

QUANTUM RESONANCE

Crystal Bed

Owners Manual

The Basics

Connecting parts

We have designed the system so no two connections are alike- and this makes plugging things in easier!

There are only 5 plugs to attach:

1. power
2. music in (Fiio or your own player)
3. headphones
4. transducers
5. light bar

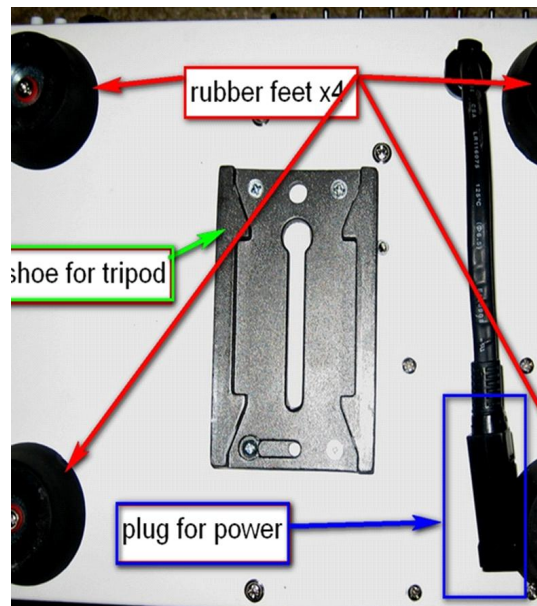
The power supply connects to the bottom wire on the control box. Align the flat surfaces and push together until you feel a soft "click"

To release the plug, pull downward on the power supply side of the connector. (See *illustration 5 + 6*)

Illustration 5: connecting the power



Illustration 6: location on power plug on control box



Control Box

Connectors

The control box for the crystal bed has connections on the left, right, bottom and front.

- Front: USB port (below word “pulse”) for charging music players
- Bottom: pigtail cord for main power. The separate black box in the carry case plugs into this.
- Left: Transducers (vibrations) This connection is a twist-to-lock connector
Lightbar. This connection is a push-to-lock
Aux- This connection is for 3rd party frequency generators like the Spooky 2 or bio-modulator

Buttons

- Front side:
- POWER** for turning on and off the entire system
 - FREQ** has 3 positions and is for the PEMF coils. DISPLAY, OFF, MUSIC. The “display” position will allow the display on the front control panel to run the pemf coils the off position allows the bypass mode or auxiliary mode to work on the side of the control box this is for additional pemf devices like a spooky 2 finally, the music will send frequencies generated from the music into the PEMF coils. there is no right or wrong way to operate these settings, experiment and see what works for you
 - I.R.** has 3 positions and is for red lighting called “infrared LED” (more about this later in the manual) The “ON” position turns the lights on steady with no flashing while the “pulse” will pulsate the lights to the music. Pulsation allows for greater entrainment of the frequencies on a whole. NOTE: photosensitive users should leave this set to “ON” or “OFF”
 - LIGHT** turns on /off the main RGB lighting
- Right side: Long knob adjusts the brightness of the infrared lighting
- Bottom side: adjusts the frequencies of the transducers. It works by limiting the amount of frequencies the bed can vibrate. The *Vibration Adjust* has a range of 22Hz to 240HZ Meaning it will allow frequencies through from 22Hz and below to 240Hz and below. This frequencies are where the low end vibrations are. We typically leave this set to the fullest amount you can hear. Adjust it lower if you are in an area with that may have people complaining next door about the sounds
- Back side: volume knobs for the headphones and the vibrations.

Top side: 4 red buttons:

speed up and down

pro- is program and changes what the colors are

Set- sets the current colors in long term memory so it will show those colors when turned back on.



Figure 1 main face of control box

To connect the power, align the D shape of both sides of the plug and push together. You will hear an audible “snap”. To separate, grab both sides and gently pull- the side on the control obx will start to move thus allowing removal.



Figure 2 power connection on bottom of control box



Figure 3 removal of power connection. Left side will allow removal by moving in and out



Figure 4 power supply found inside the carry case

LEFT SIDE CONNECTIONS

Each of the connections on the left side are designed for simplicity and ruggedness.

The connection for the *vibration* (the massage table) is a twist to close -meaning ,you need to insert the connection somewhat crooked and once it in is in place, it will lock by twisting . To unlock, pull back on the shiny metal top part and twist .

To connect the *lights* , simply push straight in. to disconnect, push on the shiny tab labeled “push”and pull straight back .

The IR knob is a twist clockwise or counterclockwise to adjust the brightness of the IR lights.



Figure 5 left side of control box. L to R : vibration, IR brightness, Lights

RIGHT SIDE CONNECTIONS

The right side of the control box features a smaller 3.5 millimeter audio input for a music player and a larger 1/4 inch audio output for headphones . the silver part that sticks out is the auxillary input for an additional device like spooky 2.

NOTE:We do not recommend the use of Bluetooth headphones due to the disruptive nature of a disconnection. We are trying to avoid the use of devices that have wireless radiation when in treatment.



Figure 6 Right side of control box. L to R : auxillary input for PEMF, 3.5mm audio input, 1/4" headphones output

The back of the control box -that is the client facing part of the control box, has two volume buttons and a SD card. The SD card holds the light program information which we will go over later. The two volume knobs control the vibration of the massage table and of the headphones. The larger of the two knobs is for the vibrations and the smaller is for the headphones. We like to tell the clients that the smaller knob is for the headphones, so they do not have to open their eyes if they need to adjust the volume.

Please note: the volume knobs are infinitely adjustable meaning they can continuously go in circles So you do not need to try to figure out where the lowest volume or the highest volume is. Approximately 1 full rotation for both of the knobs equals full volume .

There is an additional feature to both- **PUSH TO MUTE** Please press for ½ second or longer to mute /unmute.



Figure 7 rear (or client facing) portion of control box

The four red buttons control the main lighting system. The button labeled PROG will cycle through the 14 different lighting effects. If you find a lighting effect that you really enjoy you can then push the red button labeled SET. If you are on a lighting effect that has movement to it then pushing either the negative or positive red button will make the movement go faster or slower.

NOTE: If you are experiencing an unresponsive lighting control (the four red buttons on top) please turn the lights switch off for a few seconds and turn it back on . This will reset the lighting system and allow it to function normally .

The lighting effects are as follows: (they may not be in this exact order)

1. White
2. Forward chakra direction
3. Forward chakra direction pulsation
4. reverse chakra direction
5. reverse chakra direction pulsation
6. red
7. orange
8. yellow
9. green
10. light blue
11. dark blue
12. purple
13. purple and blue
14. kaleidoscope



Figure 8 the 4 control buttons for the RGB lighting

Frequency Generator

Overview

Frequencies are everywhere and a part of everything. A frequency is a specific numeric vibration that is held by an object. If you find the frequency, you can change the nature of that object.

We use specific frequencies in the Quantum Resonance Crystal Bed to adjust a person's overall frequency to promote health and well-being. Many of these frequencies are done through sound while other are done through light and magnetics. The frequency generator allows us to make new frequencies in magnetics. These frequencies are carried into the Vogel crystals and changed into scalar or zero-point energy- an extremely effective way to affect the subtle bodies.

Waveform measurements

Waveforms with the crystal bed are broken down into three types: Hz (Hertz), kHz (Kilohertz), Mhz (Megahertz). Although the generator can make all three, we use the Hz signal.

