

Extracts from the Harmony
Headphone Set Home Training
Programme - Part 1

Harmony United Ltd
Moreton
England

November 2019

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.

Contents

Introduction	4
The Lessons - general explanation	7
The Warm Up	9
Week 1 - your diaphragm	13
Week 2 - your kidneys	17
Week 3 - your Naval	20
Week 4 - your heart	22
Week 5 - your power centre	25
The second exercise group - explanation	27
Week 6 - deleting guilt feelings	28
Week 7 - your liver	29
Week 8 - your large intestine (your colon)	32
Week 9 - your pancreas	34
Week 10 - Making friends with money	37
The third exercise group - explanation	40
Week 11 - Mosquitos ignore you	41
Week 12 - you immunity in top gear	44
Week 13 - rejuvenation	46
Week 14 - the Universal Panacea part I	50
The final lesson - the Universal Panacea Part II	52

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 which come with the product, 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 or Pendants 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 in the full hand book which comes with the product, 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 the 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.

<85 Words removed>

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.

<97 words removed>

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.