

MyMat[®]

USER MANUAL





“ I had a dream of reconnecting beings with their innate wisdom, connecting them with their inner peace, bring peace to their families, communities and the world. It took me a long time but I found a way to do it:

Through combinations of highly coherent pulsed electromagnetic frequencies. The electromagnetic frequencies are part of all living beings and are expressed in sacred geometry, what is known as the "architecture of the universe."

In my dream I see the MyMat® being used by people all over the world, where these, not only reconnect with themselves, but with all life around them, through the network of frequencies.

Nada Brahma, the world is vibration! When everything vibrates in harmony, we reconnect to the inner peace everyone longs for."

Renata Beffa
Founder of Healing House.



THANK YOU-FOR CHOOSING MYMAT®!

You have purchased an innovative device designed to help you recover and maintain your health and well-being.

The human body has the ability to heal itself. The process of self-healing keeps the body in balance, which is the basic requirement for health. Circumstances such as stress, poor nutrition, e-smog, lack of exercise and harmful habits weaken self-healing powers.

To reactivate the natural self-healing process, we developed the portable and wireless device, MyMat®. Its technology generates therapeutic frequencies using pulsed electromagnetic fields (PEMF), which reproduce the information of a healthy organism.

MyMat® puts the body in a state of resonance consistent with its original healthy frequency. This activates self-healing.

Pulsed electromagnetic frequency technology, such as used in MyMat®, was developed to restore astronauts' health after space travel. Using this technology, the Astronaut's body cells were able to return to their natural state of health when coming back from outer space.

At the beginning of the year 2000, Healing House began to develop this technology to create wearable and portable health devices, making MyMat® one of the best gifts created with advanced technology and science.

COMPLEMENTARY MEDICAL APPROACH

Healing House has chosen an integrative, holistic approach. This is unique in the field of PEMF devices and thus meets the highest demands for holistic therapy.

The therapeutic approach activates self-healing potential in its programs regulating physical, emotional and mental imbalances. Each program is based on the findings of modern scientific medicine and research into the natural vibrational frequencies of the human body. The frequency ranges in the MyMat correspond to those of the respective organs, body regions or mental dimensions in the healthy state.

In addition to the modern medical approach, we have also integrated the concepts of ancient, traditional medical systems into MyMat® programs. The corresponding frequency ranges defined by traditional medical systems have all been precisely programmed into MyMat®. We use the knowledge from the systems of Ayurvedic, Chinese and Tibetan medicine. Each program is configured to rebalance the body within the standards of the medical systems they are based on.

The meridian programs have their origins in Traditional Chinese Medicine (TCM). The TCM understands meridians as energy channels that are assigned to one organ (among others). According to this understanding, the undisturbed energy flow in the meridians means that the respective organ is also healthy. This is an energetic extension of human anatomy commonly known in conventional medicine.

The energy structures derived from Indian Ayurvedic Medicine, the 7 major energy centres or chakras and the aura are also included. For the respective chakras there is also an assignment to bodily functions, organs and emotions.

In Traditional Tibetan Medicine, these energetic concepts are also present. There is a special emphasis on the building blocks of life known as the five elemental forces of fire, water, wood, metal and earth. These are important aspects of healthy balanced emotions and for the optimal functioning of organs.

We have chosen the integrative approach in MyMat® because the methods of the traditional healing systems are ideal additions to conventional medical therapy. At PEMF level, they are side-effect-free. This gives the user an opportunity to utilize the wisdom from all medical systems in order to derive the greatest possible therapeutic benefits.

All MyMat® models come with 85 individual programs that can be combined in sets of four, according to specific individual needs.

There are 61 basic programs based on modern scientific medicine and research. In addition, there are 7 chakra programs to balance the energy structures as known in Indian Ayurvedic medicine. The Traditional Chinese Medicine (TCM) based programs help to deblock and rebalance the energy flow of the 12 meridians. As for the Traditional Tibetan Medicine programs of the 5 elements these are useful to balance our body and the qualities of our mind.





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HOW
DOES MYMAT® WORK?

Every function in our body happens through the exchange of electromagnetic energy between cells. The natural electromagnetic energy controls the biochemical processes in the body. If for some reason this energy is impaired or negatively affected, our cells are damaged and their function is disturbed. Circumstances such as stress, poor nutrition, e-smog, lack of exercise and harmful habits weaken our energetic state. MyMat® uses low-frequency, pulsed electromagnetic fields that matches those of healthy, perfectly balanced cells. By creating coherent frequencies, MyMat® helps the body vibrate in healthy frequencies and return to its original healthy state.

Each organ of the human body vibrates with different frequencies. In the event of organ imbalances, MyMat® programs are aimed directly at the respective organs to restore communication and balance at the cellular level. This stimulates better oxygenation, metabolism, nutrition, improves microcirculation and promotes the release of toxins. At the energetic level, MyMat® meridians, elements and chakra programs restore and stabilize the flow of energy in the respective affected energy channels. Since they are assigned to the respective organs, the healing process takes place simultaneously on a physical and energetic level.

By restoring the regulatory processes and the harmonic flow of energy, the self-healing process is activated. This shortens recovery time and slows down the aging process.

THE CONTENT OF THE MANUAL

On the following pages you will find the descriptions of how MyMat balances physical, emotional and mental imbalances. It has descriptions of the modern medicine derived programs and then also of the programs derived from Traditional Chinese, Ayurvedic, and Tibetan Medicine.

MORE INFORMATION

Nowadays there are large number of scientific studies available that support a holistic approach to medicine and prove the effectiveness of therapies of traditional healing systems.

For more information, literature and links to scientific studies see www.healinghouse.life.



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FREQUENTLY ASKED QUESTIONS

CAN I USE MYMAT® IF I DON'T HAVE INTERNET?

MyMat® doesn't need the Internet because it has its own WIFI connection, which connects directly to your mobile phone or Tablet wherever you are. This WIFI connection is only to transfer the information of which routine to run and shuts down automatically after doing so.

HOW DO I KNOW THE THERAPY HAS STARTED?

When starting therapy, the green light, next to the charging port, begins to flash.

CAN I USE MYMAT WITH JEWELLERY AND METAL OBJECTS?

Yes, you can. It can even be used by people with metal implants inside the body.

DOES THE MOBILE PHONE INTERFERE WITH MYMAT®?

It does not interfere, but the cell phone radiates frequencies that are negative for the body. If you can do without it during therapy, it will be of great benefit to you.

DO I HAVE TO DO ANYTHING SPECIAL BEFORE USING MYMAT®?

We recommend drinking a glass of water before and after use so that the body is more receptive.

CAN I USE THE SAME THERAPY FOR ALL FOUR ANTENNAS?

Yes, you can, but it does not increase the effect. It is preferable to combine four programs to activate self-healing on multiple levels.

WHERE SHOULD I PLACE MYMAT® DURING THERAPY?

MyMat® should be worn close to the body. The best position is on your stomach or back. It is not necessary to place it on the affected area, as the frequencies reach the exact place that needs healing through the body's own energy system.

HOW DO I KNOW THAT I NEED TO CHARGE THE BATTERY?

The application shows the percentage of battery charge.

We recommend charging it before the bulb turns red, about 60%.

HOW DO I KNOW THAT THE BATTERY IS FULLY CHARGED?

The bulb changes from red to green. The app also shows the battery level.

HOW LONG DOES THE BATTERY LAST AND FOR HOW LONG SHOULD IT BE CHARGED?

We recommend charging it once a week for at least 5 hours.

WHAT SHOULD I DO IF MYMAT® MALFUNCTIONS?

Please contact support@healinghouse.life

DOES MyMat® HAVE A WARRANTY?

Yes, it has a (2) year warranty.

CAN I USE MYMAT® ON CHILDREN?

Yes, it can be used at any age.

CAN I USE MYMAT® ON PETS?

Yes, there are special programs for small and large pets.

CAN I FOLD THE MYMAT®?

Do not! Although it is flexible, you should not bend it or sit on it. You can sit or lie on a MyMat® PRO and MyMat® CLINIC.

IF I COVER THE MYMAT® WITH A BLANKET, WILL THE FREQUENCIES REACH ME?

Yes, the blanket does not interfere.

HOW MANY TIMES A DAY CAN I USE MYMAT®?

It can be used 3 to 4 times a day, with at least two-hour intervals between therapies.

CAN THE MYMAT® BE USED IN PREGNANT WOMEN?

Yes. The program they should NOT use is Detoxification.

DOES USING THE MyMat® INTERFERE WITH SLEEP?

No, however, we recommend not to use the following programs before going to sleep: Adrenal Glands, Vitality, Energetic Booster, Concentration.

HOW MANY PROGRAMS DOES MyMat® HAVE?

The MyMat® has 85 programs specially designed to activate self-healing, divided as follows:

61 Programs for physical, emotional and mental imbalances

12 Traditional Chinese Medicine Programs

5 Traditional Tibetan Medicine Programs

7 Traditional Ayurvedic Medicine Programs

WHY IS IT IMPORTANT TO DRINK WATER WHEN USING THE MYMAT®?

