



DiaDENS PCM Orientation Workshop Transcript

How to Use and Training Options

January 11 2014 - 4 pm Hawaii time

Benedick Howard host

Theory, Application and Training

SUMMARY:

Participant's questions about: Screening mode, speed of movement, different PCM settings, training options, concussion/tremors, foot pad, chronic fatigue, surgery pre- and post op, depression/anxiety

Group exercise how to apply 7.8 Hz to slow down brain wave activity to planet resonance

Disclaimer: This is not medical advice. We are using the PCM to balance the electrical energy in the body, not for treatment of any disease.

What do the different frequencies and settings do and how to do it

Ultra low frequencies, Pre sets and MED diagnostics

Different electrodes: what they can do and how to do it

Application techniques: how long, what frequencies, settings and case examples

Training options: Quick Start, Self Study and VIP Coaching.

NB the 7 day Quick Start module was added after this call.

Q&A

Benedick: Excellent, we seem to be pouring back in here, excellent guys, welcome. So if there are any particular questions let's jump into those.

Alvin: I have two questions for you. One is on the speed of movement and the other, on page 163, Is the comma in 1,2 Hz referring to 122 Hz or is that 1.2?

B: Oh, that's a European comma, which is a period in that case, so it's 1.2Hz. And your second question speed of movement: if you're moving slower, obviously you're going to be putting in more electricity into the area in a given time frame. You can do so many things with this, yes, we'll look at that.

Paula: I have the Russian version device and I'm going to be getting the English version, eventually. I have a couple of questions about the different settings, my device has 10, 20, 60, 77, 140, 200Hz, and 77AM. I guess I'm kind of confused about what 77AM is.

B: Alright, it's an on and off kind of a deal. Yes, those can be kind of confusing and let's talk about that in a moment.

Cynthia: My biggest problem is, I had a concussion in an accident and it's become chronic. I get these weird tremors that interfere with me being able to walk, and sometimes I fall. I have these strange things happen. . .

B: Okay. So this came from a concussion, how long have you had it?

C: Six years, it's chronic, it's not going away. What I'm wondering is, if I take a dose to the different acupuncture points on the meridian, do you think that would possibly help?

B: Yes, Cynthia, I did mention that earlier on and we did have a little chat around that. I will get to your question later on.

D: I don't have a specific question. I do just get a lot of information from the sessions you've been having so I'm here to listen to people's situations and see how they apply to me, how to use the device, or how not to use the device and what I can get out of it.

B: Great.

M: I was wondering if you could talk a little bit about the screening mode and what the different numbers were which would indicate to us when we're using that for the therapy.

B: Sure, that's a good one. In the SCENAR world they call it initial readings or, IR, and we'll get into the details. These numbers basically give us a measure how compromised the area is. These numbers can pinpoint us to where we need to go and the time frame since over the days and weeks ahead those numbers will shift as the areas become more active. This will help us map out how we're advancing.

L: When I went to look at accessories for chronic fatigue syndrome, there was a foot pad that you would hook into the device and that would give kind of an overall boost for chronic fatigue. Is that the way you would recommend that I start?

B: I'll answer that in a moment, Linda, but yes, that could work and we're going to play around with something today which applies exactly to what you are asking, so listen up to it, right after we got all the other questions, Linda.

T: I have one question regarding a recent surgery. How long would you work around the area?

B: Basically until the pain is gone or till there's a shift, which can be perceptual, it can be sound or tactile, and let's go into that later, how long to apply etc.

A: My question is about an artificial hip. A friend was going in for surgery and was asking a question about using the PCM post op, after surgery...

B: Yes, definitely post op, and yes, pre op and post op, guys. If you can get the person pre op that's good too, because it will re-enforce their spirits before they go in there.

Cameron: I don't have a question, but I'm hearing everybody else's excellent questions. I'm just going to listen in.

B: Ok guys, I really want to help you lock this in, in terms of orientating yourselves on how you're going to be using this, so that's my focus today.

Gail: I'm just wondering about depression and anxiety and where you would place the SCENAR since I don't have the comb attachment...

B: Actually, we're going to be doing an exercise around that right after the questions, so Gail, thank you, and people I haven't talked to yet, if you want to ask me a question now that's an opportunity for you... Okay then, let's go through this exercise, it's a way to deal with a lot of the confusion and it answers many people's questions, and specifically, this exercise is to slow down the mind and the brain wave activity and to resonate the human resonance to the resonance of the planet. And when you bring the brain wave activity down to this level, which these PCM's can do, it really brings around a big change in you.

So, take your PCM's out and turn them on. I'm going to walk you through on the English version PCM, because that's what I've got in my hand right now. You're going to press the high lit star or cross button on the top left, then you're going to ok that, then you're going to hit the right arrow, and then you're going over to therapy or the frequencies, TH, top right, then you're going to click ok on that, and then dial down to the 1.0-9.9 Hz, and when you've got that highlighted, change to 7.8 Hz.

So what this does, it really calms the mind into a very stable, soft state, kind of like switching off the chatter. So now what we're doing is we gently bring up the power level to whatever might be comfortable for you so you just begin to feel the ticking on your skin, and then placing it on the forehead, or the back of the neck. I've been using the forehead, but it could be anywhere, it doesn't have to be specifically anywhere for this exercise to work. So this is going to harmonize the brain wave activity when you put it on your skin. So give yourself a couple of minutes with that.

I'm going to carry on talking to you, but I just wanted to get you set up and into this state and head space which is going to make you feel well, it's going to make you relaxed and

maybe even a little sleepy. So whilst you guys are chilling out there, I'm going to get to all these questions you guys had.

