



MEDIA KIT

TimeWaver Media Kit

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Welcome to the World of TimeWaver!

Discover the experience of Information Field Technology* and Frequency Application

Body and Mind in Harmony

Experience the TimeWaver spirit

TimeWaver lets you analyze and harmonize deeper interrelationships and backgrounds, including spiritual and material imbalances in the Information Field. Be it medical care, wellness, vitality, sports, business or coaching: TimeWaver can provide you with new and holistic approaches.

Three Main TimeWaver Products to Meet Your Specific Needs:

- TimeWaver Frequency: A device for innovative wellbeing applications
- TimeWaver Pro: A wellness tool for the holistic health practitioner as well as a valuable tool for business professionals and coaches
- TimeWaver Cardio: A professional device for measuring the pulse wave and computing heart rate variability (HRV).

Become Part of the TimeWaver Family!

More than 2,000 professionals worldwide are using TimeWaver Information Field technology and frequency application, and their number is steadily growing!

On the following pages, we will provide you with a general overview of how our solutions, our products and our team can support you. The TimeWaver systems, developed by Marcus Schmieke, are based on unique concepts; it therefore takes some time and involvement to become familiar with them.

We wish you interesting reading and stimulating insights. We look forward to responding to any questions you may have.

* Information Field technology is a proprietary technology of TimeWaver. It is based on the theory that the Information Field is the non-material area through which spirit and matter communicate. It reflects what we consider to be the spiritual meaning of life events. The existence of such a field is discussed in scientific literature.

Analysis in the Information Field is designed to search for the information patterns that contribute to the harmonization of the Information Field. For this purpose, a priority is assigned to contents such as descriptive sentences, arranged in lists, by evaluating the data of a physical noise generator. In our users' experience, this priority reflects the relevance for the user. An analysis in the Information Field reflects a combination of factors at the time the analysis is done, including the intention of the user. An analysis at a different time may have a different result due to changes in the environmental variables.

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TimeWaver has conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants' wellbeing was higher after the application. We attribute this to the harmonization of the Information Field, in which the life energy, also called chi (or qi) and prana, is brought back into flow. This has not been confirmed by independent studies.

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Information Field. Each professional user should evaluate, based on their own experience, whether the application is useful in their practice. The terms used in the databases and modules do not constitute statements concerning their effects. Information from the TimeWaver system should always be critically questioned and, if necessary, verified with further procedures. The TimeWaver system should always be used within the scope of the user's professional practice, license or certification and in accordance with the Instructions for Use and company-provided manual.

TimeWaver is a registered trademark of Marcus Schmieke.

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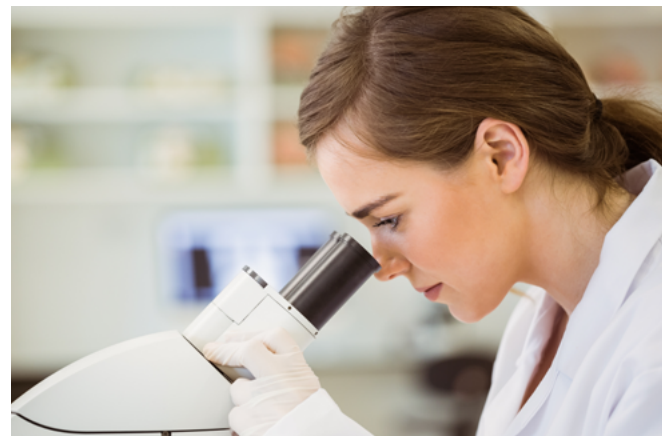
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TimeWaver Frequency

Microcurrent Frequency Application

TimeWaver Frequency For Holistic Health

The TimeWaver Frequency system opens up many new opportunities for wellbeing beyond the scope of medical procedures: It can be used to expand the range of activities with integrative methods and support the clients.

Marcus Schmieke had already been successfully working with Information Field technology and application in various disciplines for several years when Portuguese researcher Nuno Nina suggested to him combining Information Field technology with the application of microcurrent.

Frequencies speak the language of the body! We only understand maybe one percent of this rich language today, but with just this one percent we can achieve excellent results and promote wellbeing in many different ways.

Support for the Practice

With the TimeWaver Frequency system working independently, requiring only minimal operator intervention, its users have more time to attend to other clients. This is confirmed by the experience of thousands of users worldwide.

Harmonizing the Bioenergetic Field

The TimeWaver Frequency system is designed to harmonize imbalances in the Bioenergetic Field. We believe these imbalances are mostly invisible influences that can affect people in all areas of life and often have emotional or stress-related causes. The TimeWaver Frequency system is designed to analyze them using Information Field technology and bring them back into balance.*

Unique Information Field Technology

The TimeWaver Frequency system combines TimeWaver Information Field technology with Individualized Microcurrent Frequency (IMF) applications, based on the developments and experience of Nuno Nina, a Portuguese researcher and clinical director. The system includes modules to analyze the most suitable frequencies from more than 50,000 Gold Frequencies.

