



**QICOIL™**

# QUICK START GUIDE



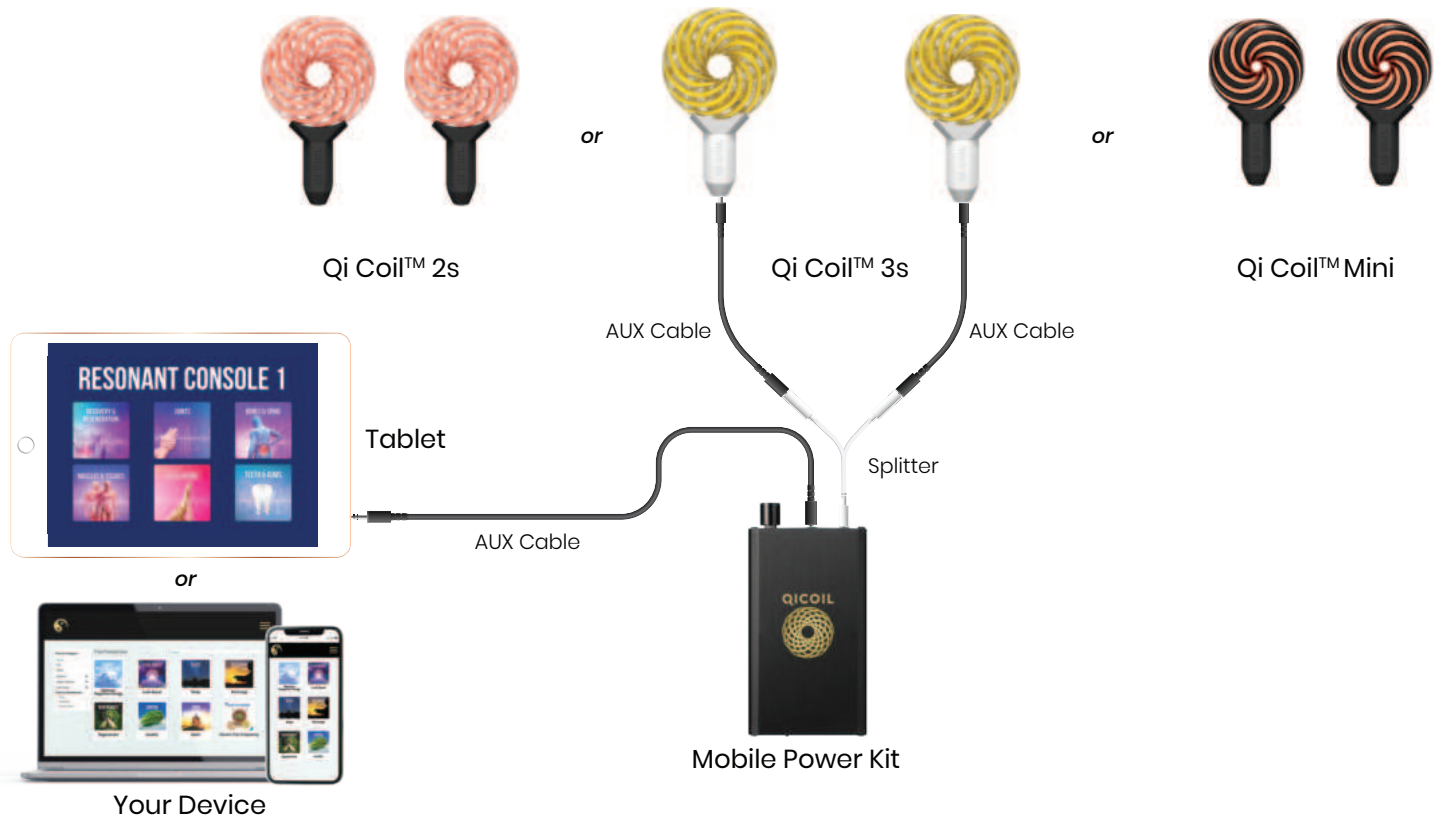
# QI COIL™ 3S SYSTEM INSTRUCTION MANUAL



## List of Items

1. Resonant Console
2. Mobile Power Kit
3. Qi Coil™ 3s Yin
4. Qi Coil™ 3s Yang
5. 3 Pcs of Auxillary Cord
6. Splitter Cable
7. Magnet Ball in Jar
8. Gold Therapeutic Magnet

