

Pure Harmony Pendant Activation Directions

Before activating the Pure Harmony Original Harmonizing Pendant and/or the Performance Pendant

- Go to www.PureHarmonyLiving.com/Activate for activation guidelines. Activation steps are also found below.
- www.PureHarmonyLiving.com/Activate is also printed on the **back** of the Original Harmonizing Pendant.
- Be sure to thoroughly check your body for aches, pains, and stiffness.
- Check your flexibility and range of motion throughout your entire body.
- Have someone check your body's alignment, possibly a Chiropractor.
- Walk, and have someone else watch your walking alignment.
- Record and take notice of your strength, endurance, and recovery during and after exercise or an athletic event.

Directions for Activating the Original Pure Harmony Harmonizing Pendant & Performance Pendant

- **PLACEMENT** – Using a 12-inch ruler, place one end of the ruler on the sternum/breast bone. From this point on the sternum, measure precisely 12" directly in front of the sternum. Hold the pendant at this 12" point with the "Pure Harmony" facing away from the body for the Original Harmonizing Pendant, and/or the "Lightning Bolt" facing away from the body for the Performance Pendant. (See 2 Examples Below)
- **TIME** - Hold this position for 90 - 120 seconds.
- **CONGRATULATIONS!** You are now officially harmonized!
- **REPEAT** - Repeat these activation steps 1 time per week or as needed.



Front



Original "Harmonizing" Pendant



Performance Pendant (Lightning Bolt)



Front

After Activating the Original "Harmonizing" Pendant (or what we call "Getting Harmonized")

- Immediately after the 90 second Activation/Harmonizing process, have a person scan your back with open hands, 4 inches off of your back, looking for heat radiating off in different areas. This heat is stressors/past trauma being energetically released. You may initially feel hot, and then followed by a sensation of lightness and a chill sensation.
- After 3 minutes of being harmonized, check your aches, pains, stiffness, alignment, etc, again. You may also feel more relaxed and at peace.
- It may take up to 4 days for stressors/past trauma to be energetically released and for the body/mind to RESET back into harmony and balance. After the stressors/past trauma are energetically released, the regulation of the autonomic nervous system is will be positively impacted. During this 4 day period you may feel more tired than usual as the body begins the healing, digestion, detoxing, regenerating process. It is not uncommon to have difficulty sleeping for a few nights as energy is releasing, shifting, and aligning back into balance.
- Some people may experience detoxing symptoms, such as headache, fatigue, malaise, swelling, etc. This is a great sign that the body is starting to detox again. Starting detox binders would help to remove toxins from the body more rapidly.

Pure Harmony Pendant Important Information

- The Pendants will only Activate/Harmonize with one person. If the Pendant is activated/harmonized with more than one person, the positive benefits will be reduced for the original person who activated the Pendant. The 2nd user will only feel the benefits for a few days and will eventually wear off.
- Once a person is harmonized, for best results it is suggested that the Pendant be kept on or near the body at all times such as key chain, necklace, or in a pocket. Minimum is 1 hour per day is necessary to receive maximum benefits.
- One option instead of wearing the Pendant, the pendant can be placed under the sheet/mattress pad with the "Pure Harmony" and/or lightning bolt facing away from the body, in the area of the bed where the user generally sleeps.
- For harmful EMF protection, the Pendant needs to be worn at least 1 hour per day for the person to receive 24 hours of EMF protection. However, it's always best to keep the Pendant on or near the body continually.

Please visit www.PureHarmonyLiving.com for more amazing information!