



## **ACTIVATION INSTRUCTIONS FOR THE AETHER MAT**

Your Aether Mat item comes deactivated when you receive it. When you receive your Aether Mat, place any hand on the symbol upon the apparel item to begin activation...

### **STEP 1: Healing Mode**

In Healing mode, the Aether Mat performs the following on your physical body:

- Detoxification and rejuvenation of the body's major organs, glands and bodily systems.
- Cleansing and rejuvenation of your chakra centers, nadi channels (energetic nervous system) and acupuncture meridians.
- Elimination of any pain, soreness, ache, stiffness, inflammation, burning sensations within the body.
- Gradual transformation of the physical body on a cellular level to encourage youthful appearance of the physical body.

### **To Activate Healing Mode...**

Place any hand anywhere on your Aether Mat.

State the following either out loud or in your mind with the thought:

“Activate HEALING mode.”

Exhale slowly for approximately 2-3 seconds after you have issued this command. This is so you can flow your life force energy (prana) through the symbol, and it will work with your life force energy. Lay down on your Aether Mat and enjoy the rejuvenation effect upon your body in Healing Mode.

The symbol contains all the living command codes for the mat and perform all actions when it is activated using residual life energy stored in your solar plexus to accomplish all tasks commanded into your mat. All healing experiences you encounter through the mat are always through your own life energy.



## **STEP 2: Sleep Mode**

In Sleep mode, the Aether Mat performs the following:

- All functions included above from Healing mode.
- Stabilization of all brainwave states: Beta, Alpha, Theta, Delta and Gamma.
- Encourages a deep, restful sleep through your life energy.
- Encourages a vivid/lucid dreaming state while you enter REM sleep through your life energy.
- Connects directly to your higher self while you're asleep, and scans your physical, mental, and emotional bodies detecting any karmic debts attached to you and negotiates with the Higher Self through the infinite intelligence of your life energy to loosen and sever karmic agreements.
  - Detection of forgiven karmic agreements are often depicted in our dreams, and through successfully forgiven agreements, you may a positive difference when you wake up in the morning feeling lighter and more energized.

### **To Activate Sleep mode...**

Place any hand anywhere on your Aether Mat.

State the following either out loud or in your mind with the thought:

“Activate SLEEP mode.”

Exhale slowly for approximately 2-3 seconds after you have issued this command. This is so you can flow your life force energy (prana) through the symbol, and it will work with your life force energy. Lay down on your Aether Mat and enjoy the rejuvenation effect upon your body in Sleep Mode.

### **STEP 2B: (Optional) UNIVERSAL Healing or Sleep Mode**

The Universal Healing or Sleep Mode option enables the activation of the mat by the User so that others can utilize the Mat's functions **without the need to activate it themselves**. For instance, if Jennifer activates the mat



herself through the commands below, her husband, children and family dog can all use the mat and receive the benefits without the need to activate it themselves. The Mat remains in either Universal Healing or Universal Sleep mode until it is turned off by the User. This option is beneficial for those who are nonverbal and would like to receive the benefits of the Aether Mat.

Place your hand(s) anywhere on the mat and state the following either out loud or in your mind with the thought:

“Aether Mat, Activate UNIVERSAL HEALING mode.”

Or

“Aether Mat, Activate UNIVERSAL SLEEP mode.”

To deactivate Universal Sleep mode, state the following either out loud or in your mind with the thought:

“Turn Universal Healing Mode OFF.”

Or

“Turn Universal Sleep Mode OFF.”

Once the command is made to turn these off, please repeat **Step 1** again to enable Standard Sleep or Healing Mode.

### **STEP 3: Yoga Mode**

In Sleep mode, the Aether Mat performs the following:

- Increases blood flow to the organs and glands as your living prana through the solar plexus coats all major organs and glands within the body.
- Strengthens the muscles, tendons, nerves, joints and bones of the body with your life force energy through the solar plexus coats these areas within the body.



- Increases stamina to the brain and encourages stimulating brain activity to the Beta and Alpha brainwaves.
- Encourages the flushing of toxins from the organs and bodily centers of the body.
- Balances adrenaline levels and heart rate so that you are steadily active and keeps down exhaustion while you exercise.

### **To Activate Yoga mode...**

Place any hand anywhere upon your Aether Mat.

State the following either out loud or in your mind with the thought:

“Activate YOGA mode.”

Exhale slowly for approximately 2-3 seconds after you have issued this command. This is so you can flow your life force energy (prana) through the symbol, and it will work with your life force energy.

After you have activated Yoga Mode, give yourself 1-5 minutes sitting or laying peacefully on the mat as you observe your body being energized by the vitality assistance of Yoga Mode. Once you feel ready, begin your yoga practice or fitness routine on the mat and feel the difference when using Yoga Mode in comparison to simply working out unassisted.

### **STEP 4: Concentration Mode**

When the Aether Mat is in HEALING or SLEEP or YOGA mode, place either hand anywhere on the mat and state your request for concentrated healing on any area of your body. For example:

“Aether Mat, concentrate on my right knee.” Or

“Aether Mat, concentrate on my emotional vulnerabilities.”

This command will stay with the Aether Mat and work on your requested area will be concentrated on until you cancel out the command. To do this, place either hand anywhere on the mat and state...

“Aether Mat, cancel my concentration request.”



## **STEP 5: Amplification (Optional)**

Optionally, you have the ability to amplify the intensity of the Aether Mat's function while it is in Healing, Sleep, or Yoga mode by placing your hand(s) anywhere on your mat and stating the following out loud or in your mind with the thought:

“Increase amplification by (desired) percent.”

(The Aether Mat by default is at 0% amplification. You can raise the amplification between 1-100% in scale)

You can also decrease the amplification, placing your hand on the symbol and stating out loud or in your mind with the thought:

“Decrease amplification by (desired) percent.”

And, if you wish to deactivate amplification, placing your hand on the symbol and stating out loud or in your mind with the thought:

“Turn amplification off.”

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If you have any further questions regarding the functions of the Aether Mat, or if you'd like to leave a testimonial of your experience, please contact us through our website: [www.AetherX.co](http://www.AetherX.co). Thank you, and please enjoy your unique Aether Mat experience!