Starting at the top of my list here is Gail with the depression and anxiety question. What we are doing right now is actually the thing you would use for that, slow down the brain wave activity and to bring it into harmony. Now I would put it on there for at least five minutes, it could be ten, fifteen, twenty minutes. I was doing this last night, and I had it on my forehead and then I put it on the back of my neck and sat there with it, and it was really, really calming. So this is one of the features we have in the DiaDENS PCM, these very low frequencies, and if you look at the manual you'll find all of these low frequencies that harmonize different conditions in the body. I'm not a doctor, I can't give you prescriptions, and I'm not going to talk about specific diseases or disease groups either, but I'm going to talk about, and this is where it really makes a shift in your consciousness, it's really about electricity. Mark was asking about the screening mode, and when you use that, and we'll get to that in a moment, it's all about the electricity because it's all about finding areas in the body that are low in power. So when you're sitting here with the 7.8 Hz on you, what's going to happen is, it's going to slow you down, and the depression and the anxiety will diminish, Gail. And if you look in the manual, all those frequencies have different situations they address and we'll look at those, too.

So Mark, the MED and screen modes do the measuring and diagnostics, those are basic diagnostic settings where we can locate areas which need work and charging up. And getting back to these ultra low frequency sets, those we're using not so much for charging an area, but to resonate the area, and that's a good way to stabilize the patterns within that cellular matrix into their natural harmonics. I will talk about these more later on. So you've got a really powerful tool and a true asset with these in your PCM.

I think when we go into this more fully in the training we're really establishing a baseline of how these different functions work. So that 7.8 Hz is a great example for calming a person down. Also if they were feeling tightness in a certain area, e. g. the stomach and solar plexus, you could use 7.8 in that situation or in that location as well.

Now Gail, let's go back to depression and anxiety. Now that we've slowed down, we've stabilized and we've harmonized the brain wave activity, we still need to energize with the 77 Hz as well and create the neuropeptides that are balancing the body electrically, because the ultra low frequencies that are now being set at 7.8 Hz, those act in a different way on the organism than the higher ones. The question was what do the different frequencies do and why do we have them. So I'm going to look at those in a minute and move to that conversation, but where we are right now, in the frequency sets and the TH, the therapy sets on the PCM, those different frequencies are what you're going to be using most of the

time, 90 percent, and when you are using those you're going to be using it, most of the time, at 77 Hz.

Let me say this, when you first get the SCENAR, if you do nothing else with it, turn it on and set it to that 77 Hz because that's the one you're going to get the most benefits from, long range. Then you would use the other frequencies with other settings they have. They have the pre-sets for those conditions but I would suggest, for the first week you keep it very simple, just use that 77 Hz most of the time because it's going to generate in the long run the most wide range of benefits for the body, long and short. And so obviously you're going to be using a combination of all these frequencies. But just keep it simple so that in the first few days you're not getting confused at what frequency to set it. Set it at the 77 and use that most of the time. You're going to get huge results with that, guaranteed. The reason I can guarantee that is, I've trained hundreds and hundreds of people with just a 77 and 10 Hz unit and so I know that 77 does everything I need to do, and it just takes a little longer than what you would experience using the PCM with the extra settings on it.

Let's take a little break from the frequencies and let's look at technique and how to place those electrodes on the device itself, or the remote electrodes, like the pads, on the body. And that is going to make a difference. If you're doing a movement, like dragging the electrodes across the skin, what that does is it pours electricity into a large area and quite quickly. And when we had the old Denas with its three rail electrodes, these did slide across the skin very easily and you could move it quicker across the skin. In the standard Russian training, I think it's one or two centimeters per second, so it's kind of slow, you're dragging it slowly across the skin, from left to right, or up and down, basically where the muscle roots on the bone underneath there in the same direction. Now how do you press on the device, how hard do you push the buttons in also depends and gives different results. If you take the flat electrode on the device itself you can address a certain situation with that and you can push it into different areas.

Now instead, if you take the acupuncture probe, you can obviously get into a very detailed, tight space, it's kind of like microsurgery on the muscle attachments to the bones. You can use that probe around your face for cosmetology and you can just dot that acupuncture electrode around the hairline for instance, and that's deeply relaxing. Or you could take the comb electrode and use it to brush the scalp, and if you use it at that 7.8 Hz that would be harmonizing the brain wave activity under those locations, if you drag the comb across the scalp.

Now of course, the comb can be used on any part of the body. For example, one of the things I love doing, I enjoy lifting, pulling and pull-ups and stuff like that. When I was trying getting fit again, it used to hurt real bad on different locations on the body, the shoulders or the elbows, sometimes the knees, and the comb electrode is really handy for

that because you can push into those areas deeper than you can with the flat electrodes. So the comb is a big version of the acupuncture probe because you can push those electrodes deeper into the skin and get into the joint or into the pain and so that's getting back to Alvin's question about the speed of movement. There is a lot hidden in that question, because how the skin performs or behaves under the electrodes depends on how you move the electrodes across and which one you use, it could be the comb electrode and it could be the acupuncture electrode, or using the electrode on the device itself, or using the flat head from the massage set, which is kind of cool to plug in.

If you plug that in, you can use that flat electrode and read the device at the same time, because the device is not up against your face. For instance you can hold the device in your right hand and plug the comb electrode or the acupuncture probe in and put it on an area and read the device at the same time. That is really handy when it comes to measuring diagnostic stuff and that's why we have these different electrodes. Let's get to the goggles which I just got for myself, so I've been playing with this goggle set. If you guys were lucky enough to get these goggles, they are really, really good, they're a much better design, they fit better on the forehead, they're more soft and they're more viable and they're a really hot design and so those are great for eye strain and all sorts of eye situation. So I was using the goggles the other day to test them out and to see how it felt when I put them on the skin. You do have to move them around and adjust the back straps so that they pull kind of firmly, not too firmly, around the eyes when you wear them in order to get good contact on them. And then once you have good contact you'll feel it tingling, and you'll feel it on one side maybe more than on the other, and a very light touch on the electrodes is enough. That way you can just bring the skin into contact a little bit more. It's like the whole fuzzy feeling that happens around the eye socket and that's pretty cool again, so use the 77 Hz.

