

# SimplyClearing with Rhythmedics® Clarius™

## User Guide for Clarius Ver. 3.3, including Internal EMR Detector, Flicker Fusion and AlphaWave DreamMachine

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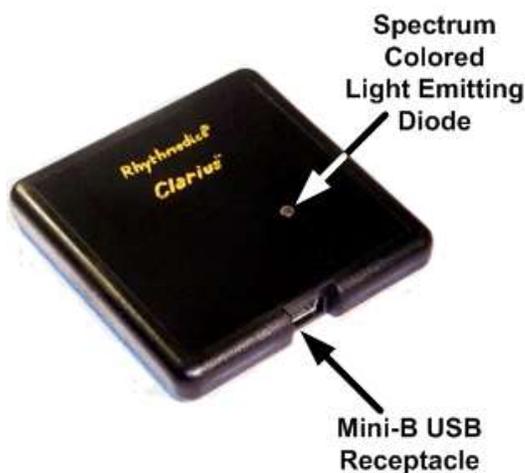
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## 1. Introduction

Rhythmedics® Clarius™ is more than SimplyClearing™ unwanted and harmful ElectroMagnetic Radiation (EMR) in your personal space. Clarius does that amazingly well, and much more. Clarius is also an EMR detector, a Critical Flicker Fusion measuring program to determine your personal Wellness Number, and even an alpha brainwave stimulator for achieving dreamlike states of awareness. Versions 3.0 and later also include the Ultrasonic frequency observed at the peak of the Bosnia Pyramid of the Sun to elevate Clarius' energies to even higher levels of activation and awareness.

Using your Clarius is as simple as connecting it to a USB power source. Clarius comes with a universal 5V USB power adapter, as well as a USB Type-A to Mini-B cable for connecting to your computer for upgrades and for powering Clarius.



When power is first applied Clarius runs a series of internal tests verifying the processor, memory and Bio-Pulse emitters are functioning properly. After all self-tests pass the Spectrum Light Emitting Diode (SLED) turns red then shifts to amber, yellow, green, turquoise, blue and white. This is followed by four colored flashes to indicate the instrument's serial number and two more colored flashes for the software version.

Figure 1 - Clarius Front

Clarius begins operating in the Energy Clearing mode and loads the last preset program that was run for a complete cycle. The SLED flashes the color indicator for that preset program. Clarius is shipped to begin with Preset #1, Focused Attention, as indicated by a double Red heart-beat flash which will occur every 10 seconds while active.

There are up to 8 separate preset programs stored in Clarius, each with its own unique color to identify when it is selected and running. The preset program colors are as follows: 1-Red, 2-Amber, 3-Yellow, 4-Green, 5-White, 6-Blue, 7-Purple and 8-Turquoise. A label on the back of Clarius lists the available preset programs for quick reference. When Clarius is in Energy Clearing mode the SLED will typically flash every 10 seconds to indicate which preset program is active. Some presets

change the color and flash-type while running to indicate additional information. This is explained more completely in Section 5 detailing each preset integration program.

## 2. Operational Modes

Versions 3.0 and later of Clarius support four modes of operation.

1. Energy Clearing mode is the default power-up mode. Bio-Pulses are emitted based upon the selected Preset Program to interrupt harmful EMR and restore Circadian Rhythms. Up to 8 unique Preset Programs are available as explained in Section 5.
2. EMR detection mode uses the Bio-Pulse emitter array to detect and measure electromagnetic radiation and is explained in Section 9.
3. Critical Flicker Fusion (CFF) mode is for measuring, reporting and emitting your personal Wellness number. The CFF capability has been improved in Versions 3.0 and later by allowing the flickering rate to be manually adjusted up and down during the measuring portion and is explained in Section 10.
4. AlphaWave DreamMachine mode allows the user to select one of 6 different alpha brainwave frequencies and emit that frequency as both a unique SLED color and brainwave entraining Bio-Pulses. This mode is explained in Section 11.

## 3. Changing Operational Modes

There are two white dome switches on the back of Clarius. The upper one is labeled SELECT and the lower one is labeled SETUP. These can be seen in the figure below. Changing Operational Modes is done by pressing either the SELECT or SETUP dome switch, depending upon the current mode.

To change modes Clarius should be powered on and preferably held in your left hand with your thumb on the front of Clarius to the left of the gold lettering which reads *Rhythmedics®* and your left forefinger on the back of Clarius. You should feel a slight bump which will be the SELECT dome switch under your forefinger. When Clarius starts-up the default mode is Energy Clearing and this can be seen by the



SLED flashing every ten seconds to indicate the active Preset Program.

To enter EMR detector mode firmly squeeze Clarius between your thumb and forefinger until you feel a slight ‘give’ or ‘detent’ of the SELECT dome switch under your forefinger and hold it for more than 4 seconds, until the SLED begins to flash Blue on and off four times and then release. Section 9 covers the details of the EMR Detector mode. Press and release the SELECT dome switch once more to exit EMR Detector mode and revert to Clarius’ default Energy Clearing mode.

CFF mode is only available from the default Energy Clearing mode by simply pressing and releasing the SETUP dome switch one time. Clarius will stop the active Energy Clearing preset program and flash the SLED Red six times to indicate CFF mode is starting. Section 10 covers the details of this mode. If CFF mode is inadvertently entered you can simply wait for Clarius to run through the frequency and revert automatically to Energy Clearing, or you can press the SETUP dome switch once more to halt the test and report the aborted attempt.

Entering AlphaWave DreamMachine mode is done by first starting CFF mode by pressing and releasing the SETUP dome switch and then before the SLED finishes flashing Red 6 times, by pressing and holding the SELECT dome switch until the SLED stops flashing Red. When the SLED stops flashing Red release the SELECT dome switch and the SLED will begin flashing White on and off. Details of this mode are explained in Section 11. To exit this mode you must press and hold both SELECT and SETUP dome switches at the same time until the SLED stops flashing and then release both dome switches and Clarius will revert to its default Energy Clearing mode.

## 4. Changing Energy Clearing Preset Programs

Changing preset programs is done while Clarius is in its default Energy Clearing mode by pressing and releasing the SELECT dome switch for one second. This is best accomplished by holding Clarius in your left hand with your thumb on the front of Clarius to the left of the gold lettering which reads *Rhythmedics®* and your left forefinger on the back of Clarius. You should feel a slight bump which is the SELECT dome switch under your forefinger. While Clarius is powered on and being held between your thumb and forefinger as described, firmly squeeze Clarius between your thumb and forefinger until you feel a slight ‘give’ or ‘detent’ under your forefinger and then release the pressure. The SLED will flash an Amber heart-beat to indicate Clarius has changed to Preset #2.

Squeezing Clarius between your thumb and forefinger again in the same position until you feel the 'give' in the SELECT dome switch and then releasing the pressure will step to Preset #3 and the SLED will flash a Yellow heart-beat. Repeating this process will step through all the presets from 1 to the last available preset and then back to Red for Preset #1. Pressing and holding the SELECT dome switch for more than 4 seconds will start the internal EMR detector explained in section 8. If the EMR detector is accidentally started as indicated by the SLED flashing Blue four times, simply press and release the SELECT dome switch once more to revert to Clarius' default Energy Clearing mode.

Clarius will 'remember' the newly selected preset program only after it has run this preset for one full cycle, typically 90 minutes. After running the newly selected preset for a full cycle you can remove the power to Clarius and the next time you plug Clarius into its power adapter it will run that preset program after completing its start-up tests.

To see a list of all installed preset programs on your Clarius, connect it to your computer using the included USB cable and press and hold the SETUP dome switch until the SLED flashes Green on and off rapidly. This causes Clarius to enumerate as a Rhythmmedics flash-drive. Opening the NUTESLA.HTM file will list the Clarius firmware version, serial number and all installed presets. This is explained in section 12.

