

LIFESTREAM Generator™

SEE

SPECIAL EDITION

Evaluation Unit

USER GUIDE
INSTRUCTIONS

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Welcome to Lifestream!

You are making an historic step forward to bring a discarded technology to the forefront. This effort holds enormous potential for improving our collective well-being.

Seventeen years of research and development have led to production and manufacture of the first custom-modified generators which power the redesigned Lifestream Generator™ SE Evaluation Unit.

What was once old is new again.

The following instructions are provided to help you get started with using the Lifestream Generator™ SE for restoring balance in your life.



Connect the Power Supply

Position the Lifestream Generator™ (LSG) on a stable, non-metallic surface: a wood table, desk, or countertop.

1



Plug the power cable into the black power supply.

2



Connect power supply to the LSG, between the timer dial and indicator light.

3



Connect the Power Supply

(continued)

Plug the cord from the power supply into a wall socket.

4



To power on the LSG, turn the timer dial clockwise past the “Turn Past” indicator. Radiant energy will immediately activate. No warm-up period is needed.

5



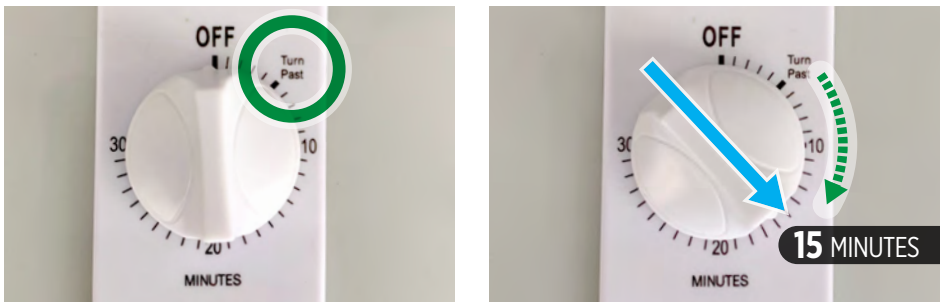
CLARIFICATION:

Some releases of the Lifestream Generator™ SE have a different power supply and connector plug than depicted in the pictures of this instructional document. Both power supplies assemble and connect to the Lifestream in the same way.

Set the Timer

Recommended use to become familiar with the Lifestream is 15 minutes per session.

The timer dial can be turned to 30 minutes, however it is recommended not to run the generator for longer than 15 minutes at a time.



Best practice recommendation is to plan for a cool-down period equal in length to the run-time before beginning another session. Consistent adherence to this practice will ensure your Lifestream operates within calibration tolerances to reduce stress on the mechanical parts which produce radiant energy.

15 minutes ON
(cool down) 15 minutes OFF

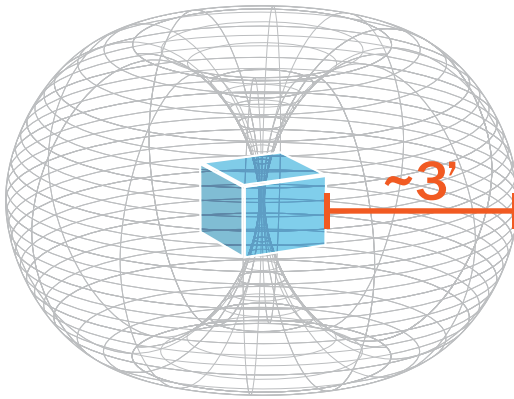
15 minutes ON
(cool down) 15 minutes OFF

How to Use the Lifestream

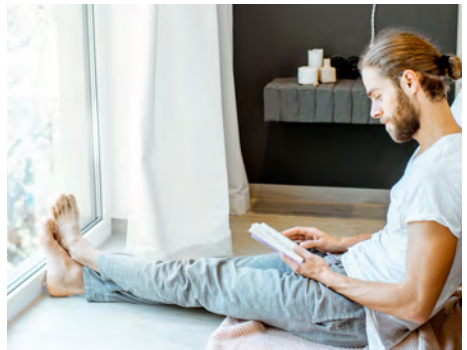
Be Near It

The Lifestream Generator™ creates radiant energy extending approximately three feet from the device. Presence within the radius is an easy, first way to experience the Lifestream.

Close proximity to Lifestream radiant energy is sufficient for beneficial effects.



Place the Lifestream near you when you meditate, read, or study. Your body will respond to the radiant energy if you are near it.



How to Use the Lifestream

(continued)

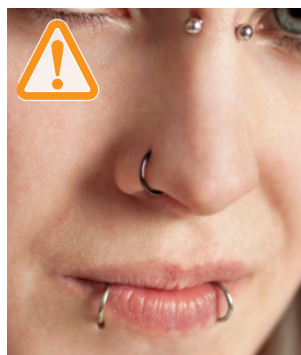
Touch It

Start with the Lifestream securely positioned on a stable surface.