The frequencies of the Pulsed Electromagnetic Fields will travel more easily throughout your body when being well hydrated. In this way the positive effects of using the MyMat® will be noticed quicker.



MyMat

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PROGRAMS FOR THE REGULATION OF PHYSICAL, EMOTIONAL AND MENTAL IMBALANCES

Programs for the regulation of physical, emotional and mental imbalances. The following list explains the 61 basic programs. They can be selected individually in the application and combined as required. These programs work mainly on the physical level. For a holistic treatment, it is recommended to combine them with the programs from the other traditional medical systems. This will ensure that you not only eliminate the organic cause of a disorder, but also provide your body with the healthy frequencies at the energetic level.

ADRENAL GLAND

- Helps to recover from extreme fatigue.
- Good for people who feel tired, constantly.
- Beneficial during hormonal disturbances.
- As a complementary treatment for allergy problems and autoimmune conditions.

ADDICTION

- As a complementary aid in the treatment of addictions.
- To stop smoking or diminish alcohol or drug use.
- Diminishes the side effects that occur during the first phase of addiction treatment.

ANTI-AGING

- To maintain the body's intracellular communication and bio-communication activities.
- Helps to keep the body in good shape by facilitating adaptation of vital organs.
- To efficiently get rid of metabolic waste products.
- Eases daily stress both physically and mentally.

AUDITORY

- Complements the treatment of all types of disorders related to hearing and the sense of balance.
- To preserve and protect hearing quality.
- Use as a complementary treatment for chronic ear infections and middle ear infections.
- Use this program when working in noisy environments to maintain proper hearing function.

BACKACHE

- For the prevention and treatment of back pain.
- As a complementary therapy for vertebral and disc diseases.
- Relieves existing low back pain (lumbago).
- Relieves muscle pain after physical exhaustion.
- Complementary treatment to back pain that blocks the movements of the hands and arms.
- Useful to resolve mental states such as anxiety or stress, which tend to manifest as back pain.

BONES

- Useful in the rehabilitation phase after bone fractures and other skeletal disorders and bone related diseases.
- Optimizes the metabolic functions of bone tissue.
- Relieves pain caused by disruption of metabolic functions of bone tissue.
- Complements bone formation and bone strengthening therapies.
- Regulates calcium balance and prevents osteoporosis.
- Relieves pain during periods of bone growth in children.

CHILD DEVELOPMENT

- Harmonizes the mental and physical development of girls and boys.
- Stimulates specific tissues that are important during growth and development.
- Strengthens the connection to earth (grounding), especially important for children living in urban areas.

CIRCULATORY SYSTEM

- Stabilizes circulation.
- Complementary therapy for circulatory disorders and diseases.
- To diminish oedema and useful in the prevention of oedema formation.
- Complementary treatment for arteriosclerosis.

CONCENTRATION

- "Mind Booster" or "Mental Refreshment".
- Promotes problem solving and linguistic expressiveness (speaking ability).
- Mobilizes energy reserves and connects with intuition.
- Use before and during business meetings and exams.

CONNECTIVE TISSUE

- Prevents connective tissue injuries resulting from constitutional connective tissue insufficiency (ie people prone to develop hernias, varicose veins).
- Important part of any anti-aging program.
- Helps food and nutrients become available to the organ systems.

CONSTIPATION OR OBSTIPATION

- In case of acute or chronic constipation or obstipation.
- Promotes intestinal activity.
- Regulates the texture of faeces.

DIARRHOEA

- In case of acute or chronic diarrhoea.
- Regulates intestinal absorption disorders.
- Use in combination with immune system and detox programs.

DETOXIFICATION

- Improves the body's detoxification mechanisms.
 - Useful if poisons are ingested or after any type of poisoning/intoxication.
 - Beneficial when giving up smoking, drinking alcohol or medications.
 - Protects against the effects of smoke in passive smokers.
 - Diminishes the side effects of alcohol and medication consumption.
- Note: Do not use during pregnancy.

DIGESTIVE SYSTEM

- For periods of digestive discomfort and problems related to the assimilation of food.
- Improves functioning of all organs of the digestive system.
- Improves the absorption and assimilation of vitamins and nutritional supplements.
- Promotes digestion. Diminishes fatigue after eating heavy meals.
- Useful during long-term drug treatment.
- Diminishes the side effects of medications on the digestive system.
- Stimulates the digestive tract.

ENERGY BALANCING

- Use daily for general well-being.
- Normalizes inefficient activity or over functioning organs.
- Aids in balancing uncoordinated movements (i.e., frequent accidents or injuries).
- Prevention of frequent headaches.
- For cold extremities.

ENERGY BOOSTER

- Use as a 'mind booster', 'mental enhancer' and 'refresher'.
- Improves mental performance in stressful situations.
- Improves performance in sport and at work.
- Mobilizes energy reserves and improves coordination.
- Use before and during competitions, business meetings or exams.
- Clears the mind.

E-SMOG (ELECTROMAGNETIC POLLUTION)

- For persons exposed to radiation from electronic and electrical equipment.
- To combat the effects of radiation from cell phones, microwaves and telecommunication (especially in densely populated areas).
- Use it at least twice a week.
- Beneficial for healers and energy workers as it helps to clean the aura of dense and negative energies.

EXHAUSTION

- Promotes recovery from extreme fatigue and exhaustion.
- Clears internal blockages caused by monotonous activities.
- Diminishes discomfort due to poor circulation.

EYESIGHT

- Beneficial during eye fatigue or other discomfort in the eye.
- Facilitates the relaxation of muscles involved in eye movements.
- Helpful in preventing problems and diseases related to the eye and vision.

FEMALE

- Supports the female reproductive and urogenital system.
- Helpful in regulating menstrual cycles and increasing comfort before and during menstruation.
- In case of frequent cystitis.
- Relieves symptoms of Premenstrual Syndrome (PMS).
- May be applied in addition to existing treatments of incontinence.
- Beneficial for men with a strong and dominant Yin constitution.

FLU

- To stimulate the immune system.
- Helps accelerate the recovery process from influenza, bronchitis, tonsillitis, pneumonia and intestinal flu.
- Start using the program with the first symptoms and use it at least 4 additional days after symptoms have disappeared.

GLUCOSE

- As complementary therapy to control problems with glucose levels, related to sugar and carbohydrates.
- Helps with the stimulation of the bioinformatic connections of the pancreas.
- Supports low insulin receptors.
- To be used as a complementary therapy for obesity, depression, and type 1 and 2 diabetes.

HAEMORRHOIDS

- Relieves symptoms of haemorrhoids.
- Complementary treatment for rectal problems.
- Diminishes rectal pain when suffering from constipation.

HAIR GROWTH

- Aids in regenerating hair growth.
- In the case of alopecia and to strengthen the hair roots.
- Helps restore damaged hair and scalp (eg damage caused by frequent hair dyeing).
- As a complementary treatment for alopecia due to chemotherapy.

HEADACHE

- Relieves headaches.

HEART FUNCTION

- Helps to complement therapies for cardiac arrhythmias.
- Beneficial when dealing with stressful situations that cause tightness in the chest and between the shoulder blades.

HYPERTENSION

- Complements medical hypertension treatments.
 - Regulates arterial and venous pressure.
- NOTE: Risk factors such as stress, obesity, smoking, physical inactivity must be addressed.

IMMUNE SYSTEM

- Optimizes the functioning of the immune system.
- Complementary therapy for viral and/or bacterial diseases.
- Promotes the absorption and assimilation of antioxidants and vitamins.
- Stimulates the digestive tract.

INJURY

- Stimulates and accelerates the healing process of damaged tissue.
- Beneficial to reduce scar formation.
- Beneficial to use before and after surgical operations.

INTESTINAL FLORA

- Complements anti-fungal treatments of the digestive system and protects the intestinal flora from harmful fungal attack.
- Helpful in harmonizing intestinal flora, especially for those with allergies.
- Increases the effectiveness of special diets.
- Optimizes vitality.
- Helps people with chronic dysbiosis (imbalance between harmful and beneficial bacteria).
- Strengthens the immune system.
- As a complementary therapy for anaemia, eczema, parasitic and fungal infections and diseases.

JOINTS

- Helps in the healing process of damaged joints.
- Relieves symptoms of joint inflammation.
- Promotes mobility.

JOY

- Helps maintain equanimity, balance and good humour in difficult times.
- Helps with emotional and mental balance.
- Complementary treatment for depression.

JET LAG / WEATHER SENSITIVITY

- Diminishes the effects of jet lag, motion sickness and dizziness.
- For people sensitive to weather changes.

- Aids in adaptation to climate and altitude changes.
- Diminishes headaches caused by high altitude and weather changes.
- Relieves discomfort caused by weather conditions, such as: tension, increased blood pressure, rheumatic pains, etc.

LIBIDO I: RELATED TO THE PHYSICAL (LOW PHYSICAL POWER)

- Improves sexual performance
- Stimulates sexual pleasure in case of organ problems or insufficient energy.
- Complementary treatment in geriatrics.
- This program addresses erectile dysfunction due to aging or physiological problems.

