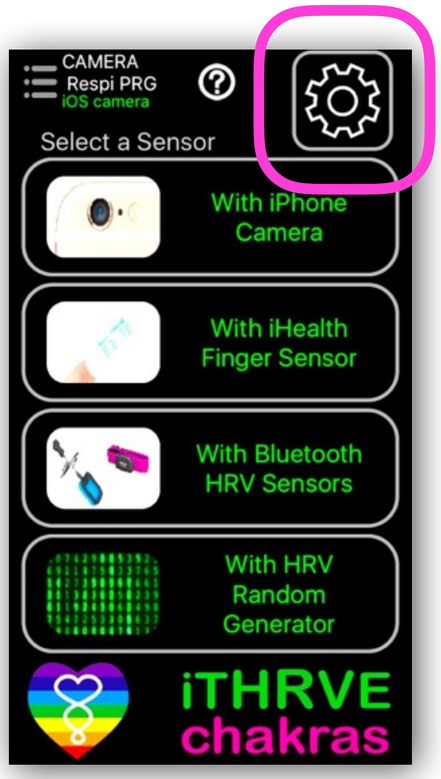
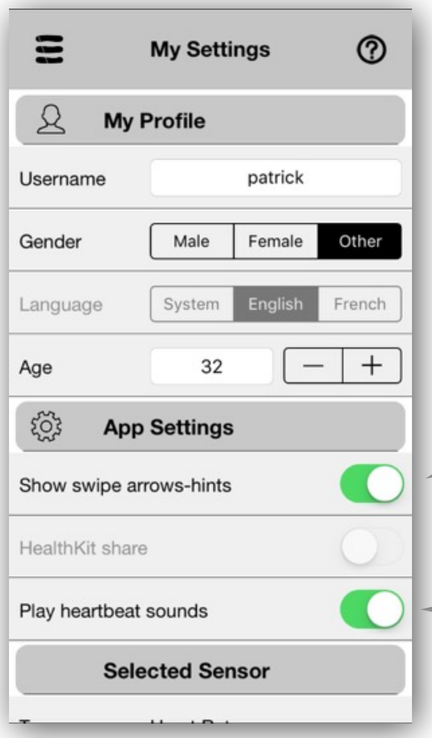
iTHRVE chakras

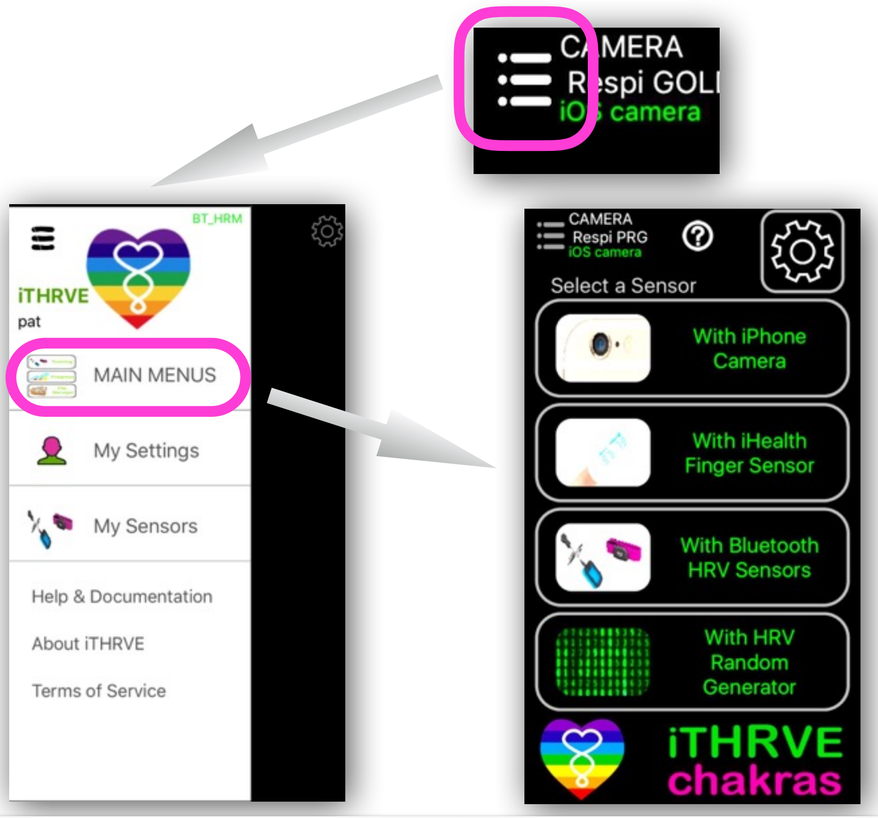
The first time using the App, insert Your Name, Your Gender & Your Age…



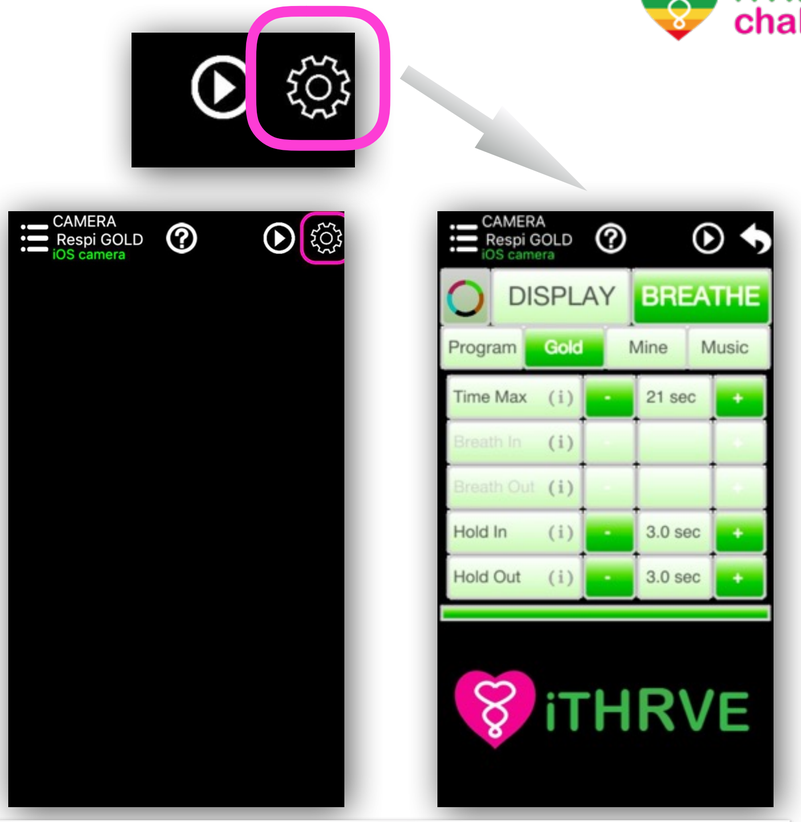


Select
swipe arrows-hints
These arrows will help you for the first use of the App.

