

Extracts from the Harmony
Headphone Set Home Training
Programme

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Moreton
England

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www.hsurl.com/hhs

Foreword

The purpose of this booklet is to give an insight into what can be achieved with a Harmony Headphone Set.

It is not the full Home Training Programme, parts of that have been deleted; not for any commercial reason but because, unless you are wearing a complete Harmony Headphone Set, some of the exercises can cause difficulties as deep seated destructive habits are brought to the surface. These are some of the things which the Harmony Headphone Set will permanently delete from your life. If, however, it is not there to do its job then these destructive habits can run wild for a while.

It is precisely these habits which determine the basic structure of your life and why it seems so very difficult to change anything. Typically, they are held in check by a sort of "stand-off" agreement with your true desires. This enables you to survive but not to LIVE!

Bringing them to the surface and deleting them finally allows your true will to become the master of your life.

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Introduction

The Harmony Headphone Set is a very versatile instrument which, because of the inherent extreme flexibility of the technology is suitable for, probably, at least 99% of humanity. We know of several instances whereby entire families use the same Harmony Headphone Set although each family member has a different objective which they seek to attain. The most extreme example that we know of is seven young people in a shared house who, jointly, purchased a Harmony Headphone Set to use daily in turn.

As you will see in the assembly photos, the devices are held in place merely by the cushioning of the ear pieces of a normal headphone and the tension of the bow holds the top Harmony Evolution in place on your skull.

As each person would normally work with the Harmony Headphone Set for 30 to 60 minutes daily, the Harmony Evolutions are available for other usage during the remainder of the day and night.

For couples, we also offer the Harmony Headphone Partner Set which consists of two Harmony Pendants and one Harmony Evolution.

This enables each of you to wear a Harmony Pendant over (for example) your thymus gland for most of the time and the Harmony Evolution on your electric power line to reduce electro smog in your home and to, then, put all 3 devices together for one to two hours daily in a shared Harmony Headphone Set. As you will not listen to anything, the sound quality of the headphone chosen is of no relevance.

Harmony United does not supply the headphone itself - we could not get them any cheaper than you could at your local electronic shop and then packing and postage costs on top would make them more expensive for you. Additionally many households already possess a suitable headphone which can be used for the purpose.

The three points on your head that are to be covered by the Harmony Technology devices are;

Left ear

Right ear

Fontanel

This latter is surprisingly easy to find as the human body is always built in the same proportions. As shown in the photos, place the heel of your palm firmly into the bridge of your nose (after first removing any spectacles, of course) and then lay your fingers onto your skull.

Make sure that the heel of your palm remains firmly on the bridge of your nose and doesn't "slip" up to your eyebrows and that the entire hand lies upon your head, i.e. no "air gaps" between your hand and your head! The ball of the middle finger will then lie exactly upon the fontanel. Left hand or right hand makes no difference. The fontanel is the point at which the four top plates of your skull join together. In a new-born baby it is a visible open hole in the skull under the skin.

The Lessons

The way in which the Harmony Headphone Set functions is by eradicating destructive habits and belief systems. Full details are on the Harmony Headphone info page - www.hsurl.com/hhs. This process then gives free rein to your previously suppressed, natural creative and life-enhancing abilities.

In this hand book, there are 15 lessons following on from an initial “warm-up” exercise. The exercises are, for the first part passive, i.e., once you have focussed your attention in the designated part of your body, you do not DO anything but simply let the process run for at least 30 minutes.

The “warm up” exercise is to be done daily for five days. All other lessons are to be done daily for seven consecutive days. Don’t worry if you miss a day, just add it on at the end. Missing a single day will not cause anything to regress. If, however, you miss several days, start that lesson again from day one.

The purpose of these 15 lessons is to give you a good grounding in the capabilities of the

Harmony Headphone Set. You, yourself, will then decide where you wish to work intensively once you have grasped the basic principles contained in this home training programme.

The “Warm-up” Exercise

This is to be done for five days as a prelude to the home training programme proper.

As with all the Harmony Headphone lessons, choose a quiet, comfortable spot where you will not be disturbed. Whether this is in sitting or lying is of no real importance. The main thing is that your spine be straight. Should, however, adopting a lying position cause you to fall asleep within a few minutes then you must sit up straight for the exercises. Sitting upon the forward edge of a dining chair with both feet flat on the floor and directly below your knees will automatically bring you spine erect. Falling asleep after 30 minutes or so intense concentration is not detrimental.