The areas of application are wide:

From wellbeing and vitality to sports and stress management. Subtle currents with individually analyzed frequencies are transferred to the body with electrodes.

Frequency Application

The application is non-invasive; the clients do not feel more than a slight tingling during this procedure. During the application, which lasts approximately 20-60 minutes, the clients can relax, let the frequencies take effect and recover and from everyday life. An innovative combination of TimeWaver Information Field technology and the application of microcurrent frequencies: Analyzing backgrounds in the Information Field and not just focusing on the superficial.

TimeWaver Frequency is a system for Microcurrent Frequency application, consisting of hardware and software, controlled by a laptop computer. It continuously analyzes the frequencies to be applied and transmits them to the client by means of various electrodes. It includes numerous programs organized by functional categories, more than 50,000 frequency databases assigned to various topics and the unique methods of systemic application according to Nuno Nina.

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The frequencies, duration, frequency, intensity and naming of the programs are based on the practical experience of the experts who created them. They have not been confirmed by independent studies.

What TimeWaver Frequency Can Do for You

- A clear and easily understood application protocol
- Detailed training courses at the TimeWaver Academy
- Easily reproducible procedures
- Time saving automation
- An easy to delegate method
- Worldwide application since 2010
- More than 50 million applications of Individualized Microcurrent Frequency (IMF) programs

The TimeWaver Frequency system expands your individual therapeutic spectrum. You will be supported and we believe your clients will benefit from our innovative methods. The wide range of applications and the numerous options offer every user a valuable extension and addition to their own range of services and an easy integration into their existing workflow.

Through the intelligent functions of TimeWaver technology, the entire workflow can be automated and compiled in individual client-specific protocols. The system independently processes the various frequency sequences using its automation functions. You only need to check the status and progress of the application from time to time.

The TimeWaver Frequency system includes many programs, organized by subject, special modules for analyzing the most suitable frequencies, and over 50,000 frequency databases, assigned to various topics.

The Cell as a Mirror of the Body

A Strong Cell as the Basis for Wellbeing

Cell researchers Dr. Robert O. Becker and Dr. Bjorn Nordenstrom, a former chairman of the Nobel Assembly, discovered that a decrease in cell membrane tension is often associated with a decline in health.

But why does cell membrane voltage decrease in the first place? According to their model, an acidic cellular milieu is a major cause. This means that there are too few electrons surrounding the cell, causing the pH value to drop. This is where TimeWaver Frequency comes in: Its goal is to harmonize the Bioenergetic Field of the cell.

Note: The model of cell membrane voltage according to Becker / Nordenstrom is not acknowledged by conventional medicine due to the lack of scientific evidence in the sense of conventional medicine.

Wellbeing Begins in the Cell

The decrease of cell membrane voltage has been identified as a main cause of many imbalances. The basic principle of TimeWaver Frequency application is based on the harmonization of the Bioenergetic Field.

Energy for the Cells

The effects of frequency application explored to date are wide-ranging: among others are ATP production, protein synthesis, acid-base balance, detox, intra- and extracellular regulation.

Information Field technology is used in the TimeWaver Frequency systems to both analyze and control the applied frequencies and to synergistically support the frequency application. The whole is more than the sum of its parts in this case!

*Note: Clinical Orthopaedics and Related Research No. 171, November-December 1982. This animal study refers to the effects of microcurrent and does not pertain to TimeWaver Frequency itself, but to the basic mechanisms on which it builds. These results have not been confirmed by other studies so far and the transfer of the results to TimeWaver Frequency would be speculative.

If frequencies are the language of communication at the cellular level, it follows that many imbalances in the Bioenergetic Field can be harmonized by specifically and individually selected currents and frequencies. The basis of this theory is that certain frequencies can be systematically assigned to certain topics. User experience about which frequencies should be applied for which case has been a major factor in the development of the TimeWaver Frequency system.

The Information Field Module

The Information Field Module is designed to analyze backgrounds and potential interconnections in the Information Field. In our experience, it is a good preparation for the frequency application and is an elementary part of the TimeWaver Frequency system.

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It helps you to analyze which frequencies are suggested for a specific application and draw conclusions about possible correlations found in the Information Field. This should enable you to harmonize the Bioenergetic Field of your clients by applying those frequencies.

Analyzing in the Information Field

The information layer of the TimeWaver Frequency system contains an extensive database on different levels in the Bioenergetic Field, pertaining to a number of topics.