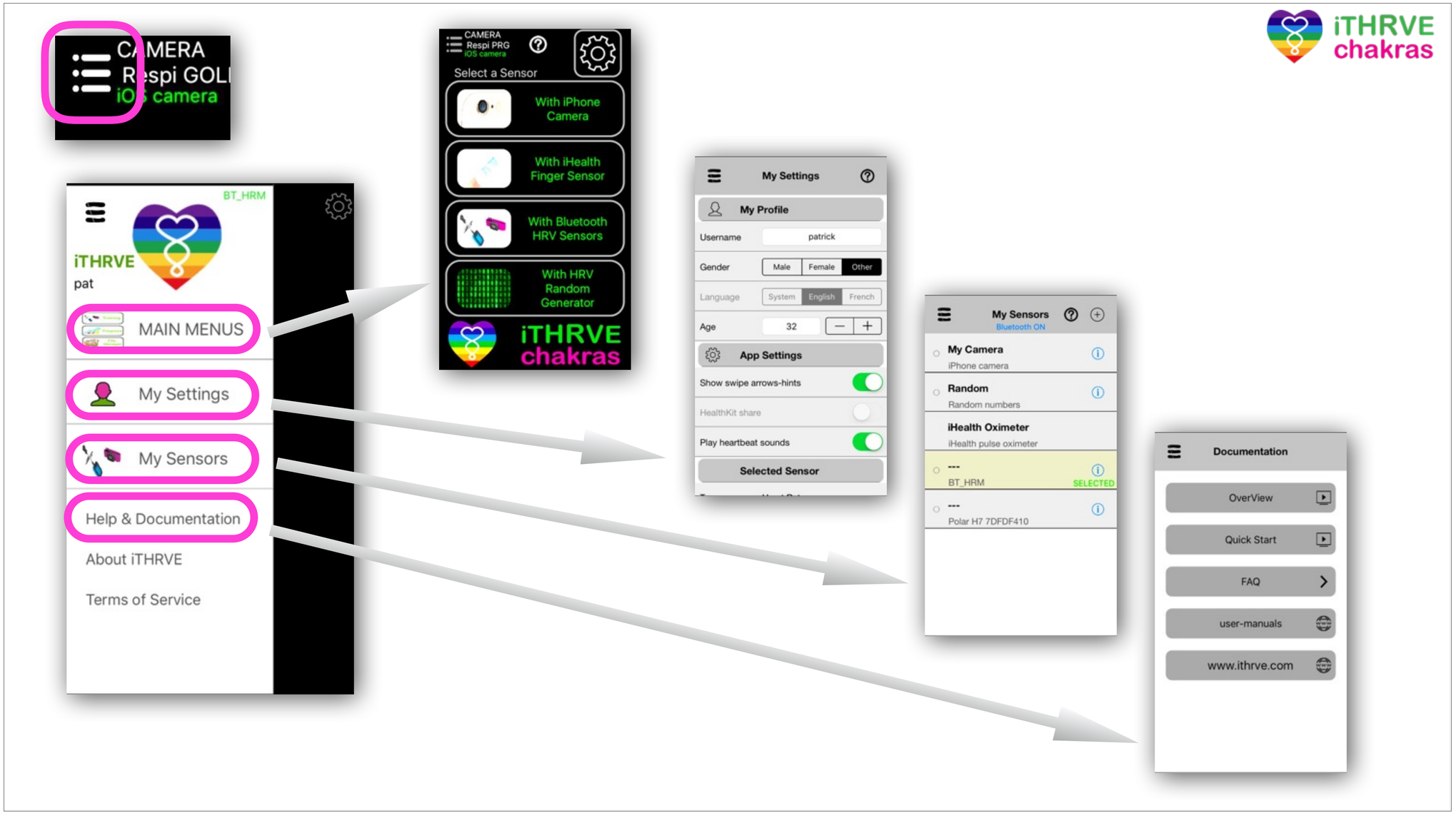
Cancel
Play heartbeat sounds



Passing from Scrolling Menus
to
Button Menus



To select Breath options
&
some display parameters

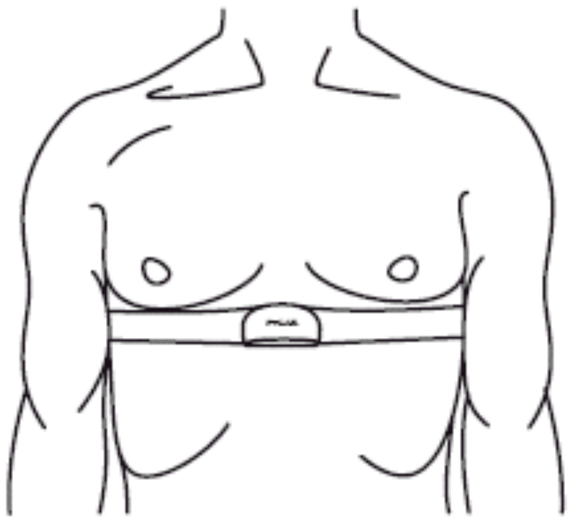

iTHRVE chakras
CAMERA
Respi GOLD
iOS camera
BT_HRM
iTHRVE
pat
MAIN MENUS
My Settings
My Sensors
Help & Documentation
About iTHRVE
Terms of Service
CAMERA
Respi PRG
iOS camera
Select a Sensor
With iPhone Camera
With iHealth Finger Sensor
With Bluetooth HRV Sensors
With HRV Random Generator
iTHRVE chakras
My Settings
My Profile
Username
patrick
Gender
Male
Female
Other
Language
System
English
French
Age
32
App Settings
Show swipe arrows-hints
HealthKit share
Play heartbeat sounds
Selected Sensor
My Sensors
Bluetooth ON
My Camera
iPhone camera
Random
Random numbers
iHealth Oximeter
iHealth pulse oximeter

BT_HRM
SELECTED

Polar H7 7DFDF410
Documentation
OverView
Quick Start
FAQ
user-manuals
www.ithrve.com

ADD Bluetooth Chest Strap Sensor

Skip this part If NOT using HRV Polar like Bluetooth sensor



If you are using an HRV Bluetooth sensor

Polar chest strap
or compatible device like KYTO BT_HRM

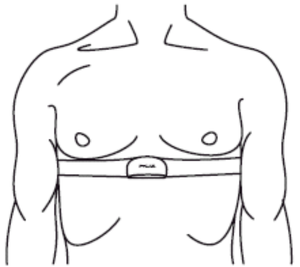
The chest strap **is NOTpowered on** if not in contact with your body.

To add a new Bluetooth Polar Chest Strap,
you must wear the chest strap and place it correctly on your body.

See « How to wear a hear rate sensor »:
http://support.polar.com/us-en/support/tips/How_to_wear_a_heart_rate_sensor_with_textile_strap

The most accurate data acquisitions are done with the use of
« Heart Rate Monitor Electrode Cream » like :
https://www.amazon.com/Buh-Bump-2-5-Ounce-Electrode-Chamois-Buttr/dp/B01AKFG67A/ref=sr_1_9?ie=UTF8&qid=1470895470&sr=8-9&keywords=electrode+cream

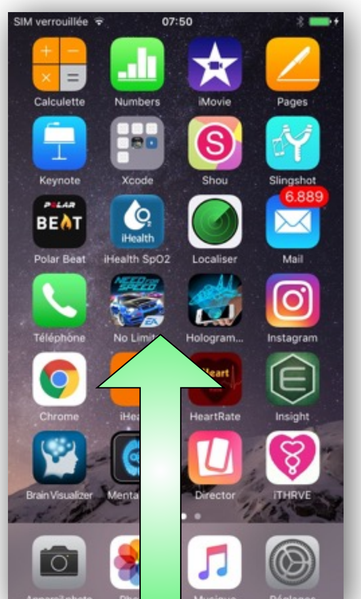
ADD Bluetooth Chest Strap Sensor

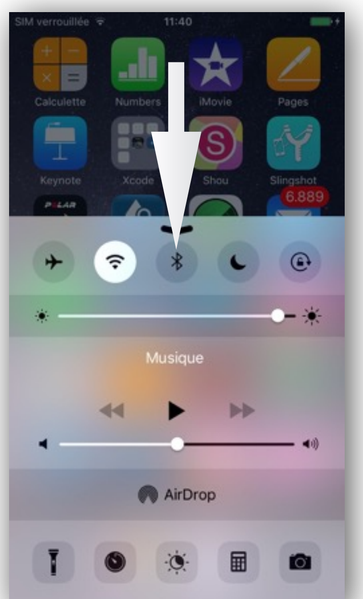


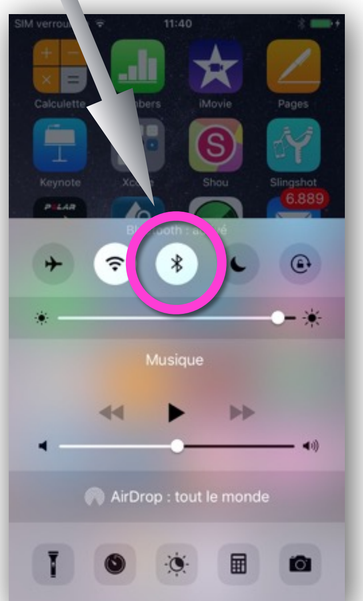
If you are using an HRV Bluetooth sensor

