

THE LIGHT SYSTEM Programming Manual



**A Guide to Understanding, Programming
and Facilitating System Features for
Optimal Integration**



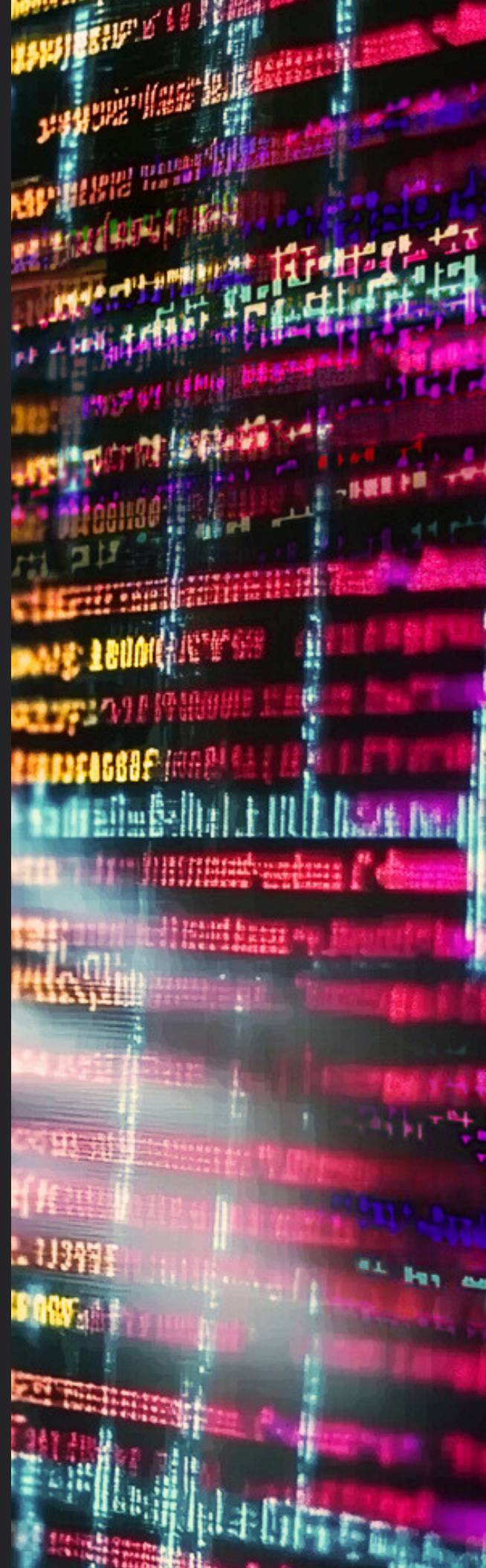
THE LIGHT SYSTEM

Programming Manual

DISCLAIMER

The Light System™ makes no medical claims in any capacity whatsoever. The Light System™ is in no way directly connected to any wellness center that possesses the technology and is not liable for any experience an individual may have in any center that possesses the technology anywhere around the world.

By using The Light System™ technology in any way whatsoever, you understand that no medical claims are made by The Light System™ or any of its affiliates, and you agree to indemnify The Light System™ and any of its affiliates of any and all liability.

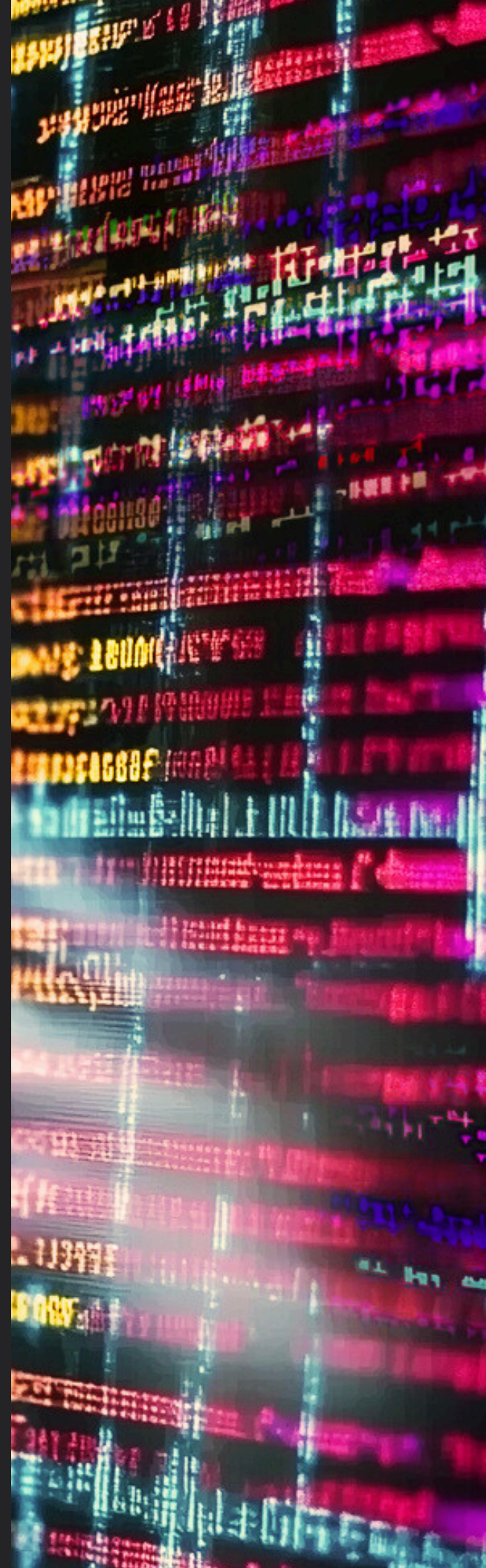


THE LIGHT SYSTEM

Programming Manual

Table of Contents

- 1 Introduction
- 2 Color and Energy
- 3 System Programming
- 4 Program Codes
- 5 A Multi-Layered Approach
- 6 Troubleshooting



THE LIGHT SYSTEM

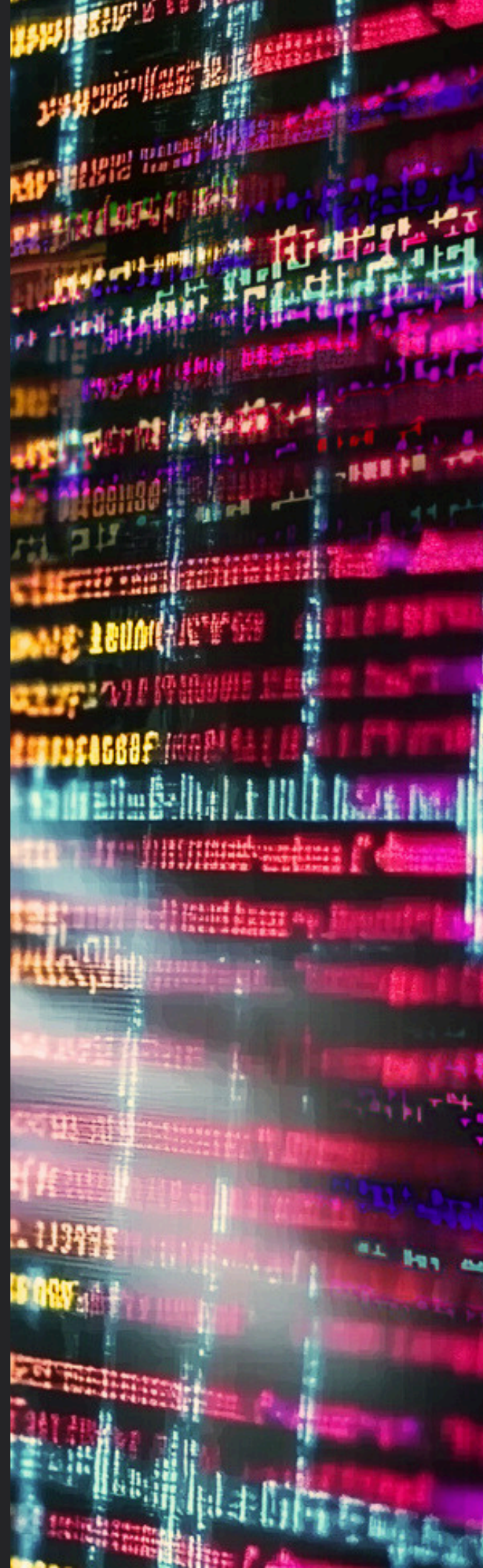
Programming Manual

1 Introduction

The Light System (TLS) is a proprietary bioenergetic technology designed to facilitate the restoration of the body and mind through energy, light and bio-photonic frequencies. This technology is unique in its approach, as it works with the human electromagnetic field, the environment, cognitive functions, and cellular regeneration, offering a spiritually expansive holistic self-healing experience that addresses both mental clarity and physical vitality.

Light, as both a wave and a particle (photons), has unique properties: photons lack mass and aren't confined by space or time. Different wavelengths of light, from red and orange to blue and violet, have distinct effects on the body. When these light frequencies penetrate deep into the body, they activate cellular potential and facilitate self-healing mechanisms on physical, emotional, and mental levels.

The system utilizes color and light, amongst other aspects, to convey information to the body's cells, essentially "tuning" them to their optimal state. This synchronizing effect enhances cellular communication and function, promoting overall well-being and vitality.

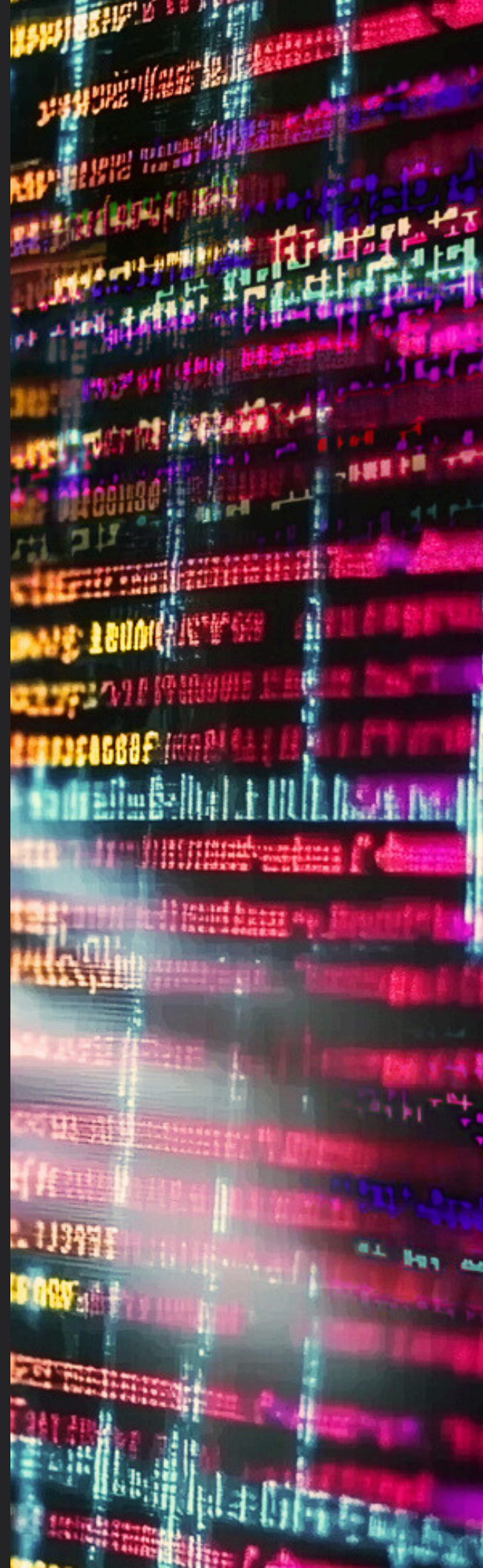


THE LIGHT SYSTEM

Programming Manual

Quick Reference Guide

Function	Command	Notes
Speed of Screen	1-9, 0	1 - slowest 0 - fastest
Foreground Program	F1-F10 Shift F1- Shift F6	16 Program Codes
Font: English	F11	English Font Style
Font: Metamatrix	F12	SymbolicFont Style
Set Cycle Time	Ctrl + T	10-7,200 seconds
Superboost	Shift +	Cuts Row Height in 1/2
Randomizer	Ctrl + Q	Cycles through 16 Programs
Outer Color	Alt + Color Letter	Background Color
Inner Color	Shift + Color Letter	Foreground Color
Intentionality	Ctrl + N	Up to 64 Characters
Linguistics	Ctrl + L	Choice of 4
Variable Scroll	Ctrl + V	Multiple Directions Screen Scroll
Pause	Space Bar	Hold Session
End Session	Escape key	Return to Home



