



Perkl-Light™

brand
Portable Energy Spa
Patent Pending

Instructions

Rev. 2006-10-21



Overview

Thank you for your purchase of the Perkl-Light Portable Energy Spa. The Perkl-Light emits an energy field that is very similar to the life-force in your body. Many people can feel this energy directly with their hands.

The Perkl-Light provides *preprogrammed modes*, which can balance chakras, acupuncture meridians, body systems, and more. You can give yourself a quick energy tune-up and do other energy work using the *preprogrammed modes*. The Perkl-Light also provides a *manual mode*, which you can use to focus energy on a specific energy block to clear it. Additionally, a *machine clearing mode* is provided, which allows the Perkl-Light to clear itself energetically. *Machine clearing mode* has other uses, such as clearing negativity from crystals, jewelry, eyeglasses or a room.

Your Perkl-Light is upgradeable. As new functionalities are developed, upgrades may become available. Check our website, www.perkl-light.com for details.

Warning:

- While we believe it unlikely that the energy produced by the Perkl-Light would actually hurt someone, you should understand that this device has not been tested on children, pregnant women, people with pacemakers or other internal electronic devices, or people with severe health problems. People with severe health problems should only use it under the supervision of a qualified healthcare practitioner.
- In general, it is recommended that you use the Perkl-Light in a room by yourself (no other people, no pets). In some cases, people nearby may be adversely affected by negativity released by the person being treated. If you are near a person being treated, it is important for you to monitor your experience, and leave the vicinity of the treatment if you start to feel out of balance.

General guidelines

The Perkl-Light creates a subtle energy field that radiates approximately 12 feet in all directions. It is not necessary to look at the Perkl-Light for it to work. The energy produced by the Perkl-Light is very similar to the “life-force” energy (a.k.a. “chi,” “qi,” “prana,” “orgone”) described in many healing modalities. If you have a practice such as applied kinesiology, dowsing, Reiki, crystal healing, or other forms of energy work, you will find that the energy produced by the Perkl-Light is familiar to you, and that the training you already have will apply to your work with the Perkl-Light.

Safe distance and treatment. Commonly, modalities involving bioenergetic treatment are believed to either be helpful or do nothing. However, the Perkl-Light is more powerful than many energetic modalities, and it has been observed that occasionally persons near the person being treated have been adversely affected. For this reason, we recommend that you keep others (including animals) in another room or at least 15 feet away from the Perkl-Light and the person being balanced. In the absence of this, people near a person being treated should closely monitor their experience. If you are near a person being treated, and you

notice yourself beginning to feel out of balance, you should leave the vicinity of the treatment, and balance yourself using one of the techniques in the “Managing the unexpected – restoring balance” section later in this document.

Position of the Perkl-Light. Sometimes, the position of the Perkl-Light relative to the client makes a difference in the effectiveness of the treatment. Use your testing modality (e.g. dowsing, muscle testing, Blink Technique) to determine the best location for the Perkl-Light – in front of the client, behind them, between the legs, etc. Additionally, “aiming” the emitter at a particular area of the body will result in a more concentrated energy flow into that part of the body. If you are the one being treated, you may try different positions and observe your experience.

Healing crises. Occasionally, the Perkl-Light may create a “healing crisis” in the client, causing a person to feel worse on the way to feeling better. This is similar to other forms of energy work. Any use of the Perkl-Light that causes a person to feel worse should be closely supervised by the practitioner. You may use the techniques in the “Managing the unexpected – restoring balance” section later in this document to assist in this event.

Highest Good. As in any energy work, it is recommended to ask Spirit for guidance, for the highest good of the client and anyone else involved. Do this in whatever way fits *your* particular spirituality.

Getting to know your Perkl-Light™ Portable Energy Spa

Your Perkl-Light includes the following components:

- A transparent emitter, inserted into the slot on top of the control unit.
- The control unit, with a display and knobs used to set modes of operation.
- A power supply.
- A set of two instructional DVDs. Watch the Blue one first - entitled “Introducing the Perkl-Light™ Portable Energy Spa.”

