

QI COIL QUICK PROTOCOLS



Click on Picture to Watch the Video or <https://bit.ly/QiProtocols> or from the Tutorial Web page www.qicoil.com/setup/ Quick Start Guide

Qi Energy is like nourishment for your body, mind, and spirit and serves as an essential source of vitality. Just as you consume water and food to satisfy your physical hunger and thirst, meditation frequencies nurture your being.

Use the Qi Coils for as long as they fulfill your needs. For instance, if you want an increase in energy, continue using the coils until you've achieved the desired level of vitality. With this principle in mind, let's look at the following specific guidelines for effective use:

Options for Using the Qi Coils and the Audio Frequencies

1. You can listen to frequencies without using the Qi Coil – headphones are ok, but speakers are better. (Good)
2. You can play the frequencies with no sound while using the Qi Coil to deliver the frequencies as electromagnetic PEMF energy into the body. (Better)
3. Use both Sound & Qi Coil at the same time to hear the frequencies while receiving the electromagnetic PEMF energy. (Best)
 - Use a splitter cable or 4-channel mixer to connect headphones or a speaker at the same time together with the coils. (Watch advanced tutorials for instructions on www.qicoil.com/setup2)
 - Purchase speakers and connections from our accessories collection at www.qilifestore.com

Passive vs Active Listening

- Passive (playing frequencies with no sound while listening to other music or at low sound volume in the background while doing other things) will allow you to experience benefits from frequencies without active meditation.
- Active (present and mindful, using frequencies during meditation or healing practice in a relaxed, dim-lit environment, free from distraction) will enhance the quality of your meditation and integrate it into your daily experience.

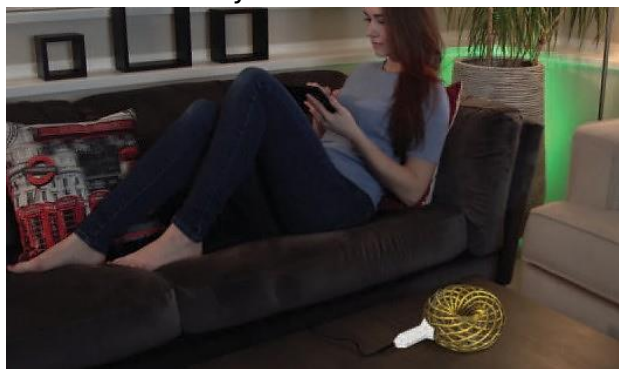
Placement Options



Place them on your stomach



Place them on an area that needs energy



Set them on a surface near you



Place them in a bag or pocket



Place them on your desk or nightstand



Place them on the floor



Place them next to your pillow



Place them on your lap

Advanced Placement Options

Check our placement guides on our Advanced Tutorial page www.qicoil.com/setup2

Qi Coil Advanced Tutorial: Configurations and Effects
SINGLE COIL

Legend Yin Yang

 On Navel Front Facing Body	 On Navel Front Facing Away from Body	 On Navel Front Facing Body
 Directly in front of person on table Front Up ↑	 Directly in front of person on table Front Down ↓	 Directly in front of person on table Front Up ↑
COIL		
Yin	Yin	Yang
MAIN EFFECT		
Raise Energy & Awaken	Deep Healing	Qi Energy Activation, Clarity, Focus
Other Effects		
Happy, Bright, Joy Expanded Awareness Heat Spreading around body	Relaxing Sleepy, Melting, Sinking Heat Spreading around body Aura Cleansing	Expanded mind awareness Suit activation Posture Cool heat

Qi Coil Advanced Tutorial: Configurations and Effects
YIN AND YANG COIL

*Low Power Only Legend Yin Yang

MAIN EFFECT		
Aligned, Energized, Connected, Confident	Deep Relaxation and Mood Lift	Deep Sleep
Placement		
Above Head and Below Seat	On navel Stacked horizontally	On navel, Stacked vertically
Configuration		
Yang above head, Front Down Yin below pelvisum (or feet), Front Up	Yang on front, Front facing outwards Yin behind, Front facing inwards	Yang on top, Front Down Yin on bottom, Front Down
Other Effects		
Heaven & earth Alignment Chakra alignment and balancing Awake and clear Lower body relaxes and sinks Spine lengthens & straightens	Refreshing Feel-good vibes Comfortable Happy heart Heat Spreading around body	Ultra relaxation Sinking sleepy Mind is clear
MAIN EFFECT		
Meditation, Consciousness Expansion	Motivation & Focus	Ultra-Centered
Placement		
On Navel and behind back	Directly in front of person on table	On navel, Stacked vertically
Configuration		
Yin on navel, Front facing away from body Yang on back, Front facing away from body	Yin on left, Front Up Yang on right, Front Down	Yang on top, Front Down Yin on bottom, Front Up
Other Effects		
Expanded Awareness Heightened senses Tension release Heat Spreading around body	Awake Shift into task Sense of urgency Productivity	Awake Clarity Focus Balance

