

Balancing Energy Centers

With harmonic low sound frequencies App

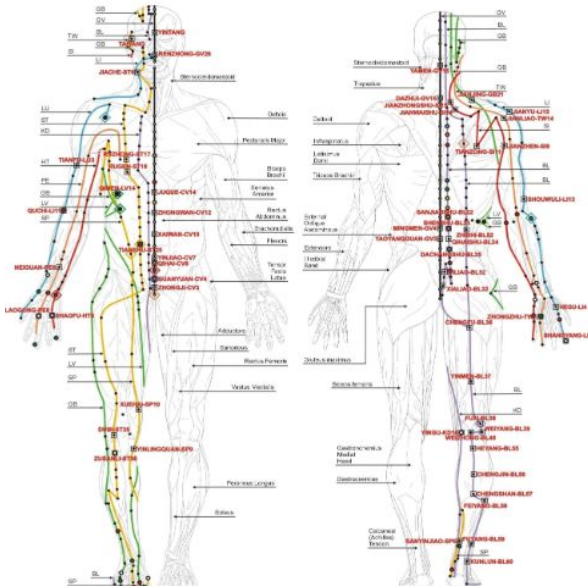


Introduction to LFSS Low Frequency Sound Stimulation to Balance your Body & Mind
Slides 3,4,5,6,7, **see new image attached for this button**

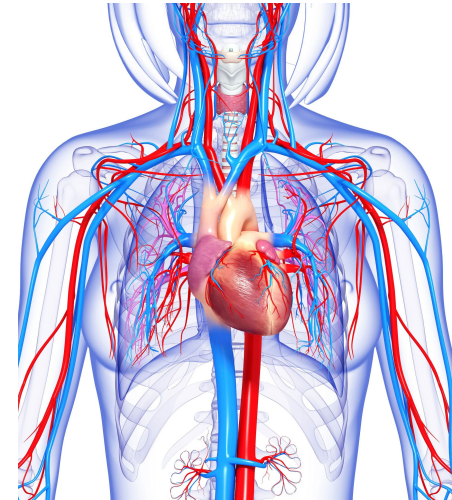
calibrate	delight
empathy	feel
gratitude	attunement
balance	Stream 3 frequency plan slide 5 - See new image attached for this button

What are energy centers in your body

Human body meridians



Energy centers in the body, also known as **Chakras** (in Indian BodyMindSpirit Perception) or **Meridian** (in Chinese medicine) are believed to be points of energy concentration that correspond to different physical, emotional, and spiritual aspects of our being. In Western medicine **Blood Circulation System** is considered to be energy flow system which is in charge for providing oxygen and nutrition to the cells.

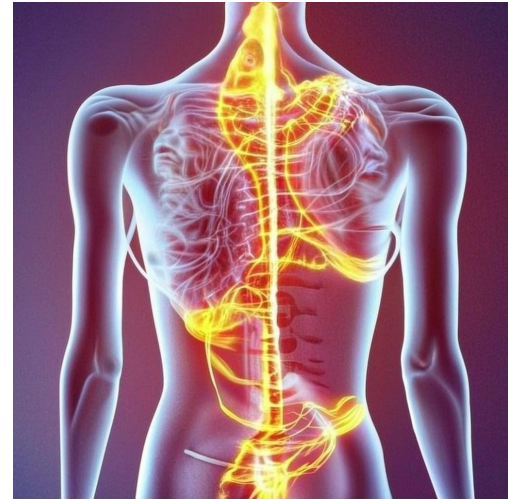


What is energy flow and how does it impact our health

Energy flow is the movement of energy throughout the body. It is essential for all of our bodily functions, including digestion, circulation, respiration, and cell repair. Energy flow is also important for our emotional and spiritual well-being.

When our energy flow is balanced, we feel healthy, energized, and happy. However, when our energy flow is blocked or unbalanced, we may experience physical, emotional, or spiritual problems.

When there is no balance of energy flow, and there is a stuck energy situation, too much energy in one place may lead to inflammation why where there is no energy we may feel tired and no vitality.



How can we maintain energy flow daily to insure balance and vitality

- **Eat a healthy diet:** Eat plenty of fruits, vegetables, whole grains, and lean protein. Avoid processed foods, sugary drinks, and excessive amounts of caffeine and alcohol.
- **Exercise regularly:** Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Manage stress:** Find healthy ways to manage stress, such as exercise, yoga, meditation, or spending time in nature.
- **Get enough sleep:** Aim for 7-8 hours of sleep per night.
- **Create a positive environment:** Surround yourself with positive people and things. Avoid exposure to toxins, pollution, and negative energy.

