

THE THETA LOVEIQUBE STORY

HOW TO USE SCALAR ENERGY AND
SOUND THERAPY TO INCREASE YOUR LAW OF
ATTRACTION POWER



TESLA IN THE 21ST CENTURY & BEYOND
HELENA REILLY, MA

The Theta Love iQube Handbook

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Forward

When do you know you've had enough struggle, and are ready to elevate to Love & Above?

"The shortcut to enlightenment is re-training the brain with coherent energy.

The Theta Love iQube lifts you to a new level, beyond where you're stuck.

It works by re-training your brain to our proprietary Theta Love frequencies, which are specifically designed to awaken your heart & elevate your consciousness to Love & above.

Instead of taking baby steps to the top of the Empire State Building, you have the opportunity to take a high speed elevator. The Theta Love iQube provides a shortcut, so you can remove the blocks and begin to align with unconditional love and peace."

Robert Lloy, Creator of the Theta Love iQube



Table of Contents

Forward	3
Introduction	7
Getting Started.....	7
What Can You Expect, Living With Your Theta Love?	9
Chapter 1 – The Theta Love Story	11
Chapter 2 – Understanding How to Use Your Theta Love iQube for Self-Healing.....	13
How Much to Use Your Theta Love IQube	14
1. Electro-Magnetic Frequencies (EMFs)	14
How Does It Do This?	16
2. Neuroplasticity	17
3. Retraining Your Brain	18
4. The Theta Love Actually Works Like a Frequency-Based, Laser-Focused Psychic Drill	19
Chapter 3 – How We Cracked the Code to Bring More Love to the Planet – Our “Ashram in a Box” (Well, in a Qube! ☺): The Science Behind the Theta Love	20
Your Brain’s Different Brainwave Frequencies... and How They’re Connected to Your State of Consciousness... ..	20
Proven Benefits Associated With Re-Training Your Brain With Alpha Theta Brainwaves... ..	21
20 Research-Based Benefits From Re-Training Your Brain with Alpha Theta Brainwaves	21
Beta Brainwaves – Too Much of a Good Thing Isn’t Good!	25
Noble Gases.....	25
Noble Metals	26
Gold	26
Silver	27
Flower Essences	27
Introducing Our Golden Six Waveform	27
“Not Just Another Pretty Face”	29
The Importance of the Quantum Brain, and How the OM Pocket Interacts With It	30
Chapter 4 – Discover How the Theta Love is a R/Evolutionary 21’st Century Soundtrack Solution: To lift You Out of Overwhelm and Into a Fearless State of Loving Flow, 24/7... For Daytime and Night-time Support	32
The Specific Pre-Programmed Tracks in Your Theta Love	32
Chapter 5 – Voice Assessment: What’s in Your Voice is In Your Life: Find Your Frequency and Use Your Own Voice to Heal Yourself – Using Your Personal Balancing Frequencies (for real in-time sound therapy available 24x7).....	36

What is Your Happiness Worth?	36
What's the Significance of the Human Voice?	37
How Does a Quantum Sound Session Work?	38
When Should You Have a Sound Session?	38
Do You Need to Wait Until You're in a Good Mood, to Do Your Voice Sample?	39
When Should You Play Your Balancing Sound Frequencies?	39
Your Cloud Sound Frequencies and Your Theta Love	40
How You Can Use Your Personal Tones	40
How Often Do I Schedule a New Sound Session?	41
Chapter 6 – Time to Heal Your Story... Brain Wave Training: The Mystery of Your Neuroplasticity	42
Story-Tellers and Meaning-Makers.....	42
Our Stress-Stories.....	42
What Does This Have to Do With You, Your Frequencies, and Your Theta Love iQube?	43
The Theta Love iQube Will Help You Clear Out Those Old Beliefs and Ancient Stress-Stories, Even If You're Not Consciously Aware of Them.	43
How Does It Do That?	44
Chapter 7 – The Gift of Your “Unconscious” Resistance...(And Yes 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).....	45
Why? Initial Experiences	45
Our Stress-Stories: A Closet Full of Boxes	45
We Have No Way of Knowing What Our Divine Human Potential Really Is... ..	46
Making Friends With Your Resistance.....	46
Don't Stop Now!!	47
What to Do When You Feel Resistant – Do It Now	48
That's the Gift.....	49
Chapter 8 – Your Quantum Leap... How to Get the Biggest Breakthrough From Your Theta Love	50
Taking Out the Recycling – Composting Old Stress Stories	50
Left Hand, Right Hand	51
The Role of Understanding and Mental Analysis	51
Still Feeling Like You're Traveling in the Dark, Waiting for That Light at the End of the Tunnel?	52
Don't's	52

Do's.....	52
Keep Going. You Will Get Through It.....	53
18 Tips and Techniques Which Can Be Helpful	54
Now Just Think For a Moment About the Law of Attraction	60
Chapter 8 - The Theta Love Story from our Theta Love'ers - Sharing the Joy of Our Collective Mission... to Raise Our Personal and Planetary Frequency	62
Epilogue.....	64
Do You Feel the Stirring Call of Love in Your Heart?	65
Appendix I – Getting Your Theta Love Up and Running.....	66
Appendix II – The Quantum Sound Healing Change Checklist	67
Appendix III – Other Resources For You.....	70
Our Free Tele-Seminar Series.....	70
2. A Short Video: Introducing Our Scalar Architect.....	72
3. Some More Resources... Our Other e-Books	72
Appendix IV – Frequently Asked Questions... ..	73
How does the Theta Love IQube work?	73
How Does the Scalar Energy Field in the Theta Love Create the R/Evolutionary Recipe for Your Personal Transformation?.....	73
What's The Significance of The Human Voice?	75
How Does a Quantum Sound Session Via the Cloud Work?	76
What About Really Old Stressful Memories That I Don't Even Remember Any More?	76
What Are the Underlying Principles at Work in the Theta Love?	76



Introduction

***Our task is not to seek for Love.
It is to remove the barriers that we have created that stand in the way.
This is the mission of the Theta Love.***

Many people ask us how our scalar wave technology works. Intrigued by the possibilities offered by the Theta Love iQube, it can nonetheless be challenging to understand how this technology can actually assist in a transformational journey.

This handbook will explain exactly how the technology works, and answer the questions we hear most often. But perhaps most importantly, we'll show you the many ways you can harness the power of the Theta Love, to cultivate and maximize balance, wellness and true bliss in your day to day life.

Unlike other simple frequency technologies, our technology employs an optimal synergy of scalar energy fields, sound frequencies, noble gases, flower and gemstone essences, in addition to your own unique voice frequencies.

For those who are just curious to see what this Theta Love iQube is all about, we congratulate you for your curiosity, and welcome your feedback and questions.

Just contemplating the Theta Love will begin to create a bridge of quantum field energy.

And if you're interested in more information about our technology in general, and want to listen to some of the frequencies, we'll be sharing a link to our free tele-seminar series, later in this Handbook.

We hope you're inspired by the information we're sharing here about the Theta Love, to travel with us on your journey too.

For those who have purchased your Theta Love: Congratulations. You've just made a life altering, brilliant decision, by inviting your Theta Love into your life... In a few days you'll begin to realize just how impactful this decision was. It's a decision of deep self-love.

Your life is about to change in some pretty amazing ways (although how that will unfold will be, of course, unique to you on your life journey).

We invite you to share your stories about these shifts with us – we love to hear from our Tribe!

Getting Started

We've put this guidebook together for you, to provide you with all the basic information, to answer some frequently asked questions, and to give you some cool tips

about how to use your Theta Love most creatively and most usefully... to bring you into greater personal balance and wellness.

But before that can happen, we need to get your Theta Love up and running, and to answer any questions you may have.

In writing the part of this handbook (which has to do with getting the technology up and running) we've made an assumption...

Even though some of you may be technology whizzes and science geeks who may even figure out more than we know about some aspects of the technology (we're all still learning too, given how deeply embedded within quantum physics and multi-dimensional layers of life these tools are)...

There may *also* be some among you who may know very little about how to work with newer kinds of technology.

We want this guidebook to be useful for everyone, including those who feel uncomfortable with new technology.

So, in Appendix I, you'll find "How-To" instructions (on a short video) for getting your Theta Love up and running.

If you have some good familiarity with using an MP3 player or an Android phone MP3 player, you may decide to skim or skip that, and instead dive right into the chapters.

