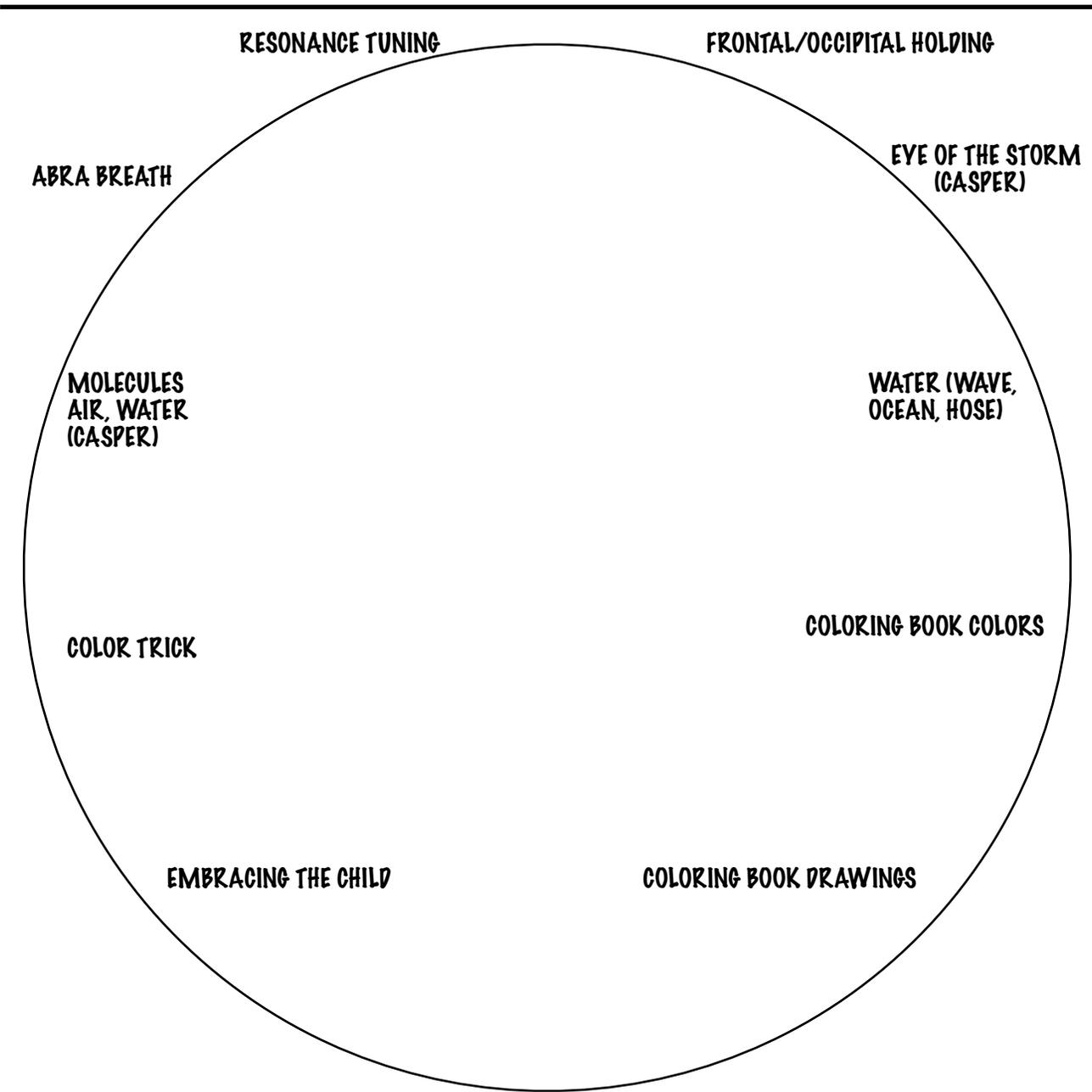


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Alan Handelsman: The Technology of the Three Minute Miracle

STEP 1:

STEP 2:



RESONANCE TUNER™ INSTRUCTIONS

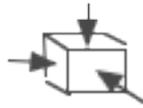
These instructions are a general guideline, not an exhaustive discourse on Resonance Tuning.