If a signal repeats, it has a *frequency*. The frequency is measured in Hertz (Hz) and equals the number of times the signal repeats itself in one second (the cycles per second). The total range is 1Hz to 150Khz (150,000Hz) For comparison, the normal range of human hearing is 20Hz to 20,000Hz

Frequency Generator

We have simplified the frequency generator and at the same time increased the power output going to the coils. It is now a simple push frequency button up and down to change the frequency in hertz and the two buttons on the right-hand side labeled "duty" are designed to change how large the waveform is.

The frequency generator sends electrical pulses into Each Vogel Holder and each vocal Holder has a special coil which cancels out the waveform to create scalar energy.

Ideally keep the duty cycle between 42 to 60%
And the frequency at 111 until you are comfortable with changing either . The 111 frequency has been designed to work synergistically with the quantum resonance music . It is also a master number and has very powerful and beneficial effects

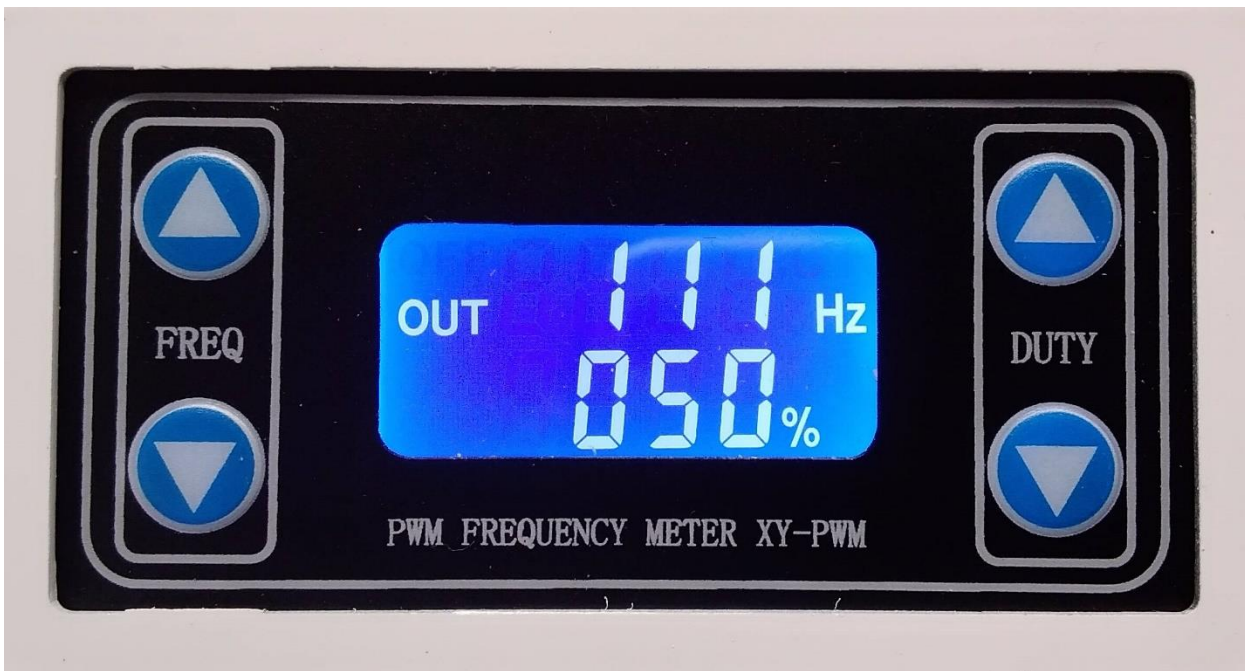


Figure 1 Normal operation of the frequency generator

to change the frequency to something you want like a solfeggio simply push the frequency buttons on the left-hand side of the panel up or down. The buttons on the right-hand side of the frequency panel will change how large the waveform is.

When the waveform displays 000 percent (on the bottom display) it will turn the frequency generator to standby mode.

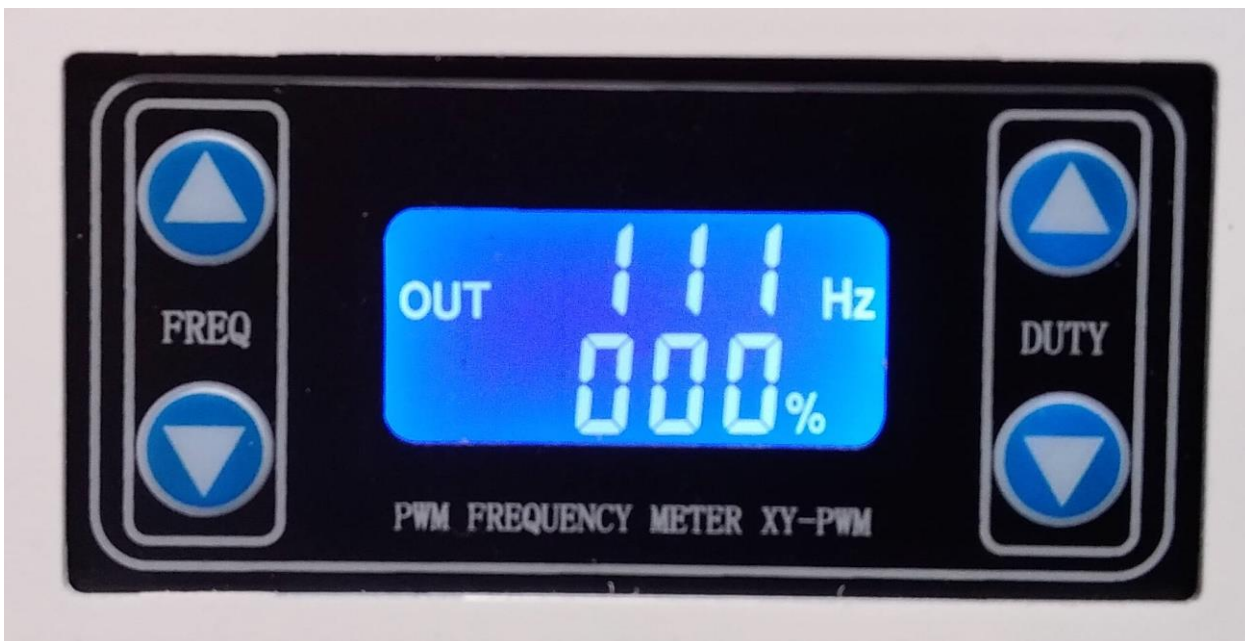


Figure 2 Frequency generator on "standby" or "off"(notice the bottom display is turned to 000%)