But otherwise, if you're wondering about how to get your Theta Love up and running, and how to use it effectively, both day and night, check out Appendix I first. Then you can already have your Theta Love close by, beginning to interact with your field, as you dive into reading the Handbook.

Our intent in writing this Handbook was to create a reference book that you can return to, time and again, to find answers to your questions. Please feel free to read the sections that you're wondering about first, and return for more later... or to read it from front to back, if you prefer.

If you're a front-to-back kind of reader, Chapter One will help you understand how and why the Theta Love actually came into being – the Creation Story, as we experienced it.

But if you prefer to go for what you're most curious about, maybe you're interested in the science and research upon which our technology solidly rests. You'll find a lot of information about the research and quantum science behind our technology (written in easily understandable lay terms), in Chapters Two and Three.

Or, if you'd prefer to jump right into familiarizing yourself with the specific frequencies of the Theta Love, you might want to dive into Chapter Four.

Perhaps you're wondering about our unique voice assessment system (which isn't offered by any other sound healing programs or tools on the planet)... and how it can assist you in easily clearing out your old stress habits, both conscious and unconscious in nature - Chapter Five will provide you with lots of exciting new information.

If you're curious about how the Theta Love can help you clear out old limiting belief systems and stress, Chapter Seven gives some of the background information, and Chapter Eight offers 18 specific and powerful tips for moving through resistance to change, within greater ease and grace...

Alternatively, if you'd prefer to start with understanding how others just like you have begun to experience profound shifts in their daily lives, Chapter Nine offers some feedback from other Theta Love'ers.

Please don't forget to check out our Appendices too – we've organized information there about our free tele-seminar series, answers to frequently asked questions, a helpful consciousness questionnaire for you to use (to help monitor your progress)... as well as several other goodies too.

No matter where or how you choose to begin your exploration, we hope you in-joy the amazing journey you're about to begin with your Theta Love.

We invite you to share your stories about these shifts with us, too. Please feel free to keep us in the loop, about how this unfolds for you, and if you have any questions which aren't addressed in our Handbook. We love to hear from our Tribe!

[What Can You Expect, Living With Your Theta Love?](#)

1. An enhanced ability to focus on solving your life's challenges;
2. Increased awareness and intelligence;
3. You will enter into 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 finally learn how to solve some of your deep internal blocks and problems yourself, so you will have a reduced need to shop... or spend money eternally on seminars, workshops and courses (which don't really solve your problem, but leave you on the emotional roller coaster ride of endless seeking outside yourself to find the answer)...
9. You will finally realize that the answer lies within you - if you would only look there.
10. You might even feel happy or blissful for hours each day - for no reason. Just happy and content that your brain is working 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.

Remember to:

Unwind the old stress-story...

Un-memorize the myth (of limitations for you)...

Return to the still-point...

Breathe.....

We hope you in-joy the amazing journey you're about to begin, in connecting with your Theta Love.

Let the Journey begin!!

"The Theta Love iQube is the quantum leap that you have been searching for. It is the paradigm shift.

If you have been searching the planet for something that raises your frequency, shifts your consciousness and retrains your brain to a new level of being—this is it...

It removes years from your frustrated attempts to stabilize higher states of consciousness through courses, workshops and therapies.

If you are interested in shifting rapidly into fulfillment, love and purpose, this is your instrument".

Robert Lloy, Creator of the Theta Love iQube



Chapter 1 – The Theta Love Story

We were meditating deeply, Robert and I, looking for a way to manifest more unconditional love on the planet.

But our inner guidance seemed to be suggesting that humanity and the planet weren't ready for more love.

I couldn't believe I'd come to a planet that wasn't ready for more love. We *had* to find a way to address this. And finally, the Theta Love was our answer.

I was actually in shock once we developed the Theta Love, and turned it on – I realized it's why I went to India and studied in ashrams for years – I *instantly* recognized going into theta state – it felt so familiar.

And what a blessing to have the Theta Love get me into Theta so easily.

From Robert Lloy –

"We were inspired to create a Theta Love iQube to uniquely encourage the release of deep stress while stimulating various bliss areas of the brain.

Our custom frequency program plays the necessary Theta, Beta and Alpha frequencies. We added some feel good programs to balance the stimulation and rest cycles.

We remained silent for many months while work continued on the development of this precious gift. Our personal experiences during testing were beyond our expectations...

"I Know What Love Is" became our theme song. The bliss states have become our best friend.

It's difficult to imagine how the descent of humanity disconnected us from our Divine Loving Self. How did we ever convince ourselves that we were not worthy of love, that we were not special. God does not build junk! We lost our self-empowerment, and allowed others to control our destiny.

During our months testing the Theta Love iQube, we were also absorbing the hidden knowledge related to the brain, organs and glands.

Just as the brain has continued to shrink over time, the organs have suffered as well. We added a wonderful program to Theta Love to stimulate the brain.

We also included special frequencies to stimulate the higher spiritual glands. It's common knowledge that the pituitary is not working - it has shrunk from golf ball to pea size.

*Unless blood flow can be increased and the glandular system stimulated, humankind's hope for better health and, more importantly, for spiritual liberation in the body is not possible. **These systems must be brought back on-line.***

This downward spiral has been going on for thousands of years. Over the centuries many approaches have been presented to humanity. The solution is rather simple, and many Divine Souls have appeared and tried to teach it, but the downward spiral has continued.

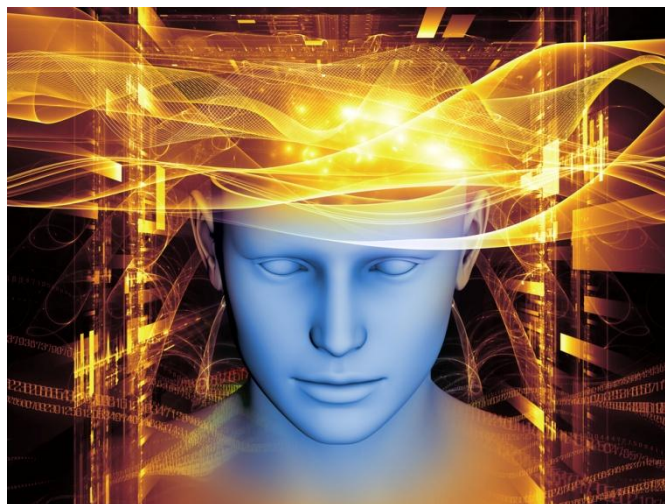
True spiritual development lies in the power of love and one's ability to be loving.

Humankind has misunderstood what the power of Love really is. Love is not a feeling, nor a flavor, or even an emotion. It is the path of least resistance. It requires the traveler to be in the Divine Channels and "NOT QUALIFY ENERGY". To be in the NOW.

When one descends into a huggi-suit (physical body), the ego quickly takes control over the soul, and fights to remain in control. For centuries our higher spiritual centers have been prevented from operating properly by a shrunken brain and poorly functioning glands.

The side effect of tapping into the Theta realms is bliss. When we are in bliss we express the virtues of love, kindness, compassion, friendliness, etc. We've always stated that feeling good is just that – good.

And one cannot have too much bliss. It is your birthright."
Robert Lloyd



Chapter 2 – Understanding How to Use Your Theta Love iQube for Self-Healing

"I am absolutely living in a state of unconditional love. When you truly open your heart without conditions a whole physiological change happens.

There is something so deep within you that happens. You touch oneness.

*The Theta Love... provides the doorway to open the heart and the mind.
In the past we did not have a way to anchor a high vibration. It is like moving from a love vibration of 200 to 1,500 in a matter of moments, days and weeks.*

*You don't have to understand it. Let's just embrace it."
Bill Little, Canada*

After 30 plus years of dedicated research and ongoing creation, finally a synergistic science has emerged...

One that actually in truth cracks the code to your personal transformation...

While making your home a coherent sanctuary of good vibrations... centered in Love.

And it's plug and play.... (it just doesn't get any easier than *this!!*)



How Much to Use Your Theta Love IQube

*First, and most importantly, we do recommend that for maximum benefit, you play your Theta Love pre-programmed frequencies **all the time – day and night.***

Why? There are four super-important reasons...

1. EMF's
2. Neuroplasticity
3. Re-training your brain
4. The psychic drill

Let's look at each of these, in more detail.

