
Instructions for using the 90.10.®-CUBE

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General Information: Quantum energy, what is it all about?

Using a special quantum physical process, 90.10. puts energy into the modules of the 90.10-CUBE. It is pure, harmonizing quantum energy. Except for a specific piece of information, this energy is neutral, meaning it does not contain any special frequencies.

90.10. calls the cube "The Untouchable" because it cannot be used for negative purposes, through information with a protective formula. The effect of the cube on matter is an intensive energy increase and can be proven by many different methods.

Purpose of the 90.10.-CUBE

The 90.10.-CUBE was developed to enrich matter with quantum energy. This is possible in the energy field that the cube generates between its positive pole (above) and its negative pole (below). 90.10. describes this process as "burning".

The Cube is a modular system consisting of a holder (the acrylic glass rack) and two sets of six 90.10.-MODULEs. Six modules are fixed by magnet on the upper level of the holder, six on the lower level. Each individual module has an energy output of 16 QEPPs. Together and through the 90.10. multiplication effect, the modules of the cube bring it to 450 QEPPs.

The 90.10.-CUBE is not a medical product. According to the license agreement, which is part of the purchase contract, the use of the 90.10.-CUBE for medical purposes is forbidden. 90.10. points out that it is explicitly forbidden to use the Cube for cures directly on the body. At the same time, it is possible to burn household products with the 90.10.-CUBE and wear them to strengthen the body's immune system and self-healing powers. More detailed information can be found in this user manual.

Before you start: Test for sensitivity

In the 90.10.-CUBE, matter can be structurally optimized, by enriching it with quantum energy. In general, just its presence in a room may influence the energy level of the human organism. In particular, sensitive people should gradually get used to the strong energy and not start with all twelve modules.

To find out if you're sensitive to the 90.10. quantum energy, you can hold your relaxed left hand in the energy field of the 90.10.-CUBE, for about 30-60 seconds. If you're particularly sensitive, you may notice that your hand begins to tingle within a short time, which is a sign that your body is absorbing the energy and your blood is revived. Furthermore, an increased pulse and sweating are possible, as if you were exercising.

In the following 5 to 15 minutes, check your reaction and see how your condition is. If you feel temporarily light-headed, or if compression and/or the tingling in your hand lasts longer than two to three minutes and/or you feel sleepy, you are probably very sensitive. Please follow the instructions below.

Instructions for sensitive people

Remove five modules each from the upper and lower levels of the 90.10.-CUBE, so that only one module is located at the top, facing the other one at the bottom. Work with only these two modules by holding your left or right hand in the energy field twice a day for a maximum of 15 minutes. We recommend practicing this exercise in the morning and evening.

If you feel uncomfortable, feel your heart racing or you start to sweat, stop the exercise. These are possible reactions of the body to "too much" energy. Use only these two modules until you can do your 15-minutes-training without interruption, twice daily. Usually within one to three days the body will become comfortable with this new form of energy.

When no interruption is necessary, add another two modules. One at the top and one at the bottom, facing one another. This is how you proceed until the 90.10.-CUBE is completed with all modules. Your body will then have adapted to the high energy level. For some it might take a few weeks to work up to a full cube, and for others, it might take up to six months if they are particularly sensitive.

Regular use of the 90.10.-CUBE

Use the 90.10.-CUBE to burn any object. For this purpose, you place it in the energy field of the cube, between the upper and lower six modules. Make sure that their positive sides (labeled) point upwards.

The object in the energy field of the cube is usually burned within one to three hours (depending on the size and density of the material), and is then 100 percent energized. The energized object has its plus and minus pole in the same direction as the modules during the burning process. When the cube stands upright, the plus pole is at the top and the minus pole is at the bottom. If the Cube is positioned on its side and its positive pole points, for example,

to the left instead of up, which may be necessary for burning larger objects such as a flower vase, then the positive pole of the object being treated will also be on the left. However, this is only possible if the object is not round. With globes, balls, spheres, marbles and other rounded objects, no plus or minus pole can be defined.

