

Empower Disc



empower disc[©]
One product hundreds of applications!

Beginners Guide

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Welcome to the Em-Power Research Project

Introduction

Hi, my name is Coby Zvikler and many years ago I discovered something very special, it's something people have been talking about for hundreds, if not thousands, of years. It was not so much a discovery but a rediscovery of something we all knew as children.

An idea that within each and everyone us is an intelligence that is literally keeping us alive. An intellect that exists beyond our experiences, our conditioning and belief systems. A voice deep inside, an understanding that transcends all that we could possibly comprehend on a conscious level.

The more I learnt, the more I realised that we are beings of pure potential, and that as a species we have merely begun to fulfil the unlimited possibilities of our heritage. I was not born into this way of thinking, it has come to me over time and through my work. There isn't a name for what I do, but I suppose the best way to describe myself is as a tool maker. The tools I design make life easier for people from all walks of life.



Coby Zvikler

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If you have a health issue, e.g. a bad back, pain, or something even more serious, these tools can really help. If you are suffering from stress, anxiety, depression or negative thought patterns that are ruining your life, with these tools it is possible to turn your life around.

I believe that the drama of people's lives and the problems they think they have, are merely a reflection of the distance between something they always knew as children and how their life has changed them. In this life there are only three things anyone knows for sure: you are born, you live, and then until someone comes back to tell me any different, you die; everything else is a little bit hazy and unpredictable.

As human beings, by our very nature we are in a state of constant personal transformation. The question is: what are we changing into? Does it have to be

more of the same, or could we change into something better? It's not just us who are changing, everything is going through the same process of disintegration and renewal. Even with the latest technology, it is impossible to **guarantee** even one extra day of life. Someone once told me that it's not the quantity that counts, it's the quality - I think they were talking about food, but the same thing goes for a person's life.

If in God's infinite wisdom a life is to be, isn't it up to us to honour that life by being as happy and fulfilled as we can? The question is: what does it mean to be fulfilled, is it different for every human being or is there an underlying commonality, a thread woven into the fabric of every person's life? What do you think? Could there be something somewhere built into our very being that could satisfy our need for fulfilment and inner peace?

We seem to be well equipped in every other way - doesn't it make sense that there might be something inside us that could answer this question? Perhaps the part of us that is responsible for keeping us alive knows the answer! If you could communicate with that part of you, what would you ask it? Are you even interested? I wonder, if it could answer this question, what other secrets could it reveal?

If you are interested and ready to ask these and other important questions, I have some really good news for you! The technology exists, so if you have the desire to ask the questions, you now have the means to receive the answers.

You know what it's like when you have just experienced something really cool and you want to share it with all of your friends? Well that's how I feel right now. I know that this is the beginning of a journey that will get you asking all sorts of questions and along the way you will find the answer that's right for you! So enjoy and make the most of your life starting now.

My Journey

I have been working with my "Higher Self", which is the name I give the intelligence that keeps us all alive, for a long time now and the journey has taken me to many exciting places where I have met special people! I know they are special not because of what they say or do, they are special because they are

alive, and within each and every one of us is the infinite taking residence in a body that is here on this earth for but a moment, a mere beat of the cosmic clock. Yet we have within us all a sense of time, and our individual existence is merely a perception of our reality.

Truth! There is only one truth and that is: you are alive, your heart beats and breath comes into you without a thought, without you even asking for it! I have felt sad and happy, lost and alone, as everyone has from time to time! Only one thing has been a constant for me, that is the life that beats within my chest, this is the only reality, the only truth, and while I am alive I must enjoy it!

I know that deep inside of you, you know that there is something very special, something unique and beautiful, as beautiful as a sunset in all its glory. Just as within a sunset there are rays of light and deep and beautiful colours, so within inside of YOU is a peace and a joy that exists and lives just for you!



Without you the observer, there is no-one to feel the beauty, the joy and the peace that the sunset brings; so the sunset needs you just as much as you need it! To be appreciated, to be admired, to be loved. There is a sunset inside you just waiting to be appreciated, and the great thing about it is this sunset is timeless; the joy it brings is timeless, the light it projects is beautiful, and guess what? It's inside you!

How special is that? How special are you? You may cry out of sadness or joy, it is up to you! You may be confused or be filled with clarity, it is up to you. Your existence can be like waiting for bad news or it can be filled with the light of the power that is within!

You have been the way you are for a long time. You have become accustomed to the thoughts that you have inside your head. Your beliefs are entrenched in your experiences and you know what you know! Your life is good or bad, you are rich or poor, you are healthy or have some issues, it all doesn't really matter - these are the things that have happened and are in the past as we speak about them. They are as sandcastles on the shore of life and the tide will soon take them away.

You are neither attached nor detached from these things, they are merely the clothes you wear and the company you keep. You are more than those things, you are you on the inside and that is all that should matter. If you want to know yourself, do not look at what you have or have not achieved, look at what you could be.

The possibilities are endless! Why?
Because you are alive and you are here, you are now!

As you will see, the power of the moment is the only real power we have. The possibilities exist and then another 'NOW' comes to say: "Look at me, look at what you could be. You are alive and I am your true potential. In me are the possibilities, the future, it all depends on what future you would like. Do you want a future based on the past and the things that have held you back, or do you want a future fresh with possibilities and the ability to learn how you can write the pages, and you can be the author of tomorrow's reality?"

You need to prepare for these new possibilities. You need to respect that passion and joy of the moment where a new future is possible.

A second chance at Life!

Imagine if you could press a button and RESET your body and mind instantaneously correcting all your physical and emotional problems along the way.

Over 20 years ago I began an amazing journey determined to discover how certain people were able to heal, at what seemed to be miraculous speeds, while others took up to 85 times longer.