The Perkl-Light can be operated in any of the following modes:

- *Manual mode*
- Any of eight *preprogrammed modes*:
 - *Ayurvedic mode*
 - *Acupuncture Element mode*
 - *Psycho-Spiritual mode*
 - *Frequency Clearing mode*
 - *Body System mode*
 - *Acupuncture Meridian mode*
 - *Organ mode*
 - *Chakra mode*
- *Machine Clearing mode*
- *Pause/Version -Display mode*

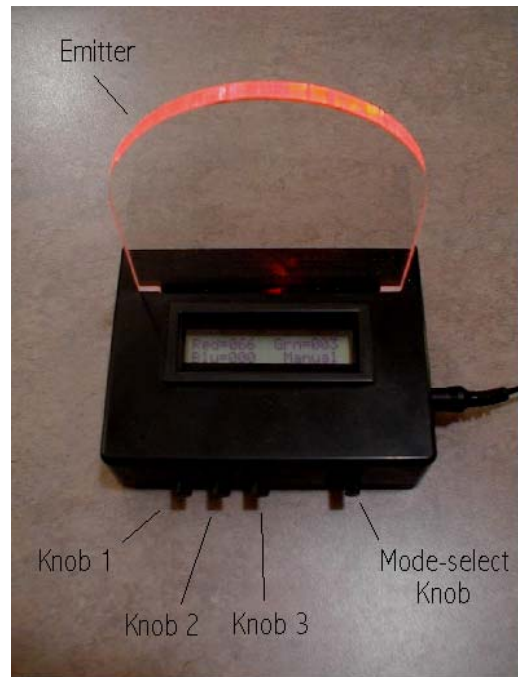


Figure 1. The Perkl-Light™ Portable Energy Spa.

The display indicates the general mode of operation and specific settings for that mode. For example, in *manual mode*, the word “Manual” appears in the lower right corner and color settings appear in the other corners of the display. For *preprogrammed modes*, the name of the *preprogrammed mode* appears in the lower right corner and settings appear in the upper left corner of the display. For example, in *Chakra mode*, the word “Chakra” appears in the lower right corner, and the chakra you have chosen (*First, Second, Third,*

etc.) appears in the upper left corner. The *preprogrammed modes* also have an “auto” setting that cycles through each specific setting available in that mode.

Modes and settings are controlled by rotating the knobs on the Perkl-Light. The mode select knob (see Figure 1) is used to select the mode of operation. Depending upon the selected mode, the other knob functions vary. Refer the Table 1 for knob functions in each mode. Refer to Appendix A for more detailed information about the preprogrammed modes.

Table 1. Modes and knob functions per mode.

Mode	Knob 1	Knob 2	Knob 3
<i>Manual mode</i>	Adjust red	Adjust green	Adjust blue
<i>Ayurvedic</i>	Choose dosha or auto	—	—
<i>Acupuncture Element</i>	Choose element or auto	—	—
<i>Psycho-Spiritual mode</i>	Choose quality or auto	—	—
<i>Frequency Clearing</i>	Choose issue or auto	—	—
<i>Body System</i>	Choose body system or auto	—	—
<i>Acupuncture Meridian</i>	Choose meridian or auto	—	—
<i>Organ</i>	Choose organ or auto	—	—
<i>Chakra</i>	Choose chakra or auto	—	—
<i>Machine clearing</i>	—	—	—
<i>Pause/Version Display</i>	—	—	—

Using the Perkl-Light in a *preprogrammed mode*

Preprogrammed modes are standardized modes designed to produce a particular energetic effect (as enumerated in Appendix A). *Preprogrammed modes* provide practitioners with a quick and convenient way to balance a person's energy and to become familiar with the Perkl-Light's effects.

Choosing a *preprogrammed mode*

Modalities such as applied kinesiology, dowsing, or the Blink Technique (see the Blue "Intro" DVD) may be used to determine an appropriate *preprogrammed mode* and setting for the client. The chart in Appendix A may be useful for testing.

To select the desired *preprogrammed mode*, rotate the mode-select knob (far right-hand knob) until the desired *mode* is displayed in the lower right-hand corner of the display (e.g. "Body System" as displayed in Figure 2). Then rotate knob 1 (far left-hand knob) until the desired *item* is displayed (e.g. "Neurological" as displayed in Figure 2).