****** Please note, on a quantum level - everything is connected and every subsystem influences and impacts other subsystems.

Thoughts, emotions, sensations, memories, imagination, spirituality and creativity could improve energy flow or stop energy flow.



The easiest way to balance inner systems and enable energy flow daily: LFSS Vibroacoustic Therapy with sonic wave vibrations

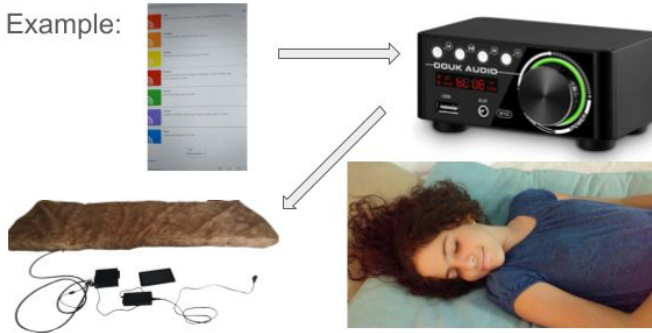
LFSS Vibroacoustic Therapy stands out with its positive effectiveness, easy to use and gentle soothing sensations to Body and Mind.

Contact us to learn more.
www.vibro-therapy.com

What is Vibroacoustic Therapy:

A process of streaming a selected single low sound frequency from a mobile device. The frequency is delivered into an amplifier (via bluetooth or cable) which amplifies it into a product such as :A mat, sonic weighted blanket, sonic pet, pillow and more. These products embed special transducers that convert the frequencies into soft and gentle vibrations and are sensed as soothing inner body massage to organs, tissues and cells.

Example:



After 23 minutes of deep peace and serenity, individuals feel calmer body, clearer mind and usually in a better mood.

The different frequencies help reduce pain, stress, insomnia and anxiety.

Balance

Attunement

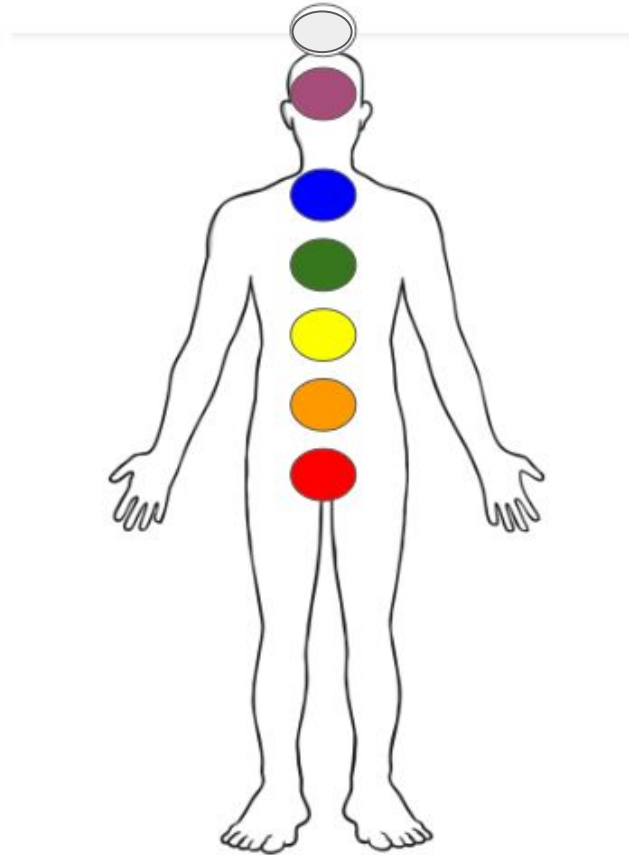
Gratitude

Feel

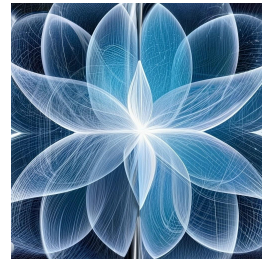
Empathy

Delight

Calibrate



Balance your Chakras with Harmonic Low Sound Frequencies



The **red chakra**, also known as the root chakra or Muladhara chakra, is the first and most foundational chakra. It is located at the base of the spine and is associated with the color red and the element earth.

The root chakra is responsible for our sense of security, stability, and grounding. It is also associated with our basic needs for survival, such as food, water, and shelter.

When the root chakra is balanced, we feel safe and secure in the world. We feel confident in our ability to take care of ourselves and to meet our basic needs. We also feel connected to the earth and to our physical bodies.