One day while treating a client with a curved spine a remarkable thing happened – suddenly their body started to go into an involuntary self correction that lasted 20 minutes.

I just stood back in amazement watching this incredible phenomenon! It was definitely a bit wired to watch but when the client said the pain had gone completely, I knew this was a defining moment. I suddenly realised that by accident I had stumbled across a mechanism in the body that seemed to RESET a person and return them back to the way they were supposed to be.

EVOLUTION seems to have given us several redundant biological systems; organs like the Appendix, so could it be possible that there are mechanisms within the body whose purpose is not fully understood. It has taken 20 years of research, feedback from disc users, observations at seminars and demonstration as well as many hours of one to one treatments to really understand the phenomenon of the RESET process.

A RESET is exactly what it sounds like! When the process is triggered your body and mind does whatever it can to return you to your factory setting (the way you should be as opposed to the way you are). It's as if the way you should be is filed somewhere on a genetic blueprint of some kind, and there is an automated mechanism that compares your current state with that blue print, and then takes immediate action to repair any damage.

Over the years I realised that you could RESET negative emotional states just as easily as physical ones and was determined to become an EXPERT in this exciting new field medicine.

After learning how to trigger a RESET consistently on lots of clients, I eventually discovered a way to reproduce the phenomenon and in 1993 I created the prototype for the Empower Disc.

In 1996 I met a film producer called Ziggy, who took an interest in the Empower Disc and invited me to demonstrate it, at his TV studio, which was close to "BBC" Broadcasting House in London.

Ziggy had been all round the world filming people with so-called healing abilities and had an interest in the Body Mind connection. Up until this point I considered the Empower Disc to be purely a Self-Healing tool, and it was Ziggy who first introduced me to the concept of the Higher Self. This instantly struck a cord with me and made sense on lots of different levels.

Ziggy told me that the Empower Disc could actually be a key to unlock this ability within people, and I agreed! As with the RESET process I decided to learn all I could about the Higher Self. Eventually I produced a communication method and a way for people to use the Empower Disc to have a two-way conversation with their Higher Self and learn how to ask the important questions I have been talking about.

What is the Higher Self?

The Higher Self is a super intelligence that all humans possess! Simply put, it is the true "you" separate from your experiences, a part of "the infinite" merged with your body, conscious and subconscious mind. It is like a parent in the most positive sense, keeping a home where you are always welcome deep inside your being! It has an understanding and knowledge of you on a molecular level and is responsible for keeping you alive. It is not bound by the limitations of the learning process as we know it, and can make judgments and calculations that take into consideration all possibilities including time and space.

The Higher Self is the key to knowing your true self in the most meaningful way. It is capable of allowing you to experience emotional and spiritual states of being beyond your comprehension and/or previous experiences. It is able to spontaneously heal you of a physical or emotional problem.

As the Higher Self is an intelligence seemingly unconfined by time and space and living in a quantum state of existence, it has been dubbed the 'observer' of reality. Under so-called normal operating conditions, a human being is often unaware that the Higher Self exists. It is only at times of profound significance, times of overwhelming elation, shock or despair that the Higher Self comes to the fore.

It is at these times that events take our emotions so far beyond our normal state of being that we need our Higher Self to take over and protect us. Its primary mission is to keep you alive and safe as viewed from the perspective of a parent.

I could probably write a thousand page book on the Higher Self, but for the purpose of using the Higher Self to correct physical problems, resolve emotional issues and to access your inner potential, this explanation is sufficient for now.

Theories associated with the Higher Self

We are genetically programmed with senses and abilities that most people are totally unaware of. These abilities are designed to protect us, and thousands of years ago they would have been essential for our survival. The interesting thing is that human beings and many animals have seemingly redundant physical as well as sensory capabilities, even organs that we don't need, for example the appendix.

It's as if we have the tools we need to survive regardless of the environment. Darwin's theories of evolution are fascinating and certainly make sense given the evidence. I would like to interject at this point with a theory of my own that may or may not be found to be accurate at some point in the future.



It's just a theory! I base it on nothing but conjecture and superstition, two very useful words that mean that at this time I cannot back my theories with scientific proof.

Many believe, and a lot of evidence suggests, that human beings may have evolved from other primates. This is a theory with a bit of evidence to back it up and it may or may not be true. This kind of theory is interesting, attention grabbing, but unless we can use the information, it's just "interesting".

Personally, I am more interested in future evolution than what may or may not have happened in the past; at least we may be able to use this information in a positive way. So I have a theory! What if all the potential, every possibility for human evolution, creativity and invention, was pre-programmed into all human beings?

I am talking about a kind of computer program so sophisticated and virtually undetectable yet built directly into our DNA. This program takes into account **all** possibilities for every potential future, even time and space. Crazy? Maybe! But what if it were true? Imagine a program that knew that the Wright brothers would fly in 1903, and if they didn't manage it, someone else would!

Human Potential

I am talking about a human group intelligence that has an agenda, an intelligence so vast that we could not conceive of its potential, yet each one of us is a vital cog in the wheel of human evolution. Imagine a brain with neurons and receptors, and every day millions of neurons would die and be reborn, each cell important, fulfilling a purpose yet oblivious to the mind in which it lives.

Quantum Physics tells us that we live in a holographic reality which means that the smallest wave/particle is equal to the whole, a repeating universe on multiple dimensions and infinite realities. So each person has all potential knowledge within them, like a CD-Rom where consciousness and linear time are in a sense the point at which the information on the disc is being read by the computer.

What I am saying is that inside you is all human knowledge, and it's your life experiences and your predispositions that stimulate and uncover your abilities and allow you to access the information.