## **5. Preset Energy Clearing Programs**

Versions 3.0 and later of Clarius are shipped with eight Preset Programs, six of which are unlimited and two which have 30 day trials. You can also keep other Preset Programs on your computer to replace ones on your instrument. All Preset Programs are designed to support the body's internal circadian rhythm by creating brainwave entrainment ultradian cycles while interrupting unwanted EMR.

Scientists and researchers at the Pyramid of the Sun in Bosnia discovered a coherent, laser like, beam of Ultrasonic energy being emitted directly heavenward from the pyramid's peak. The frequency was measured at 28,300 cycles per second, or 28.3 KHz as it is written. All Rhythmmedics instruments include the ability to blend or mix two simultaneous frequencies and this feature has been activated in Clarius Versions 3.0 and later and enabled for specific preset programs as indicated below. Adding this Pyramid energy to Clarius accelerates and supercharges the other frequencies emitted, expanding the torus of energies to an even greater

diameter while increasing the integrative experiences and broadening awareness to new levels of realization. This can be enabled for any of the presets and NuTesla has done so for several so you can experience the difference for yourself. The descriptions for each preset identifies whether Pyramid Power has been enabled by default. Turning this feature on or off for a specific preset requires installing a small configuration change file that can be requested from NuTesla support via email at no cost.

Most programs are designed to run for 90 minutes and then repeat, as this is a typical human ultradian cycle length. Specialized programs intended for a single use during the day have shorter run times as explained below. Appendix A at the end of the User Guide contains a figure for each preset showing the profile and range of the frequencies emitted for your reference.

### **5.1. Focused Attention and Energy Clearing (Red)**

This is a 90 minute repeating program to improve focus and attention while maintaining a relaxing energy level. This Preset is recommended for persons who need to grab an extra shot of caffeine or snack to get through the morning or afternoon energy slumps. (Flashes a Red heart-beat when selected and while running)

### **5.2. Solfeggio Plus Color Chakra Balancing (Amber)**

This is a 90 minute repeating program featuring the Solfeggio scale to awaken and balance your energy centers during any activity. In Versions 3.0 and later this preset includes the Pyramid Power frequency mixed with the standard frequencies. This preset is great for staying balanced and centered during periods of stress and is recommended for persons with Type A personalities. This Preset changes the flash type and color as each Chakra's frequencies are emitted for your information. The Amber heart-beat is seen for the starting-up and winding-down frequencies, those below the Solfeggio scale. When the Root Chakra frequencies are emitted the SLED changes to a Red 'wave' (a gradual brightening and dimming of the light), Amber for Sacral, Yellow for Solar Plexus, Green for Heart, Turquoise for Throat, Blue for Third-eye, Purple for Crown and White for expanded awareness. The colors then reverse as the program comes back down. (Flashes an Amber heart-beat when selected and color changes when running)

### **5.3. Body Blaster, Rife Based Wellness (Yellow)**

This is a 90 minute repeating program featuring broad spectrum Rife Frequencies to boost your wellness. This program is recommended when not feeling well to improve your wellness by using well-known Rife frequencies. (Flashes a Yellow heart beat when selected and when running)

### **5.4. Higher Consciousness to Expand Awareness (Green)**

This is a 90 minute repeating program featuring frequencies based on the work of Robert Monroe. In Versions 3.0 and later this preset includes the Pyramid Power frequency mixed with the standard frequencies. This Preset is similar to Solfeggio Plus, with even higher levels of energies to support Out Of Body experiences. This Preset changes the flash type and color as each Chakra's frequencies are emitted and when the frequencies are for expanded awareness. The green heart-beat is seen for the starting-up and winding-down frequencies, those below the Solfeggio scale. When the Root Chakra frequencies are emitted the SLED changes to a Red 'wave' (a gradual brightening and dimming of the light), Amber for Sacral, Yellow for Solar Plexus, Green for Heart, Turquoise for Throat, Blue for Third-eye, Purple for Crown and White for expanded awareness from Focus 15 to 21 the bridge between physical and non-physical realities. The program then shifts you to focus 25 and finally to Focus 27. The colors then reverse as the program comes back down and grounds your energies to complete re-integration of body mind and spirit. (Flashes a Green heart-beat when selected and changes color while running)

### **5.5. Prana Yama, Sacred Breath of Life (White)**

This is a 90 minute program that flashes a white heart beat when selected and supports the sacred Breath of Life technique of focusing energies into the middle body. This preset is especially useful for reconnecting after stressful events and as a way to become and stay more grounded. (Flashes a White heart-beat and selected and while running)

### **5.6. Heart and Life Energies Integration (Blue)**

This is a trial preset that will operate for one month at 12 hours a day. It is a 90 minute holistic healing program designed to resonate and integrate the energies of your heart center and above through the crown with the life

energies of the universe. In Versions 3.0 and later this preset includes the Pyramid Power frequency mixed with the standard frequencies. This is an excellent program to use for meditation and with children or adults on the Autism Spectrum. (Flashes a Blue heart-beat when selected and while running)

### **5.7. Lucid Dreaming (Purple)**

This is a trial preset that will operate for one month when used for sleeping. In Versions 3.0 and later this preset includes the Pyramid Power frequency mixed with the standard frequencies. This preset is only intended for use while sleeping or for states of deep relaxation. Do not use this preset when operating machinery. This preset has been reported by users to help achieve lucidity while dreaming. (Flashes a Purple Wave when selected and running)

### **5.8. Dream Machine 7.83-12Hz Journey (Turquoise)**

Building on the Dream Machine concepts of Brion Gyson from the 1970s, this preset takes the user on an amazing 90 minute journey into the surreal exploring the Alpha State of the mind. This preset should not be used when driving or operating machinery. (Flashes a Turquoise Wave when selected and while running)

## **6. Choosing a Preset Program**

Your Clarius comes preconfigured to start with Preset Energy Clearing Program #1, Focused Attention. This preset is effective for individuals who find their energy slumping frequently during the day. Use this preset instead of having a cup of caffeine. This preset also works well in your automobile when driving for extended periods of time to help you stay focused and attentive behind the wheel.

Preset #2, Solfeggio Plus, is a great balancing and centering program well suited for Type A personalities, those who have a hard time slowing down and need to stay balanced and relaxed while working. Use this when stress gets you too wound up and you feel yourself needing to relax and still stay focused and productive. Solfeggio Plus is great in the car to reduce tension and stress during stop-and-go commuting.

Preset #3, Body Blaster, is recommended when you're feeling ill. Its blend of broad spectrum Rife frequencies improves wellness and helps you get back on your feet quickly.

Preset #4, Higher Consciousness, is recommended for use during meditations and for individual that are interested in exploring states of expanded awareness associated with what is commonly referred to as an Out-Of-Body-Experience.

Preset #5, Prana Yama, is great for those times that you need to reconnect with yourself, and as an alternate meditation program.

Preset #6, Heart and Life Energies is designed to help reintegrate your awareness back into your body. It is recommended for use during times when you simply feel disconnected or overly distracted. This is a trial preset and will operate for one month before removing itself. This preset is available for download as a permanent preset for a minimal cost.

Preset #7, Lucid Dreaming is an alternate sleep preset not intended for persons with sleep problems. It is intended to assist healthy individuals in achieving lucid dreaming states. This is a trial preset and will operate for one month before removing itself. This preset is available for download as a permanent preset for a minimal cost.

Preset #8, Dream Machine 7.83–12Hz Journey is an alternative sleep and deep meditation preset program that starts with Theta brainwave frequencies to help synchronize with your active brain patterns and then quickly lowers the frequencies to bring you into an alpha state of brain activity similar to a hypnotic state. Towards the end of the 90 minute cycle the frequencies increase to bring you back into focused awareness.

