



RASHA

RASHA Assembly and Instructional Manual



UGreen Chord

Audio Adapter

Power Cable





1. Take everything out of the RASHA package and place it on a stable surface.
2. Plug in the black power cord into the back of the RASHA and into a wall outlet.
3. Plug in your gold audio adapters into the 4 channels (audio inputs) on the back of the RASHA.
3. Take the grey UGreen chord and plug the double sided end into the back of your RASHA under the "INPUT" sticker.
Note: Red to Right & White to Left
-Plug the other end of the UGreen chord into the audio jack on your RASHA software device.
4. Plug your Audio Technica Headphones into the back of the RASHA into any channel on the 4 channel amplifier.
-You can adjust the volume on the headphones by moving the white dials (above the input) accordingly.
5. Plug the cord from your RASHA Chair and/or Bed into another channel on the 4 channel amplifier on the back of the RASHA.
- You can adjust the volume on the RASHA chair/bed by moving the white dials (above the input) accordingly.

Note: Please reference assembly manuals for the RASHA beds/chairs that are included in your chair or bed's shipment parcel provided by the product manufacturer.

6. The RASHA is advised to be placed behind the chair and near the head when reclined/laying down due to the profound conscious interface between the user and the RASHA.



RASHA

Group Meditations:

Feel free to plug your RASHA into an external speaker and/or amplifier to reach larger audiences and facilitate group RASHA healings. Advise/ provide your audience to bring yoga mats, or a comfortable floor seating arrangement to lay on during the group session. The RASHA can be placed ideally in the middle of the room.

Note: Don't be shy with the volume!

Suggested Use:

There is no limit as to how many sessions one may undergo. This would be up to the client in terms of how consistently they feel they'd need/like RASHA sessions. Some are more sensitive to energy healing and frequencies than others.

- Suggested Maximum sessions: Twice per day
- Sessions can be run as inconsistently as once per month. Note: For faster results, execute sessions at least once-twice per week.
- Suggested Minimum amount of sessions (12)

Restrictions:

There are no consumer restrictions when utilizing the RASHA as it uses information the body is innately familiar and compatible with.

Accessible to:

- Pregnant Women
- Babies
- Animals
- Plants
- Elderly audiences - it will promote peace and tranquility on the eternal level during the transition period.



Operations:

1. RASHA ON last, RASHA OFF first.
2. Please let the RASHA rest (OFF) for 10-15 mins in between sessions.
3. Keep in an air conditioned, dry setting.
4. HYDRATE - Please have the client drink at least one glass of water right after your RASHA session. This is suggested as the information from the RASHA session binds to the water molecules in the body. Our bodies exert themselves to hold the information so it is pivotal that the water is replenished in the body in order to heal and progress efficiently. (The human body is made of 98.8% water molecules)
5. Phones on and/or in the RASHA Relaxation Room is not suggested as this is to be a meditative, quiet experience with no distraction.

This technology is very powerful and not only addresses the physical, but the emotional, the mental and the spiritual as well. That said, a Herxheimer reaction or "detox" can be anticipated. Symptoms can be explained as fatigue, uprise of emotions, headache, worsening symptoms, cold and flu symptoms, etc. Contrary to what you may be thinking, this is a good sign. The body is ridding itself of the toxins in order to allow the body to continue on its healing journey. Continue sessions.



Intension:

Setting an intention while on the RASHA is a turnkey component to achieve optimal and self-empowered healing . As this is a meditative, consciousness expansion tool, we suggest that clients call to mind what they are looking to alleviate regardless of its terms (emotional, mental, spiritual, physical). Hemi-syncing, or harmonization of the Autonomic Nervous

System (ANS) is achieved within the first 5 minutes of the RASHA session. When exposed to true scalar energy and our resonant frequencies, orderly thought enhances the healing and materialization process.

Examples:

"I am alleviated of all of my stress"

"I love myself and I approve of myself"

"I am happy, healthy, and wealthy"

"My chakras are cleared of all of their blockages"

"I am relieved of all of my emotional trauma, and I forgive those and them who affected me negatively"

"I am SOURCE"