

Deep Cycle v.1 automation programs by Jan Poleszynski

About Deep Cycle programs

– the original description with minor corrections/updates

Deep Cycle extensive automation programs are made for usage with both TimeWaver Home and TimeWaver Frequency. The programs are in daily use in Uno Vita`s Klinikk for integrert medisn in Moss/Norway. Deep Cycle is a good next step and variation for the excellent Nuno Nina Gold Cycle and could well be combined with a NN Gold Cycle. You can start directly with the Deep Cycle programs, but we recommend that you use the introduction programs; First, second and third treatment to avoid heavy detox symptoms. The development of deep cycles is the result of experience with micro current frequency therapy since 2009 and are connected to the integrative thinking of Nuno Nina and his Gold Frequency sets. Deep Cycle is a holistic system for all levels of being, your body, organs, mind, and emotions. The deep cycle programs have its own information field and are more comprehensive and go deeper than the Gold Cycle in general. There are programs for fatigue, chronic fatigue (CFS) and related symptoms that affect many body systems (hormone, circulative, cell and energy production) like **Pure Energy**. In Klinikk for integrert medisn (clinic for integrative medicine) in Moss, we have clients with serious chronic fatigue or energy production defects (on cellular level) that use Pure Energy daily at home. This gives them better energy and good help. Our experience is that "they cannot use TWH enough" and they benefit from using it several times pr. day. Clients with chronic health problems often combine with one or two other protocols like **Clean All** and a function program like **Digest all**, unless they (after a longer period of treatments) still have digestive issues and it is not directly linked to stress (then **Pure Calm** would be a good combination and recommended). We always included basic supplementation for detoxification along with the treatment. All users need a minimum of 1,5-2,5 liters of pure water every day. You cannot replace good clean water with any other fluid.

Preparing for Deep Cycle programs

There are three programs you can use for startup and perpetration of a Deep Cycle treatment cycle. **First treatment**, **second treatment** and **third treatment**. The intention of the first treatment is to carefully touch the biofield of the client, give a soft stimulation to kidneys and lungs, to reduce pain and induce relaxation and balance. The treatment also includes frequencies to reduce sensitivity to electromagnetic stimuli and chemicals. Most clients will experience to be calm, more in balance, have less pain and get minimal reactions from first treatment and will be positive for the next treatment. If there is some unpleasant detox reactions or other keep doing the first treatment until it is gone. If you succeed in creating the "good feeling" after a treatment the clients normally always comes back, and you can help them. Then continue to **second treatment** which will do mostly the same but longer with more power. If well tolerated, you try the **third treatment**. The third treatment is a full powerful protocol and will integrate all that is done to this level and start the next level of

treatment. Now is the time to be more specific and target the key sources of the clients problems and work on the main sources and the pH buffersystem (kidney/lungs) with regular treatments daily using TimeWaver Home/Healy or 2-3 times pr. week using TimeWaver Frequency in a clinic. The pH buffer system is related to the cellular energy level measured in mV and is an important key to good health no matter what other challenges there might be.

Next step after running the startup programs (1,2 and 3 treatment). We need to ensure your detoxification and pH buffer system is working properly before you move on. Therefor we would recommend using **Kidney all** which will go deeper and also treat the related organs and issues related to the kidneys and the sexual organs for both male and females (Kidney all female and Kidney all male) if the client is a "Kidney person". That is there is a weakness in the kidney system that is more dominant than other organ systems (lungs etc.). If it is a lung person (including breast issues) you would choose **Breath of life**. Now the Clean All program (supporting liver and general detoxification is good).

Advanced usage of the deep cycle programs on TimeWaver platform

We use Deep Cycle in the clinic and for TimeWaver home users and find it useful for both platforms. For clinical usage with TimeWaver Frequency there can be times when you are very busy and maybe there are several clients in-house at the same time or you have a client the really requires your presence and vocal communication, and needs to talk. It can be that you or the therapist is not in the best balance one day or feel out of ideas. Then therapist can then start the selected program and focus on the client and just let it run or use some time to breathe and meditate (find peace and calm down) to create a good flow in the room. Once the program has started to find indications you can expand the view and see what it is working on (the top priority), sometimes this gives a good feedback for future treatments and can trigger your intuition. You can also press stop and jump out of the program, go back to indications make a manual search and adjust the list and continue the treatment in manual if you feel inspired. Therefor the deep cycle programs can be fully automatic, semi-manual (you pause and check out frequencies you do not want maybe to save total time) or manual. With manual, we mean that you have started the program and then stopped it to do manual search after the initial real-time has been done. The therapist can also press "pause" and then check out the less relevant frequencies if there is limited time to run a full program, then "next" and it will continue. All programs are designed to create a balance in the client's field. Remember that your active participation and good intentions will make any program more powerful and effective, simply because our mind influence "matter" and easily the frequencies delivered from the device.