When we learn our ABCs it opens a new world of possibilities, information that could stimulate us into becoming the next Albert Einstein. If a person isn't taught the basics of a subject, he or she would never use it to its full potential.

If Beethoven had never been exposed to music, what do you think he would have become? We need to be stimulated, we need passion and drive to make things happen. If you were a creator who wanted his creations to evolve and grow through experience, how would you do it?

I think you would consider giving your creations an uncontrollable hunger that must be filled by "the thing" you wanted them to achieve.

Desire, need, hunger, thirst and passion are all non-intellectual urges that we must fulfil. We have no choice, we cannot survive without these things. Life only feels worthwhile when we are pursuing these inbuilt survival needs. So our most powerful motivations are emotions, and mind only comes into the equation when we are trying to explain our behaviour while pursuing these needs.

The Power of the Mind

Intelligence is usually described as the ability to learn facts and apply them to practical situations.

This statement describes an ability to act in a specific way when exposed to different types of information. The kind of intelligence I want to talk about is more fundamental than that, it is more a question of the intelligence behind the ability to express intelligence; the intelligence that guides the conscious and unconscious pattern recognition system that is responsible for the ability to express intelligence.





Imagine if Einstein was born in a primitive village in Africa where nobody went to school, he certainly wouldn't have been able to come up with the world-shattering theories that he is known for. Does that mean he would not have been just as intelligent, or does it just mean that he wouldn't have been able to express his intelligence?

So the question is. is intelligence nature or nurture? Is it possible that you are just as intelligent as Einstein but have so far been unable to express that intelligence to the same degree?

Could it be that somewhere inside you an intelligence exists that is just waiting for the right stimulation in order to properly express itself! Do you think it is possible that one day someone will discover how to identify and expose a person's potential in this way?

If you were offered the opportunity to try to discover what stimulation was necessary to bring this intelligence out in you, would that be of interest to you? If so, how important do you think discovering this information would be to you? Would you be prepared to put some kind of effort into the process? If the only way to express this amazing intelligence is by stimulation, what stimulation do you think you would need? Ok you're probably saying to yourself "If I knew that, I wouldn't need to be asking myself the question in the first place!" Let me put it another way. What would you need to have, as well as the answer to the question, in order to bring out your potential intelligence?

The Conscious Mind

The conscious mind is the part of you that analyses and compares different bits of information in order for you to have an awareness of where you are and what you are doing.

The conscious mind gets all of its information from your 5 senses and our past experiences. It makes a judgment based on this information and how we feel and our emotional state at a specific moment in time. It is possible for the conscious mind to make a completely different decision or come to a different conclusion based on the same information if our emotional state changes significantly enough.

The conscious mind may appear all-powerful and we often ignore the fact that it is frequently wrong in its decision-making process. It can lead us up the same blind alley again and again. The conscious mind wants to put all the information it receives in well defined and equation-based parameters, even if that means its conclusions are incorrect.

The conscious mind can evolve and be trained to make better decisions provided that we can give it alternative programming that helps it filter and use information more accurately.

Again this is a simplistic explanation, and obviously the reality is more complex, but this is all you really need to know for now!

The Subconscious Mind

There are hundreds of books that have been written about the subconscious mind and most therapies work by trying to communicate with it in some way or another.

As with the Conscious Mind, the Subconscious receives information through the 5 senses and stores it into the memory. The quality of this information is dependent on your emotional state at the time. It is also highly reliant on the capabilities of each sensory organ and the efficiency of the neuro-pathways in the brain that are responsible for creating a neurological representation of that information.

In other words, if you have difficulty with your hearing, for example, the sound quality related to that specific memory would be poor. The same goes for all 5 senses: see, hear, touch, taste and smell. The quality of the sensory information within each memory determines how vividly you are able to recall a specific experience. As people get older their short term memory is often diminished, this is partly the result of the reduced capabilities of the 5 senses.

Memory is stored like an interconnecting web of sensory detail: often when you remember a small part of an experience, it allows you to link events more easily in your mind and usually this allows you to recall the entire experience.



The subconscious is an intelligence unto itself, the equivalent of a 5 to 7 year old child in the way it thinks and acts.

To make positive changes to its way of thinking, you need to talk to it like a child, supplying it with emotional support and incentives.

The key point you need to remember about the Subconscious Mind is that it is childlike and emotional, and like a child it needs to feel loved.

What is Empower technology and how does it trigger a RESET?

It's complicated and simple at the same time! As CD's can be encoded with different types of information we have developed a process whereby we are able to encode various alloys with what we call Bio Data.

Our devices are a storage as well as transmission medium for this Bio Data and only become active when they enter a living energy field. Your body's own energy field acts like a catalyst triggering the release/transmission of Bio Data into

your energy field, this often causes a sense of well-being and a mild tingling sensation in the hands.

Once the Bio Data is released into the energy field, it has an energy and internal communication boosting effect, as you can see from the Kirlian Photos below.



After a minute or so (time varies depending on the person) the RESET process is triggered and you are able to communicate with your body and mind on an amazing level. Once the RESET is activated (usually within 2 minutes) you are able to correct a specific physical problem or trigger a full body correction process. You can also make emotional as well as psychological changes by simply asking your Higher Self.

While positive emotional and physical changes occur within the body and mind, many people experience amazing spontaneous physical movements which vary according to what you are trying to achieve. Often people who may have had physical or neurological damage find that their body is able to move in ways they could only dream of. The more serious the problem the more powerful this process appears to be, and for the user, it's an amazing and uplifting experience.

As the result of the research done in the early 1990's on these naturally occurring electromagnetic fields, I discovered that it was possible to use this technology to trigger a RESET as well as establish two-way communication between a person and their Higher Self. This level of communication had previously been limited to people who had undergone years of mental and physical training.

