

# RyseUp Collection Catalog

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## Disclaimer

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The RyseUp devices and programs create a “PEMF+” (Pulsed Electromagnetic Field plus Sound) transmission, a technology developed and registered by RyseUp. The RyseUp pulsed electromagnetic programs operate as a feature of the emerging field of “frequency science.” Frequency science has long been recognized by Traditional Chinese Medicine (TCM) and our new understanding of the homeodynamics, an example of which is the recent study of the “biofield.” The biofield has been reported by the U.S. NIH (National Institutes of Health) as an electromagnetic field emanating from all living organisms: humans, animals, and plants. This emerging field of study intends to provide a scientific foundation for understanding the complex homeodynamic relationship of living systems. Currently, the U.S. National Institutes of Health posts more than 400 academic papers investigating the biofields of living organisms, focusing on the human biofield. RyseUp frequencies and devices have been designed as wellness devices and programs to provide a low-level energetics experience of the interaction between the RyseUp devices and programs as they resonate with the biofield. Although many have enjoyed a wellness experience with RyseUp—promoting rest and relaxation, meditation, and other moderating energetic experiences—it must be stressed that this area of energetics still is theoretical and should not be relied upon to replace consultation with your physician or other wellness practitioner. RyseUp devices are not intended to diagnose, treat, or prevent disease, disease-like or other medical conditions. If you are under the care of a doctor or other healthcare practitioner, you should consult your doctor or wellness advisor before using RyseUp. There are no reports of contraindications when using the RyseUp PEMF+ technology, but because this is an electromagnetic device, it should not be used by anyone with a metal implant (other than titanium, which is non-magnetic) or anyone with a pacemaker, an implantable cardioverter defibrillator (ICD), a cochlear implant, intrathecal pump, insulin pump, spinal cord stimulator, or similar medical device. Further, and out of an abundance of caution, we do not recommend the use of RyseUp devices by pregnant or lactating women or anyone under the age of 18 (except by parental permission and/or the permission of a consulting physician). When using RyseUp devices and programs, hydrate for maximum effectiveness. Be advised that not all frequencies work for all people. Your body will tell you what works for you! The RyseUp Wearable is a Pulsed Electromagnetic Field (PEMF) wave emitter with a single copper coil. Designed to encourage and maintain a healthy lifestyle, the RyseUp Wearable is focused by proprietary PEMF+ technology projecting a sinusoidal single or serial electromagnetic frequency. As a wellness support device, the RyseUp Wearable is aligned with the philosophies and practices of Traditional Chinese Medicine (TCM) and is not intended to diagnosis, cure, mitigate, prevent, or treat a disease or disease-like condition. Customers of the RyseUp Wearable who suffer an illness are encouraged to seek the attention of their medical or other healthcare professional.

\* The following statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Introduction

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Welcome to the world of RyseUp frequencies.

The RyseUp App organizes the frequency catalog on three levels:

**Collections, Categories and Programs.**

**Collections** are the general overall area of application whereas **Categories** offer more specific uses. We like to think of it in terms of music players, where you have artists, albums and songs.

We offer **Upgrade** collections including **Categories** for purchase, not single programs.

# Included- Free to Play

RyseUp provides a large catalogue of frequency programs that have been developed by combining traditional wisdom and practices (such as Traditional Chinese Medicine) with modern science regarding the Biofield, PEMF+, and a holistic or complementary understanding of human wellness.

## **Category: Physical Wellbeing**

Frequencies may participate in supporting wellbeing as evidenced by Biofield science and investigations of PEMF+, Resonance, and the energetics history of Traditional Chinese Medicine. While RyseUp is cautious to abide by modern standards when describing RyseUp technology and devices, we encourage increasing understanding and appreciation of the importance of these emerging philosophies and disciplines.

### ***Includes the following Programs:***

- Head
- Lower Back
- Rest & Relaxation
- Environmental Sensitivities
- Regeneration

# Included- Free to Play

## **Category: Mental Wellbeing**

Mental wellbeing is crucial for overall quality of life, empowering the navigation of challenges, maintaining resilience, and providing a sense of inner balance and contentment. Prioritizing mental wellbeing enhances the capacity for happiness, fosters healthier relationships, improves productivity, and strengthens a capacity to cope with the complexities of modern life.