General about Deep Cycle programs

Below there is a short descriptions of the programs, do not limit your selves by the words in the text, the programs do much more. You should actively participate and let your intuition and energy guide the programs and the choice of program, your intuition is always right (you just need to learn to trust it). Our experience is that all clients go through natural cycles during a treatment period. They have cycles pr. day, week, month, and they have classical treatment cycles like; detoxification, supporting key organ systems, working with root cause (cure state). Therefore, we find it useful to see if we find the clients cycles and thereby the need for the different programs. Sometimes a client has come far, the there is a stress or a traumatic (small or larger, physically or otherwise) in his/hers life and you need to do some work on the basic level again (like kidney/lung). After a few treatments or you can continue at the level you had reached before the "one step back" experience.

Startup programs:

First treatment

When: First visit, generate a good connection and good feeling for frequency.
The Body: Kidney and lungs are touched, sensitivity reduced, pain reduced and balance induced.

Affirmation & Intention: Improve, feel better and feel touched

Second treatment

When: Next visit unless the first treatment was too powerful.
The Body: Kidney and lungs are touched, sensitivity reduced, pain reduced, and balance induced in a deeper more powerful way
Affirmation & Intention: My journey has begun

Third treatment

When: When the client is ready for a more powerful treatment.
The Body: Kidney, lungs, heart, and accelerated detoxification.
Affirmation & Intention: Powerful waves of change are coming to me

Deep Cycle main programs:

Breath of life

When: There are issues related to lungs and its organs, including breast and surrounding tissue. Feeling of weakness and depression. The Body: Lungs and all "dis eases" in the lung area including bronchitis, pneumonia and breast, fibrocystic breast disease and related.
Affirmation & Intention: My breath reflects the breath of the universe

Clean All

When: Good to use to follow up a detoxification process and all detoxification pathways. Always wise to include in a cycle of programs since any release on any level of the client's system often cause a need for detoxification. Release old toxins of the body and mind.

The Body: Complete detoxification system, kidneys, lungs, liver, digestive system, lymph, and circulation system

Affirmation & Intention: Your house is clean, good to be there

Digest All

When: Good to use once there are digestive issues that do block progress (after stress is reduced and the kidneys are good and they still have stomach issues could be a good time for this program). Good place to place electrodes on the feet would be around the acupuncture point of ST42 below the ankle on front side foot as a variation to holding the electrodes in hands.

The Body: Intestine, stomach, pancreas, gallbladder

Affirmation & Intention: Accept and digest your evolution

Energy Work* (not included in the standard delivery from TimeWaver or Healy)

Energy Work is a special protocol designed to run until the TWH/Healy batteries are empty. Therefore, always start with fully charged batteries. It can be applied when sleeping and we advise to set the intensity of the current to be low but keeping the green lights on the device. To high intensity may make muscles sore if it runs for a long time with electrodes placed at the same place.

When: Main purpose to increase the electric potential of the cell membranes. The energy work protocol is designed to charge the body, and electric organ system and the cells with electromagnetic energy (increased negative potential in mV). This is useful for people who have resistance to treatments, chronic low energy, chronic problems that requires extraordinary effort. Can be used for anyone that want the charge their batteries. We advise that this protocol is not use before the client has had minimum of 10 regular treatments with TimeWaver Frequency/Home.

Affirmation & Intention: Your batteries are being charged

Placement of electrodes for DC protocols in particular

The text is a compressed and not complete explanation from any perspective, consider it examples. Read the book; Healing is Voltage: Acupuncture Muscle Batteries by Dr. Jerry Tennant and for deeper understanding on charging of the electric body system in a modern perspective. More details in: Healing is Voltage: The Handbook, 3rd Edition. You can use large rectangular electrodes at both sides of the body for each point in parallel (the acupuncture points are not exact but estimates). It is also possible to focus on traumatic events that may have generated an electromagnetic disturbed field in the give body system. The protocol may remove this pattern when the electrodes are places in the correct body system.

Make sure to clean the skin with clean water as well as the electrodes. Silver electrodes and iontophoresis electrodes (Iontophoresis is a process of transdermal drug delivery) add interesting new possibilities and will be made available in the Uno Vita store and elsewhere I due time. It is recommended keep the amplitude as low as possible. Meaning "less is more" (effective) but still make sure the current passes through the body (check light/progress indicators).