If the frequency generator duty cycle is showing 100% then there is no waveform

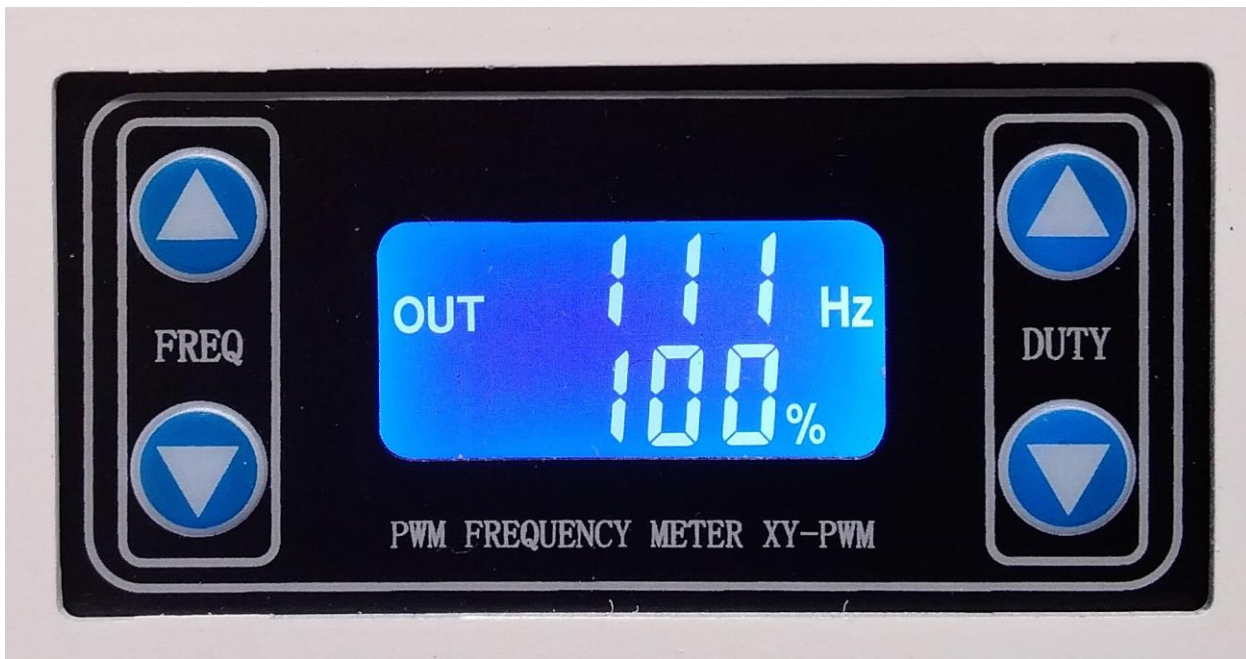


Figure 3 Frequency generator set to full on which is not creating a wave. Do not set to 100%

The frequency generator creates what is called a “square wave”. There are other more complex waveforms and if you are using an aftermarket PEMF device they may have a more complex waveform. If you connect a second device up to the control box, the frequencies created by the control box will merge with the ones created by the secondary device.

SQUARE WAVE

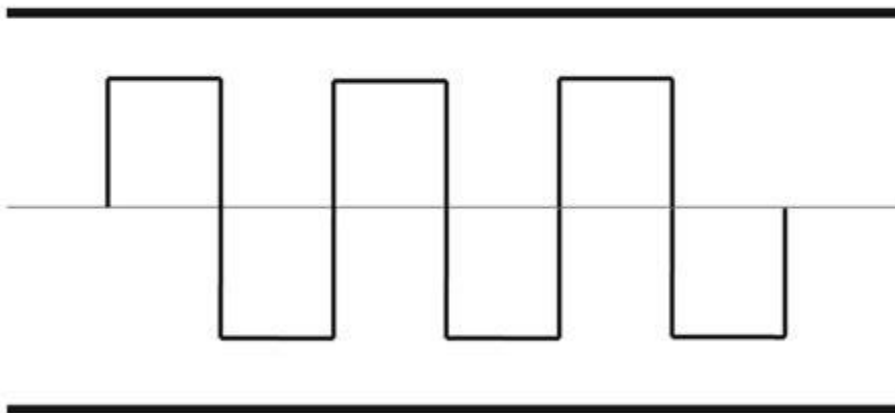


Figure 4 what the wave form looks like in the system

For more information on waveforms and frequencies for PEMF please visit www.electroherbalism.com

There is a section called “CAFL” or consolidated annotated frequency list which has hundreds of pages of frequencies to apply to specific conditions.

Sound

Overview

The sounds used are the most effective way to en-train the body into a restful state. If we can make the body vibrate at specific frequencies, then the body is then open and receptive to those frequencies from other mediums. If we are using a known healing frequency like 111Hz., then greater healing occurs. Please see the section “Brain Waves” for more information.

The music files I make have three separate levels of composition for maximum effect.

The first level are sounds that are useful in dropping the body into a resting state. These are gentle ambient sounds as well as ultra-low frequencies. The second level uses known healing frequencies like crystal bowls and solfeggio tones that are coupled with master frequencies like 55.5Hz or 111Hz. Lastly, the third has specific fun sounds that are created for the journey. Many of the music compositions are designed to initially bring you into a more intense state so when you drop, you can drop deeper.

The sound files that come with the bed are design to be used with any of the three light programs. There are two main types of sound files: pre-2014 and newer sound files. The original pre-2014 sound files are called **BED BEATS** and come with four background choices: rain, thunder, streams, or none. People find the rain to be most relaxing.

The newer sound files are called **THEMES** (Jungle, Space, India, Tibet, Fairy Rings, Beach, Asia) are designed around themes and are only available in different times of 20, 30, 45 minutes. The themed music is a bit different in that we choose to try and recreate locations where you can imagine yourself to be. Some of the themes have discordant music in the first few minutes. This is designed to create slight tension so you become aware of the tension and then when you drop, a greater relaxation can occur.

The latest generation of music **TRANQUIL** is designed to be relaxing and drifting. We designed it so you can pull the client out at any time and not feel like you are missing out on something. All the tracks in this category are 1 hour length.

Quantum Resonance Sound Field Integration

The quantum resonance crystal beds use sound for listening, feeling, magnetic pulses and visual entrainment. In this respect, we truly have taken sound to the next level.

When we can tap into the various ways the human body experiences sensation and take those sensations on the same journey, then greater entrainment occurs within the cells.

When the cells are entrained with specific frequencies and deep relaxation occurs, then the body will reduce inflammation and allow the cellular function to restore.

PLEASE MAKE SURE TO KEEP THE VOLUME AT “MAX” ON THE MUSIC PLAYER

Sound Operation

Once you have the headphones, music player, and transducers plugged in, you can then focus on the volume. **Overall volume is achieved through the volume knobs on the control box.** The volume knob labeled head is for the headphones and the one labeled table is for the vibrational table. Both volume knobs will mute the volume if pushed. *If you do not hear any sound, please verify that the mute is not engaged*

The input jack for the music player is at the right side of the control unit. Plug your music player, laptop, etc... into the jack with one of the two supplied cables (3-foot cable or 12 foot)



Figure 1 Vibration control (large knob) and headphone control (small knob)

Transducers

A transducer is a fancy way of saying loudspeaker. It makes very little sound until it is attached to something then that something becomes the speaker ie., wood, metal, bone.

The vibrations are handled through the transducers that are mounted to the massage table. The transducers interpret electrical signals such as music and create vibrations.

The two transducers that come with the Quantum Resonance Crystal Bed are high powered versions that send the vibrations through the bottom of the message table, so the body feels the vibrations and end-trains into the frequencies very quickly.