In addition, the TimeWaver Frequency system analyzes, within the Information Field, which positive information could be useful, and sends this information into the Information Field.

Individualized Microcurrent Frequencies (IMF) ¹

Determining Frequencies in Real Time

The Individualized Microcurrent Frequency (IMF) application of the TimeWaver Frequency system is innovative: The system permanently determines the frequencies to be applied in real time and continuously adapts them to the client during application.

With the resonance analysis function, the system analyzes the duration of the respective frequency matched to the client and checks the progress of the applied frequencies. At the appropriate point in time, the system automatically switches to the next frequency and applies it until it is no longer required.

¹ "Individualized Microcurrent Frequencies" ("IMF") is a proprietary technology of TimeWaver. It uses the data from a physical noise generator to assign a priority to frequencies that professional users' experience indicates have the highest relevance for the user. The Individualized Microcurrent Frequency (IMF) programs are designed to support wellbeing through the harmonization of the Bioenergetic Field.

Analyzing Deep Backgrounds

TimeWaver Information Field technology² is designed to analyze backgrounds and interrelationships on an emotional and systemic level and to harmonize them by means of specific information and oscillation patterns in the Information Field.

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TimeWaver Frequency McMakin

Frequency Specific Microcurrent (FSM)* for Wellness and Wellbeing

The TimeWaver Frequency McMakin system is both a device and a method. It is based on over 25 years of experience by chiropractor Carolyn McMakin with dual-channel applications of Frequency Specific Microcurrent (FSM). More than 120 automatic FSM application protocols are available for a variety of applications and disciplines; these can easily be expanded to include additional customized protocols.

Carolyn McMakin, D.C. is renowned worldwide as a pioneer of dual frequency application, especially in the field of competitive sports and imbalances in the Bioenergetic Field.

The most important protocols of her method, in use for over 20 years, have been adapted to the TimeWaver Frequency system and the result is the TimeWaver Frequency McMakin system. Each of these protocols contains specific frequency pairs that always possess the same structure: The first frequency is related to the purpose, for example vitalizing. The second frequency defines the target, for example the Bioenergetic Field of a joint.

TimeWaver Frequency vs. TimeWaver Frequency McMakin

TimeWaver Frequency, being a multi-purpose system, has a range of applications, whereas TimeWaver Frequency McMakin specializes in harmonizing the Bioenergetic Field of joints and bones by using FSM (Frequency Specific Microcurrent). Both applications (Individualized Microcurrent Frequencies and Frequency Specific Microcurrent) can be operated on the same TimeWaver Frequency device.

* "Frequency Specific Microcurrent" ("FSM") is a proprietary mode of action used by TimeWaver. It uses two outputs in parallel to transmit frequency modulated microcurrent to the client via electrodes. The frequency pairs, duration, frequency, intensity and naming of the programs are based on the practical experience of the experts who created them.

The frequency programs are designed to support wellbeing through the harmonization of the Bioenergetic Field. We have conducted before/after surveys, which were non-blinded, in controlled and randomized groups of participants. These surveys suggest that the participants' wellbeing was higher after the application. We attribute this to the harmonization of the Bioenergetic Field, which we refer to as the energy flow of life, traditionally also called chi (or qi) and prana. This has not been confirmed by independent studies.

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TimeWaver Pro

Your Opportunity in the Information Field

Stepping into New Dimensions with TimeWaver

The connections between wellbeing and wellness, job, family or life are bigger than we might think. Our psyche, our personal experiences and many seemingly invisible factors are having an effect on our lives and do not always make it easy to analyze the causes and harmonize imbalances.

TimeWaver technology analyzes these complex mechanisms in the Information Field and shows you, based on user experience, what you can do to harmonize hidden imbalances in the Information Field.*

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The Information Field: Exploring Deep Backgrounds

The so-called Information Field is originally part of a unified field theory, formulated by German physicist Burkhard Heim (a student of Werner Heisenberg) in the late 1970s. Heim had thereby pursued a task at which many renowned physicists, for example Albert Einstein or Stephen Hawking, had so far ultimately failed.

Burkhard Heim's field theory is based on a world view comprising 12 dimensions. In Burkhard Heim's model, the Information Field is localized in the 7th and 8th dimensions. Its meaning goes far beyond physics: It is the level of our existence where all answers to all questions are stored, our predetermination and all knowledge.

TimeWaver technology is based on the theory that the essence and function of the Information Field can be purposefully applied by those who are familiar with it. It is about retrieving all the information about a person's mind and body that is stored in the Information Field of the Earth and the Universe; the positive as well as the negative, the strengths as well as the weaknesses, the normalities as well as the abnormalities.