One of the ways in which your destructive habits will try to remain in control is by sending you to sleep if you try to remove them. Sitting erect will prevent this.

Your hands should be separated, palms upmost on your lap if sitting, slightly separated from your body if lying, eyes closed and your Harmony Headphone Set upon your head.

Now you are ready to begin.

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Is there a smile upon your face? If not, you're conning yourself. This is NOT what YOU want but something you've been taught to believe you "should" want. Go back and start again and this time be honest and true to yourself.

Having established the smile which tells you that you are in accord with you own true desires, just let the smile feeling spread.

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Now, this isn't anything new; it's something that you've known about for the whole of your life: Creating a resonance within yourself for that which you desire will cause it to manifest in your life.....

And then the censor steps in and starts telling you why you can't have it etc. ad nauseum. And then you remember how these thoughts have always stopped you doing what you wanted to do.

Now, just observe what is happening to these habitual thoughts. Somehow, they are not pushing in and stopping your enjoyment. They are no longer telling you that you can't have that, you can't do it, it won't happen..... in fact, they are just disappearing as soon as they raise their ugly heads.

This is exactly what the Harmony Headphone Set is all about - making that which stops you having and enjoying what you want to simply and permanently disappear.

With this warm up exercise, it can be useful to do it in frequent short burst, i.e. 5 - 10 minutes at a

time 4 to 5 times each day. This is acclimatising you to your partnership with the Harmony Headphone Set before we go on to the “hard core” stuff.

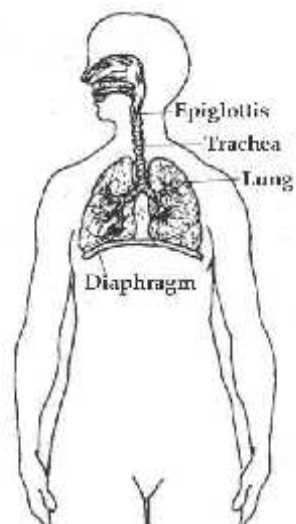
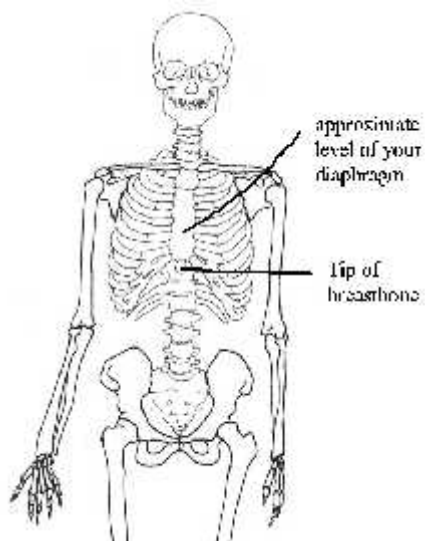
In five days’ time, you can look at the next page.

Week 1 - the Diaphragm

The diaphragm is a muscle “plate” directly below your lungs. Approximately the upper two thirds of your rib cage is occupied by your lungs. Then comes your diaphragm below which, on the right, is your liver and, on the left, your stomach and pancreas. At the rear of your body just below your diaphragm are your kidneys.

In order to locate your diaphragm precisely, first find the lower end of your breast bone (sternum) and lay your hand upon it with your fingers pointing to left or right (dependent upon which hand you use). The root of the little finger should touch the end of your breast bone. Directly behind your index finger is your diaphragm. (see sketches on next page).

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So, adopt your chosen position as described on page 9 and then

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What actually happens is, that by focussing your attention in this area, you bring the energy and information resident at that point to the three Harmony Technology devices. This, in turn, enables them to re-create the natural order which, automatically, deletes the destructives habits and beliefs.

Over these first seven days you will notice both a physical and a mental relaxation in this area. It will not completely disappear - for that more than seven days is necessary and, other, related problems must also be dealt with. This is the purpose of this training course; to accompany you in your journey of discovering how you can do it. In a later lesson we will return to this area.

Do bear in mind that this is merely the first lesson and no-one can expect you to become a master in the first week.

Just enjoy, with a big smile on your face and let the Harmony devices gently remove that which troubles you.