Polar chest strap
or compatible device like KYTO BT_HRM

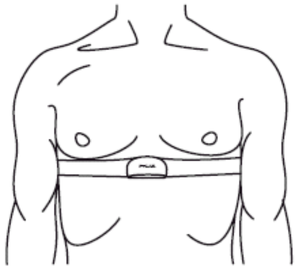
Make sure Bluetooth is ON





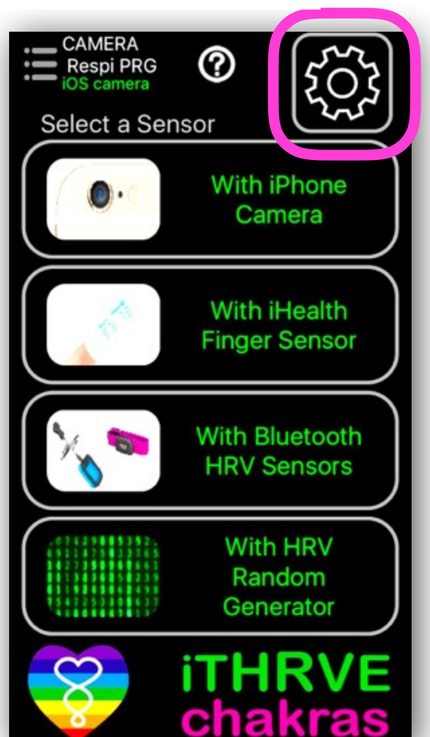


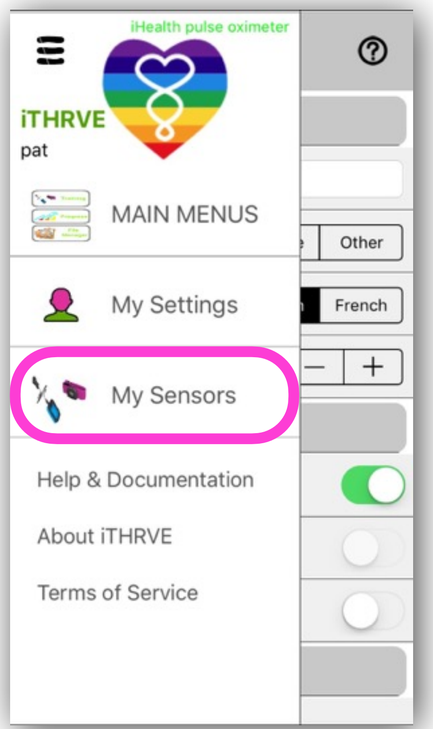
ADD Bluetooth Chest Strap Sensor



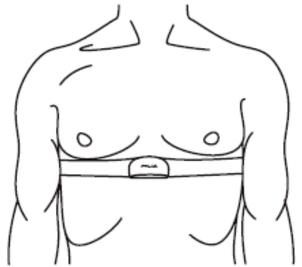
If you are using an HRV Bluetooth sensor