### ***Includes the following Programs:***

- Joyfullness (Bliss)
- Relaxation
- Mental Energy
- Love
- Stress

## **Category: Spiritual Wellbeing**

A synergy between body and mind improves mental clarity and reinforces the resilience and completion to help manage stress.

### ***Includes the following Programs:***

- Pure Aura
- Grounding
- Daily ritual
- Self Love Meditation
- Mindfulness

# Included- Free to Play

## **Category: Living Environment Wellbeing**

Whether it be home, office, or while traveling, frequencies foster an enhanced sense of well-being by promoting optimal comfort and productivity and minimizing resource consumption and environmental impact. This equilibrium ensures a harmonious coexistence between people, plants, and pets.

### ***Includes the following Programs:***

- 5G
- Schumann Resonance
- All plants
- House general
- Micronutrients

# Upgrade Collection- Physical Wellbeing Basics

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Physical wellbeing is crucial. Not only does it form to encourage vibrance and fulfillment in the physical world but it is the foundation for the Body/Mind relationship essential for wholeness and wellness.

## **Category: General**

Biofield science has demonstrated that energy fields participate in supporting physical, psychological, emotional, and spiritual wellbeing. The body is the witness!

### ***Includes the following Programs:***

- Weight
- Sleep
- Digestion
- Regularity
- Brain
- Neurotransmitter
- Regeneration
- Energy
- Breathing

## **Category: Back**

The well-being of back, shoulders, and spine are crucial to good posture which itself can prevent a range of musculoskeletal difficulties and imbalances. Also, the back plays an active role in empowering participation in activities, improves sports performance, while enhancing both mobility and stability for a healthier and more active lifestyle.

# Upgrade Collection- Physical Wellbeing Basics

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*Includes the following Programs:*

- Lower Back
- Midback
- Shoulders
- Spine
- Skeletal
- Neck
- Head Discomfort

## **Category: Vitality**

Vitality is crucial for daily enthusiasm and activities. This is especially true for those who have matured and are turning to meditation, Tai Chi, and other mental and physical trainings. Maintaining physical, mental, and emotional vitality promotes independence, social engagement, and a positive outlook, enabling the enjoyment of an active and fulfilling life.

*Includes the following Programs:*

- Vitality 40+
- Vitality 50+
- Vitality 60+
- Vitality 70+
- Vitality 80+



# Upgrade Collection- Physical Wellbeing Specifics

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Rysepup takes a holistic approach to essential elements of wellness such as sleep, nutrition, and a balanced diet. The benefit of Resonance is that it encourages the body to relate to RyseUp frequencies in way that encourages a wholeness of benefits.

## **Category: Beauty**

Feeling well and well-balanced begins at what we might call „skin deep,“ extending inwards to attitudes, hopes, and goals. While „beauty“ is a term subject to social contexts, self-confidence empowers an embracing of the uniqueness of each human body, pet, and plant. This positive self-perception radiates outward, influencing interactions and enhancing overall well-being.

### *Includes the following Programs:*

- Skin
- Inner Beauty
- Glow
- Hair and Nails

## **Category: Nutrition**

Nutritional supplements play a vital role in filling potential gaps in diet and nutrition, assuring a balanced intake of essential vitamins, minerals, and nutrients.

### *Includes the following Programs:*

- Green Foods
- Micronutrients
- Traditional Chinese Herbs

# Upgrade Collection- Physical Wellbeing Specifics

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- Ayurvedic Remedies
- Superfoods

## **Category: Sleep**

Good sleep is crucial to overall wellbeing, enabling the body to repair and rejuvenate and to consolidate memories. Consistent, high-quality sleep supports cognitive function, emotional resilience, and physical health, contributing to a more productive and fulfilling life.