Marcus Schmieke, the founder and inventor of TimeWaver, met Burkhard Heim a few times in person, discussing his work. Inspired by their encounter, he studied the latter's research for a long time in order to make it more comprehensible and to find possible applications for it. All this resulted in the development of the TimeWaver system.

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The Information Field in Simple Words

In his book "The Second Path: My Life in the Information Field" Marcus gave a very simple and easily comprehensible explanation of his understanding of the Information Field when asked by his publisher to explain it for his mailman:

We humans carry two aspects within us: First the body, the material part, and then the mind, the consciousness. This dichotomy (meaning the division between two things) is the basis of everybody's world view.

Now those two are very, very different from each other, the material body in comparison to the mind and the consciousness. It is very hard to understand how they ever manage to work together, even though this is of course necessary and works reasonably well in practice. We just don't know exactly how they do it!

The link between matter and spirit, between the body and the mind, is the so-called Information Field. It is neither a physical nor a mental thing. It is something completely new, carrying both those properties within itself and can therefore translate from the language of the body into the language of the consciousness.

So the two parts can speak to each other: The mind can create shapes within the Information Field that manifest in matter. It also works the other way round: the material world can influence the mind over the Information Field.

All this is very, very important for us humans, because when mind and body cannot communicate with each other, when they are not pulling in the same direction, then we get sick. Life means body and consciousness, mind and matter being in harmony. Death is when they separate.

Insights on Every Level

TimeWaver analyzes different levels in the Information Field, which we believe in their entirety make up the human being. Not only the correlations with our being that are found in the Information Field, but also the energetic and informational levels are considered.

User experience indicates that these are often closely interconnected and should ideally work together.

- Imbalances
- Mental-spiritual level
- Systemic level
- Psychological level
- Information level
- Energetic level
- Material processes
- Energetic imbalances

A Wide Range of Application Areas

In our experience, a successful mode of application for the Information Field over many years, in the form of the TimeWaver systems, has been analyzing and harmonizing imbalances in the Information Field, often in synergistic conjunction with the application of frequencies and microcurrent.

You may notice that such application may also give you supportive ideas which may help you to tackle commercial tasks, such as decision making (decision support), process control and support in achieving clearly defined corporate goals.

Visualizing Hidden Backgrounds

TimeWaver is designed to analyze the deeper connections and backgrounds of mental and material imbalances and to harmonize them in the Information Field. Be it in the field of wellness and wellbeing, sports, business or coaching:

Since the connections of imbalances often lie in areas that are not obvious – e.g., partnership, profession, environmental stress or living environment – TimeWaver comes with a large number of different databases for many important areas of life.**

More than 5,000 therapists, psychologists, architects, farmers, veterinarians, coaches, management consultants, athletes and other professional groups are using TimeWaver worldwide.

Depending on the area of application, we have therefore developed integrative modules that are adapted to the requirements of the different professional groups.

TimeWaver Pro Applications:

- Wellbeing
- Sports, fitness, wellness
- Mental Relaxation
- Business
- Agriculture
- Building analysis
- Energetic stresses
- Coaching
- Systemic practice

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Additional Modules

Depending on the experience and application strategy of its users, the TimeWaver system can be extended by additional modules. These can be quickly and easily integrated into the application portfolio.**

- Coherence Module
- Sound Module
- Meridians Module
- Energy Points Module
- MyTimeWaver Module
- Homeology Module
- Matrix Module
- Aura Module
- TimeLine Module
- Coaching Module
- GenoWave Module
- Cardio Module (HRV Analysis)

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Quantum Physics and Depth Psychology

A Holistic Approach

The idea for TimeWaver Information Field technology has its origins in both quantum physics, where close interactions between mental and material processes can be observed, as well as in depth psychology, especially the concept of the collective unconscious created by the Swiss psychiatrist C. G. Jung. These two approaches are interconnected and brought together in the TimeWaver system.

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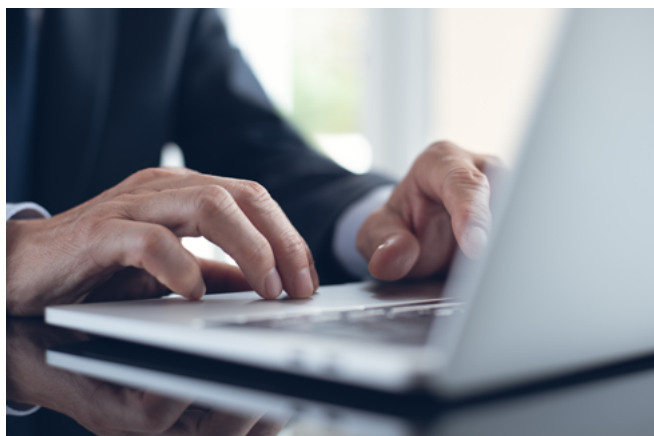
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TimeWaver BIZ

Controlling Your Business. Controlling Your World.