Polar chest strap
or compatible device like KYTO BT_HRM



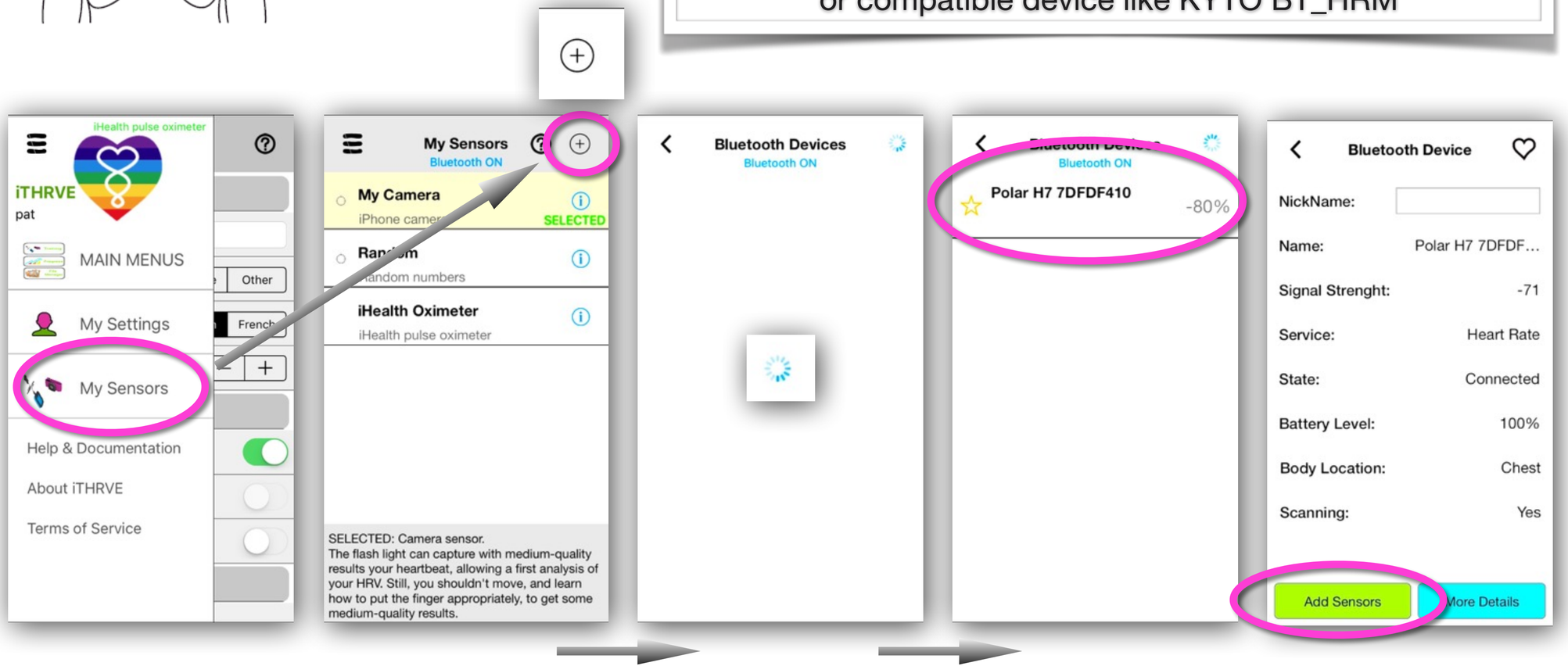


ADD Bluetooth Chest Strap Sensor

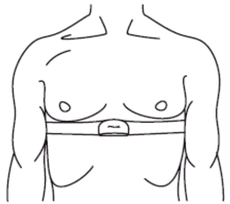


If you are using an HRV Bluetooth sensor

Polar chest strap
or compatible device like KYTO BT_HRM

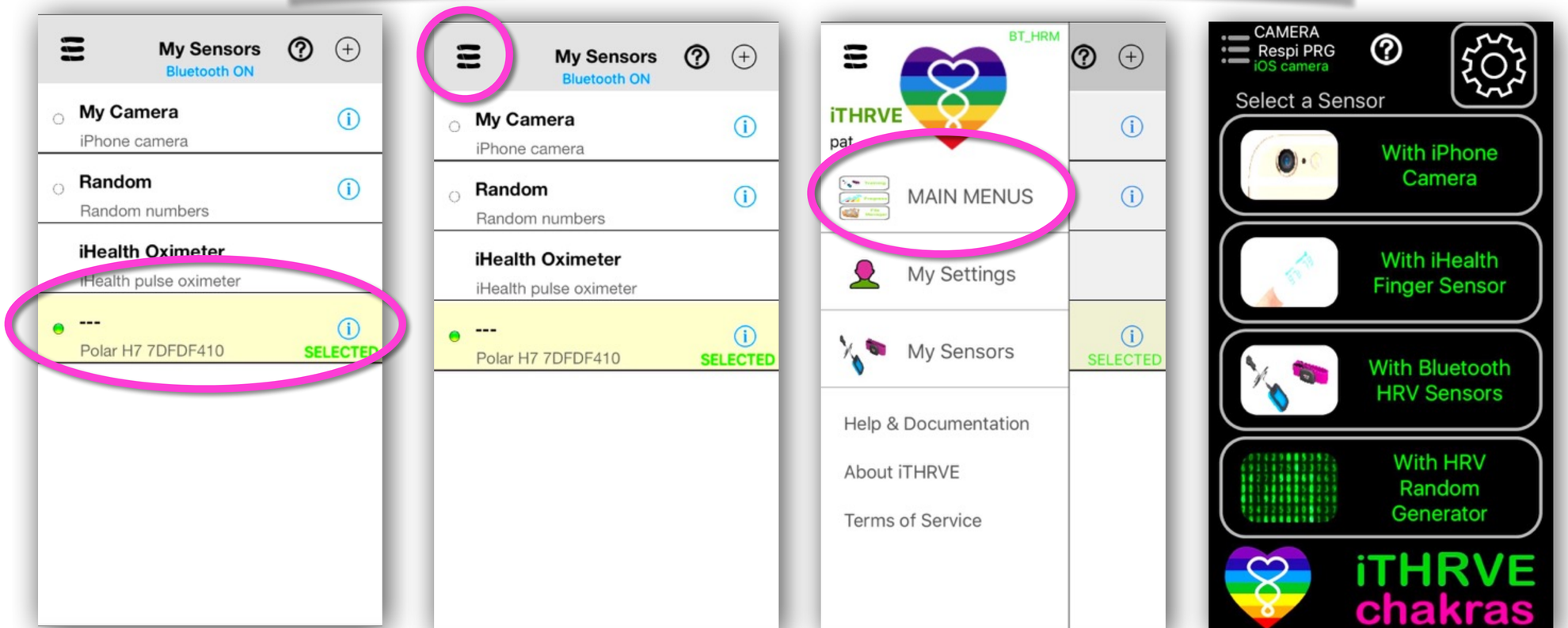


ADD Bluetooth Chest Strap Sensor

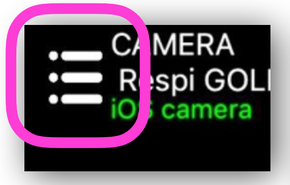


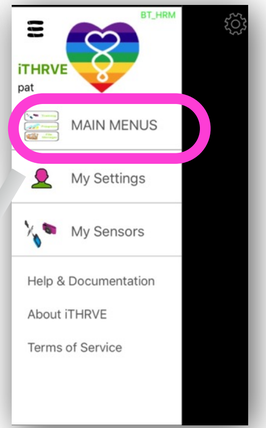
If you are using an HRV Bluetooth sensor

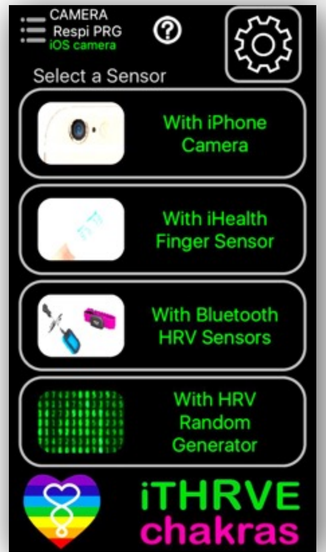
Polar chest strap or compatible device like KYTO BT_HRM

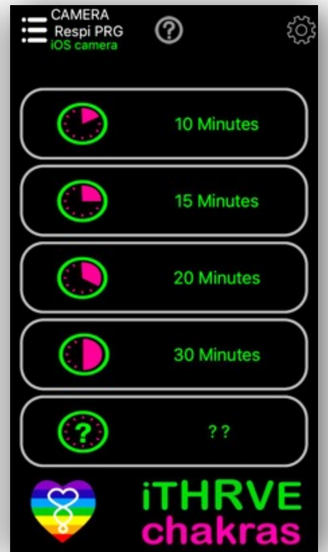


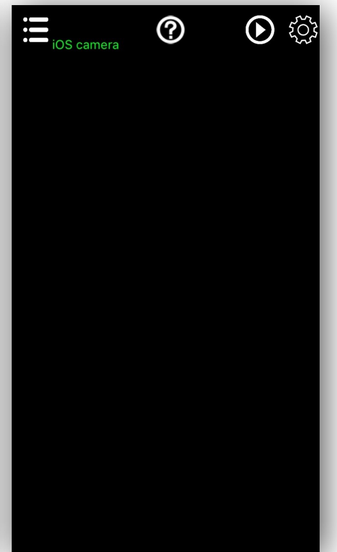
To start a session

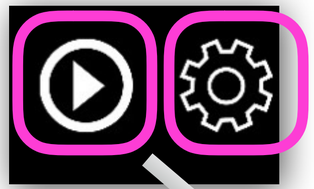




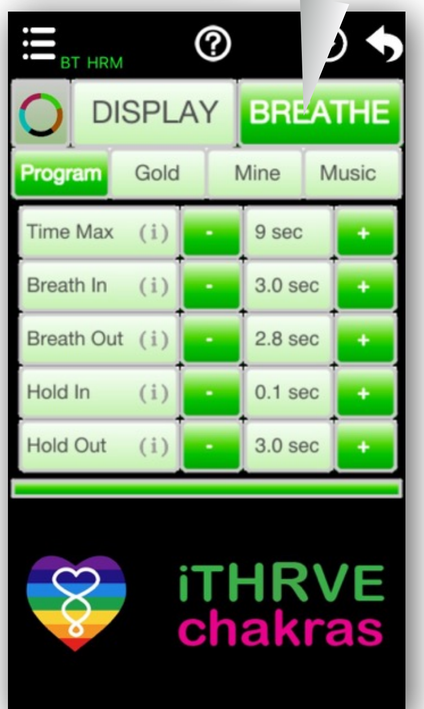


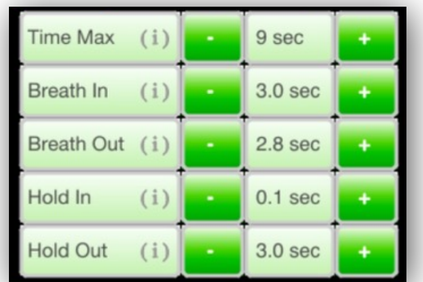






Breathing Parameters





Time selected for

- **Breath in**
- **Breath Out**
- **Hold in**
- **Hold out**

Time max is only used for CAD_Breath (to define the max duration time for the first breath).

Use (+) & (-) buttons

(i) open infos windows

iTHRVE chakras

Four kinds of breathing sessions:

Gold & Mine:
For CADuceus breaths

- **GOLD** breath induces a golden ratio breath cascade precisely tune to Plank and the physics of negantropic implosion/perfect damping;
- **MINE** breath induces a golden ratio breath cascade tuned to your own LF peak.
- Use **Time max** to define the max duration time for the first breath).

Program & Music:
For slow breath training sessions

- **PROGRAM** breath gives access to all parameters;
- **MUSIC** induces a breath rhythm tuned to a selected music key.

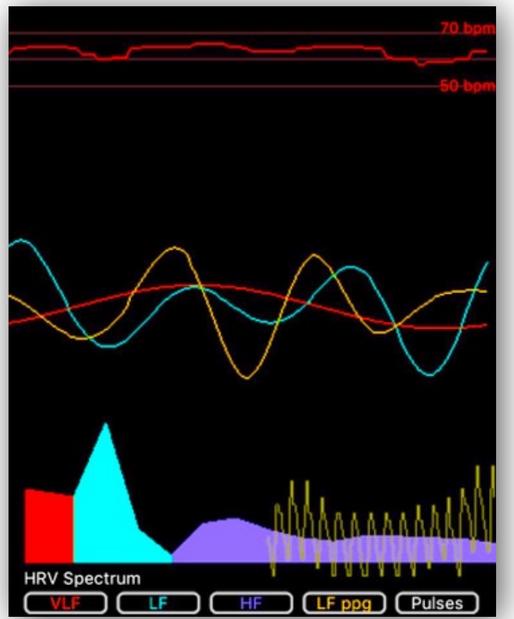
More on:\n\n www.fractalfield.com/

(i) open infos windows

When the app is playing, the display shows 3 different types of graphs:

- **The top red graph shows the HRV.**
- **The lower part shows the frequency domain of the HRV.**
  Three bands are displayed:
  - the band for Very Low Frequency (VLF), from 0.0033 to 0.04 Hz (up to 2.4 cycles per minute);
  - the band for Low Frequency (LF), from 0.04 to 0.15 Hz (2.4 to 9 cycles per minute)
  - the band for High Frequency (HF) from 0.15 to 0.4 Hz (9 to 24 cycles per minute).
- **The middle part shows in real time the waves extracted from the HRV frequency domain.**

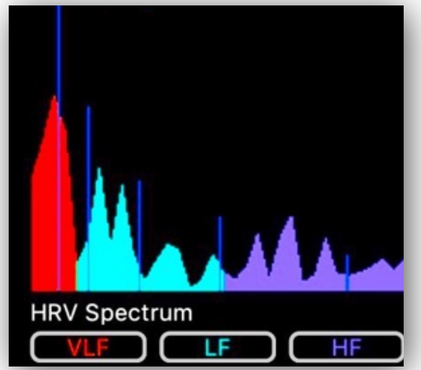
  Different display parameters are available. Touching these buttons selects the type of waves you want to display on the screen.