# QUICK REFERENCE SETUP DIAGRAM



If you prefer to see  
**VIDEO INSTRUCTIONS,**  
go to [QiCoil.com/setup](http://QiCoil.com/setup)



# STEP BY STEP INSTRUCTIONS



Connect the Qi Coils to an Auxiliary Cables.



Connect one end of the two qi coils to other end to a splitter cable..



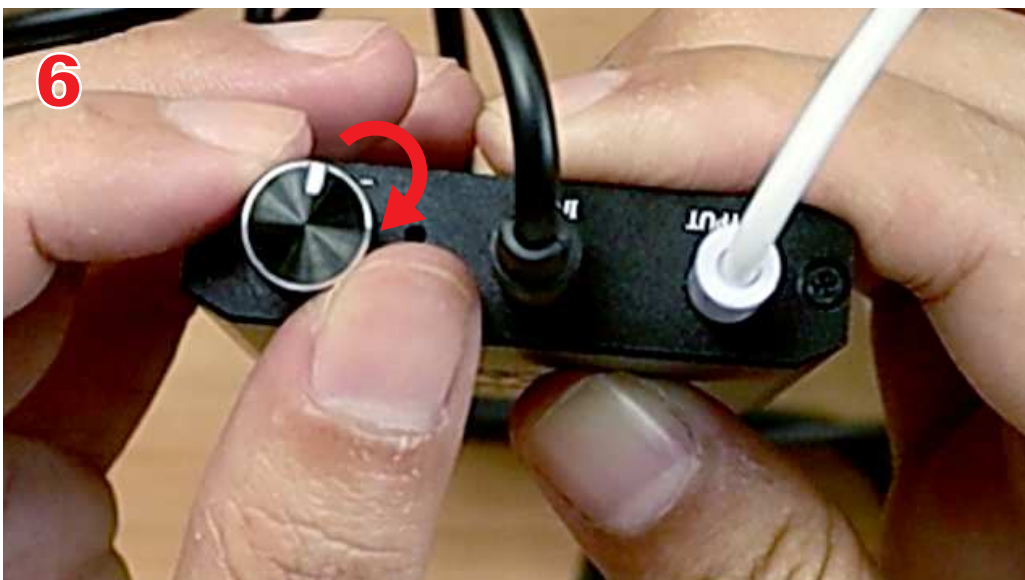
Connect the other end of the splitter cable to the mobile power kit (Port next to Input or the port with the qi coil icon)



Connect Mobile Power Kit to the Resonant Console with an Auxiliary Cable.



Connect the other end of the splitter cable to the mobile power kit (Port next to Input or the port with the qi coil icon)



Turn your Mobile Powerkit Volume clockwise to Power ON. (Red light switches on)





