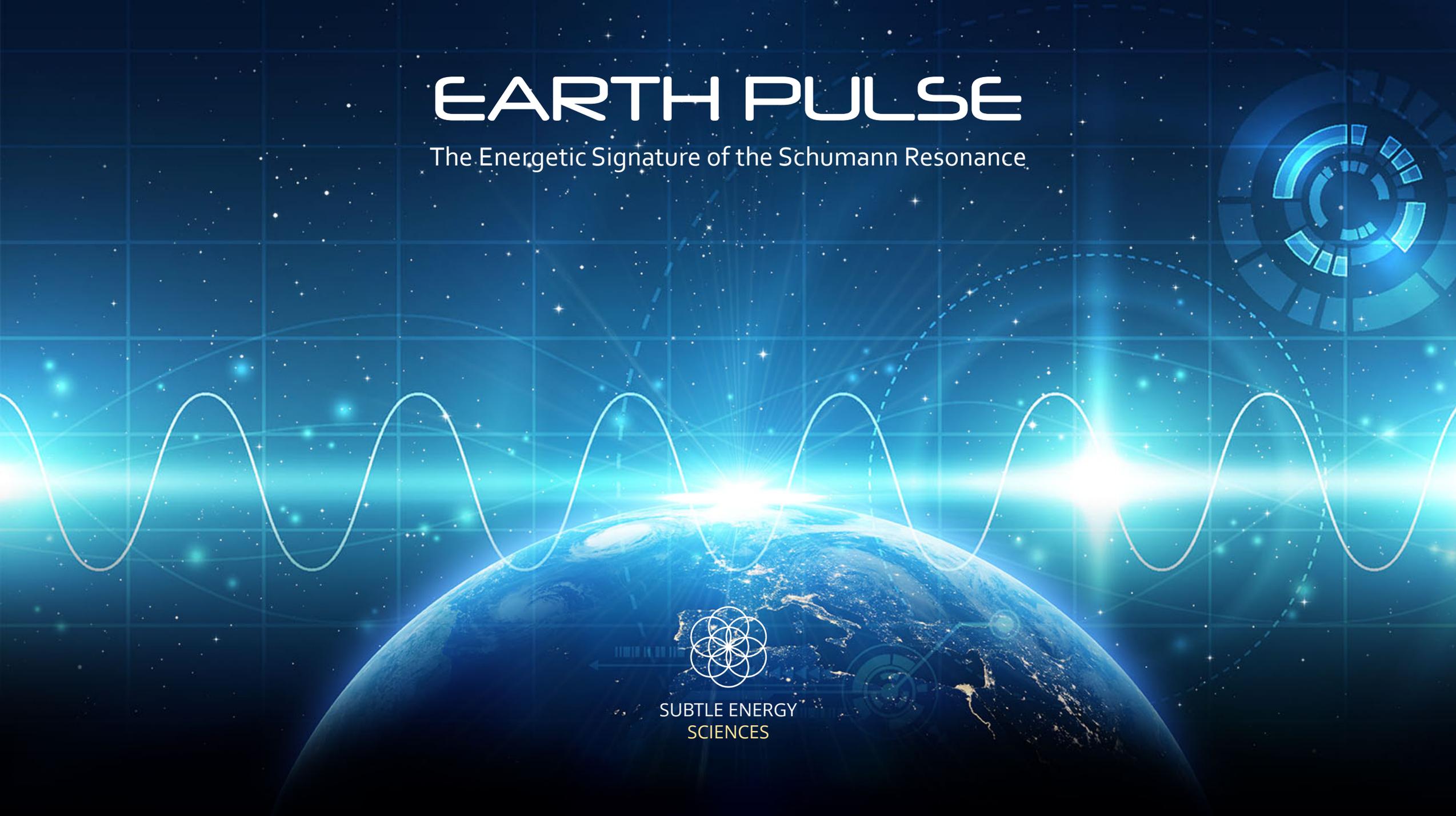


# EARTH PULSE

The Energetic Signature of the Schumann Resonance



SUBTLE ENERGY  
SCIENCES

# SUBTLE ENERGY SCIENCES

Energy Medicine for the Digital Age

[www.Subtle.Energy](http://www.Subtle.Energy)

Subtle Energy Sciences strives to make effective change and personal and collective growth more accessible to all people by providing powerful, cost-effective vibrational technology, via the digital medium, for positive change.