Before touching the Lifestream, remove any rings, watches, or bracelets. Make certain that your hands are fully dry.



In addition to removing all jewelry on fingers and wrists, remove any wireless earbuds, earrings, and necklaces. If piercings cannot be easily removed, avoid directly touching any metal piercings to the Lifestream. Avoid touching parts of clothing with metal such as zippers or rivets to the Lifestream while powered.



How to Use the Lifestream

(“Touch It” – continued)

Start slowly and touch with one finger. Gradually walk more fingers onto the top of the Lifestream to place your entire open hand directly on the top surface.



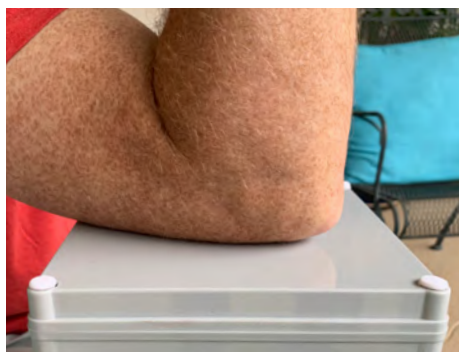
As you feel more comfortable interacting with the radiant energy, you can place other parts of your body to the top of surface of the Lifestream.



How to Use the Lifestream

(“Touch It” – continued)

Careful handling of the Lifestream while powered allows for focusing and concentrating of radiant energy to different parts of the body during a session. The Lifestream can operate on its side or turned upside down. Slow and steady movement of the device allows for the top surface of the Lifestream to directly touch different parts of the body.



SAFETY WARNING: Contraindications for direct touch

Avoid directly placing the Lifestream near the wired lead of an implanted medical device, metal joint replacements, embedded metal pins, or medical staples used for wound sutures.

Keep eyes closed when placing your face to the surface of the Lifestream. Exercise caution when placing your face next to the Lifestream if you have metal dental braces, dental implants, or metal bridge work.



How to Use the Lifestream

(continued)

Charge Water

One of the benefits of using the Lifestream is to charge water to drink later. Hydrating with charged water after a session is encouraged. Charged water can be used for your plants and provided to pets as well.



To charge water, place a non-metallic container filled with water either directly on the top of the Lifestream or adjacent to it before turning on the power. Charge water for 15 minutes while staying in proximity to the Lifestream.



How to Use the Lifestream

(“Charge Water” – continued)

SAFETY WARNING: DO NOT touch water while charging

DO NOT touch drops of condensation on the surface of a glass or cup, or drops of water on the surface of the Lifestream when powered.



Hands-on Energy Transfer

Online videos show experienced Lifestream users engaged in hands-on energy transfer with others. There are multiple different protocols which can be used and new methods are evolving through the variety of practices and experimentation of existing Lifestream users.

CAUTION:



IT IS STRONGLY ADVISED to complete the 8-weeks of individual introductory sessions before attempting hands-on energy transfer. With that said, it is understood that some will choose to try this technique ahead of time.

Regardless of how experienced a user might be with hands-on energy transfer, *a shock may occur*. When engaged in a hands-on session, it is critical to maintain focus. It is when you become distracted that you are more likely to break the protocol which will result in a shock.

How to Use the Lifestream

(“Hands-on Energy Transfer” – continued)

The common denominator in all hands-on energy transfer involves the simple touch protocol for engagement and contact.

FIRST



Secure consent of the person with whom you are sharing the experience.

SECOND



Practice the order in which the physical connection with another is made.

- ▶ **BEGIN:** Establish direct skin-to-skin contact with the participant, then touch the Lifestream. The connection must be dry. Dry your hands and fingers. Make certain that the area where you will be connecting to the participant is dry as well. Avoid connection near beads of moisture on the skin of the participant.
- **END:** Disconnect from the Lifestream, then remove your connection of hand or fingers from the participant.

How to Use the Lifestream

(“Hands-on Energy Transfer” – continued)

If you break protocol, this is what happens:

If you touch the Lifestream first and then attempt to touch or connect to someone, *you will experience a shock.*

While engaged in hands-on energy transfer, if you happen to remove your connection from the person to whom you are transferring before disconnecting from the Lifestream, *you will experience a shock.*

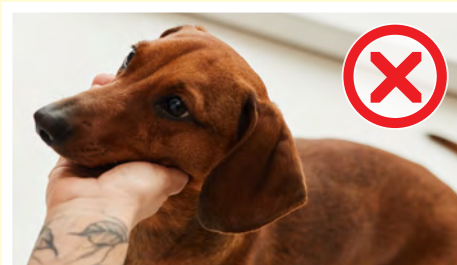
RECAP

1. Connect to the participant, then to the Lifestream.
2. Disconnect from the Lifestream, then disengage from the participant.