1. Electro-Magnetic Frequencies (EMFs)

The Theta Love iQube builds a highly coherent scalar field of energy. And one of the benefits of living within this scalar field is that it cancels out dissonant energies, such as those emitted by man-made technologies (like radio-masts, cell phone towers, satellite dishes...).

Maybe you're among those who've actively been looking for a solution like this, to counter the deleterious impact of EMFs on human health...

Or, perhaps you're like many people, and don't realize just how much pollution from dissonant frequencies of cell towers, radio masts, and satellite dishes we're all experiencing at this point... 24/7 and 365.

The research is only now beginning to catch up with the significant health concerns connected to EMFs - specifically to the man-made electromagnetic frequencies connected to modern-day communication technology... like those cell and radio masts, and satellite dishes... and cell phones.

(For more information about the scientific health concerns related to EMFs, the documentary, which can be seen on You Tube, "[Resonance – Beings of Frequency](#)" provides cutting edge research findings).

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 natural Earth 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...

Did you know? 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...



Have you heard?

- ✓ More than 16 countries around the world, including Canada, Switzerland, France, Italy, Luxembourg, Austria, Poland, Bulgaria, Israel, Hungary, China and

Russia, and Australia... have now adopted policies which ban or limit the use of Wi-Fi in schools...

- ✓ With guidelines also advising precaution in the use of mobile/cell phones by children.
- ✓ As recently as July 2013, the Israeli government was ordered by the Supreme Court to investigate how many children in Israel were suffering from Electromagnetic Sensitivity (EHS).
- ✓ In 2007, after the Bio-initiative Report was released, the European Environmental Agency immediately called for a limitation of exposure to EMF radiation, from cell phone towers, cell phones and Wi-Fi.
- ✓ A ban on WiFi use in schools (with a recommendation of wired internet use instead) has been called for, by the Council of Europe.
- ✓ **In 2011, the World Health Organization changed the danger rating of cell phones, reclassifying them as possibly carcinogenic to humans.**

No longer mere conjecture, the health risks from cell phones and cell towers have now been long recognized by major governmental bodies around the world.

One of the disrupted functions created by EMF's from cell phones, happens in the pineal gland's production of melatonin.

Melatonin is 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 EMF's disrupt our melatonin production at every step.

We share this information because we believe that what Prof. Denis Henshaw (of Bristol U.) 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.*"

The Theta Love is a powerful precautionary tool. The coherence created by the scalar field helps dissipate and cancel the effects of the dissonant frequencies, including EMFs, around you.

How Does It Do This?

Scalarwave technology generates a coherent field. There is clinical evidence that it may reduce the impact of radiation/EMFs, *because coherence is a stronger field than dissonance.*

This is evidence of the Cancellation Effect... It's 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.

Imagine stepping into an oasis, from a raging desert storm of dissonant environmental energies... The sucking action of the scalar vortex in the Theta Love pulls out the imbalanced energies which aren't in alignment with the coherent field of the Theta Love. This sucking action also helps to nullify the deleterious impact of the damaging EMFs.

And that's very evident to people, with feedback from our Tribe reflecting this...

"I loaned my iQube to a friend for a week, given she was moving through some huge challenges on many fronts. And I noticed such a difference in my emotional reactivity - with changes in my thinking less clearly, and feeling more scattered. I could feel the impact of all the dissonant EMFs and other negative energies around me, much more powerfully.

As soon as I got it back and turned it on, I felt so much calmer and clearer again. The negative dissonant energies just seemed to get canceled right out. Now I feel like I'm back in my own beautiful sanctuary again. Wooo hooo!" deb, ON, Canada

So, that's powerful reason #1, for keeping your Theta Love iQube on, 24/7. And reason # 2 is also quite compelling...

2. Neuroplasticity

Traditionally, science used to think the human brain was "hard-wired", and thus able to grow *only during infancy and childhood*.

Then, in the mid to late 20th century, some research began to notice that the brain was still growing during adolescence... So the prevailing wisdom then expanded to include neuroplasticity into the mid-twenties.

Now, with further advances in neuro-science, and more advanced tools for measuring change in the brain, it's been *clearly demonstrated that the human brain is capable of growing throughout the lifespan, right up until the moment of death*.

There have been some amazing pioneers exploring neuroplasticity, who really needed to persevere. For them, it's 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 actually overcome them* (rather than just accommodating to them), by training other parts of their brain to take on those learning tasks. Some people who've

lived in agony from phantom limb pain, have re-trained their brains to feel no more pain in the missing limb.

These may seem like miracles (and they are!). If the brain were not neuroplastic, these results would be impossible to achieve.

Among these visionaries, exploring the realms of what's possible within neuroplasticity, is Robert Lloyd, creator of the Theta Love. He's not a scientist in the usual sense of the word, given he doesn't possess scientific credentials. Rather, he's a Tesla-like inspired inventor, who gets information in his dreams. He just goes to sleep and sees it, in pictures. And then he follows through and builds it, according to what he dreamed.

With this specific gift, along with his passion for helping humanity evolve into greater states of expanded consciousness, he's been able to develop stationary iQubes such as the Theta Love iQube.

The Theta Love 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.

By creating a scalar field of highly coherent (organized) energy, which aligns with the brain's neuroplasticity, the Theta Love creates the *optimal environment for growing and creating change easily...*

Even for changing old and ingrained stress-habits which otherwise seem quite challenging to shift.

3. Retraining Your Brain

Within this beautiful scalar field, which provides you with *the optimal environment for growing and making changes easily...* we also offer you pre-programmed frequencies which support your own soul's conscious evolution - *to liberate your spirit by lighting up your brain.*

When played within the sacred scalar field of the Theta Love iQube, these frequencies have been specifically designed to support re-training your brain – away from stress and fear/anxiety, and into more expanded states of consciousness, into living within your greater potential... into what some have called “Love and Above”...

And learning to live there, rather than just visiting... 24/7 and 365.

This means, the more you listen to these pre-programmed frequencies, the faster you're allowing the Theta Love to re-train your brain, away from fear, and into greater pleasure, joy, relaxation, creativity and love.

We've made this as easy as possible for you... It's "plug and play", so you just go about your daily life, surrounded by the scalar field that's re-training your brain! How easy is that?



4. The Theta Love Actually Works Like a Frequency-Based, Laser-Focused Psychic Drill

Our revolutionary voice assessment system (which is optional when purchasing your Theta Love – and more about this in a coming chapter), when played through your Theta Love, drills down on search-and-find missions. Your Theta Love helps 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 then releases ancient stress, which you've long held onto...

Like an **evolutionary human re-set button**, the Theta Love 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's happening on a planetary level, subsequent to 2012.

Here's the truth of real rejuvenation at work: 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.

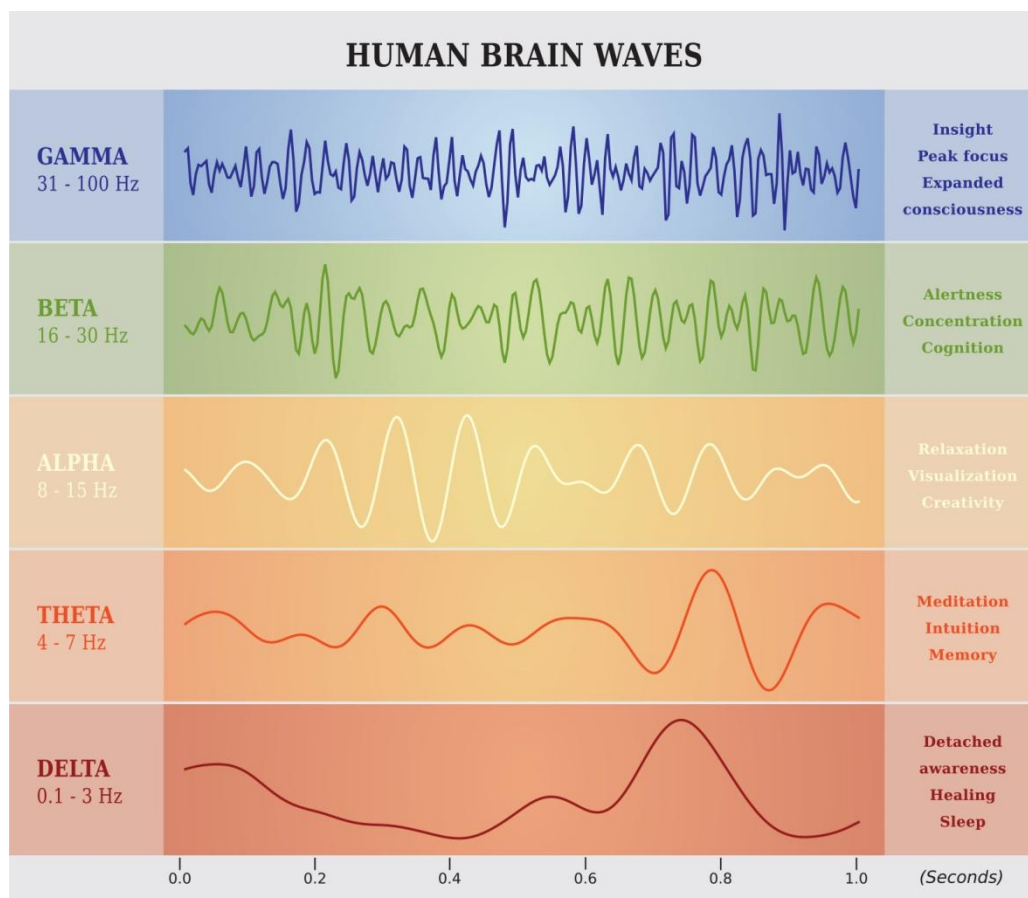
All you need to do is listen. Simple, right?