Let's move on to the pads set. The pads are really excellent because they can be used for so many different things, especially if you have a chronic situation or a chronic pain spot. You can put those pads in the lower back, when you're travelling. You can put them on when you're sleeping. You can put them on when you're in the car and you can put them on if you're at work. You put them on and just dial up the unit to read thirty minute session and off you go, and in thirty minutes it should switch itself off and it's a good time frame to power up an area. The pad sets are cool for that.

If there's a lot of pain under an area then we're talking frequency. Go to the 200 Hz and numb it up. You don't need to put it on there for long, maybe five or ten minutes, and maybe a little longer in the first days, but not normally, five or ten minutes until you feel it's sort of numbing up, then switch back to the 77. What would be good for you is not to depend on the pre-set frequencies, they are great, don't get me wrong, it gets you started, it gets you up and going and they're fantastic for that, but don't rely on it to be the only dial that you're using, you'll be better approaching it from the 77 Hz in the long run. Now those

presets, basically you can set any of those presets up manually as well on the units, although we did find a couple the other night when we were going through them, there are actually unique settings in there, but most of the settings in the presets are the same thing for many, many conditions and that being the 77 Hz or slight modifications of those.

Somebody was asking about the frequency sets and somebody was asking, would I explain the 77AM and the 77/10 and what's the difference there. Well, the 77AM is where it's on and then off, on and then off. So basically it's kind of like turning the light on and turning the light off, turning it on and off. This allows the area under there to relax after it's been charged up so it's more calming, and the same could be said of the 77/10 because we've got 77 Hz and we've got 10 Hz coming out at the same time, so we've got the activity of the 77 and then the more lower frequencies of the 10 which are talking to the body at the same time. So the 77/10 will be more brain wave calming than the AM setting so it's a powerful way of just relaxing and great for that depression and anxiety stuff Gail was asking about.

Another point I need to make, when we use the different electrodes, from the very fine point of the acupuncture probe to the much larger surface area of the pad sets, the density of energy coming through these sets differs, it's much more pinpointed on the acupuncture probe so be careful on that, make sure you don't have the power set up too high when you use it. Now compare that to the large surface area that the pads are covering, maybe several square inches, so that will need a higher power level and probably, you guys are discovering this, go easy on the power. The power acts differently on different places on the body, like the fingertips, they are going to feel a lot more tingles than it will feel on the back of the hand etc, so where there's a lot of nerve endings you're going to feel the trickles and the tingles a lot more fully and sometimes, more painfully and of course that's not the way to go, it doesn't need to be painful at all. There is one exception to that and that is when you have a very fresh injury where you have a lot of pain and if you do dial up the pain roughly to the pain level of that injury, it will knock the pain out in a matter of seconds, it's just amazing. In fact, Kathy wrote the other day a little testimony about that and that's what I do myself. If you've got a sudden bruise or a sudden cut or something like that and it hurts, stings or is really painful, bring the power up to match the pain, and that's the only time when we're going to bring it up to an uncomfortable position or power level.

So how fast we move or drag the electrodes across the skin will change the rate of which we're charging it so if you're dragging it slowly clear across the skin, the power level needs to be a little lower than if you're dragging it quicker across the skin. So when you come to the end of a stroke and the power is high, don't leave it there in that spot, but keep moving, keep the electrodes of the device moving across the skin, don't leave it there in that spot. Be aware of that.

Now the next point I want to make, there's a tactile response you guys need to know about and I've mapped it all out in a pretty cool video with my mapping on it. There's a lot of different aspects to this and one is the tactile feeling of the electrodes on the skin as you slide or glide or brush or paint or whatever the word is you use, I usually use "brush", as you slide the electrodes across the skin. There are different tactile responses, one is, it feels sticky when you move the device over the skin which means there's a magnetic anomaly there. Stickiness is huge because it tells us, where we need to spend more time and get rid of that stickiness and get it charged up in that area. The battery, the cells in that area need to be brought up to charge, and the stickiness will diminish and after a few days or weeks will disappear completely and so for instance, on the inside of the elbows there's a lot of nerves there, so be careful with it when you do this. The inside of the elbow is more sticky on the forearm than the lower arm and so there are areas, like the back of the knees, there are areas that are more sticky naturally and you want them to get unstuck. And so when you have that happening everything starts to move and what's moving there of course is the cellular pump, the cellular activities are now turned on, and the one thing you want to watch out for when you're doing this inside of those joints is, there are nerves there and so they will tingle down your arm from that place down to your fingertips which we call a referral. That we use in certain situations, like Chris's burns, and if you have not seen that video go take a look, it's on YouTube, and using the device on those areas will have very deep effects on the immune system, the lymph nodes, and charge them up right there.

So with these tactile diagnostics we are finding asymmetries, these are all what the Russians call asymmetries and really that's all we're looking for, we're looking for places with anomalous symmetry. Another type of asymmetry indicator is an audio signal where you can hear the skin itself resonating an electrical razor-like sound as the skin becomes active to begin with, but not all over the body. There will be areas where it's totally quiet, so that's also telling you that you need to spend more time there. You don't need to know where the meridian is or anything like that, these devices will find it for you and as the body changes it will find other locations as well, you just have to keep on sampling it. So a quick way of doing the sampling is just brushing the body down and noticing where the body is sticky and charging up those areas.