Recommended Protocols for Best Results

For Normal Use :

- Med to high power volume
- 30 Min to 3 hours per session
- 2 Sessions Per Day, With A Minimum of a one-hour break in between

For Longer Use:

- Low to med power volume
- Up to 8 hours

Note: Volume instructions vary with the Power Kit being used

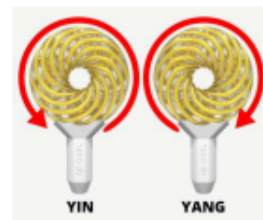
- You can turn the MOBILE power kit up to 100% volume
- 50% volume on the High-Power kit is considered high volume, do not turn higher than 50% (12 o'clock position)

Different Types of Frequencies

- Rife - quantum - normal use
- Higher Quantum / Inner Circle Frequencies - extremely powerful; less use is needed

Guide To Yin & Yang (Qi Coil 3 and Higher)

The Yin Yang Qi Coils are designed to harness the complementary forces of Yin and Yang, offering a versatile approach to wellness and performance enhancement. Depending on your needs, you can choose to use the Yin coil, the Yang coil, or both together for a balanced experience.



Here's how to maximize the benefits of each option:

Using the Yin Coil Only

Purpose: The Yin coil is tailored for relaxation and expansion of your mental and physical state. It promotes calmness and is ideal for times of rest or deep contemplation.

Benefits:

- Enhances sleep quality
- Deepens meditation practices
- Supports regeneration and healing processes

How to Use: Position the Yin coil near you during activities requiring tranquility and inward focus, such as before bedtime, during meditation, or when you're engaging in activities aimed at self-rejuvenation.

Using the Yang Coil Only

Purpose: The Yang coil is designed to energize and motivate. It sharpens focus and invigorates your body, making it perfect for dynamic and high-energy activities.

Benefits:

- Boosts motivation
- Enhances concentration
- Elevates energy levels for sports and exercise

How to Use: Utilize the Yang coil during or before engaging in physical activities, workouts, sports, or any tasks that require high performance and mental clarity.

Using Both Coils Simultaneously

Purpose: To achieve holistic balance, using both Yin and Yang coils together harmonizes the dual aspects of relaxation and stimulation, embodying the essence of balance.

How to Use:

- **Standard Placement:** For a balanced effect, position the Yin coil on your left side and the Yang coil on your right. This setup is suitable for general use, helping to maintain equilibrium throughout your day.
- **Advanced Configurations:** For those seeking deeper or more specific outcomes, explore advanced yin/yang configurations and placements by visiting our tutorial page at www.qicoil.com/setup2.

Tips for Optimal Use:

- Start with shorter sessions to gauge your response to each coil type, gradually increasing duration as you become more accustomed.
- Pay attention to your body and mind's reactions to the coils. If you experience discomfort, reduce usage time or switch to the coil that best suits your current state.

- Incorporate the coils into your daily routine to maximize benefits, selecting the coil or combination that aligns with your activities and goals for the day.

By understanding and applying these principles, you can effectively use the Yin Yang Qi Coils to enhance your well-being, performance, and balance in life.

Do's & Don'ts

Do's:

- Drink plenty of water when using Qi Coils.
 - Detox: Using any healing modality will loosen and dislodge cellular toxins that need to be removed from the body. The Qi Coils are no exception. Some people will experience this, and others won't.
 - Sweating in a sauna, taking an Epsom salts bath, getting a regular or a lymphatic massage, and juicing all helps with detox.
- Use Qi Coils and listen to a sleep program for 10 minutes before sleep.
 - You can continue to play the sleep program without sound through the night.
- Use Qi Coils during work for focus and energy (see above)
- Use Qi Coils for relaxing or meditating (see above)
- Experiment with different frequencies.
- Hold magnets during use to feel the magnetic vibrations
 - Place or tape a magnet over a pain area to concentrate the Qi Energy

Don'ts:

- Do not hold Qi Coils directly on your head. Qi Coils work at a distance.
- Don't use more than four different frequencies per day.
 - Using more than four will dilute the effect of each frequency.
 - You can save your favorite frequencies into a playlist.

Important Guidelines

Recognizing Saturation: It's crucial to pause the Qi Coil frequencies once you sense your body and mind indicating they've reached their capacity, which is similar to being "full" or saturated. Just as your body has limits for food and water intake, it also has a threshold for frequency exposure. Should you experience any discomfort, this is a sign to reassess your usage.

Moderation in Use: Enjoying the benefits of the frequencies is expected but note any onset of slight discomfort. If such feelings arise, persist with the session for a minimum of five more minutes. If discomfort continues, please take a necessary break. Prolonged, continuous exposure may lead to unease, similar to the effects of overconsumption of food or water.

