

Quantum Sound Therapy

The Quantum OMPOCKET User Manual



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Welcome and Thank You!

Thank you for selecting the Quantum Sound Therapy OM Pocket. With more than 40 years of development and refinement, Quantum Sound Therapy has created the products and teachings that will finally help you reach the states of consciousness many are seeking—fulfillment, joy, and relaxation.

The OM Pocket is a breakthrough achievement, providing a portable instrument that supports you day and night. Whether you are at home, work, or running errands the quantum healing energy travels with you. The OM Pocket is like carrying your energy healer with you.

We are so pleased you have made the decision to invest in your health and stand ready to assist in the days and weeks that follow as you begin your Quantum journey. In a few short days, you will begin to realize just how impactful this decision was as your life begins to change in some profound and amazing ways.

The unfolding of this journey is unique to every individual, and we not only invite you to share your stories but are eager to learn about the shifts you experience. We hope you are inspired by the information we share here about Theta love and look forward to traveling with you on this empowering journey.

OM Pocket Creator – Robert Loy



Introduction and Set-Up

Introduction

The Quantum OM Pocket is a portable, quantum, coherent tool, which (unlike other simple sound frequency technologies) combines an optimal synergy of scalar energy fields, sound frequencies, inert noble gases, flower and gemstone essences, and your own unique voice frequencies.

We combined this with Tesla technology to produce and broadcast silent, vibrational wave forms called Quantum Sound Energy. Because your brain is a field of energy—as is your environment—you are in a constant state of entanglement from discordant energies.

The OM Pocket creates a vortex that clears discordant energy and helps entrain your brain, harmonize your emotions, and protect your clarity and stability.

This breakthrough scalar-sound science creates a field that shifts your vibration (24×7), allowing you to get back in the ZONE OF JOY. You just press play and go about your life.

In addition to the AM and PM soundtracks preloaded on the OM Pocket, we provide a series of customized voice code programs tailored specifically to you. The secret to your accelerated healing lies in the five octaves of your voice. Using our proprietary algorithm to analyze five octaves of your voice, we can determine areas where energy is blocked, concentrated, or weak. Based upon this analysis, we then develop a customized Voice Code soundtrack for you to listen to, which balances and harmonizes your energy field and emotions. (Available online now and included as part of your purchase with the Quantum OM Pocket)

<https://quantumsoundtherapy.com/cloud-sound-therapy/>

The purpose of the OM Pocket design is to provide this coherent quantum healing energy for you while you are on the go—travelling to work, home, to pick up the children, shopping—wherever and whatever you are doing—it's portable, flexible and infinitely touchable. The coherent field of protection, inherent in its very design, goes with you creating a bubble of relaxing energy throughout the day and night.

The technology resident in the OM Pocket also helps you intimately connect with your inner or higher self throughout the day, and in your dreamtime at night. Many users report feeling protection from dissonant or negative energies, including Electromagnetic Frequencies (EMFs).

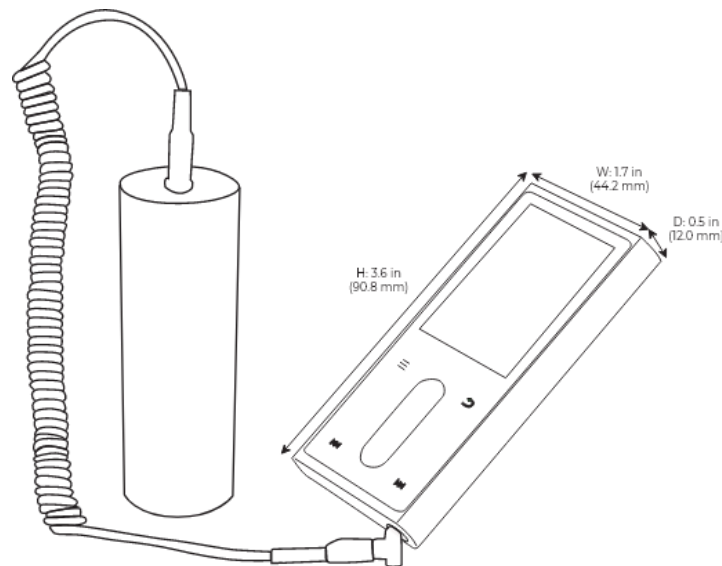
This user manual is intended to:

- 1) Provide you with all the basic information about operating your OM Pocket
- 2) Answer some frequently asked questions, and
- 3) Provide tips on how to best use your OM Pocket creatively to bring you into greater personal balance and wellness.

Please follow the step-by-step instructions ([including a link to short video below](#)), which will assist you in getting your OM Pocket up and running. While we have made every attempt to develop this guide to assist users with little to no experience in the use of portable electronic devices, should the instructions prove to be unclear or insufficient, please contact us anytime at (501) 588-7109, or via email at support@quantumsoundtherapy.com.

Set-Up

Follow the step-by-step instructions below to set-up and begin using your Quantum OM Pocket.



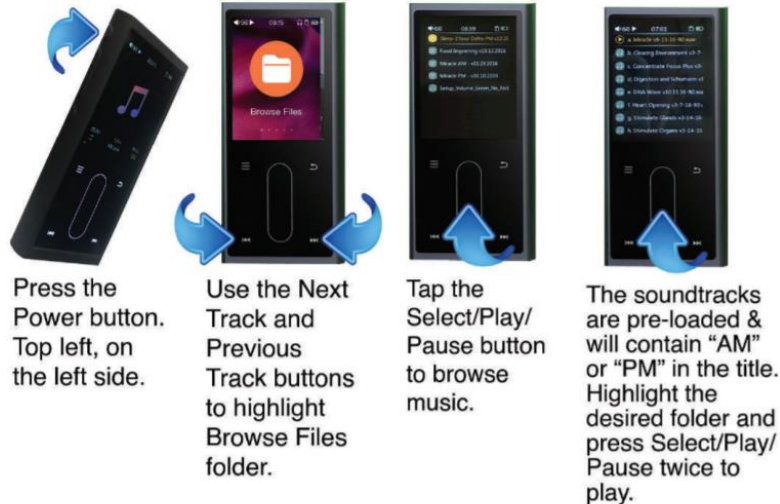
Step 1: Unbox and Review Parts

- OM Pocket – Generates Scalar Field
- HiFi Audio Player – Includes pre-loaded AM/PM frequencies
- Y Cable – Plugs in OM Pocket and headphones at the same time for listening and experiencing frequencies
- Charger Adapter and USB Charger
- Carrying Case

Step 2: Plug OM Pocket into Hi-Fi Audio Player



Step 3: Turn on Audio Player and Browse Music



You are now all set. The OmPocket IS ON and working for you whether using headphones or not. To enhance your experience, plug in the Y cable and a pair of headphones (not included) to listen to the frequencies. The max volume for the MP3 player is 60.

We provide a link to the video below, which provides additional clarification regarding set up and the functioning of your new Sansa audio player. This includes instructions on how to change tracks, repeat a single track, and how to switch between AM and PM frequencies. <https://www.youtube.com/watch?v=pl0QTKWiP2s&spfreload=10>

NOTE: When you get to the section about choosing a track, you will not hear any sound until you insert your ear buds. Please note that regardless of whether you are listening to the tracks with ear buds, the OM Pocket scalar field is still emitting frequencies. Although undetectable by your ears, your body is still being bathed in the frequencies of each track.

What can you expect, living with your OM Pocket?

- 1) An enhanced ability to focus on solving life's challenges
- 2) Increased awareness and intelligence
- 3) The ability to enter profound gamma states where you will effortlessly solve your problems and become one of the peak performers that you dream of
- 4) Have deeper, effortless meditation
- 5) Deeper rest and well-being
- 6) You will look younger, feel younger, and bounce back from stress more quickly.
- 7) Equanimity and equipoise will become your constant companion.
- 8) You will learn how to solve some of your deep internal blocks and problems yourself, so you will have a reduced need to seek external sources for fulfillment such as shopping, seminars, workshops and courses (which provide temporary relief but do not really solve your problem, leaving you on the emotional roller coaster ride of endless external seeking to find answers)
- 9) You will realize the answers lie within you, and how to go within to find them.
- 10) You may feel happy or blissful for hours each day - for no reason. Simply happy and content as your brain begins to recalibrate work correctly.
- 11) You will listen to inner guidance and intuition without fear or doubt.
- 12) Your doubts, fears, anxieties and blocks will be decreased.
- 13) You will attract whatever you need in your life more effortlessly.

1 Chapter 1 – How to Use Your OM Pocket for Self-Healing

We recommend that for maximum benefit, you play your OM Pocket pre-programmed frequencies **all the time** – **day and night**. The importance of the frequency and duration due the effects of the four items listed below are explained in greater detail in the pages that follow.

- EMFs
- Neuroplasticity
- Re-training your brain
- The psychic drill

1.1 EMFs

The OM Pocket provides an out-of-the-box EMF solution. While some people are aware of the need for such a solution, so many others do not realize just how much pollution from dissonant frequencies from cell towers, radio masts, and satellite dishes we all experience 24/7/365.

Scientific research is only now beginning to identify the significant health concerns connected to EMFs—specifically to the man-made electromagnetic frequencies connected to modern-day communication technology such as cell phones, radio masts, and satellite dishes.

*The OM Pocket is a **powerful** precautionary tool. The coherence created by the scalar field helps dissipate and cancel the effects of the dissonant frequencies, including EMF's, around you.*

For more information about the scientific health concerns related to EMFs, we recommend watching the documentary “Resonance – Beings of Frequency”, which provides cutting-edge research findings and can be found on You Tube [here](#).

Bio-electro-magnetic researcher Dr. Roger Coghill states “We’ve immersed ourselves in an ocean of electro-magnetic radiation. It’s all around us now. Invisible, we can’t see it, but we know it’s there. Every time you lift up the mobile [cell] phone, you know it’s there.”

He adds that the former National Radiological Protection Board stated that over the past 50 years, radiation in our environment [from human-made technology] has increased many millions of times. [These EMFs] “completely swamp the Schumann Resonance waves [which are the Earth’s natural frequencies, to which our brains are attuned when in Alpha state frequencies] which we’ve had billions of years evolving with.”

Dr. Erica Mallery-Blythe (emergency room doctor, who's studying and working with individuals with "electro-sensitivity" states that "At present, the World Health Organization statements regarding [EMFs] are that it is real, and symptoms can be severe and disabling".

And children are even more susceptible than adults. Recent research on children shows that, compared with adults, microwave radiation (like from cell phones) is absorbed:

- Twice as much into their brains,
- Up to 3x as much into their brain's hippocampus and hypothalamus, and
- Up to ten times as much into the bone marrow of their skulls.

Cell phones are a powerful source of EMFs, given there are now 4 billion people on the planet owning them (compared to 25 years ago, when they were seen as a "gimmick" and owned by very few people). As the numbers quickly grew, so has the electro-magnetic infrastructure to support the increase.

In 2011, the World Health Organization (WHO) changed the danger rating of cell phones, reclassifying them as possibly carcinogenic to humans. One of the disrupted functions created by EMFs from cell phones, happens in the pineal gland's production of melatonin.

Melatonin is, among other functions, the body's main defense against the free radicals which are created as a by-product of cell mitosis (in other words, free radicals are a by-product of our body's work during deep sleep, with repairing old and damaged cells by creating new ones).

Studies in free radicals have suggested that free radicals contribute to every disease, as well as aging, in the body. Melatonin protects against free radical damage, but recent research has found that EMFs disrupt our melatonin production at every step.

We share this information because we believe that what Professor Denis Henshaw (of Bristol University) said is true about EMF's – *"It's very hard to turn the clock back, if not impossible to turn the clock back. But we need to be aware of the adverse health effects, so that we have the choice of taking precautions against the exposure."*

Scalarwave technology generates a coherent field. There is clinical evidence that it may reduce the impact of radiation/EMFs because coherence creates a stronger field than dissonance. This is evidence of the Cancellation Effect, which is why people feel so much better within a coherent field – the coherence of a scalar field cancels and reduces many kinds of negative influences, including EMFs. It is like stepping into an oasis, from a raging desert storm.

We designed the OM Pocket's vortex within the scalar field created by the OM Pocket's unique sacred geometry, along with the specific frequencies (which we will be talking about in more detail, in later chapters) to reverse the harmful effects of damaging EMFs.

This is very evident to OM Pocket users, as reflected in the feedback from one of our users who stated, *"the Pocket ran out of battery, and I immediately I felt all the EMFs that were emanating everywhere and destroying our consciousness."* – Jeanette, Psychic, Texas

1.2 Neuroplasticity

Traditionally, science believed the human brain was "plastic" and able to grow only during infancy and childhood. Then, in the mid to late 20th century, research began to show that the brain continues growing during adolescence. Thus, prevailing wisdom expanded to include neuroplasticity into the mid-twenties.

There have been some amazing pioneers exploring neuroplasticity who have endured a long and arduous journey. For them, it has been like swimming upstream against the prevailing current, to challenge limitations in the scientific paradigm. For example, some scientists have discovered ways for those who are blind due to optic nerve damage, to learn to see again. Others have helped those with significant learning disabilities to overcome them (rather than just accommodating to them),

Advances in neuroscience, including more sophisticated tools for measuring changes in the brain, clearly demonstrate that the human brain can continue to grow throughout our entire lifespan, right up until the moment of death.

by training other parts of their brain to take on those learning tasks. If the brain were not neuroplastic, these results would be impossible to achieve.

Among these visionaries, exploring the realms of what is possible within neuroplasticity, is Robert Lloyd, creator of the OM Pocket. He is not a scientist in the usual sense of the word, given he does not possess traditional scientific credentials. Instead, he possesses a unique combination of powerful gifts: focused creativity from profoundly deep meditation, and visual picture thinking.

With these specific gifts, along with his passion for helping humanity evolve into greater states of expanded consciousness, he has been able to develop the portable OM Pocket, along with a line of larger stationary iQubes. This breakthrough Quantum Sound technology utilizes the brain's neuroplastic capacity to grow and change in extremely precise ways, by utilizing complex mathematical algorithms, quantum physics, and highly specific sound frequencies.

The OM Pocket (and iQubes) each create a scalar field of highly coherent (organized) energy, which align with the brain's neuroplasticity, to create the optimal environment for growing and creating change easily. Even for changing old and ingrained stress-habits which otherwise seem quite challenging to shift.

1.3 Re-training your brain

Within the beautiful scalar field, we provide day and night-time frequencies to assist you with creating change and supporting you in expanding into states of consciousness associated with profound relaxation, inner peace, peak performance, and deep creativity.

We specifically designed each frequency to support re-training your brain when played within the sacred scalar field of the Theta Love OM Pocket. Training you away from stress and fear/anxiety, and into more expanded states of consciousness such as love, pleasure, joy, creativity, and relaxation. The more you listen to the pre-programmed frequencies the faster you are re-training your brain into learning to live within your greater potential 24/7/365, into what some have called "Love and Above."