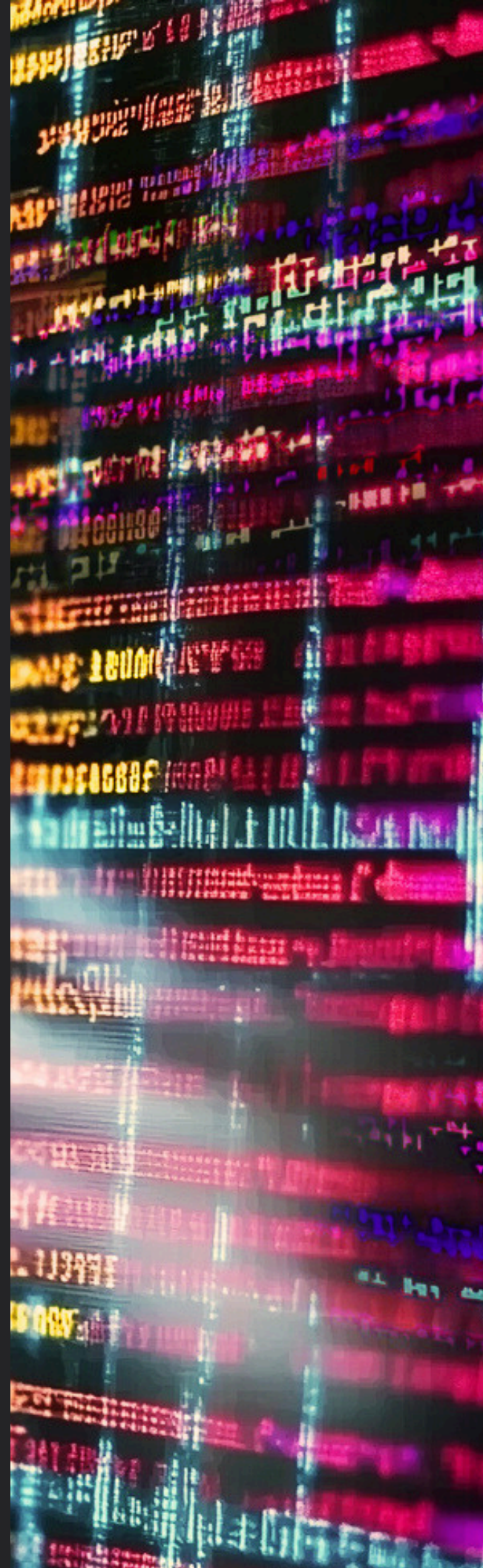
THE LIGHT SYSTEM

Programming Manual

2 Color and Energy

In The Light System, color therapy is utilized through the expression of specific light frequencies aimed at aligning and balancing the body's energy fields. Each color resonates with different systems within the human body. In Chinese medicine, these systems are referred to as chakras (energy centers) and influence physical, emotional, and spiritual states. It is worth noting that each chakra is correlated to a physical system in the human body.

- **Red** - Activates the root chakra, energizing the body, improving circulation, and stimulating vitality.
- **Orange** - Aligns with the sacral chakra, fostering emotional balance, creativity, and joy.
- **Yellow** - Associated with the solar plexus chakra, it boosts mental clarity, self-esteem, and digestion.
- **Green** - Resonates with the heart chakra, promoting emotional healing, while cleansing the lungs.
- **Blue** - Taps into the throat chakra, helping with communication, calming anxiety, and promoting relaxation.
- **Indigo/Violet** - Aligns with the third eye and crown chakras, enhancing spiritual insight, intuition, and higher consciousness.



THE LIGHT SYSTEM

Programming Manual

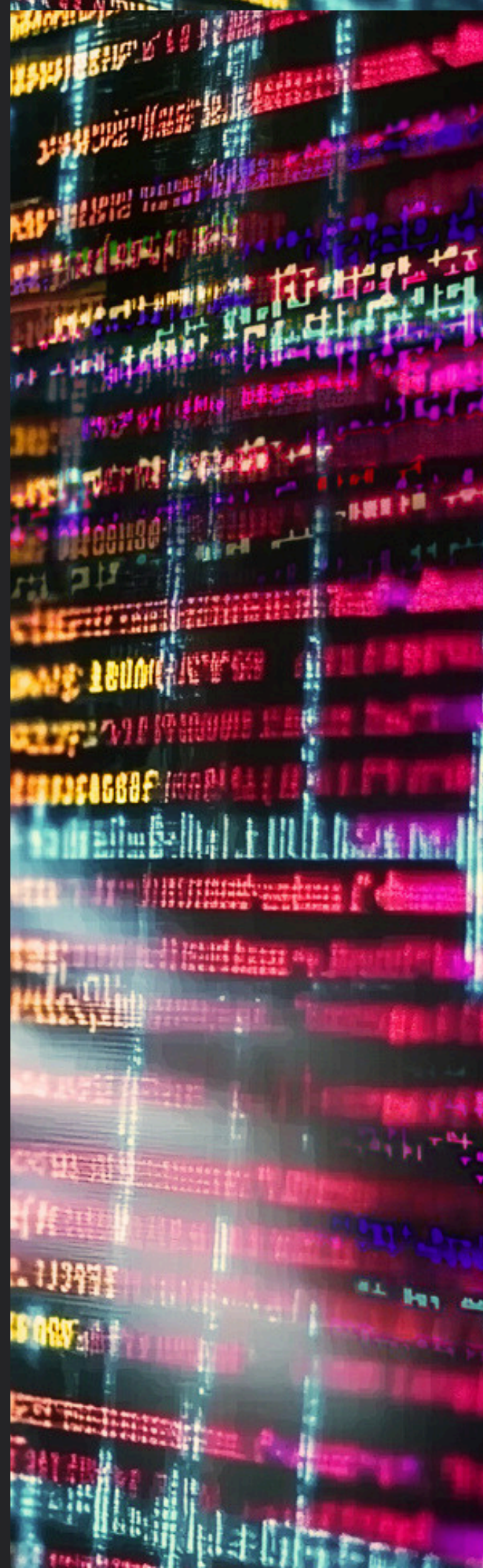
3 System Programming

When powering on your system, standard default settings will already be set in place. You will notice that the Font is set to Metamatrix, the Linguistics is set to World Peace & Harmony and the Randomizer is set to organically shuffle through all 16 Program Codes.

These settings can be adjusted, as well as others that we will discuss in this chapter, to allow for simplified, user-friendly and personalized system preferences to be optimized.

TLS is designed to offer users the amazing and unique ability to fine-tune the workings of their system to adjust to their own center-personal, or client-focused needs and desires in regards to their sessions.

By getting to know your TLS system on this level, you will be able to consistently adapt your system settings to best serve clients with a hyper-personalized approach.



A decorative graphic on the right side of the page. It features five white hexagons with blue borders, arranged in a vertical, staggered pattern. They are connected by a network of blue lines and dots, resembling a circuit or data flow diagram. The background is dark blue.

Linguistics

Intentionality

Timing

Randomizer

Font

Background Color

Foreground Color

Foreground Color

THE LIGHT SYSTEM

Programming Manual



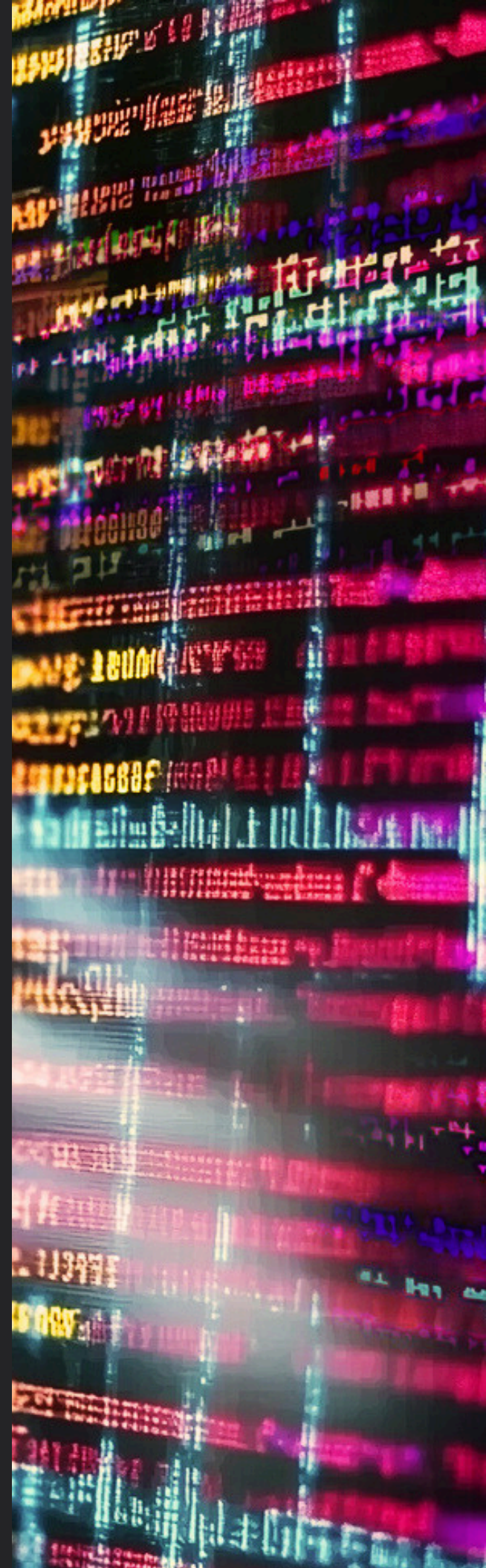
Linguistics

By pressing *Ctrl L*, this part of the programming allows you to choose between the display of 4 different linguistic options:

- World Peace & Harmony
- 108 Origins Restoration
- Christian Bible Versus
- Zyto

Intentionality

By pressing *Ctrl N*, this part of the programming allows you to include up to 64 characters of personalized intentions (do not use commas) that will automatically be embedded into the code and linguistics for a more targeted approach.



THE LIGHT SYSTEM

Programming Manual



Timing

This part of the programming sets the timing of the patterns, speed & direction.

To use this you will be pressing and holding *Ctrl T*.

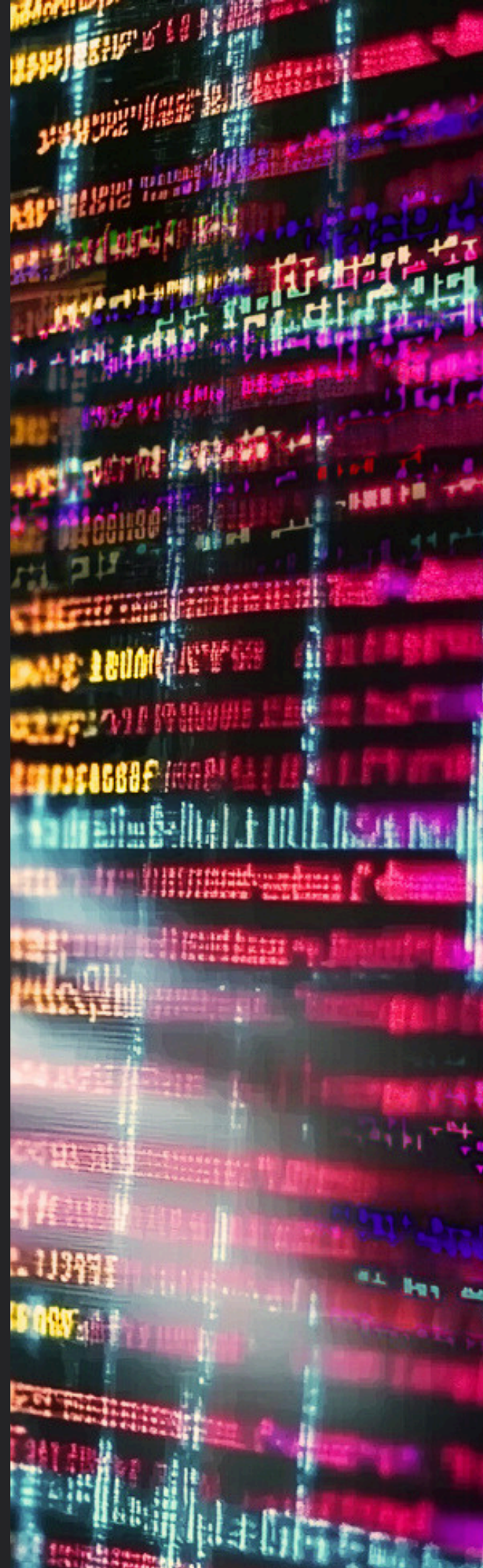
When readout has stopped moving, it will be asking for a timing to be typed in.

At this point, you can choose a number pattern that resonates and is of significance to you.

Speed is controlled by using the number 1-9 and 0. With 1 being the slowest, and 0 being the fastest.