Some of the sound can be heard and this is normal. If you hear strange rattles during certain passages, then the transducers volume is too high or something on the message table is loose or in a strange position. Check the beds screws and bolts periodically for tightness. Periodically check the tightness of the transducers by holding the transducer and turning it. It should not move. If the transducer moves, rotate the big plastic disc (transducer)clockwise

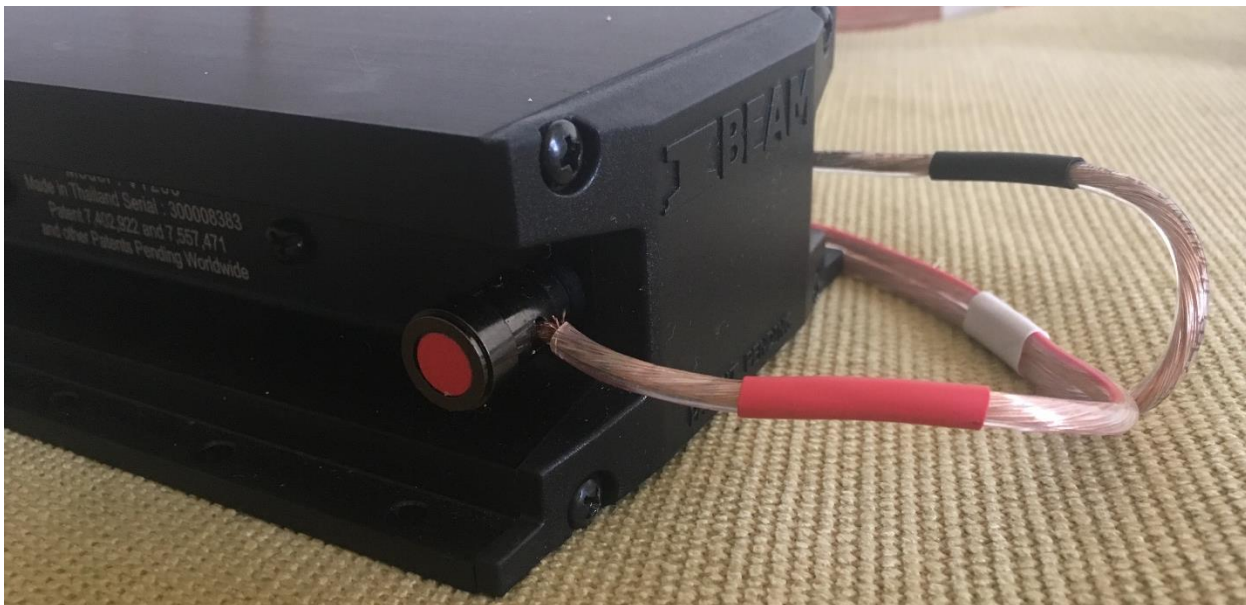


Figure 2 Transducer connections. RED to RED, BLACK to BLACK. (Already connected on most systems)



Headphones

We use professional noise isolating headphones. This means they fit snugly over the ear and provide modest noise isolation. The headphones use the normal and larger quarter inch headphone Jack which allows for ease in assembly.

We do not recommend the use of noise cancelling or Bluetooth headphones. Bluetooth can be disruptive and noise cancelling will cancel out portions of the music that are being played by the transducers.



Figure 3 1/4" headphone jack shown

Lightbar

The light bar is designed for maximum flexibility and move ability around the massage table. The lightbar drops into the two eye areas on the top of the control box.



The light bar can move up down left and right as well as in and out. In addition, the individual holders can be rotated moved left right up down. The holder on each end of the light bar has one segment longer than the rest of the lights. This is done so if you rotate the end holders down and into the client, they are still on the same axial plane (in line) as the other holders.



Rubber rings

The key item that allows all the crystals to stay in place are the rubber rings. The rings are available in a multitude of size so we can accommodate different crystal sizes. The rings sit in a small indent on the top of the holder and once a crystal is inserted, the ring expand and hold the crystal centered and secure.

The crystals should sit lower in the holder so there is less crystal showing on top. We sometimes will push a crystal in a bit harder to have it seat evenly with the other crystals.





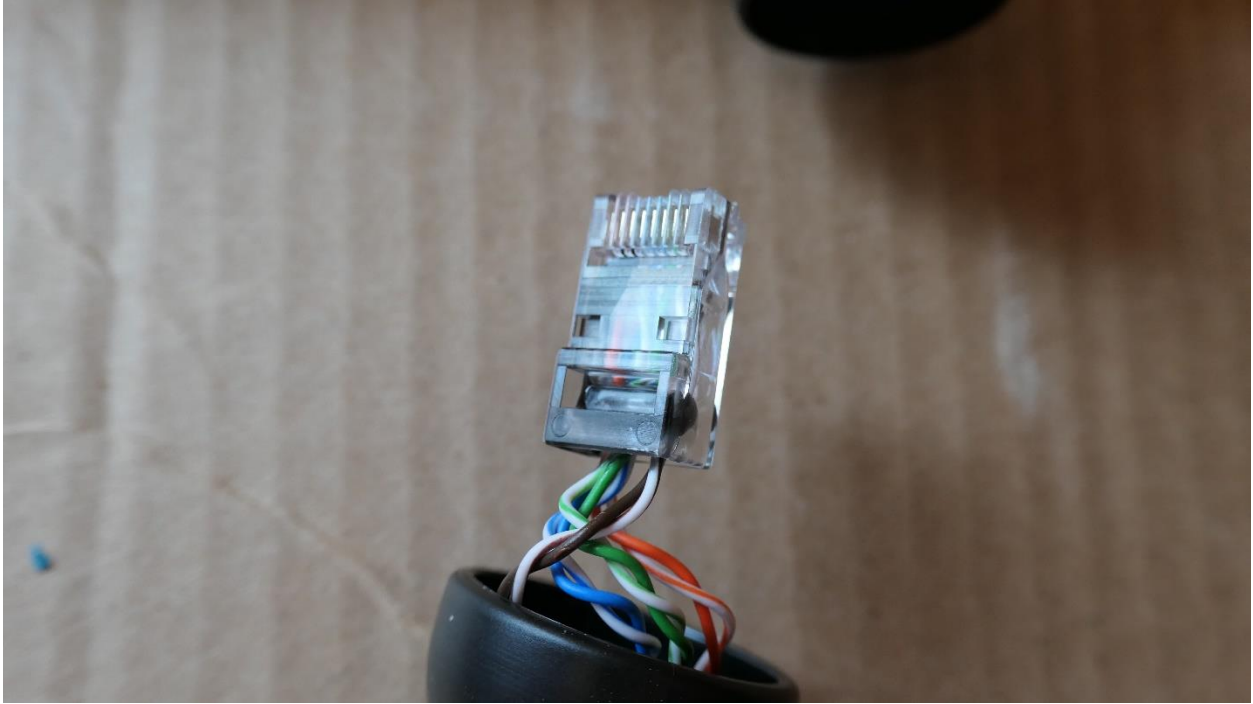
Holder replacement

There is one crystal holder (out of the seven) which is replaceable. We provide one extra holder for this purpose. The lightbar has one holder with 3 golden arrows- this is the replaceable unit. Some people have experienced power surges during lighting storms strong enough to burn out the first holder, this allows rapid change out of the burned out holder.

TO SWAP OUT:

1. Grab the segments by the largest unit located close to the lightbar and with even pressure, snap off.
2. Unplug the bad unit
3. Plug in the good unit and make sure you hear a “snap”
4. Line up the largest segments while making sure no wires are being caught in the process.
5. Press firmly together with or without the segment wrench





Vogel holder insides

The holders for the crystals have been created to generate strong scalar fields while sending specific frequencies through the magnetic and light field. The holders themselves are considered orgone which is a form of concentrated energy. Below is a brief explanation and dissection of the holders.