LIBIDO II: STRESS OR NERVOUS SYSTEM -RELATED (LOW MENTAL POWER)

- In case of diminished vitality and sexual energy related to stress and anxiety.
- In case of weak libido due to everyday problems (use in combination with the LIBIDO I program for neuro-cerebral problems, allergies and other diseases).
- This program is suitable when there is a decrease in libido due to nervous system problems.
Note: Parasites can also be the cause of constant overstimulation of the nervous system.

LYMPHATIC SYSTEM

- Helps optimize lymphatic circulation and diminishes lymphatic congestion.
- Facilitates recovery from infectious diseases.
- Makes the lymphatic system more efficient to eliminate toxins.
- Useful in diminishing allergic symptoms.

MALE (MALE REPRODUCTIVE SYSTEM AND MALE ENERGY)

- Helpful during the treatment of male hormonal, sexual and urinary disorders.
- Complementary treatment for incontinence (also in women) and prostate problems.
- Increases libido and the feeling of well-being.
- Complementary treatment for erectile dysfunction.
- For women with a strong and dominant Yang constitution.
- For women with painful, heavy menstruation or with more than 7 days of menstrual bleeding.
- When a balanced testosterone level is required.

MEDITATION I

- For beginners in meditation: to feel peace.

MEDITATION II

- For a deeper inner journey during meditation.

MEDITATION III

- Advanced meditation.

MEMORY

- Helps memorize and retrieve stored information.
- Increases the ability to recognize important information.
- Facilitates concentration.
- Improves the efficiency of learning.
- Facilitates decision making.
- Increases the ability to act.

MINERAL METABOLIC ACTIVITY

- Promotes mineral metabolic activity and optimizes mineral absorption and utilization.
- Complements treatments for metabolic diseases.

MUSCLE TISSUE

- Treats muscle tissue and stimulates its recovery.
- Supports the regeneration of muscle tissue after micro/minor injuries (exercises).
- Complements treatment for locomotor disorders (for example, after an accident or after a stroke with paralysis).
- Increases muscle performance and decreases the risk of injury.
- Supports healthy joints by strengthening the muscular system.
- Helpful for those who are predisposed to constitutional muscular atrophy or dystrophy.

NECK/SHOULDER

- Helps diminish painful tension in the neck and shoulder region.
- Lessens pain in the neck area and shoulder girdle.
- Improves the performance of the vascular system of the neck and head muscles.

NERVOUS SYSTEM

- Complementary treatment to nerve-cell regenerative treatments.
- Promotes relaxation and regeneration of the central nervous system.
- Complements the treatment of degenerative muscle diseases (i.e., muscle atrophy).
- Complements the treatment of muscle coordination disorders mainly caused by fatigue (i.e., deficient kidney chi, depleted adrenals, etc.).
- Complements the treatment of spontaneous uncoordinated muscle movements.
- Pacifies heavy emotional moments (accident, divorce, problems at work).
- Stabilizes inner harmony.
- Helps to relax after long hours of work or study.

NOTE: Parasites can also lead to permanent over-stimulation of the nervous system.

PAIN

- Helps to diminish acute and chronic pain.
- Aids in chronic pain conditions such as headaches and joint pain.
- Use after trauma or surgery.
- Helps diminish pain caused by vascular convulsions and seizures.
- Diminishes pain due to varicose veins
- In case of chronic conditions, this program should be used for consecutive days.

PEACE

- Helps to overcome strong emotional moments (divorces, deaths, accidents, job problems).
- Stabilizes inner harmony.
- To relax after long hours of work or study.

REGENERATION

- Helps to accelerate recovery processes after physical fatigue.
- Decreases muscle pain and soreness after training.
- Improves the feeling of tiredness in the legs and lower back after walking and standing; refreshes the muscles of the legs and the waist.
- Improves mental efficiency through physical regeneration.
- Decreases muscle tension after sports activities, do 1-2 cycles immediately after training.
- Useful after competition or extreme workout.

RELAXATION

- In case of stress and tension.
- Relieves the cardiovascular system.
- Helps with mental serenity.
- Helps channel unprocessed stress and emotions.

RESPIRATORY SYSTEM

- Complementary treatment in case of diseases related to the respiratory system.
- To stimulate the healing process of the respiratory system in case of flu (influenza), bronchitis, tonsillitis, pneumonia, coughing.
- For dry cough (also smoker's cough) use the program daily for at least 6 weeks.
- Optimizes respiratory functions during colds and the flu. Start using the program with the first signs and continue to use it for several days after symptoms have gone.
- Cleans the respiratory tract.
- Harmonizes breathing and to keep its natural rhythm.
- To improve the effectiveness of breathing exercises. As a complement to yoga breathing exercises (Pranayama).

SINUS CAVITIES

- Helps diminish acute and chronic sinusitis and the facial pain caused by it.
- Supports the immune system.
- Diminishes the risk of sinusitis in winter time or on windy/cold days.
- Stimulates the metabolic activity of the cavities and of the sphenoid sinuses.
- Useful in problems related to allergies.
- Helps prevent sinusitis in the incubation period of a flu infection.
- Use the program for several days after symptoms have disappeared.

SKIN

- Helpful in all kinds of skin disorders and diseases, dermatitis of any origin.
- Complementary method of therapeutic intervention if you have inflammation of the skin.
- Complementary therapy for hormonal imbalances.
- To diminish juvenile acne.
- Improve skin healing after surgery.

SLEEP ENHANCER

- Helps falling asleep and promotes deep sleep.
- Diminishes sleep disorders.
- Increases the physical and emotional sense of peace.
- Helps diminish depressive thoughts.
- Increases physical and emotional well-being.

STRESS RELIEF/FRUSTRATION

- Useful in case of anxiety and acute frustration.
- Helps to solve physical and psychological problems due to repressed emotions. Helps one to remember events leading to the problem.
- Helps in controlling overreactions due to a stressful lifestyle (which often end in self-destructive actions).
- Diminishes psychological stress (for example, due to supercritical introspection and self-perception).
- Releases the electromagnetic engrams (memory traces) of repressed emotions that lead to aggressive behaviour.
- For those who always help others and take very little time for themselves.
- To diminish nervous system and coordination disorders resulting from repressed emotions and disappointments.
- For people who feel that life treats them unfairly.

THYROID GLANDS

- In hyperthyroidism or hypothyroidism.
- Complementary treatment for people who are underweight or overweight.
- Reinforces the effect of reductive diets.
- Increases vitality.
- Optimizes the effects of thyroid hormones.
- Optimizes the activity of cell membranes.

URINARY (KIDNEYS AND URINARY TRACT)

- Complementary treatment when suffering from kidney disease.
- Complementary treatment for acute and chronic bladder infections.
- Helps diminish frequent chills.

VERTEBRAE (SPINE)

- Complementary treatment for all back pain therapies and spinal complaints.
- Strengthens muscles.
- Helps in the prevention of tissue damage for those doing heavy lifting.
- Diminishes spinal problems, which are often caused by chronic digestive dysfunction.
- A dislocated vertebrae may have three reasons: low muscle tone, too much tension or an imbalance of muscle tone.

VITALITY

- Increases vitality.
- Helps keep the body in good shape by facilitating the adaptation of vital organs.
- For successful elimination of metabolic waste.
- Eases daily stress load both physically and mentally.

WEIGHT CONTROL

- Complements weight loss treatment.
- Helps to absorb and utilize nutrients and promotes the elimination of toxins.
- Increases vitality.
- Diminishes depression during diet.
- Eliminate excessive food cravings due to repressed emotions.
- Helps to restore hormonal balance.

PET S (SMALL PETS)

- This program, in combination with others, helps your pet (cat, small dog, or small animal) recover faster from injury, illness, trauma, separation or travel.

PET X (LARGE PETS)

- This program, in combination with others, helps larger pets (large dogs, horses, and other larger animals). It diminishes recovery time after injury, trauma, illness, separation or travel.





4

CONCEPTS OF OTHER MEDICAL SYSTEMS

If you look for medical systems that understand the concept of vibration as a fundamental manifestation of life, you will find the ancient, traditional healing systems of China, India and Tibet. In Asia, there has always been the idea that in an organism “life energy”, also called Prana, Chi or Ki, must be present for one to live. This life energy flows in orbits, as in the Chinese meridians, in and around the body. In Indian Ayurveda, life force flows in the canals and nadis, with the crossing points of these energy channels producing densities known as energy centres, the so-called chakras. This is basically an energetic extension of what is well known in modern medicine, the human anatomy.

In all three Asian healing systems there is an association between the elements of fire, water, earth, metal (air/wind), wood (ether/space) and the emotional, physical and mental states of a human being. Each meridian and chakra are associated with an element.

MyMat® offers an integrative and holistic approach because the methods of traditional healing systems are ideal additions to conventional medical therapy and, at PEMF level, they are side-effect free. It gives the user the opportunity to use the knowledge of multiple medical systems to obtain the greatest possible therapeutic benefits.

In order to work in a truly holistic way, it is important to open the flow of the chakras and meridians and connect with the elements. By combining these programs with the other modern medicine programs, you can benefit from an accelerated self-healing process.