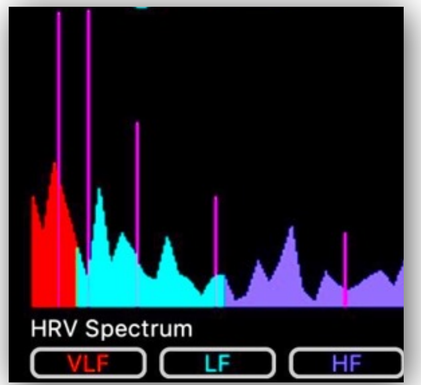
LF_Pressure:
IN CAMERA SENSOR MODE OR iHEALTH SENSOR MODE: Display (in yellow) the LF (Low Frequency/ derived from blood pressure) curve extracted from the frequency of the light signal received by the camera or iHealth sensor. This signal is related to the variation of blood pressure. The LF wave of the blood pressure (yellow curve) can differ from the LF wave (light blue curve) of the HRV (red curve). This pressure variation in the LF band is related to the Mayer Wave which presents a good correlation with the cranio-sacral rhythm. The band for Low Frequency (LF) is from 0.04 to 0.15 Hz (2.4 to 9 cycles per minute).

iTHRVE chakras

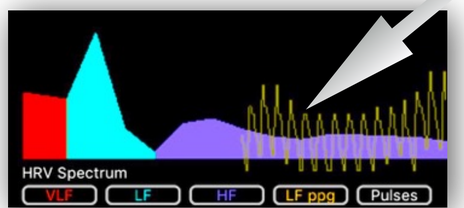
(i) open infos windows



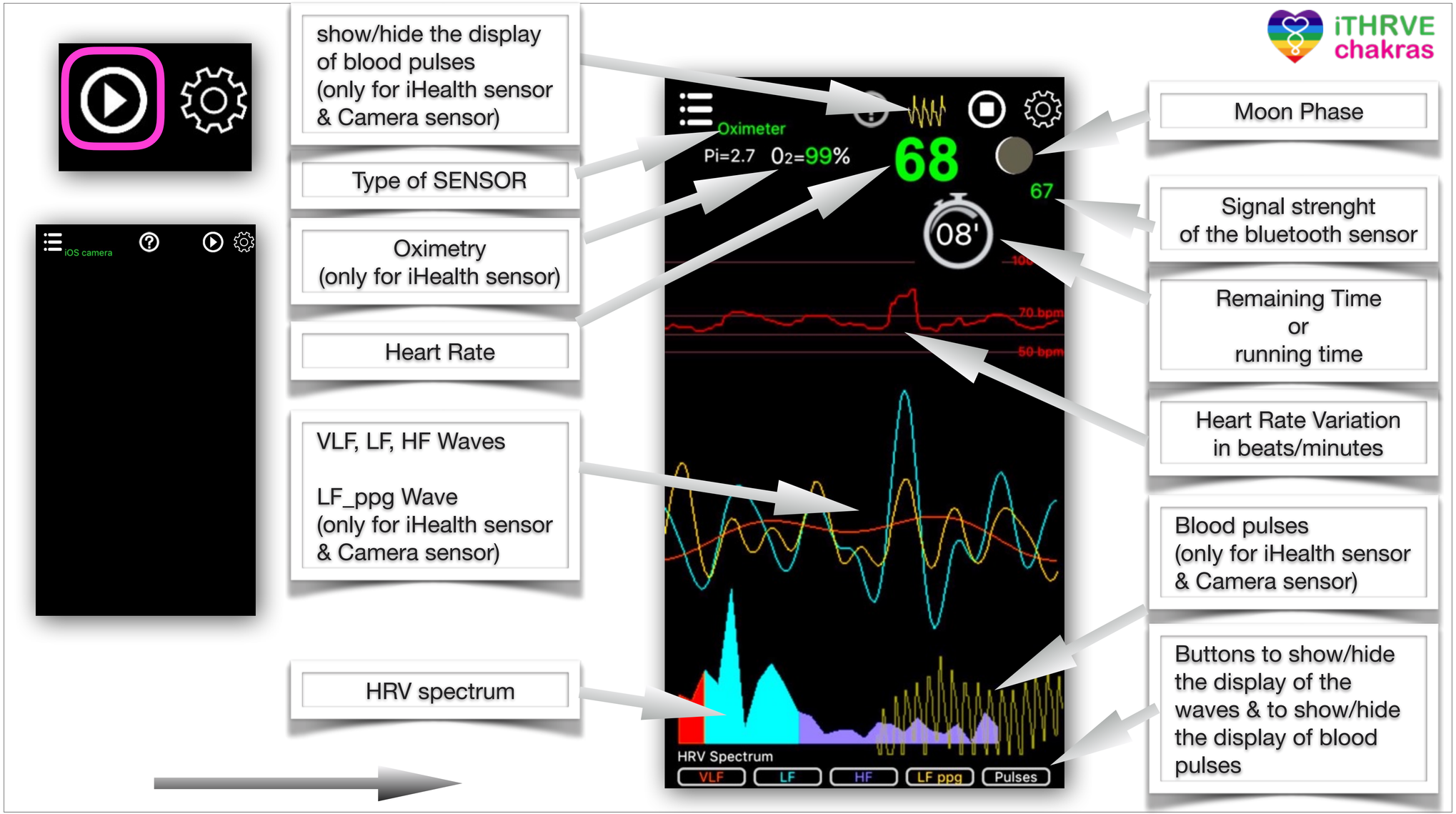
Golden hrv:
Blue vertical lines are displayed on the frequency sector (lower graph). GOLDEN hrv lines display idealized golden ratio harmonics (fractality, Golden Ratio harmonic cascade idealizes negantropy/implosive collapse).
More on:\n\n www.fractalfield.com/negentropicfields



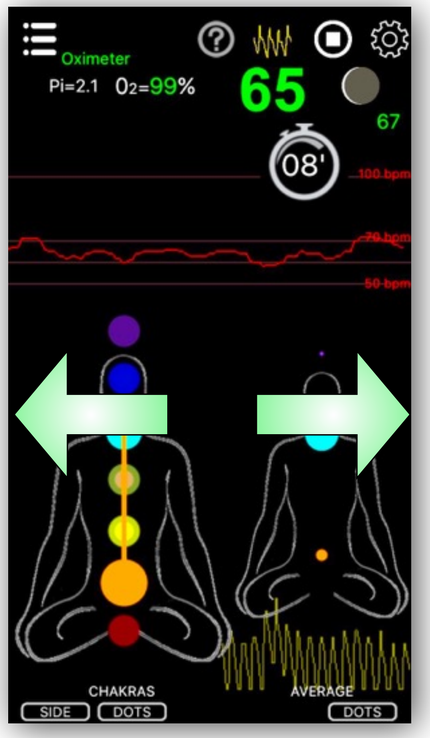
MINE hrv:
pink lines shown on the lower graph plot the golden ratio cascade harmonics based on your own main frequency/ MayerWave in the LF (Low Frequency) band.
More on: www.fractalfield.com/negentropicfields