The outer shell has alternating magnets which helps strengthen and align the energy produced by the P.E.M.F ring



Here's a close up view of a P.E.M.F. ring (pulsed electrical magnetic field) this field produces scalar energy which is sent into the crystal. The field produced by this ring is enhanced through the organ, magnetics, and heat from the lights.



This small copper ring is called a TENSOR field ring. Tensor field rings develop scalar energy IN specific frequencies.



An example of the crystals used in the holders. Each type of crystal holds a different frequency and sends that frequency into the vogel crystals.





Magnetic

Overview

Our bodies utilize a complex system of magnetic information that controls the release of chemicals and information. The system runs almost at light speed and is in fact a superconductor. This magnetic system is also VERY sensitive to outside magnetic influence and so in modern society, it has become severely compromised. Some of the disturbances are motorized devices, cell phones, WiFi, power lines, etc...

The very concept of using a magnetic pulse with crystals is different from any other system on the market and is a primary part of the crystal bed design. Our system utilizes the latest in scalar wave technology with ultra-low voltage to create the safest PEMF device on the market

Before the use of electricity, the bio-electric system could reset and regulate by using the clock cycle of the Earth and the Schuman resonance frequencies. However, the electromagnetic pollution is so bad now that the bio-electric field cannot create homeostasis.

The Quantum Resonance Crystal Bed takes all these factors into consideration and creates a *SCALAR MAGNETIC FIELD* that can go into all of the cells and boost beneficial frequencies through scalar means. We are essentially bypassing the 3D and going straight into a higher dimensional energy system. This is the safest way to change the magnetic field of the human body since it is create a higher dimensional template for the body to follow.

Mobius Coils

The mobius coils are hand wrapped and embedded in the Vogel holders. (*see illustration*) You can't easily see them but your body can feel them. The Mobius coils create a magnetic scalar component to the system and are vital in sending quantum magnetic pulses into the bio-dynamic field.

The mobius coil is controlled by the switch on the front panel. In the on position, the music is sent to the coils and in the bypass position, the system is ready to accept an external frequency generator like a rife system.

Magnetic cont.



Figure 1 mobius coil



Figure 2 mobius coil inside of holder

Scalar

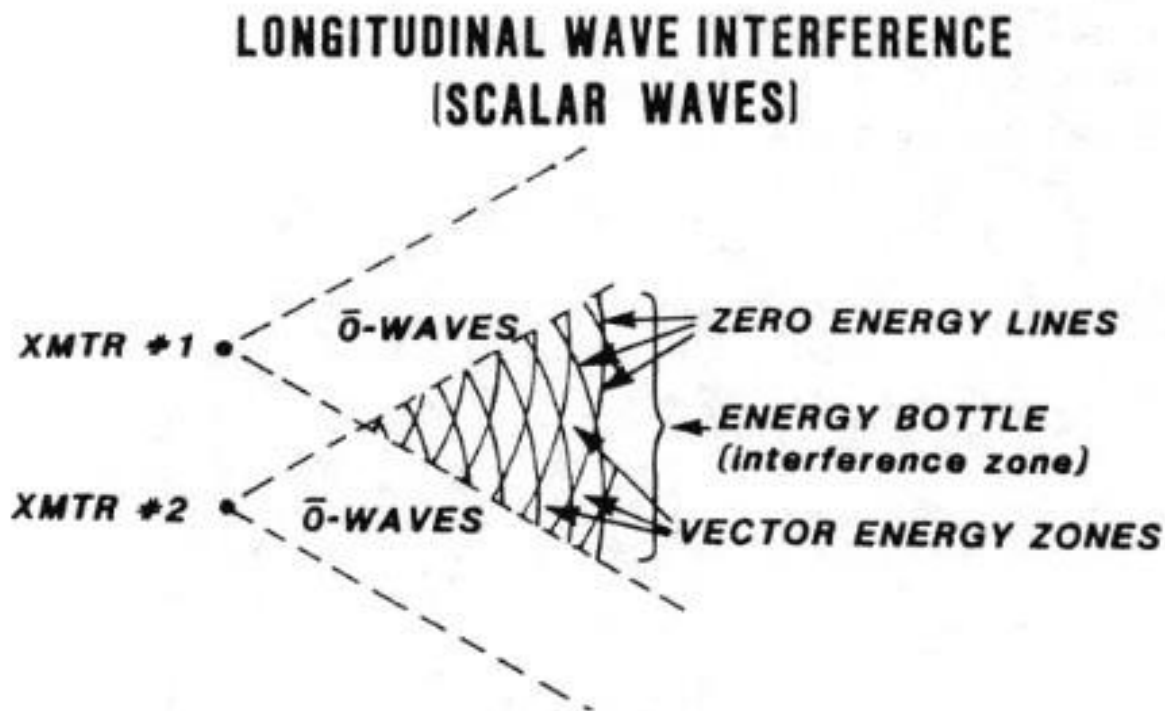
Overview

A Scalar wave is formed when it cancels itself out. The equal and opposite energy from the same source will create such an effect.

When Scalar waves are formed, they cancel out the 3D physics and leave a higher dimensional energy in place. This energy is free to be used for other resources and is best suited when combined with crystals. The crystals can hold the energy of scalar since they themselves develop it. The key here is how to then use it in the crystals.

If a Vogel crystal is used (specific cut to give direction to the energy) and coupled with intention of a person, then the Scalar energy is used for that purpose.

Scalar waves could penetrate every cell in the body since they are not working in 3rd dimensional space but that of a higher dimensional system or quantum space.



the energy bottle area is creating scalar waves, the crystal bed uses various other means

Scalar

Scalar waves and the Crystal Bed

One of the main attributes of the Quantum Resonance Crystal Bed is the high amount of Scalar energy sent through the various mediums. We have developed 7 systems of transmission:

1. Orgone- Vogel holders that are cast with crystals, metal, and electronics
2. Sound- Specially designed soundtracks with embedded scalar waveforms
3. Crystals- Generators and transmitters of Scalar
4. Tensor Rings- generate a specific wavelength and higher intensity of surrounding energy
5. LED's- generate light from the complete visible spectrum
6. Magnetic- The mobius coil is generating a collapsing magnetic field
7. Frequency- The frequency generator is allowing shifts in specific frequencies

The scalar waves are important since they travel deeper into the body while the body can use the information sent as if it were 3-dimensional energy like sound and light. When photons strike the skin through the sun or artificial means, they only penetrate perhaps a 1/2". This is where the scalar energy helps. The LED's, Tensor, Mobius Coils, in the crystal bed provide a piggyback for the scalar waves while the vogels focus the energy further. In addition, the sound files have many layers that have scalar waves embedded into the sound field which permeate into the cellular structure. Our biology: the cells and DNA, use a few key ingredients in the composition of regeneration: magnetics, frequency, light, and intention. The Quantum Resonance Crystal Bed considers all these pieces and creates a system that allows the body to readily use the information, thus creating a high level of entrainment for healing.