## **7. Simply Clearing and Integrating with Clarius**

Clarius works by emitting non-sensory, non-invasive Bio-Pulses, precise pulses of Fibonacci Number derived frequencies supporting brainwave entrainment. Monitoring brainwave activity of persons within the effective field of Clarius shows brainwave activity following the patterns emitted by Clarius. Our bodies experience ultradian rhythms, or cycles, while we're awake, similar to those that occur when sleeping, but at higher frequencies, and over longer durations. This is evident in the common experiences with a mid-morning slump and the need for a nap shortly after lunch. These rhythms are controlled by our SupraChiasmatic Nucleus (SCN) a

small organ in the midline of our brain. The SCN is affected by electromagnetic radiation (EMR) and Clarius' Bio-Pulses act to restore our SCN's internal timing while interrupting external sources of disruptive EMR.

Clarius produces a torus (donut) shaped 'force-field' of healthy Bio-Pulse energies approximately 6 feet (2 meters) in all directions. This field expands the longer Clarius is left running in a fixed location. If you work at a desk with a computer on or under your desk, place Clarius on your desktop with either side facing up. Clarius can be powered by either the included 5V USB power adapter or by connecting it to a spare, powered USB port on your computer or USB Hub. Please note that when updating Clarius it must be connected directly to a USB port on your computer and not through an external hub. Clarius will not interfere with your computer or other electronics in its force-field area.

Clarius can be left on continuously and the longer Clarius runs the more effective it will be in clearing unwanted energies while restoring the natural balance of your ultradian rhythms. Clarius also 'back-feeds' the Bio-Pulses through the power or USB cable connected to it. This means Clarius will also improve the energies being emitted from your computer and the wiring in the immediate area around the its power adapter.

Clarius can be placed in a waiting area or anyplace people congregate to create a clearer and more inviting space. Clarius is great for use in classrooms and playrooms with children of all ages. Clarius is also safe to use with infants, while ensuring to keep the power cable away from infants.

Clarius can be used in your home, or other living spaces. It is best to be centrally placed, as on an end-table, or countertop. Clarius can be used where foods are prepared and served. It can be placed underneath serving dishes or beverage containers to clear the energies in your consumables.

You can clear unwanted energies in personal items you carry, such as rings, necklaces, watches, jewelry, cellphone, tablets, pens, wallet, keys, all without causing any damage or erasure to any electronic or magnetic media, including credit cards. Simply place the items on or near Clarius for an hour or longer.

Crystals or other healing instruments can be placed on or near Clarius to clear and recharge their energies.

Clarius is very effective when used in your automobile for reducing road fatigue. Any standard 5V USB car adapter that converts the 12VDC cigarette lighter power adapter to a mini-B 5V USB connector, similar to those used for cell phones, can be used to power Clarius.

## **8. For Energy Sensitive Individuals**

Individuals who are sensitive to subtle energies may 'feel' or 'sense' Clarius is near them when running. While Bio-Pulses are non-invasive and you cannot feel, see or hear them directly, they do cause brainwave entrainment, much like watching a flickering flame can cause a trance-like state. The Fibonacci Number quartz crystal at the heart of all Rhythmedics instruments ensures all the frequencies produced by Clarius are pure and healthy. If you do experience any sensations when Clarius is running it may be that your body's energies are out slightly of alignment and it may take a few days for them to shift into harmony with the Fibonacci based frequencies. There are two methods to facilitate this shifting and harmonizing process. First is to use Clarius during the day on Preset #2, Solfeggio Plus, near your work area. Within a few days you will find your energies have shifted to be in alignment with the Fibonacci based Bio-Pulses and can use Clarius without any sensations other than feeling focused and relaxed.

Second is to measure your Personal Wellness Number as explained in Section 10, and run this program to help shift your body's frequency into a healthier state within minutes instead of days.

## **9. Internal ElectroMagnetic Radiation (EMR) Detector**

Newer firmware versions (2.5 and later) include the ability to use the Bio-Pulse emitters as an EMR sensor with field strength indicated by both color and brightness of the SLED. To activate the internal EMR detector press and hold the SELECT dome switch as explained in the previous section, until the SLED flashes Blue four times. Release the SELECT dome switch when the Blue flashing begins. In safe EMR environments the SLED should now be illuminated in a continuous Blue color indicating only a slight amount of EMR is being detected. Off indicates no measurable EMR and Blue indicates less than 3 milliGauss (3 thousandths of a Gauss) of field strength. If any other color is seen then the immediate area has a greater level of EMR and the source should be identified and possibly eliminated.

EMR fields diminish rapidly as you move further away from its source and the internal EMR detector will usually need to be placed directly in contact with most EMR sources to indicate its presence. The strength of EMR is indicated by four different brightness levels within the 7 different colors with no illumination as zero field strength, Blue being the lowest safe level below 3 milliGauss and White indicating the highest level of more than 25 milliGauss. As you move the instrument next to an EMR source the brightness of the SLED will increase first and then the color will change. The table below provides the relative field strength for each color for your reference.

**Table 1 - EMR Detector Field Strength Colors**

Color	Field Strength
Off	0–1 mGauss
Blue	1–3 mGauss
Turquoise	3–6 mGauss
Green	6–8 mGauss
Yellow	8–10 mGauss
Red	10–14 mGauss
Purple	14–25 mGauss
White	>25 mGauss

Some extremely strong EMR fields may cause the colors to wrap around and repeat, so if you see the colors changing indicating an increasing EMR field and then the SLED goes off, this is an indication that the field is stronger than the White level.

Our bodies can act like antennas and inductively pass EMR in our space to the sensor. Consequently, it is recommended to hold the instrument either by the outside edges near the bottom or by the USB Cable connected to the instrument to reduce interference from our body's field. The internal Bio-Pulse emitters that also act as the EMR sensors are in a matrix configuration centered around the sacred geometry plated on the back of the instrument. This sacred geometry area is the most sensitive to EMR fields and should be placed directly above and in contact with the suspected EMR emitter.

To verify the EMR detector is working, place it next to a know EMR emitter such as the video display of your computer or near a plug-in power supply. Place the EMR

detector on top of any electronic or electrical devices or appliances in your work or living space to identify specific sources of potentially harmful EMR.

The EMR detector is not a calibrated measuring tool and should be used only as a visual reference to identify potentially harmful EMR sources. The EMR detector does not necessarily indicate the frequency of the EMR emissions and thus it will show EMR levels when placed on top of another active Rhythmmedics instrument, even though the Rhythmmedics instrument is producing healthy emissions. If you suspect you have a high level of EMR emissions in your living or work space please contact a specialist in this field to make accurate measurements and assess the potential safety or hazard of the source.

To increase the readability of the detector, press the SETUP dome switch one time to change the constant blue indication to off. In this mode any EMR levels should cause the detector to illuminate blue and then the other colors listed above depending upon the strength of the radiated signal. Repeatedly pressing and releasing the SETUP dome switch will cycle the detector through the range of colors. This is useful when an environment has a more EMR and you want to view only the changes above the initial level.

The EMR detector feature will stay active until you either press and release the SELECT dome switch or remove the power from the instrument.

## **10. Your Personal Wellness Number (Critical Flicker Fusion)**

Your Rhythmmedics Clarius includes the ability to measure and report your personal Wellness Number, also referred to as your Critical Flicker Fusion (CFF) number. It is recommended to read this section fully in advance of measuring your Wellness Number. After reading this section you can run the test multiple times to get familiar with the procedure.

Flicker Fusion is the rate at which a distinctly flashing on and off light appears to fuse into a constantly illuminated light. It was discovered in 1945 during testing of WWII pilots returning home after the war with Post Traumatic Stress Disorder that their recovery could be measured objectively by tracking their flicker fusion frequency, which NuTesla calls the Wellness Number. The higher the numbers the further along the pilots were in their recovery. Your wellness number is a personal indicator of your overall wellness. Due to differences in the physiology of our eyes you cannot compare your wellness number to someone else's. This feature is

intended to allow you to track your personal wellness level. The higher your wellness number, the higher your personal wellness level.