The following brief descriptions are reduced to the essentials, serving only as a first orientation of the energetic anatomy in each healing system and as such are far from complete.



4.1

TRADITIONAL CHINESE MEDICINE



TRADITIONAL CHINESE MEDICINE: PROGRAMS TO BALANCE AND UNBLOCK MERIDIANS

The meridian programs have their origins in Traditional Chinese Medicine (TCM). The TCM understands meridians as energy channels that are assigned to one organ (among others). According to this understanding, the undisturbed energy flow in the meridians means that the respective organ is also healthy.

Each of the meridians is assigned a two-hour time slot. During a 24-hour period, energy or Chi moves through the organ systems in two-hour intervals. Chi restores, activates and balances functions of the body. The 12 standard meridians are divided into Yin and Yang groups. Each Yin meridian is paired with a Yang meridian and these paired meridians are associated with one of the five constitutional elements described in chapter 4.2 of this manual.

GALLBLADDER MERIDIAN

As an assistant to the liver, the Gallbladder Meridian provides balance in the body and psyche. Its energy is reflected on the sides of the body and it circulates constantly from the head to the trunk and down towards the legs. This meridian helps us to weigh things, not to rush and to make clear

Imbalances:

- **On a physical level:** digestive problems, bitter taste in the mouth, pain in joints, hips, chest and sides, leg weakness, arthritis, muscle stiffness, mucus in the eyes, migraines and headaches.
- **On a mental level:** irritability and unmotivated aggression, cowardice, shyness, feelings of restlessness, lack of direction, anger outbursts, stubbornness.

Positive effects of the program:

- **On a physical level:** influences the harmony of the sides of the body, stimulates storage and secretion of bile juice to break down fats, complements the treatment of dental disorders and activates the function of the tonsils.
- **At the mental level:** presence of mind, clarity, rationality, improved judgment in life decisions, helps hyperactive people or with OCD (obsessive compulsive disorder), reduces excessive negativity and helps people that are prone to procrastination.
- The peak time for the Gallbladder is from 11 p.m. to 1 a.m.
- The Gallbladder is Yang - its Yin paired organ is the Liver, associated with the Wood Element and indecision or determination.

HEART MERIDIAN

According to the concept of Traditional Chinese Medicine, the Heart is the central controlling organ for the interactions between various meridian energies. It houses the seat of consciousness and is the foundation of all life. As a reaction centre for our emotional environment, it harmonizes our soul and our emotions. When the heart is strong, the body thrives and the mind is joyful.

Imbalances:

- **On a physical level:** hardening of the arteries, (arteriosclerosis), heart and chest pain, tightness, arrhythmia, high heart rate, angina pectoris, palpitations, circulatory disorders, insomnia, excessive need for sleep, night sweats, tendency to have high fevers (especially in childhood).
- **On a mental level:** cold personality, bipolar tendencies, hysteria, schizophrenia, restlessness, manic depression, despair, sadness, doubt, excessive joy, false happiness, addiction to stimulants, irrational behaviour, confusion, amnesia, difficulties with language, speech disorders, communication difficulties.

Positive effects of the program:

- **On a physical level:** strengthens blood circulation, harmonizes perspiration, helps differentiate the "five flavours" to choose the right food.
- **On a mental level:** improves memory and concentration, improves sleep patterns and helps to fall asleep, gives a lively mind, bright eyes, and the person feels open, warm and sensitive.
- The peak time for the Heart is 11 a.m. to 1 p.m.
- The Heart is Yin - your Yang paired organ is the Small Intestine - associated with the Fire Element and the emotions of joy and excitement.

KIDNEY MERIDIAN

The kidneys control the drive for survival, self-preservation, and reproduction. The necessary physical and psychological foundations are genetically determined. The Kidney Meridian stores this genetic material, expressed in our constitution. This meridian carries the potential of our vitality. If all kidney energy is depleted, we cannot survive. In case of stress and strong mental tension, kidney energy is activated to create balance. With the help of the bladder, the kidney cleanses the water in our bodies. Kidney Meridian influences energy reserves and the function of certain hormones and the nervous system. Its energy is also associated with the willingness and power to act.

Imbalances:

- **On a physical level:** oedema, impotence, premature ejaculation, loss of sexual energy, sterility in women, certain menstrual problems such as no or light bleeding, lack of sexual maturity, stunted growth, premature aging, premature hair loss or greying of hair, hypertension, urinary problems, bone aches, knee pain. To some extent all chronic illnesses are caused by an imbalance of the Kidney Meridian Water Element.
- **On a mental level:** insecurity, stress, lack of determination (apathy), excessive or low sexual desire, pessimistic attitude, fear of life or excessive risk taking, restlessness, dogmatism, insomnia, bed wetting, rejection of self-responsibility (the others are to blame).

Positive effects of the program:

- **On a physical level:** relieves high blood pressure, reduces tinnitus and related symptoms, increases sexual energy, provides energy (energy storage), regulates hormone balance, has a positive influence on the autonomic nervous system, ensures the balance of body fluids, cleanses the blood, provides benefits to bones and bone marrow.
- **On a mental level:** balances people who suffer from restlessness, hyperactivity, insecurity and general weakness, strengthens self-confidence, trust in life, determination, courage to progress, joy, calmness, gentleness, self-confidence, sexual vitality and willpower.
- Peak time for the Kidney is 5 p.m. to 7 p.m.
- The Kidney is Yin – its paired Yang organ is the Bladder, associated with the Water Element and the emotion of fear.

LARGE INTESTINE MERIDIAN

The central task of the Large Intestine Meridian is to release old energy. Every time that something is consumed in some way, it is transformed. Holding on or not wanting something to change, blocks a healthy physical and social environment. The energy of the Large Intestine Meridian supports the lung energy, that also eliminates waste.

Imbalances:

- **On a physical level:** diarrhoea, shivering and feeling cold, nasal congestion, toothache, constipation, flatulence, shoulder pain, back pain, dry mouth, bad breath.
- **On a mental level:** weak memory, inability to process grief and loss, attachment to the old.

Positive effects of the program:

- **On a physical level:** helps people with chronic dysbiosis (imbalance between harmful and beneficial bacteria), improves the immune system, complementary to the treatment of anaemia, eczema, parasitic and fungal conditions, helps eliminate food waste.
- **On a mental level:** eases the tendency towards negative thoughts and feelings, and supports the ability to physically and mentally let go and move on in life.
- The peak time for the Large Intestine is 5 a.m. to 7 a.m.
- The Large Intestine is Yang - its paired Yin organ is the Lung - associated with the Metal Element and the emotion of grief.

LIVER MERIDIAN

The Liver Meridian maintains the internal order of the body and soul and enables us to plan and see clearly. It shows us the path we want to follow. Its influence on the eyes does not only refer to good vision, but also symbolizes insightfulness and positive intuition. It influences self-actualization and the strategy of decision-making. The assistant to the liver is the gallbladder.

Imbalances:

- **On a physical level:** eye and sinus disorders, dizziness, dental problems, migraine, premenstrual syndrome (PMS), menstrual cramps and irregularities, sore and swollen breasts, growth disorders, dry throat, throat tightness, asthma, facial redness, ligaments problems,

muscle and tendon stiffness, muscle spasms, tendency to fever without recognizable causes, inflammation, prostate disorders, bloated abdomen. Waking up between 1-3am to fall asleep again.

- **On a mental level:** mild excitability, anger, impatience and frustration, judgmental, strong mood swings, intense personality, disorientation and jealousy, lacking growth towards personal goals.

Positive effects of the program:

- **On a physical level:** activates the free flow and spread of Chi and blood, activates muscles, tendons and ligaments, activates metabolic bile for fat digestion and absorption of fat-soluble vitamins (A, D, E, K), neutralizes toxins, regulates blood sugar levels, facilitates endurance and thought processes, supports the metabolic protein processes of the liver, and activates histamine production during allergic reactions.
- **On a mental level:** influences free flow of emotions, promotes spiritual growth, nourishes imagination, strength and courage, and supports the development of visions for self-realisation.
- Peak time for the Liver is 1 a.m. to 3 a.m.
- The Liver is Yin – its paired Yang organ is the Gallbladder – associated with the Wood Element and the emotions of anger and irritability.

LUNG MERIDIAN

The Lung Meridian governs Chi energy and affects the entire organism. It transforms and distributes the energy it receives from the air. The Lung Meridian helps us to communicate with others and helps us to open up. It controls the surface of the body. Its central organ is the skin, a sensory tool that connects man with his environment and at the same time separates him from it.

Imbalances:

- **On a physical level:** collapse of the protection mechanism to ward off external influences, increased mucus formation, nasal congestion, cough and chest tightness, weakened lung resistance to cold (due to air conditioning or too dry air).
- **On a mental level:** excessive worrying or grief, feelings of being oppressed, lack of inspiration, hypersensitivity, thin skin, excessive anxiety with a tendency to severely differentiate, melancholy, depression and even mental breakdown.

