

Basic body protocol

1. Find an entity you want to measure the frequency of and/or communicate with.
2. Prepare the tool – body: relax / take a bath / put on comfortable clothes etc.
3. Quiet your mind.
4. Approach the entity and ask for permission to communicate and/or measure their frequency.
5. If you're granted permission – proceed, if no – end or try later.
6. Touch the entity with your left hand, your torso or your forehead. If the entity's size allows it, you can gently hold it in your hand.
7. Wait for the signal / message.
8. Thank the entity.