NuTesla discovered that in addition to being useful for tracking your personal wellness, your flicker fusion frequency can be used to assist in shifting your body's frequency to a healthier state by emitting your personal frequency. For this reason, after following the directions below to measure and report your Wellness Number, Clarius will then use your flicker fusion frequency to run a ten minute program during which time we recommend you place Clarius under your pillow, lie down and relax to your personal frequency.

Flicker Fusion occurs when our eyes see a rapidly flashing light increase in frequency (the number of times it turns on and off in one second) until the light appears to be steadily lit, and conversely when a rapidly flashing light which appears to be lit continuously decreases in frequency until we can perceive a change in the illumination. Research going back to the early 1900's has shown the higher a person's flicker fusion frequency is (the more times in one second that a rapidly flashing light crosses the threshold of appearing to be steadily lit to flickering) indicated better overall wellness and lower stress levels.

There are three phases of CFF mode. The first phase is measurement, where your CFF rate is measured using a Red flashing SLED and the dome switches are used to adjust the rate up and down. The second phase is reporting the measured CFF rate as your personal 3 digit wellness number (from 10.0 to 89.9). The third phase is generating your CFF rate through the Bio-Pulse emitters to strengthen your resistance to unwanted alpha brainwave interruptions.

To activate this feature press and hold the SETUP switch for 1 second and release it. If you press and hold SETUP for 5 seconds it will cause Clarius to switch-over to the flash-drive mode discussed in a later section. The Spectrum LED will flash Red 6 times to indicate your Wellness Number testing is beginning. After these 6 flashes the Red SLED will appear to be lit continuously when it is actually flashing very rapidly.

Hold Clarius between your thumb and forefinger close to your face with the SLED directly in front of your dominant eye and your forefinger finger on the SETUP switch to press it when you see a definite flickering of the SLED. As the program runs the on and off times are lengthened and the apparently constantly lit Red SLED appears to start flickering, which to some looks like water boiling when staring

directly into the Red SLED. As the frequency continues to slow this boiling appearance begins to be more pronounced where there is still no time when the SLED appears to be off. As the frequency continues to slow this flickering becomes a distinct on and off flashing.

Pressing the lower SETUP dome switch will cause the flickering to decrease one step and stops the automatic slowing of the flicker rate for measuring. Pressing and holding the lower SETUP dome switch will decrease the flickering rate more quickly.

Pressing the upper SELECT dome switch will cause the flickering to increase one step and stops the automatic slowing of the flicker rate for measuring. Pressing and holding the upper SELECT dome switch will increase the flickering rate more quickly.

Once you press either the SETUP or SELECT dome switches two things occur. First, the automatic decreasing of the flickering rate is suspended (the SLED continues to flash at that rate) and secondly, a 5 second timer starts which ends the measuring if neither switch is pressed for five seconds. If either switch is pressed, the flickering rate is adjusted up or down accordingly and the 5 second timer is restarted. Once you have noticed an obvious flickering, press and release each switch, one at a time, to further adjust the flickering rate up and down until you are satisfied it is at the point of fusing to a constantly on light.

After releasing both switches the five second timer expires and the measuring phase ends. The Red SLED will turn off and Clarius will then report your two digit Wellness Number as two series of colored flashes. The first series of flashes uses the white SLED to count out the tens digit in multiples of ten (four white flashes is 40, 5 white flashes is 50), the second series of flashes uses the green SLED to count out the ones digit (6 green flashes is 6). Adding the two series of flashes together yields your personal Wellness Number (46 or 56 from the example above). The upper limit is 89. If the ones digit is a zero it will be reported by a single flash of the Blue SLED (the tens digit cannot be zero). If you counted 5 white flashes then saw a blue your Wellness Number would be 50.

After flashing your wellness number Clarius flashes the red SLED at your personal wellness frequency to indicate it is running a 20 minute therapy session using your personal Wellness Number. This red indication occurs continuously while your personal frequency is being emitted. Pressing either the SELECT or SETUP dome switch during this time will restart the measuring phase of your Personal Wellness Number to help in identifying changes to your brainwave activity during this

exercise. After 20 minutes of not pressing either dome switch Clarius restarts the previously run clarity program. Record and compare your Wellness Number over time to assess your overall wellness. It is recommended to measure and record your personal Wellness Number on a regular basis to track your overall wellness, such as once a week. A higher number shows an improvement in wellness. If you do not press the SETUP switch the test will end and Clarius will start running the previous clarity program without reporting any Wellness Number. To exit the Wellness Number program during its twenty minute operation press and hold SELECT to increase the flicker fusion rate until the red SLED turns off and then release the dome switch.

## **11. AlphaWave DreamMachine**

This mode of operation is based upon the DreamMachine designed and built by Bryon Gyson in the 1970s to generate alpha brainwave activity. Gyson's device used a bright flickering lamp to generate flashes of light of between 8 to 12 flashes per second. NuTesla's AlphaWave DreamMachine uses the Bio-Pulse emitter array to induce alpha brainwave entrainment and the Spectrum LED (SLED) changes colors and flashes at the same rate to indicate the alpha frequency being emitted. There are 6 unique and separate alpha brainwave emissions possible by NuTesla's DreamMachine. The highest frequency is 15 cycles per second or sometimes referred to as Hertz or Hz, and the SLED flashes white at this same rate. This is the initial high alpha frequency when the mode is started as explained below.

Because alpha frequencies can induce profound states of awareness and deep relaxation, it is intentionally a two-step process to enter this mode. The first step to entering AlphaWave DreamMachine mode is done by starting CFF mode by pressing and releasing the SETUP dome switch. The second step must be done before the SLED finishes flashing Red 6 times by pressing and holding the SELECT dome switch until the Red SLED stops flashing. When the SLED stops flashing Red release the SELECT dome switch and the SLED will begin flashing White on and off.

The beginning high alpha frequency is 15 Hz as indicated by the SLED flashing White. Pressing the lower SETUP dome switch will step to the next lower alpha frequency of 12 Hz as indicated by the SLED flashing Purple. Successive pressing of the SETUP dome switch will successively step to lower and lower alpha frequencies until the lowest frequency of 7.83 Hz (Schumann's Earth Resonance) is reached as indicated by the SLED flashing Amber and finally 6.8 Hz as indicated by Red

flashing. Successive pressing of the SELECT dome switch will successively step to higher alpha frequencies until the highest frequency of 15 Hz is reached as indicated by the SLED flashing White. The table below indicates the 6 available alpha frequencies, their respective SLED color, and reported benefits and effects of each frequency from <http://ElectroHerbalism.com>.

**Table 2 – AlphaWave DreamMachine Frequencies, Colors and Effects**

- 15 Hz – White; Centering, expansion to higher states of awareness, used to stimulate mental clarity, Associated with Crown chakra.
- 12 Hz – Purple; Centering, doorway to all other frequencies, mental stability, transitional point, time seems faster, To stimulate mental clarity, Associated with Third-eye Chakra, Expression/self in society
- 10 Hz – Blue; enhanced release of serotonin & mood elevator, universally beneficial, safest frequency, especially for hangover & jet lag. dominant alpha frequency, clarity, normalcy, anti-convulsant, circadian rhythm re-sync, activate kidneys, raise body temp, more serotonin, Good when trying to correlate information by the subconscious, Learning a foreign language, Associated with Solar Plexus/Manipura chakra, Spiritual wisdom, self-healing, Increased alertness (caused by an increase in norepinephrine + serotonin & a decrease in melatonin), sense of well being & decreased pain (caused by increase in beta-endorphins), Adrenal Stimulant, Significant improvements in memory, reading & spelling are reported, Treatment for Attention Deficit Disorder/Hyperactivity
- 8 Hz – Green; The central Alpha wave frequency to open pathways to past life regression, reported to improve Lymphocytes, and DNA repair. Associated with Heart chakra, Physical energy, Love and personal expression.
- 7.83 Hz – Amber; Earth Resonance, grounding, "Schumann Resonance." anti-jetlag, anti-mind control, improved stress tolerance, pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) reports of accelerated healing/enhanced learning – "the earth's natural brainwave" Associated with Sacral/Svadhithana chakra, Relationships/Sexuality.