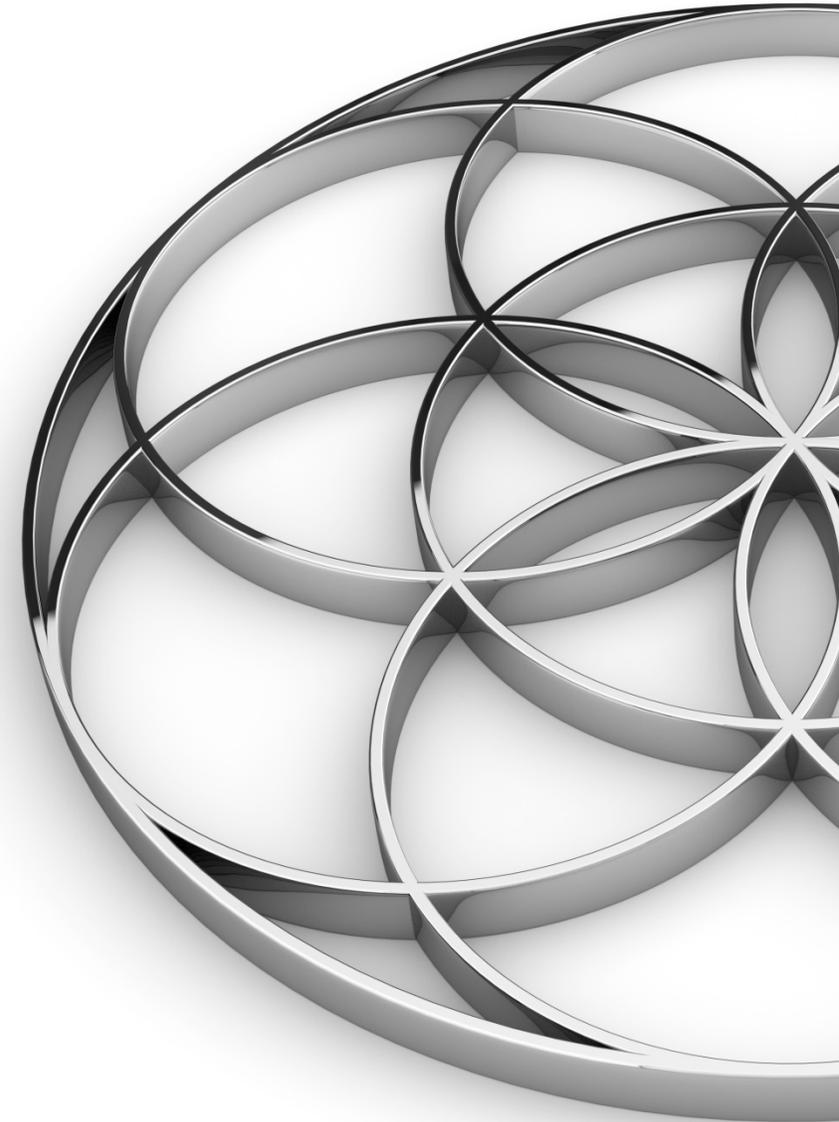
## MISSION

We want to create pristine energetic environments that empower humanity and elicit its highest potential for good.

## VISION

“Heaven on Earth.”

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## SUPPORT LINKS



Blog

<https://subtle.energy/blog/>



Customer Service

[info@subtleenergysciences.net](mailto:info@subtleenergysciences.net)



Facebook

Fan Page - <https://www.facebook.com/SubtleEnergySciences/>

Forum - <https://www.facebook.com/groups/SES.Practitioners/>



Video Tutorials

<http://subtle.energy/instructions/>

# File Information



## File Information for Optimal Results

The download-version of the audio is available in three digital formats: 1) WAV file; 2) AIFF file; 3) high-quality (320 kbps) MP3 file.