Positive effects of the program:

- **On a physical level:** helps prevent frequent colds, tonsillitis and sore throat, alleviates allergy symptoms, asthma, sinusitis, superficial and shallow breathing, protects against cold, dryness, wind or heat, strengthens the body's defences, aids when trying to overcome cigarette addiction.
- **On a mental level:** it synchronizes the meridian activity of the lungs in people prone to anxiety, grief, excessive pain, and who feel oppressed or not breath deep enough.
- Peak time for the Lung is 3 a.m. to 5 a.m.
- The Lung is Yin – its paired Yan organ is the Large Intestine – associated with the Metal Element and the emotion of grief.

PERICARDIUM MERIDIAN

The Pericardium Meridian protects the heart physically and mentally, controls the vascular and blood systems, and governs intimate relationships through the connection between sexuality, emotions and the heart. This is the meridian of sexual power.

Imbalances:

- **On a physical level:** pressure in the head and stiffness in the neck, irregular heartbeat, palpitations, arteriosclerosis.
- **On a mental level:** excessive sensitivity, lifeless eyes, depression, mental problems.

Positive effects of the program:

- **On a physical level:** protects the heart, aids in circulatory and sexual dysfunction problems and balances the nervous system.
- **On a mental level:** it helps people who find it difficult to make friends and maintain friendships, to overcome emotional traumas and shock of the past, to strengthen the ability to be related and helps overly sensitive people.
- Peak time for the Pericardium is 7 p.m. to 9 p.m.
- The Pericardium is Yin – its paired Yang organ is the Triple Warmer – associated with the Fire Element.

SMALL INTESTINE MERIDIAN

The Small Intestine Meridian's function is to record, absorb and transform. With everything we absorb from our environment, the small intestine meridian distinguishes what is useful and what hurts us. It takes partially processed solid and liquid nutrients from the stomach and separates and absorbs usable parts.

Imbalances:

- **On a physical level:** weak articulations, pain in shoulders, arms and elbows (stiff or over-relaxed), ear and eye problems, slow digestion, stomach inflammation, bloated or swollen stomach, intestinal spasms, diarrhoea.
- **On a mental level:** excessive agitation, psychosis, unclear thoughts, mental confusion, hypersensitivity and anxiety, excess responsibility or overwork within the family and at work, epilepsy.

Positive effects of the program:

- **On a physical level:** assimilates physical aspects of diet, aids in digestion of solids and liquids, improves nutrient absorption.
- **On a mental level:** promotes the assimilation of psychological factors such as experiences, feelings and thoughts, helps to maintain a clear mind, relieves the feeling of mental insecurity and confusion.
- Peak time for the Small Intestine is 1 p.m. to 3 p.m.
- The Small Intestine is Yang – its paired Yin organ is the Heart – associated with the Fire Element and the emotions of joy and excitement.

SPLEEN/PANCREAS MERIDIAN

One of the three energy sources in the body is the spleen/pancreas. The Spleen/Pancreas Meridian is responsible for the transformation and transport of the food and liquids that we ingest. With transformation we refer to the process by which the food and fluids received are transformed into Chi and blood. This involves the functions of digestion and absorption. This applies to both physical feeding and to the mental and spiritual 'food'. The spleen is a main component of the digestive system. The spleen transports the energy of food into the lungs to connect with the energy of the breath. In addition, it has a direct connection with the blood and also affects the menstruation process.

Imbalances:

- **On a physical level:** bulimia, loss of appetite, diabetes, obesity, water retention, oedema, swelling, abdominal bloating and gas, bad breath, gum problems, chronic intestinal parasites, fungal infections (candida), craving for sweets, mood swings, organ prolapse, food allergies, diarrhoea, varicose veins, menstrual cramps, fatigue or sleeping after eating, feeling of heaviness in the body, excessive hair growth, abdominal pain, inability to taste food, blood in urine or stool, soft stools with undigested food, weak muscles, cold extremities.
- **On a mental level:** apathy, indifference, lack or excessive desire, obsession, neurotic addiction, obsessive compulsive disorder (OCD), bad memory or mental agitation, too many thoughts, tends to worry, quickly irritated, guilt feelings, unable to give or receive, needs permanent attention, lazy and careless, self-neglection, feels disconnected, uncentred, without focus or concentration, unawareness while eating.

Positive effects of the program:

- **On a physical level:** it helps to break down ingested solids and liquids.
- **On a mental level:** it helps to reduce obsessive and compulsive attitudes, aids in decision making and to put thoughts into action, strengthens assertiveness, improves the ability to concentrate and memorize.
- Peak time for the Spleen is 9 a.m. to 11 a.m.
- The Spleen is a Yin organ – its paired Yang organ is the Stomach – associated with the Earth Element and the emotions of anxiety and stress.

STOMACH MERIDIAN

The stomach is responsible for supplying the entire body with energy released by the digestion of food and liquids, as well as transporting food to the small intestine for extraction and assimilation. The Stomach Meridian has an important energetic role; is responsible for extracting the energy from the food and coordinates with the spleen to transport it to the lungs. Any dysfunction in the stomach, creates an imbalance in other organs. The stomach has the ability to absorb not only physical food, but also mental and social food.

Imbalances:

- **On a physical level:** bloated or swollen abdomen, swelling in neck and throat, nose bleeding, swelling and pain in the knees, weak limbs, dry mouth and lips, mouth sores, bad breath, excessive sweating, convulsions, intermittent fevers, cold or heat in the chest and abdomen.
- **On a mental level:** psycho-mental disorders such as excessive hunger or loss of appetite, constant reflections and worries.

Positive effects of the program:

- **On a physical level:** improves symptoms of belching, hiccups, nausea or vomiting, regulation of acid-base balance, acid reflux (GERD), heartburn relief, strengthens a sensitive stomach, reduces morning tiredness, helps to relieve temporary headaches, also used for maxillary sinusitis and trigeminal neuralgia.
- **On a mental level:** reduces stress caused by persistent or excessive worries, helps to process and accept reality.
- Peak time for the Stomach is 7 a.m. to 9 a.m.
- The Stomach is a Yan organ – its paired Yin organ is the Spleen – associated with the Earth Element and the emotions of anxiety and stress.

TRIPLE WARMER MERIDIAN

The Triple Warmer Meridian is the commander of all vital energy. It's role is transformation, coordination and dissemination of the following three "fuel chambers" energies. The upper heater dominates the chest and draws its energy from breathing, it is closely related to the meridians of the lungs and heart. The central heater is in the abdominal cavity and derives its energy from digestion, and cooperates with the stomach and spleen meridians. The lower heater is located in the pelvic area, warms the body and keeps it viable, deriving its energy from the kidney meridian. The Triple Warmer or Heater Meridian regulates the interactions between these three combustion chambers.

Imbalances:

- **On a physical level:** lack of energy, weakness, fatigue, lack of resistance, weakened defences (colds and infections), ear and throat problems, lymphatic system problems.
- **On a mental level:** decreased mental defences, mental confusion, nervousness, hyperactivity, impatience, irritability.

Positive effects of the program:

- **On a physical level:** it reduces problems with the intake of food, liquids and air, enables the efficient absorption of nutrients, improves metabolism and the excretion of metabolic end products. Together with the Pericardium Meridian it helps to regulate the nervous system and the lymphatic system.

- **On a mental level:** calms the mind, promotes deep relaxation, improves the ability to make friends, improve social and family relationships, and provide warmth in relations.
- Peak time for the Triple Warmer is 9 p.m. to 11 p.m.
- The Triple Warmer Meridian is Yang – its paired Yin organ is Pericardium, associated with the Fire Element.

URINARY BLADDER MERIDIAN

The task of the bladder is to receive urine from the kidneys and to store it and to eliminate waste and contaminants at regular intervals. Bladder and kidney energy work together accordingly.

The Bladder Meridian is the great mediator that regulates all the activities of the yin and yang organs and influences the internal energies and maintains the energy balance between body, mind and spirit. The Bladder Meridian governs the endocrine gland system and allows us, in cooperation with the kidneys, to perform powerfully and adapt ourselves to the conditions of life. A balanced Urinary Bladder Meridian expresses itself in physical strength through all of the back of the body: neck, back, buttocks and legs. It influences the whole spinal cord and the nerves. It relieves problems of tightness and flexibility of the skin.

Imbalances:

- **On a physical level:** back pain (lumbar), sciatica, stiff hips, cramps in the calves, pain, headache, neck pain (cervical), nosebleeds, bladder weakness, tract dysfunction, urinary and urinary tract, inflammation or pain in the prostate area, headache, ankle weakness, pain in the heels, sensitivity to cold, tension in the upper jaw, watery eyes and runny nose.
- **On a mental level:** panic attacks, lack of concentration, impotence and frigidity, unable to respond to great mental pressure, hypersensitivity, fear, terror, panic attacks, anxiety and nervousness, confused dreams, self-rejection, lack of taking responsibility (others are to blame for our issues).

Positive effects of the program:

- **On a physical level:** it prevents dryness of the eyes, joints, neck, colon and vagina, strengthens the back of the entire body, strengthens the spinal cord and nerves, increases the elasticity and firmness of the skin, ensures the balance of body fluids.
- **On a mental level:** provides resources to deal with changes and demands with calmness, helps the body to organize and maintain itself, is responsible for self-control and self-discipline, regulates emotional and physical states of tension.
- Peak time for the Urinary Bladder is 3 p.m. to 5 p.m.
- The Bladder is Yang – its paired Yin organ is the Kidney – associated with the Water Element and the emotion of fear.