6.8 Hz – Red; Deep relaxation and light sleep. Associated with Base/Muladhara chakra, Physical energy, will to live.

Clarius will continue to operate in this mode until the power is removed or you exit by pressing and holding both SELECT and SETUP dome switches at the same time until the SLED stops flashing and then release both dome switches. Clarius will then revert to its default Energy Clearing mode.

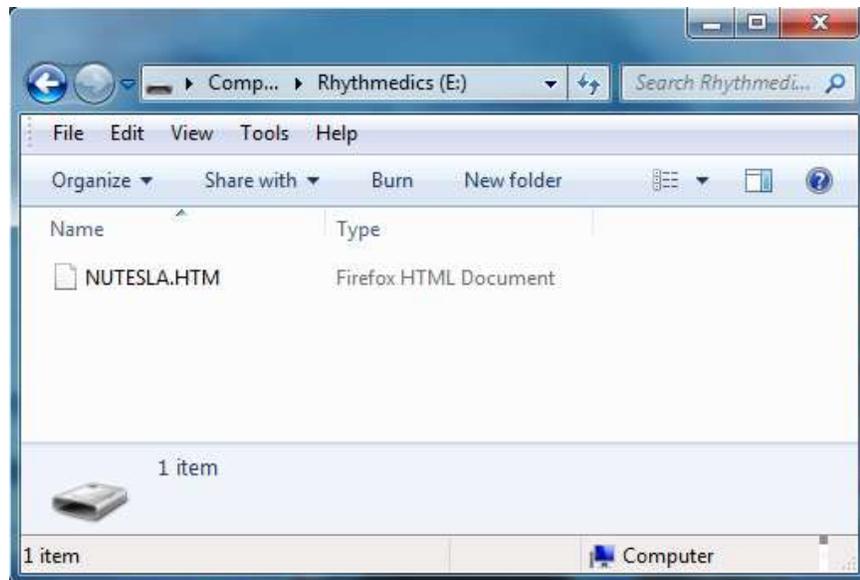
## 12. Flash-Drive Mode and Updates

Your Rhythmmedics Clarius includes an integrated Flash-Drive used for updating and upgrading your Instrument, and for reviewing installed preset programs. This feature is only accessible when Clarius is connected to a computer via the included USB Mini-B to Type A cable. Connect Clarius to your computer and press and hold the SETUP switch until the Spectrum LED begins flashing green on and off or green and red. Do not connect through an external USB hub. The first time you connect Clarius to a new computer it will flash red and green while your computer automatically installs the standard device driver for the Rhythmmedics Flash-Drive. A pop-up window may appear prompting you to open the drive to view the files.



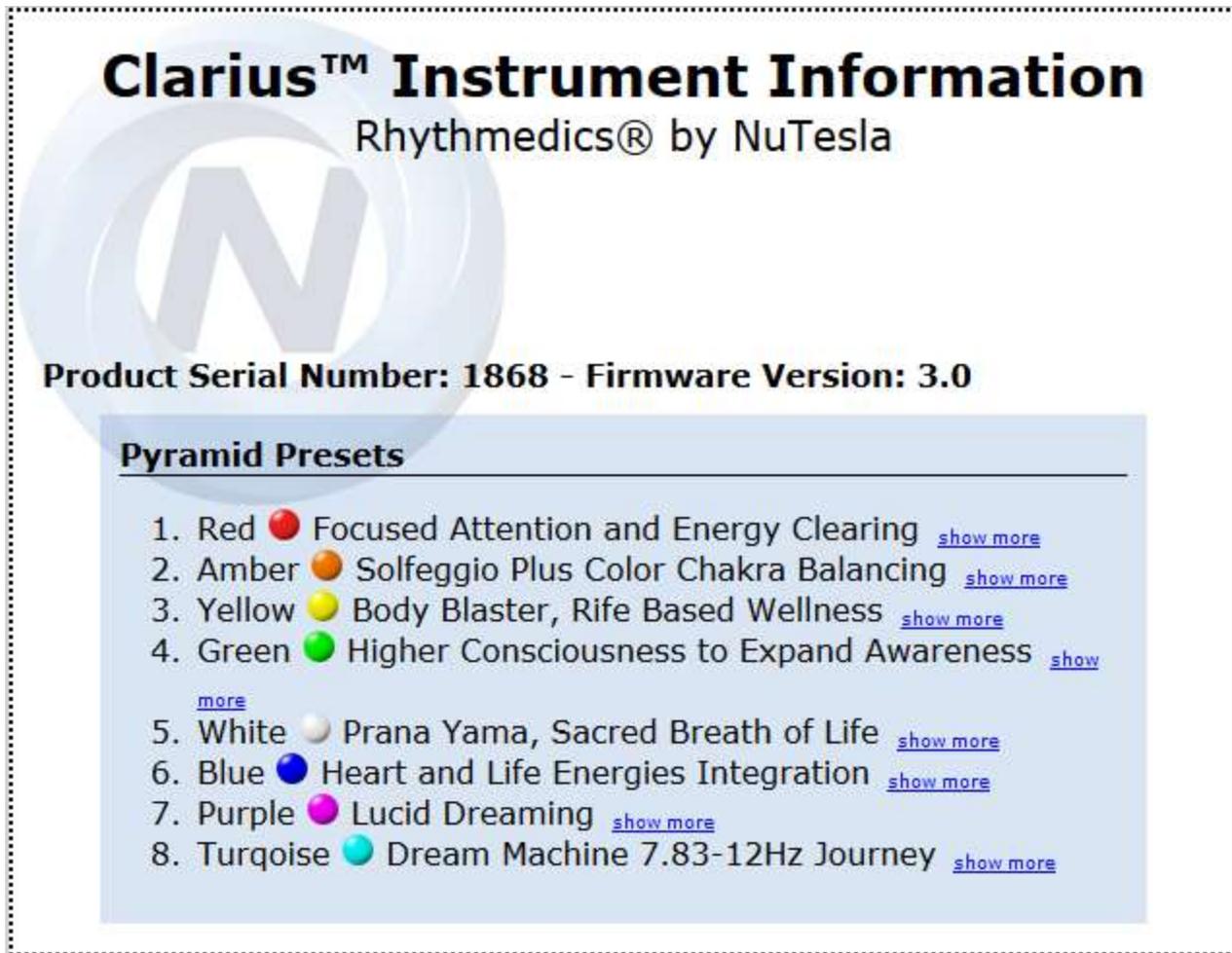
Figure 3 - Auto Play Pop-Up Window

There should only be one file on the Rhythmmedics Flash-Drive named NUTESLA.HTM.



**Figure 4 - Rhythmmedics Flash-Drive Contents**

Opening this file will open your default web browser and display the currently installed preset programs. If you are connected to the Internet additional details about your instrument will be displayed. This includes your instrument's Serial Number and Firmware Version as seen in the figure on the next page. NuTesla instruments work best with Mozilla Firefox, Google Chrome and Safari web browsers. Security restrictions in Internet Explorer prevent the complete information from being properly displayed.



