

A Simple Guide to the use of the Mobile SSF Electrode Connection

Introduction:

This is a guide only to using the Mobile SSF Electrode Connection package.

It isn't an instruction on how to use Frequencies whether they are SSF, (Sounds of Stars Frequencies), Rife, & FREX. etc. More information can be found by Googling these & other research subjects. All such modalities will have disclaimers on their use which should be carefully observed.

The placement & the use of the electrodes is a matter of individual experimentation. Very simply, if it doesn't work on a particular location it is suggested that you try another area or method of application.

For example:

The Pad electrodes can be applied to a painful area for pain relief. You may find that the pain is relieved, but then it moves to another location which should be 'chased' to the new location & so on!

You may find it useful to use the opposite's procedure when using the Pad electrodes; If for example you are treating the right knee, then you would place one electrode on that location & the second on the left knee in the same position.

Or, say for a pain in the chest, arrow the second electrode position on the back in that location.

General Guide for SSF Frequencies:

"SSF's interoperate mainly with the energetics of the conscious, subconscious state and perhaps with the physicality of the organism." (Quote from Doc. Stars).

So, the earlobe electrodes would be recommended first of all using only a battery operated MP3 player. High powered frequencies from a PC, laptop or stereo should be used with care.

Earlobe Electrodes:

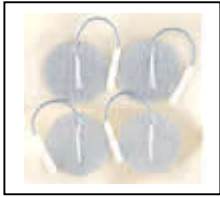
Suggested placement;

1. On the earlobes using only a battery operated MP3 player – 45 minutes maximum although it can be repeated at 2 hourly intervals if required. **VERY IMPORTANT** – Keep hydrated with WATER! Drink a glass of water before & after each treatment.
2. Clip the earlobe electrodes to garments touching the skin for 24/7 use with an MP3 player – Again, be properly hydrated using WATER!
3. Clip the earlobe electrodes to **hand-holds** using 2 lengths of the thinnest gauge copper tubing available approx. ½" in diameter about 6" long. (Your nearest hardware store or plumbing supply place should have no problem in providing these for you.)

Note: There is probably not enough power from the MP3 player to drive the frequencies here so a PC, Laptop, or home stereo should be used with caution. **DO NOT UNDERESTIMATE THE EFFECT** that this application may provide. Start with a 3 minute use & build slowly from there with hydration being a prime concern. Volume levels should initially be set no more than half way!



Handheld Electrodes



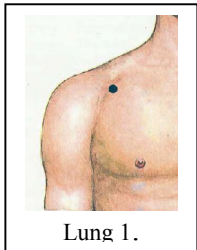
Stainless Steel Mesh Electrodes:

These should last a very long time with normal care & the built in adhesive gel can be revived many times with a drop of water. Even with the adhesive gel no longer active the Pads can be taped in position using whatever tape that will adhere to the skin or clothing.

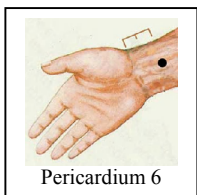
Suggested placement;

1. Directly on the pain or condition requiring treatment directly on the skin, or taped to the inner clothing so that it comes in **contact with the skin**. Experimentation will indicate what works best for you here.
2. Just try dropping the electrodes in an **empty pocket** whilst connected to your MP3 Player for a walk-around, (mobile), experiment! It really shouldn't make any difference at all whether you have them attached to your skin, inner clothing or just loose in your pocket for general use.
3. Use on acupuncture points. An excellent guide for placement can be found here.... <http://www.acuxo.com/>
Placement on the Thymus gland on the middle of the breastbone between the nipples has been reported as an excellent starting place for pad placement. It is suggest that only one pad is required here. You can remove the other pad & the bare connector pin can be tucked in wherever convenient, or the second pad placed on the navel as a secondary position.

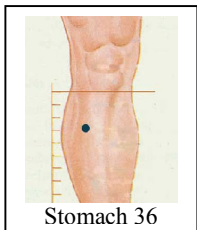
**Energise
these
important
Acupuncture
Points!**



There are many warnings that frequencies are not to be used directly on the heart. I use it quite regularly in this location & have never had a problem; however caution should be exercised, particularly if using a driver other than an MP3 player.



4. Locations such as the third eye position & on the temples should be used with caution as with placing them directly on the thyroid using only the MP3 player. Generally speaking, I believe that the hand-held electrodes could be the best option for an overall body effect using any frequency modality & probably the safest when used with a high volume output.



Best wishes,

A handwritten signature in black ink, appearing to read 'Bob'.

