

# DEEP CYCLE PROGRAMS

By Jan Fredrik Poleszynski's

The Deep Cycle programs are in daily use in the Uno Vita – Klinik for Integrert Medisin (Integrated Medicine) in Oslo, Norway, and many of its clients use them at home too. The Deep Cycle programs are a variation and further development of the esteemed Nuno Nina Gold Cycle programs and can be very well combined with them.

The development of the Deep Cycle programs is the result of Jan Fredrik Poleszynski's experience in microcurrent frequency therapy since 2009 and is closely connected to the integrative thinking of Nuno Nina and his Gold Frequency sets. The Deep Cycle programs have a special position in applications in the bio-energetic field and are generally more comprehensive than the Gold Cycle programs. The systemic therapy by Nuno Nina and the Deep Cycle programs belong to alternative medicine and represent a bio-energetic balancing.

In his clinic for integrated medicine in Oslo, Jan Fredrik Poleszynski treats several clients with chronic fatigue or impaired cell metabolism. Clients with chronic health problems use other additional programs, such as CLEAN ALL, along with a more concrete program like DIGEST ALL, if they still have digestive issues after a longer period of applications. If the digestion issues are directly linked to stress, PURE CALM can be helpful for bio-energetic balancing.

The Deep Cycle programs work on various levels and should not be used in the beginning. You need to gradually adjust to this frequency application.

## **Preparing for the Deep Cycle Programs**

There are three programs that can be used in preparation for the Deep Cycle programs: FIRST APPLICATION, SECOND APPLICATION, and THIRD APPLICATION.

The FIRST APPLICATION aims to gently touch the biofield, softly and bio-energetically stimulate the kidneys and lungs and induce relaxation and balance. Furthermore, the program includes frequencies that should bio-energetically reduce sensitivity to electromagnetic and chemical stimuli.

Most clients feel calmer and more balanced after using this program. Usually, the clients react gently to the application. In case the bioenergetic detoxification process is too strong and unpleasant, continue with the program FIRST APPLICATION until the symptoms decrease.

The SECOND APPLICATION works in almost the same way as the first, however, it is longer and more intense. If it is well-tolerated, you can begin with the THIRD APPLICATION. The

THIRD APPLICATION is more powerful and comprehensive. It includes everything that has been used up to now and induces the next level.

The THIRD APPLICATION aims to bioenergetically stimulate the detox process even more and helps to integrate the heart on the energetical level. The heart and blood system often need support after a series of applications so that the changes in the body can be applied. Now is the time for deep work and focus on the energetic sources. The main causes should be worked on, as well as bio-energetic pH regulation (kidneys and lungs).

The other Deep Cycle programs are designed for subsequent use after completion of the described preparation of the first 3-9 basic bio-energetic applications (kidneys, lung, detox, relaxation, and general acceptance for frequency applications).

### **Which Deep Cycle programs to start after preparation**

A suitable next step could be KIDNEY ALL (for alternatives, please see below), which goes even deeper and includes the bio-energetically related organs and issues as well as the sexual organs, divided into KIDNEY ALL FEMALE and KIDNEY ALL MALE. This program can be applied if you are a “kidney person”, which means the kidney issue is more dominant than those of the other organ systems (lungs, etc.). If you are a “lung person” (including breast issues), you would choose BREATH OF LIFE.

### **Application of the Deep Cycle Programs**

All programs are designed to have a balancing effect on the energetic field. In addition, one should always bear in mind that one’s own active participation in the therapy, as well as one’s own positive intention, can have a very positive influence on the effect of the programs, the reason being that, according to Jan Fredrik Poleszynski’s experience, it is possible for our mind to influence matter. In this way, the positive effects of the frequencies can have an energetic effect more easily.

### **Short Descriptions of the Deep Cycle Programs**

Below are short descriptions of the Deep Cycle programs. However, you should not feel limited by these descriptions, because the programs offer many more possibilities on an energetic level.

According to Jan Fredrik Poleszynski’s experience, clients go through certain cycles during applications. There are daily, weekly, and monthly cycles as well as the classic application cycles like energetic detoxification, support of key organ systems, and working with the energetic root cause. It can, therefore, be very helpful to find out in which “cycle” you currently are so that you can select the appropriate program.

### **FIRST APPLICATION**

**When:** At the first application to establish a connection and to get a feeling for the frequency application.

**Body:** The kidneys and lungs should be energetically stimulated, hypersensitivity can be reduced and balance should increase.

**Affirmation and intention:** Feel good and be touched.

**Duration:** 42 minutes

### **SECOND APPLICATION**

**When:** At the second application, unless the first application was too sensitive.

**Body:** The kidneys and lungs should be energetically stimulated, hypersensitivity should be reduced and balance should continue to increase.

**Affirmation and intention:** My journey has begun.

**Duration:** 42 minutes

### **THIRD APPLICATION**

**When:** As soon as you're ready for a more intensive application.

**Body:** Kidneys, lungs, heart, and an accelerated energetic detoxification.

**Affirmation and intention:** Powerful waves of change are coming to me.

**Duration:** 39 minutes

### **BREATH OF LIFE**

**When:** There are energetic issues associated with lungs and their surrounding organs, including breast and surrounding tissue, along with feelings related to weakness and depression.