**Clarius™ Instrument Information**  
Rhythmedics® by NuTesla

**Product Serial Number: 1868 - Firmware Version: 3.0**

**Pyramid Presets**

1. Red ● Focused Attention and Energy Clearing [show more](#)
2. Amber ● Solfeggio Plus Color Chakra Balancing [show more](#)
3. Yellow ● Body Blaster, Rife Based Wellness [show more](#)
4. Green ● Higher Consciousness to Expand Awareness [show more](#)
5. White ● Prana Yama, Sacred Breath of Life [show more](#)
6. Blue ● Heart and Life Energies Integration [show more](#)
7. Purple ● Lucid Dreaming [show more](#)
8. Turquoise ● Dream Machine 7.83-12Hz Journey [show more](#)

Figure 5 - Clarius Instrument Information

You can exit the flash-drive mode by unplugging Clarius and reconnecting it without pressing any switches or by simply pressing the SELECT switch once.

## 13. Updating your Rhythmmedics Instrument

You must use a Windows or Linux based computer to do updates. If you only have access to a MacOS computer please contact NuTesla for assistance. **Rhythmmedics files are not directly executable on your computer, they must be copied to the Rhythmmedics flash-drive to work.** Rhythmmedics files have an .RMx filename extension, where the 'x' may be any letter or number to identify the specific file type. Program and data updates have a .RMD filename extension and critical updates have a .RMC filename extension. Rhythmmedics files are encrypted and may be keyed to only your instrument or may be generally applied. Updates can only be applied to the specific instrument type for which it was developed.

To enumerate the USB Flash-drive in your Clarius follow the steps below:

1. Insert the USB cable Mini-B connector into the Rhythmmedics instrument to be updated before inserting the other end into your computer
2. Firmly press and hold the SETUP switch while inserting the larger flat USB A connector end of the USB cable into a spare USB port directly on your computer (Windows, Mac or Linux computer with USB Flash-drive support). **Do not connect through an external USB hub.**
3. When the Spectrum LED (SLED) on the instrument begins flashing Green on and off, release the SETUP switch
  - a. If the SLED does not turn on, ensure the USB cable is properly inserted into your computer and the USB port is enabled on your computer via your device or driver manager program
  - b. If the SLED flashes red and green this is an indication that your computer is installing the standard USB flash-drive driver, which is normal. Wait for the driver to be installed as indicated by the SLED changing to green only flashing on and off
  - c. If flash-drive is enumerated and the SLED flashes red or yellow on and off only then skip to step 9 to follow the directions to remove the previously failed update files
  - d. If the SLED flashes blue on and off remove the USB A connector from the computer and reinsert it while firmly pressing and holding only the SETUP switch
4. The instrument is now enumerated as a USB flash-drive named "Rhythmmedics" and you should have an option on the screen to open the drive folder to view

- its contents. If not, then follow your computer's procedures to view the contents of a removable media device
5. Open the Rhythmmedics Flash-drive folder to view its contents. You should see only one file named "NUTESLA.HTM" This file lists all installed preset programs
  6. If you received the update via an email message follow your email client's procedures for saving an attachment, usually clicking on File, and Save Attachment. If downloading from the NuTesla website, then click on the download link and select the 'SAVE' option to save the file to your computer.
    - a. When prompted where to save the attachment (the update .RMD file) select a folder or the desktop on your computer. Do not save the file directly to the Rhythmmedics drive.
    - b. Open the folder containing the update file and copy and paste it to the Rhythmmedics Flash-drive, or 'drag-and-drop' it on the Rhythmmedics Flash-drive
  7. The Rhythmmedics instrument will process the update file and restart, causing it to logically disconnect from your computer and then re-enumerate. During this process the SLED may briefly flash Red and Green, this is normal. The SLED will change to solid Green when done
  8. Your NuTesla Rhythmmedics Instrument is now updated and ready to use once disconnected from the USB port. You can press the SELECT switch to reset your Instrument and restart it in its base mode.
  9. If an error occurs during the update process the SLED will flash Red on and off and an ERROR.HTM file will be generated in the Rhythmmedics flash-drive folder
    - a. Your instrument will still operate normally if an error occurs, but will not be updated
    - b. Select all files on the Rhythmmedics flash-drive and delete them at the same time, then repeat steps 5 through 8 one more time.
    - c. If the second attempt fails notify NuTesla Support ([support@nutesla.com](mailto:support@nutesla.com)) via email by copying the ERROR.HTM and the .RMD files from the flash-drive before deleting them again and attaching them to the email message

## 14. Spectrum LED Indications

In addition to indicating which preset program has been selected and running, the Spectrum Color LED (SLED) is also used to report internal errors. The following is a summary of SLED indicated errors and corrective steps:

- A dim constant red indicates a correctable flash memory error occurred, simply unplug the instrument and reconnect it to the power source with no switches pressed to allow it to self-correct
- Blue flashing on and off indicates an invalid boot attempt, to correct reconnect to your computer with no switches pressed
- Red flashing on and off indicates an invalid boot attempt, reconnect to computer while only pressing SETUP switch. This may also indicate that your computer is missing the standard flash-drive software driver. Rhythmmedics Flash-Drive mode works with all Windows (XP or later), Mac (OS 10 or later) and Linux/Unix/Ubuntu computers. If Red flashing occurs after attempting to process an update file then the update failed. Open the Rhythmmedics drive and open the ERROR.HTM file to identify the problem. Even if an update fails to process, your instrument will still operate normally, simply delete all the files on the flash-drive and restart your instrument. Further details are in the previous update section.
- Red and Green alternating, USB drivers are being loaded by the host computer for the first time your instrument has been identified as a flash-drive; this should change to flashing green on and off when the drivers are successfully loaded
- Red and Blue alternating, invalid boot attempt, reconnect power and ensure no switches are pressed
- Green flashing on and off indicates Rhythmmedics Flash-Drive active, no response required
- Green on solid indicates Rhythmmedics Flash-Drive successfully processed the update file that was copied to it, press SELECT once to restart the Instrument
- Yellow Flashing indicates command processed, Open README.HTM file and follow instructions
- Green and Blue alternating indicates memory checksum error, restart and if it repeats contact NuTesla

- Yellow and Blue or Yellow and Red alternating indicates Bio-Pulse emitter error, restart and if it repeats contact NuTesla
- Solid White, indicates a flash memory update error, which is self-corrected by removing the USB cable and reinserting it without pressing any switches

## **15. How Do I Know Its Working?**

You can hear Bio-Pulses by placing Clarius flat against the back of a headphone next to your ear. Clarius will not interfere with electronic devices.

### **Using Clarius near a Negative Ion Generator**

Negative Ion and Ozone generators are High Energy Emitting Devices and may produce large amounts of free electrons which could adversely affect Clarius if both are operated from the same power outlet. Always plug Clarius' power adapter into a separate power outlet from any High Energy Emitting Device.

### **US FCC Part 15 and EU Conformance**

Clarius is a Class B Digital Device and complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. FCC ID YAL-585653

Clarius conforms to EU requirements for US defined Class B Digital Devices.

### **Medical Disclaimer**

Clarius is not a medical device. It is not intended to diagnose, prevent, cure, treat or mitigate any illness. Never make any changes in your medications or medical treatment as a result of the use of Clarius without consulting with the prescribing professional. Never place Clarius directly over any electronic medical device, such as a cardiac pacer or insulin pump.

Clarius is a NanoTesla device and is not regulated by the US FDA. Clarius complies with all US FDA Good Manufacturing Practices and published guidelines for Medical Devices. Each Clarius is individually serialized as can be seen in the Flash-drive mode. If any adverse events are suspected with Clarius please discontinue using and contact NuTesla Support immediately (support@notesla.com). These statements have not been evaluated by the US FDA.

Clarius is protected by US Patents 8,088,057 and other patents pending.

## Appendix A

### Preset Program Frequency Profiles

The following graphs provide a profile for all the included preset programs and the range of frequencies emitted. Each preset program repeats after a cycle. The scale at the bottom of each graph provides the time in minutes each frequency is emitted for each program step.