Brain wave states

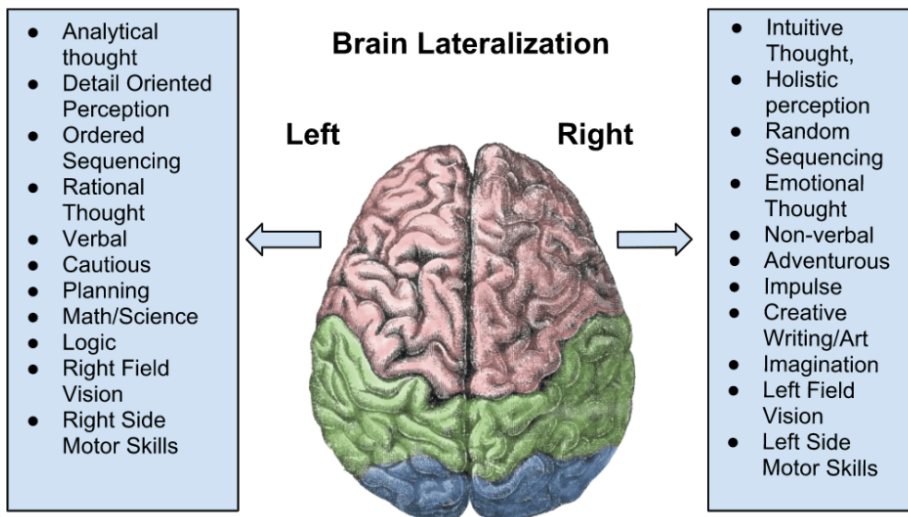
As our brains are infinitely complex, multidimensional directors for our thoughts and body, they use different frequencies for different tasks and contain over 100 *billion* neurons. The frequencies are a key factor in how the brain works and allows them various functions like conserving energy, segmenting zones or areas and using different pathways based off the frequencies. Our brains operate at different frequencies based on what is needed at the time. Since they are multidimensional and operate at near lightspeed, the frequencies used are critical in the day-to-day functions.

The brain, being an **intricate organ**, performs a lot of functions. The two sides of the brain communicate with one another to perform all vital bodily processes. Both the left and the right side of the brain look very much alike but they too share some differences, especially in processing information.

Lack of integration between the different components of the brain could result in some forms of impairment.

The human brain has the **ability to recognize itself**. It has the ability to learn and adapt to change. Each side of the brain has a distinct function, which affects the person's ability to learn and adapt.

Information that enters the **left hemisphere** travel across the corpus callosum going to the right side of the brain and vice versa. The two hemispheres of the brain (right and left hemisphere) function interdependently.



Each of them has a role to play in the processing of information although the other is more dominant in certain functions. The process is called brain lateralization. The degree of **brain lateralization** is not the same in everyone.

Hemispheric dominance varies from one person to another. The hemisphere of the brain used in every activity is not always the same for every person. Some experts believed that the activities of the brain are influenced by the person's right-handedness or left-handedness.

Dolphins and whales are masters of the left/right lobe usage. When a Cetacean sleeps, only one side of the brain is asleep but allows FULL control of all body parts so there is zero brain lateralization taking

place. The Corpus Callosum has 100% neural connectivity and yet they are able to turn on and off the left and right lobes at will.

Understanding which part of the brain is dominant in a person is essential in determining which learning style is more effective. Left hemisphere dominant people are visual learners. On the other hand, right-hemisphere dominant people are **auditory learners**.

The left brain hemisphere is **needed for rational thinking** and logical skills such as mathematics and language. On the other hand, the right side of the brain is responsible for creative activities like arts and connecting to others in an emotional way. So, a person who is left brain dominant is logical while the right brain dominant is more emotional

The multi frequency brain

The brain can function with many different frequencies operating at the same time. Typically, when we sleep, they are just a few frequencies operating and those get to play dominate roles at different points in the night. At night, the brain goes into repair mode and runs through slower frequencies like Delta, Theta, REM. At this point, the brain is at rest and allows the synapses to recharge and make new fresh synapses and clusters.

During waking hours, the brain will use Alpha, Beta, Gamma states. These high energy states consume lots of energy and want to find the most efficient shortest pathways to use. The problem with that is we become adjusted to the routines of the brain and have a hard time when new decisions, experiences, emotions come into play. As these pathways are used over and over, the other clusters and synapse are no longer needed and so the connections no longer work.

When our brainwaves are out of balance, there will be corresponding problems in our emotional or neuro-physical health. Research has identified brainwave patterns associated with all sorts of emotional and neurological conditions. Over-arousal in certain brain areas is linked with anxiety disorders, sleep problems, nightmares, agitated depression, chronic nerve pain and spasticity.

Under-arousal in certain brain areas leads to some types of depression, attention deficit, chronic pain and insomnia. While instabilities in brain rhythms correlate with obsessive-compulsive disorder, aggressive behavior, rage, panic attacks, bipolar disorder, anorexia/bulimia, diabetes, hypoglycemia and explosive behavior.

Research has shown that although one brainwave state may predominate at any given time, depending on the activity level of the individual, the remaining four brain states are present in the mix of brainwaves at all times.

In this portion of the manual, we will be diving into the frequencies and not the chemical or electrical portions of the brain since they are a very different topic.

The importance of Binaural Beats






Binaural Beats are frequencies that are so close together, our ears can't tell the difference- yet the mind, can tell the difference. If we use headphones to isolate the 2 different frequencies, the ears will pass

that information on through the corpus callosum and the brain is forced to compare the frequencies in ear hemisphere. Since the frequencies are slightly different, the left and right hemisphere need to work together to make sense of the difference. By using binaural beats, we are able to strengthen and create more pathway in the corpus callosum and allow greater integration between the left and right hemisphere.

All of the Quantum Resonance music relies heavily on Binaural Beats. Studies indicate that binaural beats are safe and effective and can be listened to for extended periods.

Brain Waves

- Epsilon 0.1-0.5 Hz
- Delta 0.5-4 Hz
- Theta 4-8 Hz
- Beta 12-35 Hz
- Alpha 8-12 Hz
- Gamma 30-100 Hz
- Lambda 100- 200 Hz

<i>Brainwave state</i>		<i>State of consciousness</i>	<i>Appropriate for.....</i>
Hyper-gamma 100-200 Hz		Extraordinary states of consciousness and spiritual development?	Exceptional information processing, compassion and extraordinary focus?
Gamma 40-100 Hz		Higher level cognitive activities, REM sleep	Active thought and peak concentration, states of intense focus in meditation (visualization, compassion)
Beta 13-40 Hz		Awake and alert	Awake and mentally alert with high levels of awareness/cognition
Alpha 6-12 Hz		Deep relaxation	Relaxation, visualization, creativity, learning, TM meditation
Theta 4-7 Hz		Meditation, hypnagogic and hypnopompic, REM sleep, hypnosis	Meditation, intuition, dreaming, esp, hypnagogic imagery, trance, access to unconscious mind, zazen
Delta 1-4 Hz		Deep sleep	Deep meditation, deep sleep, healing and growth, HGH release, deep trance-like non-physical state, loss of body awareness, access to unconscious and collective unconscious
Epsilon 0.25-0.5 Hz			Extremely deep meditation

Epsilon

Epsilon waves oscillate at a frequency of 0.1 – 0.5 HZ

This is where full out of body experiences happen. The so-called Epsilon state is associated with 'suspended animation'; a state where you're alive but with no obvious signs – so no perceivable heartbeat, respiration or pulse. It is said that some yogis and meditation masters are able to achieve this state.