So as I already mentioned, there are other ways of doing diagnostics with the PCM, and that is with diagnostic portions in the program, with those two functions there, one is screen and the other is MED. Now they're kind of like two different settings so let me just explain the screen mode first. Imagine the cells as being batteries and they are partially full, and what we want to do is get the cells full all the way, but more specifically, we want to find areas where the cells are less full than other areas. Because it would be good to spend more time on these areas where your cells are emptier than it would on the higher charged cells. The screen mode is good for doing that because it gives us a digital number, and the

digital number will correspond if you measure those areas that are sticky. You will find those numbers are much higher on those sticky areas than on another area that is not sticky.

So there are two ways you can find out where you need to go. The simple and speedy way is to just brush up and down and find where it's sticky. The second way is to get hard data, getting numbers from the device by putting it in the screen mode, putting it in that position, letting it count for five seconds until it rings out, and then there's a delta triangle number that indicates how active that area is. Now getting lower numbers is better and getting higher numbers is "quote" worse", but really from day to day that can change, skin humidity can change that too, so really it's about the difference between two areas. Let's take an example, to find out if the left or the right is more out than the other you can use the screen mode. So if it was on the right shoulder, where the pain was, it might be compensating on the left side, that's what the body does. You don't know that but if you put it in the screen mode it will tell you, it will quickly say, it's over here and it's not the compensation side, and at times it tells you to go to the other side for the pain, so that is interesting.

Now the other diagnostic feature is the MED and the MED is to set you up in what's called a minimum active dose and basically that's just the minimum amount of time it takes to fill up that area with electricity. So it's charging up the batteries to a minimum amount and the MED stuff you'd certainly use, not in the beginning, but you certainly could use a little bit, you're going to be actually applying it most of the time. It will just be charging and getting the systems up and functioning, and once you've got that going then you can take these diagnostic readings and play with them too. So what do you do with those readings? Basically you're going to chart them, and when you come into the training, what we would do is measure it one day and compare it the next day and compare it the following day, and what it tells us is how those areas are performing according to the charging they're getting there and elsewhere in the body. So we've got those three capacities, we've got the ultra low frequencies, we've got the frequencies from 10 to 200, and the 77AM and the 77/10, and so let's just briefly discuss the frequencies in between, the 10, 20 60, 77, 140 and 200 Hz.

Ok, when you're in the lower frequencies they basically create a lower resonance which is especially like the 10 and maybe the 20 but more the 10, they create a lower resonance that allows the brain wave activities to just slow down and normalize. So if you're stressed from whatever, you've got 10 Hz or the 7.8 Hz, and by the way, if you've been putting your PCM on your forehead, take it off now and put it on the back of the neck. Yesterday I went from my forehead to the back of my neck, and then I put it over my heart. I felt it over my heart and it was like my heart was soaking up that 7.8 hertz, I could just feel it filling up with electricity. It felt really very loving, very supporting, it was very soothing and I'd never tried it before. So, all of this is sort of intuitive, especially when you have your own

unit, you do follow our intuitions. And so let's move on to 20 Hz, 20 Hz is a little faster, the 10 to 20 Hz range is good for the endorphins release into the brain and the manufacturing of the endorphins as well, and for the hypothalamus. When you're down in the 10 to 20 Hz that's the low frequency set, not as low as the ultra lows but in that low set, and in the 60 to 77 Hz range, 77 is what I'd recommend you use most of the time but you could also be using the 60, it's a little calmer, it's not as active as the 77 and the 140, I've very rarely used it, but the 200 is excellent at numbing out things and getting rid of pain, softening tissue like we discussed before, wobbling all of those proteins.

Now I guess the next question is, how long? The bottom line is, you can't go wrong putting in on there as long as you like, It's really about getting the body charged, so initially when you come into training with me I will ask you to do fifteen hours per week. Now most of that is going to be in the 77 Hz so most of that's going to be done with pads or external electrodes and deliver the time a lot easier. If you don't have the pad set you're going to have to do it by brushing and leaving it on the painful area. Maybe if you have sore hips and lower back pain, stuff the device in your pants there and just wear it or put it on late at night. How long to do these sessions? Well, we're talking about two hours a day and that's what gives us a really powerful way of activating the body very quickly and getting the energy in there so things can move along. Now people with compromised immune systems, whatever level that may be, they're going to have to go at it more gently at lower power settings. And it would also be beneficial, and you need to experiment with your bodies, to use these infra frequencies a little more because they will be more of the harmonizing type and you don't want to get too much activity into the body. But again, leaving it at 77 for ninety percent of the time does bring a shift when the immune system has been compromised.

Now if you're working on someone else, like Cameron or Gail, working on somebody else in your practice is different. You've probably like me, only have sixty minutes to apply it because you're going to be doing other things in the practice too. You know, the longest you could get realistically is forty or fifty minutes during an hour session which would be totally ample for that individual, and you know, if you're doing the massage you really want to work those muscle groups that are tight and tense with a lot of pain in there, turn the frequency up and numb it out.