A business that makes nothing but money is a poor business. - Henry Ford

TimeWaver BIZ – Your Guide to Success

A company can be a complex system. Entrepreneurs and managers often face challenges in making successful decisions. Nowadays, we need much more than just numbers, data and facts!

This is where TimeWaver technology* comes into play in the commercial field: In our experience, the TimeWaver BIZ system can give you deeper insights into the various dynamics of a company and hidden potentials become visible!

The TimeWaver BIZ system provides new impulses for successfully running your business!

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It Is Your Decision: Where Is the Journey Going?

How do you make decisions? How do you reach your goals? Often enough in life, the perfect solution, the best idea, new customers, a reliable supplier or the ideal employee seem to materialize at exactly the right moment, as through magic.

There are many names for these phenomena: intuition, the luck of the fittest, gut feeling, coincidence or experience. In scientific terms, we might also call it stochastics, synchronicity, heuristics, morphogenetic fields or the collective unconscious, as per C. G. Jung. Some people also claim that their faith or their spirituality helps them do the right thing.

From our perspective, all these terms are names for more or less the same thing. At TimeWaver, we call this the Information Field.

The TimeWaver BIZ (Business Information and Zoning) system opens up the potential of the Information Field which, in users' experience, can help to run a more successful business.

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It provides Information Field analysis for:

- Strategic orientation and decision support
- Process support and target monitoring
- Marketing: brand management, positioning, CD/CI
- Financial planning, liquidity planning
- Investment decisions
- Risk management
- Human resources: employee placement, crisis management, motivational issues

Is This a Service? Or Software? Or a Device?

It is a bit of everything. The TimeWaver BIZ system consists of specially designed hardware, controlled by a supplied notebook PC running the TimeWaver control software and containing the required databases.**

In addition, there is a group of top-class independent business consultants who are experts in various aspects of the TimeWaver BIZ system. Our customers can put them to good use transferring their business tasks to the TimeWaver BIZ system.

And of course, you can learn the first steps with the TimeWaver BIZ system, as well as more in-depth and complex applications, at the TimeWaver Academy.

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The TimeWaver BIZ system is especially well suited for:

Large companies at top management and department head level:

With the help of Information Field analysis strategic processes and decisions become more tangible and manageable. The path towards the goals appears in more clarity. HR increases its efficiency. Risk management gains a human component.

Small and medium-sized enterprises (SMEs, from 1 to 500 employees):

Supporting aspects of day-to-day management: financial issues, customers, employees. Intuition becomes tangible, hunches become consciousness.

Business consultants:

Offer your clients exciting and disruptive services, thinking outside the box! Improve your perceived professional profile and make yourself indispensable.

The TimeWaver BIZ system analyzes and optimizes a business's energy (as opposed to its material goods).

The seven energy clusters of a company are mapped in the individual functional areas of the TimeWaver BIZ System. As a whole, they comprise all important aspects that are relevant for a successful enterprise:

- Trust in the market and the business
- Security and growth
- Decision making competence and drive
- Dedication and loyalty
- Communication and information
- Leadership and intuition
- Meaning, vision and identity

Disclaimer: Science does not acknowledge the existence of the Information Field, its analysis, harmonization and other importance due to the lack of scientific evidence. Individualized Microcurrent Frequency (IMF) and Frequency Specific Microcurrent (FSM) programs are not acknowledged by conventional medicine due to the lack of scientific evidence in the sense of conventional medicine. Use of TimeWaver products, programs or information is at the user's own risk and subject to the user's discretion and professional judgment. The TimeWaver companies specifically disclaim responsibility for user decisions related to the use of TimeWaver products or services that are outside the scope of the

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The TimeWaver Coaching Module

A Software Tool for Professional Coaching

Every human possesses unique potentials and resources. Due to stress and pressure to perform, it is becoming increasingly difficult to (re)discover and use them. They often remain hidden, preventing us from leading a conscious way of life.

Would You like to Get to the Bottom of Things, Gain Deeper Insights and Find Hidden Underlying Interrelationships?

TimeWaver Pro provides an unique software solution for life coaches, Family Constellation consultants, mentors, business consultants or career counselors: The TimeWaver CoachingWheel Module facilitates interactive coaching sessions with your clients, and in users' experience, complements them with valuable information from the Information Field.* Unlike other TimeWaver software modules, the CoachingWheel Module has you sitting next to your client during the coaching session.