Chapter 3 – How We Cracked the Code to Bring More Love to the Planet – Our “Ashram in a Box” (Well, in a Qube! 😊): The Science Behind the Theta Love

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

Dr. Octavio Pino, Neuroscientist

Your Brain’s Different Brainwave Frequencies... and How They’re Connected to Your State of Consciousness...



Did you know? Your brain is creating millions of new neural connections every second of your life.

It's a mind shifting research based statistic, and one that demonstrates the extraordinary flexibility and incredible genius potential that lies *hidden within you right now.*

You don't even need to figure out *how* to access your potential – just let our Theta Love do all the heavy lifting for you...

Proven Benefits Associated With Re-Training Your Brain With Alpha Theta Brainwaves...

These brainwave patterns, which the Theta Love utilizes to re-train your brain, 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.*

- ✓ This access allows you access to peak performance and zone states.
- ✓ 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...
- ✓ 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.
- ✓ 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.

20 Research-Based Benefits From Re-Training Your Brain with Alpha Theta Brainwaves

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 see-what's-going-on-in-real-time instruments such as the digital EEG's and fMRI to observe how meditation affects the human brain.

So, the ability to enter the theta brainwave state, where theta wave production predominates, is a valuable one.

Here are 20 more 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.

Also 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 tapping 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.

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.

15. **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.

16. **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.

17. 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*.

18. 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...

19. 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**.

20. 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.

The Theta Love iQube 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.

When used in conjunction with our quantum sound therapy software, the Theta Love iQube can also play soundtracks from your own voice, which can contribute to resolving and dissipating your deeper karmic, emotional and psychological issues.

And because we created the Theta Love iQube to be a plug-and-play, **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 – Too Much of a Good Thing Isn't Good!

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.

For many, Beta 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.

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 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. These inert noble gases are amplified by the scalar vortex. They have many beneficial properties for healing and wellness.

This will support you to change your brain, and change your life effortlessly.

With the combination of the Theta Love's scalar vortexing action, along with the noble gases, and your brain's neuroplastic possibilities, this is a powerful brain re-training tool – as evidenced by many of our Theta Love'ers, who continue to share their transformational stories with us (more on this, in a later chapter).



Noble Metals

In addition to copper, we've also added two other of the master metals – gold and silver (*). Here's why:

Gold - The glands of the hypothalamus, the pituitary and all other organs are rich in gold. Gold affects the entire organism.

It is gold which acts as a mirror hook-up for personality and physical structure. In other words, *gold is the medium by which the spirit balances its own vital forces.*

Gold balance creates a radiance around the body. Gold upsets are always associated with some loss of honor and integrity.

Gold has a direct influence on the mental body.

Silver glistens in and around the body. Silver is an element, which affects the processes of respiration and the elasticity of the entire system.

It has a marked effect on the magnetic cohesion of the whole body. It therefore regulates oxygenation of certain organs and glands, especially those areas of the nervous system and brain which control the fluidity and water level of the body.

This involvement occurs within the posterior pituitary, the hypothalamus, the thyroid and the kidneys.

Silver has a direct influence on the emotional body.

(*Some information on gold and silver was taken from "The Promethion – A Comprehensive Study of the Principles of Life Energy", by Joseph R. Scogna)

Flower Essences

Using our Vortex Miracoils as a delivery system takes the energy signature of the flower essences to a much higher level.

For raising consciousness, we are using Lotus, Green Rose and Silversword...

For our protection programs, we use Aloe Vera, Calendula, Comfrey, Lotus, Pennyroyal, Tansy, Ferberite, Vanadinite, White Quartz and Yarrow Combo.

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.

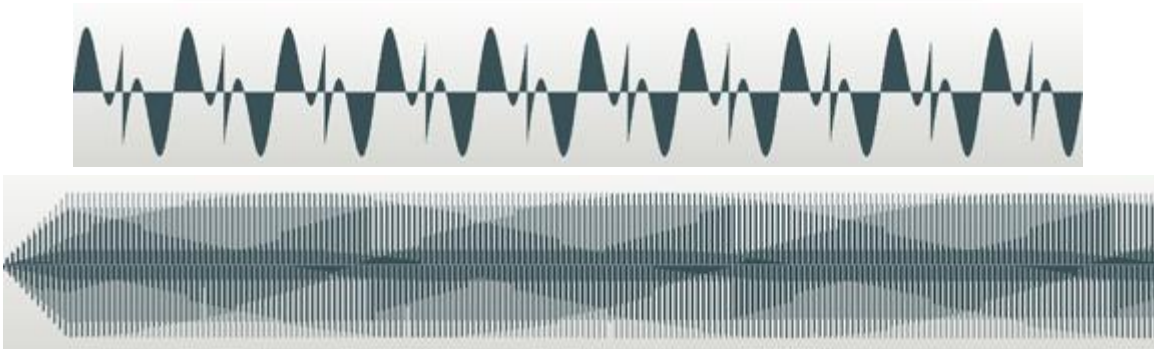
Up until now, it's taken monks, yogis, and spiritual Masters many hours of disciplined, daily practice for many decades, to reach and then maintain their state of consciousness within Theta, Delta and Gamma...

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 Waveform

Examples of our Golden SIX wave form



Our Golden Six waveform was developed by a brilliant programmer, who designed it after lengthy studying of the neuro-science journals at Stanford U.

It then took Robert Lloy over 12 years to find a way to create the Golden Six waveform from this genius piece of programming. It's both complex, and incredibly powerful...

Using a brilliant mathematical algorithm, based on a deep understanding of quantum physics, the Golden Six waveform maximizes the healing impact of the Theta Love's scalar field for you.

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

Robert Lloy shares about the significance of the Golden 6...

"The Golden 6 waveform is the perfect carrier for the sacred geometry in our Theta Love's triple coils. It constructs a complicated interference pattern, which maximizes the creation of new neural pathways.

In traditional binaural beat technology, they create audio tracks with binaural beats, by simplistically beating two frequencies together, creating a shift which can occur on a minor scale.

With the Golden 6 waveform, we finally discovered how to beat six beats together. In other words, instead of two beats, we're actually producing six of them. This creates an interference pattern of dynamic shifting into four dimensional space (the three spatial dimensions plus time).

*And then those six also go through a phasing equation. This results in your brain experiencing new phenomena such as phantom sounds and tones, within the silence between the different audio frequencies being played... **indicating an actual expansion of dendrites in the brain...***

*In other words, you can actually hear your brain growing new neural pathways... And **this phenomenon also indicates an increase in your consciousness.***

It's an incredible, truly incredible piece of code".

"Not Just Another Pretty Face"

Designed to open up new neural pathways, the ultimate goal of the Golden Six waveform was 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 finally moves us back 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 EMFs all around you...
- 5) And re-training your brain into expanded states of consciousness, associated with relaxation and inner peace.

The combination of the Golden Six waveform with both our pre-programmed Theta Love frequencies and your individual balancing frequencies (see next chapter for more on this), goes beyond our 5 senses into our subtle bodies. Acting directly as a psychic drill, these specific sound frequencies de-armour our defensive ways of trying to protect ourselves from further pain and suffering.