4.2

TRADITIONAL TIBETAN MEDICINE



TRADITIONAL TIBETAN MEDICINE

TIBETAN MEDICINE: PROGRAMS FOR BALANCING THE ELEMENTS

In traditional Tibetan medicine, the energetic concepts of the meridians and chakras are also present, since in the early 17th century the Tibetan medical system was heavily influenced by the Ayurvedic and traditional Chinese healing systems. In addition, there is a special emphasis on the theory of the constitution of persons, also called the teaching of the five elements; fire, earth, metal, water and wood.

In Tibetan medicine, two systems of doctrine of five elements are used. In Traditional Chinese Medicine, the five elements fire, earth, metal, water and wood, are described. They are derived directly from nature. In the Indian system, the respective elements fire, earth, air, water, and space or ether are described. These two systems do not contradict each other but complement each other. The Chinese doctrine of five elements describes their dynamic state and the Indian their static state.

Tibetan medicine is a holistic system based on the intrinsic interconnection of body, mind and the external environment which are all composed of these five elements. All these aspects should be considered to lead a harmonious and healthy life.

Physical health is based on the mind and therefore it is important to take care of our happiness. When we are 'ignorant', we constantly cause problems for ourselves and to others. We continue the cycle of suffering and become ill. In order to have a healthy mind, we need wisdom. Wisdom informs us how to take care of our body and mind. The supreme wisdom is love.

EARTH ELEMENT

The earth has the properties of strength and stability.

The Earth Element represents the maternal principle that nurtures all other elements. It represents the power of manifestation and fertility.

The Earth Element gives us the experience of corporeality. The body is the experience of the spirit in the world. It brings us into contact with the here and now, anchored in reality. In the now we find the experience of synchronicity with life, magic, the feeling of belonging and to be one with the world.

Connection to earth (grounding) is an essential experience of who we are in our physicality. It is how we root in the material existence. Material security is based on this element. A good grounding allows the inflow of material goods. In times of great change, one needs a strong centre, to be stable and to connect to the earth.

Imbalances:

- **On a physical level:** bruises easily, prolapsed organs (uterus, stomach, hernia), and prone to injuries.
- **On a mental level:** loss of sense of reality, constant worry and overprotection, overly conservative and immobile.

Positive effects of the program:

- **On a physical level:** governs and nourishes the connective tissue, muscle tissues, controls the extremities and keeps the blood in vessels and organs in place. Use as a complementary treatment for problems caused by the abnormal activity of organs like the stomach, spleen and pancreas.
- **At the mental level:** contributes to feelings of sympathy, empathy, acceptance, the feeling of unity, feeling at home with oneself, with others and with nature. The Earth Element gives us perseverance, awareness of reality, stability, reliability, discipline and practical action.
- **Useful activities:** barefoot walking in the countryside, gardening, caring for yourself, mindfulness exercises, touching and being touched, massage, eating slowly, hip movements.
- **Harmful activities:** Eating fast and at irregular times, mixing food and drinks, too many sweets, excessive concentration, too much studying, worrying.

FIRE ELEMENT

Fire involves the quality of heat and transformation. There are three fires burning in the human organism: respiratory fire, digestive fire and sexual fire. To balance this elemental power, attention should be paid to each of these in daily life. The Fire Element stands for the vitality in our body.

Modern society is very fire-oriented. It's obsessed with continuous excitement, socializing, partying, as well as alcohol and drugs that all create inner fire in the body and deplete the element. If we constantly do this, we turn it into a pattern of empty gesture.

Imbalances:

- **On a physical level:** fatigue, nervous exhaustion, high blood pressure, issues with blood vessels, varicose veins, heart palpitations, arrhythmia, burning sensations in the mouth, mouth sores, hot or cold hands and feet, haemorrhoids, constipation and dryness. Insomnia, dizzy, light-headed, stomach pains or malabsorption issues, heightened or absent sense of taste, stuttering, speaking excitedly or talking excessively.

- **On a mental level:** depression, anxiety, hysteria, passion, jealousy, cruelty, arrogance and a certain kind of sadness that arises from lack of joy, prone to addictions.

Positive effects of the program:

- **On a physical level:** vitality, provides energy for cell functioning, oxygen for air respiration and sexual fire. Complementary treatment for problems caused by the abnormal activity of organs such as the heart, small intestine, the thyroid gland and disorders of blood vessels. The Fire Element opens to the tongue and therefore governs the ability to speak.
- **At the mental level:** stabilizes extreme mood swings, joy, creativity and enthusiasm, ability to reach out to others, be warm at heart, self-confidence, compassion, being able to love easily, honesty and sincerely, agility and independence, courage and to put projects into practice.
- **Useful activities:** exercise, walking, running, Qi Gong, heart-to-heart sharing, touch, hugs, massages, music.
- **At the mental level:** excess exercise, stimulants of all kinds, talking too much.

METAL ELEMENT / AIR

The Metal Element has the property of movement. It is attributed to spiritual principles and thought. It is the element of exchange, communication and expression. The air we breathe is the connecting element.

The Metal Element symbolizes our ideas, intellectual values, expansion and flexibility. It is also related to our experiences and memories. The lessons we've learned through experience remain available to us as our inner wisdom of life. The Metal Element is connected to autumn, harvest time, to maturity in life.

Imbalances:

- **On a physical level:** chronic constipation, colitis, weak lungs, asthma, hay fever, allergies to dust and animal hair, nose bleeding, skin disorders, lymphatic swelling and stiff shoulders.
- **On a mental level:** a never-ending grief to personal loss, holding on to the past creating sadness and melancholy, loss of interest in the outside world, feeling lonely, anxious, depressed, envious, egoistic, and having defensive pride.

Positive effects of the program:

- **On a physical level:** complementary treatment for problems originating from abnormal activity of organs such as the lungs, the large intestine and the skin.
- **At the mental level:** able to let go when change is happening, acceptance, gratefulness for lessons.
- **Useful activities:** prayer, sharing, sauna, colon cleansing, lymphatic drainage, saline nasal wash, crying, rebirth, deep breathing, meditation.
- **Harmful activities:** resting and lying down too long, smoking, excessively dry weather (air condition), shallow breathing.

WATER ELEMENT

Water has the quality of flow and changeability. It connects us with change and strengthens our adaptability.

Life was born in the water. A return to the Water Element establishes the connection to the primal ground of life in which abundance and security prevail as the feeling of life. Water flows, finds its way around obstacles, and smooths rocks and hard edges. The inherent power of water is the basis of life itself. It prevails.

The Water Element is the energy that flows within, it is connected to winter, to energy going inside to be stored. It is connected to all of our body fluids and secretions such as amniotic fluid, blood, sweat, tears, saliva, urine and cellular fluids.

The element of water gives access to our emotions. When it is in balance, it gives us empathy and sensitivity and strengthens the intuition.

Imbalances:

- **On a physical level:** bladder infections, sterility, frigidity, tinnitus, deafness, early hair loss or greying hair, little or no menstruation, and weak bones. Chronic diseases have to a certain extent an imbalance of the water element.
- **On a mental level:** loss of will to live, stress, chronic fears, terror, extreme fear of death or loneliness, darkness, not knowing what one wants, feeling sexually exhausted, insecure, restless, no grounding, distrust, feelings of superiority.

Positive effects of the program:

- **On a physical level:** influences body fluids and secretions as amniotic liquid, blood, sweat, tears, saliva, urine and cellular fluids. Use as a complementary treatment for problems originating from abnormal kidney or bladder activity, bones and ears.
- **At the mental level:** harmonizes stress and fear, gives access to emotions and feelings, the inner child is at home here, empathy, sensitivity and strengthens intuition, trust in life, full of joy and confidence, open to the unknown, courage to move forward, strong willpower, strong sexual vitality, ability to handle stress.
- **Useful activities:** swimming, ocean trips, healthy food, confrontation with the inner shadow, gentle massage, meditation, rest.
- **Harmful activities:** loud and heavy metal music, prolonged loud noises, excessive vibrations, drugs and alcohol, night shifts, too much television, too many stimulants, sitting on a cold floor.

WOOD ELEMENT / ETHER / SPACE

The Wood Element has the energy of spring, it is the ability to grow and expand. It corresponds to the transition phase between the maximum Yin (Water Element) and the maximum Yang (Fire Element). It is related to the liver, gallbladder, and their storage functions. On a physical level, it controls the tendons, muscles and distribution through blood circulation.

In the Ether, the other four elements meet and give rise to expression and development, expansion and firmness. This element is responsible for the separation, the Space between things, but also of their connection to each other. Only in Space is light and sound possible, this is where creation begins. The throat centre and the sexual centre of the body are associated with this element. In both, creation takes place. From the sexual centre, life is born into the material world and through the throat centre, via sound, creation takes place in the spiritual world.