RESONANCE TUNING

Resonance Tuning (RT) is an energy balancing procedure. The blocked energy can be that of a person, object, or substance. Since all things are composed of energy, virtually anything can have blocked energy, and can effect your own energy field. RT is especially powerful in balancing the energy of things people come in contact with every day, such as: food (wheat, dairy, chocolate, etc.), jewelry (watches, bracelets, rings, etc.), clothing (wool, cotton, synthetics, etc.), soaps, detergents, perfumes, and virtually anything a person would touch, taste, or smell. The energy of appliances such as computers, televisions, radios, lamps and the like have also been known to interfere with a person's energy, and can be Resonance Tuned.

TO RESONANCE TUNE AN OBJECT OR SUBSTANCE

Place the object on a flat surface. Take the TUNER and hold it about one inch from the front of the object. Hold it there for 30 seconds. Next, hold the TUNER about an inch away from the side of the object. Again, keep it there for about 30 seconds. Next, hold the TUNER about one inch from the top of the object for 30 seconds. This should complete the Resonance Tuning.



The TUNER can be held with either side facing the object. The TUNER can also be held directly on the surface of the object. Liquids can be Tuned while inside any container, such as a glass, jar, can, etc.

When Tuning food, a small sample of the Tuned food can be eaten. If there is no adverse reaction, other food of the same type can then be eaten without Tuning it first. **DO NOT EAT OR DRINK ANYTHING THAT HAS CAUSED SERIOUS REACTIONS IN THE PAST.**

RESONANCE TUNING TO UNBLOCK THE ENERGY ASSOCIATED WITH PAIN

If you have muscle aches or pain, the TUNER may help alter your perception of that pain. First, rate the intensity of the pain on a scale of 1 to 10. The higher the number, the greater the pain. Next, take the TUNER, and hold it about one inch over the area of the pain. Either side of the TUNER can be facing the area.

The TUNER can also be touching the area. Hold the TUNER there for about 30 seconds, and then remove. Rate the intensity of the pain. You may find the pain is less intense, or gone completely. Some people will notice a sensation of tingling or heat. If the pain is less intense, continue holding the TUNER as before, and repeat the process.

TIPS

(If you are not having success, there are a few things you can do)

- Leave the TUNER in place for a longer time.
- Hold the card closer to, or farther from the substance.
- Flip the TUNER over so that the other side is facing toward the substance being tuned.
- You can change the direction of the TUNER. If you were holding the card horizontally, try holding it vertically, or at an angle.

OTHER APPLICATIONS

The TUNER can be used by itself, or in conjunction with other methods of balancing energy. Sometimes just holding the TUNER or carrying one in your pocket can reduce stress and balance energy.

**THIS RESONANCE TUNER IS OFFERED FOR INFORMATIONAL AND RESEARCH PURPOSES ONLY.
THE RESONANCE TUNER IS NOT PRESENTED, DIRECTLY OR INDIRECTLY, FOR DIAGNOSIS,
PRESCRIPTION, TREATMENT, OR CURE FOR ANY DISEASE OR CONDITION, MENTAL OR PHYSICAL.
THIS RESONANCE TUNER IS NOT INTENDED AS A SUBSTITUTE FOR REGULAR MEDICAL CARE.
IF YOU HAVE SPECIFIC MEDICAL PROBLEMS OR CONCERNS, CONSULT YOUR PHYSICIAN.**

WHEN TO USE THE RESONANCE TUNER™

Resonance Tuning works to balance your energy field and the energy field of things with which you come in contact. Specific instances when you may find the Resonance Tuner helpful:

Energy Sensitivities (Allergies) A person can be sensitive to anything, not just something that is “bad” for you. It can be a piece of jewelry, vitamins, any food, clothing, soap, water, the sun, a person, etc. The effects can be overt, (like getting hives when eating strawberries), or covert (like feeling tired after sugar). Other examples: MSG in Chinese food causing an anaphylactic reaction; a watch causing sores on wrist; earrings causing sore ears; cats causing red eyes, asthma attacks, wheezing, hives and itching; wheat causing fatigue, nausea or anxiety; fruit causing sneezing; dairy products causing stomach gas; fluorescent lights causing headache or low energy; cellular phones and computers causing stress reactions.