So let's look at this pre op, post op question. If you know the person and they're about to go into surgery, if they're amiable to using one of these devices before surgery go ahead and do it, brush the whole body down. Get the body as clean as you can electrically before they go in there and what I mean by clean, is, when you brush it across the skin it's loud, it's not sticky. If it's the sticky stuff it's the stuff you want gone. So when you brush across the skin and it's fairly loud and resonates well, it's healthy, and post op is kind of interesting too because the shock to the system from the operation is not only where the scar is but it's

also a tremendous stress on the whole system, the mind and the emotions. And again that 7.8 Hz would be an extraordinarily good frequency to calm down that person and get them out of their fears, and then work that area, we'll be working that area all around and maybe on top of, depends on how it's healed, but around the area, using 77 Hz again. And if you can't get to the area because it's bandaged, do the opposite limb or do the other side of the body if you can reach it, and if you can get one of the exterior electrodes inside the cast or take the dressing off. And then the best way actually is to take the acupuncture probe and carefully work all the way around the wound or the edge of it.

You may remember me saying that when I slice my fingers for instance, I put the electrodes on either side of the slice and then turn it up to match the pain, and that was another thing I did the other week, and I can't see where it was now, stuff heals really, really quickly this way. So when I'd sliced my fingers, I aligned the electrodes, the plus and minus, on either side of the cut so the gap between the electrodes, the gap was on the cut and the electrodes were on either side of that. That way you can charge up in the cut and you can literally feel the electricity going in between, a fuzzy, furry, fuzzy, furry feeling, the electricity is like sewing together the skin in that cut. So with all that type of surgery thing you can't go wrong, use the 77 Hz for the actual application on that area, brush the body down so you're energizing all the meridians and whatever skin you can get to, the palms of the hands, because with all the reflexology points there, the feet of course, too and just to calm the body down, re-energize it and to focus on where the actual surgery had been. Then once you've got the whole body energized it's supporting all the systems to heal that situation way, way quicker, on average about three times quicker than without, or if it would heal at all.

So let's look at this chronic concussion question that Cynthia had. Basically what I've been saying Cynthia is all the stuff you could be doing around your concussion, for instance what I was saying about using the device on the head. If you have the comb set, then use it on the scalp itself, just use it slowly across the scalp, just take it up with the levels so you can feel it tingling. Then spend like half an hour doing it on the scalp, and what will happen is you'll feel very, very calm, very settled, centered, and if you'd been using the 7.8 Hz that would be a good one to use on that one, too. Basically I want this call to orient you into this device, and then as you explore more you'll be using a lot more of the different frequencies, or the ultra low frequencies, look at the chart and dial up the one number according to the chart and what you need.

So with Cynthia's situation, it really is about activating the different brain centers, and it's about activating the spine itself. Put it on the back of the neck and let it drill in with that 7.8 Hz, this just gives the brain a lot of electricity, that's what it thrives on, it's food for it, it can spark and begin to build back those neuro pathways that were lost. And you know, with that, Cynthia, start at low power so you don't get into the situation where you start out

too high and you shock yourself and say oh this is too much. Start with a low power level so you are going to get more and more activity and energy into the head that way.

Linda had a question on the Reflexor foot pad, and Mark had asked about the Reflexor foot pad, it is a great way for detoxing through the feet, and also with that 7.8 Hz it is a way of harmonizing and bringing that earth resonance into the body, too, just like we did with our exercise just now. So if I don't have the Reflexor foot pad what would I do? Well, I would brush the soles of my feet and my hands. Having the pads that wouldn't mean I could sit at the computer and have my feet on the pads. It is an excellent idea, these Reflexor foot pads, I'm really looking forward to getting one and trying it out myself. You know, DENAS really came out with the best electrodes, they have a really, really good collection of electrodes and engineering, and Linda, for chronic pain a Reflexor foot pad would be really good for you. You can use one of the pad set pads on the foot also, put it on the floor and you put your feet on it, tingle them and get on with what you're doing.

Okay, I've got some questions coming in here that I need to answer first. Okay, Cynthia, the simplest way is to use the 77 Hz, full stop. Just use the 77 Hz, that's all you need to do, and so that's the way to get going. You'll find that this unit becomes a very good friend for you when you use it and so that's why I say use that 77 Hz. Okay, we've talked about how to find spots that need more work, when they are quiet or sticky, and the other way of course would be through the diagnostics. It's either with the initial readings, which is done in the screen mode, or the MED, how long it takes to dose out, it has all these ways of telling us which areas need more time.

Okay, she says, "trying the device is pretty much a Hail Mary for me". Cynthia, you're going to love this and you're not unique in my experience, it's going to blow you away, the stuff that happens, right, and she says she feels all stuck and blocked in her head. Things will start moving for you very, very quickly. And for your older mom too, she's 86, use that 7.8 Hz around the heart, or again, use the 77, keep it simple, use the 77, full stop. It's that simple, you're going to get the results, and then you can play around with the other suggestions I've made.

Edward asks "show me how to use the machine properly". Ok, I couldn't over emphasize that 77 Hz again to just get going with it, you can't go wrong. Just don't put it on too much power, turn it on, get in there, dial up that 77. Ok, that's the end of those questions I think, let me just make sure I went through them all. Excuse me, Larry is asking one more question, "the two things I would like to hear covered are the restorative effects and the treatment protocol for peripheral neuropathy and tennis elbow", okay. Let me just expand on that a little bit, Larry, bearing in mind that everything you've said I've covered here, so I'll just specifically address this to you. The restorative effects are, electricity gives more energy to your cells so they can do their job, and rejuvenates them. And the

treatment for peripheral neuropathy is to get it on there and just start to charge it up, so wherever the situation is going on for you Larry, apply that 77 Hz in there. Bring up the power level until you start to feel the tingles. Now, because the 200 Hz has a lot more power, initially you might want to be up in the 200 range, but again, to activate that area, what will happen over the next week of doing that is, you will start to get tingles and it will restore the sensations at those positions quite remarkably. The other question Larry had was for tennis elbow, same thing, wherever that pain spot is on the elbow, work it at 200 initially to get the pain levels down and then work it at the 77, get right on top of the attachments, get right on top of where it's hurting the most.