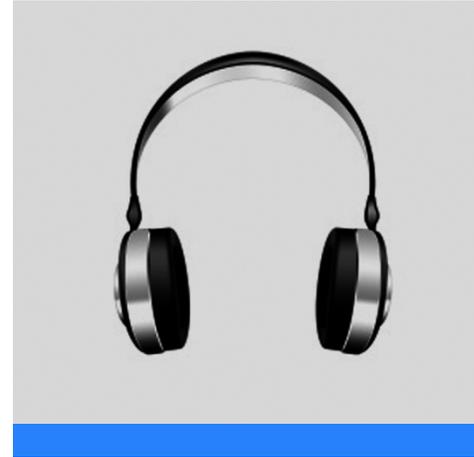
If you are using the high-quality (320 kbps) MP3 files, we strongly recommend not converting these tracks to normal MP3 format (anything below 320 kbps) when uploading from CD or burning to CD.

The (lower than 320 kbps) MP3



compression will filter out a considerable amount of the torsion field power embedded in the CD and download versions. If you wish to burn them to a CD, burning them as WAV files, Apple Lossless files or 320 kbps MP3 files will deliver optimal results.

In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "Apple Lossless Encoder, WAV or 320 kbps MP3."



## Are Headphones Necessary?

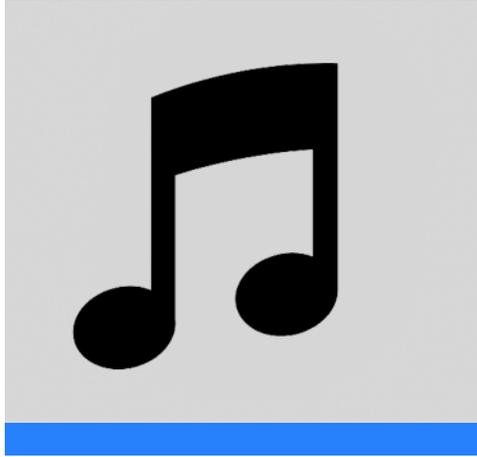
The torsion fields in this program will positively influence your state of mind with or without the use of stereo headphones, but *headphones will significantly enhance the experience.*



## Compatible Players

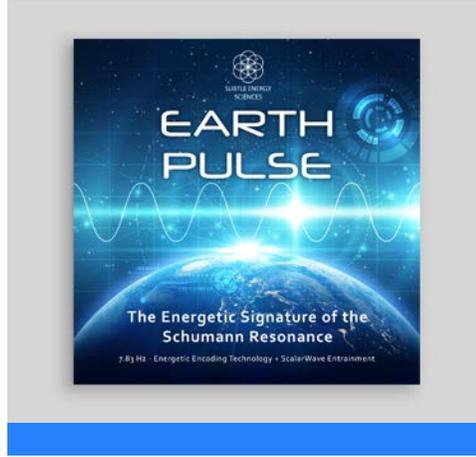
This torsion field audio will play on virtually any mp3 player, CD player, computer media player or cell phone music player.

# File Information



## Earth Pulse “Canyon Drone” Soundtrack

Some portions of this soundtrack are derivative works from [Haunted Canyon Flute](#) by [Kerri](#), used under a [CC-BY](#) license.



## Cover Artwork

Earth Pulse CD cover designed by Eric W. Thompson.

