

## Core Processes:

**Lume Cube brightness level at 10% in all cases**

**Strobe Setting: Generally, 1.5 Hz for Green/Blue/Purple/Rose 10 Hz for Yellow/Orange/Red**

*Step 1. Crown* Use Amethyst or Sapphire on 1.5 Hz over the crown of the head.

*Step 2. Spleen* Use Carnelian on 10 Hz on spleen, from the side over bottom 3 ribs

*Step 3.* Any other areas of focus – see below:

Amethyst or Sapphire over crown for anxiety, depression, chronic stress, insomnia  
*(don't drive or operate machinery if any "spaciness" or wooziness afterwards)*

Amethyst on area of concern for chronic pain, arthritis, joint issues

Citrine on spleen for systemic detox, balance immune system, balance metabolism, stimulate liver/spleen/pancreas/digestive system, warts, moles

Carnelian to adrenals to balance

Emerald to thyroid for Hypo/Hyper thyroid. On area of concern for acute injuries, burns, infections, fever, skin ailments, pain, inflammation

Rose Quartz on heart (physical and emotional) & lung issues, skin ailments, circulation, insomnia, shingles pain

Ruby on spleen for slow metabolism (large body types), anemia, general weakness, slow healing, chronic wounds, ED, poor circulation, boost lymph, navel

**Sleep:** Use Amethyst or Sapphire over the crown of the head while sleeping. If awakened in wee hours, switch to Rose Quartz over the heart area.

Remember these are supporting processes, and not to be substituted for proper supervised care for any conditions of concern. Also eat well, get rest, minimize EMF exposure, and consult the proper licensed practitioner for any ongoing issues that warrant it.

Learn to connect with how you feel during these sessions. You can try different strobe settings or intensity levels (Do NOT go past 30% as excessive heat can damage the color filters)

You can also substitute other Gem mixtures for the ones you don't have. See how well what you have works for you. Don't have any set expectations, and always focus on moving towards the desired outcome state and not "away from" pain, discomfort, etc.

**Contraindications:** Don't use Ruby on brain or heart. Don't aim at pacemaker battery or circuit. Not recommended for pregnant or lactating women. Do not strobe if seizures are a concern.