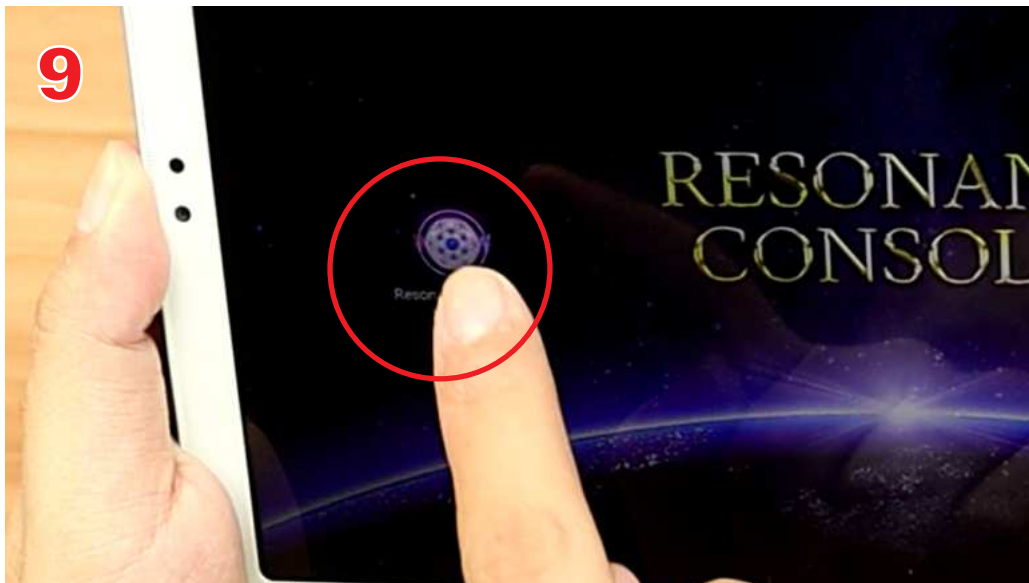
Turn on the volume knob to maximum .



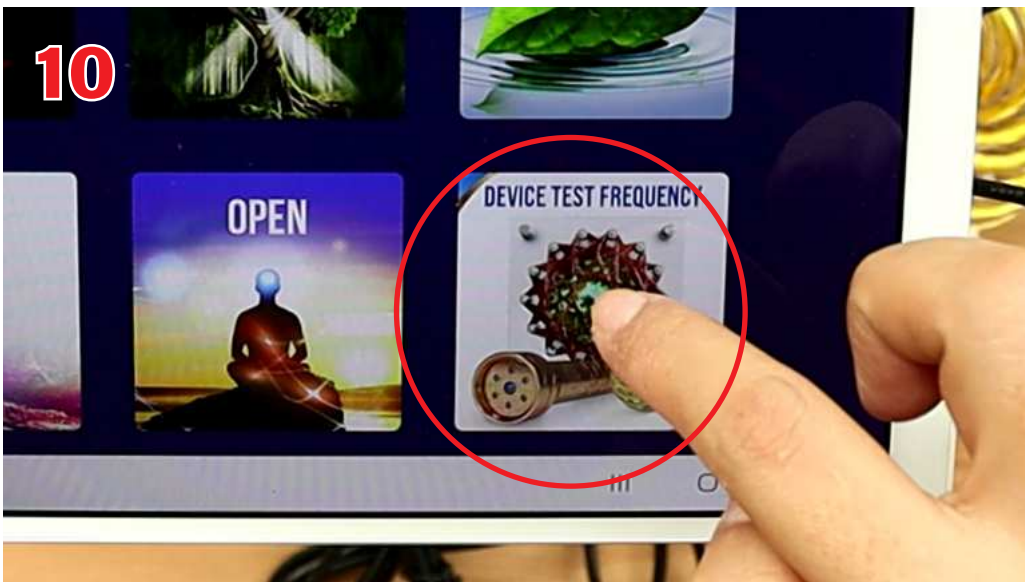
Switch Gain to “H” (for mobile power kits - BLACK).  
NOTE: Mobile Power Kits latest models don't have the gain switch anymore.  
Please skip this part.