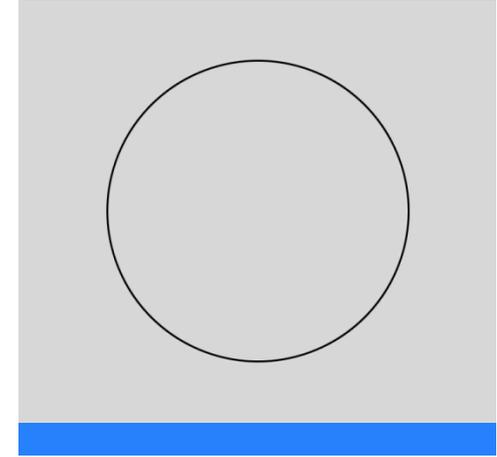
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## Built-In EMF Safety

The subtle energetic frequencies in this recording, when played, will interface with the electromagnetic field (EMF) of the playing device, resulting in two wonderful things: 1) the negative subtle energetic effects normally associated with EMF will be completely neutralized; and 2) the EMF will be converted into a carrier for the torsion field tech, significantly amplifying the subtle energetic field.

NOTE: The overall radiation of the EMF will NOT be reduced (nor is it necessary to do so). Nevertheless, the NATURE of the EMF radiation will be shifted from that which is detrimental to that which is life-enhancing in nature. Normally, most EMFs produce UNHEALTHY torsion energy, which is detrimental to living systems. Using this subtle energy technology, however, will transmute the unhealthy torsion into beneficial torsion energy, which is supportive of living systems.



## Clearing Space

Playing this powerful torsion field program, silently or otherwise, will naturally clear the surrounding space of negative energy.

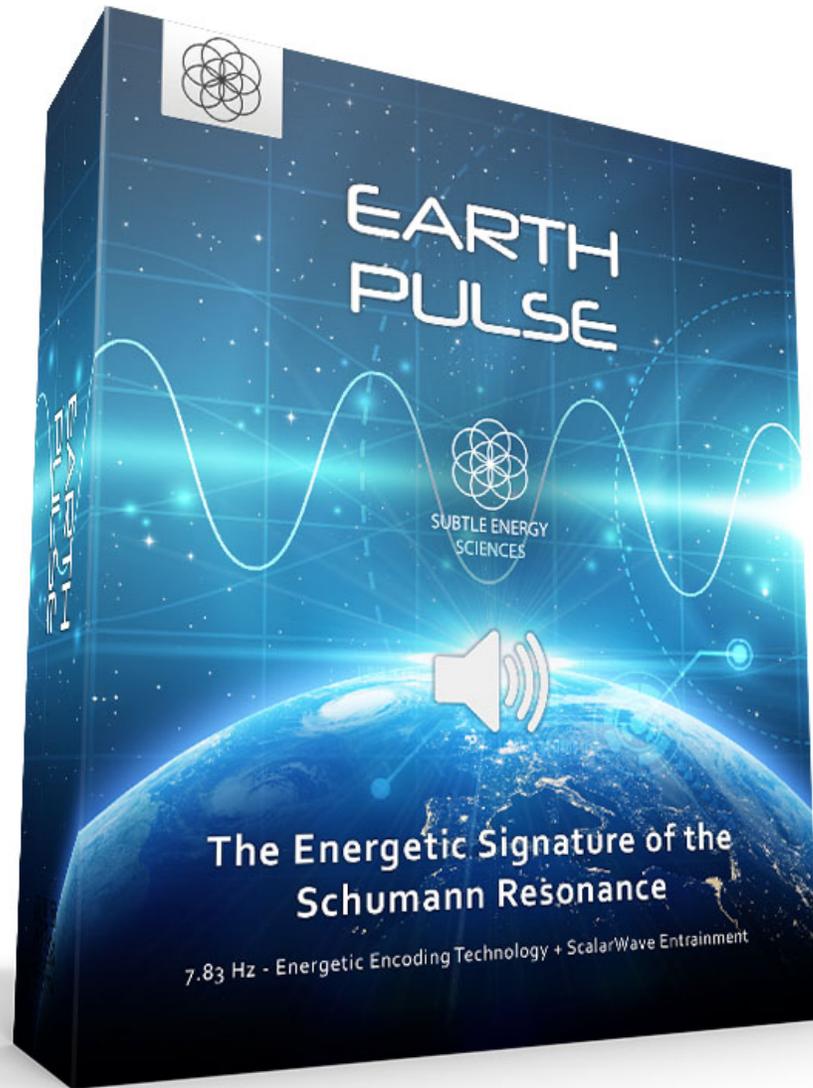


## Welcome to Earth Pulse

Earth Pulse is an energetically encoded audio and mandala program that broadcasts the energy of the Schumann Resonance. It contains very powerful subtle energetic frequencies specifically arranged to entrain your biofield with the resonance of 7.83 Hz. It contains energetic encoding technology powered by scalar waves.

