

How to Set Up and Use your Quanta Capsule App

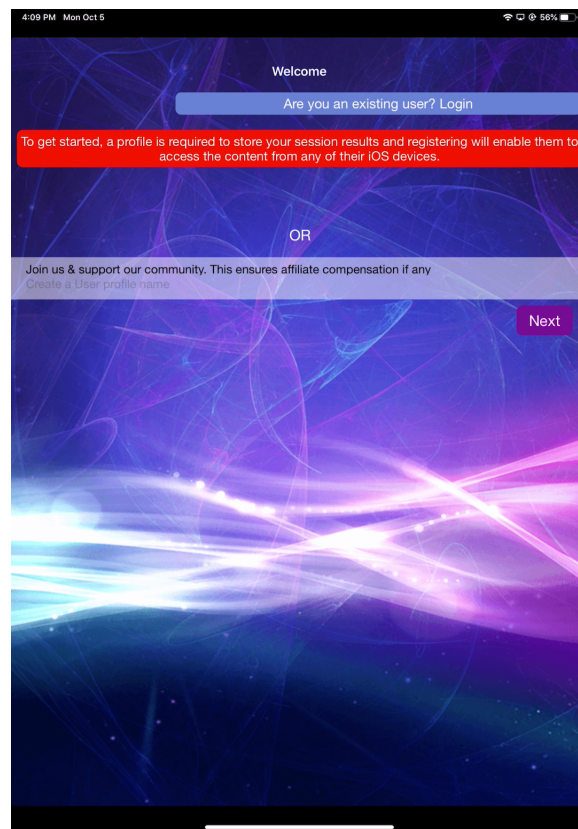
Congratulations on your Quanta Capsule! It is a powerful way for you to receive the special encoded frequencies from the Genius Biofeedback System. Running the frequencies twice per day each day in between Genius sessions with your Practitioner is a wonderful way for you to get the maximum benefit and achieve your goals. This guide will help you to better understand how to use your **Quanta Capsule** system!

Once you purchase your Quanta Capsule from your Genius Practitioner, you can now Download the Quanta Capsule from the App Store or the Google Play Store at anytime. You will receive an email after your Practitioner activates your capsule. Find the email by checking your inbox for an email from **apps@biofeedbackapps.com**. You can also use these helpful links.

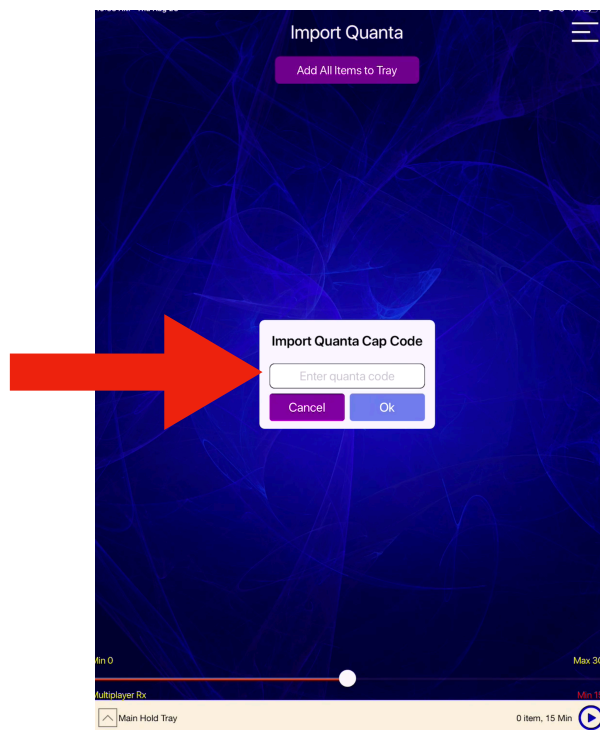
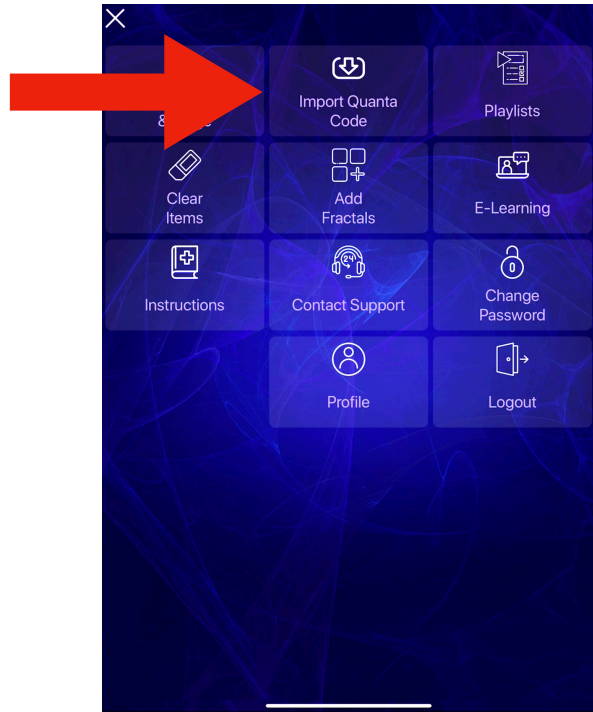
Apple Version of Quanta Capsule from App Store: https://install.appcenter.ms/users/quantumliferyan-2hhz/apps/genius-insight/distribution_groups/all-users-of-genius-insight?mc_cid=a915ab5d25&mc_eid=f467f83a42