Spiritual Numeric Suggestions

- 000 Unity & Oneness with All
- 333 Divine Protection & Support
- 717 Spiritual Growth & Awakening
- 777 Cosmic Alignment & Good Fortune
- 1111 Spiritual Insight & Enlightenment
- 1515 Personal Transformation
- 2222 Harmony & Trust in Divine Timing
- 2626 Love & Nurturing
- 3030 Creativity & Expansion
- 3434 Manifesting Your Desires with Patience
- 4999 Completion & Closure
- 5777 Renewal & Opportunity
- 6333 Universal Guidance & Harmony

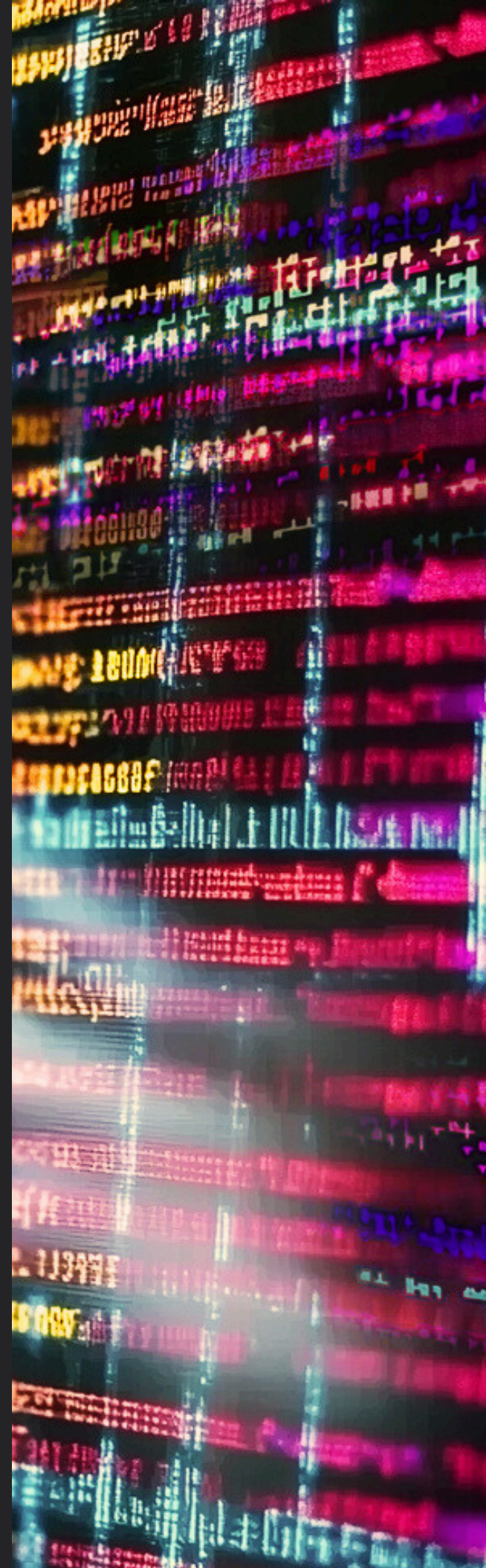


A decorative graphic on the right side of the page. It features five white hexagons arranged in a vertical, staggered pattern. Each hexagon has a thick blue border. The hexagons are connected by blue lines that form a continuous path, with small blue circles at the junctions. The background is dark blue.

By holding *Ctrl* and then “Q” it allows the user to set the monitor to scramble through all 16 program codes.

This part of the programming allows you to choose your font style.

- English
- Metamatrix
- (DNA is to be disregarded as it also brings you to the Metamatrix font)



THE LIGHT SYSTEM

Programming Manual



Foreground Color

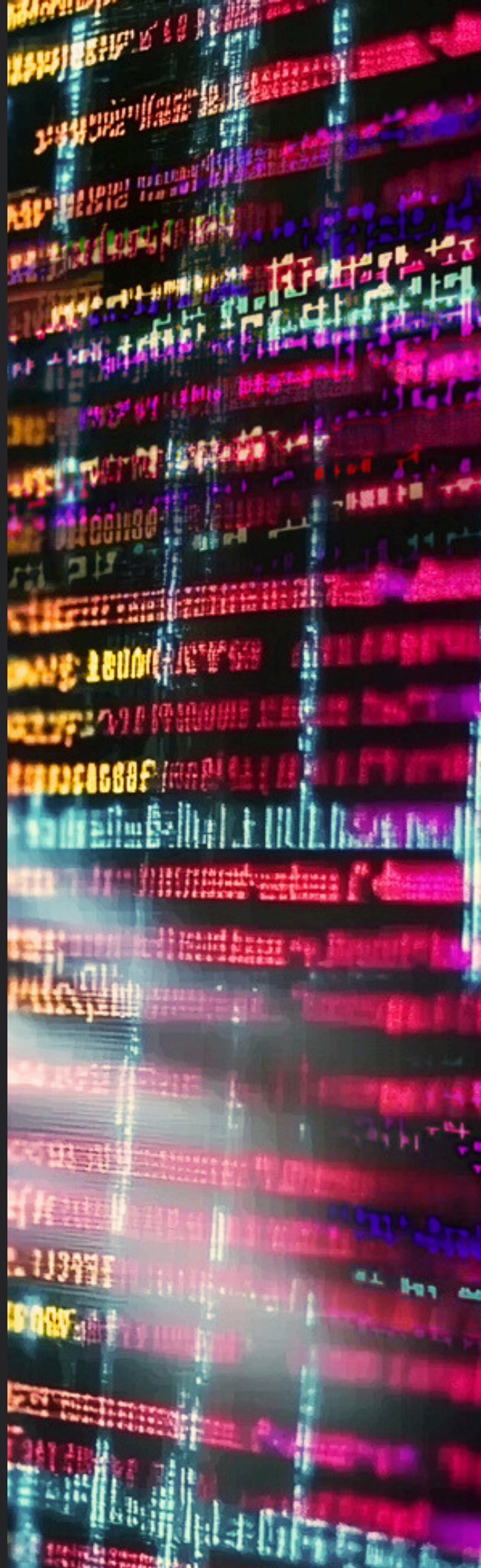
This part of the programming adds your chosen foreground program which appears on the middle area of the screen.

To use this you will press your selected program key code.

Each Program Code is described individually in great detail throughout Chapter 4, highlighting the visual qualities, cognition functions, cellular physiology and suggested audio frequencies for each.

Foreground Program Codes -

- F1 Deep Mystery
- F2 Manifestation
- F3 Passion
- F4 Life Celebration
- F5 Ocean
- F6 Rainforest
- F7 Lightning Dance
- F8 Pele's Fire
- F9 High Magick
- F10 Heart Light
- Shift F1 Solar Flare
- Shift F2 Body & Mind
- Shift F3 Dawn
- Shift F4 Golden Light
- Shift F5 Violet Transformation
- Shift F6 Mystic Forest



THE LIGHT SYSTEM

Programming Manual



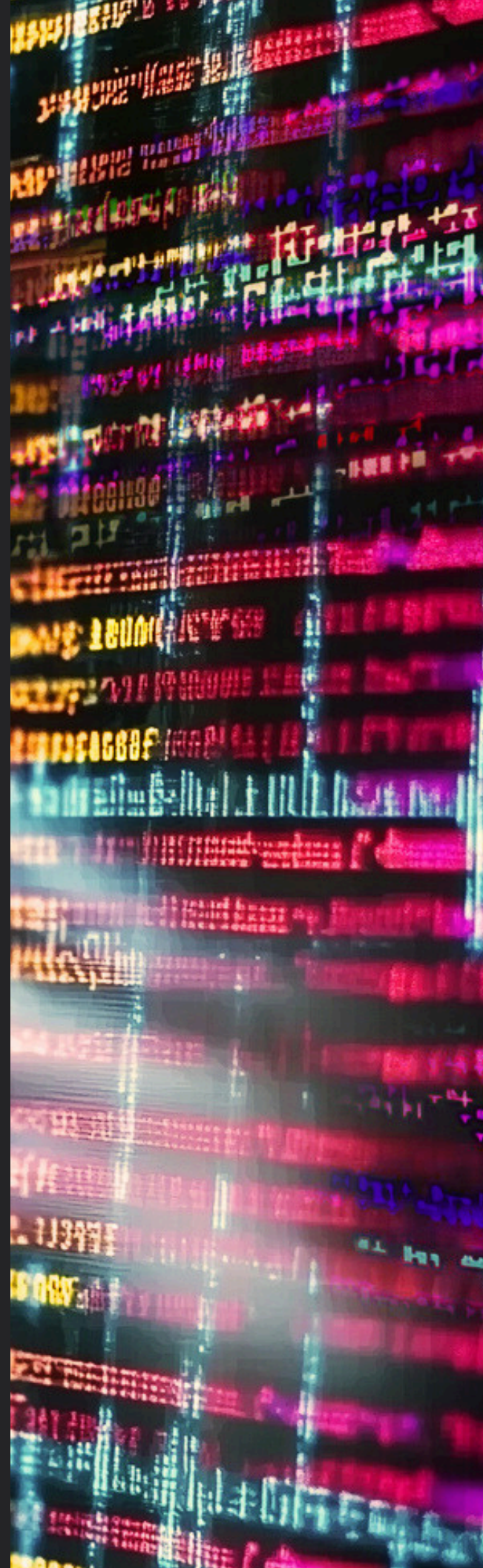
Background Color

This part of the programming adds your chosen background color which appears on the left and right sides of the screen.

To use this, you will be pressing and holding *Alt* and then hitting your color key and releasing both keys together.

Background Color Codes

- ALT-B Blue/Black
- ALT-C Cyan/Black
- ALT-D Cyan/Blue
- ALT-G Green/Black
- ALT-I Blue/Magenta/Indigo
- ALT-M Magenta/Black
- ALT-P Red/Magenta - Psychedelic
- ALT-R Red/Black
- ALT-S Green/Magenta - Spumoni
- ALT-T Green/Blue- Teal
- ALT-X Red/Green- Christmas
- ALT-W Black/White - Mist



THE LIGHT SYSTEM

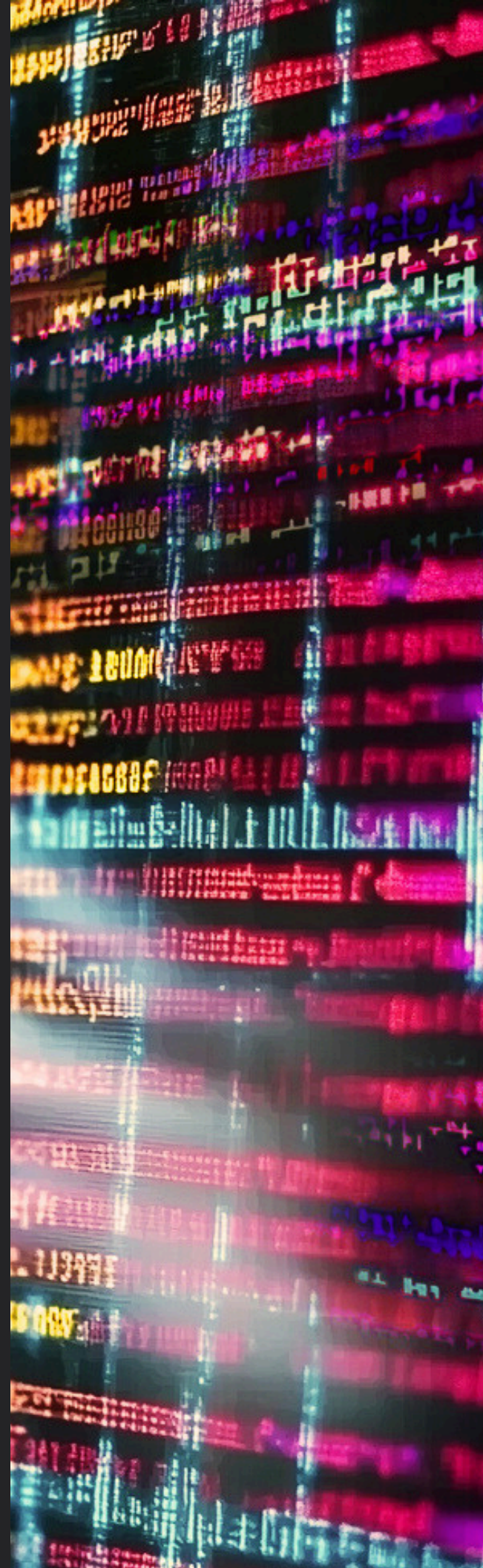
Programming Manual

4 Program Codes

The Light System's program codes are powerful tools for achieving holistic self-healing, targeting both cognitive and cellular functions.

When properly programmed into the system's monitor, these colors (frequencies) can be used individually or combined and layered to create a customized, multi-dimensional self-healing experience for the mind, body, and soul.

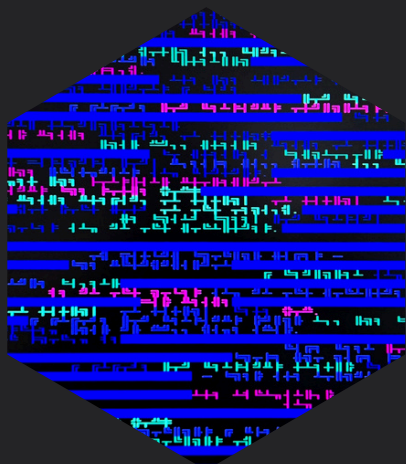
Whether you're aiming for mental clarity, emotional balance, physical self-healing, or spiritual growth, The Light System can enhance your well-being by synchronizing your body's energy coherent and balanced energetic fields.