It's these defensive armouring strategies which we first created as young children, 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 Theta Love's 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 maximizing the clearing of your stress, and developing new neural pathways in your brain. Together, this combination begins to support your maintaining and sustaining greater joy, relaxation and creativity... to help you evolve into new states of expanded consciousness,

So that's the transformative power of the Golden Six waveform. Taking advantage of the human brain's neuroplasticity, it helps create real and lasting change: in your brain... and in your consciousness. It's an evolutionary game changer.

Sounds pretty good, right? It is! Lastly, let's look at...

[The Importance of the Quantum Brain, and How the OM Pocket Interacts With It](#)

Most of us think of the human brain helping us function primarily in linear terms – first we do this, and then we do that... But that's just in the left hemisphere... the "linear processor" in the brain.

Meanwhile, the right hemisphere processes information quite differently – in parallel, and/or in circular fashion: this is the brain's quantum processor.

Dr. Octavio Pino, a highly esteemed neuroscientist, researcher and founder of Psychoneuroenergetics, shares the following about the quantum brain and our Quantum Sound technology:

"How is the brain capable of downloading information that's around us, in the form of waves and frequencies? It's because we live in a world of information, light and energy.

The brain is not just the physical brain, the neurons, which you can dissect and observe. The brain goes beyond that, and interacts with the electro-magnetic field around us... and in itself produces a field. The quantum brain exists as a hologram and has a vast field.

The area of the brain in the right hemisphere (which is capable of absorbing energy like an antenna) is actually more engaged when we're asleep and in meditation... so it's more receptive to programming – because it works at the quantum level, with the subatomic particles which are also waves.

The brain resonates with the iQube. The brain waves then become coherent with the waves emitted by the iQube, and one can actually create new neurological connections and learn new things.

The key to awakening your quantum brain lies in quantum physics and the quantum dynamic field. This technology effectively trains the quantum brain by learning within resonance, at the frequency that's being inputted."

Dr. Pino states that the scalar energy in this quantum dynamic field resonates and trains your quantum brain, so that you're uplifted effortlessly into the field of pure consciousness while you work, play, rest or meditate in your home or office environment.

In Dr. Pino's words:

"This is the only technology in the world today that is teaching the quantum brain to function."

Dr. Octavio Pino, Neuroscientist



[Chapter 4 – Discover How the Theta Love is a R/Evolutionary 21'st Century Soundtrack Solution: To lift You Out of Overwhelm and Into a Fearless State of Loving Flow, 24/7... For Daytime and Night-time Support](#)

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 they're too busy to add yet another task to their day!

This scalar energy tool *effortlessly* 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 turning it on, and leaving it on.***

[The Specific Pre-Programmed Tracks in Your Theta Love](#)

The Theta Love iQube comes with 4 powerful tracks to help you elevate to Love & above.

Since 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 gives 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 in length 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).

1. Theta Love frequencies – These beautiful frequencies are the heart of the Theta Love. These frequencies contain:

- ✓ **Heart opening frequencies** – First, a reminder about where we're all growing from, and then within this, how these frequencies assist us...

Once we've experienced being wounded while standing in our essential Light, as infants/young children... and life on Planet Earth has continued to be suffused

with trauma and multiple stressors... it can become much more challenging to keep our hearts open to love... to feeling safe enough to step into our Light, and to love with a wide open heart.

The matrix of fear and separation can be so powerful, so enticing. And yet, the times we are living in demand that we awaken to walking more consciously, to relearn to love unconditionally, and to heal – first ourselves, and thus to contribute to our human family's healing and evolutionary journey.

This heart opening frequency assists us in this journey from living in fear back into living in love. And, once this frequential shift is stabilized in our brains, in our Be-ing, our consciousness shifts too. We are open to living within our own Light, and seeing the world differently.

So, 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.

- ✓ **All glands** - In addition to opening the heart, at the center of the intent with the Theta Love iQube is supporting the de-calcification of the glands...

"Unless blood flow can be increased and the glandular system stimulated, humankind's hope for better health and, more importantly, for spiritual liberation in the body is not possible.

These systems must be brought back on-line."

Robert Lloy

These frequencies support glandular stimulation and health.

- ✓ **Pineal activation** - The pineal gland is also called our 3rd eye. Along with all our other master glands, it's *incredibly* important to our human evolution.

However, some studies have shown that the pineal gland has been shrinking, and becoming calcified...

That EMFs affect pineal gland functioning...

And that working in front of a computer for long periods of time, also contributes to the shrinking of the pineal.

We feel passionate about the need to bring all the glands back online, to including the beautiful pineal gland. This pineal activation track works at the level of sound frequencies, to support the re-activation and opening of your pineal.



✓ **Focus frequencies for balance**. These are designed to stimulate the frontal lobe and also provide grounding.

2. Chakra Octave Waves – Ocean waves provides an opportunity for your brain to “rest”, allowing for consolidation of the growth stimulated by the other tracks.

3. Schumann Resonance frequencies – This is 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, and in your environment.

4. Focus frequencies - Activate the frontal lobe for enhanced concentration. This can shift you quickly from an emotional state, to a state of clarity, concentration, intuition and productivity.

As it assists with focused attention, this track should be used when you are studying, working, or needing to resolve a problem or issue creatively.

We have some wonderful, creative tips in later chapters, to help you get the most out of listening to your new frequencies.

But before we go there, we just wanted to let you know about how you can also use a Theta Love iQube, in combination with your own personal, unique voice, to powerfully shift your own individual stress and release your old suffering-stories.



Chapter 5 – Voice Assessment: What’s in Your Voice is In Your Life: Find Your Frequency and Use Your Own Voice to Heal Yourself – Using Your Personal Balancing Frequencies (for real in-time sound therapy available 24x7)

What is Your Happiness Worth?

“What is my happiness worth? It is worth having waited half of my life for this...A moment of Presence makes all the years worth it.”

Theta Love’er Elizabeth Gilliam, Acupuncturist , N. Carolina



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

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 planting “happiness trees”, your new brain maps start off as saplings. But over time they develop new and more extensive branches, until they’re very well-developed in your brain. This is one of the big benefits of playing your Theta Love all the time. The new relaxation patterns and creative habits created by your brain’s new growth deepen over time, and easily become your preferred reality.

However, when you purchase a Theta Love iQube, you also have the capacity to purchase our voice assessment software. This means you can use your Theta Love to do your voice assessment sessions.

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 and easily help you clear out 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 that are exactly the same.

Plus, 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 also clearly reflects the exact energy blocks that may be sabotaging us.

By assessing these blockages or stresses correctly, our voice assessment technology is able to develop a set of frequencies that pinpoint, balance, and release that stress. These balancing tones are like a tuning fork to release pent-up blockages, memories and patterns of self sabotage.

In essence, our software program assesses these blocks and then creates frequencies that vibrate them away! Or, as Robert Lloy says, "We find your stress"... and release it with your own personal, customized frequencies.

How Does a Quantum Sound Session Work?

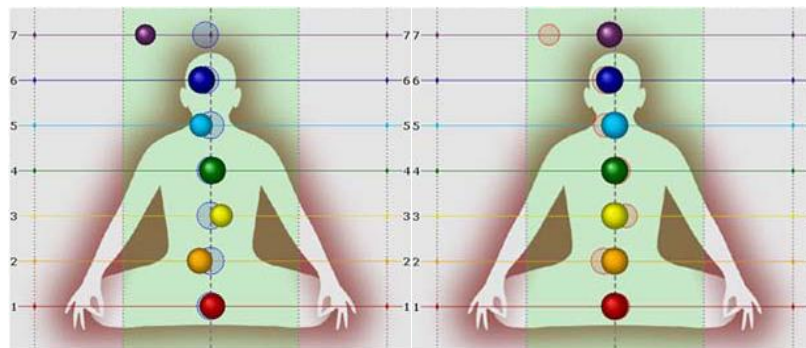
It's easy. We take a brief 10 to 15 second sample of your voice. This can happen either in person, with one of our trained Quantum sound practitioners, or via our Cloud Sound Therapy program (online).

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

The set of frequencies that's developed releases stress at the "quantum" level, when played through our Scalar Vortex Miracoil Technologies, like the Theta Love.

The following two pictures were taken with a GDV camera (a more advanced form of Kirlian photography)... The one on the left was taken just before the quantum sound assessment session – notice how out of alignment some of the chakras were.