We have made this as easy as possible for you. You can carry the small OM Pocket with you everywhere – it easily slips into a purse, pocket or knapsack. So, it is always available to you, as you carry on with living your life, during both day and night.

The OM Pocket works like a frequency-based, laser-focused psychic drill. It drills down on search-and-find missions, helping find your stress hot-spots, while also helping you develop new neural circuitry in the areas of your brain associated with greater pleasure, joy, relaxation, and creativity. This combination also releases ancient stress, which you have likely held onto for a long time.

Like an evolutionary human re-set button, the OM Pocket powerfully moves you out of sympathetic fight-or-flight reactivity (with all the damaging adrenalin rushes and cortisol flooding, which keep getting triggered in modern day living), and into parasympathetic calm and profound relaxation. This is the qualitative shift in our brains and bodies, which parallels the transformational shift that has been happening on a planetary level subsequent to 2012.

This technology begins to create actual change in the brain, while also working with all your subtle bodies, to rejuvenate you every single day. And you don't need to "do" anything to receive this "evolutionary re-set" – no workshops to attend, no books to read, no gurus to find and follow. *All you need to do is listen. Just listen* to your OM Pocket pre-programmed frequencies, and your own individualized balancing frequencies (which are generated by analyzing your personal voice). Simple, right?

2 Chapter 2 – A Pocketful of Miracles – The OM Pocket Story

Quantum Sound Therapy's line of stationary iQubes has powerfully shifted many peoples' lives. These people share that they LOVE feeling what they describe as the sanctuary or oasis in their home/workspace, that accompanies living within the scalar field created by one of our stationary iQubes.

However, many of us who are sensitive to energy continued to struggle when leaving our home's scalar field, to go to the mall, the airport, or other public places. Some of us can acutely feel the dissonant energies (from EMF's/radiation/and other 'negative' forms of dissonant energy).

Previously, some of us would actually lug our large iQubes with us when we traveled so we could stay within the scalar field as much as possible. While this was effective, we realized there was a need for something more portable, something that could be easily transported with us wherever we went—this led to the creation of the OM Pocket.

The more we researched and identified concepts, the more we also began to identify the kinds of dissonant energies that can have a harmful impact on our health. The primary of these energies within our research led us to the impact of EMFs. Although unseen, and apparently invisible, many scientists who have now begun to study the long-term impact of EMFs on the human body. We share some of this research with you here.

"[This is] the only technology that is teaching the quantum brain to function." – Dr. Octavio Pino, Neuroscientist

On top of the downward spiral of our brain, with the impact on our spiritual development and health due to the calcification of our pineal gland, and our organs (which all of our technology addresses), we knew we needed to find a portable scalar solution. The OM Pocket is that solution.

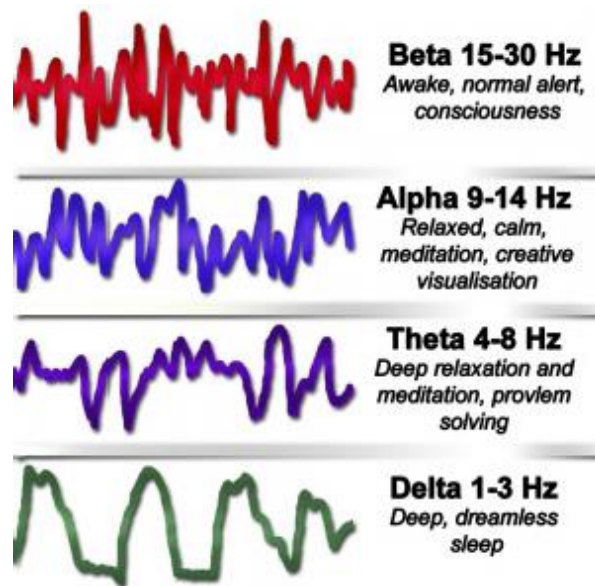
Our research on scalar fields clearly demonstrate the OM Pocket will diminish and possibly cancel out the damaging effects of EMFs on the human body. Feedback from our early OM Pocket users has been extremely positive, which we share below.

As with all our larger scalar Miracoil technology, the OM Pocket will assist with re-training your brain, and shifting you from stress-maintaining unconsciously driven lifestyles, into greater relaxation, bliss, focus, and creativity—into more of who you truly are. In the following pages, we explain more in-depth the 21 research-based benefits of re-training your brain with Alpha Theta Brainwaves.

2.1 Brainwave Frequencies

Your brain creates millions of new neural connections every second of your life. It is a mind shifting research-based statistic, and one that demonstrates the extraordinary flexibility and incredible genius potential that lies hidden within you right now. In the pages that follow we discuss the different types of brainwaves identified in the figure below, and how those brainwaves affect you. We also explain what makes our sound therapy unique, and 21 research-based benefits from re-training your brain with Alpha Theta Brainwaves.

Figure 1: Brainwave Frequencies



Theta waves are typically produced during dreaming sleep, as well as in deep trance states. Research has demonstrated many benefits of theta brain waves. Theta waves are typically produced during dreaming sleep as well as in deep trance states.

Over 3,000 scientific studies now support the benefits of the meditative states associated with the alpha and theta brainwave frequencies. Modern studies have applied the use of high-tech instruments such as digital EEGs and fMRI to observe how meditation affects the human brain.

2.2 21 Research-Based Benefits from Re-Training Your Brain

The ability to enter the theta brainwave state, where theta wave production predominates, is a valuable one. Below are 21 reasons why:

1. Improved “Super-Learning” abilities - The Theta state of “Super Learning” has been found to be the most powerful state for learning, to help you learn more easily and to retain information more effectively.

For this reason, experiencing theta brainwaves might be beneficial to students, and anybody else who needs to process large amounts of information.

2. Increased creativity - Theta brain waves are also produced in large amounts, during periods of intense creative thought.

This is true of those carry out traditionally creative work, such as musicians and artists, as well as anybody who is engaging in creative thinking.

3. Stress release - Theta brain waves are also linked with a lowering of physical and mental stress. You'll have experienced this for yourself already, in the form of the deep sense of relaxation that descends as you drift off to sleep (theta brainwave production increases during this time).

Stress can lead to many diseases, so it's obviously beneficial to be able to release it before it becomes a problem.

4. More energy - Many people who practice theta meditation regularly report an increased sense of energy afterwards.

Going into the theta state for several minutes or more is kind of like having a nap in terms of the energizing effect it has on your body and mind - but without that groggy feeling afterwards!

5. Subconscious communication - Each and every day, you receive subconscious programming from your environment that you may not be aware of. This information and processing cycles into your brain and has actually been found to have an influence on behavior.

The theta state is also associated with increased access to the subconscious mind. This makes it easier to reprogram the subconscious and release limiting beliefs that might be holding you back, as well as adopting more empowering new beliefs.

6. Better healing abilities - Experiencing theta brainwaves may also be able to help your body to stay healthy. We heal best when we're free of stress and are deeply relaxed, and the theta states are strongly linked with stress release and extremely deep relaxation.
7. The ability to have lucid dreams - Imagine being able to control your dreams - not only could you stop a nightmare in its tracks, but you could experience any scenario you desire! Theta meditation may be able to help you do just that, as lucid dreaming

is also linked with the production of theta brainwaves.

And, of course, learning to enter the theta state consistently makes it easier to become lucid while dreaming

8. The ability to have out-of-body experiences - Astral travel is another paranormal ability that's linked with theta brain wave production.

Learning to have out-of- body experiences at will is well worth the effort, as they give you the chance to explore beyond the mundane reality that most of us call 'life', and to experience a new sense of personal empowerment.

Being able to enter the theta state easily is a key part of learning to leave your body on demand.

9. The development of psychic powers - Various psychic abilities are also linked with theta wave production, including telepathy, remote viewing, clairvoyance and others.

If you want to start to tap into the true potential of your mind, learning to enter the theta state is the best place to start.

10. Better memory - Theta brainwaves are associated with the ability to retrieve memories as well.

This is particularly true of long-term memory, as the theta state is linked with greater access to the subconscious mind, which plays a key role in memory storage.

11. Clearing out undesirable habits and unwanted personality patterns... Allowing you to develop both greater flexibility and intuition.
12. Improved recovery from depression and alcohol dependency – Psychologists Paul Kulkosky and Eugene Peniston's research on alcoholics noted that the more time spent in the theta range, the more significant the recovery rate, with a reduction in terms of relapse.

Participants experienced both a reduction in depression, and “a transformation of personality”.

13. Relief from anxiety and past traumas have been reported...
14. A reduction in mental fatigue has also been reported. This one's fascinating – turns out that as our brains cycle in the theta range frequencies, researchers have also discovered a connection with the brain's ratio of potassium to sodium ratio.

15. This matters greatly since having an imbalance in potassium-sodium means it's more challenging to learn, focus, think clearly, and to effectively solve problems.
16. Mystical, visionary peak experiences – (as researched at Indiana University) – Here's a yummy benefit – How'd you like to wake up your capacity for ecstatic, or mystical, oceanic experiences, within deep relaxation?

Researchers have reported an increase in “the timeless, oceanic mode of the mystical experience” while in theta.

17. Activates your Relaxation Response (as researched by Dr. Herbert Benson, at Harvard), instead of living in survival mode, with the ongoing triggering of stress created by chronic activation of the fight-flight response, with a flooding of cortisol...
18. Alpha/theta brainwave patterns provide a link between the conscious and the subconscious minds, where there's then increased access to unconscious potential, *while remaining in a conscious state of mind*.
19. Alpha theta brain waves are very useful for re-patterning negative imagery and inner self talk. In this way they're an excellent aid to transformation...
20. Relaxation is excellent for the health of the mind and body. And Alpha Theta brain waves are linked to both profound relaxation and Zen-like meditation.
21. Numerous scientific studies have proven that meditation is associated with the release of uplifting, state-changing brain chemicals (such as serotonin, the brain's happiness chemical).

These neuro-chemicals provide many benefits, including harmonized emotional states, increased healing, enhanced problem solving ability (by reducing the effect of excessive beta brain wave stimulation); increased creativity, positive thinking, imagery and visualization.

Used in conjunction with quantum sound therapy software, the OM Pocket can create soundtracks which instantly resolve and dissipate your deeper karmic, emotional and psychological issues.

The OM Pocket delivers our specific pre-programmed frequencies (which we'll be looking at next) within the range of Hertz which triggers your brain to go into the Alpha and Theta frequencies. You get all the benefits of being in Alpha and Theta, while also receiving the benefits of each specific track.

And because we created the OM Pocket to be portable, and able to be carried with you

everywhere, your brain is being re-trained to these states 24/7 and 365.

This in itself is a *significant* game-changer, since most of us otherwise spend most of our time in the Beta frequencies...

Beta brainwaves

While some time in Beta can be useful (since it helps us focus and concentrate), *too much* time in Beta has been found to produce many of the problems associated with our modern “life in the busy lane” lifestyle – anxiety, feeling on edge, and difficulty slowing down even when we want to.

Beta, for many, has become like a light switch that gets stuck in the “on” position – our brains don’t get to rest in the deeper states of alpha, theta and delta.

Your Theta Love will re-train your brain to rest, rejuvenate, and to relax. And as a result, your experience of life becomes filled with new experiences of deep relaxation, a sense of joy in living, profound insights and sharpened intuition, amazing creativity and problem-solving, and improved resilience...

Life just feels easier and more enjoyable. So it’s easier to connect with your own inner wisdom, and your own life purpose.

Noble gases

We also use a combination of 5 noble gases, all of which are found on the periodic table of elements.

Why? Because some say they each have different metaphysical properties... which also facilitate an expansion in human consciousness.

The noble gases (argon, helium, neon, krypton and xenon) all interact within the scalar field, intensifying the field.

And *that* means greater support for you, in moving you into more expanded states of consciousness more readily.

With the combination of scalar vortexing, noble gases, and brainwaves, this in itself is a powerful brain re-training tool – as evidenced by many of our OM Pocket owners, who continue to share their transformational stories with us (more on this, in a later chapter).

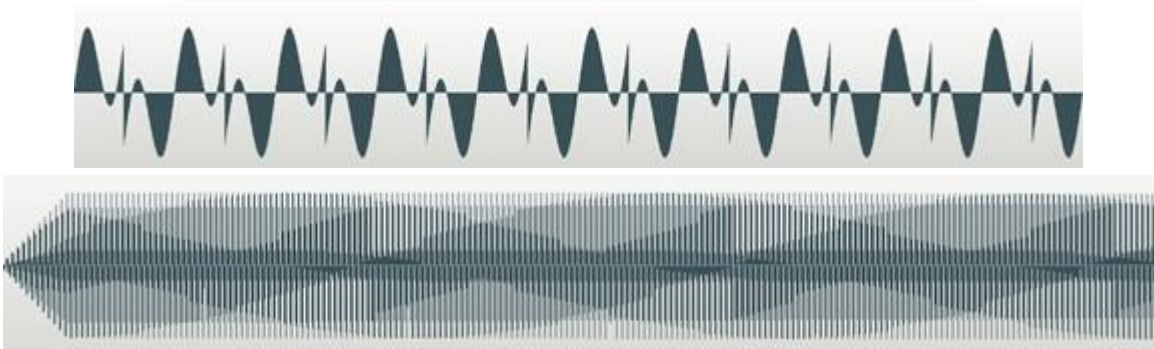
But our journey took us even further still... Into creating a wave form to deliver our brainwave frequencies that’s both utterly unique on the planet, while also really ramping up the power for your brain to create change, at an unprecedented rate.

Up until now, it’s taken monks, yogis, and spiritual Masters many hours of disciplined, daily practice for many decades, to reach and then maintain their state of consciousness within Theta, Delta and Gamma...

With our breakthrough Golden Six wave form, this now becomes simple for you to accomplish, with effortless ease, at a push of the button.

What makes our sound therapy unique – Introducing Our Golden Six wave form

Examples of our Golden SIX wave form



Using a brilliant mathematical algorithm, based on a deep understanding of quantum physics, our technology creates a powerful, coherent, quantum scalar wave field to maximize the healing effect for you.

Conventional, traditional audio (binaural) technologies simplistically beat two wave forms or frequencies together.

Our Golden Six wave form is the only technology on the planet, which instead generates complicated interference patterns built from six wave forms, rather than just two...

Therefore, the interference patterns we generate exhibit dynamic shifting in four dimensional space (the three spatial dimensions plus time).

As part of this process, your brain experiences new phenomena such as phantom sounds and tones - This indicate an actual expansion of dendrites in the brain...

In other words, you can actually *hear your brain growing* new neural pathways...

And this phenomena also indicates *an increase in your consciousness*.

“Not just another pretty face”

Our Golden Six wave form was developed by a brilliant programmer, who designed them from lengthy studying of the neuro-science journals at Stanford U.

This is a unique, breakthrough technology, which isn't found anywhere else on the planet.