THE LIGHT SYSTEM

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<F1>
Deep Mystery



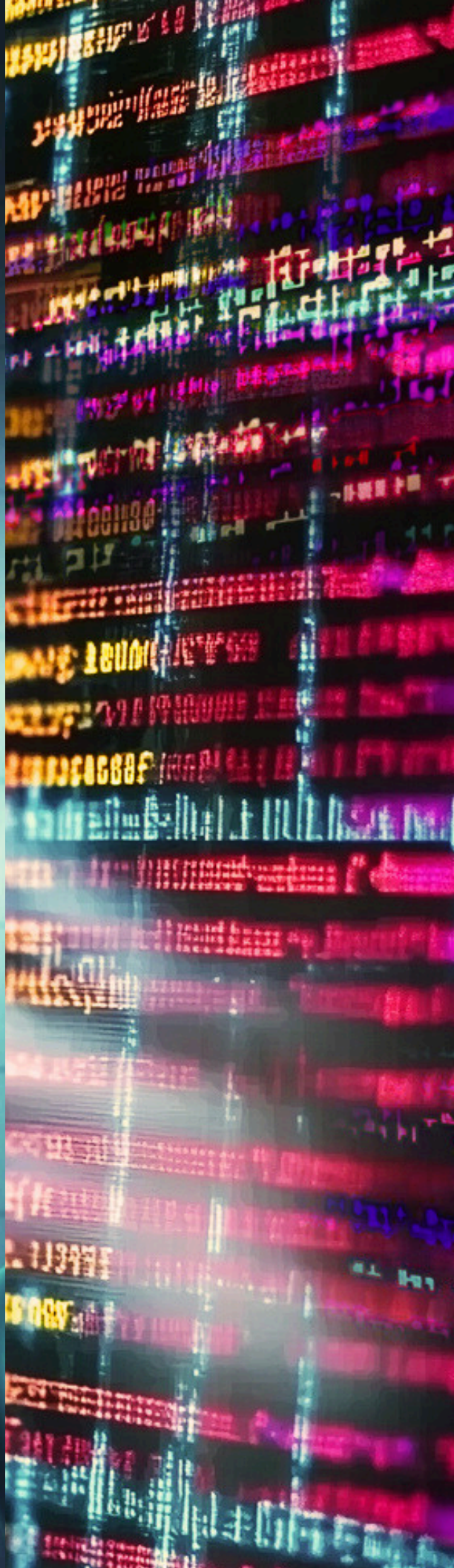
Visual Qualities: Deep blues and indigo tones with an accent of magenta.

Cognitive Functions: A nuanced environment that blends intuitive depth and focus, enhanced creativity, emotional balance and deep spiritual connection. A compliment for deep meditative work.

Cellular Physiology: Enhanced cellular repair and regeneration, improved circulation and oxygenation, and optimized immune function.

Suggested Frequency:

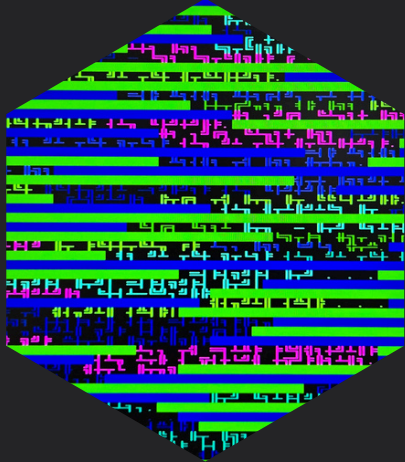
432Hz for grounding and calming
741Hz for intuition and insight
528Hz for emotional healing and creativity



THE LIGHT SYSTEM

Programming Manual

<F2> Manifestation



Visual Qualities: Shades of green blended into deep blues and indigo tones with an accent of magenta.

Cognitive Functions: An inviting environment that fosters awakening and rebirth, enhanced mental focus and emotional clarity, inspiring creative problem solving and intuitive insight.

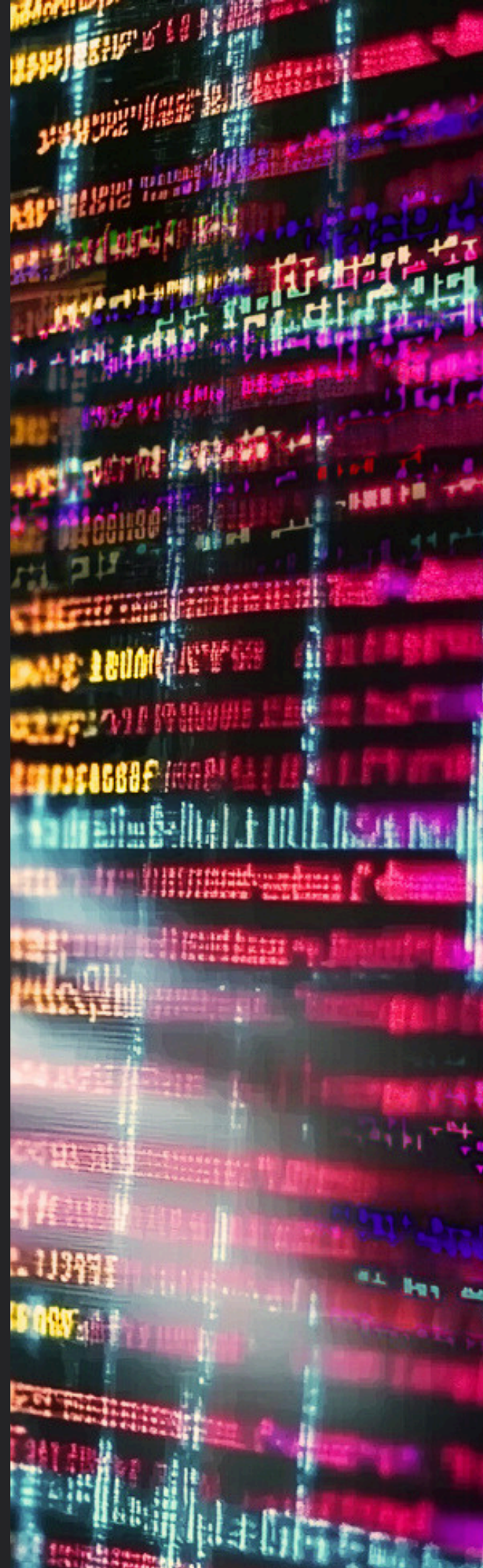
Cellular Physiology: Promoting cellular restoration and relaxation, improving nutrient supply to cells, including anti-inflammatory and antioxidant effects, and balanced mental and emotional function.

Suggested Frequency:

639Hz for communication, connection and emotional balance

396Hz for releasing fear and encouraging grounding

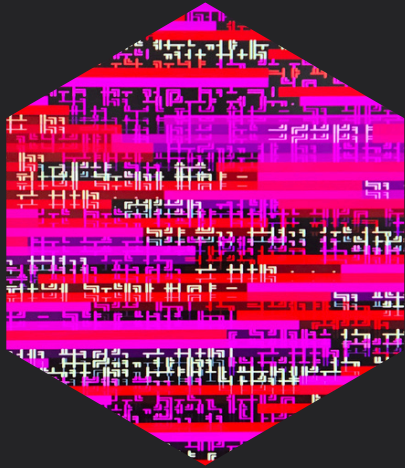
852Hz for spiritual awareness, and mental clarity.



THE LIGHT SYSTEM

Programming Manual

<F3> Passion



Visual Qualities: Deep shades of red evoking color qualities of love and emotional bonding.

Cognitive Functions: An energetic environment that stimulates desires and determination, emotional intensity, increased self-expression and bold confidence. A compliment for kundalini and tantric yoga practices.

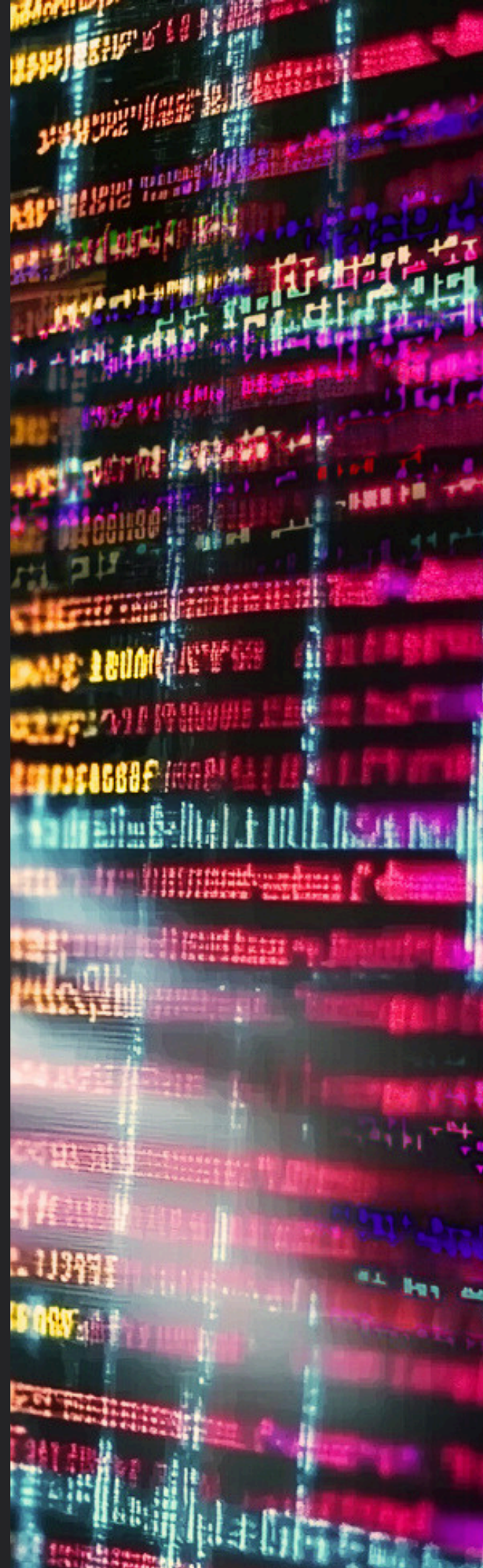
Cellular Physiology: Stimulating increased energy production, accelerated cellular repair and wound healing, the release of natural pain killers, improved lymphatic function, and the mitigation of oxidative stress.

Suggested Frequency:

4Hz for deep meditation and emotional healing

396Hz for the emotional release of fear and guilt

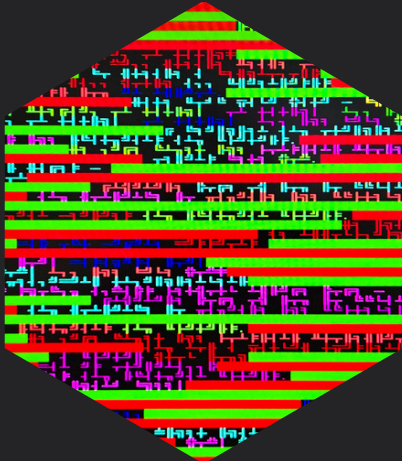
528Hz for transformation and self-love



THE LIGHT SYSTEM

Programming Manual

<F4> Life Celebration



Visual Qualities: A virtual landscape of fireworks; colors evoking a celebration of the varied hues of life.

Cognitive Functions: A stimulating environment that creates connection to positive memories and associations, fostering optimism, confidence and heightened cognitive resilience, while strengthening social connection and deep presence.

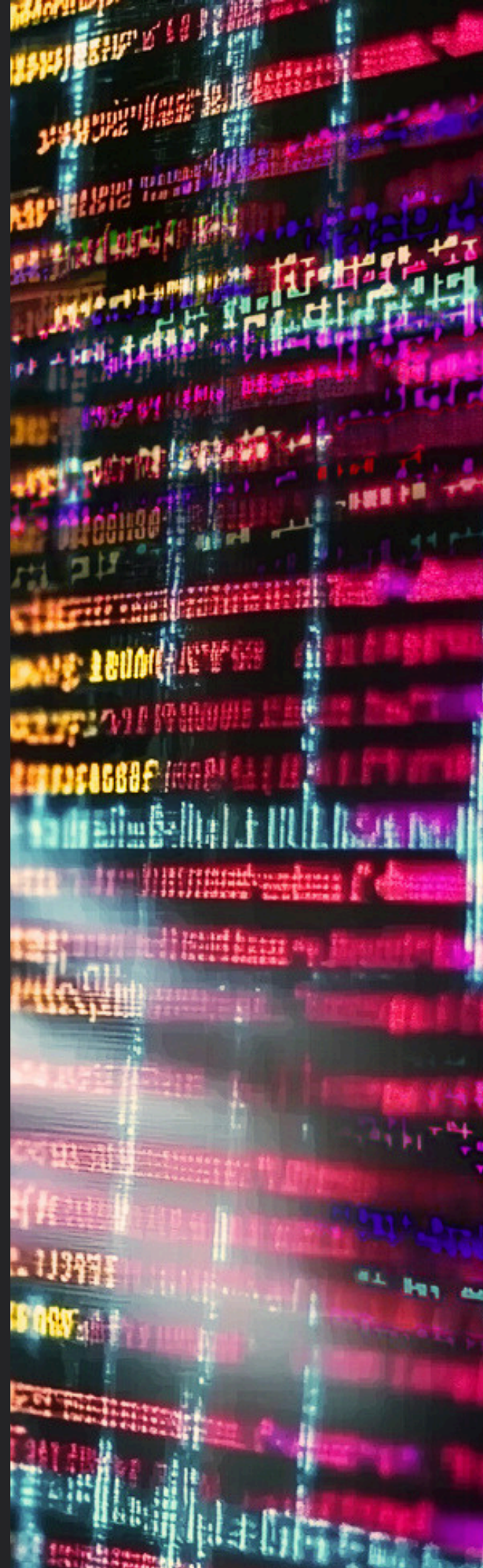
Cellular Physiology: Activation of anti-aging processes and cellular repair, hormonal regulation and mood enhancement, and stimulation of the detoxification processes.