Body system suggestions	Acupuncture points	Emotion
Lungs, heart and related area	UB 36 (back)	Grief, joy, sorrow
Stomach, spleen, liver, adrenal, gallbladder	SP 16 (font)	Worry, anger, stress
Sexual organs, lower back, urinary system, intestine	SP 12 (front)	Fear, anxiety, sex

Healing of causes (renamed from TimeWaver/Healy to: Go to the roots)

When: In remission and the healing process is established. Most body systems and physical aspects are working normally. The causes in the mind, emotional patterns and deeper levels of the biochemistry are treated. Could be the last treatments you do in this cycle of healing. There will probably come new cycles as there always are in life.

Affirmation & Intention: Nourish your roots and grow a beautiful tree

Free Flow

When: Improved circulation and oxygen distribution is needed. Irregular and unstable heart rhythm can be treated with this protocol. Good to do after a period of basic treatments of kidneys/lungs as well as for general stiffness and blocks in the circulative system. Supports the heart and all circulatory systems, helps muscles relax.

Affirmation & Intention: Movement, flow, circulation is restored

Kidney all female and Kidney all male

According to Herring's law of cure who tells us wise things on the following on healing of a chronic health problems; "From above downwards. From within outwards. From a more important organ to a less important one. In the reverse order of their coming."

(<http://www.homeoint.org/cazalet/schmidt/lawofcure.htm>)

When: There is time to continue to work to make the kidney's and kidney energy strong and good, and regulate it functions (electrolytes, pH, blood pressure and more) or any disease that manifest from the "more important organ" in the "less important one" like the bladder, incontinence, urinary system or ovaries, vagina, menstrual problems and related for female and prostate and impotence for men. This protocol will keep its most important task and that is to feed the kidney energy system as well as the sexual energy system for both man and women.

A good place to place electrodes on the feet would be in the area of the accupuncture points of K5-6 (below the ankle on the inside of the foot for several of these conditions) and as a variation to holding the electrodes in the hand. K5-K6 (and SP6) is also close to the tibial nerve can be indirectly stimulated here. Good for incontinence (use high intensity current, can use Energy Work protocol for this), urinary dysfunction, overactive bladder etc. The Body: Kidney, Adrenals, Bladder, Urinary system, Ovaries, Genital's, Prostate and related problems (pain in testicles etc.).

Do not use SP6 or K-5/6 if you are pregnant in the first three months or if there is a bleeding (like menstruation)

Affirmation & Intention: My energy flows in beautiful ways

Pure Calm

When: You need peace of mind, emotions, and spiritual balance. The body: Relaxing of muscles, stiffness, and reduction of pain. The rest are indications for the non-physical aspects of life. *Affirmation & Intention: You are never alone*

Pure Energy (not included in the standard delivery from TimeWaver or Healy)

When: When there is fatigue, CFS, ME and tendency of burn out or you just need a refill of energy

The body: Basically stimulating and normalizing all essential organs (endocrine system, hearth, lungs, kidney, adrenal, and thyroid). Relaxing muscles and the main parts are focused on energy, emotions, spiritual balance, and well-being

Affirmation & Intention: Energy is everywhere

Natural Healing (renamed from TimeWaver/Healy to: Renewal)

When: When there has or are injuries, operations and pain and the client needs to regenerate as quickly as possible. Reduces pain, increases bone growth and wound healing. Good for many but also sports. The body: Bones, skin, ligaments, capipilars, nerves, muscles, and DNA

Affirmation & Intention: All will heal, pain is temporary

Sensitive (not included in the standard delivery from TimeWaver or Healy)

When: Good for sensitive people, including electrosensitivity and people who get strong reactions to the first treatments.

Indications: Asthma, chemical and electro sensitivity, allergies in general, stress and isolation

the body: General balancing of all main body systems if the system choses so (informational field evaluation) or it will be more cause oriented directed to the mind and emotions.

Affirmation & Intention: I am one with the environment

Support of Deep Cycle protocols

From Jan Poleszynski: If I have free time, I will answer requests as best as possible, but my time is limited. For further support you are advised to contact TimeWaver/Healy support or request paid consulting service on protocols. I hope the descriptions above, your intentions and the protocols themselves will give you good experiences and great results, just as thousands of users have experience using the system and protocols since they were released.

New protocols under development. As of August 2020, there are new protocols under development that includes new research and clinical experience since the original protocols where made. There will also be special long-time programs like the original **Energy Work** protocol to help charge the body when regular protocols are not enough. We expect that the new protocols will be named Deep Cycle v.2, but it is not finally decided.

Uno Vita AS - Klinikk for integrert medisin - Moss, Norway

Store/pages: shop.unovita.com (there is an English version that is not too well developed and we are in the process of redesign). For those who are interested we ship to most of the world but primarily to Norway, Scandinavia, and Europe.

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