Even after it was developed, it then took Robert Lloy over 12 years to take this genius piece of programming, and find a way to create the Golden Six wave form from it. It's both complex, and incredibly powerful...

The Golden Six wave form was designed to open up new neural pathways, to help humanity evolve, rather than to continue the downward spiral of humanity (as reflected in the calcification of the pineal gland).

There are so many tools on the planet, which are based on consolation – on trying to help people feel better about the stress we all experience, by providing comfort and support... We liken this to putting a band-aid on a wound. We all need consolation.

But more profoundly, what we all really need is to *clear out what's causing the stress* we all experience (which underlies the need for consolation).

These Quantum Sound healing tools *also* make us feel better – but they primarily do this by clarifying what actually moves us into evolutionary growth again... by focusing on actually developing new neuropathways, thereby *increasing neuroplasticity*... while clearing and releasing the stress in the process.

So, rather than just applying a band-aid, our tools are focused on helping:

- 1) Find precisely what's creating your stress/imbalance, by assessing stress in your voice ((see next Chapter for more details);
- 2) Create a scalar field of coherent energy and a vortex,
- 3) Which suck the imbalanced energy out of your field and clear that out...
- 4) While helping protect you from the dissonant, damaging effects of EMF's all around you, wherever you go.
- 5) And re-training your brain into expanded states of consciousness, associated with relaxation and inner peace.

These frequencies go beyond our 5 senses, into our subtle bodies, where they directly act as a psychic drill, de-armouring our defensive ways of trying to protect ourselves from further pain and suffering.

It's these defensive armouring strategies which we first created, which now maintain and sustain the blocks *which continue to limit our human potential*.

The Golden Six wave form, within the coherent waves of your Pocket's field of coherent scalar field, drill directly through the armouring, working on a subtle level where the ego has no way of defending against it.

Because of this, you won't find these frequencies sounding like "pretty new-age music".

Instead, with laser-like precision these are meticulously exact frequencies, based on highly complex mathematical algorithms and quantum physics. They speak directly to your brain, in language your brain understands... creating actual change in your brain's circuitry.

The Golden 6 waveform focuses specifically on clearing your stress, and developing new neural pathways in your brain, which begins to support your maintaining and sustaining greater joy, relaxation and creativity... To help you evolve into new states of expanded consciousness.

And that's the transformative power of the Golden Six wave form. Taking advantage of the human brain's neuroplasticity, it creates real and lasting change: in your brain... and in your consciousness. It's an evolutionary game changer.

Your portable Pocket will help train your brain to more easily move into the relaxing, calm, focused and deeply creative states of alpha, theta and delta. Within these states of consciousness, where super-learning is much easier, we have our specific day and night time frequencies, to support you on your evolutionary journey...

Sounds pretty good, right? It is!

"[This is] the only technology that is teaching the quantum brain to function."

Dr. Octavio Pino, Neuroscientist

Chapter 3 – The Transformative OM Pocket

The OM Pocket is the intelligent, portable, and quantum 21st century solution... That lifts you out of overwhelm, and into a fearless state of flow... 24/7... WHILE YOU GO ABOUT YOUR DAILY LIFE (AM & PM soundtracks included) The problem with most brain training programs, courses and games is that they require your exclusive attention. Who has the time for this? Most people feel that they are too busy to add yet another task to their day.

This scalar energy tool helps you to upgrade the frequency of your brain... and your environment... simultaneously, wherever you travel in your day.

You can **now RETRAIN YOUR BRAIN 24 hours a day** and raise the vibration of your environment with a brilliant, simple, plug-and-play scalar wave technology. **Without doing anything, except carrying the OM with you.**

The specific pre-programmed tracks in your OM Pocket...

Because the human brain's natural learning pattern has a learn-rest cycle, each of these four powerful re-train-your-brain frequencies are interspersed with our relaxation frequencies, giving a total of 7 tracks.

This give your brain both an opportunity to learn the new frequencies... and then to rest, to allow your brain to consolidate what it's learned...

As you listen to the different sound tracks, you'll notice that some are a brief 3 minutes long... and others are longer than this.

Why? Each of the frequencies included on all the tracks are 3 minutes long. However, some of the sound tracks are more complex than others, with a larger number of frequencies clustered within the soundtrack (as determined by the intent of each sound track, and what it's been designed to rebalance in you).

One more reminder, whether you're using the daytime or night-time frequencies... You don't need to be holding your OM Pocket in your hand in order to experience the benefits of living within the vortex of beautiful scalar energy... It will be embracing you within the shield of protection, even when you're carrying it in a purse, pocket or bag, or have it tucked under your pillow.

However, that being said, when you hold it in your hand, and *consciously intend* to connect with the field, the results are still more powerful.

AM (Daytime) Frequencies

The daytime frequencies were all specifically developed to assist you in your daytime life experiences... to optimize your capacity to expand your aware consciousness, while more effectively and gracefully dealing with your everyday realities...

They support you in dumping your old emotional and mental stress habits... all of which re-trigger old cycles of stress... As you clear these old habits, this new space allows you to step into increasing your conscious awareness, accelerating your relaxation and joy in living. The AM frequencies include:

Clearing

This soundtrack is key for clearing negative emotions, fears, anxieties, phobias, even sadness, loss, anger and depression.

TIP: When emotional blocks arise, you can hold your pocket in your right hand and consciously de-charge this emotion. If you are triggered by an event, person or environment, hold the OM Pocket in your right hand and consciously unwind the story, un-memorize the myth, and return to still-point. It's that easy.

Also, if you're wanting to clear your environment, put the Clearing track on, and use your OM in your right hand. Move it in clockwise circles, to dissipate old energies in the space... In this way, your Pocket acts as an environmental cleanser – electronic feng shui in your Pocket!

Concentration

Activates the frontal lobe to stimulate your focus and concentration... increase your intelligence... and generally make all work related activities more effortless. This can shift you quickly from an emotional state, to a state of clarity, concentration, intuition and productivity.

TIP: As it assists with focused attention, play track when you are studying, working, or needing to resolve a problem or issue creatively.

“Already experiencing a major difference having the Pocket IQube... So far at work I am able to focus and concentrate on the task at hand – My tracked daily activities have even improved... Loving it! :)”

Cindy G, Calgary AB

Consciousness/Raise Your Frequency/Pineal Activation

These frequencies support your journey to increased and more expanded states of conscious awareness, where life becomes more effortless, and those magical moments of synchronicity happen with greater frequency. Life begins to be processed in your quantum brain and in your consciousness very differently.

TIP: Use this frequency, while holding your OM Pocket in your left hand, when you want to raise your frequency, and activate your pineal gland.

*“With my OM Pocket living with me, I’ve been able to let go of impatience, stepping out of our human left-brain concept of linear time... and stepping into the greater realization of the unfolding of perfection, that’s within each moment. Wow. This is like stepping onto the high-speed train to enlightenment! Wooo hooo for the journey!!
deb, ON, Canada*

Emotional Balancing/Octave Wave 8

These frequencies support cleaning out “negative” emotional states, like depression, sadness/anxiety/fear... clearing space for you to step back into a state of emotional balance and equanimity.

TIP: Hold the Pocket in your right hand, while releasing negative emotional states, until you feel it releasing. And then once it’s cleared, switch to holding your Pocket in your left hand to stabilize your emotional equanimity.

*“The big news is my son and daughter-in-law have been living with me in my little apartment for two years... and in two weeks they are moving out!
They are excited about getting their own place and this happened very naturally because of the Pocket.*

The Pocket was out in their presence every day, and I watched them become alive, wake up, and wanting to make a life of their own. The Pocket certainly brought harmony to this home... “

John G. ON. Canada

Digestion/The Schumann Frequency

Digestion – this track assists with the physical digestion process. The Schumann resonance to assist with grounding and assimilation of earth energy.

We’ve found that if you have indigestion of some sort, and you place this track once or twice on repeat, the indigestion will clear up.

Also be sure to drink some the structured water.

So, these frequencies promote better digestion... and are also resonant with the Schumann Resonance frequency. What’s that?

It’s the natural frequency of the earth, and it’s clearly, scientifically measurable as a “pulse” (some have called it the “heartbeat”) of the Earth.

When we’re out of resonance with the Schumann frequency, we’re out of connection with the Earth... And all sorts of illnesses/health issues have been associated with this... including (according to research results) serious increases in anti-social behavior, mental disturbance, significant memory problems, neurological disturbances, and some psycho-somatic conditions.

Nikola Tesla first discovered the Schumann Resonance in the late 1800’s, but as in so many other areas, he was way ahead of his time. It took over 50 years for the next ‘discovery’ to occur, in 1952, by German physicist Professor W.O.Schumann. But the

real significance of the Schumann resonance frequencies yet again took more time...

More recently, in 1979, a connection between the Schumann resonance and, in particular, the alpha range frequencies of human brainwaves, was also established by Herbert König (who was the successor of Dr. Schumann at Munich University)... suggesting that *our human brains are naturally tuned into the relaxation rhythms of our planet*. How beautiful is that?!

When the first Russian cosmonauts and astronauts experienced some significant health issues while out in space, Soviet scientists determined it was due to their no longer being exposed to the Schumann frequencies...

As a result, modern space-crafts now include some sort of device which reproduces the Schumann frequency. This allows cosmonauts to function at peak efficiency, even out in deep space... clearly identifying the importance of the Schumann resonance frequencies for human health.

In fact, another one of the wellness concerns about EMF's is that the pollution they create "completely swamps" the natural Schumann resonance frequencies. This track works to restore that resonance in your body.

When you're experiencing digestive difficulties, put this track on for 3 to 9 repetitions (for a total of 9 to 21 minutes). You can also ask yourself – "What am I digesting in my life?" which may be challenging, and intend clearing it, as you listen to these frequencies.

Heart Opening

This is a frequency to open your heart and bring you back to the still point within the heart resonance.

It can be used to help resolve communication and relationship disharmonies and conflict.

When the heart is opened, it is natural to perceive creative solutions to a conflict, and be able to communicate these effectively.

TIP: If you're experiencing a conflict with another, take turns holding it in your left hand (as you listen to what the other is communicating) and in your right hand (as you are speaking). If you don't both have a Pocket, take turns holding it while listening and speaking. Or try both holding it together.

"The first thing I noticed (holding the Pocket) - I'm humming, I'm buzzing, I'm running so much energy!"

Ann S ON Canada

Gamma Bliss/Pineal Activation –

“We’re not suffering from poverty on earth, we’re suffering from a lack of gamma frequencies”.

Helena Reilly, co-creator of the OM Pocket

Gamma brain waves are the fastest of all the brainwave frequencies, with the smallest amplitude.... And the ones which have been most challenging for most of us to access...

Gamma is associated with the feelings of blessings and deep compassion, as seen in experienced meditators, such as yogi masters, monks and nuns.

Neuroscientists believe that gamma brain waves are able to link information from all parts of the brain, since they move as a wave, sweeping across the brain from the back to the front, *40 times in each second*. This rapid full sweep action makes the gamma state one of deep creativity...

And, given the involvement of the entire brain, it’s also the state of holistic brain functioning, typically associated with a state of unity consciousness.

The Research: has shown an increase in IQ scores for children who’ve been exposed to gamma brain waves for only 7 hours, spread over 6 weeks...

That’s just ½ an hour, twice a week. If you’re looking to get smarter, without having the time to squeeze in playing brain games every day – Just imagine what your results can be, when you’re listening to our proprietary, laser-sharp gamma frequencies – 24/7 and 365.

This sound track can be used also to get you in the zone of creative, high functioning... and also for your children at study time.

*Have a difficult problem to solve in your life and the solution is not apparent? Put on the gamma brain wave track and meditate on this for a while. And step into wondering... if you knew the answer to this problem, *what would it be?* Remember to unwind the story, un-memorize the myth, and return to still point. Breathe.*

Gamma is also associated with peak performance or being “in the zone” of deep creativity, peak mental, cognitive, and physical functioning... a state that’s seen in Olympic athletes, musicians, and highly creative, elite business people... as well as yogi masters, healers and shamans. (This may be why people enjoy watching sports events – as they naturally entrain with the rhythm of those in peak states of performance).

But gamma brain waves are the most challenging frequencies for most of us to access...

The challenge has been this – even knowing these gamma frequencies are the very frequencies which support us in experiencing greater creativity, peak learning, deep compassion and inter-connectedness... *how do we get our brains to learn how to cycle*

in those gamma frequencies?

Your OM Pocket will help re-train your brain to cycle in the gamma frequencies. Since one of the rules for human brain neuro-plasticity is “use it or lose it”, when you train your brain to cycle in gamma, with the support of your OM Pocket... you’re finally able to easily access the gamma bliss frequencies!

And your OM Pocket does all the heavy lifting – all you need to do is to keep listening, as you go about your daily life.

TIP: Listen to the Gamma Bliss track when you’re wanting to create more bliss in your life, when you’re wanting to develop your gifts, or get into your “zone of creativity”, or when you want to deepen your meditations. Hold your Pocket in your left hand, to bring these energies into your consciousness.

“The Pocket has really helped me in my life... I’m a goal tender in hockey... The Pocket without a doubt has given me my “edge” again, and helped remove any blocks from me getting into my “zone”...Off the ice, it’s just really helped me find that inner balance, inner peace again (something which had been missing)...

Scott, BC, Canada

Telomeres

Also included in the daytime frequencies are the telomere frequencies. So, what are these all about?

Briefly, telomeres are like the caps on the end of each strand of our chromosomes, in our DNA. When they’re healthy, they protect our chromosomes, in the process of replication of new chromosomes.

But, when they break down, and don’t regenerate, they become thinner and thinner. Then, only some of the information in our chromosomes gets replicated – and this creates aging and dis-ease, at the level of our DNA.

Shortened telomeres has been found to be present in many diseases, including cancer and heart disease.

Extensive research over the past 90 years has shown that helping protect our telomeres from breaking down and getting thinner can therefore slow down the process of aging, and support greater wellness.

Historically, the resonant frequency of human DNA was first discovered in 1925, by Russian engineer, Georges Lakhovsky. His findings, first published in his book, *The Creation of Health* (still in print), reported a resonant frequency of 50+ gigahertz (GHz – billions of cycles per second).

In the early 1980s, this frequency range was further pinpointed to be 54-78 GHz, by Ukrainian physicists. And results from their research also showed that when these frequencies were applied to acupuncture points, many illnesses were "cured".

Subsequently, scientific study has focused on understanding the role of telomeres within our DNA, on both aging and anti-aging.

World renowned wellness expert, Dr. Norman Shealy, *M.D., Ph.D.; Professor Emeritus of Energy Medicine, Holos University Graduate Seminary*, states: "Telomeres ordinarily shrink by 1% annually, from birth to death. The telomeres of people with unhealthy habits have much faster shrinkage, while those of people with the best habits and genes shrink at a slower rate, thus enabling such people to live to approximately 100 years.