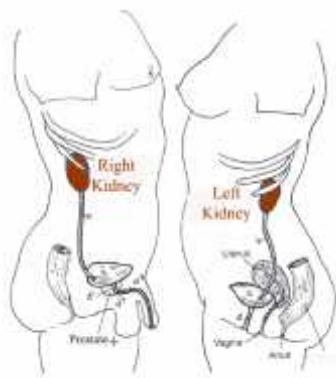
Week 2 - your Kidneys

The first thing that we need to do here is to find out where they are! Although many people believe that they are within the bowl of the pelvis (mostly because it is here where pain can be experienced when the kidneys are ill) they are, in fact, much higher up in your body.

Your rib cage has 12 ribs. The first nine are connected to your breast bone as you can see in the sketch on page 14. The tenth ribs end directly below your nipples. The eleventh at the sides of your body and the twelfth are only about as long as your little fingers and come out of your spine at the same level as the lower tip of your breast bone at the front of your body.

At the back of your body, just inside of the twelfth ribs are your kidneys.

The kidneys are very strongly influenced and can be seriously restricted in their function by all sorts of feelings have to do with rejection, loneliness, being



unloved, unwanted and everything else in that direction. It can even go so far as to lead to complete cessation of the kidney function!

Because we are never taught anything about how to process and release these destructive emotions, they just accumulate and, especially in men, lead to chronic back pain and other unpleasantnesses.

Gradually, these accumulated rejection expectations become the basic programme of your life leading to a constant downward spiral into relationship problems and then to despair: The pain from previous experiences is projected onto the present situation and creates an enormous perturbation. The present potentially beautiful situation becomes transformed into a repetition of previous torture.

Removing these expectations from your kidneys is going to remove a great deal of current unhappiness from your life. When they are no longer there, when they no longer exist, they cannot manifest themselves into your life and destroy your present happiness.

So: Take up your comfortable position with your spine straight, put your headphone set on and

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The Harmony Headphone Set will then eliminate the destructive feelings.

Week 3 - the Naval

This is a very important organ which is completely ignored by almost everyone.

The naval doesn't function just for the first nine months of each incarnation but throughout your entire life!

A great many intestinal, general abdominal and some back problems can be caused by a weakness in this organ. Even worse, many relationship problems are due to neglect of this organ.

The basic problem here is

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This restricts the function of the naval which is the centre of nutrition on all levels. A blocked naval prevents proper digestion, stamina, abundance (wealth), "backbone", nurture, vitality, closeness and many other problems in relationships.

As you can see, it is going to be very useful to you to open your naval fully so that that which is yours can, at last, reach you.

So, take up your practise position with your
Harmony Headphone on and

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Week 4 - your Heart

The very first thing that needs to be grasped here is to identify where your heart is, for it is NOT on the left! In point of fact, if you were to ask 1000 people at random to place their hand upon their heart, the majority of them would, just like former american president George W. Busch, place their hand upon their stomach.

In this photo you see a man whose hand lies directly over his heart. Not only does your heart lie diagonally right to left but also through your body so that the two lower chambers lie at the



front on the left (giving rise to the belief that the heart lies on the left side of the body) and the two upper chamber towards your back on the right. This is why, when your doctor gets his stethoscope out to listen to your heart, he/she will first listen at the front on the left and then at your back on the right.

So, now that that is settled, let's get down to work.

Take up your usual position with your headset on.

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The two most potent feelings that the human heart can endure are -

Panic: the belief that I have nothing and

Thankfulness: the knowledge that I have everything - your creative power.

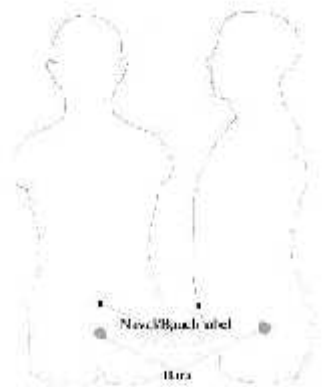
The way in which the Harmony Headphone Set functions will delete the former and, thereby, strengthen the latter.

Reactions here can be very strong; there is a tendency to hold the heart very tightly because of the fear of the panic. Whatever happens just let it flow. Gradually all the fear and panic will just evaporate into nothingness and your face and your life will both bear permanent smiles.

Week 5 - your Power Centre

In the middle of your body, one hand width below your naval, in the middle of your body is your power centre. Anatomically, there is a very large nerve junction here. There is no word for this in common usage in the european languages and so we borrow the sanskrit name "Hara".

Below is a photo and a sketch which show you exactly where this is to be found.