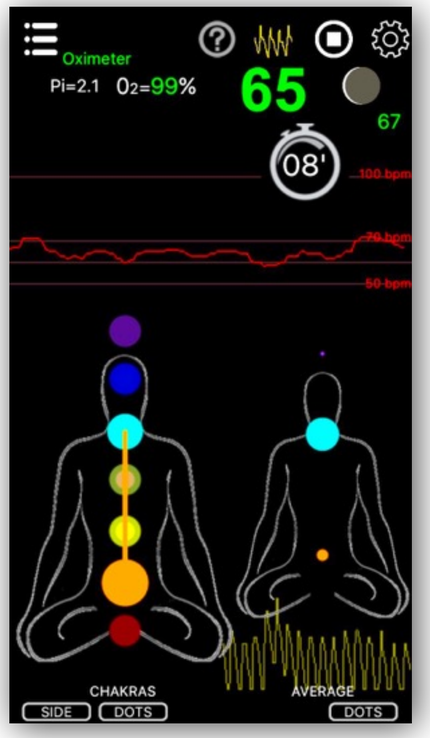


Finger Test:
This option highlights the raw pulsed signal display coming from the light sensor devices (camera, fingerclip).
As these sensors can be very sensitive to movement, it helps to learn how to place the sensor to get the best data acquisition.
Please visit our web help page to learn how to make the best use of the camera sensor: www.ithrve.com/user-manuals/

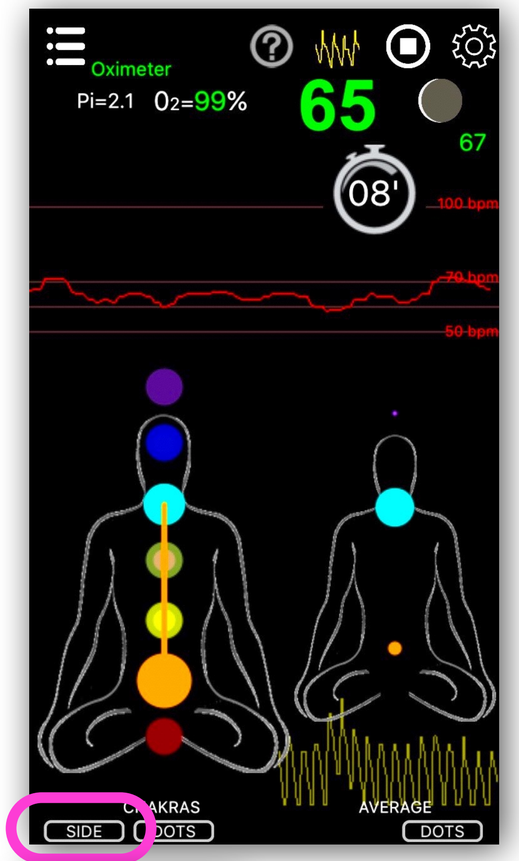

iTHRVE chakras
show/hide the display of blood pulses (only for iHealth sensor & Camera sensor)
Type of SENSOR
Oximetry (only for iHealth sensor)
Heart Rate
VLF, LF, HF Waves
LF_ppg Wave (only for iHealth sensor & Camera sensor)
HRV spectrum
iOS camera
Oximeter
Pi=2.7 O2=99%
68
67
08'
70 bpm
50 bpm
HRV Spectrum
VLF
LF
HF
LF ppg
Pulses
Moon Phase
Signal strenght of the bluetooth sensor
Remaining Time or running time
Heart Rate Variation in beats/minutes
Blood pulses (only for iHealth sensor & Camera sensor)
Buttons to show/hide the display of the waves & to show/hide the display of blood pulses

iTHRVE chakras

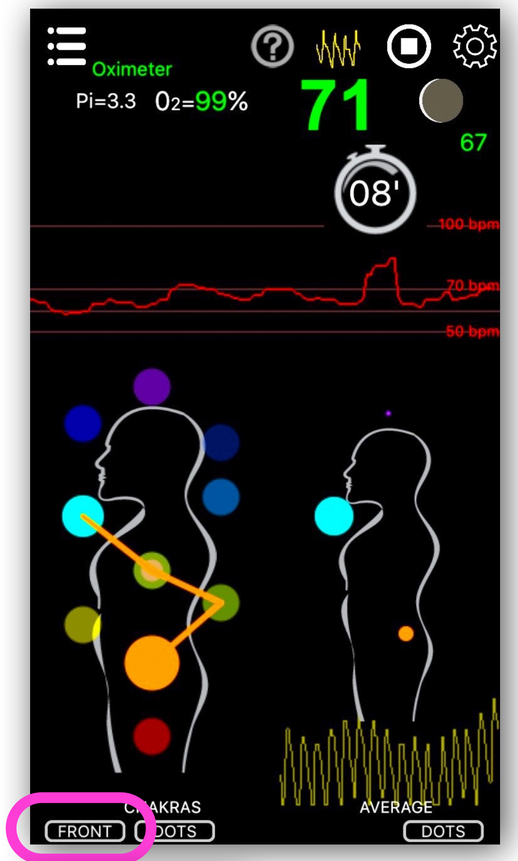




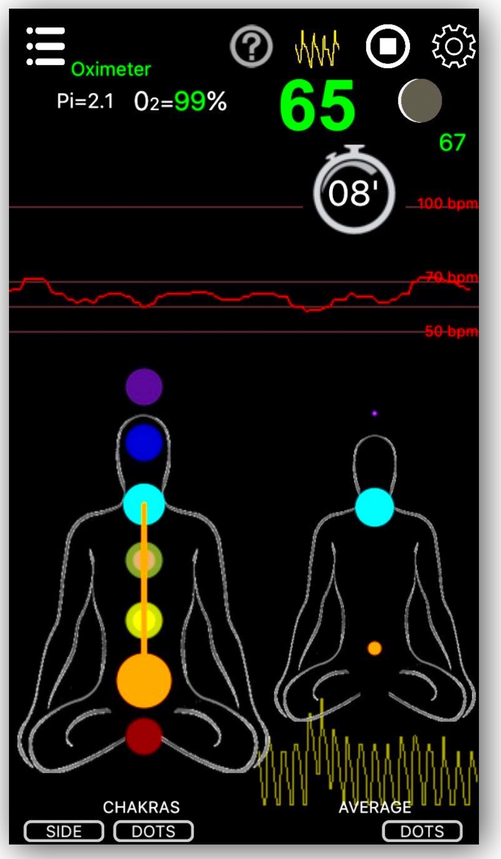
iTHRVE chakras



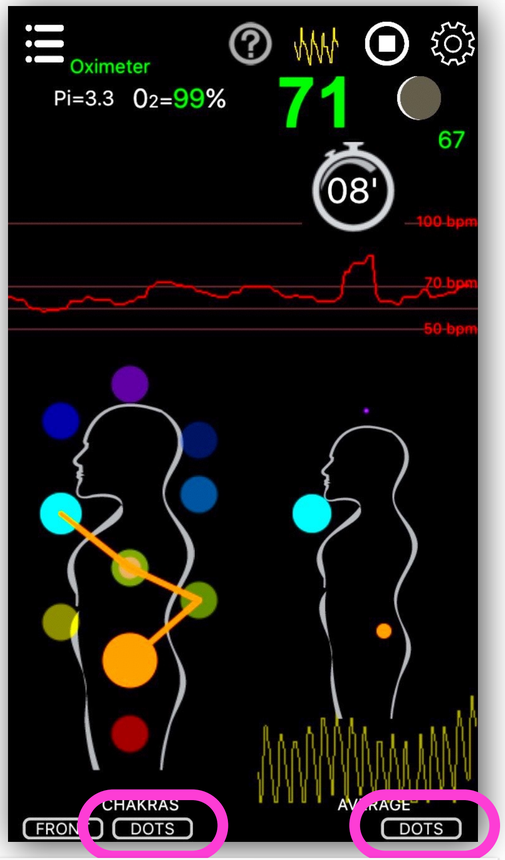
SIDE



FRONT



iTHRVE chakras



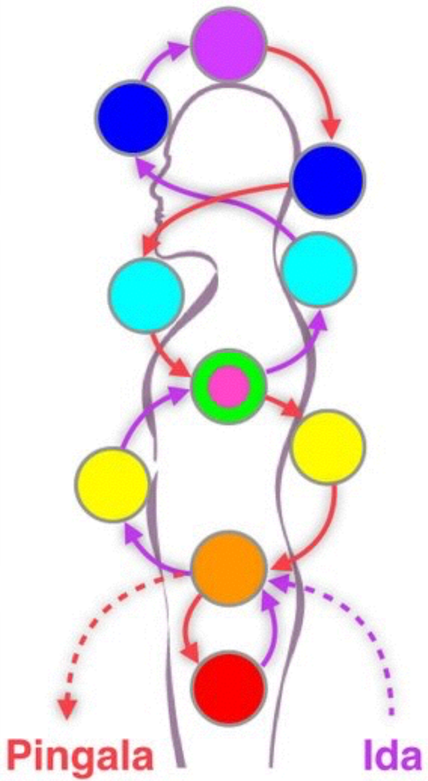
DOTS/LINES buttons:
If you deselect the LINES button, only the dots are displayed on the screen.