Ultimately, telomere health is a major determinant of health and longevity. Rejuvenation or regrowth of telomeres is, therefore, a major key to longevity and health".

Researcher Dr. William H. Andrews, PhD, has been in the biotech research field for over 32 years, and studying telomeres for over 20 years. He has 45 U.S. issued patents related to his telomere research, as well as having won 2nd place for "U.S. Inventor of the Year", for discovering a way to prevent telomere shortening...

He's been featured on the Today Show, and in reputable magazines, such as "Popular Science" and "Men's Journal"... as well as in the Emmy award-winning documentary, "Immortal".

Dr. Andrews reports: “Scientists at Harvard succeeded for the first time in the history of the planet in actually reversing ageing,.. There’ve been quacks and charlatans saying they can do this for 4,000 years. But it’s never actually been done until now. Nobel prizes [in Medicine, 2009] have been awarded... So this is *very* exciting [research] being done by very, very reputable scientists.”

And it was *telomeres* that provided the key to understanding how to turn back the clock of time, to reverse aging.

Did you know? When you follow the advice – “Don’t worry, be happy”, you’re *also* decreasing the rate at which your telomeres are shortening... and increasing your youthfulness...

These breakthrough findings from the world of science support how your OM actually helps you from both ends of the youth-ifying equation. Listening to this telomeres track assists you... *and* the stress-clearing which is central to the OM Pocket, *also* promotes slowing down your telomere shortening and thus your aging process.

TIP: Hold your OM Pocket in your left hand, while intending chromosomal health and vitality. Circle repeatedly in a counter-clockwise pattern, with one end pointed towards your heart. Allow your OM to dissolve any stress and worry... Helping you find happiness.

“After playing the telomere track on repeat I was able to move back to my home and become independent again after having lost my wife and soulmate of over fifty years. It seemed to clear my sadness and loss from the emotional trauma of losing my wife.”

Anonymous Male

Emotional Balance –

This track is pretty straightforward – it helps move you quickly and easily out of states of emotional stress, depression, anxiety, and overwhelm... into greater emotional balance and harmony.

TIP: Hold your Pocket in your right hand to de-charge the stress... remind yourself to:

Unwind the old stress-story
Un-memorize the myth...
Return to the still-point... Breathe.....

Or just repeat to yourself “let it go, let it go” and watch from a neutral position, as it is dissipated and released.

“I really personally like the Emotional Balancing one at night. It seems to ground me and allow me to really have a better night’s sleep”.
Bill Little, ON, Canada

This example also illustrates the potential for using these frequencies creatively.

Although Emotional Balance is included in the daytime frequencies, this Om Pocket owner has experimented and also found it very helpful during his night-time too.

As you deepen into living in the vortex created by your OM Pocket, developing your own creative ways of using these frequencies is part of both the fun and the creativity that open up!! Feel free to experiment away, to find what works best for you!

Ocean waves

This track is lovely to listen to – most people describe it as very calming and restful. It was designed to gift your brain with a “break” from the other pre- programmed tracks... Each of the other 8 daytime tracks support increasing new dendrite activity... by helping your brain create those new neural maps in areas connected to:

- ✓ expanded states of consciousness;
- ✓ optimal cognitive and emotional functioning;
- ✓ deep creativity;
- ✓ joyous bliss;
- ✓ and profound relaxation.

It’s been established among brain researchers that the brain’s development has two phases, as it were – an active, learning phase, followed by a quiet consolidation phase (which is why you’ll also notice some short silences in between the frequencies of your personal balancing tones – but more on that in the next chapter...).

TIP: Listen to this ocean waves track after you’ve listened to some of the other tracks. It provides that rest, for consolidating the growth stimulated by the other tracks. All these frequencies work together smoothly, aligned with how the human brain naturally learns.

PM (Night time) Frequencies

There are six night-time tracks, all of which are intended to promote deeper, more restful sleep, within the delta frequencies where cellular regeneration takes place.

Protection track

This track has been designed to support you in feeling less at the effect of negative energies around you. If you're a sensitive person, you've likely been picking up the energy of others around you, without even recognizing it belongs to someone else, rather than you.

Feeling these kinds of energies from others can be energetically exhausting. The protection frequencies provide a "bubble of protection", within which you can still notice the energy around you (ie. keep your heart open)... but without feeling drained by them.

TIP: When you're going out into large crowds, or around stressed out people, if you begin to feel stressed by the energy around you, hold your Pocket in your left hand to intentionally strengthen the field of protection around you.

This track is also intended to protect you from EMF's, so is good to play when you're on your cell phone, or in front of your computer/tablet.

"I noticed that when I'm driving with the Pocket IQube it's so much easier to be me. Plus I'm aware of my energy as well as the energy of others.

The difference is, I keep my energy in this bubble and when others pass I feel their energy... But I'm aware it's theirs and not mine, and it passes by instead of invading... lol....Much more peaceful than usual driving for sure, like I was in my own space - very cool!!! But still conscious of surroundings, just couldn't be penetrated...."

Crystal, ON, Canada

Theta/Delta Track

Have difficulty with "monkey mind" during meditation? This could be your solution...

Theta brainwave frequencies are associated with deep relaxation, light meditation and the beginning of the sleep state... including the REM dream state. Theta is the realm associated with the subconscious, and is but briefly experienced for most people, in that brief, liminal state between waking and deep sleeping.

Accessing/re-training our brains so we can more consciously enter the Theta frequencies is important, since it's where our inspired and insightful moments, deep creativity, a sense of strong spiritual inter-connectedness, and our capacity to visualize vividly, all happen.

This is the state where we also access the gateway to our subconscious thoughts and beliefs, so here is where we can really powerfully let go of our old stress-stories, where we can step into our own potential to consciously create our new reality.

The Delta frequencies are those of deep and restorative sleep – this is where our cellular

regeneration work occurs on a nightly basis.
These are the slowest of all the brainwave frequencies... and our deep sleep in Delta is dreamless.

"I totally sleep like the dead with it.... LOL. Cindy G, AB, Canada

Delta is also the gateway to our own unconscious mind, as well as to the collective unconscious, where all of humanity shares a state of inter-connected Oneness.

Information at the unconscious level (whether our own or collectively) is usually not available to our conscious mind... so when we have beliefs at this level, their influence is most often unseen, un-noticed and unrecognized... *even though they continue to inform and shape our experience of reality.*

Using to the OM Pocket frequencies, along with regular use of your own personal balancing frequencies (more about those in the coming chapter) can assist with clearing out unhelpful unconscious beliefs... which would otherwise continue to block our moving into more expanded states of consciousness.

TIP: Play these frequencies at night, to ensure a good night's sleep, where your body can maximize cellular repair work, while in Delta.

You can also hold your Pocket in your left hand, while playing this track, when wanting to move with ease, into deeper states of meditation. Good-bye "monkey mind". Hello bliss!

Magnesium/Sulphur

Some OM Pocket owners have reported this track to be helpful for reducing pain...

Magnesium

Low levels of magnesium can result in low energy, heart palpitations, tension and anxiety... as well as with many other diseases (including infertility, heart disease, fibromyalgia, diabetes and stroke, panic attacks, adrenal fatigue, migraines, IBS, constipation, inflammation and kidney stones).

Sulphur

Sulphur is super-important to our detoxification and to regular metabolic functioning.

This includes supporting the mitochondria in our cells, which provide energy via ATP. Sulphur is reduced in our food, due to pasteurization and other big-farming practices, by at least 50%.

Low levels of sulphur can be linked to chronic pain, fatigue, degenerative diseases, depression, and a heightened sensitivity to stress (both psychological and physical).

TIP: When you're experiencing pain or fatigue, many of our OM Pocket owners have reported experiencing relief while listening to this track. You can experiment with holding it in your left hand, to focus these frequencies inwardly... and in your right hand, to release. (These tracks are not intended to replace medical attention for

medical issues).

"The magnesium sound therapy track, is an amazing healer. It went to work healing everything that was wrong with my body. I would wake up and different illnesses would be brought to my attention. Yes. I was very ill a month ago." Jeanette, psychic, TX

Lucid Dreaming

Promotes greater conscious awareness of your dream-state... Lucid dreaming can be a powerful manifestation tool...

You can consciously change the direction of your dream, as it's happening, for the highest and best resolution...

You can also create a dream-script before going to sleep, to anchor new messages and beliefs in your subconscious mind. This can include your manifestation work, in allying with the Law of Attraction.

You can practice space and time travel, to other dimensions... As well as new skill development.

If you have old fears that are blocking you from moving forward, you can lucid dream your way to a different emotional result... one that leaves you feeling free to move forward.

In short, lucid dreaming is an awesome skill, and never easier to develop than by listening to your OM Pocket frequencies! Happy dreaming!!

TIP: Hold your Pocket in your left hand as you fall asleep or, if you prefer, place it under your pillow at night, while playing this track.

Consciousness

To support developing greater conscious awareness of your states of consciousness, and to activate your pineal gland.

TIP: This track can be played while meditating, to deepen your experience, while holding your OM POCKET in your left hand.

“For the first time in my life I meditated for over two hours. With such connection and love. Sometimes when I go to the silence within me, I feel surrounded by other magnificent beings, energy.... I do not feel alone... I can feel energy, vibration through my entire being.

To me it feels like the divine essence of love. The real me. I am alive. I am waking up. I am enjoying life. Enjoying the journey.”

Ann S. ON Canada

Ocean Waves

Again, as noted in the daytime frequencies, Ocean waves provides an opportunity for your brain to “rest”, allowing for consolidation of the growth stimulated by the other tracks.

TIP: Listen to this ocean waves track after you’ve listened to some of the other tracks. It provides that rest, for consolidating the growth stimulated by the other tracks. All these frequencies work together smoothly, aligned with how the human brain naturally learns.

You can either choose to listen to all the daytime frequencies played on repeat as you go about your day, or all your night time frequencies through the night... or you can choose to focus on one frequency when that’s the one you’re wanting to experience – and then you can play it on repeat until you’re wanting to cycle through all of them again.

All these frequencies work smoothly, aligned with how the human brain naturally learns.

Chapter 4 – Voice Assessment

What's in Your Voice is In Your Life: Find your frequency at Cloud Sound Therapy & Use your own voice to heal yourself

(affordable, real in-time sound therapy available 24x7)

Well, that's already an awesome journey you're embarking on, with the pre-programmed frequencies...

And the effects only increase with time, as the new neural circuitry in the pleasure center of your brain gets better developed, and the new brain maps you're developing have a chance to "thicken" and grow more "branches". (Just like a "happiness tree", which starts off as a sapling, but over time develops new and more extensive branches, until it's very well-developed in your brain).

But along with your purchase of your OM Pocket, you've also received 2 voice analysis sessions, via the Cloud.

If you're like most of us, you'll be amazed at what your own voice contains, and how this space-age technology uses this information to effectively help you clear your stress and step into greater relaxation.

What's the significance of the human voice?

Each voice is a unique blend of frequencies. In fact there are no two voices on the planet which are exactly the same.

And, our human voice is more individualized than our human thumbprint, because the voice changes over time, depending on our stress level.

As such it is an excellent gateway/doorway to assess the human energy field. Not only does our voice precisely reflect the stresses and anxieties from our past and present circumstances, it reflects the exact energy blocks that may be sabotaging us.

By assessing these blockages or stresses correctly, we are able to develop a set of frequencies that pinpoint and release that stress. The resultant balancing tones then are like a tuning fork to release pent up blockages, memories and patterns of self sabotage.

In essence, we assess these blocks and create frequencies that vibrate them away!

How does a Quantum Sound session via the Cloud work?

It's easy. We take a brief 10 to 15 second sample of your voice. This can happen either in person, with one of our trained Quantum sound practitioners, or via our Cloud Sound

Therapy program (online).

The accuracy of this assessment involves over 1 ½ billion bits of information from your voice, in assessing what's out of balance in your voice.

Using proprietary algorithms, an individualized set of balancing frequencies is then created by the software program, which pinpoints stress that's being held in the conscious, sub-conscious and unconscious levels of your consciousness.

This balancing set of frequencies is then sent to you. When you listen to the 24 minute track, stress is released at the "quantum" level, when played through our Scalar Vortex Miracoil Technologies or IQubes (like your OM Pocket).

These quantum balancing tones are like a tune-up of the personal symphony of tones in your voice. They create the space for harmony at the deepest levels of your being - initiating the release of stored emotional stress, hidden fears, sadness and anxiety.

The personal freedom brought about by releasing stress at the quantum level gives rise to heightened awareness, increased intuition, more expansive creativity and a deeper alignment with your life purpose.

We recommend you have your own individualized voice analysis done, either:

- ✓ Every few days,
- ✓ Or on a weekly basis
- ✓ Whenever stressed
- ✓ When you want to harmonize with a beloved (then you can access a couple's voice assessment session)
- ✓ When you want to harmonize with a group of people
- ✓ When you're using the Law of Attraction, by using affirmations
- ✓ You can choose, when doing your own voice assessment, to either work with the vowel sounds, or with an affirmation of your choice (to accelerate your manifestation work).

Do you need to wait until you're in a good mood, to do your voice sample?

No. The voice assessment works whether you're happy... laughing... sad... upset... angry... or crying.

In each of these examples (and others we haven't mentioned), no matter what "mood" you're in when you do your voice assessment, our computerized program will scan your voice against a library of over one and a half billion possible sounds in the human voice...

And will, with laser-like accuracy, pinpoint the sounds which are either missing, or most out of balance in your voice... And then create the 24 minutes of frequencies which

will bring your own unique voice back into balance again...Clearing your stress, as you reclaim the frequencies which were out of balance due to stress... And thereby restoring your harmony.

We encourage you to do your voice assessment when you're feeling wonderful (it will capture that and reinforce it in your bodies), and when you're feeling stressed (it will clear that out and re-balance you).

A Bonus Gift for you...

As a special bonus for reading about our beautiful OM Pocket, we're offering you a 10% discount on your first Cloud Sound therapy session, if you click through from this booklet:

To access your Cloud Sound session with your discount, please click here...

<http://www.quantumsoundtherapy.com/cloud-sound-therapy/>

When Do You Play Your Cloud Sound Frequencies?

So, whenever you're feeling upset, or stressed, or even just when you're going to sleep at night, you can play these unique-to-you frequencies... which have been specifically calibrated to your own individual needs for balance, and relief of stress.

Your Cloud Sound frequencies and your Pocket

Once you've received your own personal balancing frequencies via the Cloud, you can *also* put these on your MP3, along with your pre-programmed frequencies, to play through the scalar field of your OM Pocket.

This tremendously *magnifies* the clearing and balancing power of your own tones... bringing you much more efficaciously into your "Zone" of personal power, focus, deep relaxation and inner creativity.

*"When I'm struggling with stress, or with settling into sleep at night,
I love playing my personal balancing frequencies – they always clear out the mind
'chatter', and allow me to surrender easily into sleeping restfully..."*
deb s. ON. Canada

How to use your personal tones?