How a RESET could help you!

A RESET restores your body to its factory setting based on the way you are supposed to be according to your body's internal blueprints and can be used to help you on several levels:

Physical Level:

If you have a physical problem it compares your current physical state with the way you should be and takes immediate action to return you to your best physical potential.

If you have a serious medical condition this spontaneous correction can be quite dramatic and uplifting with your body spontaneously moving on its own accord in order to correct the problem. If you have a minor physical problem the movements can be more subtle - it all depends on your physical state when you activate the process.

The potential for positive physical self correction is unlimited and the seriousness of the problem has no bearing on your body's ability to heal itself. If your body's RESET mechanism is intact there is NO LIMIT to what you can achieve.

Emotional Level:

When a RESET is triggered you are able to communicate directly with your Higher Self, which in turn can make instantaneous changes on an emotional, as well as mental level.

In a sense, a RESET gives you FULL access to your mental, emotional as well as psychological capabilities. As a result you can resolve issues with very little effort, and in a tiny fraction of the time that it takes psychologically based and or talking therapy system.





Common issues like anxiety and panic attacks, that are caused by the inappropriate triggering of the "Fight or Flight" response, can be resolved by a RESET.

Returning this aspect of the brain to its default setting can have an instantaneous effect on the condition removing unwanted symptoms in seconds. Once you are free of unwanted symptoms like panic, anxiety and stress you can use your Higher Self to permanently remove the inappropriate triggers that have caused the problem in the first place.

The potential for positive emotional changes, are UNLIMITED, all you need to do is follow a very simple process once you trigger a RESET. Unlike 99% of all therapies to remain FREE of SYMPTOMS you do not have to constantly apply a management technique, once it's gone it's gone!

Psychological & Mental Level:

Most people only access a tiny fraction of their mental capabilities and it is believed that the majority of us only use 10% of our brain power; it's a bit like using a super computer as a calculator!

When a RESET is activated that percentage goes up dramatically, and as a result you can think more clearly than ever before. With this boost in brain power the communication process between the body and mind is dramatically enhanced allowing a person to make incredible positive changes of all kinds including mental changes.

By communicating with your Higher Self you can reprogram your mind and body to run more efficiently and remove any emotional, mental, psychological and/or physical blockages.

You can make positive changes to your behaviour and the way you think. You can get rid of self-limiting beliefs which will dramatically boost your confidence and self-esteem. You can develop your mind and make it function at its optimum levels, improving your memory, focus and concentration. Every time you RESET you will get closer to the way you could be and step by step change your life in the process.

Self Discovery Level:

As you move toward your positive potential your mind's capabilities will grow and grow and with this growth comes the inevitable questions - Who am I? Why am I here? What's the purpose of my life? These questions always arise when a person starts to evolve and with the aid of your Higher Self you will learn how to get the answer, not from a book or external source but from inside you. If you think about it, who knows "YOU", better than YOU?

How do you operate Empower Technology?

Empower technology works by temporarily downloading a type of Bio-Program into the body's energy field. It is this program that makes the Higher Self communication process possible.

The program is designed to do three things:

1. **Trigger a RESET**
2. **Boost Energy Levels**
3. **Find your unique Higher Self communication access code.**

We call this three step process '**Powering Up**'. Powering Up involves standing in a specific way and saying a set of commands out loud. These commands are very important and tell your Higher Self to create the right conditions for optimum communication between the various parts of the self: Conscious, Subconscious, Physical Body, Energy Body and Higher Self.

The Higher Self often needs to make changes on many levels to fulfil a particular set of instructions. For example, to resolve a simple back problem it may need to make internal physical corrections, energetic changes and even behavioural modifications.

When these changes take place you may feel: your body moving of its own accord, internal sensations, a shift in awareness, changes in body temperature, vibrations and emotional releases. Some people feel nothing yet still get the desired result.



Empower Devices that trigger a RESET!

Empower Disc

First developed in 1993, made from aluminium and can be worn around the neck like a pendant. Designed to trigger a RESET and connect you with your Higher Self. Once connected with your Higher Self you can make the changes you want on a physical as well as emotional.

There are two versions available:

Online Version: where we send you the device via post and all the manuals and instructions are available through the Members Area - this is definitely the BEST option.



Alternatively you can buy the **NON Web version/hard copy version** which means that we send you your device plus a set of manuals and CDs (containing limited content compared to the online version).

We ONLY recommend that you purchase this version if you don't like using a PC. The NON Web version is NOT as good as the WEB Version because it doesn't contain the latest Apps and Video

tutorials, plus its costs more due to the additional P&P.



ICFG Multi Chip

The First prototype of ICFG Multi Chip was developed in 2005. The Chip is made from a holographic material, and fits neatly on top of a your mobile phone battery. This Chip is a high-tech version of the Empower Disc that uses the electromagnetic field from your mobile phone to boost the RESET signal.



The ICFG Multi Chip works in the same way as an Empower Disc but has some additional functions.

The Multi Chip has it's advantages and disadvantages compared with the Empower Disc and is ideally suited to people who carry their mobile phone around with them 24/7.

Empower Practitioner Disc

This Practitioner Disc is ideal for people familiar with the Empower System, and takes the process to an entirely new level. The Practitioner Disc has been in the developmental stage since 1999 and it's by far the most advanced piece of technology ever developed.



Up until now people using Empower technology have been accustomed to talking to their Higher Self. The Practitioner Disc is different in that you do not need to say commands out-loud in order to get the results you want. All you have to do is dial the specific function required and everything happens spontaneously.

The Practitioner Disc works by creating a variable interactive (I.C.F.G) field between two discs -- a regular size disc and a slightly larger one. As you turn the smaller disc to select a specific function it manipulates the (I.C.F.G) field generated between the two discs and this allows for virtually unlimited possibilities and functions.