Now as you know, I've been teaching this stuff for a long time and why I'm doing this is, because it does so many things remarkably well and it's created a dramatic difference to my life and my lifestyle and within my own body and my own appreciation of my life here on earth. Let me just tell you a little bit about it, I had that wall fall on me as a kid and it really screwed up my back and that's my long story but to cut it kind of short, it was a very, very painful one. It wasn't until I got hold of these devices that it started to make a difference, a huge difference. And I knew it was working for me and I learned it was working for somebody else, and so on, and I'm very happy to claim that it's literally like having a hospital in your own hand when you know how to use it.

So getting back to the Self Studyquestion, it includes a face book group, with limited support on that one, but it will be group support, includes a monthly orientation teleconference, the basic back office Self StudyPCM videos in that module, and twice weekly email tips. And with the face book group you will see that it's pretty cool, it is really like a study group in a sense because when you support one another with the information that I've given you, it's not that difficult to do this work. There's obviously a lot of things involved but it's not difficult to get the results. So I wanted to give you the best package that I could, a self starter package, and PCM explained, which we have been doing in these teleconferences. So there'll be all the high end and low end frequencies explained like I have done in this call and the dosing diagnostics. And what we'll also have in there is, what becomes a little confusing when you have all those frequencies in there, there's a flow chart on that so you can see exactly what you're doing, this explains it in a sort of mathematical visual model, and in terms of their application, how to maximize the results and how to do it. So there you have the three main portions of the PCM Self Studycourse, and we'll also have the interactive teleconferences .

Now the other option I'm offering is Self Studyand VIP. The VIP is basically a coaching module, and as a coach I will hold your hand if you have major issues. It's great to have me 24/7 for this module, and also if you're getting into using the PCM in your office professionally, this would be a way of me coaching you or being available 24/7 should you

have a question that comes up working with somebody. And with that you get all of the Self Studyplus more advanced back up in the PCM videos, and the ninja techniques.

Actually somebody was asking me to do Little Wings and I actually edited a Little Wings video today, but I really don't want to teach that until you've gone through two or three weeks of using your device standard. The ninja trick of Little Wings is very, very intense. And so those ninja tricks will be saved for the VIP package. Then you'll have twice monthly video hangouts together, daily email tips and it's a three month package.

There is goal setting in there, so it's coaching you in mindset but also in terms of the application. There's a lot more metrics we do in the coaching package and it involves a lot more time for me, too. To thinking this through if it would be better for you to just get into that self study, maybe Self Study is all you need, and if that's all you need then that's great, or if the VIP is right for you, there's a free consultation with me where we go over exactly what's going on with you and we look at what the benefits are for you with VIP coaching. And basically, what I need from you, or what you need from me equally in a coaching relationship is empathy towards one another and so when you apply for it, not everyone is going to get into the VIP, but when you apply for it, it's a commitment. It's not inexpensive, I'll give you a heads up on that, but it's a commitment to really get into making massive changes, aside from whatever the pain might be. It's really getting into your bigger dream, it's really getting into how your life could have been if you hadn't got into all of this pain, so you've got tons of support. It's for people that have a big dream that they've been putting off because being overwhelmed and in too much pain, so it's really for those people. It's totally normal that you're going to be overwhelmed when you have that sort of pain. I know it's hard to juggle life, let alone carving out the time so you can actually solve your pain, and so that's where the coaching really comes in. It really sets some of the stories you have and really gets you inspired. Both of these courses are for people who are finally ready to take care of themselves and do the things that matter most, and become motivated to do those things. And all what coaching does is, to help you making your practice perfect, you've got to make that practice really good and honed like playing golf. I was playing golf today, and one of the guys said, maybe you should take a few swings at the ball before you go and hit it, and he was so right, and was I listening to it, no. The very next shot I just clipped it and it went nowhere and that's why a coach is there, to help you work at it. It will work if you work it.

And that's what the packages are, and it will be really exciting to see you in that training. I'll open up the call now to Q & A's, if there's any other questions around applications, orientation things that you think I may have glossed over or any of those other questions, so if I could just take you one at a time, whoever wants to jump in, any questions...

Q: If someone has a hairy back how do you make good skin contact?

A: With a comb electrode

Q: If you don't have a comb attachment, could you dampen the skin or use a gel for better contact?

A: I would dampen the skin, and actually somebody was asking that question on Facebook yesterday, I never, ever use a gel, if I use anything I use coconut oil and/or water, but if I have to use something to make contact with the skin I would use an oil rather than a gel, simply because it's so much more, the oils move easier and penetrate faster (transdermally) with the electrical stimulation.

Q: If you were working near the heart, the book said not to do the front projection of the heart...

A: That's what the book says, it's up to you.

Q: How close can you work then?

A: Well like I said, I was right on top of it. Now if there's a pacemaker in there I wouldn't work near it.

Q: Lower frequencies or 77?

A: 77Hz. Now there are different frequencies that we can use specifically for the heart, there are different conditions, you just need to look it up in the manual.

Q: Ok, when you use the screening device, does it actually do treatment while you're screening for those five minutes?

A: No, very marginally. In a sensitive body like someone with chronic fatigue, yes, they will notice little changes happening, but otherwise for people with slightly compromised systems, it wouldn't do anything, it basically establishes what that galvanic resistance is of that location.

Q: I did have a question about the MED mode. When it's doing it, does it automatically stop once it's through, because I noticed first it will give a constant treatment and then a pulsing, and then it will stop and say, okay.