Suggested Frequency:

417Hz for dynamic energy and spirit of new beginnings

432Hz for maintaining harmony and preventing overstimulation

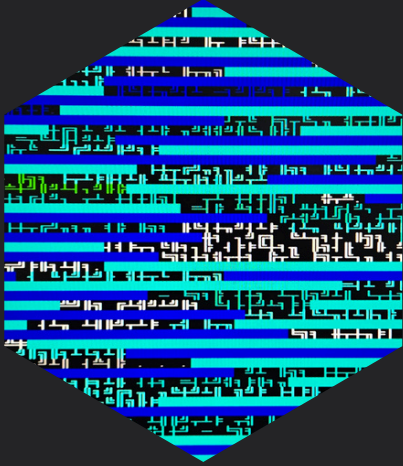
963Hz for enhancement of the feeling of a higher, celebratory life purpose



THE LIGHT SYSTEM

Programming Manual

<F5>
Ocean



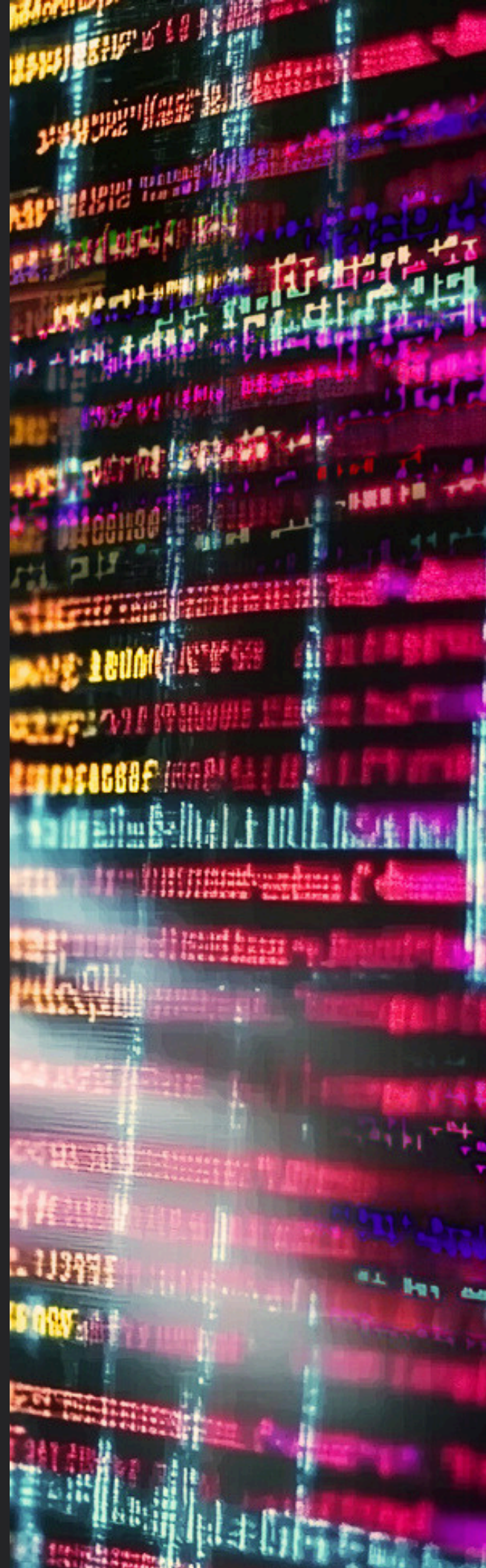
Visual Qualities: A gentle blend of light blues to evoke the sea and sky with occasional highlights to represent shoreline flowers.

Cognitive Functions: A peaceful environment that promotes rest, stress and anxiety reduction, an uplifting activation of emotional and cognitive renewal and support for deeper sleep rhythms.

Cellular Physiology: Regulation of circadian rhythms for improving sleep and cellular repair, reduction of cortisol levels aiding in stress reduction at the cellular level, and the promotion of collagen synthesis, tissue repair and wound healing.

Suggested Frequency:

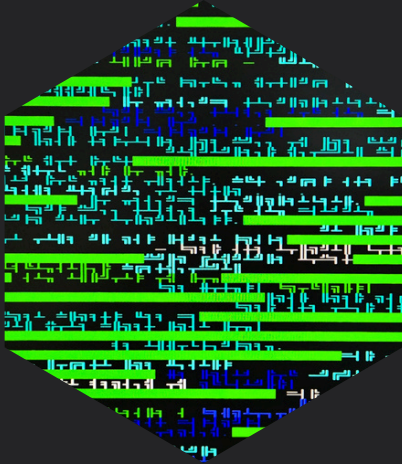
432Hz for balance and calmness
528 Hz for healing and restoration
963Hz for spiritual connection



THE LIGHT SYSTEM

Programming Manual

<F6> Rainforest



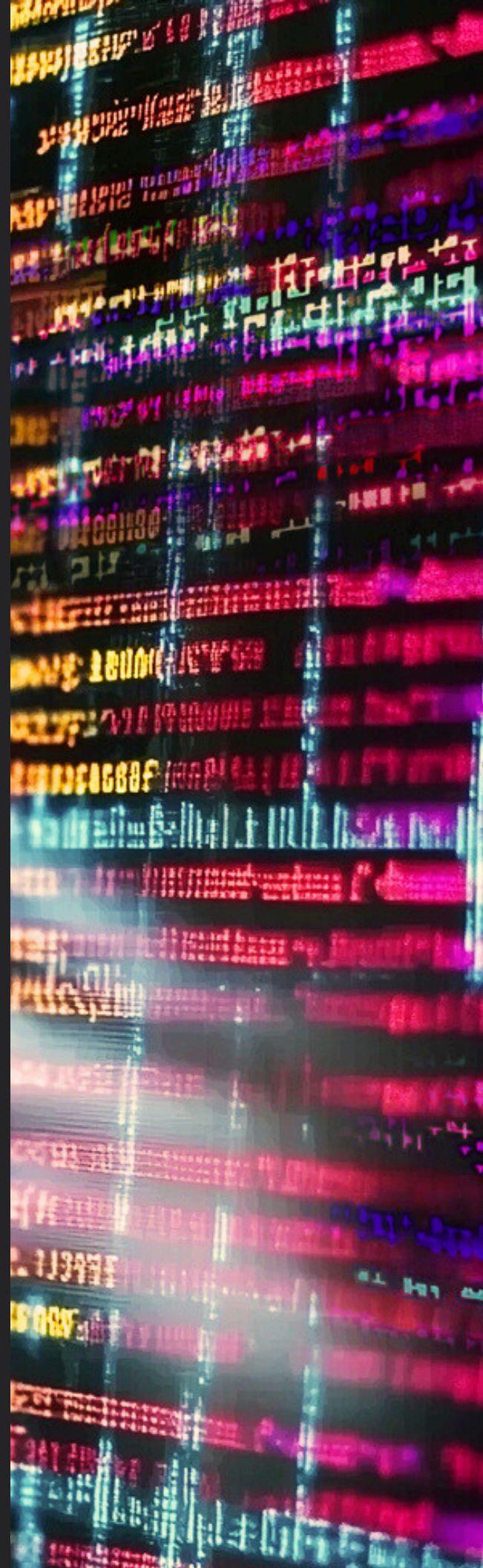
Visual Qualities: An embracing blend of deep greens and blues with occasional highlights to represent jungle birds and flowers.

Cognitive Functions: A vibrant environment that promotes stress reduction, creative thinking, inspiration, and increased mental adaptability encouraging harmony, optimism and contentment.

Cellular Physiology: Promotion of cellular healing from environmental stressors by enhancing the body's natural detoxification systems, regulation of stress hormones, metabolic function, and emotional regulation through boosting serotonin production.

Suggested Frequency:

432Hz for grounding and harmony
528 Hz for DNA repair and healing
963Hz for spiritual alignment



THE LIGHT SYSTEM

Programming Manual

<F7> Lightning Dance



Visual Qualities: A blend of color compositions that build energy with storm fronts and displays of lightning, creating the desire to keep moving forward in hopes of discovering what comes next.

Cognitive Functions: A stimulating environment that promotes momentum and forward motion, resilience and emotional endurance, optimism, creativity and connection to personal power and energy.

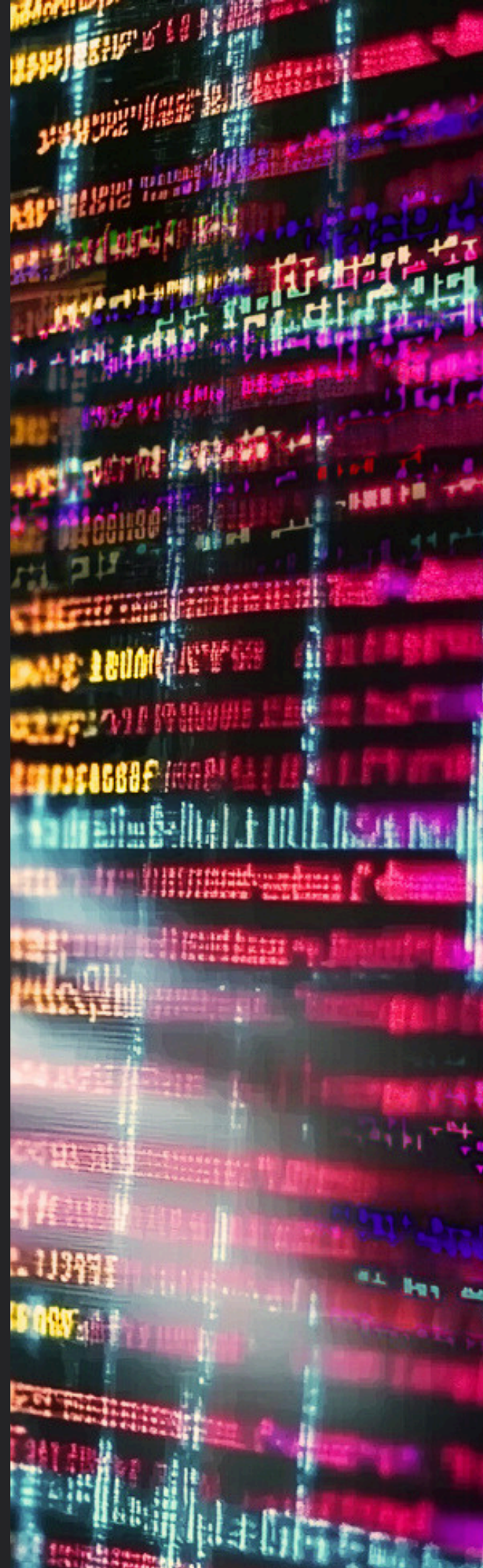
Cellular Physiology: Enhancement of cellular energy production, boosting metabolism and immune function, activating natural stress responses and fostering resilience.

Suggested Frequency:

396Hz for stability and empowerment

528Hz for hope and transformation

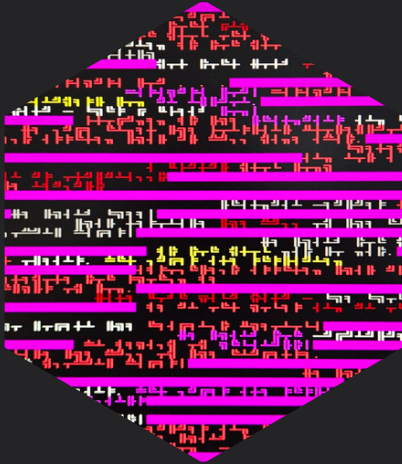
7.83Hz for emotional calm and clarity



THE LIGHT SYSTEM

Programming Manual

<F8> Pele's Fire



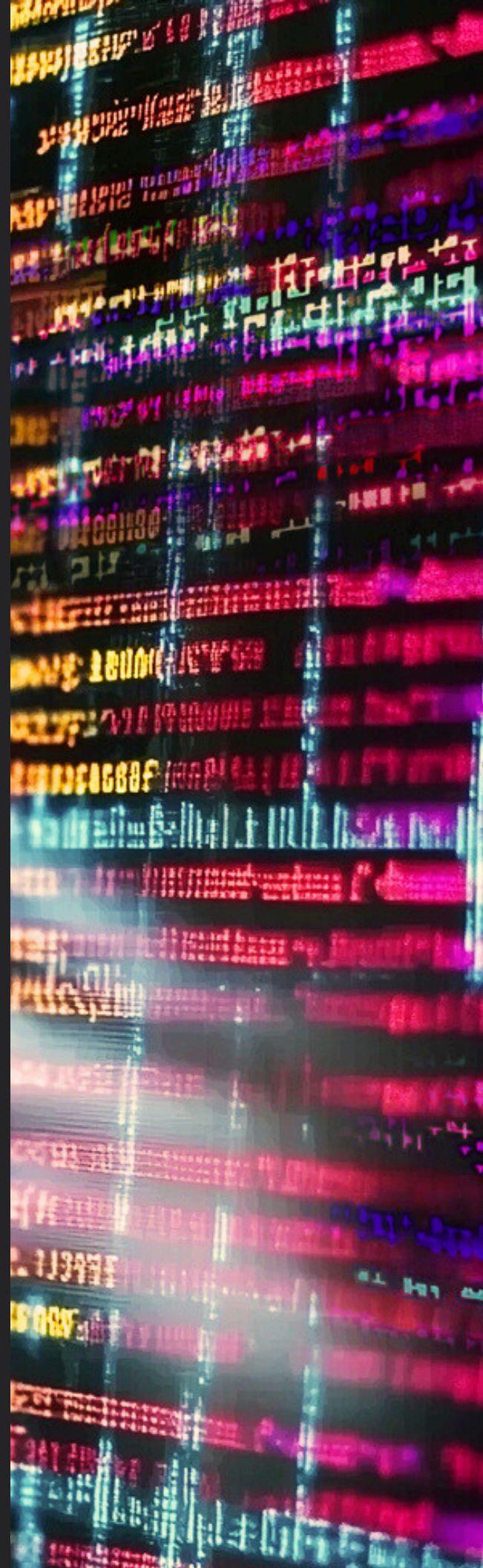
Visual Qualities: A rush of color compositions that emulate a volcano, creating an eruptive force and sudden release of enthusiasm, harnessing the planet's energy.