Signs to Cease Use: Immediate discontinuation is advised if you encounter dizziness or nausea. Taking a break for a day or more can help mitigate these symptoms. Qi Coils are designed for a potent detoxification effect, potentially leading to temporary fatigue or a "healing crisis" as toxins are expelled into your bloodstream. Adequate hydration and rest are recommended to alleviate these effects and hasten recovery.

Individual Responses: Users may react differently to the frequencies. Some may experience initial disturbances, such as mild sadness or melancholy, as negative energies are displaced. However,

these feelings typically give way to a sense of relief and a more positive emotional state rather quickly. Also, you may want to start with just the Yin coil until you feel a more open and spacious consciousness and experiment with the location and orientation of the coils.

Sensitivity Variance: Individuals with a higher sensitivity to energy may notice the effects more rapidly and require shorter exposure compared to those less sensitive. Adjust your usage accordingly to accommodate your personal energy sensitivity levels.

By adhering to these guidelines, you can optimize your experience with Qi Coil frequencies, ensuring a balanced and beneficial interaction.

Possible Effects

1. You really enjoy the frequencies but after 30 minutes, you feel you've had enough. So, stop.
2. You start off finding the frequency unpleasant or jarring, but after five minutes, you start resonating with the frequency and it feels pleasant and enjoyable, and you receive positive results.
3. You find the frequency unpleasant at the start. After 10 minutes, you still find the frequency unpleasant. At this point, turn it off and taking a break. Your body probably doesn't currently need this frequency. Use the frequency another day or try a different frequency.

Consistent Use: It's worth noting that the full impact of Qi Coil frequencies might not be immediately apparent. For many individuals, a dedicated period of consistent daily usage, typically around 21 days, is required to truly begin noticing the effects. It's important to remember that even if changes aren't overtly perceived, they could very well be occurring on a subconscious level.

Experiment and Have Fun

Embark on a journey of discovery with your Qi Coil system by experimenting with various options early on. Identify the frequencies that resonate most deeply with you and prioritize those in your initial sessions. To enhance your experience, create personalized playlists using your Qi Coil app or resonant console. Don't hesitate to share your selections with others, fostering a sense of community and shared discovery.

We are excited to be part of your transformational journey. We are looking forward to hearing your amazing success stories!

How to Know Frequencies are Working. (All Change is Good)

Aside from the obvious effects of feeling better and uplifted, there are some subtle effects and experiences that you may have. Pay attention to the certain specifics of the volume and the length of time which you play the frequency. It's a good idea to keep a time and frequency used diary to record your experiences.

Sensations:

There are a lot of sensations that you can experience when you're using the frequencies:

- Tingling, hot, cold, energy movie, heaviness, lightness, relaxation, openness, or full.
- Body sensations: thirsty, dry mouth, this is a good sign. This means that your cell metabolism has increased, which means you need to drink more water and stay hydrated.
- Stomach growling, this is to let you know that your digestive system is moving, and activation is happening in your organs. Excessive gas and burping can also happen.

- Increased urination or bowel movements. This is your body's way of purging the energy and this is the detoxification process.

Feelings:

Here are some different feelings that you can experience

- Happy, Motivated, Sleepy, Calm, Relaxed, Clear,
- Focused, Powerful, Optimistic, Warm, Confident, and Abundant.

Sensory Phenomena:

- Seeing colors and lights, bright dots or waves of light in your vision. You can even have a blindfold on and still experience these lights. This is your third eye activating and opening up.
- Brighter, clearer vision, seeing clearer and better color.
- Better hearing perception, natural, comfortable, internal sound.
- Sweet tasting saliva, vibrations in the body.

Personality, Mind, and Attitude:

- Feeling lighter, happier, more positive, more creative energy and ideas coming through you.
- More optimistic; less affected by outside circumstances.
- Better relationship skills, more compassionate, clearer communication.
- Deeper insight.
- Ability to pay close attention to and detach from your emotions,
- Ability to pay close attention to and detach from the sensations in your body.

Other Physical Effects That Are Completely Safe:

- Tingling, tickling, vibrating, vibrating in the soles and bottoms of your feet.
- Rushing water sensation up your body.
- Deep bone tingling inside your hands, feet, legs and arms.
- Tingling energy sensation rushing up the spine and up the body.
- Muscle cramping, spasms twitching.
- Cobweb like tickling, like ants are crawling up your body.
- Localized stinging, prickly sensation.
- Aching cold or hot spots, especially in the soles of the feet and the palms of the hands.

Other Interesting Yet Common Reports by Users:

- Seeing angel numbers, the triple digits, 555, 222, 1111.
- Coincidences, like bumping into people you haven't seen in years.
- Finding that parking spot in a second.
- Darkness, negative influences, bad energy that's finally lifting and being removed.
- Unexpected luck.
- More frequent dreaming and vivid dreaming with better dream recall.
- Sudden flashes of insight and knowledge.

So, as you can see, there is a lot of ways to experience these frequencies and there's a lot of experiences that you can feel and sense, a lot of different ways to play around and use these frequencies. So have fun on your journey, explore and dive in.