The one on the right was taken ½ an hour subsequent to the first one, after the person had listened to their personalized frequencies through once. Look at how much more balanced the chakras are now, after only ½ an hour of listening!



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

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.

When Should You Have a Sound Session?

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 voice analysis 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 analysis, 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... The program then creates a 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).

If you purchased the optional voice assessment software program with your Theta Love iQube, you can do your own voice assessments whenever you desire.

If you didn't purchase the software program, you can still have your voice assessed, either via one of our sound therapy practitioners, or via our Cloud Sound Therapy...

To access Cloud Sound sessions, please click here...

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

When Should You Play Your Balancing Sound Frequencies?

While we recommend listening to your balancing frequencies at least once a day, you can re-listen to them more frequently than this - as often as you wish, each day.

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.

*"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

Your Cloud Sound Frequencies and Your Theta Love

You can *also* put your balancing frequencies on your MP3, along with your pre-programmed frequencies, to play through the scalar field of your Theta Love.

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.



How You Can Use Your Personal Tones

There are two options for how to use your individual balancing tones... and 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, 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!)
2. Feel free to also just listen to your own individual balancing frequencies as you go about your day – you can listen at home played through your Theta Love...

3. 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.
4. We recommend, in the beginning, that listening once or twice a day to your own personal frequencies is a wonderful habit to build.
5. The rest of the time, your pre-programmed frequencies are a fantastic support to helping you reach, and learn to maintain, living within an expanded, relaxed and joyful consciousness.

How Often Do I Schedule a New Sound Session?

Though this is largely a matter of personal preference, there are a couple of guidelines we suggest:

1. The most frequent we suggest is every three days, with listening to your frequencies over those three days as much as is comfortable for you. Having the three days allows your body to more fully process and utilize your balancing frequencies, to clear out the stress associated with what was out of balance in your voice.
2. The least frequent we'd suggest is every couple of months. This really depends a lot on how frequently you're listening (obviously, if you don't listen regularly, you won't be getting the maximum value out of your tones, and your balancing from them will take longer).

Within those general parameters, there's a lot of flexibility. It's best to listen to your own intuition: you'll know when you're ready for a new set of tones, when you feel you're no longer getting as much out of listening. That means you've integrated the missing tones, and have integrated them.

You're ready for a new set.



Chapter 6 – Time to Heal Your Story... Brain Wave Training: The Mystery of Your Neuroplasticity

Story-Tellers and Meaning-Makers

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...

We try 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.

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.

Our Stress-Stories

These ancient stories about who-we-are and what we believe our limitations to be... all were initially created 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 which 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 in 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, Your Frequencies, and Your Theta Love iQube?](#)

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...

To then try 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 Theta Love iQube 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 Theta Love frequencies...



How Does It Do That?

All of the Theta Love frequencies 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 scalar field created by the Theta Love iQube is very coherent. Its vibrations support and enhance 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, the coherence of the scalar field and the brainwave states, create new opportunities for re-wiring of your brain... into an expansion of what you've known... into greater balance. *In the process, dissolving the stress created by those old stories.*

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

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

You don't need to "do" anything, except listen to your pre-programmed frequencies... and your own individualized balancing frequencies (which are generated by analyzing your personal voice – more on this in a later chapter.

When we let go of our old suffering-saturated and limiting stories, the neuroplasticity in our brains opens us up to brand new ways of learning things we might not otherwise expect to learn...

How easy is that?

[Chapter 7 – The Gift of Your “Unconscious” Resistance...\(And Yes Your Ego Will Hijack You & Stop Your Progress If You Let It... It’s Like a Selfish, Spoiled Child That Only Wants Its Own Way & Will Do Anything to Get It\)...](#)

How can resistance be a gift? How’s this connected to your Theta Love (fondly nicknamed by many of us, the TLC) frequencies, and reaching those beautiful, expanded states of blissful consciousness?

These are both great questions... And we’re including this chapter because it’s really essential to understand this.

[Why? Initial Experiences](#)

Lots of times, when people first begin working with our train-your-brain frequencies of the Theta Love (and with 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).

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 Theta Love iQube isn’t “working” any more...

And they’ve missed the point of our frequencies and the Theta Love iQube... by not understanding the gift of resistance, when working with our tools...

Because, sooner or later, the Theta Love **is 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.**

[Our Stress-Stories: A Closet Full of Boxes](#)

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.

Of course, 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.

However, the first pattern that's frequently embedded in all of us, as an intrinsic part of living in separation or duality-consciousness, is... resistance. We're just so used to habitually resisting change, that *even our patterns of resistance are unconscious, unseen, and un-noticed by us.*

Well, isn't that the biggest part of our human predicament – *we want change, but we don't want to leave behind the comfort zone of our limited beliefs, thoughts, and habits to find it.* We're so used to living small, inside the confines of our oldest stress-stories, that stepping into change can in itself create stress. And evoke resistance.

(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 if we could challenge our resistance patterns, to even be able to *only double 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... And while we're unconsciously resisting upsetting the apple-cart, created by the disequilibrium of change.

So what we've found is, The Theta Love's frequencies 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 lot more space... and more room to breathe deeply again! That 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 brilliant 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!!

[Making Friends With Your 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 Theta Love!!

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 lot 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 lot of your psychic energy.

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...*

By seeing it as the helpful friend it truly is.

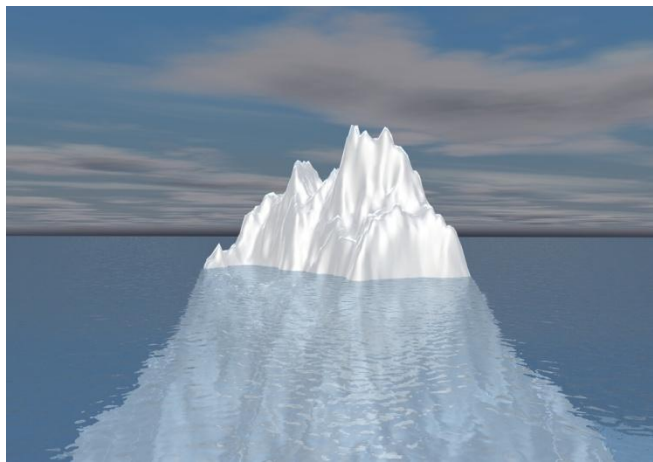


What to Do When You Feel Resistant – Do It Now

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

If you think of our human consciousness as an iceberg, where most of it is hidden underwater (in our sub and unconscious), then frequencies of the Theta Love and your voice assessment become like a psychic drill that drills down into those depths, releasing old stressors you may not even be consciously aware of carrying.



That resistance you feel is letting you know that the drilling is shaking something loose – a chunk that will float up to be released.

You can use your discomfort or resistance as an opportunity to consciously shift... .. even if you have no conscious memory of what you're shifting

So, for those with a Theta Love, we suggest holding the (optional) handheld Miracoil, or touching the iQube... and using your intent to connect with the scalar field.

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..." Or, "Unwind the story"... And just 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.

That's the Gift.

Your Theta Love will bring old emotional and mental "junk," old hurts, old woundings, to the surface of your consciousness, in order for them to get cleared.

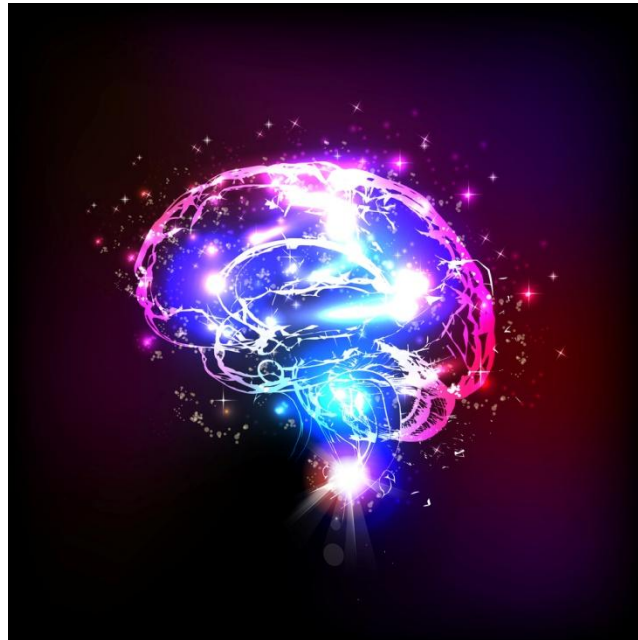
That doesn't mean your Theta Love isn't working!