There are two options for how to use your individual tones. Both can be powerful!

We encourage a daily combination of both, depending on your needs, and your other daily priorities...

1. Listen to your 24 minute balancing frequencies, through the scalar field of your OM Pocket, for a *powerfully*, deeply relaxing meditation. (Personally, I love listening to mine when I'm going to sleep at night – it's rare that I'm still awake by the end of the 24 minutes! And the night-time frequencies then continue to support deep and restful sleep for me through the night!)
2. Feel free to also just listen to your own individual balancing frequencies as you go about your day (just not when you're driving a vehicle) – you can listen when you're shopping, working, exercising, housecleaning, going for a walk, reading a book, lying on a beach, commuting on public transportation – you name it...

Then as long as you're listening to your frequencies in the background of your usual daytime activities, they'll be assisting with bringing you into greater balance, and de-stressing you.

We recommend, in the beginning, that listening once or twice a day to your own personal frequencies is a wonderful habit to build.

And the rest of the time, your pre-programmed frequencies are a fantastic daily support. They'll help you reach, and learn to maintain, living within an expanded, relaxed and joyful consciousness.

Chapter 5 - Brain wave Training: The Mystery of Neuroplasticity

We're all in this together. The human part of us – well, we're all story-tellers, meaning-makers and pattern-seekers. These features are built right into our consciousness, and into our brains.

From the time we're tiny infants, and interacting with our adventures in this outer earthly world, as well as with others (moms, dads, siblings, relatives, friends, teachers, etc.), we're always trying to make sense of this world we live in...

Trying to understand why some stuff happens to us... and what that means about who we are in the world. Looking for patterns to help explain why some stuff keeps happening.

And while some of these stories reflect back to us our gifts, and unique, wondrous qualities... some are much more painful than this.

These unhappy/stressed out suffering-stories and limiting-beliefs about ourselves most often grew out of our very earliest experiences in life. And the timing of this actually creates a couple of very significant challenges for all of us, in trying to find our way into greater relaxation, and less fear/suffering.

So, these ancient stories about who-we-are and what we believe our limitations to be... all were initially experienced when we were tiny. By now, those early experiences have been over-developed and elaborated by ongoing life experiences.

1. *But those initial stress-inducing experiences are now unconscious to us – we don't even remember them anymore.* Although they continue to inform and shape how we experience life... they've been with us so long they've become automatic reactions. They happen below the level of our conscious awareness. That means it's hard to see what's actually causing our stress and emotional reactivity.

If you can't see it/be aware of it... how can you fix it/let it go?

2. When we were tiny, and drawing conclusions about life and us within it... our brains weren't fully developed yet. So we all saw things in very black and white terms. These primitive beliefs can be incredibly robust. If they're causing us suffering, even if we want to let them go, it's really hard to do that, because...

We really believe them to be true about us, even though they're limiting... Because they've been with us for so very long.

3. The human brain is plastic – The good news is, that means change is possible. But neuro-plasticity also has a dark side, embedded within neuro-plasticity "rules"...

Within the brain's neuroplasticity, "*what fires together, wires together*". For example, as a young child, if your parents yelled at you every time you ate with your hands, instead of your cutlery... your brain developed a neural map about that. And every time you ate with your hands, and your parents yelled, that map grew a bit more circuitry.

But, at the same time, being yelled at (if you were a sensitive child) might have resulted in your concluding/developing a belief, or a story, about your being undeserving of being cared for lovingly, rather than harshly... Or a story about eating being stressful, and to be avoided... Or a story about big people being scary, and loving relationships feeling unsafe for you...

The variations on stress-stories and limited-beliefs are endless. We all have our own variations. What's common though, is that they tend to stick to us like Velcro, defining who we see ourselves being in the world.

This creates belief boxes and limitations for us.

What does this have to do with you, and your OM Pocket?

Well, until this technology came along, the best we could hope for, in clearing away our old and unconscious stories and beliefs which limit us, was for a good therapist and a long journey, trying to figure all this out...

And then trying to change what most often felt unchangeable... because we believe that stuff to be fundamentally true, at a very basic and deep level. (If we could even figure out those unconsciously held beliefs).

The OM Pocket will help you clear out those old beliefs and ancient stress-stories, even if you're not consciously aware of them.

Maybe you'll be finding that hard to believe right now. That's alright.

Sometimes the shift into believing can only happen experientially... So maybe for now, just allow some space for this possibility in your life... and watch and see what happens, as you continue to work with your OM Pocket...

How does it do that?

The frequencies of the OM Pocket are designed to move you into deeper, more relaxed states of consciousness (alpha, theta, delta and gamma). *When you're in these more relaxed states, change is easier – there's less resistance.*

The sacred scalar field created by your OM Pocket is also very coherent, vibrationally. It supports and enhances more expanded states of consciousness, using the principle of the "following effect" (see our FAQ's in the Appendices for more on what this means).

Together, these create new opportunities for re-wiring of your brain... into an expansion of what you've known... into greater balance. *And, in the process, the stress created by those old stories is dissolved.*

This means, your brain's plasticity finally begins *working for you*, in developing new pathways based on relaxation and love, rather than on fearful suffering and stress.

In order to move into a greater sense of our true potential, to release the bonds of our limited beliefs, we need to let go of our old pain-and-suffering stories...

The OM Pocket actually works like a frequency-based, laser-focused psychic drill. It drills down on search-and-find missions, helping find your stress hot-spots, while also helping you develop new neural circuitry in the areas of your brain associated with greater pleasure, joy, relaxation and creativity. This combination also releases old stress.

So, you don't need to "do" anything, except run your OM Pocket pre-programmed frequencies, and your own individualized balancing frequencies (which are generated by analyzing your personal voice - more on this in a later chapter) through your OM Pocket.

And if, for some reason, you can't play your balancing frequencies through your Pocket sometimes, there's still value in playing both, separately (for example, listening to your balancing frequencies on your laptop, while holding your OM Pocket, with the pre-programmed frequencies playing too).

How easy is that?

Chapter 6 – The Gift of your “Unconscious” Resistance...

Your ego will hijack you & stop your progress if you let it... It's like a selfish, spoiled child that only wants its own way & will do anything to get it)

OK, that's a weird title, right? How can resistance be a gift? And how is this connected to your OM Pocket, and reaching those beautiful, expanded states of blissful consciousness?

All great questions...

And we're including this chapter because it's *really* essential to understand this.

Why? Lots of times, when people first begin working with the OM Pocket (or any of our IQubes too, for that matter), we'll hear feedback along these lines...

At first, people begin to experience an expansion in their consciousness... and they *love it*. (Who wouldn't, right? It's what we all want – to dump the stress of modern-day life, and be able to bask in deeply creative, joyous, relaxed and focused states of consciousness). Ahhh, bliss....

But then sometimes we'll get a follow-up phone call, saying “It's not working any more” (and they're often tempted to go off, looking for something else - another bright-and-shiny consciousness tool...)

When we ask a bit more about their experiences, usually what they report is that their old stress-stories have returned. So, they conclude the OM Pocket isn't “working” any more...

And they've missed the point of the OM Pocket... by not understanding the gift of resistance, when working with a Pocket...

Because, sooner or later, *the OM Pocket's designed to do exactly that* – to bring into your consciousness the layers of your old limiting beliefs and stress-stories... *In order to clean them out. Effortlessly on your part.*

We liken this to having an old closet filled to overflowing with old boxes of junk – old feelings, old limitations, old fears, old beliefs about self and the world.

And we all want that closet cleared out, so we can reclaim our connection to the Light that we intrinsically *are*... to our vast, untapped potential.

(Ever wonder, if as Harvard psychologists William James and Boris Sidis suggested, we only use only a small fraction of our mental potential... What could happen *even if we only doubled it?*)

We have no way of knowing what our divine human potential really is... But it's quite clearly *a lot* more than we currently have, when we're still steeped in our old, saturated stories of suffering.

So, what we've found is, our frequencies and the OM Pocket begin by clearing out some of the (metaphorically speaking) big boxes first – and people feel the relief and the

additional space for an expansion of their consciousness. Suddenly, there's a bunch more space... and more room to breathe deeply again! Ahhh, it feels wonderful!! But then the process gets a bit more complicated. Because some of those smaller, older boxes left way in the back of the suffering-closet, well they feel like who we *really* are in the world... We hold them precious, even though they don't speak of our Light, and to our potential. We've had those old boxes with us since before we can remember... So, not unexpectedly then, sometimes some resistance to letting them go comes up.

Letting them go feels like our sense of who we've always seen ourselves as being is shifting, disappearing...
No wonder then, that we experience resistance!!

But can you see the incredible gift in this resistance? It's actually giving you an amazingly helpful message...
That you're now in the back of your closet, doing some really deep cleaning. And fear about letting it go is coming up... That fear triggers the protective resistance... (It's like digging in your heels, when something feels uncertain).

Don't stop now!! This is the opportunity you've been searching for – to let go of what's really old, no longer serves your highest and best... and *can be released easily, if you just keep working with your OM Pocket!!*
And, when what you're releasing feels big enough to trigger anxiety and resistance to letting it go, here's what we've found on the "other side" of letting it go... It actually frees up a bunch of your psychic energy. Energy which was being used to hold that limiting belief in place... whether we've been unconscious of it (but it's still continued to inform and shape our life-views)... Or whether we've used denial, resistance, minimizing, avoiding, addictive patterns (like eating, drinking, drugs, shopping, exercise, gambling or any of the other ways we've tried to fill up that inner empty hole, caused by holding onto this limiting belief about who we are in the world)... When we surrender to releasing that ancient limiting thought or belief... guess what happens? All the energy which went into maintaining that pattern, that story... is now released.

You get to reclaim a bunch of your psychic energy. *It feels awesome!!!*
But in order to get to awesome, you first have to let go of that limiting belief... And that means needing to find a way to work with, rather than against, your resistance...

What to Do When You Feel Resistant – "Do It Now"...

The biggest gift you can give yourself, to accelerate your own evolutionary journey, is to consciously take advantage of these moments of resistance.

Remember, your OM Pocket will drill down to find and shake loose a limiting belief from your unconscious. You may experience the discomfort of this through some resistance.

Use it as an opportunity to consciously shift... .. even if you have no conscious memory of what you're shifting. So, grab your OM Pocket in your right hand, and hold on. Put the daytime frequencies on "Clearing"...

Keep thinking your old resistant thoughts... (if you're aware of them – if not, just stay in your "discomfort zone" – it won't take long...)

And watch what happens – just watch, from a place of loving-but-neutral observer stance.

If you need extra support, rather than getting dragged into the fray of trying to do battle with your resistance, you can softly say to yourself... "Let it go, let it go..." Keep holding your OM Pocket, and keep watching to see what happens.

Eventually (and usually quite quickly), the feeling or thought cycles into completion and dissipates. *Once it's gone, it's cleared.*

And that's the Gift. The OM Pocket will bring old emotional and mental "junk," old hurts, old woundings, to the surface of your consciousness, in order for them to get cleared.

That doesn't mean your OM Pocket's not working!

It does means it's doing what it's intended to do – to effectively and powerfully "clear out your closet" of old stress and limitations...

And all you need to do is to listen to the frequencies, and bear loving witness. Allow whatever it is to cycle into completion... and then it's gone. This will leave more space for you to live within greater bliss and joy.

So when you feel resistance coming up in you, hopefully now you'll grab your OM Pocket in your hand... and do your Happy Dance!

It's a good sign that your OM is working as intended... Indicating that an important releasing is in the works. Wooo hooo!!

Chapter 7 – Your Quantum Leap.. How to get the biggest breakthrough from your OmPocket...

Taking out the recycling – Composting Old Stress Stories

Sometimes it helps to see a life challenge from a different viewing point... instead of just from where we feel stuck. (Remember Albert Einstein's quote - "*No problem can be solved from the same level of consciousness that created it*"?).

Bill Little, who's been working with the iQube technology consistently for over five years now (and is a huge cheerleader, given all the utterly transformative changes he's experienced in his own life with this technology) has a great way of explaining clearing out our old limiting stories...

He likens it to taking out the recycling. When it's our physical garbage that we're recycling, we don't stop to go through every single piece of it on the way to the curb. We just let it all go. It served its purpose, but we're done with it now. It's time to recycle it.

Well, that's what we need to do with our stress-stories too – just let them go... We don't need to examine each one carefully, to decide whether we want to compost it or to keep it. If it's coming up for clearing, and it holds us back somehow from our fullest expression of who we really are... we can just compost it.

And just because it feels like its true/reality (because we've been carrying it for so long) doesn't mean it *is* reality. If it feels painful, or limiting of our Light potential, we can let it go.

So again, if you're listening to your balancing frequencies, and a limitation or piece of your suffering past comes up, we encourage you to just let it go – gently and supportively reminding yourself: "let it go, let it go" ... and watch to see what happens.

Our oldest suffering-stories and limiting-beliefs can feel stubbornly 'ours' - like they intimately belong to us, and we to them... but they too are just stories which can be released...

Creating space for greater connection with our Light, with our joy and our deep relaxation... With our love and sense of inter-connectedness with all life.

Left and Right Hands

Holding the OM Pocket in your left and right hands can have some energetic differences you may notice.

When you hold it in your left hand, it's the side often associated with the feminine, with turning inward... So, you are connecting with calling the energy of the OM Pocket into you, connecting with your own inner essence, your strength and your Light.

It's like taking an in-breath, and watching what happens. This can feel wonderful if you're having one of those wobbly moments, and you want to feel strengthened, more centered, more grounded in your Light.

Alternatively, you can hold the OM Pocket in your right hand. The right side of your body

is associated with the masculine, with the expansive energy of taking action, or with releasing something out into the world.

So, if you're feeling a negative emotion, or having a negative thought about yourself or someone else, if you're struggling with comparisons, with blaming, shaming, doubting, criticising, feeling angry, envious, resentful, victimized, or any of the other seemingly endless variations of negativity...

Then you can hold the OM Pocket in your right hand, and allow whatever it is, to release from your energy field.

We suggest you play with this, with your Pocket – sometimes you may intuit it would be helpful to first hold it in your left hand, to first reconnect you to your own inner resources, your Light... and then hold it in your right hand, in order to let something go.

Or vice versa – maybe you want to release something (right hand) and then consolidate this with reconnecting to your inner Light (left hand).

Please feel free to share your experiences with us – we love hearing about our OM Pocket owners' experiences...

Still feeling like you're traveling in the dark, waiting for that Light at the end of the tunnel?

Most times, from our collective experiences, the "dark stuff" from our individual and collective unconscious comes up from time to time, and the OM Pocket and our frequencies clear it out, pretty quickly and efficiently.

But occasionally, we may experience a "dark night of the soul" part of our journey, where we're clearing something that's big for us, and feels a bit endless... as though we're peeling an onion one layer at a time, but it's taking a while to get to the center of that onion!

What to do then?

