

Integra Perki-Light (tm) "Experiential Settings"

Everyone responds to the Perki-Light differently. You are invited to explore these settings to learn more about the sorts of things you can do with your Perki-Light, and how your body responds to the energy. In addition to using these settings, you are encouraged to learn to find your own settings using the scanning technique or the blink technique (taught on the blue DVD), muscle-testing, pendulum, or your own intuition. These settings were determined intuitively, are largely untested, and should not be considered a substitute for proper medical care.

Just to be clear, the Perki-Light is not a medical device. It is a chi-generating device. When you tune it into a body part, a body system or process, or an aspect of your consciousness or energy field, you are exploring directing chi toward that body part (etc.), for the purpose of clearing energy blocks, and generally increasing the amount of chi associated with that body part (etc.). For example, a setting related to the pancreas is not intended to heal the pancreas in a medical sense, but rather, to clear any blocks to the flow of chi and increase the chi in the pancreas, to assist the body in expressing greater wellness in that area.

red	green	blue	intention
36	37	14	Alignment with your life's purpose
42	39	13	Alzheimer's Disease
90	38	27	Alzheimer's Disease
65	59	41	Alzheimer's Disease
43	34	52	Alzheimer's Disease
67	59	19	Arthritis - sensitivity to pressure changes
52	51	9	Autism
37	63	22	Being. What does it feel like to be you, right in this present moment? (Useful as a preparation for doing the scanning technique.)
53	44	31	Being present in the now
71	47	21	Believe in yourself
46	63	22	Bioenergetic Nourishment at the cellular level
53	35	28	Bioenergetic Nourishment at the cellular level
48	35	21	Bipolar Disorder
57	57	31	Bipolar Disorder
50	30	13	Bipolar Disorder
37	40	30	Blood pressure and cardiovascular health
69	46	21	Brain - optimal function
52	52	42	Caffeine - mitigate the effects of
48	54	15	Child - Bringing out the childlike qualities in your fun and play
50	36	19	Chill and Integrate - USE FOR A HEALING CRISIS - very helpful
46	40	21	Cipro - side effects related to achilles tendon
45	55	41	Clarity and focus - freedom from limitation
44	32	44	Creativity - unleashing the creative juices
46	24	31	Comfort
42	48	30	Cooperation with Divine Timing
31	59	41	Dark energies - restoring wholeness to one's protection against dark energies
37	47	19	Dark energies - disarming unhelpful energies
147	0	0	Dark energies - vulnerability to psychic attack
20	20	14	Depression
38	31	17	Detox - Heavy Metals
24	35	17	Detox - Liver cleanse 1
22	22	27	Detox - Liver cleanse 2
36	43	31	Detox - Liver cleanse 3
31	28	34	Digestion - Leaky gut syndrome
30	36	16	Dizziness
24	34	26	Drug addiction