Hara Position

Here you are quite likely to find

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It is not unknown for chronic back pain to disappear during this week's practice as victim consciousness is deleted.

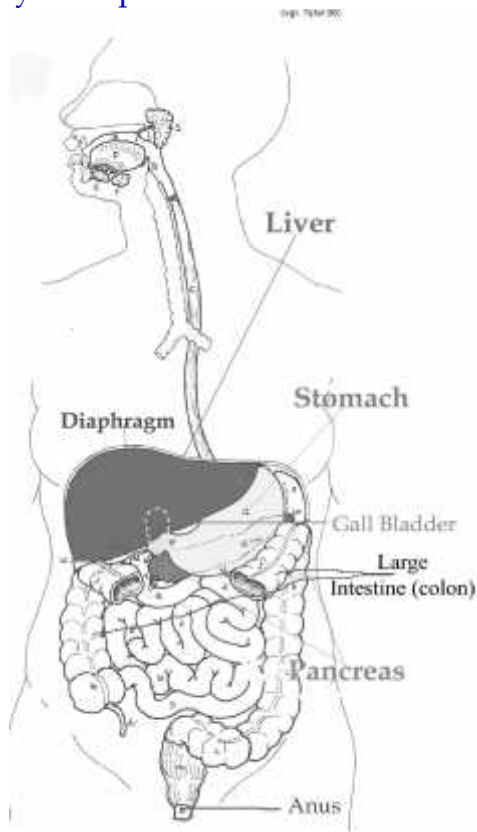
The second Exercise Group

In these practice sessions you are going to become more pro-active.

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In this second group you will begin to add to the work of the Harmony Headphone Set.

All of the exercise positions are to be found on this one sketch:



Week Six - deleting Guilt Feelings

For this week, we return to your diaphragm which we first visited in week one.

Just as in week one, take up your practice position with your Harmony Headphone Set on and

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This combination is a very rapid way of deleting all the guilt feelings imposed upon you both by others and also by your own false judgements.

Week Seven - your Liver

This is the second biggest organ in your body! It sits mostly on your right side (there is also a small wedge-shaped part over your stomach) directly below your diaphragm, within the lower rib cage. It occupies the entire area from front to back.

Proportional to your body size, your liver is between 2 ½ and 3 ½ kilos (5 ½ to nearly 8 lbs.) I give you these figures so that you are aware just how big a volume you have to work with.

It is very common that users of the Harmony Headphone Set either spend many weeks on this organ or return to it as first priority after completing the first 10 weeks of the 15 weeks basic training. Many of the basic cultural structures of our society lead to the liver being both biochemically and emotionally severely stressed. For most people, a physical cleaning of the liver as described in the book "The amazing Liver and Gall Bladder Flush" by Andreas Moritz will bring enormous physical and emotional benefits. The cleansing programme is to be done once per lunar month for one year. You will be amazed at the stuff that comes out!

Emotionally, the liver will naturally store unprocessed anger, frustration and similar energies. This is primarily a cultural problem: Instead of being taught how to process and release anger, we are taught to suppress it.

There are two ways in which one can consider anger:

- 1) The attempt to change the past.
- 2) A natural mechanism to collect disharmonious energies within your body and to, then, explosively discharge them.

Hanging onto anger causes this destructive, disharmonious energy to become the basic stipulation of your life. This can only create frustration, disappointment, betrayal and a host of other things that you never really wanted. Suppressed anger also causes confusion and memory loss. Concentration problems are almost always a problem with the liver.

Anger is exclusively concerned with the past, even if that past is only 1 second ago. The effect of hanging onto anger in the present is to constantly re-create the past in differing forms in the attempt to change it.

Each organ of the human body has a natural resonance with a pair of emotions. One is destructive and the other regenerative. The

destructive emotions “attacking” your liver are anger and victim consciousness. The regenerative are happiness and release into freedom.

Karma Singh is currently writing a book on this. An abridged version can be downloaded free of charge from www.harmonybook.com.

Further, a stuffed liver makes you so confused that you’re open to all sorts of manipulation. A totally clean liver makes you immune to such!

So, you can see that doing a lot of work with your liver can bring you a great deal of improvement not only to your health but also to your life in general. I cannot emphasise too strongly what the enormous benefits of a clean liver are.

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Week Eight - your large Intestine (Colon)

The paired feelings here are, destructively, helplessness, impotence, powerlessness and similar feelings; regeneratively they are abundance and generosity.