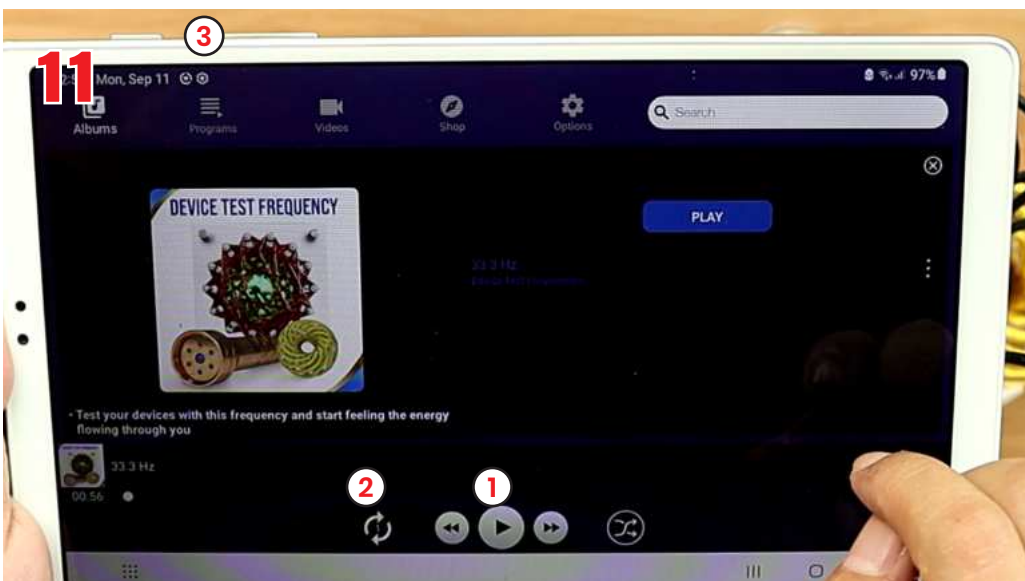
Switch to AUX to enable wired connection (for Wireless Mobile Power Kits - GOLD)



On your Resonant Console device, open the Resonant Console App.  
(Login if necessary, send an email at support@qilifestore.com if credentials are lost)



Browse on the Basic Frequencies section and look for the “Device Test Frequency”



Tap on the play button ① and repeat ② , and device's ③ volume to maximum.





Hold the gold magnet and get it close to the Qi Coil to test for vibrations. You will feel a slight vibration in your fingertips if the connection is working.



Alternatively, Hold the small magnet in the plastic jar close to the Qi Coil to test for magnet movement.

**Important:** Most people don't need to turn the mobile power kits to 100% volume during normal operation. 50% volume is adequate for most people.

**Once the magnet moves or you feel the vibration from the gold magnet, then you're all set!**

Not working?

1. Try starting from the beginning. Go through each step one by one, making sure not to miss any steps.
2. Check if the mobile power kit is charged, or connect it to a USB port with the USB cable.
3. Check the cables carefully to see if they are properly connected.
4. Visit [www.qicoil.com/setup](http://www.qicoil.com/setup) to watch the video on how to set this up and get more information.



# QI COIL PROTOCOLS

Qi Energy is often likened to nourishment for your body, mind, and spirit, serving as an essential source of vitality.

Just as you consume water and food to satisfy your physical hunger and thirst, meditation frequencies similarly nurture your being.

Addressing the question, "For how long should you use it?" the simple answer is: Utilize Qi Coils for as long as they fulfill your needs.

For instance, if you're seeking an increase in energy, continue using the coils until you've achieved the desired level of vitality.

With this principle in mind, we provide the following specific guidelines for effective use.

## Sound/Audio vs Qi Coil/Electromagnetic

- **Without Qi Coil** – headphones ok but speakers are better
- **With Qi Coil** – silent delivery as magnetic energy
- **Both Sound And Qi Coil At The Same Time** – use a splitter cable or 4-channel mixer to connect headphones or a speaker at the same time together with the coils. (Watch advanced tutorials for instructions on [www.qicoil.com/setup2](http://www.qicoil.com/setup2))
- Purchase speakers and connections on our accessories collection on [qilifestore.com](http://qilifestore.com)

## Passive vs Active

- **Passive** (in the background, doing anything, while listening to other music)
- **Active** (during meditation, or healing practice, in a relaxed, dim-lit environment, free from distraction)
  - The more open and calm you are, the more effective the frequencies will be for you
  - On the other hand, many people experience benefits from frequencies without active meditation

## Different Types of Frequencies

- **Rife** – quantum – normal use
- **Higher Quantum / Inner Circle Frequencies** – extremely powerful, less use is needed