It does NOT contain any guided meditation.

**This program can be used with or without headphones. However, the use of headphones will significantly enhance the experience.**



## The Earth Pulse Package

Here's What you should have received:

**FOUR AUDIO MEDITATION TRACKS** (160 minutes of audio – two 20-min tracks and two 60-min tracks ( in two different soundtracks – Canyon Drone and Ocean)– in three different audio formats – 6 digital files)

- WAV format – This is a large file but delivers maximum audio quality – works best on PC and most audio devices.
- AIFF format –This is a large file but delivers maximum audio quality – works best on Mac and most Apple audio devices.
- 320 kbps MP3 format – This is the highest quality MP3 format available, and is a much smaller file – works on all audio devices.

**The Earth Pulse Mandala** (in two different versions – Regular and Mild - in four formats for each format)

- Use the Regular version during your meditation sessions with Earth Pulse (to amplify the energy).
- Use the Mild version 24/7 to produce long-term Schumann-related benefits without producing overwhelm.
- The Regular version can become TOO relaxing if used 24/7 or all day. So it's best used for meditation and short-term relaxation purposes only.
- Includes four different formats for each version (large, small, phone and pdf print).

The Earth Pulse PDF USER MANUAL (one digital file)

## Click the Link Below for All of Our Tutorial Videos

<https://subtle.energy/instructions-digital-energy/>

**Earth Pulse has recently been completely reinvented.**

This Schumann signature is produced using a new process and is designed to establish the Schumann frequency throughout the whole body. I found a way to make it much stronger without over-stimulating the root chakra through excess grounding.

I restructured and remastered the original Canyon Drone soundtrack and also added a simple, soothing ocean soundtrack for those who don't always like the music.

**The audios and the regular version of the mandala are intended for daily meditation and relaxation sessions. Because they are strong, they are probably not best used all day long nor while sleeping.**

Most of the various Schumann Resonance devices on the market actually produce quite a weak amplitude and are typically not even consciously sensed in the short term, as they deliver their best results when used 24/7 over the long term. This is because the actual Schumann Resonance produced by the Earth is also quite weak in amplitude. Most of the scientific studies in which the Schumann Resonance has been shown to produce positive health benefits featured a very weak Schumann Resonance signal. If you were to use the Schumann Resonance at very high amplitude 24/7, you'd likely feel very sluggish and drowsy after a while.

**So I've also created a **Mild version** of the mandala which is safe and weak enough for 24/7 use.**

I'm very, very happy with this one. I highly recommend meditating with either of the 60-min audios. The effect is exceptionally calming, centering, grounding and soothing.

Take care,  
Eric W Thompson  
Founder, Subtle Energy Sciences

# Tutorial Videos for Using Any SES Audio or Mandala

(Just click any of the videos below and scroll down the page to find the video.)