Remember that the burning process is not reversible, which means the energy remains permanently in the respective object. Therefore, it is important to only treat objects which you do not necessarily have to wear on your body, but which you can put on and take off as desired. **Do not place glasses, contact lenses, braces, hearing aids or other similar items in the energy field of the cube.**

Production of frequencies

With the 90.10.-CUBE you can produce your own frequencies, for example the frequency of a medical plant like valerian, which is used for calming. From the plant you need an extract or a part of the plant, such as a leaf. It doesn't matter which part of the plant has the highest concentration, as it is the information that is important – the information or frequency is the same in every part of the plant.

In addition to the extract or plant part, you need a medium on which the frequency is to be stored. The blank aluminum card available in the 90.10. shop is ideal. Ordinary aluminum foil works in the same way. The cube always neutralizes the frequency of aluminum.

Place the card or foil together with the extract or part of the plant in the 90.10.-Cube. After one hour the plant frequency is stored in the card or foil. You then have a master of this frequency. We recommend to label it, by attaching a note to it with adhesive tape.

In addition to working with medicinal plants, you can also work with affirmations. You can write down your affirmation on a piece of paper and place it together with a blank aluminum card in the 90.10.-CUBE for at least one hour, to create a frequency of your affirmation.

Transmission of frequencies to matter

If you enrich matter with quantum energy, as explained in the next chapter, you can add frequencies. For this purpose, you use your master cards or foils. Together with the matter, place them in the energy field of the 90.10.-CUBE. You can use several masters at the same time. The position (on top of each other, next to each other, etc.) is not relevant, the only important factor is that all relevant objects are located between the cross plates.

Examples of usage

Production of energy plates for food

Find a plate in the kitchen or buy a plate the size of which corresponds approximately to the diameter of your fruit bowl or water bottle. The thickness of the plate may vary from 1 mm (aluminum and plastic) to 5 mm (glass) up to 10 mm (wood).

Burning process: Position the plate to be energized in the energy field of the 90.10.-CUBE. Mark the positive pole of the plate (the same direction as the positive pole of the modules) before burning, such as with an adhesive dot, in order to avoid later irritations concerning which side is the positive side. The burning time is approximately three hours.

Application: The food to be energized, such as fruit or water, is placed on the plus side of the burned plate. The minus side is also energizing, but only with about 70 to 80 percent of the energy. If a plate of at least 20 x 20 cm is placed in the middle shelf of the fridge, it energizes all the food in the fridge.

Production of plates for neutralizing interference's in the bedroom

At a supermarket or DIY store, buy a plate that is about 10 x 10 cm. The thickness may vary from 1 mm (aluminum) to 10 mm (wood). It is advisable to avoid the use of larger a dimension, otherwise the energy supplied to the entire bed will be too high. A restless night or problems falling asleep could be the result.

Burning process: see burning process for food plates.

Application: Place the plate with the plus side facing up underneath the center of the bed. The plate size is more than enough for a double bed (approximately 2 x 2 m). Problems associated with sleeping in a contaminated sleeping area (electromagnetic fields, etc.) can thus be stopped. If you continue to sleep poorly, you should look for the causes. A wrong mattress, stress or other things could be the cause. In this case, we recommend removing the plate until the cause of the insomnia is known.

Business card-sized energy cards

Use a card the size of a business card. The thickness can vary from 1 mm (aluminum) to 3 mm (plastic). In most wallets you might find several perfectly suited cards. You can even use banking cards with a chip, as the process of burning is not magnetic.

Burning process: see burning process for food plates

Application: Place the card with the plus side facing your body in the outer layer of your wallet so that it is as close as possible to your body. Alternatively, you can put the card in your shirt or jacket pocket. Long stretches when you are on your feet, such as shopping, work, exercising, etc., can be much more comfortable when carrying the card. During business meetings and presentations, the energy stored in the card can be used to increase your concentration.