Gamma Waves (30 - 100 Hz)

Gamma Brain Waves are the fastest brainwaves (high frequency) and the most recently discovered brain wave state, relate to simultaneous processing of information from different brain areas. These are involved in higher processing tasks as well as cognitive functioning. This is important for learning, memory, and information processing.

Knowledge of brainwave states enhances a person's ability to make use of the specialized characteristics of those states: these include being mentally productive across a wide range of activities, such as being intensely focused, relaxed, creative and in restful sleep.

Too much Gamma Waves result to Anxiety, High Arousal, Stress

Too little Gamma Waves result to ADHD, Depression, Learning Disabilities

Optimal Gamma Waves result to Binding Senses, cognition, information processing, learning, perception, REM sleep, happiness, greater awareness through senses, self control, compassion

Gamma Waves can be increased through Quantum Resonance music, Meditation

Beta Waves (12 – 35 Hz)

Beta Brain Waves are associated with normal waking consciousness and a heightened state of alertness, logic, and critical reasoning. Having the right amount of beta allows us to focus on our tasks whether at school, work, or sports performance. However, exposing too many beta waves also results in too much stress. Stress produces stress chemicals like Cortisol which is really harmful to our body if it's too much.

Too many Beta Waves result to Anxiety, Adrenaline, High Arousal, Inability to Relax, Stress

Too little Beta Waves result to ADHD, daydreaming, depression, poor cognition

Optimal Beta Waves result to Conscious focus, memory, problem-solving

Beta Waves can be increased through Coffee, Energy Drinks,

Alpha Waves (8 – 12 Hz)

With a frequency range from 8hz – 12hz, Alpha is emitted when we are in a state of physical and mental relaxation (awake, but not processing much information). Studies show that Alpha states significantly increase beta-endorphin, norepinephrine and dopamine.

These naturally occurring chemicals are linked to feelings of expanded mental clarity and generate an internal environment for new learning and accessing previously learned information.

This state will naturally happen when using Quantum Resonance Binaural Beats as we encode some of these frequencies in addition to the rebalance that occurs in the brain.

Too much Alpha Waves result to Daydreaming, inability to focus, too relaxed

Too little Alpha Waves result to Anxiety, High Stress, Insomnia, OCD

Optimal Alpha Waves result to Relaxation, reduces chronic pain, Increased cerebral blood flow, Increased motivation, energy and happiness

Alpha Waves can be increased through Quantum Resonance music, meditation, Alcohol, Marijuana, relaxants, some antidepressants

Theta Waves (4 – 8 Hz)

Theta Brain Waves occur most often in sleep but are also dominant during deep meditation. In theta, we are in a dream; vivid imagery, intuition, and information beyond normal consciousness awareness. It helps us improve our intuition, creativity, and makes us feel more natural.

Too many Theta Waves result to ADHD, depression, hyperactivity, impulsivity, inattentiveness

Too few Theta Waves result to Anxiety, poor emotional awareness, stress

Optimal Theta Waves result to Creativity, emotional connection, intuition, relaxation, Sleep onset and more restful sleep, Release beneficial hormones related to health and longevity, Reduce mental fatigue, Reduction of anxiety and stress

Theta Waves can be increased through Quantum Resonance music, meditation

Delta Waves (.5 – 4 Hz)

Delta Brain Waves are one of the slowest but loudest brainwaves (low frequency). It is experienced in a deep, dreamless sleep and in very deep, transcendental meditation. These are also found most often in infants as well as young children. Deep sleep is important for the healing process – as it's linked with deep healing and regeneration. The delta state releases anti-aging hormones, including melatonin and DHEA.

Human growth hormone (HGH) is another anti-aging hormone that is increased when delta brainwaves are occurring inside the brain, due to the stimulation of the pituitary gland. HGH maintains the skin, bone density, cartilage, joints and can also help heal physical pain

Too many Delta Waves result to Brain injuries, learning problems, inability to think, severe ADHD

Too little Delta Waves result to Inability to rejuvenate the body, inability to revitalize the brain, poor sleep

Optimal Delta Waves result to Immune System, natural healing, restorative sleep / deep sleep

Delta Waves can be increased through Quantum Resonance music, meditation, sleep

Lambda/ Hyper Gamma (100-200 Hz)

Lambda waves oscillate at a frequency of 100-200 Hz. Lambda waves are associated with experienced meditators, such as the Tibetan monks, who are able to meditate in the Himalayan mountains for hours without succumbing to the very low temperatures.

Quantum Resonance brings focus to a frequency of 111 Hz in not only the music but in the frequency generator (PEMF). We believe the 111 Hz is a great frequency to apply a strong foundation for the rejuvenation of the mind and body to take place.

Other frequencies

The solfeggio tones are frequencies based around the 432Hz tuning unlike the modern 440 Hz scale. These have a more resonant tone with the Schumann frequency (Earth's frequency) Most Solfeggio tones are used in tuning forks or pure tones. These frequencies are found in many of the Quantum Resonance music.

UT – 396 Hz – Liberating Guilt and Fear.

RE – 417 Hz – Undoing Situations and Facilitating Change.

MI – 528 Hz – Transformation and Miracles (DNA Repair)

FA – 639 Hz – Connecting/Relationships.

SOL – 741 Hz – Awakening Intuition.

LA – 852 Hz – Returning to Spiritual Order.

Quantum Resonance Music

Drawing on the foundations of brain research, Quantum Resonance has created a multitude of music tracks designed to help balance the brain, increase connectivity and bring a greater sense of clarity. We use specially designed music that draw upon Delta, Epsilon, Gamma and other vital frequencies in specific formulations that allows for excellent results.

Glossary

A/C: an electric current that reverses its direction many times a second at regular intervals, typically used in power supplies. This type of power is undesirable in subtle energy work since it creates its own frequency (60 Hz in USA, 50 Hz elsewhere) in order to work. This frequency becomes a part of the subtle energy system causing unwanted frequencies.

Bio-dynamic: a flexible and sometimes rhythmic function of an energy field in plants, animals, or people. The ability to adapt based on internal and external stressors.

Binaural Beats: Sounds that are produced below the effective range of hearing that has a slight difference between the left and right channel. When played through headphones, they force the brain to have both hemispheres work together.

Chakras: Energy centers in the human body that help regulate flow of Chi or energy. The Crystal Bed focuses on the first 7: root, sacral, solar, heart, throat, third eye, crown.

Current: Current is electricity in motion. Electrical current is measured in *amps*.

D/C: Direct current (DC) is the unidirectional flow of electric charge. Direct current is produced by sources such as batteries, power supplies, and solar cells. Preferable source of power for subtle energy work since it does not create its own frequency to work

DNA: Deoxyribonucleic acid is a large organic molecule that carries genetic information in the chromosomes and resembles a twisted ladder. Deoxyribonucleic acid is a molecule that carries most of the genetic instructions used in the development, functioning and reproduction of all known living organisms and many viruses. DNA is a nucleic acid; alongside proteins and carbohydrates, nucleic acids compose the three major macromolecules essential for all known forms of life.

Frequency: The rate at which a vibration occurs that constitutes a wave, either in a material (as in sound waves), or in an electromagnetic field (as in radio waves and light), usually measured per second.