Every program/app ever created is available on the Practitioner Disc if you know the correct access code. The Practitioner Disc is now available for Self Use as well as Empower Practitioner use.

All potential practitioners are required to operate the Practitioner Disc on themselves before attending our practitioner course. In the unique case of the practitioner disc all non practitioners are required to sign an agreement stating that they will only operate the disc on themselves. We do not recommend that a newcomer to the technology purchase a practitioner disc as their first device.

56 Day Trial Version

In 2004 we introduced a trial version of the Empower System designed to give people a taste of what its like to communicate with their Higher Self. The book called *Unlock Your Inner Power* includes:

- **One Holographic Empower Disc** - Designed to be activated 56 times, once a day for 56 days
- **A simple set of activation Instructional** - Getting Started Guide
- **An Instructional CD that talks you through the process**
- **A Quick Start Activation Wheel** - A visual short cut triggering system for a 5 Day Program



Please note that the 56 Day Trial Version is the ONLY device that does not come with our 28 Day Money Back Guarantee. This is due to the fact the Trial disc is holographic and cannot be reused.

Empower Devices that do not RESET or connect you to your Higher Self.

ICFG Pain/Stress Chip

First developed in 2000, made from a holographic material, and fits neatly on top of a your mobile phone battery.



This chip does not connect you to your Higher Self or trigger a RESET, however it can be encoded with individual electromagnetic frequencies that have hundreds of applications, including: high speed pain relief, instant de-stress, energy boost etc.

A cool gadget if you're not interested in communicating with your Higher Self and just want instantaneous symptom relief results.

The Possibilities are Endless!

Whatever you want from life, the sheer beauty of all of this is that it can be tailor-made to your needs. Once you know the basics and how to operate the technology, you can choose the most appropriate applications for yourself right now. It's a bit like an iPhone - you buy one product and you can download applications that suit your needs.

Some of our applications are free, others you can purchase for as little as £3. The big difference between this and something like the iPhone is that people don't need to replace the hardware every couple of years. No moving parts, no batteries, no real way for you to break this incredible product under normal conditions.

Our Guarantee

On top of all this, if you are not completely satisfied with our products or services you can get a full refund, excluding any P&P, provided you return the product within 28 days in undamaged condition.



What happens when you obtain one of our devices.

Everyone that uses our devices automatically becomes a member of the Empower Research Project and gets access to multi media content via the Members area of our web site.

Depending on your device you will get access to various Membership Levels where you will discover media content that including: printable instruction manuals, video tutorials, audio programs on mp3 and lots of other cool stuff!

Regardless of the device you are using you will be taken through the process step-by-step.

Empower Disc Web Member

Getting Started with the Empower Disc: Every Empower Disc comes with a Getting Started Media Pack that gives you access to the Empower Disc Members Area (Level 1,) and includes:

- **Getting Started Guide:** An overview of the entire process
- **Video Tutorial One:** Positioning Your Body
- **Video Tutorial Two:** Powering Up
- **Video Tutorial Three:** YES/NO Method
- **Video Tutorial Four:** Activation Points
- **Video Tutorial Five:** Releasing Blockages

Each Video Tutorial comes with an illustrated and printable PDF Manual.

Level One

Getting Started

empower disc and 5 online video tutorials including pdf manuals

Free Empower Apps Included

To start you off on your journey of healing and self discovery we have created 5 FREE Empower Applications that will be beneficial to 99.9% of people starting out with the Empower System:

1. The 'Discovering what you need' App
2. Physical Health & Well-being
3. Good Mental Health & Well-being
4. Inner Peace & Well-being
5. The Problem Shrinker Video App



The 'Discovering what you need' App

On a fundamental level all of us want to feel fulfilled and happy in our lives. We all want to be healthy look and feel young on the inside as well as the outside.

The only difference between you and every other person in this world is what you believe you need in order to achieve this goal: **wealth, a relationship, a specific job, an academic qualification, a different attitude, confidence, self-esteem, someone to tell you what to do, resolve a health issue, get rid of a negative behaviour or bad habit, a change of environment**, the list goes on and on. Some people don't even have an opinion on what they think they need the just know something needs to change.

Sometimes what we really need is obscured by what we don't need. When a person has a physical, emotional and or psychological issue that is taking over their lives it can be difficult really know what you need on a fundamental level. In many cases it easier and more appropriate to hold back on making a decision on what you do need and start the self healing process by, where possible, getting rid of the problems and issues that you know you don't need.

Your Higher Self does not have self-limiting beliefs and knows you better than you think you know yourself. It makes sense therefore to use your Higher Self connection in order to create a list of the issues and problems that you need to resolve before you ask yourself the question; what do I really want from my life?

When you are building a house you usually start by surveying the ground creating blueprints, and only then would you start laying the foundations. The same goes for baking a cake, all the ingredients need to be added at the appropriate time otherwise you wont end up with the cake you wanted.

This application will show you how to identify issues and get the best results by resolving problems in the correct order. Knowing what issues you need to resolve 1st, 2nd, 3rd, etc, is the key to long term success and happiness.

Once you have this information you will know what's needed, and if you require any additional applications.

Physical Health & Well-being

Once you identify and start to deal with the causes of stress you will find that your body's natural self healing systems will spring into action. The Physical Health & Well-being App will then help you connect with your Higher Self in order to resolve any outstanding general physical health issues.

Good Mental Health & Well-being

Over the years I have worked with people from many health related professions and we all agree that even physical problems can have an emotional and or psychological cause.

Stress for example can change a person's entire demeanour, from the way they walk, their posture, breathing etc. These changes can result in physical symptoms like neck, back or shoulder pain, immune and or breathing problems.