Well, here are some don'ts... and some do's (all just suggestions for your consideration, of course).

Don't's –

Please don't blame, shame, compare or chastise yourself for being where you are, and/or for the time it's taking to clear this...

If you're experiencing any of these stressful feelings, please do hold your OM Pocket in your right hand, put on the "clearing" track, and let that go!!

(Or, do another voice assessment session, to capture how you're feeling now...

Sometimes when you feel like you've stopped moving forward, it's an indication of what you've already cleared, and that you're ready for a new voice assessment session).

Do's –

This can feel very tough for the human part of us, to feel stuck in the darkness – we're so used to stress and struggling... And so wanting to clear it or grow beyond it... It's hard to feel stuck where we don't want to be...

And while your OM Pocket will do most of the heavy lifting, it still requires that we be prepared to do the journey... to bear conscious witness, from a place of neutral observing.

This is *not* the same thing as endlessly triggering re-living a stressful experience. With the OM Pocket, you're actually, neurologically clearing your emotional reactivity – building a new neural map where the stress actually gets neutralized).

Sometimes this bearing witness may be a conscious remembering of what's being released emotionally or mentally. And sometimes you may not feel you know what's being released – you just don't feel great.

Keep going. You will get through it. And on the other side of what you're releasing is a whole lot more space, and a big bunch of energy that used to be tied up in suppressing whatever just got released. That newly released energy is now available to you to use in more life-affirming ways.

Please do remind yourself that your willingness to clear out this human gunk, the stuff that blocks you from living in your highest potential, is an amazing gift to yourself and to humanity.

Sometimes, it takes real courage and commitment to step into reclaiming your personal connection to your Light, especially when this powerfully challenges seeing yourself defined by your old stories of suffering...

Please remember to honor your Light, and your journey...

And here's a list of some tips and techniques which can be helpful.

Keep your OM Pocket with you, and play the frequencies, all the time! It will accelerate what you're clearing.

1. Play your own individual balancing frequencies. And if it's been a while since you last did a voice analysis session, arrange one with either a practitioner, or book another Cloud session (at <http://www.quantumsoundtherapy.com/cloud-sound-therapy/>).

And listen to them daily. Nothing (that we've found) will support you in powering through as thoroughly, as easily and as quickly as listening to your own balancing frequencies (we really weren't kidding when we said "the OM Pocket is your quantum rocket")!

2. Take a salt bath – you can add some aromatherapy oil, and light a candle if you'd like... Relax...
3. Go for lots of walks in Nature. Recent research has discovered more than 120 compounds in the forest air which are helpful and healthy for humans... Getting out and connecting with our planet can boost your vitality.
4. Feed yourself high vibrational foods... Make sure you include some high quality fats – when your brain is developing new neural pathways, it needs good quality fats to use as building blocks.
5. Take a nap, or meditate, to regain some energy.
6. Drink lots of structured water, especially when it's been programmed with your balancing frequencies – when you drink this, your cells are being flushed out and nourished at a cellular level with what balances you and brings you into greater awareness...
7. Remind yourself - all a feeling/experience wants is to feel fully felt/fully seen – to cycle into completion. And completion means the end of something old... And room for something new.
8. Do something creative – write, draw, dance, sing, rattle, drum your experience out of your body... shifting it from your inner experience, out into the world.
9. Try a fire intention ceremony: Light a fire, even if it's just a candle. Take a piece of paper. Hold your OM Pocket, and listen for the words or image of what you're wanting to give away, all the negativity or limitations... write or draw until you feel complete and it's now all on the paper.

Next take a 2nd piece of paper, and write down what you're wanting to reclaim in your life – what you're wanting more space for. Write or draw until you feel complete and it's now all on the paper.

Now take 3 to 5 really deep centering breaths, while holding your OM Pocket in your left hand...

Hold the OM Pocket in whichever hand feels resonant, as you put the first paper with the old limitations on it into the flame. Say anything that needs to be said... you can thank what's on that 1st list, that's no longer needed by you, for having danced with you, for whatever lessons you learned from it... And wait until it's burned completely.

Now, with the OM Pocket in your left hand again, take a few more deep and cleansing breaths...

And put the 2nd list to the fire too, sending out into the world your intentions for moving ahead, for inviting in whatever you wrote/drew on that 2nd paper... and again, speak what needs to be spoken, while continuing to hold your OM Pocket in whichever hand feels most resonant.

Blow out the flame/put out the fire...

And pay attention now. Watch for what manifests in your life from this ceremony. What has shifted? What do you notice? Journaling your journey can be helpful in keeping the small (and not-so-small) shifts and changes in your conscious awareness. Or...

10. Use the Quantum Sound Change checklist in Appendix I to keep track of what's shifting in you...

Have you ever noticed this? Once you clear a chunk of suffering, it's kind of gone from your consciousness? And sometimes it's hard to even remember how tough it was, before you cleared it? And to notice the changes, when they're happening all around you?

One way to pay attention to the progress you're making, with clearing old stories, and the impact on your life, is to use charting and scaling...

To be able to more consciously recognize the transformation you're in the midst of living, keep a journal, with some clearly identified areas of your life that you're wanting to change.

You can scale each item on a scale of 1 – 10 (with one being none, and 10 being the most you can imagine). Where are you at now? Where do you want to be? Keep track of what number you're at, over time, and how that's showing up in your life.

You'll find an example we created, based on changes with our iQubes which other iQube owners have noticed in their lives – we've put it in Appendix I.

11. The fastest way to clear your "stuff" is through a vortex – *it's so easy* - you just send it through the vortex (and watch as it dissipates back into the quantum energy of creation).

The scalar field created by your OM Pocket *also* creates a vortex of energy. And you can use your intention to interact with that vortex, increasing the energy into being activated within the quantum field...

When you want to further intensify the vortex, hold your OM Pocket in one hand, and repeatedly move it in a figure 8 pattern. This will further activate and increase both the energy of the vortex, and the development of new neuronal pathways in your brain. And open your heart chakra.

Some OM owners have reported this has been *extremely* powerful (resulting for some in a temporary sense of dizziness, as their energies become attuned to the power in the vortex!)

- I. You can experiment with holding it in your left and your right hands, to use the figure 8.
- II. Use horizontal figure 8's to consciously, intentionally clear the energy in a public space (if you're in a restaurant, bank etc). If you're in a restaurant, for example, you can do figure 8's horizontally under the table, to intensify and consciously expand the field around you).
- III. And vertical figure 8's, with one end pointed towards the Earth, will accelerate de-charging your stress, when you're clearing. This accelerates clearing the energy out of your field, in its transit back into the Earth.

- IV. When you're demonstrating or sharing the OM Pocket with others, using the figure 8 will intensify the field, and help them experience the energy of the Pocket more powerfully.
- V. In addition to figure 8's, you can also use circles. Clockwise circles will send the energy out further, increasing the size of the scalar field.

Using counter-clockwise circles with your OM Pocket can help clear discord.

You can also use counter-clockwise circles, while holding it in your right hand with your knees slightly bent, with one end pointed towards your heart, to send the energy into your heart, opening your heart chakra.

- VI. You can also try rubbing the hand held coil back and forth between both your palms to dislodge something that feels "stuck" in you.
- VII. Also, if you take the pocket on a merry go round or other rides which move in a circle, you'll also be creating a vortex.

The key here is to move with the Pocket and allow it to move with you. This creates a new field of scalar energy that will both keep you in the quantum "Zone" and protect you... while also sharing the coherent energy of the scalar field with others, as you pass them by.

- 12. "By ourselves we can make a difference... *together*, we can change the world!" (Ian Sumner). When we really step into feeling the truth of our inter-connectedness, within the sacred scalar quantum field of Oneness... we also understand the truth of the power of small intentional groups, working together to transform our own lives, *and* life on planet Earth.

If you have several friends who also have an OM Pocket, getting together with your Pockets and doing some intentional healing, using intention and whatever skills/gifts you each have to contribute, can result in a huge quantum jump – for all of you, as well as for the larger collective. It's just the nature of the quantum field to do so.

If you're the only one with an OM Pocket, but you know some others who are interested in energy work, you can pull everyone together for a group experience. Pass the OM Pocket around the group, and see what people experience...

In a recent group, as I was introducing the OM Pocket to the 5 or 6 others (none of whom were at all familiar with the OM, or sound healing)... we passed it around to each person. When it got to one woman, she couldn't let it go. She laughed and

told me someone else would have to pry it from her hand! (This does happen sometimes!)

We then put the OM Pocket in the center of our small circle, and felt the field expanding around all of us... Intuitively, we then all intended sending healing to the Earth... It was incredibly powerful (and quite unexpected!).

I learned to stay open to new possibilities in each moment, in how we can work with the quantum field and the vortex action, created by the OM Pocket.

13. Intentionally fill up the cleared spaces with love. Sometimes it can be hard to remember this- it's easy to feel relief from pain, and to kind of forget just how painful something was. We don't want to hold onto suffering. But remembering within consciousness to fill up the space [created by releasing the suffering] with love, is good.

14. Practice an attitude of gratitude. For everything, including the areas of ongoing pain and suffering in your life. It's all a part of your journey.

15. Find your joy, and spread it out in the world. David Hawkins' in his seminal work describing the levels of human consciousness, and putting them on a scale, has put Love at the level of 500... and Joy at the level of 600.

Invest in your joy – it's good for you, and for the world! Your TLC frequencies will help you uncover your joy...

OK, we've saved the absolute best for last (well, it's a personal favorite of mine!! 😊):

16. Morning practice – And speaking of the quantum rocket... When you commit to doing this practice daily, it will *profoundly* transform your life, one amazing day at a time... and it will catapult you forward (at least in our individual and collective experiences) at an unprecedented speed...

Personally, I've found it's the best proactive way, along with our first two suggestions, for minimizing both the frequency and duration of those "dark night" experiences. (And, when they do occur, for getting through them within greater ease and grace).

Here's how to begin... Sleep with your OM Pocket close to you (to immerse yourself in those wonderful night-time frequencies, which will continue to re-wire your brain, even as you sleep 😊).

Try to develop a habit of waking slowly, while keeping your eyes shut, to stay in that deeply relaxing theta state even after you become more consciously awake.

Even this slow wake-up offers many benefits – your brain develops a new neural map of you being in the deeply relaxing theta frequencies, *including while you're awake*. This in itself is truly wonderful.

This practice also allows you to bring back into your consciousness, more of your dreams. If you've been lucid dreaming (with the support of your OM Pocket's lucid dream track), you'll have greater conscious access to the guidance in these dreams, using this morning practice.

But another benefit to this practice is clearing out your stress-stories which may have been present in your dreams too... Clearing them within theta means clearing them at a deep level – where resistance is much less frequently experienced.

How to do this morning OM Pocket practice? With your eyes still closed, and waking slowly, reach for your OM Pocket. Open your eyes briefly to change the track to AM "Clearing" (the first AM track)...

Close your eyes again, and sink back into relaxation within the theta state...

Now, scan for what and how you're feeling... Open to receiving any dream images that come to you. Watch whatever occurs, from neutral observing stance.

Again, this is not about you "doing" anything – you're just receiving information, words, thoughts, images, feelings, and bits of your dream-time... and allowing whatever is there to cycle through into completion.

This sometimes takes as little as 5 or 10 minutes. But once you feel how beautifully it cleans and clears your energy field, you may want to leave more time for it. (Personally, I love taking about an hour – the energy of it is sooo gorgeous...)

This means we begin our day from within the quantum field of One-ness, within the inter-connectivity of all life.

Now just think for a moment about the Law of Attraction...

Imagine the difference in your life, with starting each and every day from within this powerful field of unity consciousness, within your highest and brightest Light... What might shift, in your life? What might there be more room for?

Vision how this will magnetize more Love and more expanded conscious experiences to you, over each of your days... And how your night-time dreaming will be affected too...

And now take a deep breath... and imagine what you'll be magnetizing into your life, over the course of every day... And over longer time frames... within one month... three months... six... and how about in three years?

OK, *now* we invite you to imagine that, at the same time as you're doing *your* morning practice... some of our other OM Pocket owners are doing theirs too... And we're all consciously intending the best and highest for ourselves, for all humans everywhere, and for our Earth...

Are you getting a sense of just what becomes possible, when we combine using the OM Pocket, within groups of people all intending the highest and best for all?

Remember, the scalar field in each OM Pocket is a field of multiple dimensional realities... within which *all the Pockets are inter-connected*, within the field of One, of Creation energy.

So, when we're all consciously intending together, within that field, it's powerful. The Butterfly Effect becomes consciously intensified by all of us.

Seriously, we're talking here about living within the territory of miracles. (And I can personally attest to that – my life has *radically* shifted and transformed, since I first began my OM Pocket morning practice only a few months ago).

And, of course, this practice need not be done only in the morning. You can use it throughout the day, as needed or desired... and/or at bedtime, to clear any accumulation of stress from your day...

The Pocket easily keeps you *in alignment* with divine flow... so you're in the right place, at the right time, in the right vibration. This allows you to manifest *exactly* what you need or are calling forth.

You become a Law of Attraction power-magnet

The Om is the bridge, reconnecting you to your true purpose and power by activating your "causal body"/ "intuitive knowledge." Result? It's easy to listen to your inner guidance again...

This flows into greater and greater synchronicity happening in your life... which allows you to relax within inner peace... so you can manifest and attract your true purpose. You will experience neuronal, emotional and environmental resonance-coherence... which amplifies the Law of Attraction... and allows you to effortlessly "find happiness" in your everyday life.

Whichever of these tips that you try, or creatively designing your own supportive strategies... *keep on going forward. Don't give up... you will get through the darker moments in clearing out old stress-patterns in your life... So much more easily than has been possible in the past...*

And the release will create so much more space for your expansion into your Light!!

The Role of Understanding and Mental Analysis –

In many of our lives, among us OM Pocket owners, we've noticed this very specific shift. For some of us (like me) it's been a profound shift.

Our evolutionary journey as humans has been fraught with disasters, challenges, obstacles, fearsome events, suffering, joy, beauty, inspiration and courage... along with various other experiences associated with humanity.

Sometimes, when the unexpected happens, the best we've been able to do has been to try to piece what happened into some kind of bigger context, into a story that tries to make sense out of what happened... To try to *analyze, in order to understand*...

However, when working with the OM Pocket, analysis and understanding really take a backseat to just giving yourself permission to witness the journey you're on.

You don't need to try to understand! Or to analyze. Just listen to your frequencies, and allow them to clear out what holds you back from standing in your greatest potential, in your Light!!

And sometimes when you're clearing something out, what you'll find is that instead of first understanding something in order to try to clear it... you'll sometimes find that *after* you clear whatever it is, *then* you'll sometimes receive some inspiration or understanding about what you cleared out! Amazing (and effortless)!

Chapter 8 – Testimonials from OM Pocket Users –

Below we share the joy of our collective mission... to raise personal and planetary frequency by relating testimonials from our users.

