**

Stress \_\_\_\_\_ Pain \_\_\_\_\_ Inflammation \_\_\_\_\_ Inch loss \_\_\_\_\_ Anti-Aging \_\_\_\_\_ Energy \_\_\_\_\_  
Mood \_\_\_\_\_ Skin \_\_\_\_\_ Circulation \_\_\_\_\_ Muscular Health \_\_\_\_\_ Endurance \_\_\_\_\_ Bones \_\_\_\_\_  
Nerves \_\_\_\_\_ Immunity \_\_\_\_\_ Joint Health \_\_\_\_\_ Wound Health \_\_\_\_\_ Mental Focus \_\_\_\_\_ Sleep \_\_\_\_\_  
Digestion \_\_\_\_\_ Parasites \_\_\_\_\_ Detoxification \_\_\_\_\_ Memory \_\_\_\_\_ Metabolism \_\_\_\_\_ Recovery \_\_\_\_\_  
Other \_\_\_\_\_

# Feedback *So We Can Better Serve You*

Name: \_\_\_\_\_

Best way to contact you: \_\_\_\_\_

1.) My overall rating of the light energy session today: 1 2 3 4 5 6 7 8 9 10

2.) Please comment on your results from the light energy session. I feel:

More Relaxed \_\_\_\_ Less Pain \_\_\_\_ Energized \_\_\_\_ Lighter \_\_\_\_ Happier \_\_\_\_  
Other \_\_\_\_\_

3.) I value Harmonic Light. I am interested in additional sessions: Yes No

4.) I would like to learn more about how Harmonic Light Energy works. Yes No

I prefer: A Workshop \_\_\_\_ A Webinar \_\_\_\_ Newsletter \_\_\_\_ Conference Call \_\_\_\_

5.) I have a friend or family member who would benefit from Light Energy. Yes No  
They reside in: \_\_\_\_\_

6.) I am part of a group that would appreciate learning more about Harmonic Light. Yes No

7.) I would like more information about the following:

Experiencing more light energy sessions \_\_\_\_\_  
Evaluating a Harmonic Light System at home in a two week trial. \_\_\_\_\_  
Purchasing a Harmonic Light System for home use \_\_\_\_\_  
Purchasing a Harmonic Light System for my business or practice \_\_\_\_\_  
Helping others learn more about Harmonic Light \_\_\_\_\_  
Marketing Harmonic Light Energy Technologies \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_