Cognitive Functions: A dynamic environment that activates the sympathetic nervous system, creating mental alertness and increased motivation, allowing for a surge of intense focus, spontaneous creativity and powerful release.

Cellular Physiology: Stimulation of circulation and blood flow, enhanced cellular detoxification through lymphatic system stimulation, reduction of cellular inflammation, increased energy and balanced hormonal function.

Suggested Frequency:

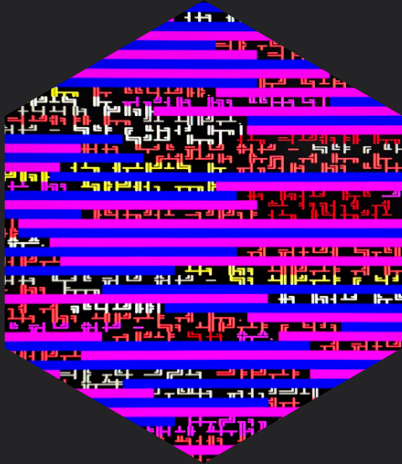
256Hz for strength and survival
528Hz for personal power and release
1000+Hz for explosive energy



THE LIGHT SYSTEM

Programming Manual

<F9> High Magick



Visual Qualities: A cool blue background is used to invoke creative aspects of “otherworldly” pursuits.

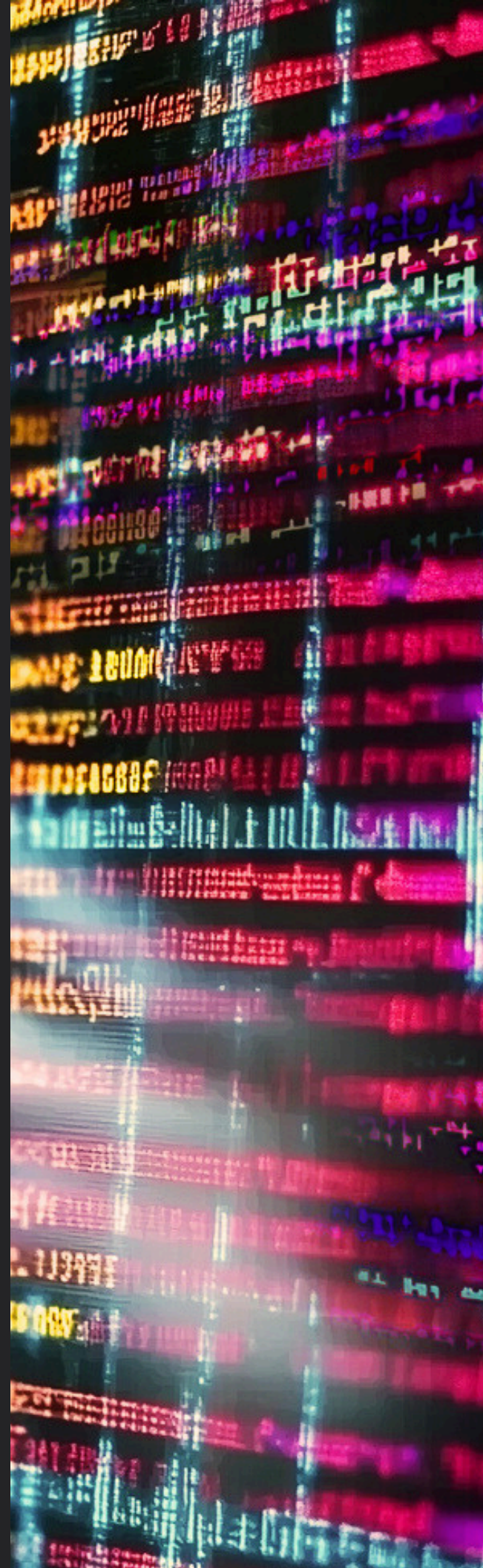
While this color composition may appear too cold and intellectual for some, inspiration comes from many places.

Cognitive Functions: A thoughtful environment that supports a sense of creativity and abstract thinking, enhancing focus, mental clarity, and hyper cognitive awareness.

Cellular Physiology: Suppression of melatonin production creating increased alertness, modulation of beta brainwave activity for active-thinking and intense focus, reduction of emotional engagement for logical processing.

Suggested Frequency:

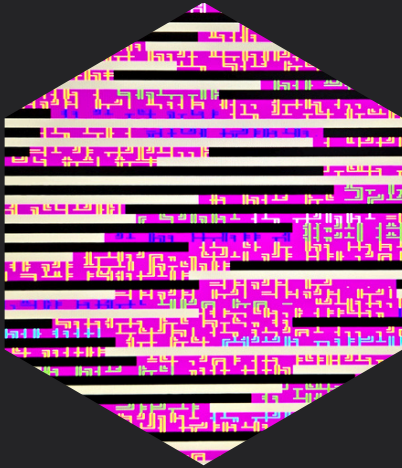
4-7Hz for deep creativity and insight
30-40Hz for breakthrough ideas
7.83Hz for anchoring abstract thought



THE LIGHT SYSTEM

Programming Manual

<F10> Heart Light



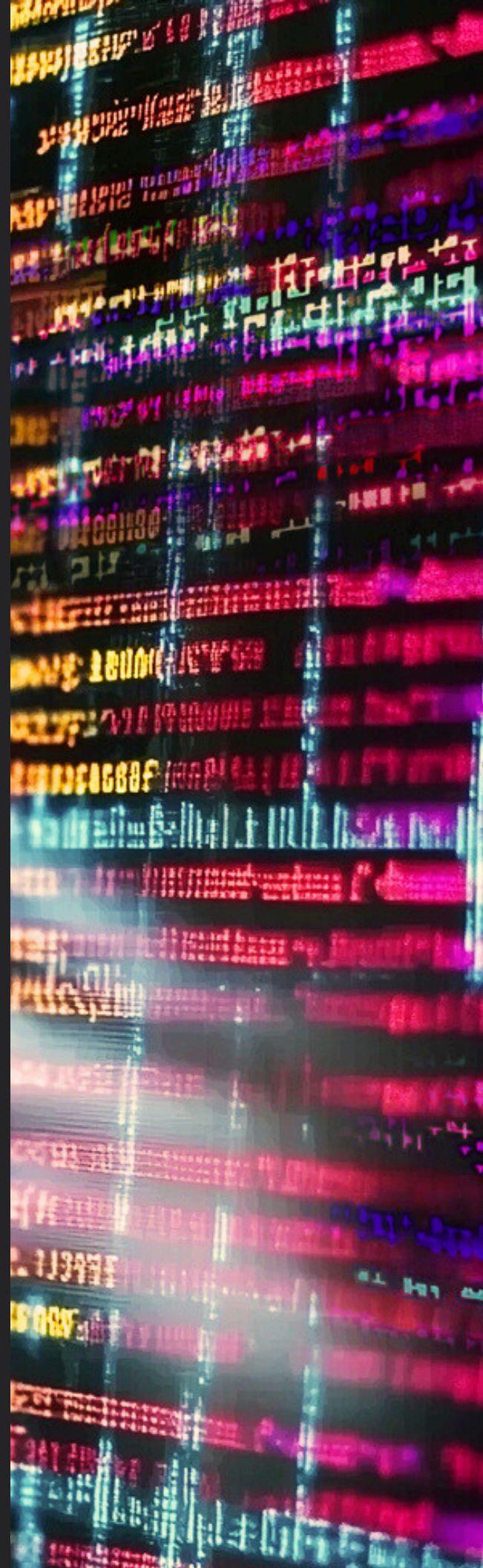
Visual Qualities: A playful and light-hearted color composition, enhancing the experience of meditating on love in all its forms; divine, familial, fraternal and emotive.

Cognitive Functions: A warm environment that supports enhanced emotional processing, affection and empathy, joyful and heart-centered connection, self-love and playfulness.

Cellular Physiology: Activation of the parasympathetic nervous system, leading to a relaxed state, reduction in inflammation and increase in blood circulation and oxygenation, leading to a more balanced immune system, and endorphin release fostering a more harmonious internal state.

Suggested Frequency:

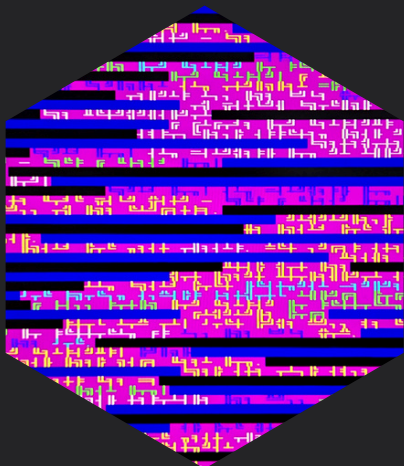
528Hz for deep emotional resonance
639Hz for compassion and self-love
8-12Hz for joy and gratitude



THE LIGHT SYSTEM

Programming Manual

<Shift F1>
Solar Flare



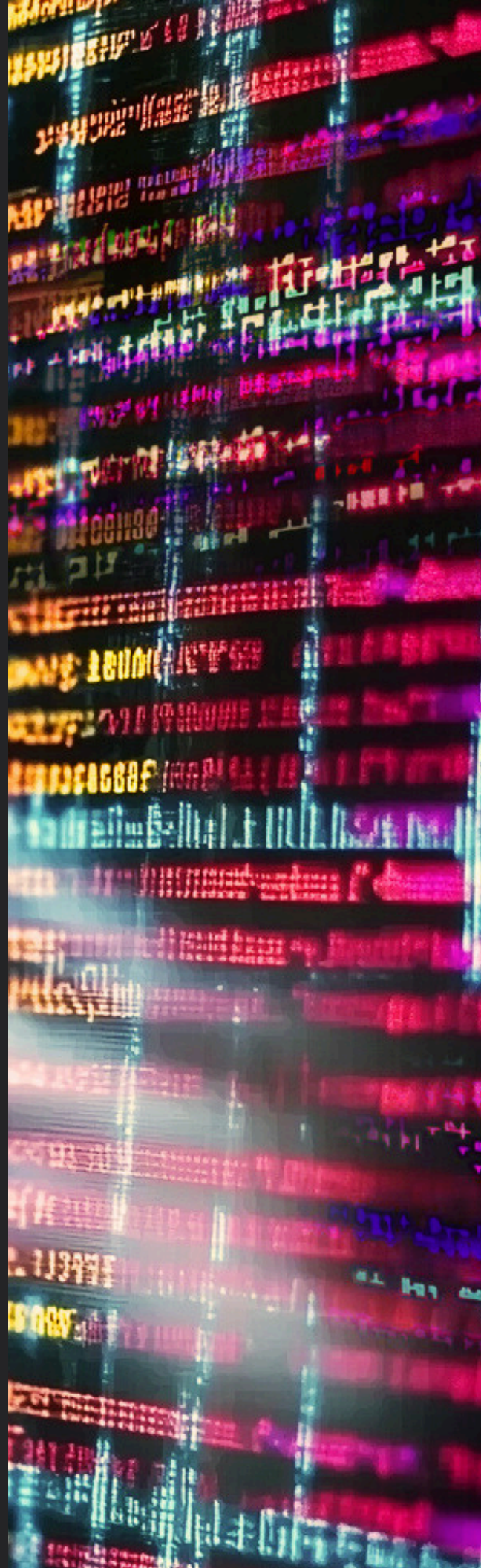
Visual Qualities: A harmonic blend of deep indigo and bright hues of magenta with speckles of greens and yellows.

Cognitive Functions: A visually dynamic environment that evokes a cognitive interplay of intuition, perception, and energetic insight, fostering a mind that oscillates between deep introspection, creative expansion and emotional resonance.