Electronic feng shui – The OM Pocket clears your environment – home, office, wherever you go with it... efficiently and with no effort, smudge, tools or protocols required on your part. Wherever you travel, your OM Pocket will be clearing the environment around you.

testimonial

While Driving, Commuting, Traveling – (NB: Please don't play your personal balancing frequencies while driving or operating a vehicle).

But you can certainly wrap yourself in a protective cocoon of scalar energy while driving... No more feeling at the effect of others who are stressed out by that field of "rushing-to-get-ahead" energy...

"I noticed that when I'm driving with the Pocket IQube it's so much easier to be me. Plus I'm aware of my energy as well as the energy of others.

The difference is, I keep my energy in this bubble and when others pass I feel their energy... But I'm aware it's theirs and not mine, and it passes by instead of invading... lol....Much more peaceful than usual driving for sure, like I was in my own space - very cool!!! But still conscious of surroundings, just couldn't be penetrated...." Crystal,
ON, Canada

Public Places – The Pocket creates a traveling vortex of coherent, calm energy that travels with you, wherever you go. This scalar "field" seems to be anywhere from 2 to 10 feet in diameter... Which means that as you move past other people, they also get to experience the impact of this 'bubble of calm' field...

Here's what one Pocket owner/practitioner noticed, about this... for her, *and* for a cashier who was *not* in a good mood...

“Here’s my latest experience with the Pocket IQube... Bill and I...went up to the local store... And as I approached the counter, the woman behind the counter... was not in a good state. She was kind of anxious, off... And I actually was feeling it in my field. So what I did was, I put my hand in my purse and I grabbed the Pocket IQube, and I kind of held on. And quickly, I didn’t feel it anymore. I felt more settled. And I watched her shift too. Very cool!”

Ann, ON Canada

Sleep – Included in the pre-programmed night-time tracks, are a couple which promote and support deep and restful sleep. There’s a lucid dreaming one, and a theta/delta track, both of which support re-training our brains to learn to cycle more easily in the rejuvenating, restorative deep sleep states.

Pocket owner Cindy, from AB, Canada shares – *“I totally sleep like the dead with it.... LOL”.*

Dance and Movement, Yoga, Walking – You can also use your Pocket during any kind of physical activity... *When we’re calm and relaxed, we’re in a natural state of super-learning...* where learning new things just come to us so much more easily and enjoyably.

Living Harmoniously within Nature – Many people have also noticed the OM Pocket helping their domesticated animal companions (dogs and cats) who love the energy of the OM Pocket... and feel magnetized by its energies.

As is also apparent with wildlife...

“I listened to the CD last night and had a much better night. I listened to it this morning and a mother duck and her ducklings came almost to the base of the front steps of my house as I had the front door open when I had the sounds on.

Two white swans came swimming in front of my house as the tones were on as well which was very delightful.

Clearly nature loves these sounds. Thought that you might like to know. Thanks again for the CDs. Take care”.

Love and Light, B.A. Ont. CANADA

Creative Expression – The series of daytime pre-programmed frequencies include a track called ‘gamma bliss’. The state of consciousness associated with gamma frequencies has been shown to increase deep relaxation and compassion... *and* to unblock a flow of creativity...

“I was listening to the Gamma frequencies daily for a couple of weeks, while living with my Pocket. Next thing I knew, I felt inspired to try a form of doodling I’d been interested in, but had not yet tried.

Though I guess I’ve always felt kind of creative, I certainly don’t consider myself an artist, by any stretch of the imagination. So I could hardly believe the artwork that came pouring out of me, as soon as I started doodling.

My doodling went from boring, repetitive hearts (literally - on a phone call with a friend just prior to beginning to listening to the gamma frequencies)... to extremely detailed and elaborate geometric patterns – it’s been absolutely stunning! And no one’s more surprised than me!

I guess we all have this creative potential locked away inside us – the gamma frequencies are just like a key to unlocking our creativity.’
deb, ON, Canada

Sharing this energy with others –

You now have a tool which promotes calm and loving energy... to share with your loved ones, when they’re feeling stressed out too. Even young children have been known to love holding an OM Pocket...

We invite you to pay attention to how their reduced stress level benefits you in your life too... and to what else this creates more room for, in all of you...

We hope you also experiment with sharing a OM Pocket with a loved one when you’re having a disagreement... and be able to both share your truths and find a way to resolve it within calm, supportive and loving energy... (We’d love to hear about how this may literally deeply transform your relationships and life...)

Remember these other possibilities too– You can use your OM Pocket for meditation... working with intentions, affirmations and visualization... and toning, singing, and chanting.

The scalar field of coherent, calm and organized energy which is created by the Pocket optimizes super-learning, improves focus, and empowers change!

Multiple Benefits - Of course, most people experience multiple benefits from owning a Pocket...

Here's what Cindy G., in Calgary, AB, shared: *"Already experiencing a major difference, having the Pocket IQube. The car show on Sunday was much more enjoyable – Protection setting on repeat. Did not feel drained or scattered. So far at work I am able to focus and concentrate on the task at hand – My tracked daily activities have even improved. I totally sleep like the dead with it.... LOL. I have played Magnesium Sulfate the last 2 nights and it has helped with the shoulder pain. Loving it!"*

As you release the old habituated stress patterns and limitations which stress has created in your life, the OM Pocket will also naturally help you more easily 'align with your inner Divine', within the coherent field of Love...

One OM Pocket owner reported - *"I've had my Pocket now for just over seven months. And one of the profoundest changes in my life has been an increased sense of conscious awareness. I still have moments of utter overwhelm. But now, instead of just grimly and automatically stumbling through them as best I can, without much awareness... I'm much more conscious of them. And so I have a new habit I'm building..."*

Being more aware means when I'm stressed, I now remember to pick up my Pocket, put on the Clearing track, and connect intentionally with the "field" of the IQube. Then I just watch, as my overwhelm and "scatter" just dissolve away completely.

Like a flash storm that's quickly raged through, when it's cleared all I feel is a peaceful freshness, inner serenity and a new level of clarity... I feel like I'm finally finding my "me-ness" that's been trapped under all those layers of stress and overwhelm. I'm so grateful – my Pocket has truly transformed my life – I can't thank you enough!" deb, ON, Canada

Epilogue -

“The Holy Grail” – The OM Pocket is your 21st Century Rocket - Out of human suffering, and into your field of dreams!!

“It’s our mission to circulate 1200 OM Pockets throughout the world, in order to awaken the heart of humanity to greater love and well-being...”

The OM Pocket will help you... help your family, your friends, your pets... even strangers on the street, as you pass by them, with you OM Pocket...

Know you are part of a bigger journey for humanity... your OM Pocket will connect on a quantum field level, to being one more quantum pebble being tossed into the sacred waters of Love...

Your work with your OM Pocket will be part of creating and expanding the ripple effect of all 1200 OM Pockets...

So collectively, the impact of your individual work, of your willing heart, joins with the other 1199 OM Pockets, to be part of the exponential impact on human consciousness on Planet Earth, during these transformational times.

Thank you for being among the forerunners of Light-bringers... contributing your energy, your intent, your Love... helping you be part of shifting our planet out of fear...

Into stepping into greater joy and freedom, to fulfill our collective purpose, our sacred dream for this lifetime...

Dancing our human hearts back into the field of Love and Above!!

Thank you for joining our OM Pocket r/evolution for Love!!!

Appendix One - Getting Your OM Pocket Up and Running

Appendix 2 – The Quantum Sound Healing Change Checklist

We've found that sometimes when we first get our OM Pocket, it's easy to focus on one or two areas where we're wanting to create changes.

However, in most of our lives, the OM Pocket begins to impact on and create shifts in many areas... even when we don't always notice this! Some of the shifts can seem subtle, especially if we're not consciously looking for them.

The items on this checklist are all shifts other Quantum Sound IQube and OM Pocket owners have reported as changes they've experienced (though not everyone experiences all of them).

We suggest, if you're curious about how you'll experience change as a result of using your OM Pocket and listening to your tones, you may want to fill this out before you begin, to get an initial measure. You can come back to this as often as you wish, to check on your progress.

It doesn't take long to fill it out – just allow your intuition to guide you in your responses (in other words, don't think your way through this – just answer with your first intuition).

Feel free to skip any that don't resonate with or apply for you, if you'd prefer.

When using this checklist, scale your responses for each item wherever it resonates for you between 1 and 10, in terms of how frequently or how strongly you experience each item.

1 = never or not at all

10 = all the time or the most powerfully you can imagine someone feeling it

Emotionally:

- sense of increased calm, peace, and serenity, with greater relaxation
- feeling less stressed, less anxious
- more focused
- deepened intuition
- improved problem-solving
- feeling less depressed
- less time spent in negative emotional states – less emotional reactivity (the same stuff can happen, but you stay in calm ‘zone’)
- more frequent moments of pure unbridled joy, and balance
- getting along more easily with loved ones

Mentally:

- reduced confusion

- greater mental clarity
- improved problem solving
- easier and faster to deal with challenging events, without losing as much energy
- less need to control others or situations
- greater flexibility

Physically:

- having more energy and increased productivity
- feeling more balanced, centered and grounded
- greater attunement to natural rhythms both in and around you
- increased sense of coordination and reflexes
- improved digestion
- greater ease in making healthy, nutritional choices
- weight regulation
- eating less
- your voice changing (a deepening or more full-bodied timbre)
- your singing voice improving
- changes in posture as your body releases tension
- less pain
- greater agility
- improved athletic performance – being more in “the Zone”

Spiritually:

- greater sense of connection with higher self
- increased sense of your gifts/true life purpose – living in your greater potential
- greater self-loving,
- deeper self-acceptance
- increased sense of deep compassion – for self and others
- wanting to take better, more loving care of yourself
- deeper connection with your own inner creativity
- living more in love, rather than fear

With Pet Companions:

- decrease in anxiety and agitation
- increase in calm

With Children:

- more focused attention
- greater relaxation
- improvements in grades
- improvement in productivity
- improvement in reading
- improved ease in learning
- decrease in moodiness/emotional ups and downs
- increase in feeling contented, relaxed and happier

- improvements in health
- improvements in coordination

Other

Please add any other personal changes you're wanting to track in your own life here...

Appendix 3 – The Free Online Teleseminar Series

Over the past number of years, we've continued to provide free online training about our technology for you, as part of our heart-commitment to sharing these tools widely, and to educate about them, given they're ahead of our times... Although they use and may seem similar to other technologies on the planet, they're really not.

Although we've learned *a lot* about what they *are*, and how they transform human consciousness, it's an ongoing learning curve for us too. Because these tools are multi-dimensional, we're always continuing to learn more and more about how this impacts on our daily lives, and our own human evolutionary journey.

Our own journey with these tools has been a very long one. Robert Lloy has spent over 40 years developing them. And Helena Reilly has worked with Robert for over 20 of those years. It's been a long and fruitful journey together with this amazing technology.

However, the journey between 2011 and 2015 in particular, has been an intense one... as we've continued to be guided to create an entire new line of IQubes, of which the Theta Love is one. Although all these iQubes share some common features, each also has some unique features.

This then is what we're committed to sharing with you, as we all continue to expand our consciousness together: our evolving understanding of how these tools propel we humans forward and up, easily and quickly, into expanded states of consciousness, out of separation consciousness and back into the interconnected field of Love...

These are states of consciousness which historically have taken sages and shamans, mystics and monks many decades of long and concerted daily practice to achieve.

Now, with these tools, these states of greater joy and bliss become available to each of us... and it's as easy as plugging one of our iQubes in, letting it run in your home or office 24/7 and 365, re-training your brain, neurologically and physiologically. This profoundly changes your state of consciousness, your perception of life.

Seems hard to believe? We get that. The journey to *really* understanding this comes with time, information... and most profoundly, via your own personal experience.

So, on our multiple teleseminar series, you'll find what's new in our discovery process.

We share all the latest updates, and have interviews with other experts in the field, as well as with those whose lives are being profoundly transformed, as a result of living with an iQube...

And, at the end of each teleseminar, Helena Reilly, psychologist and co-creator of the iQubes, also offers a guided visualization/meditation, where some of the frequencies are played.

This offers you an opportunity to both learn by listening, and by experiencing some of the frequencies.

Given you won't be listening to the teleseminars within the coherent scalar energy field of a Theta Love iQube, the experience cannot offer you the depth that is offered by

the power of listening to frequencies via an iQube.

So, to maximize your experience as much as possible (given these limitations), we recommend you use external speakers on your laptop or computer when listening to the frequencies – internal computer/laptop speakers won't give you the full spectrum of frequencies.

Even with the bandwidth limitations, and no scalar energy field around you as you listen, make no mistake: Many in our Tribe have reported that these frequencies, even in an online format, can be *incredibly* powerful and transformative...

Here's what one Theta Love IQube owner said about having listened to some of our online frequencies:

"If anyone wonders if these online frequencies are powerful... I hope they read this, and really feel just how powerful they are – they totally changed my life..."

After more than 30 years of trying endless different 'healing tools', these are the only ones I've found that have profoundly shifted my energy, at an unconscious level... in just 2 sessions, online. Wow.

(And without me needing to first consciously understand it. Double wow).

I feel so much gratitude for this gift. Beyond measuring, these frequencies (and my Theta Love Qube) have been absolutely priceless to my soul's evolution." deb s, ON. Canada

Here's the link to the free teleseminar series... we hope you in-joy the experience. And, as always, we welcome your feedback!

<http://www.quantumsoundtherapy.com/teleseminar-replays/>

Appendix 4 - Quotes

EMF's

Dr. Roger Coghill states "We've immersed ourselves in an ocean of electro-magnetic radiation. It's all around us now. Invisible, we can't see it, but we know it's there. Every time you lift up the mobile [cell] phone, you know it's there." Dr. Roger Coghill, "Resonance – Beings of Frequency" documentary.

"Over the past 50 years, radiation in our environment [from human-made technology] has increased *many millions of times...* [These EMF's] "completely swamp the Schumann Resonance waves [which are the natural Earth frequencies, to which our brains are attuned when in Alpha state frequencies] which we've had billions of years evolving with". Ibid, re National Radiological Protection Board statement about EMF radiation.

"At present, the World Health Organization statements regarding [EMF's] are that it is real, and symptoms can be severe and disabling". Dr. Erica Mallery-Blythe (emergency room doctor, who's studying and working with individuals with "electro-sensitivity"), as quoted in documentary – "Resonance – Beings of Frequency".

"It's very hard to turn the clock back, if not impossible to turn the clock back. *But we need to be aware of the adverse health effects, so that we have the choice of taking precautions against the exposure.*" Prof. Denis Henshaw (of Bristol U.), as quoted in documentary – "Resonance – Beings of Frequency".

Pocket

"The Pocket ran out of battery, and I immediately I felt all the emfs that were emanating everywhere and destroying our consciousness."