Finding Balance in Life

The coaching goal is to empower your clients to lead a happy, healthy and successful lives. Often, completely new perspectives and goals emerge; your clients can independently shape their lives.

The basic structure of the goal-oriented process follows the common model of the 14 most important aspects of life, including the professional and family environment as well as holistic wellbeing.

Approximately 169.000 comprehensive databases are available for analysis**:

- Meditation
- Prenatal patterns
- Transformations of life themes
- Unblocking of blocking beliefs
- Systemic affirmations
- Dissolving false beliefs
- Holistic personality development
- Totem animals
- Management
- Answer Matrix
- Spiritual answer matrix
- Home and living
- Personal wellbeing
- Affirmations
- and many more

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A coaching session with the TimeWaver Coaching module consists of four steps.

Self-Assessment

This part includes personal reflections of the client; it is the conscious area according to C. G. Jung. The evaluation is carried out on a scale of 1 to 10 points, relating to satisfaction in the corresponding aspects of life. Life themes quickly emerge, on which the coaching sessions can be built.

Exploring Vision, Goals and Reality

In the second step, a quantitative and qualitative assessment of the (nondesired) actual state is carried out. The best achievable result and the realistic goals (e.g., dreams, wishes, visions, etc.) are defined. The client is given a toolbox to help them achieve the goal.

Discover Possibilities through Information Field Analysis

In this step, the conscious is compared to the unconscious with the help of Information Field analysis on eight different levels. The goal is to bring the unconscious aspects into the client's consciousness. TimeWaver also determines the greatest divergences between conscious and unconscious occurrences. The client's perception is meant to be changed at this stage.

Creating an Action Plan

Finally, a mutual definition of goals and their time frames, in terms of short and long-term goals, is carried out. The resulting action plan can be handed to the client in the form of a concise print-out, so that in addition to the optimization in the Information Field (which is running in the background), they receive a detailed instruction manual for practical implementation.

Practical Examples of Coaching Topics

- Reconciling personal wellbeing and professional success
- Dealing with private and professional changes
- Development and strengthening of leadership skills
- Improvement of communication skills
- Conflict management

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** Analysis in the Information Field is designed to search for the information patterns that contribute to the harmonization of the Information Field. For this purpose, a priority is assigned to contents such as descriptive sentences, arranged in lists, by evaluating the data of a physical noise generator. In our users' experience, this priority reflects the relevance for the user. An analysis in the Information Field reflects a combination of factors at the time the analysis is done, including the intention of the user. An analysis at a different time may have a different result due to changes in the environmental variables. The content of the TimeWaver databases is based on the practical experience of the experts who created them. They have not been confirmed by independent studies.

TimeWaver information should not be the only information relied on to provide coaching advice, which is solely at the discretion and professional judgment of the user.

Notice: The analysis and harmonization in the Information Field is not intended to cure, treat, mitigate, diagnose or prevent any disease or medical condition. It is intended to give the professional user the option, in a holistic context, to derive helpful information from Endings from the Information Field. Each professional user should evaluate, based on their own experience, whether the application is useful in their practice. The terms used in the databases and modules do not constitute statements concerning their effects. Information from the TimeWaver system should always be critically questioned and, if necessary, verified with further procedures. The TimeWaver system should always be used within the scope of the user's professional practice, license or certification and in accordance with the Instructions for Use and company-provided manual.

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TimeWaver Cardio

Measuring Heart Rate Variability (HRV)

Stress and Coherence Analysis through Heart Rate Variability (HRV)

HRV in Combination with TimeWaver Technology

Heartbeat as a Vitality Indicator

HRV is a global indicator of the resonance capacity and adaptivity of bio-psycho-social functional circuits in the interaction between organism and environment.

Prof. Michael Mück-Weyman

Whether we are climbing a mountain, facing a difficult test or hurrying to get to a meeting on time – we can feel stressful situations all over our body. In such cases, a fast-beating heart is a normal adaptive reaction to internal and external influences. In healthy people, the heart constantly reacts to external stimuli with finely tuned changes in the heartbeat sequence. This phenomenon is called heart rate variability or HRV.

HRV is by no means a novel concept in medicine: As early as the 3rd century AD, the Chinese doctor Wang Shu-he described different types of pulse and used the heartbeat to assess the state of health.

Today, HRV analysis as a diagnostic parameter is used for numerous purposes in modern medicine. Many studies have shown that health problems such as burnout, depression, sleep disorders and cardiovascular diseases are often associated with reduced HRV. Reduced or even absent heart rate variability can also be a sign of reactive rigidity or a lack of adaptability. This is often an indication of existing or imminent imbalances.

The international Task Force of The European Society of Cardiology and The North American Society of Pacing and Electrophysiology has compiled and published guidelines on standards of measurement, physiological interpretation and clinical use of heart rate variability in 1996.