How to Download SES Audios and Mandalas to an iPhone



How to Amplify the Energy of the SES Audios



How to Amplify the Energy of the Mandalas



How to Amplify the Energy Using the PDF Prints



A Little Trick for Amplifying the Energy on a Smart Phone



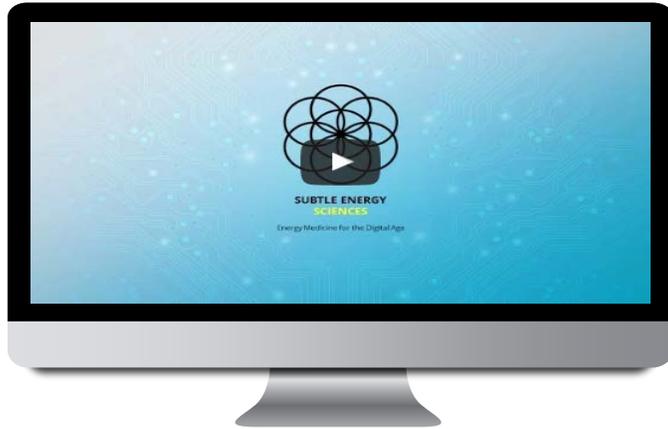
How to Combine this Program with Your Favorite CDs



# Tutorial Videos for Using Any SES Audio or Mandala

(Just click any of the videos below and scroll down the page to find the video.)

What are Digital Energy Mandalas?



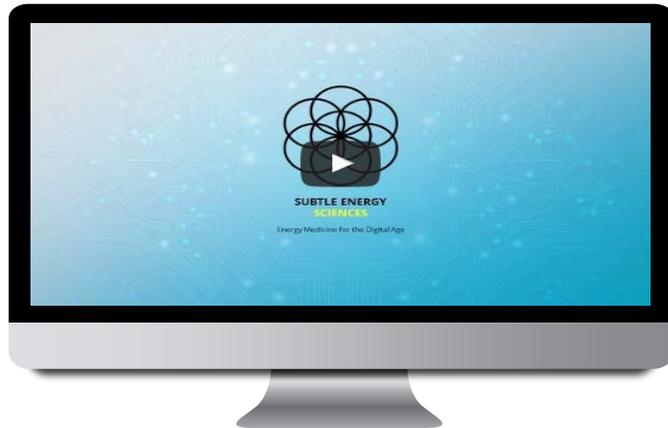
How to Open a Digital Energy Mandala on PC



Amplify the Energy of the Mandalas on PC



Opening and Amplifying the Mandalas on a Mac



Mixing Different Digital Energy Mandalas



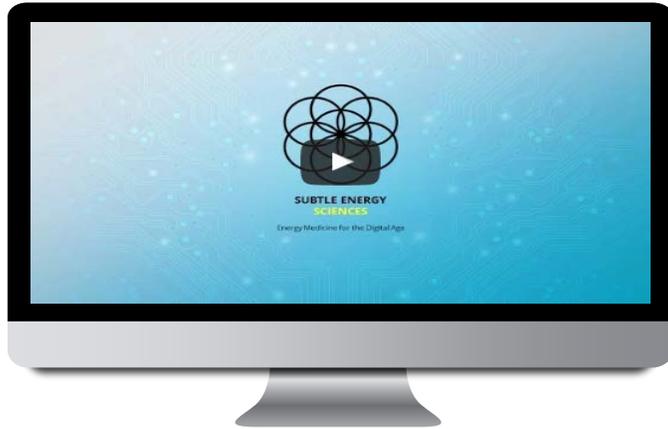
Working with Mandalas that are More Stimulating



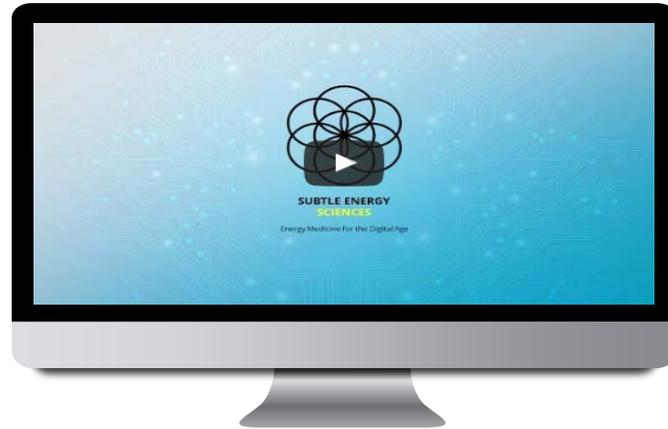
# Tutorial Videos for Using Any SES Audio or Mandala

(Just click any of the videos below and scroll down the page to find the video.)