### ***Includes the following Programs:***

- Sleep
- Sleep disturbances
- Sleep dream state
- Emotions And Sleep
- Sleep Disorders
- Blissful Sleep
- Deep Sleep

# Upgrade Collection- Body & Mind Basics

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Physical, psychological, emotional, and spiritual wellbeing are essential for the wholeness and wellness of the Body/Mind relationship.

## **Category: Spiritual Development**

Spiritual development provides a profound sense of inner peace and clarity, inspiring the navigation of life's challenges with resilience. The inner life is important to cultivating a deeper understanding of purpose and values.

### ***Includes the following Programs:***

- Positive Living
- Eternal nature
- Guidance
- Spiritual Contact
- Pure Aura
- Free Mind
- Spiritual Awakening
- Sanctuary Of Peace

## **Category: Spiritual Practice**

Worship, meditation, practicing mindfulness or yoga and deep breathing, and other Eastern disciplines are examples of spiritual practice to cultivate inner peace and clarity, fostering a deep sense of connection between both the inner and outer worlds while encouraging a healthy perspective on life.

# Upgrade Collection- Body & Mind Basics

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*Includes the following Programs:*

- Guided Meditation
- Grounding
- Crystals
- Reverie light
- Dawning Light
- Daily Rituals
- Mindfulness
- Power Nap
- Blissful Sleep
- Deep Sleep
- Lucid Dreaming
- Astral Projection
- Energy Express
- Deep Meditation
- Stillness
- Breathing
- Zen Focus

## **Category: Yoga**

Yoga provides both physical and mental benefits, promoting flexibility, strength, and balance in the body, while also reducing stress, improving focus, and enhancing overall well-being through its mindfulness and relaxation practices.

# Upgrade Collection- Body & Mind Basics

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*Includes the following Programs:*

- All Yoga
- Hatha Yoga
- Vinyasa Yoga
- Slow Flow Yoga
- Power Yoga
- Kundalini
- Flowstate
- Breathing

# Upgrade Collection- Body & Mind Specials

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Increase the synergetic effects of body-mind connections through metaphysical practices. Only when the body and mind are in harmony is it possible for either physical or mental and emotional well-being.

## **Category: Meditation Academy**

Meditation promotes mental clarity while encouraging focused awareness and calming thoughts and emotions. Regular practice has been demonstrated to improve emotional well-being and support cognitive functions.

### ***Includes the following Programs:***

- Guided Meditation
- Deep Meditation
- Love Meditation
- Self-Love Meditation
- Tantric Meditation
- Abundance Meditation
- Self Confidence Meditation
- Proactivity Meditation
- Wind Chimes Meditation
- Motivation Meditation
- Morning Meditation
- Afternoon Meditation
- Evening Meditation
- Group Meditation
- Happiness Meditation

# Upgrade Collection- Body & Mind Specials

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## **Category: Chakras**

In Eastern traditions, philosophy, and practice, Chakras are thought to be centers of spiritual energy within the human body. There are seven main chakras that are traditionally recognized, and each is associated with specific qualities, elements, colors, and functions. Chakra theory suggests that energy centers can become imbalanced or blocked. Many holistic health practices and spiritual traditions use meditation, yoga, Reiki, and other methods to balance and align the chakras, aiming to promote better overall well-being and spiritual development. While many find value in this system, it's based on spiritual and metaphysical beliefs rather than empirical scientific evidence.

### ***Includes the following Programs:***

- Base Root Chakra (Muladhara)
- Sacral Chakra (Svadhishthana)
- Solar Plexus Chakra (Manipura)
- Heart Chakra (Anahata)
- Throat Chakra (Vishuddha)
- Third Eye Chakra (Ajna)
- Crown Chakra (Sahasrara)
- Chakra Complete

## **Category: Pure Happiness**

Pure Happiness is an ideal that while difficult to realize is to be approached through philosophy, practice, and discipline. One manifestation of this discipline is Tantric meditation which, in its genuine form, seeks to balance and integrate different energies within the practitioner, ultimately aiming for enlightenment or self-realization.