Using the "auto" *preprogrammed mode settings*

The *preprogrammed modes* each have an *auto mode*. The *auto modes* sequence through the various settings available in a given *preprogrammed mode*. For example, the auto setting for the *Chakra mode* is useful for balancing chakras. When you set the *Chakra mode* to auto, the Perkl-Light will cycle through the chakras for approximately 22 seconds each and then turn off.

To choose an *auto-preprogrammed mode*, simply rotate knob 1 (far leftmost) all the way counter-clockwise until the word "auto" is displayed, as in Figure 3.

Running an *auto-preprogrammed mode* several times in a row may be useful to take the effects more deeply into the body. **To repeat the auto setting for a *preprogrammed mode***, rotate knob 1 briefly to another setting and then rotate it back to the *auto* setting.

Pausing a session using the *pause/version-display mode*

If you need to pause your session (e.g., because you have been interrupted), you can do so using the *pause/version-display mode*. Pausing a mode temporarily turns off the Perkl-Light.

Pausing is particularly useful with *auto preprogrammed modes* as it makes it possible to resume the session-in-progress when you are ready. If, for example, you pause the Perkl-Light while on *chakra-auto*, the Perkl-Light will remember which chakra you were on and resume with that chakra.

To pause a mode, simply rotate the Mode-Select knob clockwise as far as it will go to enter *pause/version display mode*.

To resume a mode, turn the Mode-Select knob back to the previous mode (e.g. "Chakra").

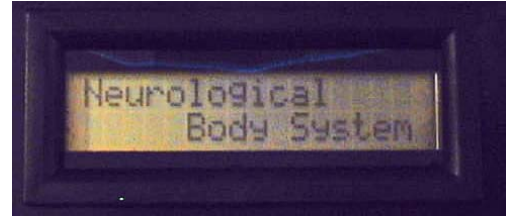


Figure 2. The Perkl-Light™ in a *preprogrammed mode*.



Figure 3. The Perkl-Light™ in an "auto-preprogrammed" mode.



Figure 4. The Perkl-Light™ having completed an "auto-preprogrammed mode."



Figure 5. The Perkl-Light™ in "Pause/Version-Display" mode.

Using the Perkl-Light in *manual mode*

Manual mode is useful to tune the Perkl-Light in to a particular energy block in an individual. If the client is experiencing pain or discomfort, the scanning technique is an easy way to find a manual setting. A modality such as applied kinesiology, dowsing, or the Blink Technique (see the blue “Intro” DVD) may also be used to determine an optimal setting for the client. Some practitioners and clients may be sensitive enough to the effects of the Perkl-Light to intuitively determine appropriate settings just by turning the knobs until a desired effect is achieved.

To use your Perkl-Light in *manual mode*:

1. To enter *manual mode*, rotate the “Mode Select” Knob counter-clockwise until the word “Manual” is shown in the lower right hand corner of the display.
2. Determine the appropriate setting using one of the following techniques:
 - **Scanning Technique.** If you are using the Perkl-Light to energetically balance a condition for which there is pain or discomfort, you may use the scanning technique. Turn a knob (red, green, or blue) very, very slowly, while observing the pain or discomfort. Watch for a subtle improvement in the pain or discomfort. Alternatively, you may experience sensations such as warmth or tingling in the area of the pain. When you observe any of these, stop turning the knob. You have found your setting for that knob. Sometimes the “clue” that you have found your setting is very noticeable, and sometimes it is quite subtle. It may be so subtle that you simply find yourself wondering if you have found the spot. In this case, assume that you have found your setting, and repeat for the other two knobs.
 - **Dowsing/Muscle-testing.** If you are using a testing modality such as dowsing or applied kinesiology, you can ask questions like, “Is the setting for this color greater than 100? Less than 75?” etc. to determine the appropriate setting. The settings for each color range from 0 to 255. Repeat for each color.
 - **Blink Technique.** The Blink Technique is a new form of applied kinesiology that a person does with their eyelids. The Blink Technique is highly effective, and many people can learn this skill in only a few minutes. See the blue “Intro” DVD (that came in the box with your Perkl-Light) for instruction on the Blink Technique.
 - **Intuitive means.** This technique works well for intuitive practitioners who can sense an energy block. Slowly rotate the (red, green, or blue) knob until you sense that the Perkl-Light has engaged the energy block you are working with. Repeat for the other two colors.
3. Use your testing modality (e.g. dowsing, muscle-testing, Blink Technique) to determine the appropriate length of the treatment. If you are treating yourself, simply continue the treatment until you feel better. Intuitive practitioners may observe the treatment session and continue it until they detect intuitively that it is complete. Remember to monitor yourself – if you feel your energy dropping, you may need to leave the client alone in the room with the Perkl-Light.
4. Use your testing modality to determine the appropriate number and frequency of treatments (e.g. three times per day for two days.) Or, just use it on an as-needed basis.
5. You may find that there are “layers” to the energy block, and that more than one setting is necessary to clear it. Repeat this process as needed.