Chakras

correlation between musical Heart Rate key signatures and the glandular areas or chakras which are energized by specific notes.

left part of the display:
The big highlighted dot is the music note related to your latest heart beat. Other highlighted dots are music notes related to the 3 previous heart beats.
When the last music notes follow a pathway related to Ida & Pingala, a line is displayed between the related chakras.

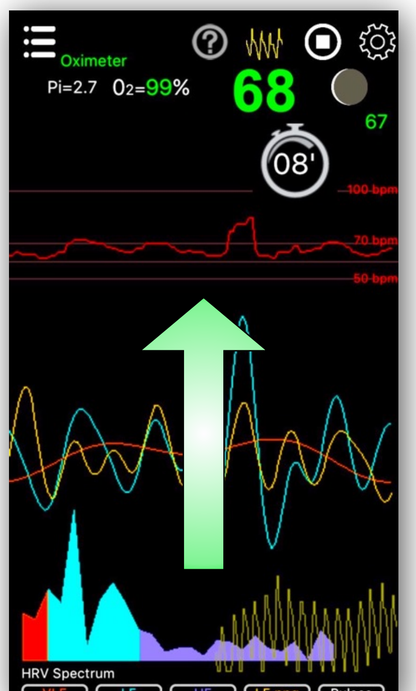
right part of the display:
Size of dots are related to the number of hits of the music note associated with the chakra since the beginning of the record.



iTHRVE chakras

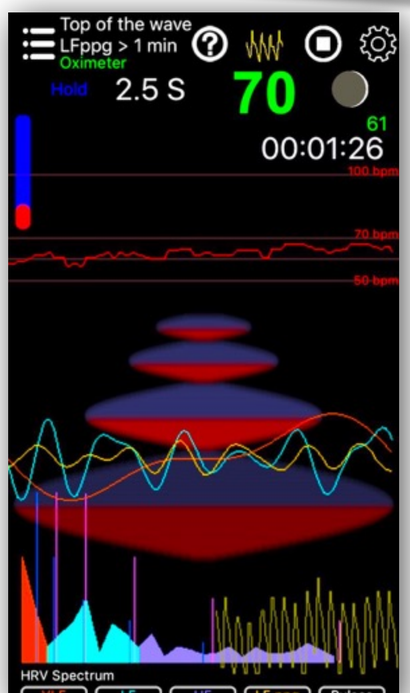
To start a breathing session:
Swipe up the screen

To Stop the breathing session,
Swipe down the screen

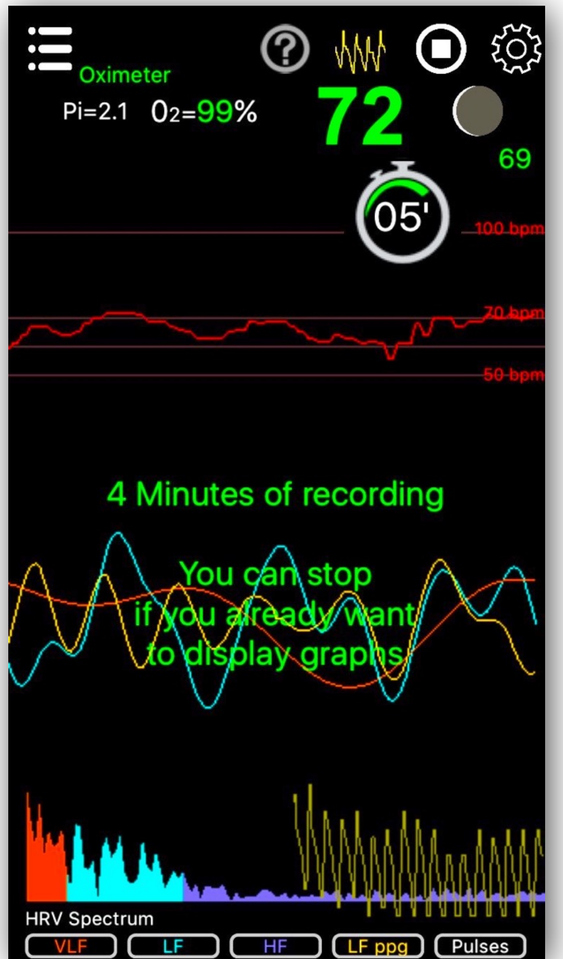


A pacer is displayed
in the top left part of the screen.

Breathing sounds are also helping you
(if you do not want to watch the screen)

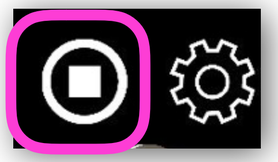


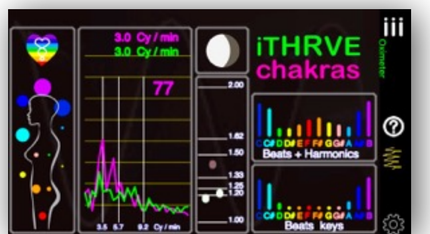
iTHRVE chakras



Graphs are available after 4 minutes of recording.

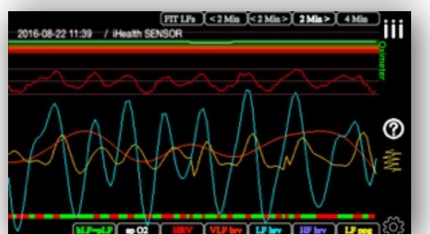
After 4 minutes of recording,
the timer will turn to green.



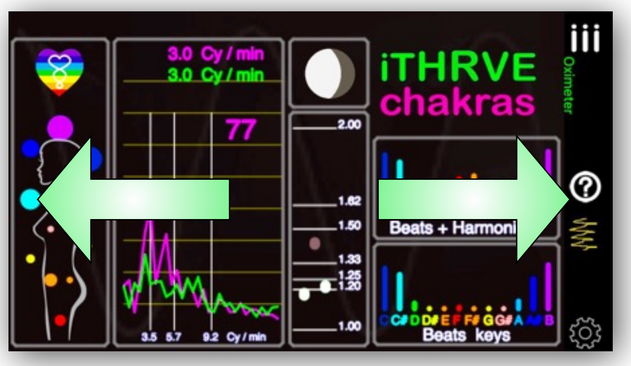


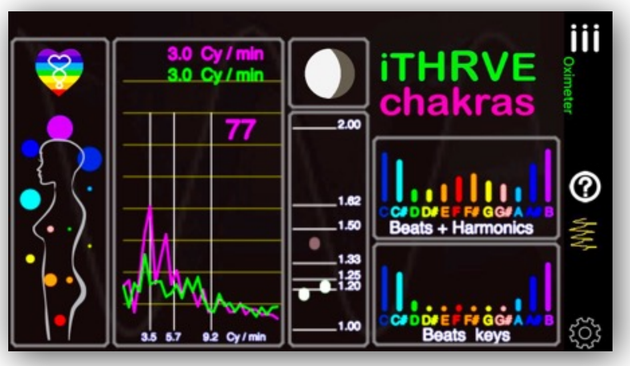
Press **STOP** to stop the recording and go to the graph analysis.