SAFETY WARNING: Contraindications for hands-on energy transfer

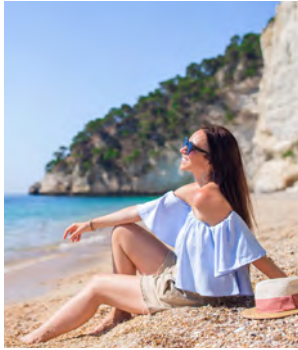
DO NOT engage in hands-on energy transfer near an implanted medical device with a wired lead, metal joint replacements, embedded metal pins, medical staples used for wound sutures, or intact body piercings.

DO NOT attempt to engage in hands-on energy transfer with a hairy person or hairy animal. Skin-to-skin contact is critical when conducting hands-on energy transfer. Additional training courses cover techniques to safely work around this challenge.



Grounding

Published research from multiple studies available online at the U.S. National Institute of Health's PubMed National Library of Medicine on the topic of grounding point to an enhanced sense of well-being and curiously notable physiological changes.



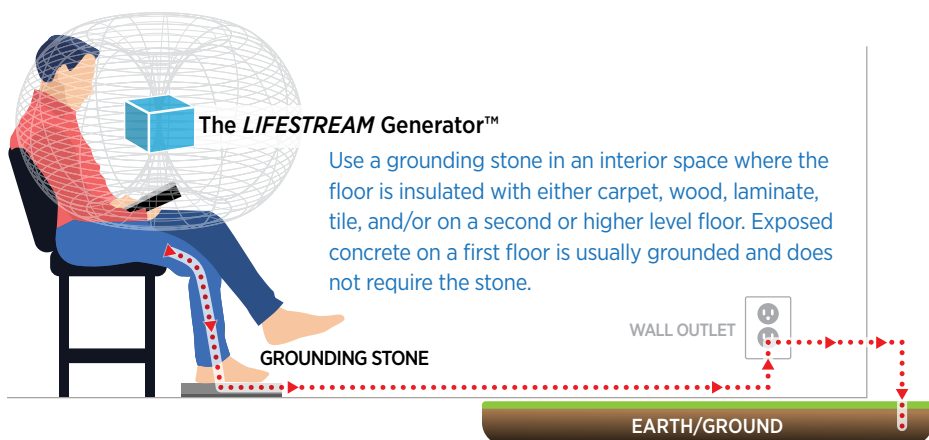
It is not necessary to employ a means of grounding when using the Lifestream Generator™. Like a sponge to water, we absorb Lifestream's radiant energy. Every part of the body responds in holding what energy it needs as it comes into contact whether by proximity or by directly touching the top surface.



Grounding

(continued)

There are various ways to practice grounding when using the Lifestream. In circumstances when direct connection to ground via some part of the body is not possible, the easiest method is to use a grounding stone.



Grounding during a session directs the flow of energy through the body into the earth. When touching the top surface of the Lifestream, a sensation of amplified calmness along with an audible difference in the sound occurs the moment grounding is established. From many user's experiences, the benefits of grounding to earth's energy field are complemented when using the Lifestream Generator™.

Grounding stones are available at lifestreamgenerator.com.

Maintenance and Care

Handling

Accidentally tipping the device over or dropping it can damage the Lifestream. Do not toss or handle the device roughly. Handle as you would a laptop computer. The Lifestream contains calibrated moving parts. It can be picked up and carefully moved when powered.

The Lifestream Generator™ SE can be packed in carry-on luggage for air travel and shipped using delivery services without concern or worry. There are no hazardous, prohibited, or restricted components, chemicals, or liquids in the manufactured device.



Pack securely to avoid damage from inconsiderate handling by others.

Maintenance and Care

(continued)

Cleaning

The case of the Lifestream is a durable material which may require occasional cleaning to remove residual oils and dirt from interaction of touching the device.

It is recommended to clean the surface of the case with isopropyl alcohol wipes. Other methods which can be used include use of sanitizing wipes or glass cleaner sprayed on a paper towel or cloth to wipe down the surface.



SAFETY WARNING: Cleaning



Always make sure the surface of the Lifestream is dry before turning on the power.



Avoid flammable liquids in close proximity while operating.

Evaluation Period Guidelines

Recommended Schedule

A minimum of **15 minutes per day, 6 times a week, for 8 weeks.** Drink at least 8 oz. of charged water after each session to hydrate.



This schedule has yielded transformations toward physiological homeostasis for many users over the past 17 years.