# For Best Results, Recommended Protocols

## Normal use:

- Med -high volume
- 30 Min - 3 hours per session
- 2 Sessions Per Day, With A Minimum 1-hour break in between

## Longer use:

- Low -med volume
- up to 8 hours
  - Note: 50% volume on the HIGH power kit is considered high volume, do not turn higher than 50% (12'oclock position)
  - You can turn the MOBILE power kit up to 100% volume

## Placement Options



Place them on your stomach



Place them on an area that needs energy



Set them on a surface near you



Place them in a bag or pocket



Place them on your desk or nightstand



Place them on the floor



**For other advanced placements, check our placement guides on our advanced tutorial page [www.qicoil.com/setup2](http://www.qicoil.com/setup2)**

#### **Do's:**

- **Drink plenty of water when using Qi Coils**
- Use Qi Coils for 10 minutes before sleep
- Use Qi Coils during work for focus and energy
- Use Qi Coils for relaxing or meditating
- Experiment with different frequencies
- Hold magnets or magnet balls during use to feel the magnetic vibrations

#### **Dont's:**

- Do not hold Qi Coils directly on your head.
- Use no more than 4 different frequencies per day, using more than 4 will dilute the effect of each frequency.

#### **Pro Tips**

- Need a wireless connection? Get a Qi Coil Bluetooth adaptor in our store

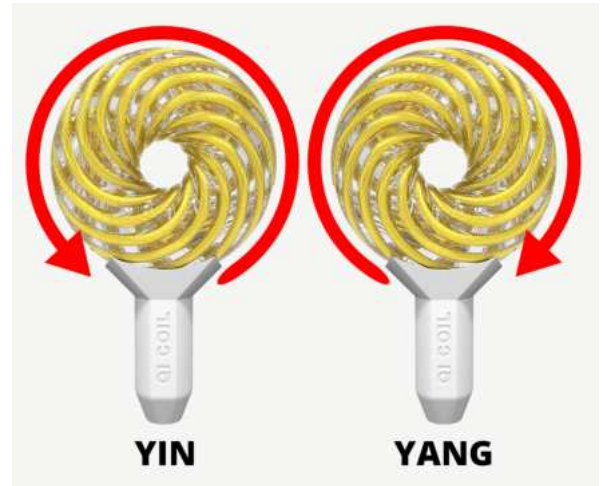


# Guide To Yin And Yang

## (Qi Coil 3 and Higher Only)

The Yin Yang Qi Coils are designed to harness the complementary forces of Yin and Yang, offering a versatile approach to wellness and performance enhancement. Depending on your needs, you can choose to use the Yin coil, the Yang coil, or both together for a balanced experience.

Here's how to maximize the benefits of each option:



(Qi Coil 3 and Higher Only)

### Using the Yin Coil Only

**Purpose:** The Yin coil is tailored for relaxation and expansion of your mental and physical state. It promotes calmness and is ideal for times of rest or deep contemplation.

#### **Benefits:**

- Enhances sleep quality
- Deepens meditation practices
- Supports regeneration and healing processes

**How to Use:** Position the Yin coil near you during activities requiring tranquility and inward focus, such as before bedtime, during meditation, or when you're engaging in activities aimed at self-rejuvenation.

### Using the Yang Coil Only

**Purpose:** The Yang coil is designed to energize and motivate. It sharpens focus and invigorates your body, making it perfect for dynamic and high-energy activities.

#### **Benefits:**

- Boosts motivation
- Enhances concentration
- Elevates energy levels for sports and exercise

**How to Use:** Utilize the Yang coil during or before engaging in physical activities, workouts, sports, or any tasks that require high performance and mental clarity.

## Using Both Coils Simultaneously

**Purpose:** To achieve holistic balance, using both Yin and Yang coils together harmonizes the dual aspects of relaxation and stimulation, embodying the essence of balance.