Stash & Kalie Investigate the Mandalas



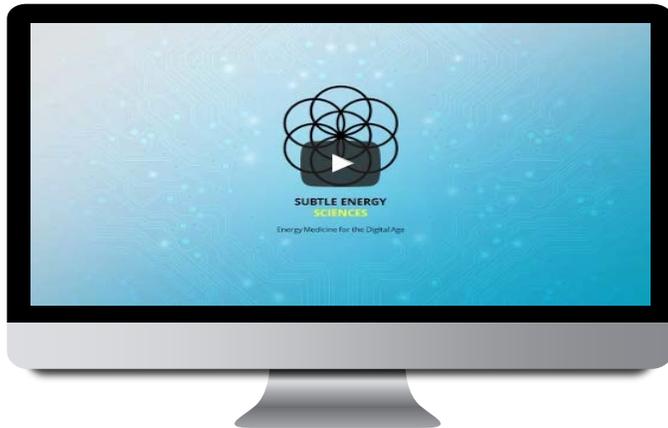
The Importance of the Writing on the Mandalas



How to Use Digital Energy Mandalas on a Phone



How to Feel the Energy More Easily



Digital Reflexology Using the Mandalas



# The Schumann Resonance: The Earth's “Field Effects” on Human Health

## The Schumann Resonance

From Wikipedia ([http://en.wikipedia.org/wiki/Schumann\\_resonances](http://en.wikipedia.org/wiki/Schumann_resonances)): “The Schumann resonances (SR) are a set of spectrum peaks in the extremely low frequency (ELF) portion of the Earth’s electromagnetic field spectrum. Schumann resonances are global electromagnetic resonances, excited by lightning discharges in the cavity formed by the Earth’s surface and the ionosphere.”

The basis, or fundamental, for these resonances is 7.83 Hz (cycles per second), which is a standing wave in the cavity between the ionosphere and Earth. Because this rhythmic pattern lies within the human brainwave range, various authors have speculated that this aspect of the Earth’s electromagnetic field may act as a kind of global mind, with the capacity to organize and influence human consciousness. While such speculations may seem farfetched, there is a growing body of scientific evidence suggesting that the Schumann Resonance may positively influence:

- Neural and cognitive functioning in mammals.
- Physical, emotional and mental health in humans.
- Healthy DNA formation in humans and mammals.
- Psychic phenomena.
- A healthy sense of being grounded and centered.
- A healthy form of protection against harmful electromagnetic fields (EMF’s).
- An enhanced state of creativity, cognition and learning.
- Improved ability to handle stress.



# Schumann Resonance Research and Theory



## Brainwave Evolution:

Lewis B. Hainsworth, MA has hypothesized that the electromagnetic frequencies in the Earth-ionosphere cavity have played a governing role in the evolution of human and mammalian brainwave patterns, particularly the Alpha pattern which the Schumann Resonance falls within. Commenting on the unique correlations of Alpha brainwave activity and its relationship to the Earth-ionospheric cavity resonance, Hainsworth has said, *“As human beings we have extraordinary potentials we have hardly begun to study, much less understand. Creative gifts, intuitions and talents that are unpredictable or emergent may become stabilized in generations to come. Hopefully, we can learn to understand both our emergence from an essentially electromagnetic environment and facilitate our potential for healing, growth and non-local communication.”*

## Emotional and Physical Health:

Max Planck Institute professor R. Weaver conducted an experiment in which the Schumann Resonance was found to restore or improve health in individuals living in an underground bunker (i.e., separated from the Earth-ionospheric resonance) and suffering from emotional distress and migraine headaches.

# Schumann Resonance Research and Theory

## DNA Formation:

Dr. Luc Montagnier conducted an experiment in which he filled two test tubes with pure water and placed a piece of heavily diluted bacterial DNA into one of the test tubes. After surrounding both test tubes with a weak electromagnetic field pulsing at 7 Hz for 18 hours, DNA was detectable in the glass that originally had nothing in it but water. It would appear that the 7 Hz played a substantial role in extracting the DNA information from the one test tube and communicating it into the other test tube.