It is worth noting here that the consumption of natural pesticides such as heroin and cane sugar (yes, it IS a natural pesticide designed to kill aphids!) will produce synthetic feelings of helplessness. Probably the best sweetener suited to the human body is rice syrup.

As you can see in the sketch, your large intestine is a tube around 1 metre (3 - 4 feet) in length. It may well take a little practice to

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This combination will remove the destructive junk and open your system to the natural resonance with abundance.

Week nine - your Pancreas

As you can see from the sketch, it lies on the left side of your body with its head close to the lower end of your breast bone and its tail almost touching your 11th rib. It is in the middle of your body, between your colon and your kidneys. I'll admit, the sketch is much clearer in colour so if you have a computer to hand, just enter this code directly into your browser address line (don't enter it into Google or any other search engine - it's not listed and so won't be found):

www.hsurl.com/hh6-10

Your liver and your pancreas syncopate, i.e. they work in harmony to, amongst many other things, keep your blood sugar level in balance.

There are two sources of toxins which will make great problems for your pancreas:

- 1) Cow's milk and anything made from it. Diabetes, for example, is rampant in countries with a high level of cow dairy consumption and almost unknown elsewhere.

The pesticide "saccharose" sold under the name "refined sugar" and similar terms.

- 2) Feelings of being rejected, unwanted, that there is not sufficient love available so that I can get some. It is this expectation which not only triggers diabetes mellitus and hypoglycaemia but also makes a mess of your pancreas and a mess of your life.

Take up your practice position with your Harmony Headphone Set and, for the first three days,

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To help get this going, use the Natal Security Transmission upon the website www.karmasingh.tv. You can use this as often as you like every day.

A great many very important matters in your life have to do with relationships no matter whether these be business, family, partnership, or

gardening (the “black” and “green” finger syndromes). These are all determined by the energy quality in your pancreas so working diligently here will bring great rewards.

Week ten - making Friends with Money

The first realisation which we have to attain here is the recognition that money is NOT the bits of paper and metal in your pocket nor is it the number on your bank account. These are merely symbolic representations of money. Focussing upon these will cause your relationship with money to be extremely tenuous and make it extremely difficult to attain any control over it.

Money is an energy flow which connects the whole of humanity. It is our communal wealth.

Your physical body is a community of around 70 trillion cells all co-operating for the common good. Their sustenance is furnished by the blood which connects all of your cells.

Just so is humanity a single organism of some 6.9 billion units sustained by an energy flow which we have called, amongst other things, money. The bits of coloured paper and shaped metals are not money but merely a symbolic representation of money! Indoctrination which focusses your attention upon the symbolic representations is that which enables a self-appointed elite (mostly

the bankers) to steal most of the wealth which you create.

What we, therefore, need to do here is to correct your focus and work with the money energy itself. This will inevitably bring your money flow back into natural balance.

The point upon your body which relates to the money energy flow is

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do what you want to do instead of being pre-occupied with mere survival.

There is also a book which will teach you how to specify your desires called "The Key to Luck". It is a step by step guide to the secret of precise and powerful manifesting. It is available from www.thekeytoluck.com

As you proceed with this lesson, you will notice dramatic changes in your thought patterns as you return your awareness to truth and the reality of total abundance.

Should you, however, be one of those unfortunate few who have far too much money, just send me an email and we'll see what we can do about it.

The third Exercise Group

These lessons pre-suppose that you have mastered the lessons in the first two groups.

Should you have problems with some of the more complex visualisations then do go back to the earlier lessons and deepen your experience with those before attempting this group again.

Week eleven - Mosquitos ignore You

As you have become more familiar with the Harmony Technology, you have doubtless noticed how important a role resonance plays in your life. If you are plagued by mosquitos it has something to do with you, personally. Mosquitos don't just randomly attack some people and ignore others; they go to those people with whom they are in resonance. What we want to do here is to bring you into the group which the mosquitos ignore.

The area where we have to start, however, is biochemical:

It is a well observed phenomenon that mosquitos greatly prefer people with liver problems as well as those who eat much red meat (often the same group). Removing the liver stones as mentioned in week seven will so change your blood chemistry that the mosquitos will prefer to "shop elsewhere".

Additionally, a stuffed up liver will cause your body to be too hot. Mosquitos see mostly infra-red and will, therefore, go for the body radiating the most heat.

As cleaning your liver will bring a whole host of other benefits, it is a wise thing to do in any event.