Pocket owner Jeanette, psychic, Texas

"Already experiencing a major difference having the Pocket IQube... So far at work I am able to focus and concentrate on the task at hand – My tracked daily activities have even improved... Loving it! :)"

Pocket owner Cindy G, Calgary AB

“With my OM Pocket living with me, I’ve been able to let go of impatience, stepping out of our human left-brain concept of linear time... and stepping into the greater realization of the unfolding of perfection, that’s within each moment. Wow. This is like stepping onto the high-speed train to enlightenment! Wooo hooo for the journey!!

Pocket owner deb, ON, Canada

“The big news is my son and daughter-in-law have been living with me in my little apartment for two years... and in two weeks they are moving out! They are excited about getting their own place and this happened very naturally because of the Pocket. The Pocket was out in their presence every day, and I watched them become alive, wake up, and wanting to make a life of their own. The Pocket certainly brought harmony to this home... “

Pocket owner John G. ON. Canada

“The first thing I noticed (holding the Pocket) - I’m humming, I’m buzzing, I’m running so much energy!”

Pocket owner Ann S ON Canada

“We’re not suffering from poverty on earth, we’re suffering from a lack of gamma frequencies”.

Helena Reilly, co-creator of the OM Pocket

“The Pocket has really helped me in my life... I’m a goal tender in hockey... The Pocket without a doubt has given me my “edge” again, and helped remove any blocks from me getting into my “zone”...Off the ice, it’s just really helped me find that inner balance, inner peace again (something which had been missing)...

Pocket owner Scott, BC, Canada

“I’ve had my Pocket now for just over seven months. And one of the profoundest changes in my life has been an increased sense of conscious awareness. I still have moments of utter overwhelm. But now, instead of just grimly and automatically stumbling through them as best I can, without much awareness... I’m much more conscious of them. And so I have a new habit I’m building...

Being more aware means when I’m stressed, I now remember to pick up my Pocket, put on the Clearing track, and connect intentionally with the “field” of the IQube. Then I just watch, as my overwhelm and ‘scatter’ just dissolve away completely.

Like a flash storm that’s quickly raged through, when it’s cleared all I feel is a peaceful freshness, inner serenity and a new level of clarity... I feel like I’m finally finding my ‘me- ness’ that’s been trapped under all those layers of stress and overwhelm. I’m so grateful – my Pocket has truly transformed my life – I can’t thank you enough!”

Pocket owner deb, ON, Canada

"I really personally like the Emotional Balancing one at night. It seems to ground me and allow me to really have a better night's sleep".

Pocket owner Bill Little, ON, Canada

"I noticed that when I'm driving with the Pocket IQube it's so much easier to be me. Plus I'm aware of my energy as well as the energy of others.

The difference is, I keep my energy in this bubble and when others pass I feel their energy... But I'm aware it's theirs and not mine, and it passes by instead of invading... lol....Much more peaceful than usual driving for sure, like I was in my own space - very cool!!! But still conscious of surroundings, just couldn't be penetrated...."

Pocket owner Crystal, ON, Canada

"I totally sleep like the dead with it.... LOL.

Pocket owner Cindy G, AB, Canada

"The magnesium sound therapy track, is an amazing healer. It went to work healing everything that was wrong with my body. I would wake up and different illnesses would be brought to my attention. Yes. I was very ill a month ago."

Pocket owner Jeanette, psychic, TX

"For the first time in my life I meditated for over two hours. With such connection and love. Sometimes when I go to the silence within me, I feel surrounded by other magnificent beings, energy.... I do not feel alone... I can feel energy, vibration through my entire being. To me it feels like the divine essence of love. The real me. I am alive. I am waking up. I am enjoying life. Enjoying the journey."

Pocket owner Ann S. ON Canada

"When I'm struggling with stress, or with settling into sleep at night, I love playing my personal balancing frequencies – they always clear out the mind "chatter", and allow me to surrender easily into sleeping restfully..."

Pocket owner deb s. ON. Canada

"Here's my latest experience with the Pocket IQube... Bill and I...went up to the local store... And as I approached the counter, the woman behind the counter... was not in a good state. She was kind of anxious, off... And I actually was feeling it in my field. So what I did was, I put my hand in my purse and I grabbed the Pocket IQube, and I kind of held on. And quickly, I didn't feel it anymore. I felt more settled. And I watched her shift too. Very cool!"

Pocket owner Ann, ON Canada

“I listened to the CD last night and had a much better night. I listened to it this morning and a mother duck and her ducklings came almost to the base of the front steps of my house as I had the front door open when I had the sounds on. Two white swans came swimming in front of my house as the tones were on as well which was very delightful. Clearly nature loves these sounds. Thought that you might like to know. Thanks again for the CDs. Take care”.

Love and Light, B.A. Ont. CANADA

“Already experiencing a major difference, having the Pocket IQube. The car show on Sunday was much more enjoyable – Protection setting on repeat. Did not feel drained or scattered. So far at work I am able to focus and concentrate on the task at hand – My tracked daily activities have even improved. I totally sleep like the dead with it.... LOL. I have played Magnesium Sulfate the last 2 nights and it has helped with the shoulder pain. Loving it! ”



Pocket owner Cindy, Alberta, Canada

“I was listening to the Gamma frequencies daily for a couple of weeks, while living with my Pocket. Next thing I knew, I felt inspired to try a form of doodling I’d been interested in, but had not yet tried.

Though I guess I’ve always felt kind of creative, I certainly don’t consider myself an artist, by any stretch of the imagination. So I could hardly believe the artwork that came pouring out of me, as soon as I started doodling.

My doodling went from boring, repetitive hearts (literally - on a phone call with a friend just prior to beginning to listening to the gamma frequencies)... to extremely detailed and elaborate geometric patterns – it’s been absolutely stunning! And no one’s more surprised than me!

I guess we all have this creative potential locked away inside us – the gamma frequencies are just like a key to unlocking our creativity.’

Pocket owner deb, ON, Canada

Neuroplasticity

“[This is] the only technology that is teaching the quantum brain to function.”

Dr. Octavio Pino, Neuroscientist

Appendix 5 – Frequently Asked Questions

How does the OM Pocket work?

The OM Pocket combines scalar vortex miracoil technology^[TM], invented by Robert Lloyd in 1980, with:

- proprietary sound frequencies;
- scalar vortex technology;
- inert noble gases;
- 24 karat gold and pure silver;
- and flower essences...

To create a coherent quantum fields which are uplifting. You can play a set frequencies, 24/7 and 365, which are designed for optimal expanded consciousness, by balancing, and releasing old stress.

Here's another way of explaining this tool of Divine Science:

How the scalar energy field in the Theta Love creates the r/evolutionary recipe for your personal transformation...

Quantum physics has finally understood this. We're *not* solid matter. *Not* made up of particles.

Instead, we're waves of energy, of *frequencies*, all vibrating and existing together... with all of everything that's created... within the quantum field known as the unified field.

Within this quantum physics understanding of reality, the Theta Love (along with all our technology), generates a scalar field, composed of scalar waves.

And the coherence created by a scalar wave creates a field of energy. This scalar field is extremely organized *and unified*.

In fact, it is the unified field.

And while this can be easily explained within quantum physics, it's still challenging for most of us to really understand how profoundly being inside this energy field changes things. Changes you. Changes your reality. Changes life on earth... and everywhere.

What's clear is this: Change Happens.

What's *not* as clear is where your harmonizing within this unified field of scalar energy will take you, on your own journey... what it will specifically help you to manifest, within the field of "all possibilities"..

This we can say with some degree of certainty: You likely won't even be seeing these possibilities for you yet...

Because the possibilities which are *currently* evident to you, *are based on the limitations in your unconscious programming*.

This is true for all of us, because this is where we've been stuck, in evolutionary terms, both as individuals, and as a species.

And those limitations are precisely what living inside a scalar field clears out...
leaving room for more expansiveness, and greater possibilities. Change just happens.

Once you're living within a scalar field, everything changes in ways you cannot now predict. What you can, however, predict is that these ways will always be in harmony with your highest evolution, within your divine potential... on your soul's unique journey.

As long as you continue to live within the scalar field created by one of our stationary iQubes (such as the Theta Love, the Focus, the Harmony or the Tesla), or your portable OM Pocket, you *will* change. It's all in the science of scalar energy, the laws of resonance, and the frequency following effect.

So, if you're feeling finished with old stress and human suffering patterns in your life... and you're ready to ramp up your own evolution and expand your consciousness... to become a conscious co-creator within these deeply transformational times on planet Earth... it's both quite simple and straightforward.

The easiest, most efficient way to do this is threefold:

1. Live 24/7 and 365 within the coherence of the scalar field created by this iQube technology... and listen to your OM Pocket frequencies.
2. Do your voice assessment sessions regularly, and listen to your balancing frequencies daily, to re-train your brain away from stress and into bliss.
3. Drink structured water, preferably imprinted with your own balancing frequencies, to hydrate and heal on a cellular level.

This is the recipe which ensures your own growth and development, and puts you squarely back on your soul's evolutionary journey. It's all in the quantum physics and the math.

It really is as simple as that.

What's the significance of the human voice?

Each voice is a unique blend of frequencies. In fact there are no two voices on the planet that are exactly the same. The human voice is more individualized than the human thumbprint, because the voice changes over time, depending on your stress level.

As such it is an excellent gateway/doorway to assess the human energy field. Not only does the voice precisely reflect the stresses and anxieties from our past and present circumstances, it reflects the exact energy blocks that may be sabotaging us.

By assessing these blockages or stresses correctly, we are able to develop a set of frequencies that pinpoint and release that stress. The resultant balancing tones then are like a tuning fork to release pent up blockages, memories and patterns of self sabotage.

In essence, we assess these and create frequencies that vibrate them away!

How does a Quantum Sound session via the Cloud work?

We take a brief sample of your voice.

Then, using proprietary algorithms, an individualized set of frequencies is created to pinpoint and release stress that is being held in your subtle energy field. The accuracy of this assessment involves over 1 ½ billion bits of information from your voice.

The set of frequencies that is developed releases stress at the "quantum" level when played through our Scalar Vortex Miracoil Technologies or IQubes. These quantum

tones are like your personal symphony. They create the space for harmony at the deepest levels of being - initiating the release of stored emotional stress, hidden fears, sadness and anxiety.

The personal freedom brought about by releasing stress at the quantum level gives rise to heightened awareness, increased intuition, more expansive creativity and a deeper alignment with your life purpose.

What about really old stressful memories I don't even remember any more?

Yes, it clears unconscious memories too. You sometimes still will remember your old emotional reactivity, *but no longer feel it*.

And sometimes you won't even remember what you were upset/reactive about. (At least, this is what other OM Pocket owners have shared with us).

Is there a difference between the white and black Pockets?

Yes – the white OM Pocket is slightly larger in circumference. There are otherwise absolutely no differences, aside from color.

What are the underlying principles at work in the OM Pocket?

There are seven key principles to understanding this technology, and what it offers us, in reducing our stress, and stepping into greater balance and harmony.

(1) Re-training Consciousness –

Re-training consciousness happens in the brain. It's been defined as “a synchronization of two or more rhythmic cycles”.

It was first discovered in 1665, by Dutch scientist Christian Huygens, when he filled a room full of pendulum clocks and started them all. They each tick-tocked in their own timing. However, when he returned to the room the next day, he discovered that their pendulums had all synchronized to the same timing. With our technology, this same principle happens.

When your brain is introduced to the different brainwave patterns, which reflect different states of consciousness (such as feeling wide awake and very focused, or very relaxed, or deeply asleep and dreaming), your brain gets re-trained to this pattern – just like in the children's game of “follow the leader”.

(2) Law of Intent

It's been said "Intent is everything". Intent births new possibilities. As a species, we're only at the beginning of really understanding how powerful this truly can be. Intent is a major game changer, both subtle and transformative in its impact.

Use your conscious intent when interacting with your OM Pocket – it will magnify the effects which you experience.

(3) Frequency Following Effect –

has been defined as “an evoked response generated by continuous presentation of low-frequency tone stimuli”.

With our technology, when we listen to the relaxing and deepening frequencies in the technology, our brain follows along, becoming re-trained to them.

This creates new growth in our brains, developing new neural pathways...resulting in dumping stress, and experiencing greater relaxation and balance.

(4) Law of Resonance

This law is demonstrated when you have two tuning forks in the same room, but far apart. When you strike one and it begins to vibrate, the other tuning fork across the room will also start to vibrate – they are in resonance with each other, part of the same “field”. There is an affinity between them.

This is evident in human interactions as well – when you meet a new person, with some you can experience a resonance, a sense of immediate comfort – you ‘resonate’ together. With others, you can experience the opposite – a sense of dissonance, discomfort or lack of resonance.

This law is also evident within our brain functioning - “Resonance occurs when two or more interconnected objects share the same vibrational frequency. When one of the objects is vibrating, it forces the second object into vibrational motion”.

The question is, what do you want to resonate with – stress or well-being? (No- brainer, right?)

(5) Law of Repetition

When we're learning something new, the more we repeat something, the more automatic it then becomes. Neurologically, in our brains this is reflected by: “what fires together, wires together”. And, as you begin to detach your stress stories from your old patterns of emotional reactivity, also by “what fires apart, wires apart”.

When you repeatedly listen to your tones, and experience relief from stress, and greater well-being... you are literally building new neural pathways of greater well-being, which eventually become self-sustaining.

(6) The ripple effect of the quantum field

The ripple effect, which has been described as “the heartbeat to eternity” evolved out of an understanding in quantum physics, that we are all inter-connected in the great tapestry of Life.

In quantum physics, the search for the smallest “bits” of matter eventually resulted in the understanding that there are no finite “components” of matter... there is only energy. And this energy includes our thoughts and feelings (as illustrated in both “The Secret and “What the Bleep Do We Know” movies).

So, each of our “individual” thoughts, feelings, and actions is like a pebble dropped into a quantum pond, where ripples are created... These ripples move outward in ever bigger circles, affecting all else in the quantum “pond”.

And now imagine two, or many, pebbles dropped into that same quantum pond... and the ripples from each interacting. If all those pebbles share the same energy or intent, just imagine how powerfully those pebbles all work together, affecting what we know as “reality”. The Ripple Effect works to magnify the actions we each create in the world... and their combined effects!

(7) Practice of Extreme Neuroplasticity

Neuroplasticity refers to the capacity of the brain, of the human being to keep on growing.

It’s been said that we humans use only 10 – 15% of our brains. The other 85 – 90% is our potential, the space available to us to continue growing.

Until these tools were developed, learning how to easily access neuroplasticity, to use it with intent to continue to develop our brains and our experience of life and living, has been a matter of happenstance (or 40 years of meditation practice in Tibet and India!).

These tools readily offer us the opportunity to consciously use this potential neuroplasticity, within all the other laws, to grow more quickly and easily into expanded states of consciousness. And all we need to do is listen.

Appendix one – how to connect the sansa to your pocket. Need video to clarify.