## Psychic Communication and Phenomena:

Dr. Michael Persinger has conducted research in which two people in separate rooms were presented with identical magnetic fields at approximately 7 Hz. When one of these individuals drew a picture, the other person could roughly approximate that drawing, even though they were in separate rooms. Further research has shown a strong correlation between geomagnetic activity and psychic phenomena.

## The Rise of Man Made Electro-Pollution:

Evidence suggests that the proliferation of manmade electromagnetic fields has given rise to a kind of electromagnetic chaos that now seems to be affecting the fundamental Schumann Resonance, effectively raising it and adding to the chaos experienced by living systems. If this is the case, it would suggest that:

- Integrating the fundamental Schumann Resonance in human living environments would be beneficial in establishing optimal physical and psychological health.
- With the continuing rise of electromagnetic technology, the future health of all living systems seems to necessitate the emergence of an organic technology that can decrease and/or completely reverse the detrimental effects of synthetic electromagnetic technology.



# Important Notes on the SES Torsion Field Technology in this Program

**THE POWER OF INTENTION:** Because of the informational and energetic properties of this technology, it is especially powerful when used with conscious intention. You can consciously direct the energy to flow in specific areas of the body or to catalyze particular changes in your consciousness. Form and hold your intention with each meditation.

**LASTING EFFECTS:** Although you will feel the effects of this technology while listening to this program, especially when listened to for 20 minutes or more at a time, the effects will also last for quite some time throughout the day.

**SATURATE YOUR BIOFIELD WITH PEACEFUL ENERGY:** The energetic signatures contained in this program have been amplified millions of times, making them quite potent. The more you listen, the more densely these soothing and calming energies will saturate your biofield for lasting change. You'll carry this feeling of deep calm into your day.

**SENSING THE ENERGY:** Although some people are sensitive enough to go into light samadhi/trance states while playing this energetic field silently as they work, most people will sense it most deeply during eyes-closed meditation and relaxation. For best results, please do not forsake a formal meditation practice.

**AVOIDING OVERWHELM:** Even though the torsion field energies embedded in this program are calming by nature, they can still have an overwhelming effect on the nervous system if it absorbs more energy than it can handle at one time. Start by meditating an hour or two a day with the track and see how you feel. If you notice that you seem to be on edge, this is just your nervous system letting you know that it needs a break. Any overwhelm experienced through excess exposure to this technology is only temporary and never serious or permanent. Simply cut back on your exposure time.

## Helpful Tips for Using the Digital Mandalas with Great Success

1. **DOSE:** Like other types of medicine, the success of a mandala depends on the dose. So I recommend opening as many copies as you can. Occasionally someone will say that a mandala isn't working for them, and in every case it's because they aren't using the dose that is right for them.
2. **PRINTS:** Do make prints as well. The prints are quite powerful. I use them a lot with great success. The easiest way to print is to open a Word document, then use the Insert menu to insert the picture of the mandala. Then re-size the mandala to fill most of the page. Then click the Print command in the File menu.

### Some general printing guidelines:

- B & W printing will work (though I typically use color)
- Print on both sides to double the energy.
- Make multiple prints and stack them together for extra power.
- Use the print to charge your water.
- For water bottles up to one gallon, just sit the bottle on top of the print. The water is imprinted within a few minutes; but the longer you keep the water charging, the stronger it will be.
- For 5-gallon spring water bottles, simply tape a print to the bottle and leave it there.
- Stack several prints together, fold them, and put them in your pocket throughout the day.
- Stack several prints together, place them in a laminate cover, and place them under:
  - Your seat cushions
  - Your pillow
  - Your mattress
- Tape a print inside your fuse box door. Everything that uses electricity will now emanate the energy.
- Place a print underneath the power cord for your refrigerator. Your food will now carry the energy.