Burning quantum energy in dishes

Water bottles, glasses, cups, plates, bowls, jugs, cooking equipment and more are enriched with quantum energy in the 90.10.-CUBE. The respective utensils become an energy provider and transmit the energy stored in their matter to your food.

Burning process: Put the dishes you want to energize into the energy field of the 90.10.-CUBE. You can enrich several pieces with quantum energy at the same time. The burning time is approximately three hours.

Application: Use dishes the way you usually do. Fill any liquid you'd like into a water bottle or glass; use bowls, pots and pans as usual. All these things will pass on the energy stored in their matter to the food and optimize its structure in the process. A more original, better, and/or fuller taste is noticeable.

Energizing, vitalizing and upgrading fresh foods

Food that is bought in supermarkets, even if it is of organic quality, can be optimized in its structures so that for example, apples and tomatoes taste the way they really should. In addition to fruits and vegetables, you can refine milk, yogurt, spreads and many other foods with quantum energy, by placing them in the energy field of the 90.10.-CUBE. This keeps them fresher for a longer time.

Burning process: Place the food in the energy field of the 90.10.-CUBE. You can enrich several foods at the same time within the quantum energy. The burning time is approximately 10 minutes.

Application: Simply prepare it or cook it, eat, and enjoy.

Energizing jewelry and clothing

You should not enrich things that you always wear on your body with quantum energy, because once it is in the matter, it stays there for a long time. Objects that you are able to put on and take off as you want, however, are best suitable for energizing.

Burning process: Place the pieces, for example a scarf or a necklace, into the energy field of the 90.10.-CUBE. You can enrich several pieces with quantum energy at the same time if they are made of the same or a similar material. The burning time is about one to three hours, depending on the density of the pieces.

Application: Put on and take off the scarf, necklace or something similar as you like. The quantum energy is stored in the matter after the burning process and is transferred to your body when you wear it. You can experience this as being more aware, more active, more creative and having better intuition and focus.

Energizing skin care products and cosmetics

Shower gel, shampoo, body lotion, facial cream, foundation, and many other cosmetics are structurally optimized by the influence of quantum energy. The respective product can be positively affected in its qualities and at the same time also pass on a little energy to you, in this sense benefiting your skin and hair.

Burning process: Place the products you want to enrich with quantum energy in the energy field of the 90.10.-CUBE. Several pieces can be treated at the same time. The burning time is approximately one hour.

Application: Use the products as usual and see what kind of positive effects they have on your skin and hair.

Revitalization of shower water

Water is a particularly sensitive substance and, according to many scientists, has by no means been fully researched. The water that comes from the taps and showers of our households, often has a negative structure and may no longer be crystalline. The long distance from the water plant to our homes, as well as various pollutants are just some of many probable factors.

Burning process: Remove the shower hose and roll it up so that it fits into the 90.10.-CUBE. It's helpful to put the hose in a bag so it won't unroll. Make sure to put the shower head in the bag too. The burning time is about three hours. However, it does not hurt to let the process continue overnight.

Application: After the hose and shower head are 100 percent energized, they will provide you with structured and energized shower water for many years to come. According to users, you can expect the following: The skin becomes softer and appears fresher (noticeably after about three to four weeks), the shower gel and the shampoo foam stronger and have a more intense scent.

Revitalized water in washbasin and kitchen sink

Burning process: Place the 90.10.-CUBE around the faucet. For this you can put the Cube on its side. The faucet is 100 percent energized after three hours. However, it does not hurt to let the process continue overnight.

Application: With the energizing of your cooking water you revolutionize your kitchen. Users tell us about the better taste of some dishes and about changes in the behavior of sauces when cooking. With dishwater, significantly more suds can be produced, and the water can have an extended cleaning effect.