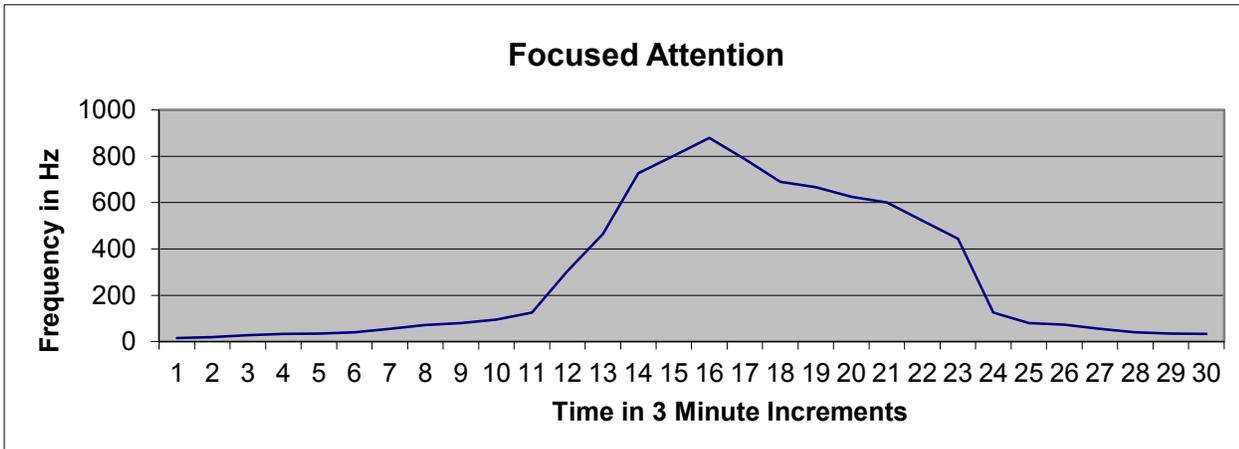
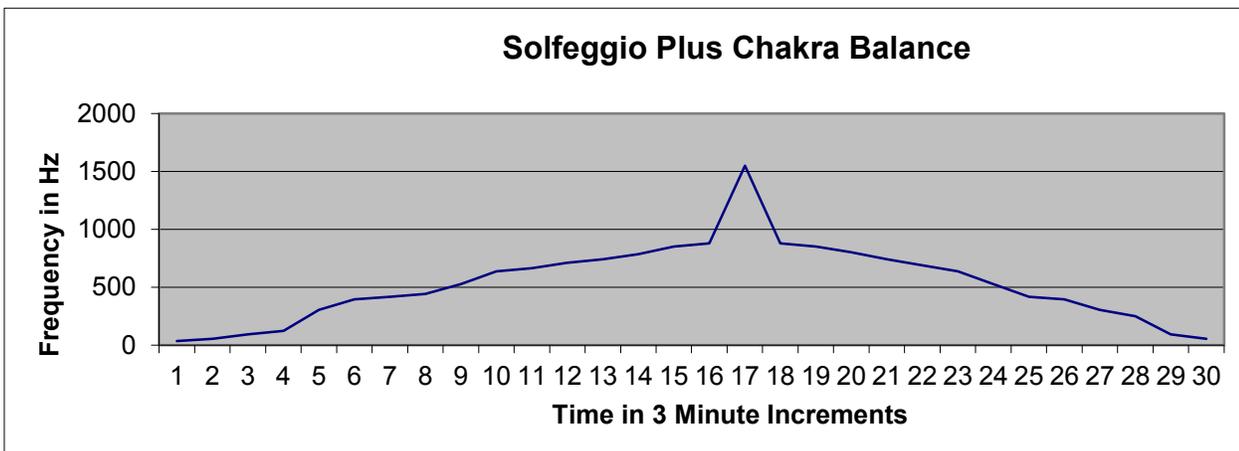


Figure 6- Focused Attention Frequency Profile



This preset includes the Bosnia Pyramid 2<sup>nd</sup> order subharmonic ultrasonic carrier frequency  
 Figure 7 - Solfeggio Plus Chakra Balance Frequency Profile

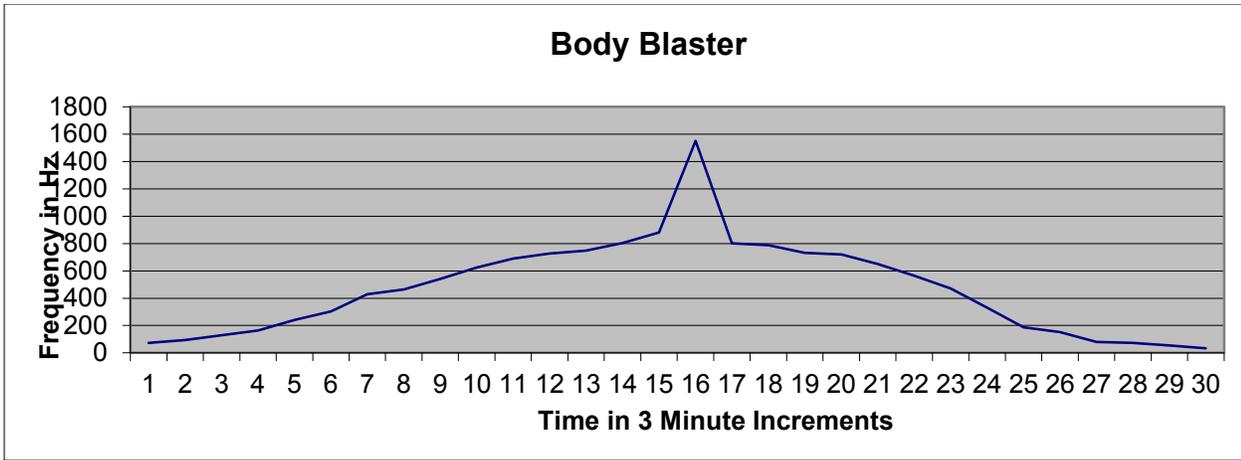
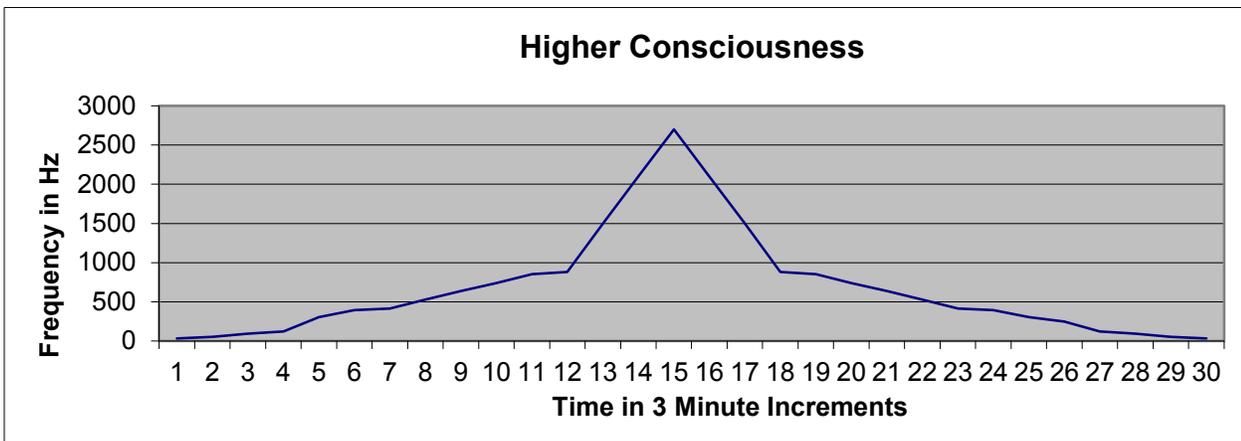