Once you have activated the '**Discovering what you need**' App you will know if you have any unwanted physical symptoms that are a direct result of a psychological and or emotional issue. The Good Mental Health & Well-being App will help you resolve any general mental health issues that may be causing stress and triggering unwanted physical symptoms like pain.

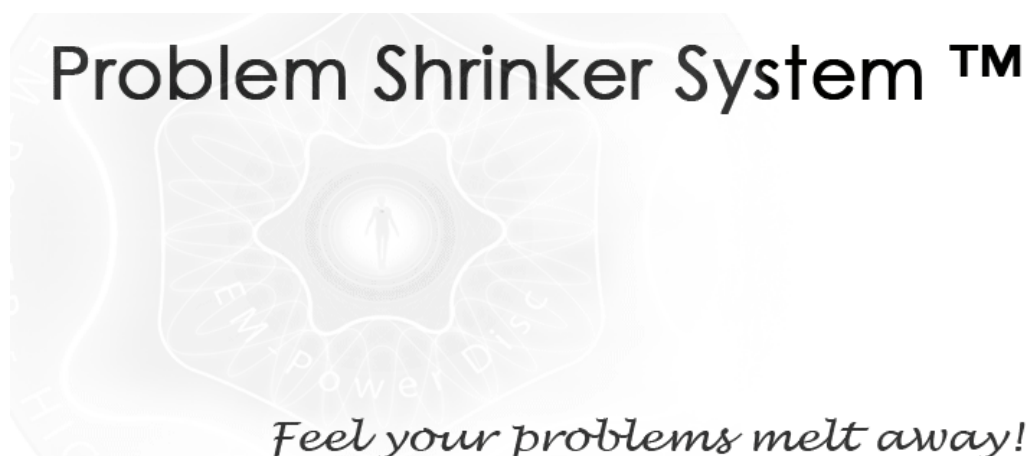
Inner Peace & Well-being

Life is full of contradictions and uncertainty, we believe that in control until a situation comes along that shatters our illusion.

Life is like an ocean with moments of serene calm and clarity when the water seems as still as a tranquil pond and at other times it can be like a tsunami. In this analogy you are a sturdy boat on the water experiencing life and trying to stay afloat. Inner peace is a safe harbour that you can visit when you want to shelter from the storm or simply rest for a moment.

Imagine if you had a safe harbour and could access a deep state of inner peace and tranquillity regardless of what life throws at you! Just think about the possibilities and if this appeals to you all you have to do is open your mind and your Higher Self will do the rest!

The Problem Shrinker Video App

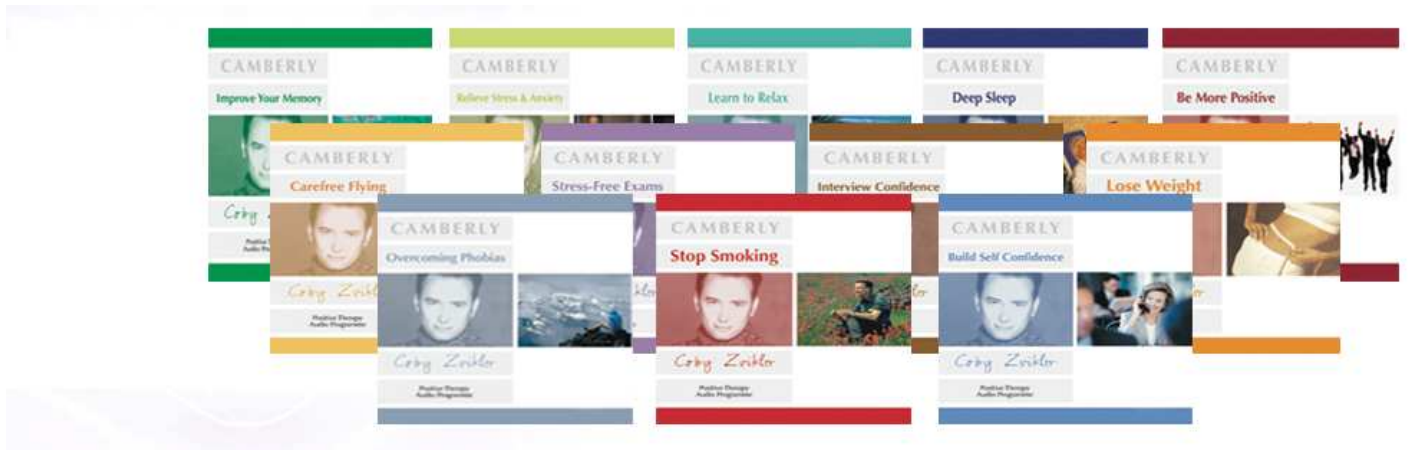


The Problem Shrinker is a Simple way of making you feel better in a couple of minutes or less! This Application is exclusively designed to work in conjunction compatible devices such as the Empower Disc, ICFG Multi – Chip and the Empower Practitioner Disc.

Believe it or not most of a person's present days issues are a result of negative memories being stimulated, often on an entirely unconscious level. When we trigger a memory our body reacts as if the experience was actually happening. In these situations you haven't deliberately tried to remember the experience, but the memory has been stimulated due to something you have; seen, felt, heard or even smelled. In many cases a person has no idea what's just happened, they simply and inexplicably feel bad for no apparent reason. Sometimes these bad feeling don't go away on their own for various reasons, depending on what's happening in your life and how much stress your under.

The Problem Shrinker System in conjunction with Empower Technology creates a kind of Emotional Washing Machine that you can use to neutralise the symptoms and the cause of most emotional issues. It is very easy to operate all you do is hold the device in your hand and follow the video tutorial and within a couple of minutes you will feel the negative emotions melt away.