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...

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 turn to your Theta Love... and do your Happy Dance!

It's a good sign that your Theta Love is working as intended... Indicating that an important releasing is in the works.



[Chapter 8 – Your Quantum Leap... How to Get the Biggest Breakthrough From Your Theta Love](#)

“One of the most profound aspects of having a Theta Love iQube is knowing that we’re contributing to the wellness of not only ourselves, but for those who live in a 2,000 mile radius around us.

Imagine these powerful frequencies of love pulsating in the hearts of so many without them even knowing.

Thank you for bringing LOVE to our world!”

Jeanne Hoag, Canada

[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.

Remember, 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”... or, “Unwind the story”... 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 Hand, Right Hand

This is an awesome tip about the Theta Love IQube’s (optional) hand-held Miracoil. Holding the hand-held unit 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 TLC’s field/vortex 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 it 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 Theta Love’s hand held Miracoil in your right hand, and allow whatever it is, to release from your energy field.

We suggest you play with this, with your hand held Miracoil – 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 Theta Love’ers’ experiences...

The Role of Understanding and Mental Analysis

In many of our lives, among us Theta Love’ers, 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 Theta Love, 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 it! 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)!

[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 Theta Love 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...

[Do's](#)

If you're experiencing any of these stressful feelings, please do put on your own voice assessment frequencies... Hold your hand held coil, if you have one, in your right hand, (or touch your Theta Love with your right hand) 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).

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 the Theta Love and your balancing frequencies will do most of the heavy lifting, it still requires that you 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 Theta Love, 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...



18 Tips and Techniques Which Can Be Helpful, if you're feeling lost in the darkness.

1. **Listen to the pre-programmed frequencies /ots daily (Make sure you leave Theta Love turned on 24/7)!** It will deeply accelerate what you're clearing.
2. **Play your own individual balancing frequencies.** And if it's been a while since you last did a voice analysis session, either do one yourself (if you also purchased the software for this, when you bought your Theta Love)...

Or, arrange one with Sound Therapy practitioner (if you feel you need some additional support).

Or, book an online 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!

3. **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.
4. **Take a salt bath** – you can add some aromatherapy oil, and light a candle if you'd like... Relax.
5. **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.
6. **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.
7. **Take a nap, or meditate**, to regain some energy.
8. **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.

9. **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.
10. **Try a fire intention ceremony:** Light a fire, even if it's just a candle. Take a piece of paper. (Hold your Theta Love's hand held coil, if you have one) 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 it's complete.

Now take 3 to 5 really deep centering breaths...

Hold onto the handheld coil (if you have one) with your right hand (or otherwise touch your Theta Love with your right hand). 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... Speak to your willingness to surrender it now. And wait until it's burned completely.

Now, take a few more deep and cleansing breaths...

And (with the handheld coil, or touching your Theta Love, with your left hand) 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 aloud what needs to be spoken what you're welcoming in.

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?

11. **Journaling your journey** can be helpful in keeping the small (and not-so-small) shifts and changes in your conscious awareness. And/or...
12. **Use the Quantum Sound Change checklist** in Appendix II 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, 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 people experience with our iQubes (which other iQube owners have already noticed in their lives) – we've put it in Appendix II.

13. **With a Theta Love - 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 the Theta Love *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 increase the vortex, hold your Theta Love's handheld coil in one hand, and repeatedly move it in a figure 8 pattern. This will further activate and increase the energy of the vortex, and the development of new neuronal pathways in your brain. And open your heart chakra.

Some Theta Love 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!)

If you have one of the optional hand-held coils, and you're clearing old patterns or stress, here are some other ideas for you to try:

- 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.
- 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. If you're a practitioner, or just demonstrating or sharing your Theta Love with others, using the figure 8 with the hand-held coil will intensify the field, and help them experience the energy of the Theta Love 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 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.

- 14. **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.
- 15. **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.
- 16. **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 Theta Love frequencies will help you uncover your joy...

17. **“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.

(Check our FAQ's to understand how the Frequency Following Effect, The Ripple Effect of the quantum field, the Law of Intent, and the Law of Resonance all contribute to the power of working together with the Theta Love Qube in small intentional groups).

If you don't have a TLC yet, but want to work together with a small group of friends... you can get together, set a group healing intention...and listen together to one of the tele-seminars and then the guided visualization... while you all sink into the meditation (See the Appendices for more details about the teleseminars). Then share about each of your experiences...



With a Theta Love IQube – It doesn't get much better than this, for working with conscious, directed intent **for your own healing, as well as the healing on the human collective level, and the healing of our planet.**

Getting together with your friends, listening to these frequencies, being in the sacred scalar field of the Theta Love... Doing some intentional healing, using intention and whatever skills/gifts you each have to contribute... *This 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 scalar field to do so.

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

18. Morning Theta Love practice (with a Theta Love Qube and hand-held coil) – 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 Theta Love IQube frequencies playing (you can turn the volume down low, or turn the volume off during the night – your Theta Love will still be broadcasting the frequencies),, and your hand held unit by your bedside (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.

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 your morning Theta Love practice: With your eyes still closed, and waking slowly, reach for your hand held coil...

Keep your eyes closed sinking within relaxation in the theta state...

Now, consciously connect with the Theta Love field... and then 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 three years...

OK, *now* we invite you to imagine that, at the same time you’re doing *your* Theta Love practice... some of our other Theta Love’ers are too... When 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 Theta Love, within groups of people all intending the highest and best for all??

Remember, the scalar field in each Theta Love is a field of multiple dimensional realities... and the arcs between each Theta Love reach 2,000 miles... *inter-connecting all the Theta Loves 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 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...

Whichever of these tips that you try, or creatively design 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!!



Chapter 8 - The Theta Love Story from our Theta Love'ers - Sharing the Joy of Our Collective Mission... to Raise Our Personal and Planetary Frequency



Ann Sahadath, ON, Canada shares: "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."



"I felt a deep sense of peace. Everything in the world is in order." Ellen Burkett, Colorado



As soon as you step into the field generated by Theta Love, it is just amped up. You must have this in your home to keep the energy high." Henrik Cervin, Naples, Florida



My husband and I are spiritual coaches and Reiki Master/Teachers. I know that LOVE is the answer to living with passion and purpose.

In my work with clients, I emphasize the need to "think and know" not from the mind but from the heart. Wise words, but difficult to follow when the ego has been in charge of the mind for so long-how can we allow the heart to control our destiny?

In March of this year I said to my husband, "We need a Theta Love iQube", and he said, "Why? We already have a Focus iQube." With my mind out of the way I told him I just knew...

We've had it in our home for almost 2 months and I can report with utmost sincerity that "my ability to know with my heart" has increased to what I would describe as a highly developed Frequency of Love.