# Upgrade Collection- Body & Mind Specials

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*Includes the following Programs:*

- Positivity
- Creativity
- Brain
- Concentration
- Love Meditation
- Self-Love Meditation
- Tantric Stimulation
- Happiness



# Upgrade Collection-Sport

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Engaging in sports promotes physical fitness and overall health while fostering teamwork, discipline, and personal growth. It's a holistic activity that enhances both the body and the mind and is known to benefit from the influence of energetic discipline.

## **Category: General**

Many athletes practice metaphysical or spiritual discipline to increase focus and performance. The rigors and requirements of sport and performance are benefited by a variety of stimulations and energetics support.

### *Includes the following Programs:*

- Warm up
- Stretching
- Focus
- Performance physical
- Performance mental
- Cooldown
- Regeneration
- Power
- Coordination
- Flow
- Strength

# Upgrade Collection-Sport

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## **Category: Endurance**

Endurance is manifest and influenced by a variety of physical, psychological, and disciplinary functions. A deficit of any one aspect of endurance can reduce the overall ability of the mind and body to accomplish the overall performance goal.

### ***Includes the following Programs:***

- Oxygenation
- Muscles
- Hormones
- Mental focus
- Circulation
- Breathing
- Recovery

## **Category: Recovery**

The importance of recovery in sports cannot be overstated, as it plays a vital role in optimizing performance and preventing injuries. Proper recovery empowers athletes to replenish energy, repair tissues, and maintain mental focus, ultimately enhancing overall physical and mental resilience.

- Recovery
- Regeneration
- Muscular
- Cellular Support
- Nerve System

# Upgrade Collection- Home & Living

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Balanced energy in a living environment fosters enhanced wellbeing by promoting optimal comfort and productivity, minimizing resource consumption and environmental impact, and producing an equilibrium that ensures a harmonious coexistence between inhabitants and their surroundings.

## **Category: Energy Shield**

Contributes to a wellness-focused environment in the home, office, or other environments. While it may not be possible totally to eliminate electrosmog generated by modern appliances—especially those that radiate energy (such as computers, screens, microwaves, etc.), it is theoretically a practical possibility to interact with them through the frequencies generated by RyseUp devices.

### *Includes the following Programs:*

- 5G
- 5G Sentry Europe (all bands)
- 5G Frequency Bands super sentry (all countries)
- 5G Sentry 2020
- Electrosmog Sentry
- Hartmann and Curry Lines+

## **Category: Balance**

Balanced energy in a living environment fosters enhanced wellbeing by promoting optimal comfort and productivity and minimizing resource consumption and environmental impact. This equilibrium assures a harmonious coexistence between inhabitants and their surroundings.

# Upgrade Collection- Home & Living

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## *Includes the following Programs:*

- Aura Cleansing
- Spiritual
- Earth Resonate 2023
- Schumann Resonance
- Earth: Magnetic Field
- Environmental Sensitivities
- Schumann Resonance 2023
- All plants

## **Category: Environment**

It's common to speak of the "energy" manifest in a person or environment. Good energy in people and places promotes a sense of tranquility and relaxation, fostering a conducive relationship for rest and rejuvenation. It also encourages positive interactions and communication among inhabitants, enhancing overall harmony and well-being.

## *Includes the following Programs:*

- Bedrooms
- Hobbyroom
- Living Room
- Garden
- Office
- House general

# Upgrade Collection- Home & Living

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## **Category: Pets**

Not only humans but pets and plants emit PEMF.

### *Includes the following Programs:*

- Dogs
- Cats
- Birds
- Rodents
- Fish

# Upgrade Collection- Botanica

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Herbs have been used for thousands of years to support wellbeing and wellness. The use of herbs can be traced back to traditional systems of such as Ayurveda, Traditional Chinese Medicine (TCM), and various indigenous systems.

## **Category: Herbs**

A holistic energetics approach to herbal support avoids potential contraindications of traditional herbal supplementation that may adversely interact with medications or produce digestive side effects.