Imbalances:

- **On a physical level:** hinders or even stops growth and movement which can cause arthritis, paralysis and problems in the spinal cord, stiff tendons, contracted muscles, eye problems, ulcers, hypertension, migraines, tumours, Post Menstrual Syndrome (PMS), allergies, urogenital problems, vertigo, hypersensitivity, blood stagnation.
- **On a mental level:** feeling disconnected or paranoid, confusion, anger, frustration, resentment, irritability, being dominant, judgemental, need to control, lack of confidence, indecision, hypersensitivity, repression, suffering in silence, diminished self-esteem or no esteem of others, depression, feelings of impotence, guilt, sarcasm, bitter, defensiveness.

Positive effects of the program:

- **On a physical level:** complementary treatment for problems originating from the abnormal activity of organs such as liver, gallbladder, improves tendons and muscles, eyes, blood circulation.
- **On an emotional level:** supports innovation, creative vision, flexibility and ease in planning and decision-making, pioneering sense of adventure, kindness and good motivations.
- **Useful activities:** recitation of mantras, chanting, praying, silence, (active) meditation.
- **Harmful activities:** screaming, talking too much, constant stress, being in noisy environments where you can't hear your own voice.



4.3

AYURVEDIC MEDICINE



AYURVEDIC MEDICINE: PROGRAMS TO BALANCE ENERGY CENTERS

The energy structures derived from Indian Ayurvedic medicine consists of seven main energy centres called chakras that also partly make up the human aura. The chakras are concentrated vibrational centres that are located in the area of the main glands in the body. Each chakra has a certain function in the overall energy design of the body, and each one is associated with specific organs and emotional states.

THE POSITIONS OF THE ENERGY CENTRES

The first energy centre, also called the root chakra, lies on the pelvic floor and opens downward. It is the connection to the power of the earth. The seventh energy centre, also called the crown chakra, has its seat on the top of the head and opens upwards. It establishes a connection to the spiritual dimensions. The five chakras in between are lined up along the spine. They radiate backwards and forwards and in addition to their internal functioning also establish relationships with other people and one's environment. The chakras are interconnected by subtle energy channels, called nadis. Each chakra permeates the physical body through the nadis, which connect the physical body to the subtle body (the aura).

1ST CHAKRA (ROOT CHAKRA, MULADHARA)

Located at the base of the spine and is related to the gonads and the adrenal glands – responsible for the fight or flight response, to instinct and survival. The 1st Chakra is the centre of basic trust, governs sexuality (physical), rest and stability (mental), sensuality (emotional) and the sense of security (spiritual).

Imbalances:

- **On a physical level:** diseases of the colon, spleen and lymphatic system, discomfort in the spine, especially in the sacrum and coccyx, bone disorders and weakening of the entire skeleton, complaints of the genitals, teeth, discomfort in legs and feet and joints, arthritis, rheumatism or sciatica, nasal and sinus discomfort.
- **On a mental level:** fear of failure, depression, distrust, tantrums, lack of self-confidence, impotence.

Positive effects of the program:

- **On a physical level:** strengthening of the musculoskeletal system, especially the joints, legs and feet, vitalization of sexuality, regulation of digestion.
- **On a mental level:** establishes the connection with the earth, keeps life in balance, provides vital force, will power, stability, courage, assertiveness, one can enjoy the flow of life without fear.

2ND CHAKRA (SACRAL CHAKRA, SVADISTHANA)

Located in the sacrum and related to the testes or the ovaries and the various sex hormones. The key issues are relationship, violence, addictions, and basic emotional needs. The 2nd Chakra governs reproduction (physical), creativity (mental), joy (emotional), and enthusiasm (spiritual).

Imbalances:

- **On a physical level:** internal genital disorders, endocrine function disorders, kidney, bladder and urinary tract disorders, lumbar spine disorders and hip problems.
- **On a mental level:** guilt, worry, disturbed sexual behaviour, lack of joy, eating disorders, obesity and anorexia, emotional issues with others, rejection of physical contact and intimacy, lack of strength, chronic fatigue and apathy.

Positive effects of the program:

- **On a physical level:** activates the healthy functioning of the reproductive organs and the production of hormones, regulates the function of the kidneys and the urinary tract, increases mobility in the lower back and hips.
- **On a mental level:** helps to build society, increases joy in sexuality, intensifies creativity, lust, sensuality, abundance and joy in living.

3RD CHAKRA (SOLAR PLEXUS, MANIPURA)

Located directly below the lower ribs and related to the metabolic and digestive system and to the adrenal glands. Responsible for personal power, fear, anxiety, and introversion. The third chakra is the centre of wisdom and power, it governs digestion (physical), personal power (mental), expansion (emotional) and growth (spiritual).

Imbalances:

- **On a physical level:** gastrointestinal complaints, eating disorders, obesity, abdominal and pancreatic disorders, metabolic disorders and liver disease, diaphragmatic and respiratory complaints.

- **On a mental level:** mood swings, power problems, obsession with control or fear of loss of control, pain, decision-making problems, dependencies, fear of failure, feelings of powerlessness, lack of assertiveness, insecurity.

Positive effects of the program:

- **On a physical level:** normalizes metabolism and helps nutrition utilization, strengthens the central area of the body and harmonizes breathing.
- **On a mental level:** helps to maintain a healthy self-esteem, balances emotions, gives trust in instinct, confidence, internal independence, self-empowerment, and improves decision-making.

4TH CHAKRA (HEART CHAKRA, ANAHATA)

Located in the chest and related to the thymus and the immune system. Responsible for complex emotions, compassion, unconditional love, rejection, balance.

The fourth chakra is the center of love and healing, it governs circulation (physical), unconditional love for oneself and others (emotional), passion (mental) and devotion (spiritual).

Imbalances:

- **On a physical level:** heart diseases, lung and bronchial diseases, allergies, skin rashes, sleep disorders, rheumatism of the upper extremities, chest and shoulder discomfort, circulatory disorders, high blood pressure.
- **On a mental level:** lack of love, coldness, lack of contact, reproaches, prejudices, resentment, bitterness, disputes, distrust, revenge, feeling cold. These disorders can also be caused by traumatic experiences of grief, separation, loss, or rejection.

Positive effects of the program:

- **On a physical level:** strengthens the heart, harmonizes the respiratory rate, blood pressure, heart activity and sleep patterns and strengthens the immune system.
- **On a mental level:** increases the capacity to love, awakens compassion, transmits harmony, strengthens the charisma of warmth, strengthens the need for reconciliation and peace, gives impulses towards goodness, feelings of integrity and well-being.

5TH CHAKRA (THROAT CHAKRA, VISHUDDHA)

Located in the throat and related to the thyroid gland. It is responsible for communication and growth through expression.

The fifth chakra governs communication (physical), independence (emotional), flowing thoughts (mental), sense of security (spiritual).

Imbalances:

- **On a physical level:** thyroid, larynx, maxillary sinus, pharynx, oral, teeth, ear, tinnitus, shoulders, knots, back of arms and hands and speech problems.
- **On a mental level:** shyness, speech, lack of drive, permanent fatigue, internal restlessness, forgetfulness, lack of ideas, impaired communication and self-expression, lack of confidence in one's own inner wisdom, inclination to self-judgment, lack of access to your own intuition.

Positive effects of the program:

- **On a physical level:** strengthens the throat and pharynx, strengthens the voice, stimulates and harmonizes the thyroid gland, intensifies facial expression by relieving facial muscles, eliminates teeth grinding.
- **On a mental level:** strengthens expressiveness, provides an impetus for creativity, facilitates learning, motivates the implementation of ideas, stimulates clear communication, promotes friendship and openness.

6TH CHAKRA (BROW CHAKRA, AJNA)

Located between the eyebrows at the spot called the Third Eye. It is linked to the pineal gland which produces melatonin (regulating sleep patterns) and serotonin (a hormone of happiness). The sixth chakra is the center of perception, and governs the eyes, the ability to concentrate (physical) and our visual consciousness (mental), it brings clarity on an intuitive level.

Imbalances:

- **On a physical level:** headache, migraine, dizziness, eye problems, ear discomfort, nasal and sinus problems, learning and concentration difficulties, dementia, Alzheimer's disease, epilepsy, stroke, pituitary dysfunction, growth disorders, hormonal and nervous system disorders.
- **On a mental level:** overwork, lack of concentration, anxiety, overemphasis of the mind, feeling of insignificance, manic-depressive disorder, obsessive compulsive disorder, lack of access to intuition, fears or nightmares.

Positive effects of the program:

- **On a physical level:** harmonizes the production of hormones, strengthens visual perception, increases concentration and learning capacity, calms the nervous system, promotes healthy development and powerful growth.
- **On a mental level:** opens access to knowledge and wisdom, provides deep insights, strengthens self-confidence, increases awareness, nurtures imagination, increases self-esteem and strengthens intuition.

7TH CHAKRA (CROWN CHAKRA, SAHASRARA)

Located on the top of the head and affects the pituitary gland which communicates with the endocrine system and also connects to the central nervous system via the hypothalamus. The seventh chakra is the center of spirituality and unity, connecting our inner wisdom with universal consciousness.