A: Right, so what it's basically done there is taken however full the cells were at the time of the application, how charged the batteries were, and then it brought it up to a point where the batteries now are mostly charged and the velocity of which that charge was going in is going down, so okay, that's the minimum effect.

Q: Okay, great, I've got a slight cold coming on and I used it and I was able to knock it out within twelve hours.

A: Yeah, this is where this device just keeps on going, you can use it on a cold, on swollen glands, on all of this stuff very, very quickly and it's the same 77Hz you want to use as your basic frequency.

Q: Why not 77/10 and how does the MED mode apply, do you wait ten seconds and it automatically reads and sends 77 or 77/10 into the body?

A: Okay, let me repeat that back to you so I'm sure I understand. The MED is done at 10 Hz on the PCM and, please, ask the other part of the question again.

Q: If you look at the manual it only shows MED done between the thumb and the finger, that's at least how I perceive it, and you've been talking about 77 all night. However, 10 is a frequency of the body and the earth, so why not use 77/10 instead of 77, and if you use MED mode, how do you apply it to the trunk of the body or to rejuvenate the face, because from last week you said it was a two step approach, and I just can't figure it out from the manual.

A: Okay, again we had two sets of questions there, the first question was, help me out, Tom.

Q: 77 versus 77/10, that's first.

A: Ok. With the 77/10 you are going to have that beep signal between the 10 and the 77, which is also going to generate a harmonic at some point at 7.7 Hz, so you have that human resonance naturally happening that's going to be more calming and settling. Now the 77 is mainly the best frequency to release the largest recipe of neuro peptides in the body, so it will be more effective in doing that than the 77/10, so that's the reason why I choose that, you know. The 77/10 is another frequency like that, too, and yes, it would be good to experiment and compare the two, but keep it simple, 77 is the default frequency and the frequency you use most of the time. And the other question was the MED along the sternum?

Q: If you look in the manual, from what I can read, it just shows using the MED along the hand, and yet last week you said you hold it on the body, it reads the body like this or something and then it applies the minimum required dose so it doesn't overload the cell. Is that correct, how do you use it?

A: Correct. What it does is, it measures... okay, imagine you're charging up a battery, initially if the battery is really flat, the way that it would charge up would be a lot quicker than if it's nearly charged, so by the time it's nearly charged the curve has flattened off. When it's going from a quarter charge to a three quarter charge that will roughly be the highest charge rate that's going in. So the MED charges up the cells and when that curve begins to flatten off when it's nearly charged up, it shuts itself off because it's committed the minimum amount of electricity into that area.

Q: And Is that done at certain areas, you talked about where the nerves come in and out or on other areas or, where do you do it best?

A: I think you are talking about six points, there are the six points on the face, and then there are the three pathways on the back, and these are different protocols, and three pathways is a quite complicated procedure. We will use it in the VIP package. We use it to monitor really specific points on the body on a day to day basis so we can find out how quickly they are changing, or if an area is stable with a low MED of less than one minute, and we're talking really advanced stuff here. If it takes less than one minute to MED than that is a healthy area, but if it is over five minutes it needs work...

Q: It beeps when it's done, like on the COSMODIC, right?

A: Well these units all behave differently, and the COSMODIC, yes, they have a beep just like they do on the PCM. Did I answer your question, I hope so.

Q: Yeah, thanks. I'm familiar with six points and three points and I'm familiar with a lot of that stuff and you're right, it's just further down the road because I commend you again, for anybody just listening in, I've been reading and studying for the last eight months and I haven't found anybody better than Benedick, because you have the best overview and understanding and if you don't understand how this works you won't use it, and Benedick, you're the guy who knows how to use it the best, so thanks.

A: You're very welcome and thank you for that testimony. Yeah, you know that is a huge problem. It's difficult for people to understand that this little device can do so much and that's the bottom line.

Q: I was wondering if it mattered what kind of battery you used, can you use re-chargeable, can you use lithium or does it matter?

A: No, no. Any AA battery will do, it could be re-chargeable, it could be whatever, but any AA 1.5 volt battery will work. I was just wondering what your experience has been with the PCM, Dr. Tom, how long does a set of batteries last?

Q: About a month.

A: There you go.

Q: I have some back pain from moving and lifting a lot of heavy stuff so I have tension in my lower back, and I used 77 Hz on it and the pain is still there. I've have seen many things shift on my patients though. But just for me right now I've got this back pain that I think is muscle tension, and if a 77 didn't work, what would you recommend I try next?

A: More 77, definitely! The 200 if there's a lot of pain but if there's not a lot of pain I would say, more 77. Okay, let me back up here. It's really helpful guys, if you measure. Get a measure of where your pain is on our pain scale, rate it when you start, and then where it is after five, ten, fifteen twenty minutes. The easiest way to do that is to take the painful area and push your thumb or whatever finger there and see how much it hurts at different pressure levels. Then after ten minutes at 200, push in there again, and if there's a significant drop in pain from a scale of one to ten, then hey, you've got it down, so go back to the 77. And in a lower back situation, I would put on a set of pads and wear them for several hours, and usually by that time the pain is gone. Sometimes it takes a little longer and you do different things. Here is an example, my partner fell the other day and hurt her wrist. Nothing was untoward after she fell. She was fine and we were at a drumming circle and she just drummed and drummed, and after about two or three hours of drumming, suddenly that whole wrist area had become very, very painful. So what we did for that in that situation was apply the 77Hz for a long time. To begin with, when you have an injury like that you have to locate where the most pain is and it was all over her left arm, but more and more in the area of the wrist. So she brushed a lot over the area around the wrist, up and down the arm, on the front of the hand, on the back of the hand and then importantly, the other wrist, too. The next day the pain was more defined to a smaller area, so she used the acupuncture probe on that, and as the swelling reduced that day she could get more into those areas around the thumb and areas in there that were hurting and then the swelling had gone. Two or three days later the pain was manageable, totally manageable, and the pain was more specific in one location, previously the pain had been all over and as the pain shrunk it got less and less, but back to you, so you're using 77 Hz?