Figure 6. The Perkl-Light™ in *Manual mode*.

Practitioners - you may provide settings for your client for home use. If so, the client can use the display on the Perkl-Light to reproduce the settings you have determined.

Using the Perkl-Light in *machine clearing* mode

Machine clearing mode has a variety of uses. It can be thought of as a general-purpose, broad-spectrum chi-generating mode. Many of its uses involve clearing negativity – out of the Perkl-Light itself, out of objects such as crystals, jewelry, or eyeglasses, or out of a room. Most people can feel the energy of a Perkl-Light set on *machine clearing* if they put their hands over the emitter for a few minutes. This can be a fun way to introduce people to the energy and give them a quick experience.

In some circumstances, it may be appropriate to use the *machine clearing* setting directly on a client. This can be very powerful, and should be done with care, and generally for limited amounts of time.

Using the *machine clearing* setting to clear the Perkl-Light.

After a certain amount of use, the Perkl-Light may pick up some of the energies that have been released from the people who have been balanced. We recommend “clearing” the Perkl-Light daily, or after use with a client who releases heavy negativity. To clear the Perkl-Light, simply rotate the “mode-select” knob until “Machine Clearing” appears on the display. Allow the Perkl-Light to cycle through the colors for a few minutes.

In some cases, a specific *manual mode* setting may be most effective in clearing the Perkl-Light. To find the appropriate setting, use the same technique you would use to find a *manual mode* setting for a client. See the section “Using the Perkl-Light in *manual mode*,” above.

Using the *machine clearing* setting to clear and energize a crystal.

Practitioners who use crystals in their work know that under some circumstances, a crystal may pick up negativity. The Perkl-Light has the ability to “clear” a crystal of certain negative energetic influences. A crystal may be cleared as follows:

1. Remove the transparent “emitter” from the Perkl-Light.
2. Plug in the Perkl-Light, and rotate the mode-select knob until “Machine Clearing” is shown on the display.
3. Place the crystal on top of, or adjacent to the Perkl-Light, so that the colored lights shine through the crystal. Avoid looking into the slot with the emitter removed, as the lights are very bright and may hurt your eyes.
4. Allow the Perkl-Light to cycle through the colors for a few minutes, with the lights shining through the crystal.

After following these steps, you will likely observe that the energy of the crystal has been lifted. The crystal should now radiate a nice, clear energy.

In some cases, a specific *manual mode* setting may be most effective in clearing the crystal. To find the appropriate setting, use the same technique you would use to find a *manual mode* setting for a client. See the section “Using the Perkl-Light in *manual mode*,” above.

An alternate technique is to clear the crystal with the emitter in place, by holding the crystal over the emitter, similarly to Figure 9. You may observe intuitively that there are optimal angles with which to beam the Perkl-Light’s energy through the crystal.

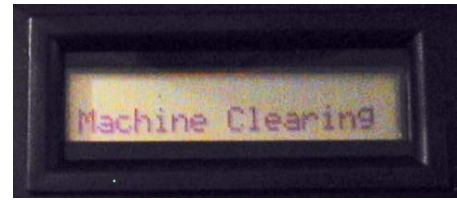


Figure 7. The Perkl-Light™ in “Machine Clearing” mode.

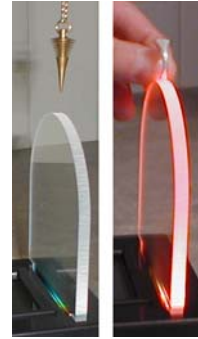


Figure 8. Using the Perkl-Light™ to clear and energize a crystal.