Bonus Media Pack #1 Included



With this offer you will receive access to our Members Area and Bonus Package #1 which includes 12 Positive Therapy Audio Programs:

1. **Learn to Relax**
2. **Relieve Stress & Anxiety**
3. **Be More Positive**
4. **Build Self Confidence**
5. **Interview Confidence,**
6. **Stress Free Exams**
7. **Sleep Well,**
8. **Overcoming Phobias,**
9. **Lose Weight,**
10. **Overcome fear of Flying,**
11. **Stop Smoking,**
12. **Improve your Memory**

The CD versions of these audio programs cost £9.00 plus P&P each and Bonus Package #1 normally costs £29.95 if purchase separately.

Empower Disc Web Member Levels 1 & 2 Special Offer

The usual cost of this Membership including the Empower Disc is £150.00 plus P&P

With this offer you will also receive access to Bonus Pack Level #1 which includes 12 audio programs.

You can order online using the automated service or by completing the application at the end of this booklet.

Empower Disc Membership NON Web Member



This version of the Empower System is ideal for individuals interested in their General Health & Wellbeing and contains all you need to get real results on all levels! It is designed for people who DO NOT have their own PC or regular access to the internet.

Full NON Web Membership Includes:

- **One Empower Disc**
- **Manual One 'Unlock Your Inner Power' (Hard Copy)**
- **Instructional CD NO 1.**
- **Em-Power Wheel**
- **Manual Two 'Maximise Your Potential In 7 days' (Hard Copy)**
- **Instructional CD 2**
- **An Aftercare Questionnaire**
- **28 Day Money Back Guarantee**
- **Offer to Upgrade to Web Membership within 12 months for an additional £40.00**

Instruction Manual Part 1 (Unlock Your Inner Power)

A Guide to Empower Therapy

What is the Em-Power Disc and how does it work. Learn the basics of Em-Power Therapy and how your higher self can help you in every area of your life.

Getting Started

Feel the amazing power of the Higher Self and learn how to communicate with your body. Tingle with positive energy as you make dramatic and life enhancing physical and emotional changes.

Five Day Personal Transformation Program

Your mind and body is an amazing biological computer constantly running programs that tell each cell precisely what to do. Depending on your experiences this programming can be negative as well as positive.

Often a negative symptom such as physical pain, fear or anxiety is caused by a number of different factors. Reoccurring problems can be triggered by: a bad habit or behaviour, an unresolved emotional issue from the past, a self limiting belief, an internal blockage/ weakness or physical injury. The older we are the more bad habits, physical blockages we can accumulate.

In just 12 - 15 minutes each day (for 5 days) you can reprogram your body and mind and literally transform your life forever.

Day 1. Finding Your Inner Power

Day 2. The Magical Power Of Happiness

Day 3. Loving Your Self From The Inside Out

Day 4. Programming Your Mind For Success

Day 5. Attracting Positive Abundance

Daily Maintenance Program

After you have installed this positive software you will notice the difference within days. You will have more energy, confidence, motivation and self esteem. To maintain this positive state all you will have to do each day is press 6 points around your body. It's a bit like double clicking the short cuts on your desktop PC.

Instructional CD No1

A step-by-step instructional CD talks you through each step of the process.

Instruction Manual Part 2 (Maximise Your Potential in 7 Days)

Following on from manual one 'Unlock Your Inner Power', Instruction Manual Part Two – The Empower Therapy System, takes the process one step further. This manual contains:

A Guide to Unblocking Your Energy System

Occasionally the flow of energy around the body is interrupted. This can slow down or even stop our body's natural self-healing processes. This section teaches you how to remove the blockage and restore the body's ability to heal itself.

An A to Z of Everyday Issues.

If you have a specific emotional or physical problem, simply turn to the relevant section.

Problem Shrinker System

This incredible new system uses Neuro Re-sequencing techniques to remove negative thought processes and replace them with positive ones. It only takes a few minutes to get rid of the bad feelings associated with our past experiences. This is the OLD version and uses a chart.

Seven Day Personal Transformation Program

This program is designed to deal with seven key areas of a person's life. In this program you will discover if you have any self-limiting beliefs that are holding you back in life. You will learn how to remove these self-limiting beliefs and replace them with self-empowering beliefs that will literally transform your life forever.

Day 6. Health & Well-being: Designed to resolve any kind of physical problem.

Day 7. Magical Relationships: For any kind of emotional issue.

Day 8. Successful Careers: Designed to enhance your business or career prospects.

Day 9. Develop Your Learning skills: Enhance your memory and ability to learn.

Day 10. Get Rid Of Bad Habits: Designed to help with dependency or behavioural issues.

Day 11. Spiritual Development Develop your spiritual side.

Day 12. Parenting: For issues with your and your children.

Instructional CD 2

In this step-by-step guide Coby Zvikler talks you through each stage of the process.

56 Day Holographic Trial Version (Unlock Your Inner Power)



In 2004 we introduced a trial version of the Empower System designed to give people a taste of what its like to communicate with their Higher Self. The book called Unlock Your Inner Power includes:

- **Holographic Empower Disc** - Can be activated 56 times, once a day for 56 days
- **An simple set of activation Instructional** - Getting Started Guide
- **A Instructional CD that talks you through the process**
- **A Quick Start Activation Wheel** - A visual short cut triggering system for a 5 Day Program

Holographic Empower Disc: 56 Day Activation

A regular Empower Disc is made from aluminium but over the years we have been able to miniaturize the technology. In 2004 we introduced a very basic version with limited programming that allowed a person to establish a Higher Self connection for a limited time-frame 56 days. We thought this would be a great way to introduce people to this remarkable technology all be it with a 56 day activation limitation.