TimeWaver systems use stress HRV measurements taken with the TimeWaver Cardio Pulse device, providing a basis for a range of deeper Information Field analyses.

All rhythms of life are reflected in our heartbeat. Therefore, referring to the heart as a sensor for assessing the current state of health seems self-evident. Heart rate variability (HRV) is a key indicator of inner balance and vitality; it measures the degree to which the autonomous nervous system is controlling physiological processes.

Its responsiveness is much faster and wider than our consciousness. Therefore, vital functions such as heartbeat, respiration, digestion and metabolism cannot be deliberately influenced; they run more or less independently of our intentions.

Finding Inner Balance

A sound knowledge of the various influences on HRV, such as diet, lifestyle or sports, will benefit holistic health. TimeWaver offers HRV measurement technologies providing information about stress levels and vitality in the TimeWaver Cardio system.

Individual challenges are taken into account; stress factors can be addressed. Based on the HRV analysis results, deeper analysis in the Information Field can then be carried out with the TimeWaver system. Hidden backgrounds of imbalances can thus be analyzed and harmonized. *

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This method is particularly suited for the following areas of application:

- **Regeneration and stress management**
- **Sports**
- **Interactive coaching sessions and consulting**

The TimeWaver Cardio Pulse system lets you measure the pulse wave and evaluate the heart rate variability (HRV).

HRV Measurement and its Parameters

During HRV measurement, heartbeats are recorded over a period of approximately five minutes. The results are evaluated graphically and divided into three groups.

- HF range, High frequency: 0.15 to 0.4 Hz
- LF range, Low frequency: 0.04 to 0.15 Hz
- VLF range, Very low frequency: below 0.04 Hz

For each range, the time intervals between the heartbeats are measured separately, multiplied by themselves and tallied for the respective range. The sum thusly obtained is called the "power" for the respective range, expressed in ms². The ratio between LF power (i.e., parasympathetic range, resting state) and HF power (sympathetic range, activity) should be between 1.5 and 2.0 in healthy humans.

This measurement – carried out with a finger clip for use in a medical setting – was developed to provide information about a person's stress level and vitality.

The TimeWaver Cardio Pulse system is designed to facilitate in-depth analysis and to support the choice of additional applications. It was developed to evaluate the most important of all physiological frequencies, namely the heartbeat, with regard to its internal coherence.

The result is represented in 14 parameters, by means of a clearly arranged color graph to highlight imbalances.

The parameters of the TimeWaver Cardio Pulse system are divided into four main groups:

- Total energy, sympathetic/parasympathetic ratio (tension / relaxation)
- Stress parameters
- Combined display of heart rate variability
- Human stress status in six parameters

The comprehensive analysis provided by the TimeWaver Cardio Pulse system is complemented by a concise and easy-to-use evaluation for beginners, designed to provide a quick insight into a client's stress status by means of three stress quality parameters. All the evaluated data of the TimeWaver Cardio Pulse system are providing only a momentary assessment.

* Information Field technology is a proprietary technology of TimeWaver. It is based on the theory that the Information Field is the non-material area through which spirit and matter communicate. It reflects what we consider to be the spiritual meaning of life events. The existence of such a field is discussed in scientific literature.

Analysis in the Information Field is designed to search for the information patterns that contribute to the harmonization of the Information Field. For this purpose, a priority is assigned to contents such as descriptive sentences, arranged in lists, by evaluating the data of a physical noise generator. In our users' experience, this priority reflects the relevance for the user. An analysis in the Information Field reflects a combination of factors at the time the analysis is done, including the intention of the user. An analysis at a different time may have a different result due to changes in the environmental variables.

TimeWaver has conducted unblinded before/after surveys in controlled and randomized groups of participants. These surveys suggest that the participants' wellbeing was higher after the application. We attribute this to the harmonization of the Information Field, in which the life energy, also called chi (or qi) and prana, is brought back into flow. This has not been confirmed by independent studies.

Notice: The TimeWaver Cardio Pulse system is not intended to diagnose, treat, cure, mitigate or prevent any disease or medical condition, or as a substitute for appropriate medical care.

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TimeWaver – the Company

TimeWaver was founded in 2007 and has been steadily driving the development of disruptive medical products and new concepts in the field of Information Field Technology and Frequency Application. Within a few years, without much advertising or marketing support, the TimeWaver idea experienced tremendous and continuing success in many countries, not only in professional applications for wellbeing and holistic health, but also in areas such as business, coaching, family analysis and personal development.

The company is based at Kränzlin Castle, near Berlin. Some of our seminars are held there in the beautiful old buildings; if you visit us, you will have the opportunity to get to know us and our corporate philosophy in person!