Using the *machine clearing* setting to clear objects such as jewelry or eyeglasses.

The Perkl-Light may be used to clear the energy in objects such as jewelry or eyeglasses. Our bodies are constantly clearing themselves of negativity, and sometimes this energy may accumulate in personal items such as jewelry, eyeglasses, or a watch.

To clear the item, simply put the Perkl-Light into *machine clearing* mode and hold the item over the top of the emitter. You may sense intuitively that there are optimal angles with which to direct the energy of the Perkl-Light into the item. An additional level of clearing may be achieved with a *manual mode* setting, which may be determined intuitively.



a **b**
Figure 9. Clearing jewelry or a pendulum

Using the *machine clearing* setting to clear a pendulum

The Perkl-Light may be used to clear and “tune up” a pendulum used for dowsing. People often find that their pendulums are more responsive after such a treatment. The process is identical to that described in the previous section, “Using the *machine clearing* setting to clear objects such as jewelry or eyeglasses.” You may suspend the pendulum over the top of the emitter (Figure 9a) or hold it in a particular position (Figure 9b) based upon your intuitive guidance.

Using the *machine clearing* setting to clear a room.

The Perkl-Light may be used to energetically clear a room. This is a very nice thing to do when traveling, when you arrive in your hotel room. Simply put the Perkl-Light into *machine clearing* mode and put it approximately in the center of a room. You may dowse, muscle-test, use the Blink Technique or otherwise intuitively sense that there is an optimal location for the Perkl-Light in the room.

Leave the Perkl-Light on the *machine clearing* setting for a period of time, until the room feels better. Depending on the nature of the energies being cleared, this may take anywhere from a few minutes to a half-hour or more. We recommended that you leave the room if the clearing process takes more than a few minutes. Monitor your experience. If you feel ok, it is ok to stay in the room. Note that additional clearing may also be accomplished with a manual mode setting.

Programming water

It is possible to create “essences” with the Perkl-Light. An essence is water that has been “charged” or “programmed” with an energy. To create an essence, take the following steps:

1. Plug in the Perkl-Light and tune it in to a setting that produces a desirable result.
2. Place a container of water adjacent to the “emitter” for a few seconds to a minute or so.

That’s it! The water will now be charged with an energy that replicates that of the Perkl-Light at the setting chosen. Drinking this water will have some of the same effect of direct exposure to the energy produced by the Perkl-Light.

Be careful not to drink too much at once. In some cases, a drop or two of the water will be sufficient. In others, a sip or two will do. This is very individual, and should be determined on a case-by-case basis using a means such as dowsing, muscle testing, or the Blink Technique.



Figure 10. Programming Water.

Calibration

Your Perkl-Light has been precision-calibrated at the factory for use with the emitter that it came with. Substituting a different emitter may yield inaccurate results, particularly the preprogrammed modes. You can check this by removing the emitter and observing the number on the bottom. This number should match the serial number on the bottom of the Perkl-Light.



Figure 11. The serial number on the bottom of your Perkl-Light.

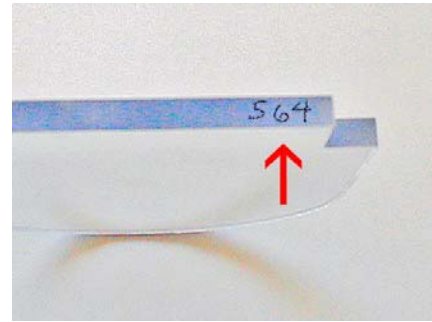


Figure 12. The serial number on the bottom of the emitter.

Managing the unexpected – restoring balance

Most of the time, a person receiving energetic treatment will simply feel better. At times, however, there may be a “healing crisis,” causing the person to feel worse before they feel better. This is similar to other forms of energy work. A healing crisis is more likely if the person is using the Perkl-Light for deep transformational work, reorganizing their energy in a major way, or if the person is very ill. Symptoms such as headaches or tiredness are occasionally possible. It is also possible for a person to feel lightheaded, disoriented, or “spaced out.” In our experience, these experiences have always passed in a day or two, leaving the client in a better state than they were before the treatment. At times like this, it may be advisable for the client to avoid driving a car or operating hazardous machinery. These are times for clients to nurture themselves as best they can. They should take care of their material needs and responsibilities and be as gentle toward themselves as they can.