Instruction Manual: A Getting Started Guide

All our devices require a person to go through a simple activation process that switches the technology on and connects them to their Higher Self. We have included these simple instructions as well as a 5 Day Personal Transformation Program.

Instructional CD

To make the process even easier we have included an instructional CD that mirrors the information contained within the manual. The CD allows you to listen to the instructions hands free!

Five Day Personal Transformation Program

Your mind and body is an amazing biological computer constantly running programs that tell each cell precisely what to do. Depending on your experiences this programming can be negative as well as positive. Often a negative symptom such as physical pain, fear or anxiety is caused by a number of different factors. Reoccurring problems can be triggered by: a bad habit or behaviour, an unresolved emotional issue from the past, a self limiting belief, an internal blockage/ weakness or physical injury. The older we are the more bad habits, physical blockages we can accumulate.

The idea behind the system is that you can get your Higher Self make specific positive changes in your life by giving it a series of precisely worded instructions. These instructions can be quite complicated depending on what you are trying to achieve so over the years we have developed a way to program this information into a person Higher Self using minimum effort.

As well as developing quick method of installing programs we have also developed a short-cut method of activating those programs. Once a program has been installed; let's say 'Confidence Building' you can activate it using one of 3 ways:

1. **By pressing a specific point on your body e.g. your shoulder**
2. **By listening to a harmonic tone; a specific sound frequency that the system recognises**
3. **By looking at a specific symbol, Quick Start Activation Wheel.**

Either of these methods work but everyone is different so we have programmed all three options into the system so the person can decide based on what works best for them.

The Trial Version comes with 5 Personal Transformation Programs

- **Day 1. Finding Your Inner Power**
- **Day 2. The Magical Power Of Happiness**
- **Day 3. Loving Your Self From The Inside Out**
- **Day 4. Programming Your Mind For Success**
- **Day 5. Attracting Positive Abundance**

Daily Maintenance Program

After you have installed this positive software you will notice the difference within days. You will have more energy, confidence, motivation and self esteem. To maintain this positive state all you will have to do each day is activate the program using the various options above the entire process takes less than 6 minutes a day.

Upgrades

The whole idea for us in producing this trial version is to get people to try the technology and decide to upgrade to the Aluminium Versions or to one of our other devices. Within the manual there is an Upgrade Offer which allows the user £25 off the cost of the FULL Version (aluminium disc and a second manual called Maximise Your Potential In 7 Days) this offer is NOT available online and ONLY relates to HARD COPY VERSION of the system (2004). If you purchase this Trial Version you MUST cut out the Coupon inside and return it by POST.

The Trial Version is one of the few products available on other Internet sites. If you purchase your Trial Kit online through another website we will honour any upgrade applications for the HARD COPY VERSION however if you buy the trial version directly from us we will allow you to upgrade to our online service and the LATEST version on the system.

IMPORTANT INFORMATION: Please note that the 'Trial Version' DOES NOT come with our 28 Day Money Back Guarantee as the Trial Disc cannot be reused once it has been activated.

Limitations

The Trial Version can connect you to your Higher Self however it is not powerful enough to trigger a full body RESET. This makes it ideal for help with emotional issues but not for medical conditions.

Cost of Trial Kit

The Trial Kit costs £25 plus P&P

Other Devices

As I mentioned there are several device available depending on what you are looking for. For further information and details regarding all our amazing devices please visit our website: **www.empower-disc.com**

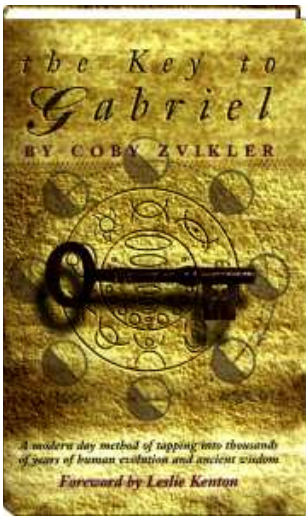
Terms & Conditions

For individual terms and conditions for our devices as well as our online services please visit our website: **www.empower-dic.com**

Updates

Please be advised that prices and offer shown in this booklet is subject to change.

Free E-Book



Forward By Leslie Kenton (Published 1998)

Years of experimenting, soul-searching and just plain hard work lie behind Coby Zvikler's approach to healing. What he calls Empower Therapy has evolved out of it. This therapy is admirable, first because it does not impose any philosophical or religious set of beliefs on anyone using it, nor does it place responsibility for healing in the hands of any but the person seeking it. Coby's therapy honours the inner wisdom of the individual soul. Finally, the whole purpose of Empower Therapy is to support what Coby calls an individual's Higher Self - helping him or her alleviate illness and pain as well as helping to expand awareness and realise one's highest potentials.

The Empower Disc, created by Coby, is a simple carrier of energetic information designed to enrich communication between one's conscious mind and the deepest levels of healing wisdom in the body. It helps make the link between the two so that the Higher Self can get on with the job of restoring and enhancing harmony, strength and well being. In the process, it helps strengthen an individual's autonomy and focuses a person's goals in working with it. How well it works for you mostly depends on how willing you are to work with it.

On a personal level, Coby is a sincere, intelligent and compassionate man with a wonderful sense of humour. He possesses a willingness ever to learn and to grow. He is honest and without a trace of the self-importance which so often comes in the wake of becoming a well-known and successful healer.

What he has created with this book is the beginning of what I expect to be an ever evolving, self-directed system for enhancing the quality of life, energy and joy. It has many blessings to bring to those of us in need of help.

I wish both Coby and this book Godspeed. They more than deserve it.

Leslie Kenton - 1998





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One product hundreds of applications!

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www.empower-disc.com