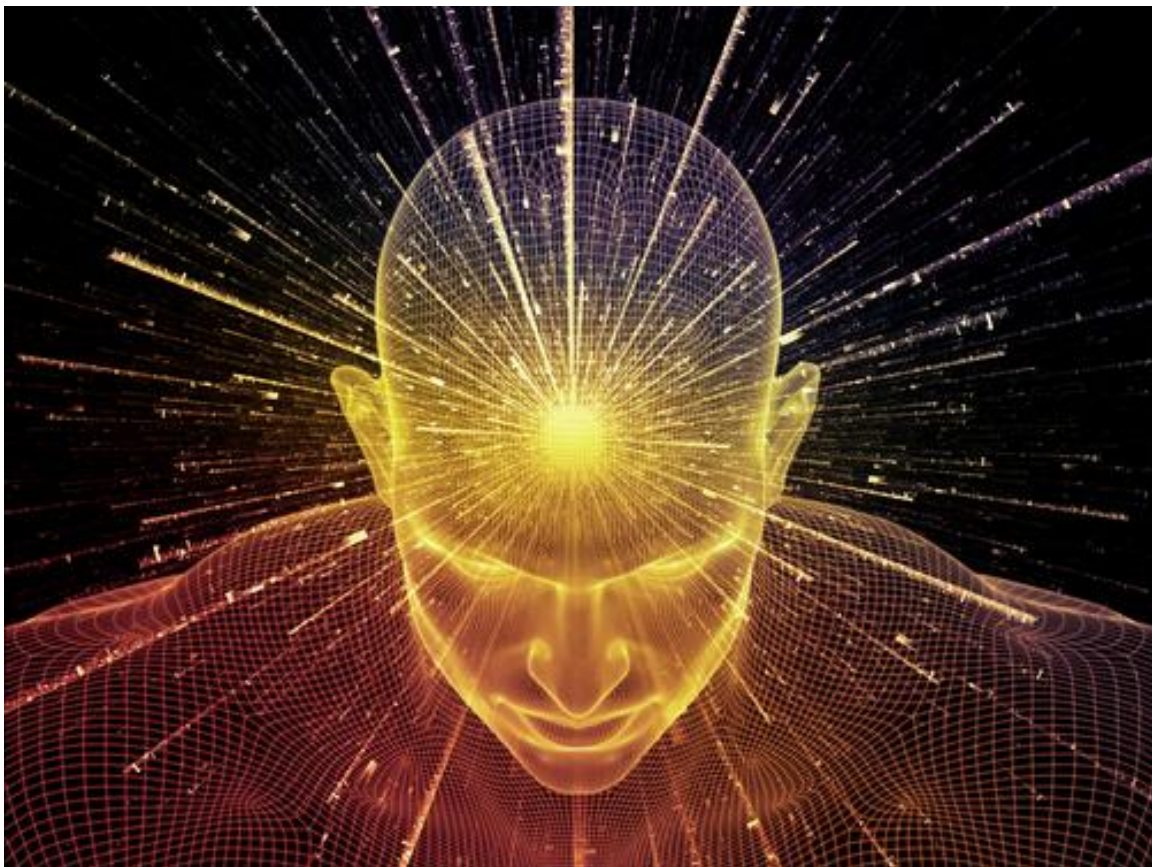
My intuitive abilities have increased as I feel more directly connected to the hearts of my clients and those around me.

I am longer judgmental (a trait I longed to be free from). Instead I feel a deep sense of compassion for and acceptance of others.

My husband also reports an increase in healing energy and an ability to rest his mind, so he can meditate more deeply---something he has struggled with in the past.

Relationship issues between myself and my husband have gradually lessened. We can now allow whatever emotions to arise; recognize them for the lessons we are meant to learn and then let them go.

This is also evident in the day to day interactions with others. Those who come to our home comment on the beautiful energy that they feel, and want to know our "secret."
Jeanne Hoag, Canada



Epilogue

The Theta Love is your high speed elevator, lifting you higher... faster than you might imagine possible... out of human suffering, and into your field of dreams!!

"It's our mission to circulate 1200 Theta Love iQubes throughout the world, in order to awaken the heart of humanity to greater love and well-being..."

Theta Love is a simple to use instrument that plays 24x7 to raise your "love vibration," so you may live your life free from fear.

It's based on the science of re-training your brain, within a field of highly coherent energy, created by the Theta Love iQube .

The Theta Love Mission will be composed of 1200 founding members who support the upliftment, heart opening and awakening of humanity by conscious entrainment with coherent energy fields.

Each Theta Love iQube creates an arc which spans 2,000 miles and has been estimated to be the equivalent to about 4,400 meditators.

Each new Theta Love amps up the energy field for you, for all the members of your family, and in your community.

It is the high speed elevator to higher states of consciousness! Don't miss this ride!"

Robert Lloy, Theta Love iQube Creator



If you've already become a Theta Love'er, we want to thank you deeply for your vision and your commitment to raising the vibration on this planet into Love & above, by raising your own consciousness, and also assisting those around you in raising theirs!!

If you're reading this as part of your quest to know more about the Theta Love iQube, we want to thank you deeply and profoundly, for saying YES to reading about our Theta Love.

And we hope you'll also consider joining us in our mission – to get 1200 Theta Love iQubes onto the planet... to stabilize the quantum field of Love here, within human consciousness.

The Theta Love iQube will help you... help your family, your friends, your pets... people in your community and beyond (given the 2,000 mile arcs created by each TLC).

Know that when you say YES to becoming a Theta Love'er, to your own freedom from stress and limitation, you are also part of a much bigger journey for humanity...

Your Theta Love will connect on a quantum field level, to all the other Theta Love iQubes on the planet, creating a sacred scalar grid for the new golden Age we are stepping into... A Golden Age of re-awakening the field of Love on planet Earth...

Your work with your Theta Love will be part of creating and expanding the ripple effect of all 1200 Theta Love iQubes...

So collectively, the impact of your individual work, of your willing heart, joins with the other 1199 Theta Love'ers, to be part of the exponential impact on human consciousness on Planet Earth, during these transitional times...

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

Do You Feel the Stirring Call of Love in Your Heart?

Are you ready to say "YES"!! to joining our r/evolution for Love!!!

We want everyone who feels the call, to be able to bring Harmony home. So we have affordable, flexible payment plans available. To make arrangements to bring Harmony home, you can either call Helena at (501) 588-7109.

Or email Helena at helena@quantumsoundtherapy.com

Or go to our website at <http://quantumsoundtherapy.com/products/iqubes/oneness-iqube/>

We welcome you warmly...

Appendix I – Getting Your Theta Love Up and Running

So, you've received your Theta Love. You're likely feeling excited about getting it going, and beginning your journey with it. (I know I was!)

Again, some people are naturally gifted with understanding technology, and how it works. Remember, if that's you, you might want to either skip this chapter, or just skim it quickly, for the information specific to the Theta Love.

For those who aren't as comfortable with technology – this video will provide everything you need to get your OM Pocket up and running, within your own comfort zone. (Yes, even if you and tech have a "love-hate" relationship, so you think this is impossible or at least unlikely)... It's easy and straightforward, once you get familiar with the basics.

<https://www.youtube.com/watch?v=m8fnsMtdS8c>



Appendix II – The Quantum Sound Healing Change Checklist

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

However, in most of our lives, the Theta Love 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 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 Theta Love 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 III – Other Resources For You

Our Free Tele-Seminar 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 I've 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 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 tele-seminar 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 tele-seminar, I 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 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 within 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'er 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 iQube) have been absolutely priceless to my soul's evolution." deb s, ON.
Canada

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

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

2. A Short Video: Introducing Our Scalar Architect

Now that you've had a chance to read through this handbook of information, the science behind our OM Pocket, and our tips and techniques, here's a short, four-minute video, where our Scalar Architect explains the quantum physics of our scalar wave technology:

<https://www.youtube.com/watch?v=Xvhl9pfi1Kg>

We hope all this information supports your clear understanding of how the OM Pocket works, and just how profoundly it can affect your journey into more expansive consciousness... into more of your own unique evolutionary potential.

3. Some More Resources... Our Other e-Books

This e-book is about our Theta Love iQube. We also have our portable OM Pocket (intended to travel with you day and night), and some other stationary iQubes which may be of interest to you.

Our stationary iQubes are all plug-and-play quantum scalar devices which, due to their unique sacred geometry, each create larger scalar fields, which can impact on your home, your community and (with our beautiful Tesla iQube) even contribute to creating planetary change.

You can find out more about them (including downloading their free e-books) here:

Our OM Pocket: <http://quantumsoundtherapy.com/ompocket-iqube/>

Our Harmony iQube: <http://quantumsoundtherapy.com/products/iqubes/oneness-iqube/>

Structured Water: <http://quantumsoundtherapy.com/products/structured-water/>

Cloud Sound Therapy: <http://quantumsoundtherapy.com/cloud-sound-therapy/>



Appendix IV – Frequently Asked Questions...

“I felt a deep sense of peace. Everything in the world is in order.”

Theta Love'er Ellen Burkett, Colorado



How does the Theta Love IQube work?

The Theta Love combines scalar vortex Miracoil technology^[TM], invented by Robert Lloy in 1980, with:

- proprietary sound frequencies;
- scalar vortex technology;
- inert noble gases;
- LED lights;
- 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 Does the Scalar Energy Field in the Theta Love Create 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 this Theta Love, the Focus, the Harmony or the Tesla), or a 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 the Theta Love frequencies daily.
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 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 at an energetic level and create frequencies that vibrate them away!

[How Does a Quantum Sound Session Via the Cloud Work?](#)

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).

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 (like the Theta Love).

These quantum tones are like a personal symphony. 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.

[What About Really Old Stressful Memories That I Don't Even Remember Any More?](#)

Yep, 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 Theta Love'ers have shared with us).

[What Are the Underlying Principles at Work in the Theta Love?](#)

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 Theta Love – 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. Change your brain... Change your life.