Homeostasis: The tendency toward a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes. This means getting all the body parts to function together and maintain proper function.

Glossary *cont.*

Hertz scale: a unit used for measuring the **frequency** of sound waves. One Hertz equals one cycle per second

Kilohertz: Abbreviated kHz, this unit of measurement equates to 1,000 Hz (Hertz). Although the crystal bed can generate frequencies in the kHz, we don't recommend using them.

Laser: A laser is a device that emits light through a process of optical amplification based on the stimulated emission of electromagnetic radiation. The term "laser" originated as an acronym for "light amplification by stimulated emission of radiation". A laser differs from other sources of light in that it emits light coherently.

LED: Light Emitting Diode. A type of circuit that emits light as a by-product of it's resistance. Used in most electronics and newer light bulbs.

Magnetic Scalar: When a magnetic field is collapsed upon itself creating scalar magnetic energy.

Megahertz: Abbreviated MHz, this unit of measurement equates to 1,000,000 cycles per second. The crystal bed can generate frequencies up to 5 MHz; however, we recommend using Hertz only.

Mobius Coil: A type of coil that cancels out the electromagnetic energy to produce a scalar wave.

Orgone: Orgone energy is a universal life force originally proposed in the 1930s by Wilhelm Reich. It is made by combining sacred geometry, metals, crystals, and other mediums and compressing them into a singular mixture. This mixture will then generate piezoelectric energy and the crystals will transform it into scalar

PEMF: *Pulsed Electro Magnetic Field.* This is a fancy way of saying a pulsing magnet. Our system utilizes the latest in scalar wave technology with ultra-low voltage to create the safest PEMF device on the market.

Quantum: The smallest amount of any physical entity involved in interaction.

Glossary *cont.*

Quantum Magnetic Pulses: These are the scalar pulses created by a pulsed magnetic field collapsing upon itself.

RNA: the template for protein synthesis; the form of RNA that carries information from DNA in the nucleus to the ribosome sites of protein synthesis in the cell

Scalar: A system of energy that has no measurement in traditional science. Scalar energy travels through all known objects yet alters each objects coherence with other energy. Scalar can be generated when the same (like sound) vibration and frequency creates an equal and opposite wave thereby canceling out the original form and leaving the scalar energy.

Scalar Magnetic Field: see *magnetic scalar*

Schumann resonance field: Schumann Resonance is the cavity in our atmosphere that resonates a radio frequency of 7.83 Hz. This frequency has been on the rise for the last several years and is connected to the Earth's magnetic grid and human consciousness.

Solfeggio: A musical scale used in Gregorian chants and found in passages of the bible. Said to have direct connection with healing specific parts of the body. The frequencies are: 174hz , 285hz , 396hz , 417hz , 528hz , 639hz , 741hz , 852hz , 963hz

Transducer: A transducer is a device that converts one form of energy to another. Energy types include (but are not limited to): electrical, mechanical, electromagnetic (including light), chemical, acoustic, and thermal energy. In the case of the Crystal Bed, it makes vibrations from electrical signals.

Vogel: This is a type of shape, cut, and design of a crystal that amplifies energy. The vogel cut produces scalar energy.

Voltage: voltage is the electric force that causes the free electrons to move from one atom to another

Wavelength: the distance between successive crests of a wave, especially points in a sound wave or electromagnetic wave. Light is measured by its *wavelength* (in nanometers) or *frequency* (in Hertz).

Zero point energy: See *Scalar*

Questions and Answers

Q: Can anyone use the crystal bed?

A: Anyone except pregnant women and/or people with pacemakers.

Q: Are the lasers safe?

A: Yes. The lasers strike the crystals, not the people and are considered class 2 in the setup of the crystal bed.

Q: Can I do remote sessions with the bed?

A: Yes. The client must have at least one session in person to create the partial quantum locking with the crystals and then a piece of hair or a photo works best placed under the crystals.

Q: Is jewelry okay to wear?

A: Gemstones and crystals are great, metal not as great. We are still up in the air with all this so use your intuition.

Q: Can I use a Biomat or other heated amythest system with the bed?

A: Yes, as long as it is generating Far infrared heat and has stones to change the energy.

Q: Can I use other scalar wave devices with the bed?

A: Yes

Q: Can I do Reiki or other forms of woo woo with the Crystal bed?

A: Yes, as long as it's woo woo.

Q: Can I use a QXCI / SCIO / Indigo / En Vision or other quantum software systems with the crystal bed?

A: Yes please! The effects from using both simultaneously are off the scale.

Q: Are there any side effects?

A: Some people may experience die off from foreign bodies a day or two later. Some others may experience an out of body feeling after a session. These are normal.

Q: What is scalar?

A: See glossary

Q: Can I use my own headphones?

A: Yes. However, you will find that the supplied headphones have better frequency

response and the binaural beat work better.

Questions and Answers cont.

Q: Can I play any music?

A: Yes. However, the massage table may not feel as good as when using the music made for the crystal bed.

Q: I want to play my own music and the binaural beats. How do I do that?

A: Two options: 1) Send me the music and I will put together 2) get two music players and use a "Y" audio connector.

Q: Can I play just sounds and not lights or Full Spectrum?

A: Yes, turn off the FS and/or lights

Q: Can I play just the headphones and not the vibrations on the bed?

A: Yes, mute the transducer volume knob

Q: Can I use my iPod/iPad line out to play music from?

A: yes

Q: What are the frequencies it uses?

A: The sound files main frequency is 111Hz followed by a dozen others. The frequency generator can make any frequency between 0.01Hz – 1Mhz

Q: What does the frequency thingy on the front panel actually control?

A: The frequency thingy (generator) controls the the magnetic field inside the vogel holders.

Q: Can the tripod be positioned on either side of the table?

A: Yes

Q: How much office space does it take up?

A: With a regular sized message table, the unit and table takes up approx. 4 x 6 feet

Q: What's the difference between between the 24 and 33 sided Vogels?

A: Besides more facets, the 33 sided generates more scalar energy.

Q: Can I get a second massage table setup so I don't have to bring it back and forth?

A: Yes. please contact us for details

Questions and Answers cont.

Q: How much does the whole thing weigh?

A: The three-piece assembly weighs approx. 97 Lbs. Hard carry case is 22 Lbs., Soft carry case is 25 Lbs., Massage table is typically 55 Lbs.

Safety precautions

Place vogels in holders only AFTER arms are in a normal operating position over message table.

Make sure vogel crystals are inserted into proper spots (see basic operations in manual)

Always do a test movement of the light bar prior to each session.

Once a month, check all bolts and knobs on your massage table.

Once a month check the tightness of the transducers and tripod bolts and levers

Please turn off the master power on the control box and unplug from the wall when not in use. This will save on your electrical bill and keep any lighting surge from accidentally hitting the system.

NO PACEMAKERS The magnets from the transducers will disrupt the electrical signals from the pacemaker. Pacemakers need a minimum of 6 inches or 15 centimeters away from the transducers.

NO PREGNANT WOMEN

Warranty

Once again, thank you for the purchase of the Quantum Resonance Crystal Bed.

We are confident you will get years of enjoyment from the unit we and back up the entire device with our multi-year warranty. (not including vogels)

2 year extended- covers labor, actual cost of any replaced parts, customer pays shipping both ways.

1 year- all parts, labor, shipping

30 day- vogel crystals

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Notes