When the root chakra is imbalanced, we may feel anxious, insecure, or unstable. We may have difficulty meeting our basic needs, or we may feel disconnected from our physical bodies.

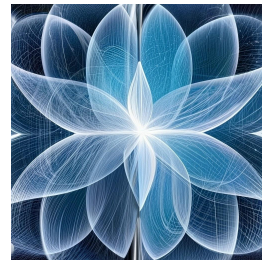
Here are some of the things that the red chakra is in charge of:

- Survival instincts
- Sense of security and safety
- Grounding and connection to the earth
- Physical health and vitality
- Basic needs, such as food, water, and shelter
- Financial stability
- Willpower and determination
- Courage and confidence
- Self-esteem and self-worth

Use Calibrate frequency to open the root chakra

Calibrate

Balance your Chakras with Harmonic Low Sound Frequencies

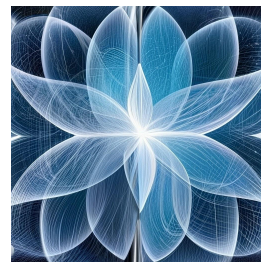


- The **orange chakra** is the sacral chakra, or svadhisthana chakra. It is the second primary chakra in the body, and is located below the navel, in the lower abdomen and pelvis. It is associated with the color orange, the element of water, and the sense of taste.
- The sacral chakra is the center of creativity, pleasure, sexuality, and emotions. It is also responsible for our sense of self-worth and our ability to connect with others. When the sacral chakra is balanced, we feel confident, joyful, and connected to our bodies and our desires. We are also able to express ourselves creatively and authentically.
- However, when the sacral chakra is blocked, we may experience feelings of shame, guilt, insecurity, and fear. We may also have difficulty expressing our emotions or connecting with others. Additionally, we may experience physical problems such as sexual dysfunction, fertility issues, and lower back pain.

Use **Delight** to open the **second chakra**

Delight

Balance your Chakras with Harmonic Low Sound Frequencies

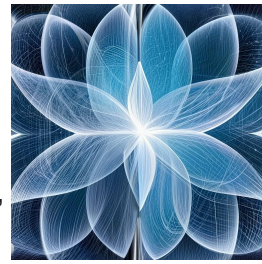


- The **yellow chakra** is the solar plexus chakra, or manipura chakra. It is the third primary chakra in the body, and is located above the navel, in the upper abdomen. It is associated with the color yellow, the element of fire, and the sense of sight.
- The solar plexus chakra is the center of personal power, self-esteem, and confidence. It is also responsible for our ability to set and achieve goals, and to take action in our lives. When the solar plexus chakra is balanced, we feel empowered, motivated, and in control of our lives. We are also able to assert ourselves in a healthy way and to stand up for what we believe in.
- However, when the solar plexus chakra is blocked, we may experience feelings of insecurity, self-doubt, and fear. We may also have difficulty setting and achieving goals, or we may feel overwhelmed and powerless. Additionally, we may experience physical problems such as digestive problems, adrenal fatigue, and chronic fatigue syndrome.
-

Use **Empathy** to open the **third chakra**

Empathy

Balance your Chakras with Harmonic Low Sound Frequencies

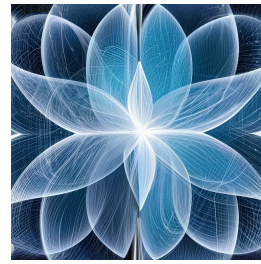


- The **green chakra** is the heart chakra, or anahata chakra. It is the fourth primary chakra in the body, and is located in the center of the chest, near the heart. It is associated with the color green, the element of air, and the sense of touch.
- The heart chakra is the center of love, compassion, empathy, and forgiveness. It is also responsible for our ability to connect with others on a deep and meaningful level. When the heart chakra is balanced, we feel loved, accepted, and connected to the world around us. We are also able to give and receive love freely and unconditionally.
- However, when the heart chakra is blocked, we may experience feelings of loneliness, isolation, and bitterness. We may also have difficulty forming and maintaining healthy relationships. Additionally, we may experience physical problems such as heart disease, high blood pressure, and respiratory problems.
-
-