Cellular Physiology: Promotion of cellular regeneration and collagen production with a calming effect on the nervous system, reflecting a dynamic interplay of energy, communication, and regeneration:

Suggested Frequency:

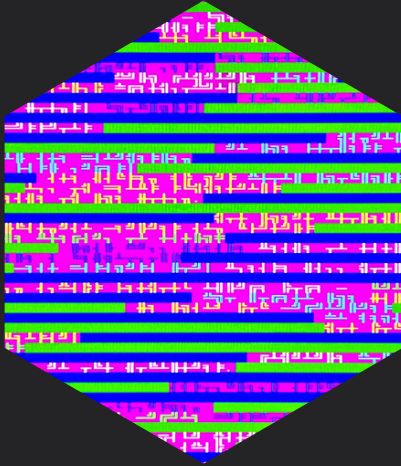
432Hz for focus and decision-making
639Hz for heart-brain coherence
852Hz for deep introspection



THE LIGHT SYSTEM

Programming Manual

<Shift F2>
Body & Mind



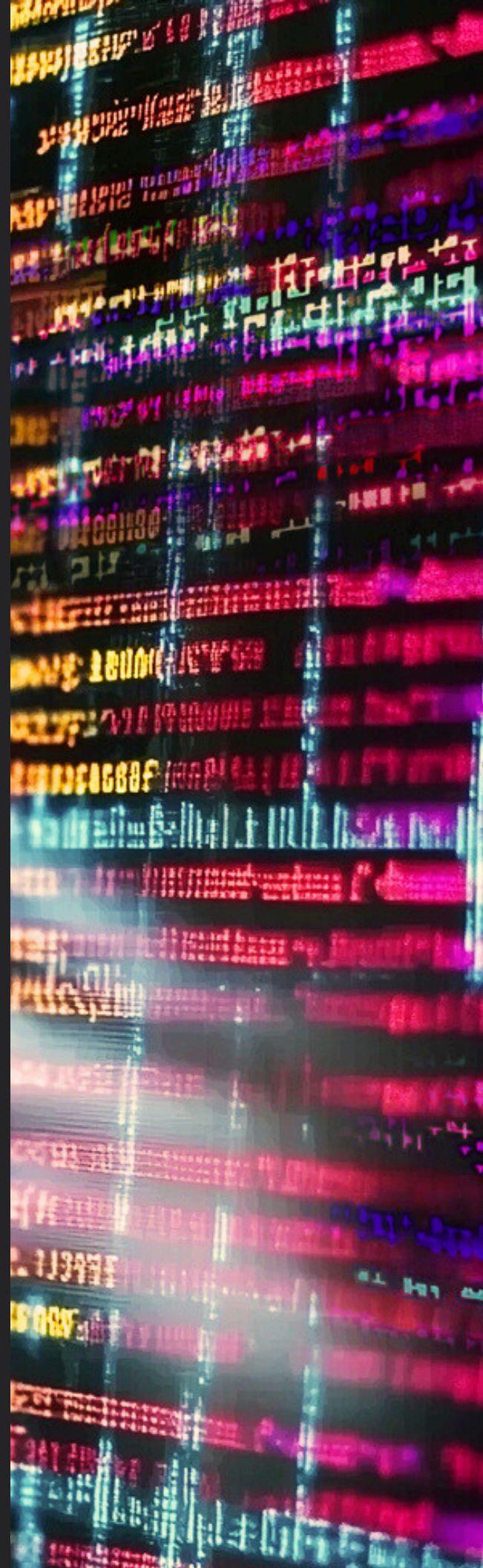
Visual Qualities: A powerful pattern composed of deep reds and dynamic blues reinforcing the vital essences of the body.

Cognitive Functions: A potent bio-energetic resonance composition that promotes mind-body coherence and brainwave synchronization, creating a balance of grounded focus and expansive intellectual agility.

Cellular Physiology: Support of vitality and the body's innate healing systems with anti-aging and cellular regenerative effects, while optimizing oxygen uptake, synaptic efficiency, and overall physiological balance.

Suggested Frequency:

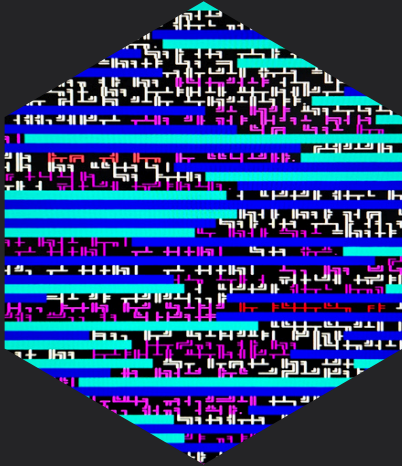
432 Hz for grounding focus
528 Hz for metabolic efficiency
741 Hz for neural optimization



THE LIGHT SYSTEM

Programming Manual

<Shift F3>
Dawn



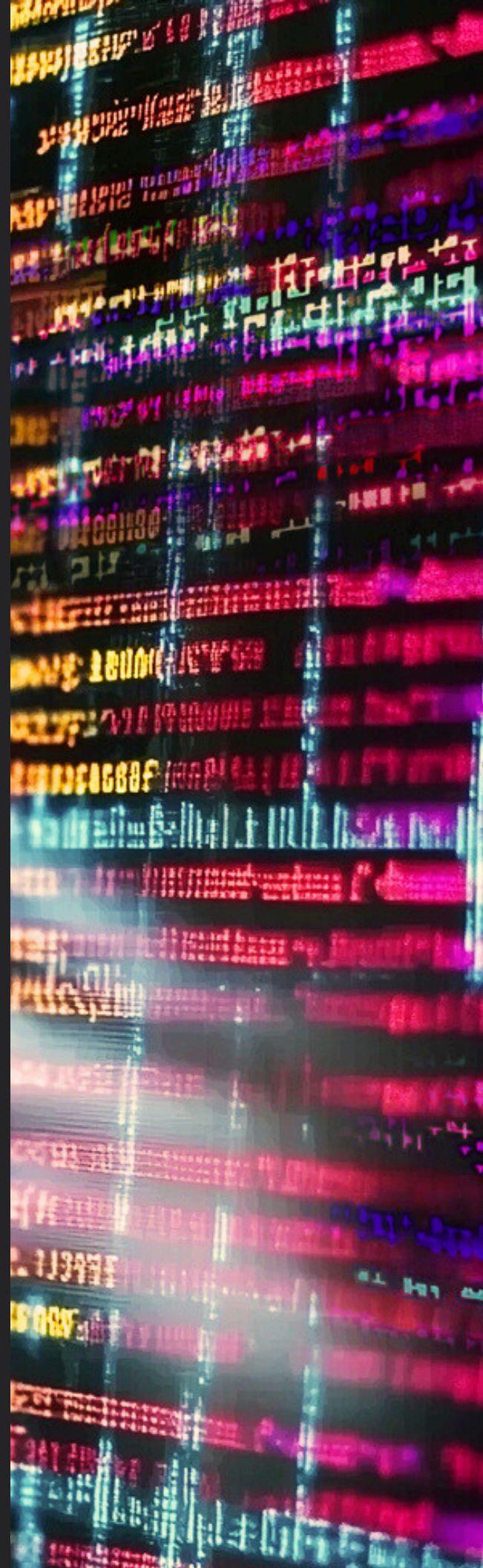
Visual Qualities: A bright white presence being radiated along with flashes of lavender and orange, capturing the moments just before the sun breaks the horizon.

Cognitive Functions: An inviting environment that enhances emotional regulation and calmness, reinforcing optimism and anticipation, and reinforcing positive memories and emotional connection.

Cellular Physiology: Stimulation of the body's circadian rhythms, improving cellular function by stimulating cellular communication to allow transitions from rejuvenation, to regeneration, to balance, welcoming a neurochemical balance and uplifting emotional atmosphere.

Suggested Frequency:

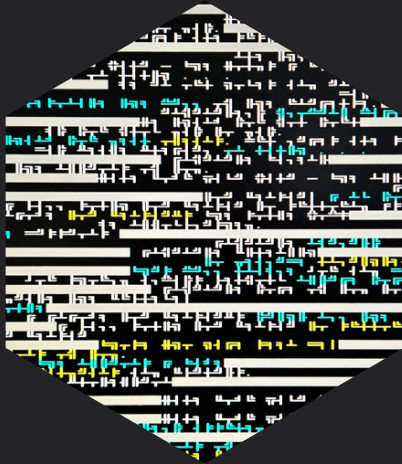
8-12Hz for balanced relaxation
396Hz for emotional renewal
528Hz for transformational healing



THE LIGHT SYSTEM

Programming Manual

<Shift F4>
Golden Light



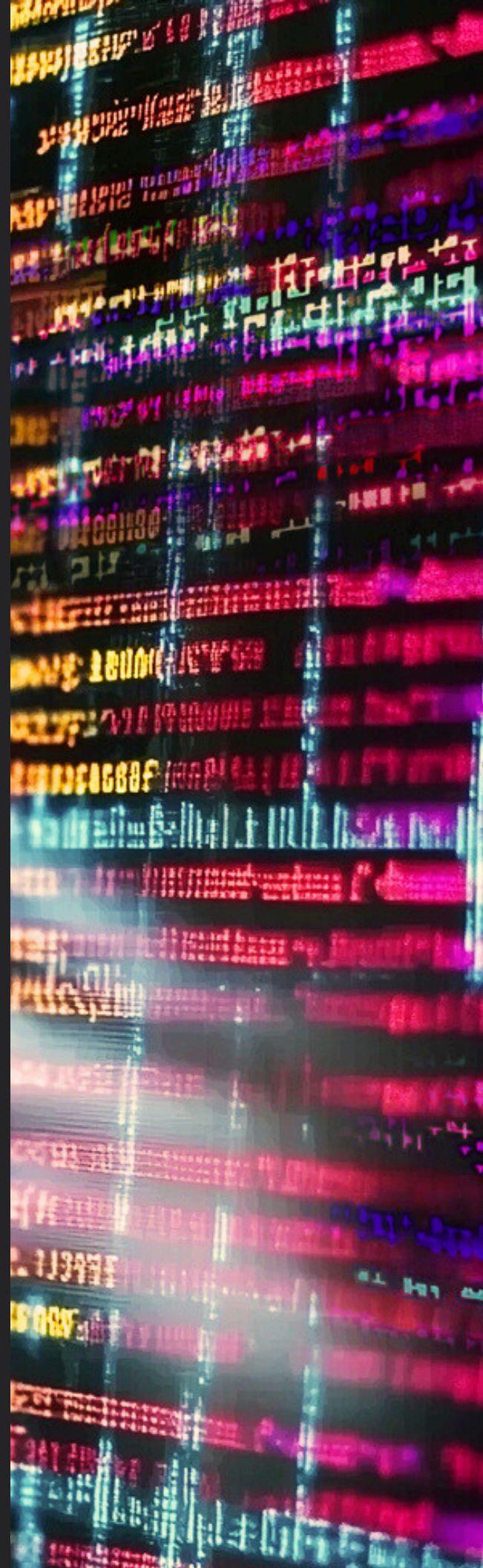
Visual Qualities: A high-energy composition of whites and yellows, complimented by the blue nature of ultra-violet rays.

Cognitive Functions: A dynamic and energetic environment that supports life-generating frequencies and cultivates creative and open-minded awareness. a synergy of precision, insight, and dynamic cognitive expression.

Cellular Physiology: Stimulation of accelerated wound healing, reduced inflammation and improved skin tone, while accelerating cognitive processing, cellular repair, and peak physiological function.

Suggested Frequency:

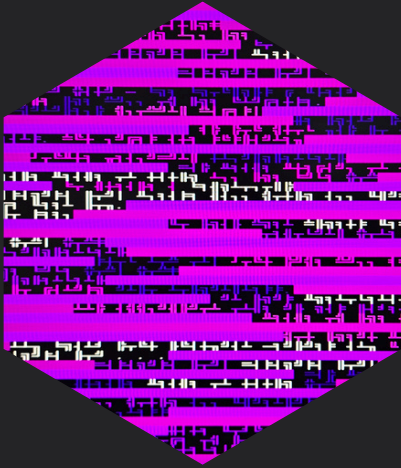
40+Hz for cognitive acceleration
528Hz for focus-driven mental activity
963Hz for universal awareness



THE LIGHT SYSTEM

Programming Manual

<Shift F5> Violet Transformation



Visual Qualities: A transformational presence of the colors of amethyst and indigo quartz crystals and their properties, to induce transformations of consciousness.

Cognitive Functions: A profound environment that expands spiritual awareness, enhancing intuitive insight, calming the mind while elevating mental clarity for the purpose of facilitating emotional healing and awakening spiritual enlightenment.