### ***Includes the following Programs:***

- Fresh herbs
- Herbs for Wellness
- Traditional Chinese Herbs
- CBD

## **Category: Essential Oils**

Essential oils have holistic properties that have been embraced for centuries, offering a unique and accessible avenue for individuals to cultivate a sense of balance and tranquility in their daily lives through aromatherapy and other applications.

# Upgrade Collection- Botanica

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*Includes the following Programs:*

- Essential Oils Complete
- Angelica
- Basil
- Frankincense
- Galbanum
- German Chamomile
- Helichrysum
- Idaho Tansy
- Juniper
- Lavender
- Melissa Lemon Balm
- Myrrh
- Peppermint
- Ravintsara
- Rose Pure
- Sandalwood

## **Category: Flower Benefits**

In the traditional practices of many societies Flowers have been believed to promote wellbeing by representing the subtle yet powerful energies they provide as an illustration of both beauty and balance.

# Upgrade Collection- Botanica

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*Includes the following Programs:*

- Agrimony
- Aspen
- Beech
- Centaury
- Cerato
- Cherry-Plum
- Chestnut Bud
- Chicory
- Clematis
- Crab Apple
- Elm
- Gentian
- Gorce
- Heather
- Holly
- Honeysuckle
- Hornbeam
- Larch
- Mimulus
- Mustard
- Oak
- Olive
- Pine
- Red Chestnut



## Upgrade Collection- Botanica

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- Rock Rose
- Rock Water
- Scerlantus
- Star of Bethlehem
- Sweet Chustnut
- Vervain
- Vine
- Walnut
- Water Violet
- White Chestnut
- Wild Oat
- Wild Rose
- Willow

# Upgrade Collection- Astrology & Astronomy

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Astrology—which includes the study of astronomy as it relates to celestial bodies, their positions and movements and purported influence on human lives and natural events—has been used in various cultures and throughout history to promote wellbeing in several ways. While astrology provides a framework for self-reflection and personal insight, astronomy fosters a profound understanding of the universe, cultivating a sense of awe and interconnectedness that can enhance our understanding of life and purpose.

## **Category: Zodiac Signs**

„Balancing the influence of zodiac signs can provide insights into inherent traits, strengths, challenges, and potential life paths. By understanding these aspects, individuals can become more self-aware and work on personal development. For instance, Synastry is believed to provide insights into the dynamics of relationships, whether romantic, familial, or platonic. Astrology has also been used to provide perspectives on community, belonging, spiritual development, cultural and collective insights, and other life purposes. „

### ***Includes the following Programs:***

- Aries
- Taurus
- Gemini
- Cancer
- Leo
- Virgo
- Libra
- Scorpio
- Sagittarius
- Capricorn
- Aquarius
- Pisces

# Upgrade Collection- Astrology & Astronomy

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## **Category: Planets**

The energetic properties of planets—in the context of Astrology— have been thought by many cultures to support a holistic approach to wellbeing by aligning individuals with natural rhythms and cosmic forces. This practice depends on ancient wisdom as a guide to appreciating natural cycles and the interconnectedness of all life with universal forces.

### *Includes the following Programs:*

- Earth
- Moon (Full)
- Sun
- Mars
- Mercury
- Jupiter
- Venus
- Saturn
- Uranus
- Neptune
- Pluto

# Upgrade Collection- Mental Wellbeing

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Mental wellbeing is crucial for overall quality of life, empowering the navigation of challenges, building resilience, and experiencing a sense of inner balance and contentment. Prioritizing mental wellbeing not only enhances personal happiness, but also fosters healthier relationships, improved productivity, and a stronger capacity to cope with the complexities of modern life.

## **Category: Emotions**

Supporting emotional equilibrium can cultivate inner harmony, leading to reduced stress and a more fulfilling life.

### *Includes the following Programs:*

- Love
- Emotions general
- Stress
- Anxiety
- Joyfulness (Bliss)
- Safety
- Equilibrium

# Upgrade Collection- Mental Wellbeing

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## **Category: Mental State**

A strong mental state is crucial for maintaining overall well-being and resilience in the face of life's challenges. It empowers individuals to navigate stress, make informed decisions, and foster positive relationships, ultimately leading to a more fulfilling and balanced life.