**Body:** Lungs and all energetic afflictions in the surrounding area.

**Affirmation and intention:** My breath is a reflection of the breath of the universe.

**Duration:** 52 minutes

### **CLEAN ALL**

**When:** Appropriate for follow-up after detoxification as an energetic support for all detoxification pathways. It is advisable to include this program in a sequence of applications, as any release on any level of the system often causes a need for detoxification. To release old toxins from the energetic body and mind.

**Body:** Complete energetic detoxification of various systems, such as kidneys, lungs, liver, digestive system, lymph, and circulation system.

**Affirmation and intention:** My body is pure, I feel comfortable in it.

**Duration:** 59 minutes

### **DIGEST ALL**

**When:** Recommendable with digestive issues that block further progress (e.g., if stomach issues continue even after stress is reduced and the kidneys work well). For this program, the adhesive electrodes can be used as an alternative to bracelet electrodes. They should be placed at the level of the ankle on the front side of the foot acupuncture point ST 42.

**Body:** Intestines, stomach, pancreas, gallbladder.

**Affirmation and intention:** I accept my past, digest and integrate it.

**Duration:** 48 minutes

### **GO TO THE ROOTS**

**When:** Only use when the symptoms have subsided and the recovery process has begun. All essential bodily functions should work normally. The energetic causes on the mental level, emotional patterns and biochemical processes associated with these levels will now be addressed. This program is suitable as the conclusion of a series of applications.

**Body:** Intestines, stomach, pancreas, gallbladder.

**Affirmation and intention:** I feed my roots and grow into a strong tree.

**Duration:** 47 minutes

### **FREE FLOW**

**When:** To energetically support the circulation and the supply of oxygen to the cells. It is suitable for use after basic kidney and lung balancing, as well as for general energetic stiffness and circulatory imbalance. In addition to supporting the circulation, it can bio-energetically promote muscle relaxation.

**Body:** Intestines, stomach, pancreas, gallbladder.

**Affirmation and intention:** Movement, blood flow and circulation are powerful.

**Duration:** 42 minutes

### **RENEWAL**

**When:** In case of injuries or after operations, of an energetic regeneration is desired. It should energetically stimulate bone recovery. Also suitable for athletes.

**Body:** Bones, skin, tendons, vessels, nerves, muscles, and DNA.

**Affirmation and intention:** Everything is restored, pain is temporary.

**Duration:** 45 minutes

### **KIDNEY ALL FEMALE & KIDNEY ALL MALE**

**When:** When it is necessary to energetically support kidneys or kidney energy and promote their ability to regulate (electrolytes, pH and the like), or for any symptom that originates from the “superior organ” and manifests itself in the “subordinate organ”, such as energetic problems with the bladder, urinary system, ovaries, and vagina, menstruation with women or prostate and impotence with men.

This program aims to bioenergetically support the kidneys and the sexual organs for men and women. The acupuncture point K5 to K6 (below the ankle on the inside of the foot) is suitable for electrode placement. K5 to K6 (or SP6) are close to the tinal nerve, which can also be indirectly stimulated.

**Caution:** Do not use SP6 or K5-K6 stimulation during bleeding, which also includes menstruation.

**Body:** Kidney, adrenals, bladder, urinary system, ovaries, genitals, prostate and related bio-energetic problems.

**Affirmation and intention:** My energy flows freely Duration.

**Duration:**

KIDNEY ALL FEMALE: 49 minutes

KIDNEY ALL MALE: 52 minutes

## **PURE CALM**

**When:** It should contribute to inner peace, emotional and spiritual balance.

**Body:** Energetic Muscle relaxation. The other parts of the program are intended to support the non-physical aspects of life.

**Affirmation and intention:** I'm connected to everything.

**Duration:** 39 minutes

Advice for first time users – This is a powerful set of programs that are designed to address all areas of your physical and mental wellbeing. If you are not an experienced Healy user, after working your way through the Gold Cycle to your satisfaction (two or three programs a day in sequence, record your reactions, repeat if desired up to three times, leave a reasonable gap between programs to allow frequencies to settle and take effect), then what follows is a good way of introducing yourself to the Deep Cycle and gaining maximum benefit.

**Recommendation:** Run the same application daily, for 3 days each.

Days 1 to 3 – Run First Application only, once each day

Days 4 to 6 – Run Second Application only, once each day

Days 7 to 9 – Run Third only Application, once each day

Days 10 to 12 – Run Breath of Life only, once each day

Days 13 to 15 – Run Clean All only, once each day

Days 16 to 18 – Run Digest All only, once each day

Days 19 to 21 – Run Go to the Roots only, once each day

Days 22 to 24 – Run Free Flow only, once each day

Days 25 to 27 – Run Renewal only, once each day

Days 28 to 30 – Run Kidney All Male or Female only, once each day

Days 31 to 33 – Run Pure Calm only, once each day

This is a subjective view, a personal recommendation, based on the power of these programs and the ethos of going 'slow and easy' and the principle that 'less is more' to get the most out of your Healy.