Our success is the success of our partners, users and friends as well. Human beings and trusting relationships with each other are among the most crucial values for us.

TimeWaver is also among the leading forces in the field of research and development: We are participating in some of the most relevant symposia and events on Information Field technology, quantum physics, integrative applications and holistic health.

TimeWaver Information Field Technology and Frequency Applications are currently used by over 2,000 users worldwide. *

They are united in their belief and confidence that the continuing advancement of today's scientific knowledge and cutting-edge technologies, combined with consciousness and clear values, can create a better future for all mankind.

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The People Behind TimeWaver

Marcus Schmieke

Inventor, entrepreneur and visionary

Marcus Schmieke had already enjoyed a long career as a youth concert pianist and chess master as a child and teenager when he decided to spend a few years as a monk in an Indian monastery while studying physics.

He had come to realize that today's problems in natural sciences cannot be solved without the help of spirituality and philosophy. The synthesis between these three disciplines is the most important value and the guideline in his life.

In addition to his work as the founder and inventor of TimeWaver, Marcus Schmieke is holding lectures all over the world on scientific, philosophical and medical topics. He is the author of numerous books and scientific papers.

Furthermore, he is the founder of the Existential Consciousness Research Institute ECR and the Institute for Applied Consciousness IACR near Berlin, where the interaction between matter and consciousness is being researched.

Nuno Nina

Researcher and frequency application expert

Portuguese Nuno Nina is the director of several integrative medicine clinics, specializing in cell biology. He compiled 144,000 so-called gold frequencies in his work and assigned them to specific conditions. His work complements and advances the technology of the TimeWaver Frequency system.

Carolyn McMakin

Carolyn McMakin, D.C. is an American teacher, researcher and pioneer of interfering dual frequency applications, termed FSM (Frequency Specific Microcurrent). Her work and knowledge of over 25 years form the basis of the TimeWaver Frequency McMakin system.

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TimeWaver Online Academy

The Training Portal

TimeWaver is attracting more and more users every year; the activities of the TimeWaver Online Academy are constantly growing and changing as well. Today, our portfolio is more varied than ever before and specifically geared towards your needs.

We provide comprehensive support for your work with TimeWaver systems. Launched in 2011, the TimeWaver Academy is available to all TimeWaver users: You will be introduced to the disruptive Information Field Technology. Besides learning the first steps of its application, you will also learn about more in-depth and complex application options.

The Benefits of the TimeWaver Online Academy

- Up-to-date expertise and new developments always available
- A wide range of training content and webinars
- Repeat hands-on training units as often as you want
- Professional assistance and direct interaction
- Simple and intuitive operation

Event Calendar

Experience TimeWaver and get to know its products, ideas and services! During our events and in the extensive seminar and webinar program, current and potential users gain first-hand knowledge.

<https://timewaver.com/academy/event-calendar/>

Online Training

Have you recently purchased a TimeWaver system? We provide you with training courses for an easy and effective start in your work with TimeWaver. Through a wide range of educational content, you are going to learn the in-depth handling of our systems and modules.

<https://timewaver.com/academy/eur/online-training/>

What are you going to learn at the TimeWaver Online Academy?

- A deeper understanding of Information Field technology
- Working effectively with TimeWaver systems
- Time-proven strategies and processes for faster application success
- Higher self-confidence when working with TimeWaver system
- Using TimeWaver systems in all aspects of life

Disclaimer: Use of TimeWaver products, programs or information is at the user's own risk and subject to the user's discretion and professional judgment. The TimeWaver companies specifically disclaim responsibility for user decisions related to the use of TimeWaver products or services that are outside the scope of the Instructions for Use and company-provided manual.

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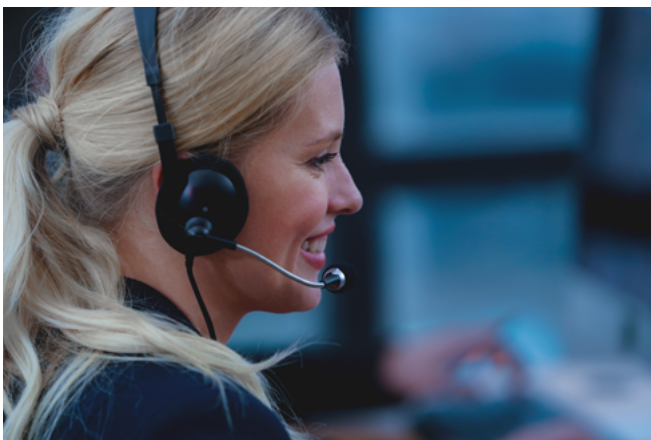
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