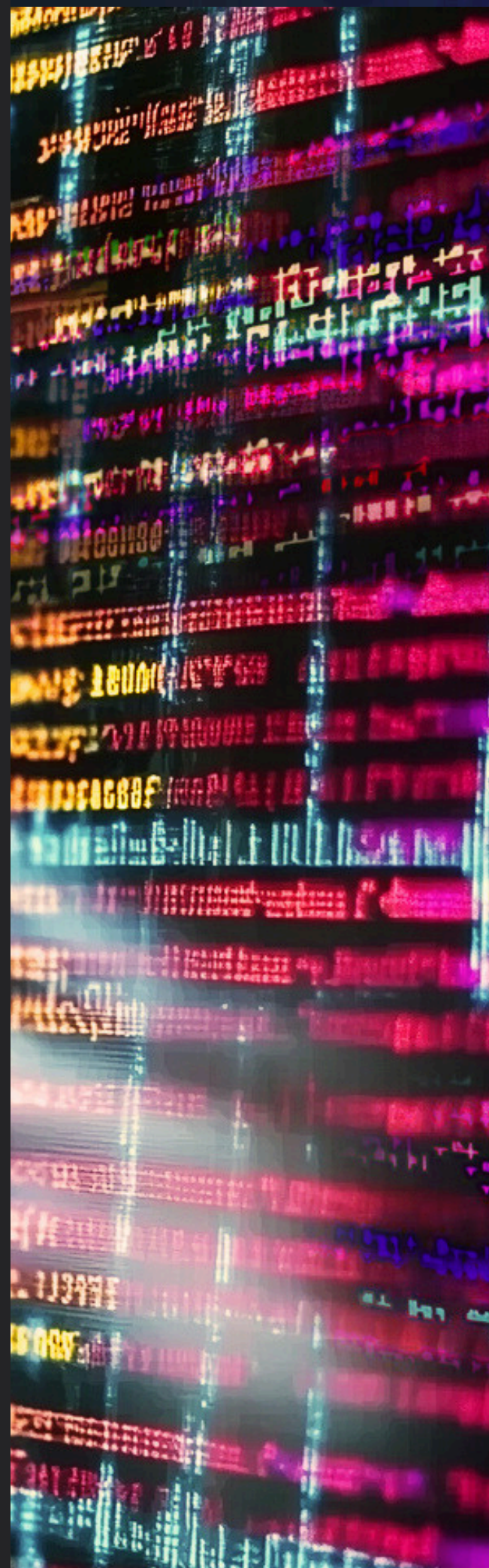
Cellular Physiology: Detoxification and stimulation of blood flow, balancing of the nervous system and reduction in excess cortisol production, resulting in emotional and mental detoxification.

Suggested Frequency:

0.5-4Hz for deep meditation

7.83Hz for intuition and inner wisdom

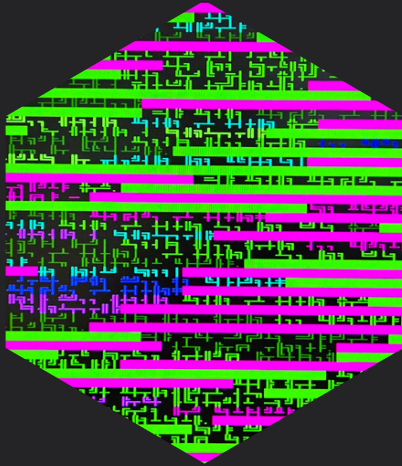
963Hz for spiritual enlightenment



THE LIGHT SYSTEM

Programming Manual

<Shift F6> Mystic Forest



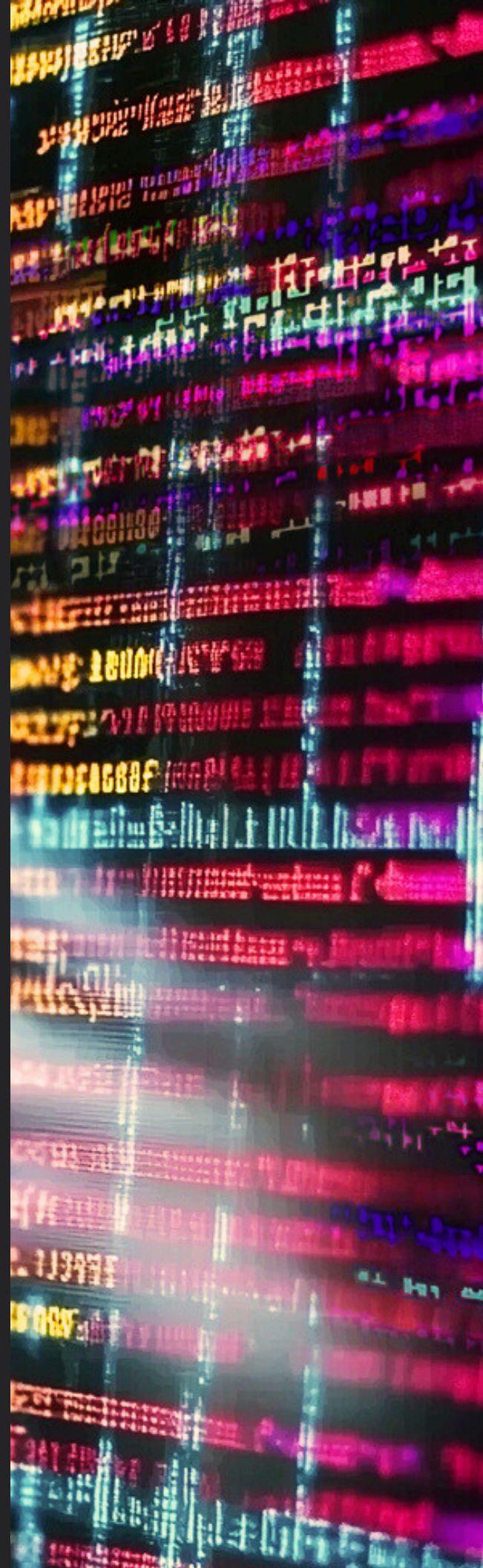
Visual Qualities: An intriguing presence of being surrounded and protected by the colors of a lush forest of deep greens, with an expected discovery at the next turn.

Cognitive Functions: An adventurous environment that improves mental focus and clarity, stimulating novel problem-solving and creative thinking, enhancing mindful awareness, connection and boosting positive anticipation.

Cellular Physiology: Activation of stem cells, tissue repair and collagen production, encouraging quicker cell recovery, the reduction of oxidative stress which is responsible for reduced inflammation, and dopamine and serotonin release.

Suggested Frequency:

12-30Hz for active thinking and alertness
528Hz for transformation and growth
7.83Hz for connection to the Earth



THE LIGHT SYSTEM

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5 A Multi-Layered Approach

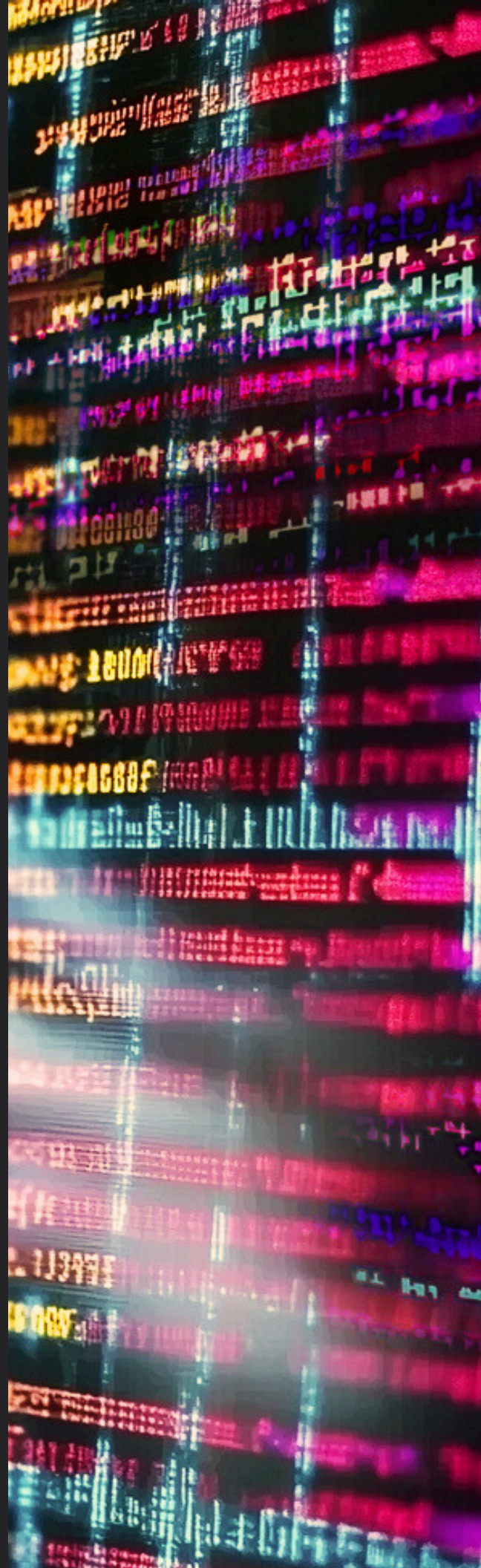
By combining The Light System program codes in a multi-layered approach, you can target both cognitive functions (such as focus, creativity, relaxation, and intuition) and cellular functions (such as regeneration, detoxification, and energy production).

When paired with clear intention and supportive language, these frequencies help reprogram cellular memory, promote mental clarity, and optimize overall well-being. By consciously integrating color, thought, and language during a TLS session, you can amplify its restorative effects on both the body and mind.

Combining color therapy, intentionality, and linguistics in The Light System can enhance both cellular regeneration and cognitive function. Colors emit specific frequencies—blue for calm, green for healing, and gold for vitality—that interact with the body's energy field.

These code combinations allow for a holistic and synergistic therapeutic experience that can be tailored to an individual's specific needs, promoting both mental clarity and cellular rejuvenation in a way that supports the mind-body connection.

By getting comfortable with these aspects of your system, you can really begin to personalize client-sessions and experiences, facilitating TLS sessions that feel personal, focused and unique.



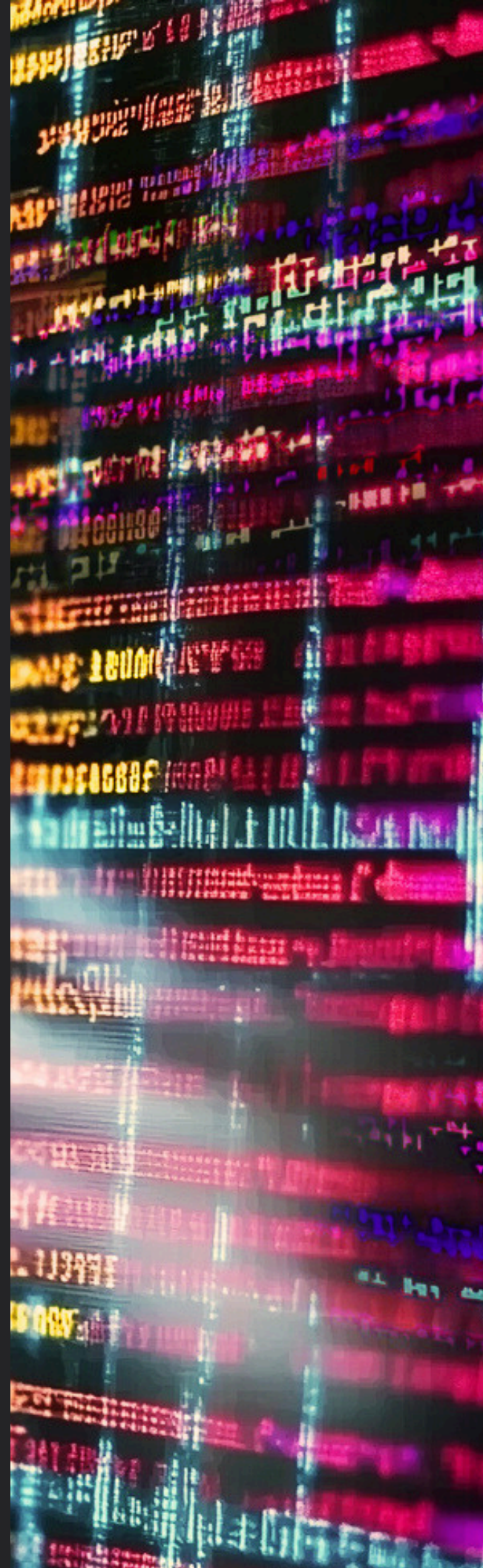
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6 Troubleshooting

The following are some actions that can be taken if The Light System is not operating as it should:

- Check to insure that all cables and components are connected to the proper port and that the connections are secure.
- To check to see if the system is powered, look through the perforations in the side of the case. A blue glowing light indicates that power is to the unit. Once the unit is warmed up and on, the start button should continue to glow with a blue light. If not, the unit will require factory service.
- If the unit is powered up and operating normally, but there is no display, check to make sure the cables are secure and the display unit has power. Check to make sure that the display input is correct and matches the input. For example, if TLS is plugged into HDMI 1, the display should be set to HDMI 1.



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- If the video display does not fill the entire screen, some display units offer the options to adjust how video is displayed. Most likely the display unit will have an on screen menu where "Display" can be selected. Select "Full Screen".
- TLS uses solid state hard drives (SSD) that are extremely quiet and do not have cooling fans like older computer hardware.

If you have any questions or concerns, please contact The Light System Technical Support directly by emailing contact@thelightsystems.com