Q: I was using 77Hz more stationary than dynamically. On your own back it's a little more difficult. I use it all the time on my patients, dynamic mode, and I couldn't do it as well on myself. I frequently use the MED mode on whatever part of the body that hurts, and I turn it up so you can feel it on that part of the body, then measure it and then let it zap for five minutes. I would like to recommend to the other listeners, just try the MED mode wherever the pain is, zap it for five minutes and see how it feels.

A: Good point. How long it takes to ring out, or to beep out, is a measure of how compromised that area is, but remember the MED is at 10Hz, so it's not going to have as powerful a pain reduction as 77 let alone the 200Hz, but what it's great for is giving us data. So for instance, if you've got somebody that comes in with sciatica, use the MED on the right side and then compare it going right across to the other side, and the difference in time would give you an indicator of how the situation is. Now in doing those measurements, if the difference in time is going to be less and less then you know you're advancing. It gives you a measurement, and also it shows you how you're advancing with the MED time getting less and less.

Q: Can you explain or describe what your back office PCM videos are?

A: Sure. Basically, these are short videos on different sections of the long video you have seen already, and they have a in detail description of the different settings, the different frequencies, and what they do, for reiteration of what we already said, and then there is another section on the diagnostics. There's a very interesting relationship here, and it took me years to unravel this, there's an interesting relationship when you have these complex units like the PCM, and you're dealing with areas that need brushing, whether they are sticky or whether they are loud. So what I did I created a mind map that I go through in that video, which really helps explain why you are doing what you're doing, and what to go to next, and why you will be doing that. So this is actually more than you are going to need for the first week or two, but nonetheless, it helps to clarify if you're going into a training or a professional practice kind of situation. And as I said, it took me years to work out why it was and what it was, and I've got it all together on that video, and that's another video that's in the VIP training. Then there are motivational videos in terms of keeping on track. What else are we going to be doing in the VIP package? It's a bit more of the metrics and the diagnostic ways to measure stuff. Also, in the VIP package, you'll get my Facebook support 24/7, because that's a really good, fast way if you have a question about something, you can come in and get answers. Cool, is there anything else?

Q: What about old scar tissue?

A: Okay, scar tissue we talked about last week, it'd be best to go back to that one. Actually in three of the teleconferences we talked about scar tissue, basically it's about wobbling the proteins, and that's why it softens.

Q: For the future could you make a note on the relationship between frequency and electricity, and how they interact with each other?

A: Oh, there is so much beauty in that. Let me give you a very, very quick little picture of this because it's so extraordinary. Basically when you talk about the relationship between frequency and electricity, you're talking about the electricity creating different notes, different frequencies, and when you power up those notes, or in other words, when you pour in more electricity, when you turn the device up, the harmonics associated with that frequency change. Literally what happens is when you change the power the harmonics change. So you have a different pattern that's happening. In a cymatics experiment, which is basically the movement of sound in a vessel you will see the cymatic picture and how things are wobbling around due to a certain frequency. So here is the relationship between the two, the frequency is the note and the volume of electricity is the power at that specific note the loudness. Okay?

Q: Okay, thank you. I don't have a perfect understanding of it but I'm kind of getting the picture a little, maybe in the future.

A: Yeah, it's really about the dynamics of that frequency because the frequency of the 77 Hz has a very low note if you were to hear it from an instrument like a bass, so it's wobbling around kind of slowly, compared to the 200Hz which is wobbling around much quicker, let alone when compared to the infra frequencies which are wobbling around very, very slowly. So as the frequency gets higher, the wavelengths get shorter and also the distance between every one of those waves, because it's now vibrating at 200Hz per second as opposed to 77Hz per second. The higher frequencies have a shorter wavelength so they are more active, they have more power to them, and the lower frequencies, like in the infra circuits, the infra frequencies have extremely long wavelengths, like hundreds of feet, so they are carrying completely different sets of information on a short wave compared to a long wave, and that's why they do different things.

When you're getting down into the delta brain wave activity and into dream like states, that's when the mind is totally harmonized and reaching out for information that's actually many hundreds of feet around you, whereas when the mind is at 18Hz, at a much shorter wavelength, you experience a closer environment, so you're more intimately aware around you and more connected, whereas in the dream state you're more aware outside of the body and into other realms. So each one of those frequencies has distinct properties to it and that's why they tune music to the 440Hz or the 432Hz. And there's a lot of the discussion around those frequencies. But really at the end of the day it's about getting electricity into the body, everybody here, at the end of the day, it doesn't matter what frequency you use, it's about getting that electricity into the body and, yes, frequencies do different things. That's why I say, keep it simple guys, go with the 77Hz. Great.

So when you come into the Quick Start and Self Study trainings that's where things are really going to become a lot clearer for you and you're going to get an interesting dynamic. You've got some real expertise in this group of people that have come on board with me this time around, and we're going to see some fabulous things there, too. So let's get those units out for about two hours a day roughly and get rocking, and then on the Face book group you guys can start comparing notes there and you're going to discover your own unique values and unique interpretation of this and I know we'll all contribute and we'll all participate as one group, and that synergy of the group as well, that's what makes things click. Like, somebody comes in there with back pain and then it gets less and it gets less and it really helps the dynamic within the group and everyone there, too. So it's January 11, 2015 and I'm signing off now. Aloha.