Previous users have experienced and reported a range of notable differences after introduction of radiant energy into their daily routine. Now, with newly manufactured, standardized components powering the Lifestream Generator,™ it is important and helpful to collect information from SE Evaluation Unit owners and users. This feedback will serve to inform the types of clinical studies to fund and conduct in moving forward.



Evaluation Period Guidelines

(continued)

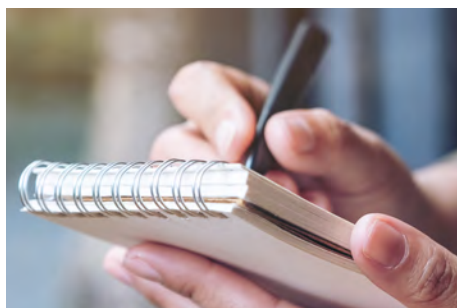
Setting Expectations

Do not expect immediate results for any pre-existing conditions. The Lifestream Generator™ assists the body with restoring balance. Our bodies are complex, interdependent biological systems continually operating to process nutrients and regulate energy to sustain us. Introduction of the Lifestream into your daily routine helps to boost and improve the efficiency of that effort. Restoring a stable equilibrium is the basis for good health both physically and mentally.



Observe and Record

Over the 8-week introduction and evaluation period, keep a diary. Observe and record what details you can during this experience. The suggestion of notes to consider making in your personal diary will help track progress and offer insights for how long certain issues take to rebalance. What follows is a list for which to make notes during this time.



Evaluation Period Guidelines

(“Observe and Record” – continued)

1. Document the date and time of your sessions. Make note of any differences in location and environment of where and when a session is conducted. What are you doing while you conduct your 15-minute session? Are you meditating, reading, watching TV, or listening to music? Are you physically active and near the Lifestream during your session? Are you sitting or laying near it? Are you directly touching the Lifestream or within proximity to it? Are you grounded?



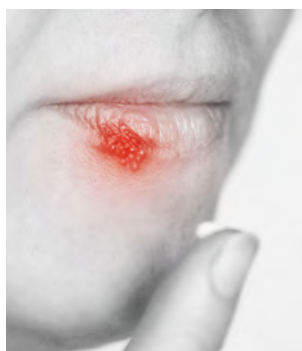
2. Note how you feel emotionally and mentally prior to starting your 15-minute sessions. Are you anxious, worried, sad, nervous, agitated, depressed, calm, happy, tired, or feeling well-rested?



Evaluation Period Guidelines

(“Observe and Record” – continued)

3. Document your physical conditions and how you physically feel before each session. What aches or pains are you experiencing prior to starting? What is the condition of your skin? Do you have any acne or a rash outbreak? Do you have any bug bites? Do you observe any bruising, cuts, or scrapes? Do you have a wart, a cold sore, or visible varicose vein nodules? Do you have a broken bone or a tooth ache? Are you suffering from strep throat, a cold, a virus, or intestinal discomfort? What level of pain or discomfort do you feel before a session? The objective is to record these details about your physical well-being for comparison to track improvements your body is able to facilitate as a result of using the Lifestream.



4. If you can, record your pulse and blood pressure before and after each session.



Evaluation Period Guidelines

(“Observe and Record” – continued)

5. Make note of your appetite. How long has it been since you ate something prior to a session? Do you feel more or less hungry from day-to-day during the 8-week evaluation period?



6. Make note of any supplements and/or medications you may be taking either over-the-counter or prescribed.



7. Note any changes in elimination. Has your urine altered in color or smell? Have your bowel movements changed?



Evaluation Period Guidelines

(“Observe and Record” – continued)

8. Note any changes in libido.



9. If you are engaged in sports fitness or weight training, note muscle pain and any observable differences in recovery times. Does your stretching ability improve?



Evaluation Period Guidelines

(“Observe and Record” – continued)

10. Track your sleep cycle. If you experience trouble getting to sleep, has it improved after Lifestream sessions? Do you feel more rested?



Do you feel as though you need as much sleep? Are you sleeping more frequently or longer? Do you notice any difference in your sleep based on the session time of day? Do you more readily remember dreams upon waking since beginning regular Lifestream sessions?



Explore, Grow, and Share

Beyond Eight Weeks

Like learning to ride a bike, the training wheels eventually come off. Based upon experiences of other Lifestream users, the confidence, comfort level, and understanding gained in observing the differences in personal well-being after the initial eight weeks shifts perspectives. Excitement to share and help others commonly results from the experience.



Engaging in additional daily sessions along with exploring novel ways to use the Lifestream is part of what happens next for nearly everyone. An interest in how our bodies respond to radiant energy from the Lifestream Generator™ ignites a curiosity for learning.

**Honor your intuition. Expand your understanding.
Share your experience.**



Training and certification courses are available and under development. This introduction to using the Lifestream Generator™ is just the beginning.

Disclaimer

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