Quantum energy for animals

Not only people but also our favorite four-legged or feathered companions can benefit from the positive effects of quantum energy from the 90.10.-CUBE. Place the containers from which your animal eats and drinks into the energy field of the cube and enrich them with quantum energy. You may do the same with their food.

Burning process: see the burning processes for dishes and groceries

Quantum energy for plants

Weak plants receive an overnight energy boost through the influence of quantum energy.

Burning process: Place the plant (while in its pot) in the energy field of the 90.10.-Cube. You can also put the cube on its side. If the pot is too big, take the modules from the cube and place them around the pot. Do this every two to four days until the plant is healthy again. By the way, quantum refined irrigation water from a watering can or hose burnt in a cube is very useful for plants. Both things are energized with quantum energy in the cube within about three hours.

Electronic devices

Advisory: The neodymium magnets that are used to attach the modules on the acrylic glass rack can affect the function of electronic devices. We don't know of any case in which the function of an electronic device has been affected during the treatment in the 90.10.-CUBE. Still, we recommend not to quantum energetically treat electronic devices directly in the cube but to proceed as described hereinafter. If you put a device directly into the 90.10.-CUBE, you do it at your own risk.

Burning process for the smartphone: Set up the 90.10.-CUBE like a table, so that its back points skyward and its positive and negative poles are standing on the surface like table legs. The positive pole should be on the left, the negative pole on the right side. Put your smartphone under the cube as it sits like that. Leave it there for at least one hour, but preferably overnight while charging.

Burning process for the tablet, notebook & Co.: Put your tablet, notebook etc. on some kind of pedestal into 90.10.-CUBE. The "pedestal" could be a little box or something similar. Thus, the respective device should be centered between the both levels with the modules of the 90.10.-CUBE. Leave it there for at least one hour, but preferably overnight while charging.

Burning process with the Forever Freedom Pack: Take the cross plates off of the acrylic glass rack. Place them spaced at intervals of four inch each side left and right of the device. Leave it there for at least one hour, but preferably overnight while charging.

Application: After the burning process, the device is enriched with energy for three to twelve months (depending on the frequency of use). The electromagnetic waves that the device radiates cause the energy to fade gradually. In the meantime, it stirs the organism to dissolve the biological interference's caused by electromagnetic waves. Thus, a smartphone not only protects against its own radiation, but also against the radiation from cell towers, WIFI and other mobile devices. Alternatively, a self-burned aluminum card can be attached to the device. In this case a new treatment in the cube is not necessary.

Note: Placed in the middle of the house, the 90.10.-CUBE can form an extended torus protecting the organism against biological interference effects of electromagnetic waves.

Mechanical watches

Advisory: The neodymium magnets that are used to attach the modules on the acrylic glass rack can affect the function of mechanical watches. Therefore, we recommend not to quantum energetically treat mechanical watches in the 90.10.-CUBE but to proceed as described hereinafter. If you put a mechanical watch directly into the 90.10.-CUBE, you do it at your own risk.

Burning process with the 90.10.-CUBE: Set up the 90.10.-CUBE like a table, so that its back points skyward and its positive and negative poles are standing on the surface like table legs. The positive pole should be on the left, the negative pole on the right side. Put your watch under the cube as it sits like that. Leave it there for three hours.

Burning process with the Forever Freedom Pack: Take the cross plates off of the acrylic glass rack. Place them spaced at intervals of four inch each side left and right of the watch. Leave it there for three hours.

Application: Many people like to charge their watch with quantum energy because that's a simple way to supply themselves with energy daily. After burning the watch in the cube it stores the energy permanently.

Usage of single modules

The 90.10.-CUBE was developed as a multi-functional system. The single modules are fixed to the cube with magnets and are easy to remove. They can be used independently. However, it should be noted that the 90.10.-CUBE's energy (450 QEPPs) is much stronger than the energy of a single module (16 QEPPs). Single modules cannot permanently charge matter with quantum energy. They only energize matter as long as they are in contact with it. If the contact is interrupted, no more energizing can take place.