Use **Feel** to open the **fourth chakra**

Feel

Balance your Chakras with Harmonic Low Sound Frequencies

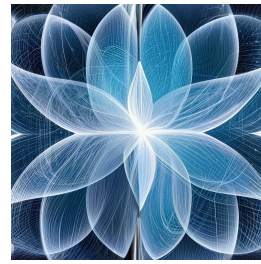


- The **blue chakra** is the throat chakra, or vishuddha chakra. It is the **fifth primary chakra** in the body, and is located in the throat area. It is associated with the color blue, the element of sound, and the sense of hearing.
- The throat chakra is the center of communication, self-expression, and creativity. It is also responsible for our ability to speak our truth, to listen to others, and to express ourselves authentically. When the throat chakra is balanced, we are able to communicate clearly and effectively. We are also able to express our thoughts, feelings, and needs freely and honestly.
- However, when the throat chakra is blocked, we may experience difficulty communicating our thoughts and feelings. We may also feel shy, insecure, or afraid to speak up. Additionally, we may have difficulty listening to others or understanding their perspectives. Additionally, we may experience physical problems such as sore throats, laryngitis, and thyroid problems.
-
-
-

Use **Gratitude** to open the **fifth chakra**

Gratitude

Balance your Chakras with Harmonic Low Sound Frequencies

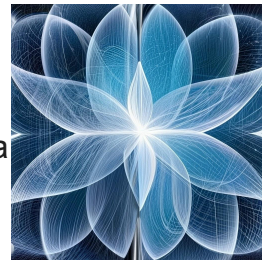


- The 6th chakra, also known as the third eye chakra or ajna chakra, is located between the eyebrows. It is associated with the **color indigo**.
- The third eye chakra is the center of intuition, imagination, and psychic abilities. It is also responsible for our ability to see the world beyond the physical, and to connect with our higher selves. When the third eye chakra is balanced, we have a strong intuition and we are able to see the world clearly, without judgment. We are also able to tap into our creativity and to imagine new possibilities.
- However, when the third eye chakra is blocked, we may experience difficulty trusting our intuition or seeing things clearly. We may also have difficulty being creative or imagining new possibilities. Additionally, we may experience headaches, migraines, and vision problems.

Use **Attunement** to open the sixth **chakra**

Attunement

Balance your Chakras with Harmonic Low Sound Frequencies



- The **violet chakra**, also known as the crown chakra or sahasrara chakra, is the seventh and highest chakra in the body. It is located at the top of the head, and is associated with the color violet, the element of spirit, and the sense of cosmic consciousness.
- The crown chakra is the center of spirituality, enlightenment, and connection to the divine. It is responsible for our ability to see the world through a higher perspective and to understand our place in the universe. When the crown chakra is balanced, we feel a sense of deep peace, inner knowing, and unity with all things.
- However, when the crown chakra is blocked, we may experience feelings of detachment, isolation, and lack of purpose. We may also have difficulty connecting with our spiritual side or understanding our place in the world. Additionally, we may experience physical problems such as headaches, migraines, and insomnia.

Use **Balance** to open the seventh **chakra**

Balance

Manage 7 harmonic low sound frequencies

Balance

Attunement

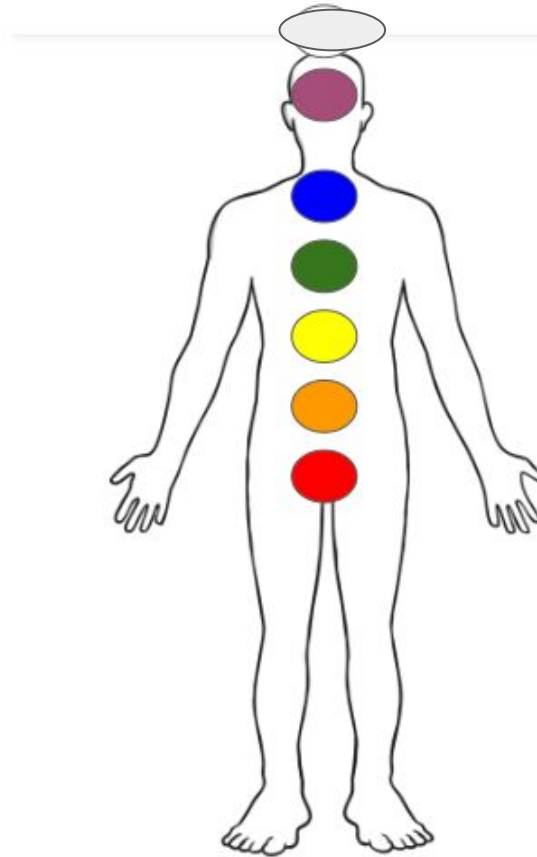
Gratitude

Feel

Empathy

Delight

Calibrate



Choose up to
3 frequencies
For 15 or 30
minutes

15
minutes

30 minutes



Set you plan.
Lie
on your LFSS
sonic ergonomic
equipment

Stream