### *Includes the following Programs:*

- Relaxation
- Regeneration
- Peace
- Mental Energy
- Inner Child
- Happiness
- Passion
- Gratitude
- Generosity
- Compassion

## **Category: Nature Frequency Bath**

Nature baths, also known as shinrin-yoku, have a profound effect on well-being through immersion in natural environments. These programs offer natural frequencies to support holistic wellbeing.

### *Includes the following Programs:*

- Mountains
- Ocean
- waterfall
- Trees

# Upgrade Collection- Mental Wellbeing

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## **Category: Relationships**

Healthy relationships are built on a foundation of mutual respect, effective communication, and genuine care for each other's well-being. They provide a supportive space to grow as an individual while nurturing a strong and harmonious connection.

### ***Includes the following Programs:***

- Connection
- Harmony
- Acceptance
- Love
- Care

# Upgrade Collection- Personal Development

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Personal development is the compass that guides towards a full potential, fostering continuous growth in skills, knowledge, and self-awareness. By embracing personal development, enhance effectiveness and sense of being, but also cultivate the resilience needed to adapt to an ever-changing world.

## **Category: Business**

Sound business decisions are not only critical for the success and growth of a company but also play a pivotal role in personal development. Making informed choices cultivates skills—such as critical thinking, strategic planning, and risk assessment—fostering ability to navigate challenges and make effective decisions across various aspects of life.

### *Includes the following Programs:*

- Good fortune
- Focus
- Clarity of mind
- Decisiveness
- Concentration
- Self-Confidence
- Inspiration
- Success

# Upgrade Collection- Personal Development

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## **Category: Personal Growth**

Personal growth is essential as to empower personal development, broaden perspectives, and unlock full potential.

### *Includes the following Programs:*

- Inner Child
- Optimism
- Self-Acceptance
- Procrastination
- Flowstate
- Deep Focus
- Concentration
- Creativity
- Power

## **Category: Wealth**

Wealth can play a pivotal role in personal development by providing access to education, experiences, and resources that broaden one's horizons and foster growth. Additionally, financial security can alleviate stressors, allowing mental and emotional space to focus on self-improvement.

### *Includes the following Programs:*

- Attraction
- Success
- Health
- Spiritual Wealth
- Abundance



## Upgrade All 11 Collections- Full Access

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- Collections 11 (Include free-to-play.)
- Categories 35 (Include free-to-play.)
- Programs 290+ (Include free-to-play.)

For more information, training or ordering, please visit your preferred Reseller:



**FREQUENCY**  
SOLUTIONS

<https://www.frequency solutions.com>

Or contact us on: [info@frequency solutions.com](mailto:info@frequency solutions.com)

## RyseUp Devices\*

### RyseUp Wearable

The RyseUp Wearable is your entry into the world of RyseUp frequencies. This product consists of the RyseUp Wearable device and 20 complimentary programs, including 5 programs each in the categories: Physical Wellbeing, Mental Wellbeing, Spiritual Wellbeing and Living Environment Wellbeing.

Price excl. VAT:

574,00 €



## RyseUp Software\*

**Introductory Offer**

### RyseUp Collections

RyseUp offers 10 Collections of frequency programs. These are available for one-time purchase (lifetime access). Available Collections include: Physical Wellbeing Basics, Physical Wellbeing Specifics, Sports, Mental Wellbeing, Body & Mind Basics, Body & Mind Specials, Astrology & Astronomy, Personal Development, Home & Living, Botanica

Option 1	Option 2	Option 3	Option 4
Any 1 out of 10	Any 3 out of 10	Any 5 out of 10	All 10 out of 10
price excl. VAT	price excl. VAT	price excl. VAT	price excl. VAT
496,00 €	744,00 €	1.240,00 €	2.066,00 €

\*All prices excluding VAT  
 \*\* Valid from: 01-10-2024.

# RYSEUP

A New State of Being

Your preferred reseller:  
[www.FrequencySolutions.com](http://www.FrequencySolutions.com)