### **How to Use:**

- **Standard Placement:** For a balanced effect, position the Yin coil on your left side and the Yang coil on your right. This setup is suitable for general use, helping to maintain equilibrium throughout your day.
- **Advanced Configurations:** For those seeking deeper or more specific outcomes, explore advanced yin/yang configurations and placements by visiting our tutorial page at [qicoil.com/setup2](http://qicoil.com/setup2).

### **Tips for Optimal Use:**

- Start with shorter sessions to gauge your response to each coil type, gradually increasing duration as you become more accustomed.
- Pay attention to your body and mind's reactions to the coils. If you experience discomfort, reduce usage time or switch to the coil that best suits your current state.
- Incorporate the coils into your daily routine to maximize benefits, selecting the coil or combination that aligns with your activities and goals for the day.

By understanding and applying these principles, you can effectively use the Yin Yang Qi Coils to enhance your well-being, performance, and balance in life.



# IMPORTANT GUIDELINES

**Recognizing Saturation:** It's crucial to pause the Qi Coil frequencies once you sense your body and mind indicating they've reached their capacity, akin to being "full" or saturated. Just as your body has limits for food and water intake, it similarly has a threshold for frequency exposure. Should you experience any discomfort, this is a sign to reassess your usage.

**Moderation in Use:** Enjoying the benefits of the frequencies is expected, but note any onset of slight discomfort. If such feelings arise, persist with the session for a minimum of five more minutes. If discomfort continues, please take a necessary break. Prolonged, continuous exposure may lead to unease, similar to the effects of overconsumption of food or water.

**Signs to Cease Use:** Immediate discontinuation is advised if you encounter dizziness or nausea. Taking a break for a day or more can help mitigate these symptoms. Qi Coils are designed for a potent detoxification effect, potentially leading to temporary fatigue or a "healing crisis" as toxins are expelled into your bloodstream. Adequate hydration and rest are recommended to alleviate these effects and hasten recovery.

**Individual Responses:** Users may react differently to the frequencies. Some may experience initial disturbances, such as mild sadness or melancholy, as negative energies are displaced. However, these feelings typically give way to a sense of relief and a more positive emotional state over time.

**Sensitivity Variance:** Individuals with a higher sensitivity to energy may notice the effects more rapidly and require shorter exposure compared to those less sensitive. Adjust your usage accordingly to accommodate your personal energy sensitivity levels.

By adhering to these guidelines, you can optimize your experience with Qi Coil frequencies, ensuring a balanced and beneficial interaction.

## Possible Effects

1. You really enjoy the frequencies but after 30 minutes, you feel you've had enough
2. You start off finding the frequency unpleasant or jarring, but after five minutes, you start resonating with the frequency and it feels pleasant and enjoyable and you receive positive results
3. You find the frequency unpleasant from the start, after 10 minutes, you still find the frequency unpleasant. At this point, I would recommend turning it off and taking a break. Your body probably doesn't need this frequency at this time. Perhaps try the frequency another day or try a different frequency.



## Consistent Use

It's worth noting that the full impact of Qi Coil frequencies might not be immediately apparent. For many individuals, a dedicated period of consistent daily usage, typically around 21 days, is required to truly begin noticing the effects. It's important to remember that even if changes aren't overtly perceived, they could very well be occurring on a subconscious level.

## Experiment and Have Fun

Embark on a journey of discovery with your Qi Coil system by experimenting with various options early on. Identify the frequencies that resonate most deeply with you and prioritize those in your initial sessions. To enhance your experience, create personalized playlists using your Qi Coil app or resonant console. Don't hesitate to share your curated selections with others, fostering a sense of community and shared discovery.

We are excited to be part of your transformational journey. We are looking forward to hearing your amazing success stories!!

For **Advanced Tutorials**,  
go to [QiCoil.com/setup2](http://QiCoil.com/setup2)



Have you gone through the instructions several times and still having troubles?

**Book a Tech Support Call at**

**[Qicoil.com/techcall](https://Qicoil.com/techcall)**