Angry thoughts will also make you too hot and give your blood that extra sour taste so much preferred by mosquitoes. Lesson seven is, therefore, also most useful in this undertaking.

Then, we come to the direct work with the Harmony Headphone Set. The relevant organ

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, the mosquitos will ignore you. If they don't then you should ask yourself what you are annoyed about and then take action to correct it.

Week twelve - getting your Immunity into Top Gear

When we talk about immunity we only ever mention the aspect which deals with “defence” against “invading” bacteria and viruses. I put those two words in inverted commas because the concepts themselves, although generally believed, are not, actually true. Prof. Bruce Lipton PhD and others have commented upon this. Prof. Lipton has also mentioned this in the forward which he wrote for “The Flu Fairy Tale” which can be read on the website www.flufairytale.com.

There are, however, further aspects to your natural immunity which no-one has ever told you about. These are the ability to reject or eject emotional poisons from other people and, through the natural ability to always know whether you are being told the truth or not, be immune to manipulation which is, probably, why you’ve never been told about these abilities.

The human being has vastly more abilities than you’ve ever been told about. During the time of the Patriarchy, also known as the Age of Materialism, knowledge of the abilities has been kept hidden in the secret mystic schools spread

across our planet. Now that that age has ended (October 2014) and we are now in the Age of Community, these “unknown” abilities are being made available to all willing to listen and to use them.

So, where are we to work for this?

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Although these lessons are given for an initial 15 weeks, it is highly recommended to work on this position for at least one month for an hour each day. The benefits are enormous.

Week thirteen - Rejuvenation

Throughout recorded history, many have searched for this secret, the Fountain of Youth, Shangri-La and much similar. There is no generally available report of anyone having ever found it.

Nonetheless, according to Prof. Bruce Lipton PhD and others, *“The human body is obviously intended to be fully functional for several hundreds of years. Something is perturbing the process by which the cells replicate and are replaced.”*

A further clue comes from the Essenes whose teaching includes the assertion that the normal life span of a human being is 800 to 900 years of which the first 100 are the most difficult as it is in this period that we must learn to bring order to our feelings. A necessary attribute which you’ve never been told anything about.

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Should you have gall stones or similar take note that these are petrified hate and this exercise will tend to resolve that problem as well. If the medicos have surgically removed your gall bladder, it is the position where it used to be where we will work. It is not unknown for the gall bladder to re-grow but this, of course, cannot be guaranteed.

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What actually happens is that you release yourself from the obsession with the past and become free to be fully in the present where you can create that which you really want instead of repeating what you didn't want.

So how does this lead to rejuvenation?
When there is no more destruction energy in your body, your cells are free to regenerate naturally.

It takes a little more than 2 years for every cell in your body to regenerate so don't expect to look 30 years younger in the first week. Patience and perseverance will bring you the rewards which you seek.

There is also a 24 week transmission series from Karma Singh on this theme. This can be obtained from www.karmasingh.tv.

Not only you but also all of your ancestors have been practicing this self-destruction for many,

many generations. You have inherited a large dose of this which also needs to be removed. It can take a year or more to achieve this! Nonetheless, it is the accumulated destruction from this incarnation which has the greatest effect upon you.

Week fourteen - the Universal Panacea Part I

The medium which cures all ills has been sought by many but has been rarely found. Most have failed because they were looking in the wrong place. They sought to find it somewhere outside, i.e. a magic herb or mineral or special spring and such like. They few who have found it searched within themselves!

This is the most difficult of the lessons with the Harmony Headphone Set and it is most unlikely that you could successfully apply it before you have mastered all of the preceding lessons. The Harmony Headphone Training Programme is a series of exercises with increasing intensity and degree of difficulty. Each lesson is not only complete within itself but also the preparation for the next lesson. There are thirteen stages of preparation for this lesson. You cannot expect to achieve very much with this lesson until you have mastered the preparation.

What we are now going to do is something that we've been studiously avoiding up until now.

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This is part I. At least 2 - 3 weeks' practice is essential before going on to part II.

The final Exercise - the Universal Panacea Part II

There is no point whatsoever in attempting this part unless and until you have mastered part I. It simply won't work otherwise.

To begin this exercise, take up your practice position with your Harmony Headphone Set on. Go fully into the space between

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This is not something which can happen quickly. All your life, you've never done anything with this point and it can only awaken gently. Perseverance and daily practice will bring it to fruition and fill your entire heart.

The benefits will amaze you!