Cravings Occasionally, cravings will disappear after Tuning the substance just once. Most often, however, you will have to repeat the Tuning periodically. Examples: Cigarettes (smoking less after putting Tuner in cigarette pack); sugar; cookies; candy; chocolate.

Pain Perception Sometimes the perception of pain will lessen within seconds. Sometimes wearing the tuner over the painful area for a few minutes or hours will work better. Examples: Cuts; chronic foot pain; headaches and migraines; redness and swelling from burns; chronic shoulder condition caused by sitting at the computer; twisted joints and sprained ankles; injuries from falls or accidents; period problems; swelling and pain caused by a torn tendon; stiffness and soreness caused by working out.

Less Day to Day Stress Some people who wear the tuner in a pocket or under clothing throughout the day report being less thin-skinned, more centered under stress, calmer, more focused, etc.

Emotions Specific emotions can be Tuned, or more general emotional states such as these: *“I’ve been going through a terrible time. In the past year my father died, I lost my job, I left my therapist in great conflict, feeling emotionally abused, I’m running out of money, trying to start a new business, and six weeks ago, my lover of the past two years left me. Today I was feeling particularly rough – got fed up with lying in bed crying and got up being bitchy and irritable instead. Finally I got the brilliant idea of sticking an RT down the front of my bra. I’ve been feeling great ever since – better than I’ve felt in six weeks. I never want to be without it... Thank you and the universe for this particular deliverance from misery.”* – S. C.

Furniture and Rooms If you work with clients, you can Tune the chair they sit in between appointments so that your client won’t be affected by previous events. One person reports that clients sitting in Tuned chairs have been very receptive to what he is doing. You can Tune your entire office or waiting room, especially between clients or meetings. You can start each new client or meeting totally refreshed.

Working with Computers Tuning your computer can lessen or eliminate any nervous energy you may feel. People report being able to sit at the computer longer without their usual physical and emotional discomfort. One person reported the static electricity from his monitor disappeared after tuning his computer.

Babies and Medicine People have had success with fussy babies in restaurants by Tuning the baby, and with babies fussing while taking medicine by Tuning the medicine.

Insect bites and stings One person reports the redness and swelling of a mosquito bite disappeared within 20 minutes. Another person reports using the Tuner right after being stung by a yellow jacket, and “watching the swelling go down.”

Pets Tuners have been used to calm down barking dogs. Cats have been known to become “very snuggly.”

Miscellaneous One person reports tuning her eyesight, and reports noticing improvement in her “deteriorating” eyes in the days following. Other people have reported relief from carsickness, and putting the Tuner on the dashboard of the car to have more energy and feel less sleepy while driving. One person reports wearing two Tuners in her pockets when she went for chemotherapy, and suffered fewer side effects. Age spots can lighten over time. Other uses are limited only by your imagination.

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Private Consultations
at the Power of Thought School

Alan will be offering private consultations at reduced prices during the school. The regular price for a phone/Zoom session is \$195. During the school, Alan will be offering in-person sessions, with more choices and discounts:

90 minute consultation: \$135

60 minute consultation: \$95

30 minute consultation: \$65

Call or text Alan at 602-478-8346
to schedule your appointment.

Don't want to miss a moment of the school?
Pre-paid, discounted sessions are available.
Pay during the School, enjoy your sessions *after* the School!
No restrictions apply.
Call or text Alan for details.

After the Power of Thought School, Alan is always available for questions, comments, discussions, teaching classes and workshops, public speaking, private sessions, and the occasional free meal.

Alan Handelsman
Telephone/Text: **602-478-8346**
Hypnotherapy Web Site: **www.MBShypnotherapy.com**
Resonance Tuning Web Site: **www.ResonanceTuner.com**
email: **alanhand@aol.com**