

Understanding your Nessor: **A guide to learn how the** **Nessor works, preparation** **and use**



The Nessor helps you to convert angst and reactivity into optimism and forward movement in your life using Foundational Truth statements and unpredictable delta frequencies (0-4 Hz). We experience delta frequencies during deep sleep, lucid dreaming, and hypnosis. Delta frequency decreases awareness of the physical world and help us to access our unconscious reactivity. If you wish to change your unconscious patterns and make more conscious decisions, the Nessor will be of immense value.

The Nessor is not a medical device. It is part of a biofeedback system using Foundational Truth statements to displace angst and reactivity and instill new habits and motivation, working through the sympathetic nervous system and all the cells of your body. The Nessor is applied to the “Kidney 1” point (see diagram) at the bottom of the right or left foot, depending on what you would like to reprogram. We can use the Nessor for two different purposes.

1) To release old reactive rage or angst that keeps us from walking forward, apply it to the **right foot**. For example, unconscious reactivity from physical trauma and PTSD, and the unconscious, compulsive component of angst and addictive behaviors will tend to fade. You will find yourself choosing based on conscious awareness rather than unconscious reactivity.

2) To break up patterns of addiction, betrayal, and abandonment, apply it to the **left foot**. Such things as dealing with loss and eating habits can become more conscious as well.

Why the Kidney 1 point of the feet? The Nessor can be applied anywhere on the body but because the kidneys store will, and when the will is blocked, they store fear and angst. The Kidney 1 point on the bottom of each foot is the best way to directly connect to the corresponding kidney. Also, the kidneys are at the base of the sympathetic nervous system (SNS). The left kidney and SNS govern the will to bond and to create attachments. The right kidney governs the will to destroy bonds and obstacles. Betrayal and abandonment traumatize the left kidney, making it difficult to create bonds. Defeat and intimidation traumatize the right kidney, making it difficult to set boundaries and live our own lives.

The unpredictable delta waves cause a shift in consciousness. Like an etheric shower, they open us to a space of inner calm, transformation, and tranquility. This is a huge opportunity to replace reactive lies with Foundational Truths, reorganizing dysfunctional unconscious behaviors into desired response patterns. The Nessor is most effective if the truth statements are spoken out loud to vibrate the cells of the body.

Preparing your Nessor

Before plugging your Nessor into the outlet you are going to use, it is important to check the outlet to make sure it is properly grounded.

Step 1:

The Receptacle Test should result in a yellow and orange light



Take the Receptacle Tester that was included with your Nessor and plug it into the outlet that you will be using. The sticker on the Tester shows you what the different lights indicate. If both yellow/orange lights are illuminated (but not the red), your outlet is okay to use.

Next, snap the white cord (also included with your Nessor) onto the Nessor, at the top right of the nameplate. You will then plug the single prong plug end into the grounding port of the outlet which you just checked. Here you can see where the single prong plug will go.

Step 2:

Plug in the single prong plug into the same grounding port from Step 1



Step 3:

This Nessor is prepared and ready for action!



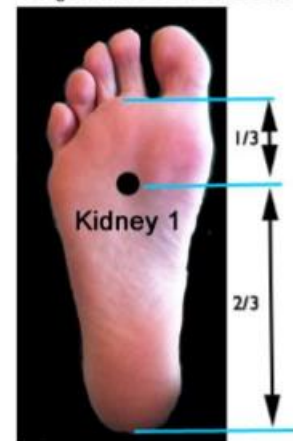
How to use your Nessor

To release angst and reactivity, apply the Nessor to the Kidney-1 point at the bottom of the **right foot**. Examples of unconscious reactive patterns are anger, reactive fears, difficulty setting boundaries, etc. To release patterns of betrayal and abandonment, apply the Nessor to the Kidney 1 point at the bottom of the **left foot**. Examples are addictions and angst. Most people do not have any sensation beyond a very slight and soft tingling.

Our recommendation on how to use the Nessor:

- 1) Sit in a comfortable chair with the Nessor on the floor in front of you.
- 2) Remove your shoe and sock from your selected foot. Select 3 to 5 truth cards.
- 3) Place your foot on the Nessor, making sure that the Kidney 1 point of your foot is touching the silver metallic knob. (See diagram).
- 4) Depress the side of the green switch toward the selected foot so the switch begins to light.
- 5) Relax for 5 minutes and speak the Foundational Truth statements out loud with intention. When the flashing stops, switch it to the center position to preserve battery life.
- 6) Continue repeating the statements out loud for 5 to 10 minutes afterwards, feeling reactions to each statement in specific parts of your body. The process of feeling the reactions sets up a “cognitive dissonance” between the Foundational Truths in the statements and the reactive lies stored in the cells. Feeling the cognitive dissonance enhances the effectiveness.
- 7) Say the statements occasionally in the following hours and days (up to 7 days) after using the Nessor (particularly the first and second day). Feel the reactions of your body to each Foundational Truth
- 8) Everybody is special and unique. Thus, we recommend flexible guidelines –some people experience wonderful life changes in 3 sessions, others have found that their 10th session was most remarkable. We recommend 2 to 7 days between sessions but trust your inner guidance to decide what is best.
- 9) Repeat as desired

1/3 the distance of the foot, between the long bones of the 2nd and 3rd toes.



Locating Kidney 1