

Regular users of the Biocircuit report:

- deeply restful sleep
- more resilience against stress
- mental calm and clarity
- stronger digestion
- a healthy immune response
- balanced energy and vitality
- heightened subtle-energy awareness

More ideas for use:

- take a refreshing power nap
- turbo *śavāsana* after yoga practice
- accelerate athletic/gym recovery
- minimize jet lag and travel fatigue
- amplify intentions for physical healing
- switch off mental chatter for meditation

For intrepid explorers, the Biocircuit can open doors to:

- deep emotional process work
- hypnosis and therapeutic dialogue
- profound breathwork and rebirthing
- homeopathic infusions, vibrational grafting, and urine auto-therapy
- astral projection & psychic awakening

(Refer to Leslie Patten's book for more info)

Disclaimer: The Biocircuit is a general wellness device that promotes a healthy lifestyle through activation of the parasympathetic nervous system. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

PRANAWAVE



Trained at MIT and Stanford in hardware/software engineering and digital music, David Lowenfels is now an inventor and healing arts practitioner. He facilitates transformational bodywork, energy medicine, and breath journeys at <http://fullspectrumbodywork.com>

“I make wellness tools for amplified self-awareness. My ‘Robin Hood’ ethos brings high-end technology to the people at affordable costs, without the B.S.”

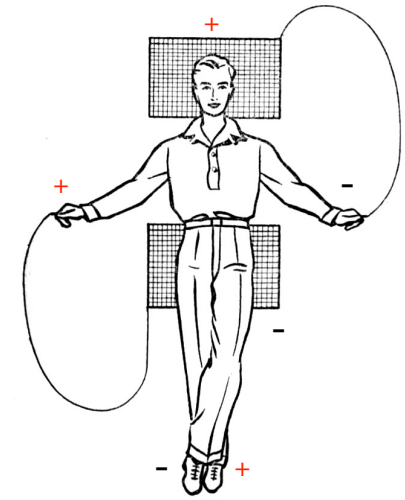
Feel the Vibes

The Pranawave™ Vibrotactile Sound Table kit allows you to upgrade a massage table with powerful vibrosonic bass transducers. <http://fullspectrumbodywork.com/vibrokit>

Discover your Inner Rhythm

The Pranawave™ HRV Biofeedback system trains up physical, mental, and emotional well-being. Similar to the benefits of exercise and meditation, using the breath to synchronize heart rhythm will strengthen your ability to adapt to the stressors of life — in just 15 minutes a day. <http://pranawave.net>

WTF is a Biocircuit?!



The Biocircuit is a self-healing tool with profound mind/body benefits. Lie down, grab the handles, cross your ankles, and enjoy the ride.

You are the power supply ...

The magic happens when positive and negative electrical poles are connected, resulting in current flow that literally recharges your battery. This activates the parasympathetic nervous system, responsible for rest, digestion, and repair.

WARNING:

Use of this product may result in extreme relaxation, radical self-healing, and bizarre psychic phenomena!

A Healing Legacy of 100+ Years



Leo E. Eeman (1889-1958) was a British WWI pilot who suffered a terrible plane crash in 1918 and was told he would never recover. Inspired by accounts of miraculous laying on of hands, Eeman developed a set of copper polarity screens. With regular use, his excruciating pain and insomnia were healed, leaving him in better health than he had ever known. Intrigued by the potency of the simple device, he went on to experiment and successfully treat a wide range of health problems in many people. He spent over 40 years researching the Biocircuit, and the profound power of relaxation in health and well-being.

Leslie and Terry Patten popularized the Biocircuit with their 1987 book, and their product catalog *Tools for Exploration* in the 1990s. More info can be found at the L. E. Eeman archive: <http://leeeman.com>

Biocircuit Quick-Start Guide

Prepare as you would for taking a nap. Find a quiet place to rest for 30-45 minutes. Soft, soothing music is optional. You can recline or lie flat, as long as your head is at the top of the mat.

Since electromagnetic fields can penetrate through organic materials, it is totally fine to make yourself more comfortable with a pillow, blanket, or yoga mat on top of the biocircuit.

Activate the circuit by grabbing the copper handles and crossing your ankles. You can also connect the feet in a “butterfly” pose (with pillow-supported knees bending outwards) or with a conductive Earthing pad.

The Relaxation Circuit

As the name implies, it is important to consciously relax in order to benefit. The initial effects may be subtle, so mindful awareness of body sensations and breath is key to discovery.

Notice if you want to yawn or sigh? Notice any tingles in your hands or face, or muscle twitches in your arms or legs? You may even want to laugh or cry. Let go and allow your body to express and move, perhaps all on its own!

A few minutes later, a deeper stage of relaxation will occur where you might fall asleep or “zone out”. After some time you will wake up with an inner feeling of completion. As you awaken, let yourself pandiculate (yawn and stretch like a cat or dog). Take inventory of any positive shifts or pleasant feelings, and slowly release the copper handles.

The Tension Circuit

By reversing the handles to opposite hands, a Tension circuit is formed (left hand to pelvis, right hand to head). If you feel groggy and lethargic after a long nap in the Relaxation circuit, you can try the Tension circuit briefly to perk yourself up.

Eeman used the Tension circuit in a playful way for skeptics. He had them hold the Tension circuit for five minutes (some people couldn't even make it that long, feeling agitated and tense). Finally he would have them reverse polarity into the Relaxation circuit and experience a deep sigh of relief.

About 1 in 100 people experience the Relaxation circuit as agitating, and the Tension circuit as relaxing. If this happens to you, try a few 30min relaxation treatments in the Tension circuit, spaced two or three days apart. Eventually the “reversed polarity” should normalize into a preference for the Relaxation circuit.

Care and Cleaning

Take care not to step or lay on top of the copper handles, as they may crack!

With regular use, your Biocircuit will become saturated with your personal electromagnetic energy. This is great if you are the only one using it. However, if you are sharing with other people, you may want to cleanse it of their energy by one of the following methods:

- Sound: Snap or clap up and down the mat, to disperse and dismiss bioenergetic residues.
- Salt & Soda: Fill a jar or double-bagged Ziploc® with equal parts baking soda and white sea salt, and shake it over the mat to absorb energetic residue. You can refresh this mixture by leaving it in sunlight for an hour. (Salt & soda is also a great way to cleanse your own electromagnetic aura.)