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33	28	10	Ears - ringing in the ears
11	24	14	Effective Action
45	43	16	Enjoying life
44	27	26	Enjoying your partner
29	39	19	Enjoying being yourself
37	40	36	Enjoying yourself/having a good time
29	52	38	Eye - help the eyes in general - help with seeing the best way forward
10	24	11	Eye - Floaters in eye
33	39	16	Fertility - particularly relating to egg quality in older women
43	64	17	Flexibility in times of change
28	32	29	Flow - cooperation with the "Flow"
17	22	7	Flow - surrendering control to Spirit
15	31	27	Fungus - fools immune system into thinking it belongs there
29	26	9	Fungus - take advantage of a perceived weakness
21	20	18	Fungus (Hannah Kroger "shin shin shin")
17	26	11	Generosity
18	6	23	Gout - energies of self-limitation contributing to gout
19	18	11	Grounding
30	46	17	Grounding
27	17	23	Guilt
27	14	2	Happiness - undercurrent of Happiness
29	18	2	Hearing (general)
36	18	16	Hearing (general)
25	19	12	Hearing - damaged hairs in cochlea
29	16	10	Hearing - clogged eustation tubes
13	39	26	Immune - respond to new threats
26	42	13	Impotency (male) - inability to obtain an erection
33	37	18	Integrate and soothe (healing limitations) (GOOD!)
10	18	9	Integration of inner changes
32	48	33	Interrupting (in a conversation)
40	32	9	Itching, e.g. minor itting from a bug bite or similar
20	16	18	Judging one's darkness as bad
18	4	25	Lay Lines (geopathic) - issues with
27	31	27	Liver and digestive tract toxicity
36	33	20	Living within your means
30	22	4	Loving yourself
58	23	31	Loving yourself
53	23	6	Loving another
38	18	17	Loving Spirit/God
16	21	13	Lyme Disease
44	17	20	Lyme Disease
31	20	16	Lyme Disease
37	36	23	Manifesting your life so that you like it
28	22	16	Marijuana - traces of marijuana in your aura
45	37	34	Mercury in Retrograde (use for ~4 hr/day)
41	23	17	Muscle tightness causing pain in the body
38	42	35	Music - awakening one's ability to accurately recognize pitch and sing in tune
36	33	24	Mycoplasmas
32	31	15	Neediness
47	16	13	Open to your life's purpose
24	35	31	Opportunities - seeing higher opportunities
17	28	17	Opportunities - seizing opportunities

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9	43	39	Overeating
31	40	14	Pain - Embrace the pain and let it tell you how to set your Perki-Light (using the scanning technique)
42	27	34	Pancreas
33	35	31	Paraplegia (untested as of 3/2013)
59	26	16	Personal Power - embracing (layer of the onion) REALLY GOOD - SUPPORTS PRODUCTIVITY
38	15	16	Playing and having fun
46	18	27	Positive attitude
43	56	21	Possibilities - unlimited possibilities
28	36	25	Potassium Benzoate - helping the body to eliminate (works on all versions of the Perki-Light)
29	37	26	Power grid - strengthen the biofield with respect to information carried on a smart grid
25	15	21	Productivity
42	30	8	Wealth/prosperity - gratitude for what you already have is a foundation/starting point for prosperity (recognizing self as already prosperous)
31	31	23	Prosperity
42	41	21	Prosperity - adjust "wealth thermostat" higher
17	19	16	Prostate
43	20	6	Prostate - shut off urine stream
43	29	22	Protection from energetics of fear
43	51	26	Radiation - protect your biofield from subtle-energy effects
52	34	19	Resourcefulness
39	31	23	R-Space D-Space - useful to remove "Murphy's Law" energies - to make things generally go better..
53	39	32	Rebirth - integration of the changes and being reborn into your new, expanded Self
37	43	42	Reiki anesthesia clearing (similar to)
59	42	44	Reinventing your life
43	46	12	Self Control - an energy that would help a dieter turn down chocolate, for eg. Affirmation - "I don't need that."
42	24	15	Self Empowerment (Empowerment of Spirit working through you). Affirmation - "Let's make it happen."
49	44	26	Self Esteem
33	54	27	Self-Forgiveness. Affirmation - "It's ok. I'm still a good person."
45	22	5	Smoking
41	17	15	Stillness, calm and nurturing
30	10	4	Taking on other people's energies (i.e. being over-empathetic). Helps you observe the other person's energy while maintaining the integrity of your own.
49	23	23	Taxes - helps with dislike of paying taxes
43	14	9	Theta Healing (Similar to)
40	32	29	Thought Forms - recycling negative thoughts - clearing thought forms out of the aura
31	40	36	Thyroid - silent bacteria or virus underlying Hashimoto's autoimmune disorder - where immune system attacks thyroid.
38	15	9	True Self
49	40	54	True Self - Expanding your expression more fully into who you really are
44	46	32	Unfolding into a new, bigger space
29	42	19	Vertigo
45	34	26	Visionary - Awakening your visionary Self
32	33	32	Vitamin D made in the skin
39	22	34	Willingness to receive
53	27	27	Wireless signals - Mitigate the effects of (seems to improve mental clarity)