What is the meaning of the QEPP unit?

QEPPs stands for Quantum Energy Power Points. With these quantum energy power points, it is possible to differentiate the intensity of the effectiveness of the 90.10. products. They are a unit invented by 90.10. based on their own measurements. QEPPs have no other purpose other than to show the difference between the products.

Special topic: Pains

Since the development of 90.10. technology in 2011, quantum energy has been able to reduce or completely dissolve pain within a short period of time. The fact that certain pain can be reduced in a very short time, 90.10. explains as follows: Pain is a warning signal of the body and should also be noticed as such. Pain may indicate an injury to the skin, bone or infection, for instance. Some pains subside by themselves (self-healing of the body), others do so with outside help, by using a pain killer that switches off the warning signal, or by a medical treatment, in which the cause of the pain is treated. 90.10. assumes that, in the cases of pain relief, the body accepts quantum energy as sufficiently strong help.

90.10. points out that neither the 90.10.-CUBE nor any other 90.10. product has been developed as a medical product or medicine. Please contact your doctor, alternative therapist or pharmacist if you have any health problems. The use of 90.10. quantum energy for pain relief may be a temporary solution.

As an example, If a tooth hurts, the quantum energy may help the body's inherent healing ability to temporarily relieve the pain (up to the dentist's appointment), but only the dentist can do something about the actual cause of the pain.

Initial reactions to the energy

The 90.10.-MODULEs and therefore also the 90.10.-CUBE, which is made up of these modules, radiate neutral original quantum energy in their original structure. Conventional physical or psychological side effects are unknown. The initial reactions mentioned here may occur, but do not happen to everyone. If they occur, they are a result of an energy increase of the body and usually only appear during the first one to four days of use. After this period the energy level of the body has adapted to the higher quantum energy level. For very sensitive people, the adaptation period may take longer.

Depending on the material and size of the object that you enrich with quantum energy, it will contain a high quantity of energy to which you could react differently. Possible reactions to the energy are an increased pulse, slight head pressure and tingling in the hands, possible increased sweating and known homeopathic cold symptoms. Each individual is responsible for estimating his or her own sensitivity. With this in mind, the body should gradually become accustomed to the higher energy. Once the adaptation has taken place, the body can also use the energy to support the self-healing power and, among other things, to strengthen a weakened immune system from electromagnetic waves.

Possible Initial reactions of the neural system

Frequent: tingling in the extremities

Occasionally: dizziness or head pressure due to over-energizing

Initial reactions on skin and subcutaneous cell tissue

Occasionally: increased perspiration

Initial reactions to the heart

Occasionally: increased heart rate

Initial reactions to the mental state

Very rare: insomnia

Countermeasures

You can minimize or prevent the initial reactions by using the 90.10.-CUBE only for a short time during a period of one to four days. During this adaptation period, you can increase usage by a few minutes each day. You can optionally start with just two modules and gradually increase their number if you feel well while using the 90.10.-CUBE.

If you experience insomnia, you should put away the 90.10.-CUBE two to three hours before going to bed.

If the initial reactions persist or significantly influence you, you should refrain from using the 90.10.-CUBE for the time being and consult your doctor.

Usage with particular caution

Quantum energy generated with the 90.10. procedure usually has positive effects. Therefore, the feedback concerning the usage in all areas are predominantly positive, too. However, due to pending research and the legal status, 90.10. cannot recommend the use in certain situations and with certain health problems. Then, use is solely at your own risk. If you are not sure, please ask your doctor or physician. This applies to the following cases:

- pregnancy
- epilepsy
- depression and mood swing (Quantum energy can amplify emotions. It could ease the symptoms or negative feelings and thoughts, but it could as well intensify them.)

Furthermore: Do not energize any medication or do so only after consultation with your doctor, alternative therapist, or pharmacist.

If you notice any side effects other than those mentioned herein, send a message to 90.10.