Android Version of Quanta Capsule from Google Play Store : <https://play.google.com/store/apps/details?id=insighthealthapps.geniusbiofeedback>

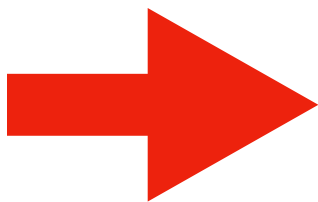
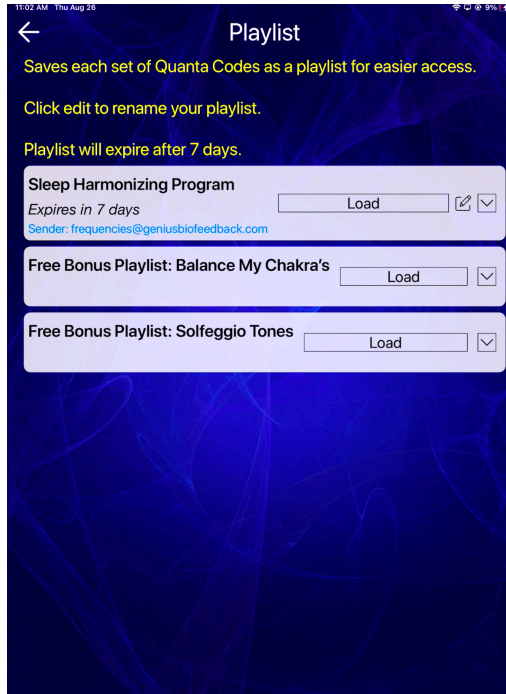
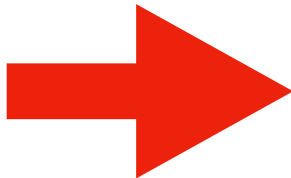
2) Log into your account with the automated password. IMPORTANT - use Are you an existing user login. Try not to automatically enter your email below.



3) Your Practitioner will send you an **email** that contains a **code with letters and numbers**. Be sure to check Spam and Promotions folders for your code. It will be received from apps@biofeedbackapps.co. It is recommended that you copy and paste this into the Quanta Capsule. Inside the capsule, you will see a navigation bar at the top right. Click the navigation bar to see this icon gallery:



4) Your frequencies will download as a Playlist. Your Practitioner may have named this playlist or you can name the Playlist. The default will show as the date imported. The frequencies will expire in 7 days. Tap "Load" to load these frequencies into the area where you can play the frequencies by tapping the play button.

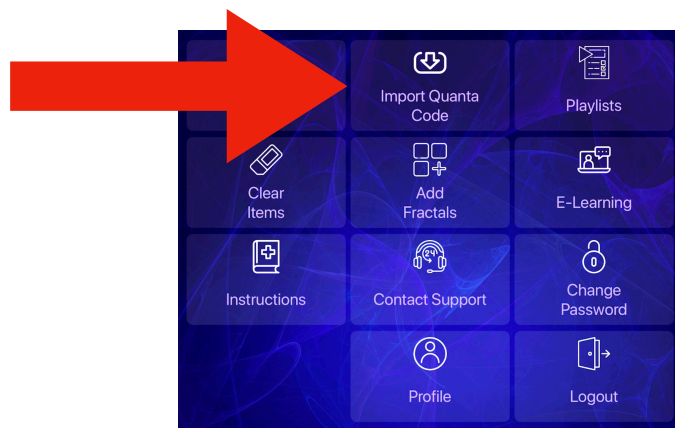


5) Run your Genius frequencies for **15 minutes in the morning** and **15 minutes at night**. The timer bar is set at 15 minutes as a default on your Quanta Capsule. You can do other things while you run your frequencies. To have an immersion experience of receiving your frequencies, try sitting quietly while listening to the frequencies through your best headphones or earbuds!

You can run the frequencies more often throughout the day and/or for a longer time if you wish. Drink water before and after you run your Genius frequencies! Frequencies help energy move through your body and water is a wonderful way to keep the energy flowing smoothly.

The frequencies you received from your Genius Practitioner will last for 7 days. At the end of the 7 days, contact your Practitioner for new frequencies that are the most current and beneficial for you at that time!

6) **Enhancing your frequencies with fractals.** Would you like to include powerful fractal images to increase the effects of the Genius? Go to the Navigation Bar and choose "Import Fractals". The fractals will play while your personalized Genius frequencies are playing. **This will powerfully potentiate the effects of your frequencies!** Fractals are coherent energies that bring things into order. You may feel an increased sense of calm while watching the fractal images in your Quanta Capsule.



Click on one of the Fractals in order to activate

The Genius Quanta Capsule is an incredible tool for your transformation! Please e-mail your Genius Practitioner with questions. And remember to be sure you have your appointment scheduled to receive your next set of frequencies!