Imbalances:

- **On a physical level:** central nervous system disorders, nervous disorders, immunodeficiency, sleep disorders, multiple sclerosis, brain tumors, endocrine disruptions.
- **On a mental level:** world pain, despair, stress, fear of illness and death, feelings of futility, disorientation, insignificance, mental exhaustion, emptiness, fear, dissatisfaction, loneliness and rootlessness.

Positive effects of the program:

- **On a physical level:** energizes the pineal gland (epiphysis) and the brain with vital energy, thus activating the central nervous system, regulating hormonal balance and balancing the entire physical system.
- **On a mental level:** gives access to inner wisdom and spirituality, transmits a feeling of being elevated, establishes attachment to the divine, promotes a state of silence, helps to give meaning to life, transmits feelings of perfection and peace.





5

PRE-ESTABLISHED
MYMAT® PROGRAM
COMBINATIONS
PER CATEGORY

The programs described above, are selected manually and always in sets of four, one for each antenna of the device, for your specific and individual needs. In addition, the MyMat® application has 11 different categories with pre-established program combinations. These pre-established combinations also come in sets of four programs, ideal for dealing with basic and common health problems. Choose pre-established combinations for your ease, to quickly program your routine or if you just start using the MyMat®.

1. BASIC

Based on years of experience, we have put together the most important program combinations to help you effectively cope with everyday health challenges. In addition to combinations for the most common complaints are the ones to balance your organism and to maintain general health. The daily use of the grounding combination gives you stability and anchors you in the here and now. Combinations in this category are: Pain Relief, Injury, Stress Relief/Frustration, Immune System, Respiratory System, Detoxification, Headache, Grounding.

2. BUSINESS AND TRAVELER

With these pre-established program combinations, we make it easier for you to adapt to long trips, abrupt climate changes and jet-lag. Traveling with these programs will help your body and will keep you focussed at meetings. It will be faster to adjust to physical changes and sleep will be easier to regulate. The combinations are: Energy Booster, Jet-lag I & II, Concentration, Digestion, Respiratory System, Lower Backache, Neck/Shoulder, Sleep Enhancer.

3. FAMILY KIT

These are the ideal program combinations to meet common health problems and to alleviate colds and flues of your family members. Optimal support for child development as well as for male and female specific issues. The combinations are: Children, Female Hormonal Imbalances, Male Hormonal Imbalances, Cold/Flu, Constipation, Diarrhoea, Ear Problems, Eyesight, Intestinal Flu.

4. ATHLETE

These pre-established combinations support athletes and people who are physically challenged and need extra energy. The program combinations are compiled for use before and after physical effort. They are also suitable to mentally prepare for a competitive situation and during high mental and physical stress. They help to release muscle tensions and to repair micro-lesions after workout. The combinations are: Energy Booster, Regeneration, Respiratory System, Injury, Pain, Backache, Muscles, Immune System.

5. SPA & WELLNESS

These combinations of programs improve and enhance your well-being on physical, mental and emotional levels. The combinations are chosen so that your appearance corresponds to this sense of wellness and well-being. You will feel good in your body and enjoy a balanced libido. The combinations are: Anti-aging, Weight Control, Detoxification, Skin Conditions, Hair Growth, Libido I & II.

6. STRESS RELIEF

These program combinations are specifically designed for general stress relief and to reduce tension. To recover from exhaustion and to increase vitality. Also, when struggling with sleep disorders or with stress-related libido inconveniences, these programs can help. The combinations are: Stress Relief/Frustration, Vitality, Sleep Enhancer, Energy Booster, Hypertension, Thyroid, Libido II (low mental drive).

7. SENIOR

These program combinations address the needs of an aging body and support many organs system functioning. In addition, the body is revitalized, supplied with new energy and the aging process is slowed down. These program combinations also have a positive effect on mood and sleep. The combinations are: Regeneration, Vitality, Joy, Sleep Enhancer, Heart Function, Respiratory System, Hypertension, Glucose, Haemorrhoids, Urinary System, Cold/Flu, Pain.

8. CHAKRA BALANCING

These program combinations deepen the work with and balance our energy system. The first two combinations harmonize the functions of all the chakras in two steps, and help to be well grounded. The following three combinations support meditation practice. Meditation I & II & III gradually intensifies the spiritual work done during meditation and according to progress. It's recommended to use the Chakra Balancing programs regularly.

The combinations are: Lower Chakra Balancing, Upper Chakra Balancing, Meditation Basic, Meditation Medium, Meditation Advanced.

9. ELEMENTS AND MERIDIANS

These program combinations aim to create a balanced state of the elements in our body. Each of these elements are combined with their associated and paired meridians and organ systems. This holistic approach takes the physical, mental and energetic dimension of our body and being into account. The combinations are: Earth Element, Fire Element I & II, Metal Element, Water Element, Wood Element, Liver Function, Heart Function, Kidney Function, Large Intestine Balancing, Pericardium Flows, Stomach Meridian.

10. PETS S

Our pets also benefit from the program combinations of MyMat®. Since all mammals, have similar organic and energetic structures and also have feelings, these program combinations support health and happiness in smaller animals (Pets S). Depending on the animal's condition, you can also decide to combine any other individual programs with the individual Small Pets (Pets S) program. Make sure that your pet has enough time to assimilate the new frequencies. The combinations are: Immune System, Detoxification, Digestive System, Bones, Skin, Muscles, Stress Relief, Respiratory System.

11. PETS X

Big animals are usually a bit more robust and tolerate a higher level of energy. With the individual program for big pets (Pets X) this has been taken into account. The program combinations in this category will be sufficient for most issues big animals tend to have. However, as is the case for the small pets, depending on the animal's condition, you can combine any other individual programs with the individual Large Pets (Pets X) program. The pre-established program combinations support health and happiness in larger animals. Make sure that your pet has enough time to assimilate the new frequencies. The combinations are: Immune System, Detoxification, Digestive System, Bones, Skin, Muscles, Stress Relief, Respiratory System.

The integrative approach of MyMat® takes into account the energy structures that are known in Ayurvedic, Tibetan and Chinese medicine for millennia. When combining modern medicine programs with the programs of meridians, chakras and elements, the body's capacity of the self-healing process is accelerated. This principle applies to both humans and to animals.





GENERAL RECOMMENDATIONS PRIOR TO USING MYMAT®

Through the use of MyMat®, your cells will be stimulated to restore their natural self-regulation process and, in this way, activate physical well-being, cellular rejuvenation, emotional balance and shift your level of consciousness, bringing with it peace and the plenitude that we all wish to achieve.

The MyMat® device comes with an USB cable, a bag, and the user manual.

MyMat is safe and easy to use for everyone - from small children to seniors.

General recommendations prior to use:

- Read the instructions carefully.
- Do not expose the device to water.
- Do not sit or bend your MyMat; It can damage the internal electronic components.
- Do not apply the Detox program to a pregnant woman.
- Drink water before and after each session.
- Its use is recommended up to 3 or 4 times per day.
- Wait at least 2 hours between each session.
- In the evening avoid using programs such as Adrenal Glands, Vitality, Concentration and Energy Booster before going to sleep.

For any question about the use of MyMat – contact us at support@healinghouse.life
For more information check our website: www.healinghouse.life

MYMAT® WARRANTY

Healing House Limited provides a limited warranty of two (2) year from the date of the original purchase of MyMat®. Healing House Limited will repair or replace the product, without charge, should it fail due to a defect in materials or workmanship during that period. This warranty applies under conditions of normal use in the manner dictated by the owners' manual. Damage caused by accidents, immersion in water, negligence, and other obvious physical or electrical damage caused by misuse or accident is not covered.

Additionally, Healing House Limited shall not be liable for any incidental or consequential damage or for any commercial loss, or any other loss or damages caused by the devices due to damage or misuse.

This warranty does not cover costs associated with postage or shipping for return of the device, to an authorized repair centre, if it is determined that the device must be returned for replacement or repair.

30 Day Satisfaction Guarantee: If our technology and methods fail to satisfactorily enhance emotional, mental & physical performance within 30 days, you may choose to return the MyMat® for refund of purchase price. A 20% Restocking Fee will apply if no tech-support has been sought to assist you in using the product to its full benefit. Once tech support contact is made, we will work together to offer our experience and service to helping you receive the expected results. Device should be returned to us in 'like new' condition, with all components included in the case. Your refund will not include the original shipping fees.

Original date of purchase: _____
Serial Number: _____
WIFI Number: _____
Client name: _____
Client email: _____
Client address: _____
Client phone number: _____

This product has not been evaluated by the Food and Drug Administration (FDA) and is not intended to diagnose, treat, cure or prevent any disease.



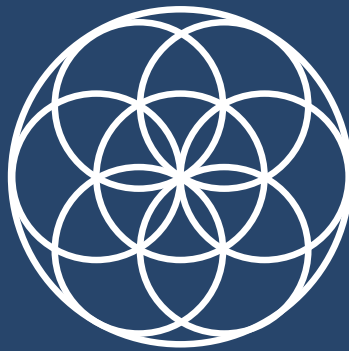

MyMat



MyMat
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MyMat[®]

USER MANUAL