Figure 8 - Body Blaster Frequency Profile



This preset includes the Bosnia Pyramid 2<sup>nd</sup> order subharmonic ultrasonic carrier frequency  
 Figure 9 - Higher Consciousness Frequency Profile

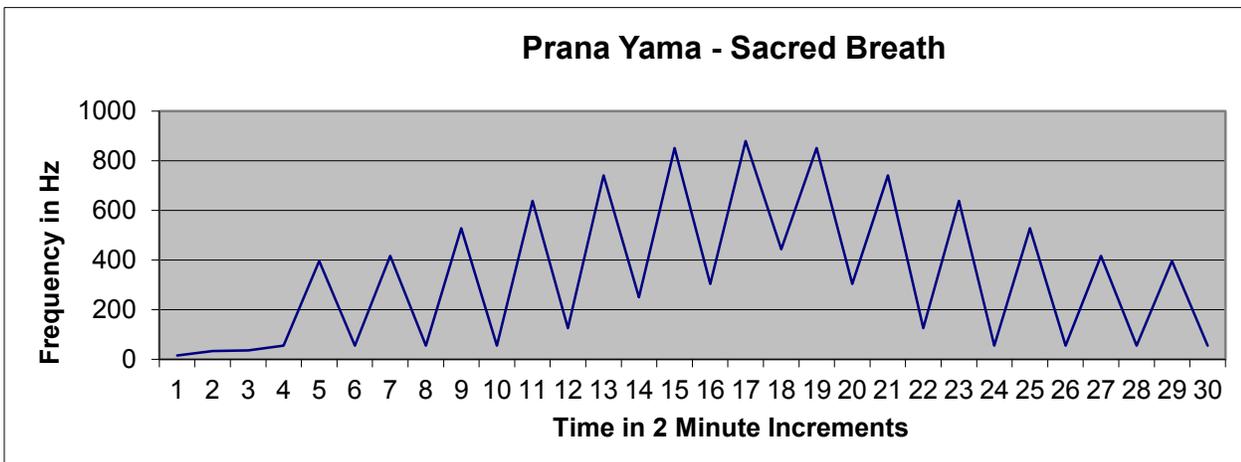
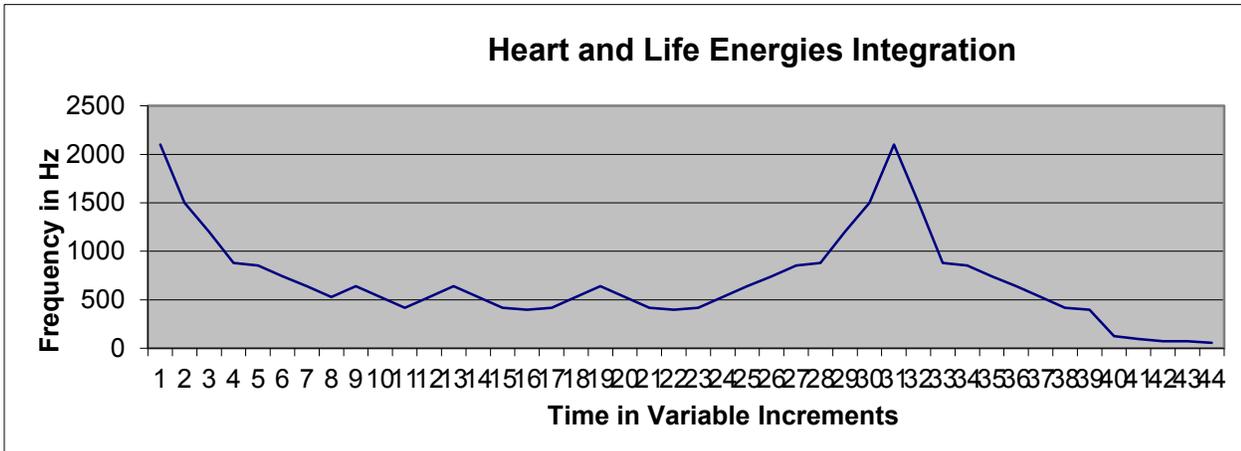
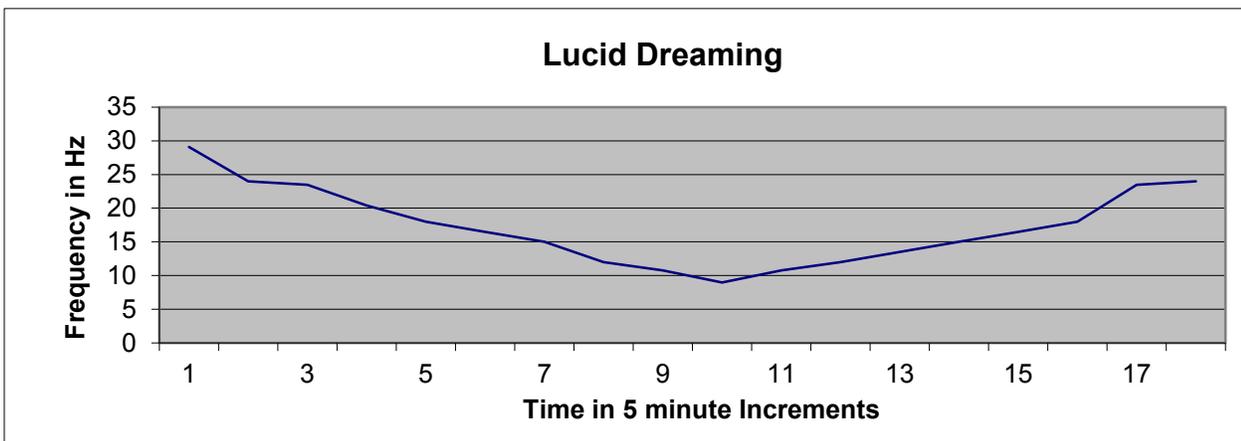


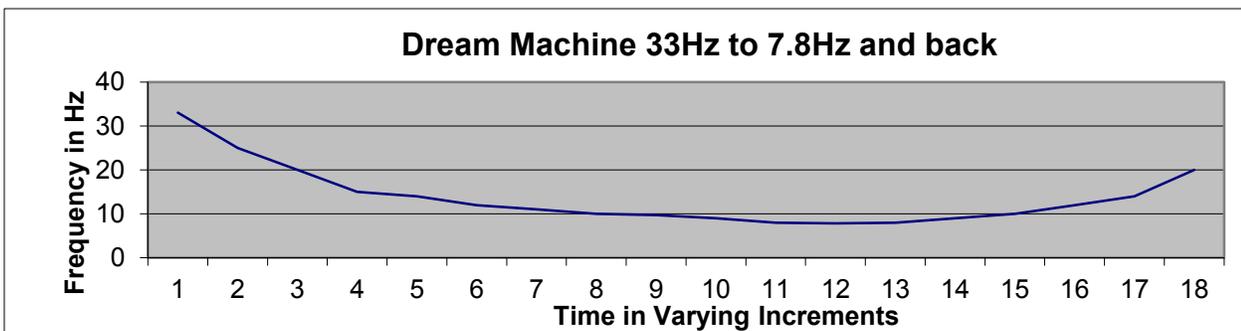
Figure 10 – Prana Yama – Sacred Breath Frequency Profile



This preset includes the Bosnia Pyramid 2<sup>nd</sup> order subharmonic ultrasonic carrier frequency  
**Figure 11 – Heart and Life Energies Integration Frequency Profile**



This preset includes the Bosnia Pyramid 2<sup>nd</sup> order subharmonic ultrasonic carrier frequency  
**Figure 12 – Lucid Dreaming Frequency Profile**



**Figure 13 –Dream Machine Journey Frequency Profile**