The graphs will display the analysis of the last 4 minutes of your record.



iTHRVE chakras





Chakras display:
Size of dots are related to the number of hits of the music note associated with the chakra since the beginning of the record.

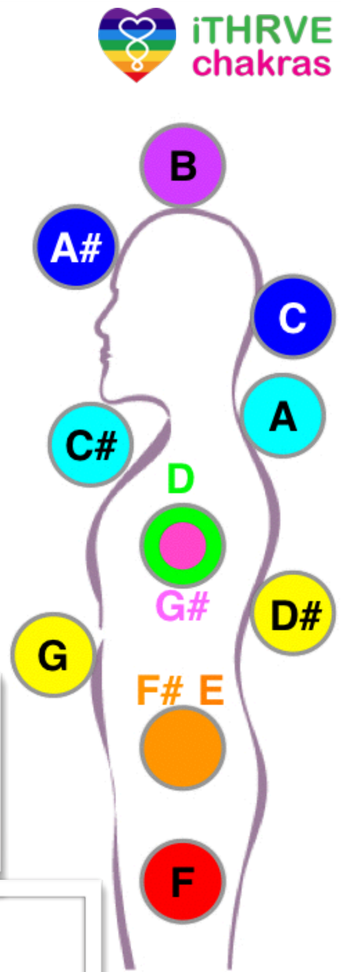
Third order spectrum analysis related to the coherence of the breathing. The coherence is related to the amplitude of the peak.

The pink curve is the HRV spectrum
The green curve is the PPG (pressure wave) spectrum
(only available with light sensors (Camera & iHeath finger sensor)

Click on this graph to show/hide the PPG spectrum curve

Analysis of the musical keys in your heart/HRV

Musical Ratios of peaks
in the HRV spectrum analysis
(dots turn green when they fit a musical ratio).



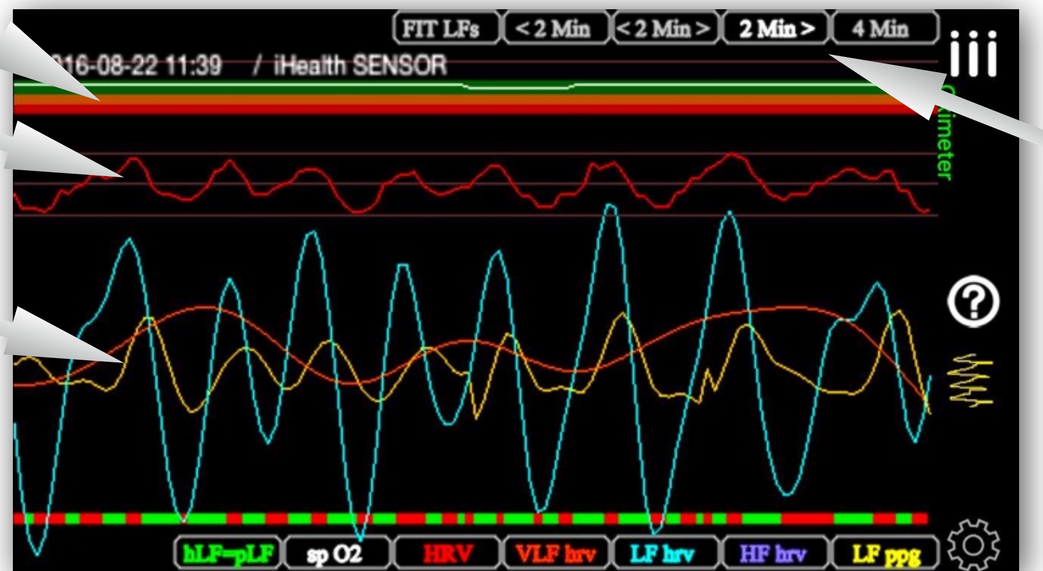
iTHRVE chakras

Oximetry
(only for iHealth sensor)

Heart **R**ate **V**ariation
in beats/minutes

VLF, LF, HF Waves

LF_ppg Wave
(only for iHealth sensor
& Camera sensor)



Buttons to select the time base of the display of the last four minutes of the recording:

- Last 4 minutes
- Last 2 minutes
- First 2 minutes
- Mid 2 minutes

Buttons to show/hide :

- the display of the waves
- the HRV curve
- oximetry (only for iHealth sensor)

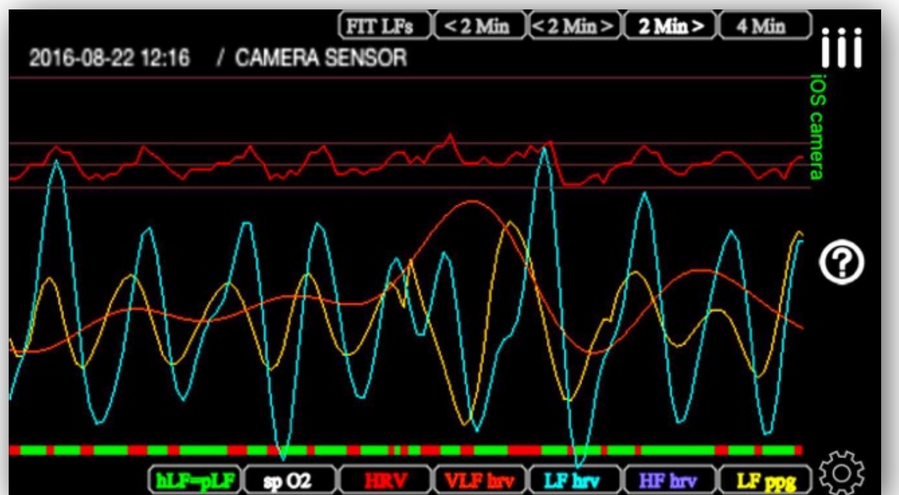
hLF=pLF , **FFT LFs** & **LFppg** buttons

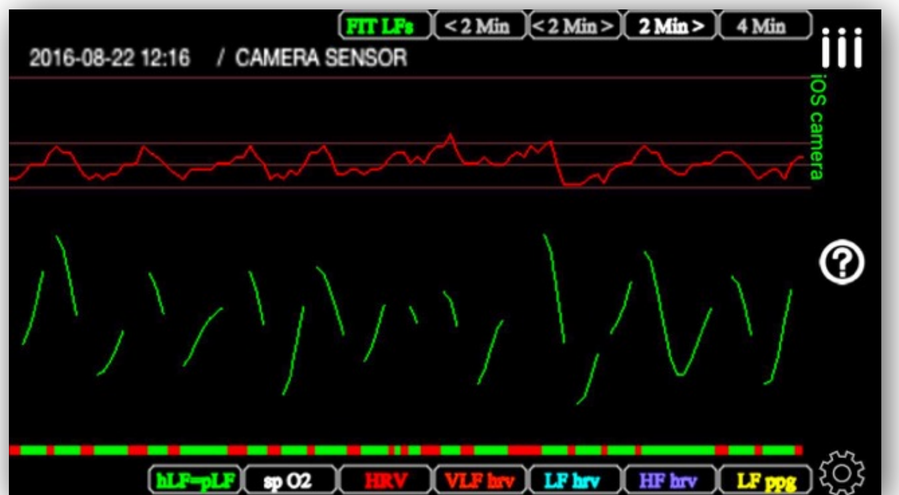
are only available if you are using a light sensor
(Camera sensor or iHealth sensor)

hLF=pLF , **FFT LFs** & **LFppg** buttons : only available if you are using Camera sensor or iHealth sensor

With a light sensor (Camera or iHealth sensors), it is possible to display the pressure wave (Mayer wave).
LFppg displays the LF curve (Mayer pressure wave) which presents a good correlation with the cranio-sacral wave.

Comparison of HRV_LF wave and PPG_LF wave gives indications of the relationship (sync) between the electric component (HRV) and the liquid component (blood pressure variation).





hLF=pLF displays the bottom green/red line indicating the sync (in green) between HRV_LF and PPG_LF waves.
FFT LFs draws (in green) the resulting wave of he sync between HRV_LF and PPG_LF waves