Restoring balance with the preprogrammed modes

If a client is feeling “out of sorts,” it may be advisable to give them one or more sessions with an *auto-preprogrammed mode*, such as *chakra auto* or *meridian auto*. This may assist their body in regaining energetic balance.

Restoring balance with a manual mode setting

If a client is feeling “out of sorts,” it may be helpful to balance them with a manual mode setting. See the section entitled “Using the Perkl-Light in Manual Mode.”

Restoring balance with infinite stone.

A stone called “infinite” can be helpful to balance one’s self. Hold the stone in your hand or in some way that it contacts your skin.

Grounding

If the client experiences feeling “spaced out” and is having difficulty functioning (e.g. forgetting things a lot), they probably need to “ground” their energy. If the condition is minor, instruct them to drink a glass of water. If this does not do the trick, then they may need to exercise one of the following techniques to “ground” their energy:

Walking barefoot on the earth. Probably the most pleasurable way to “ground” (assuming the weather is nice) is simply to walk, stand, or sit with your bare feet on the ground. This means grass or earth, not concrete or other man-made surfaces. The beach is great for this, if available. Thirty minutes should do it. Sitting with your feet in the earth surrounding a large, potted plant may be effective in some cases.

Bare feet in ice water. If it is not practical to walk barefoot outside, another technique is available using ice water. You need a container large enough in which to place both feet. Immerse your feet into ice water in this container for 15 minutes. Only the bottoms of the feet need to be immersed, which makes it easier. A warm drink makes it easier, as well.

Taking a “Perkl vacation”

At times, after especially intense work, it may be helpful for the client to take a break from use of the Perkl-Light for a few days. This is helpful to integrate its effects.

Contacting Us

Questions about this product should be directed to:

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Disclaimer - No claims or warranties are made regarding either the safety or effectiveness of this device. You are purchasing this device to conduct experiments, and assume all responsibility and liability for its use, including its safety. This device and the claims made herein have not been evaluated by the FDA. The Perkl-Light™ is not intended for use in the diagnosis, cure, mitigation, or treatment of disease or injury, or prevention of disease. If you do not agree to these terms and conditions, please return your Perkl-Light to place of purchase for a full refund. By choosing to use your Perkl-Light, you signify your agreement to the terms and conditions stated herein.

Appendix A

Preprogrammed Modes

Mode (Right-hand Knob)	Item (Left-hand Knob)	Mode (Right-hand Knob)	Item (Left-hand Knob)	
<i>Ayurvedic</i>	Vata	<i>Acupuncture Meridians</i>	Heart	
	Pitta		Small Intestine	
	Kapha		Stomach	
<i>Acupuncture Elements</i>	Fire		Spleen	
	Earth		Large Intestine	
	Metal		Lung	
	Water		Kidney	
	Wood		Bladder	
<i>Psycho-Spiritual</i>	Clarity		<i>Organs</i>	Gall Bladder
	Cooperation			Liver
	Freedom	Pericardium		
	Gratitude	Triple-Heater		
	Honesty	Heart		
	Joy	Small Intestine		
Trust	Stomach			
<i>Frequency Clearing</i>	Allergy	<i>Chakras</i>		Spleen
	Bacteria			Large Intestine
	Climate			Lung
	Detox			Kidney
	Electromagnetic			Bladder
	Fungus			Gall Bladder
	Parasite		Liver	
	Poison		Pericardium	
	Seismic		Triple-Heater	
	Stress		First (root)	
	Tissue Repair		Second	
	Trauma		Third	
	Vibrational		Fourth	
	Virus	Fifth		
<i>Body Systems</i>	Cardiovascular	<i>Machine Clearing</i>	Sixth	
	Lymphatic		Seventh (crown)	
	Respiratory		Use this chart to help select a preprogrammed mode. Use a methodology such as dowsing, muscle-testing, or the Blink Technique while pointing to items on this chart.	
	Digestive			
	Endocrine			
	Skeletal			
	Muscular			
	Urological			
	Reproductive			
	Neurological			
Immune				