



aha halo

Portable Wellness Companion
User Manual v3.1



These instructions will help you achieve the best results with this innovative product.
You can find the electronic edition of this manual at
ahaharmony.com

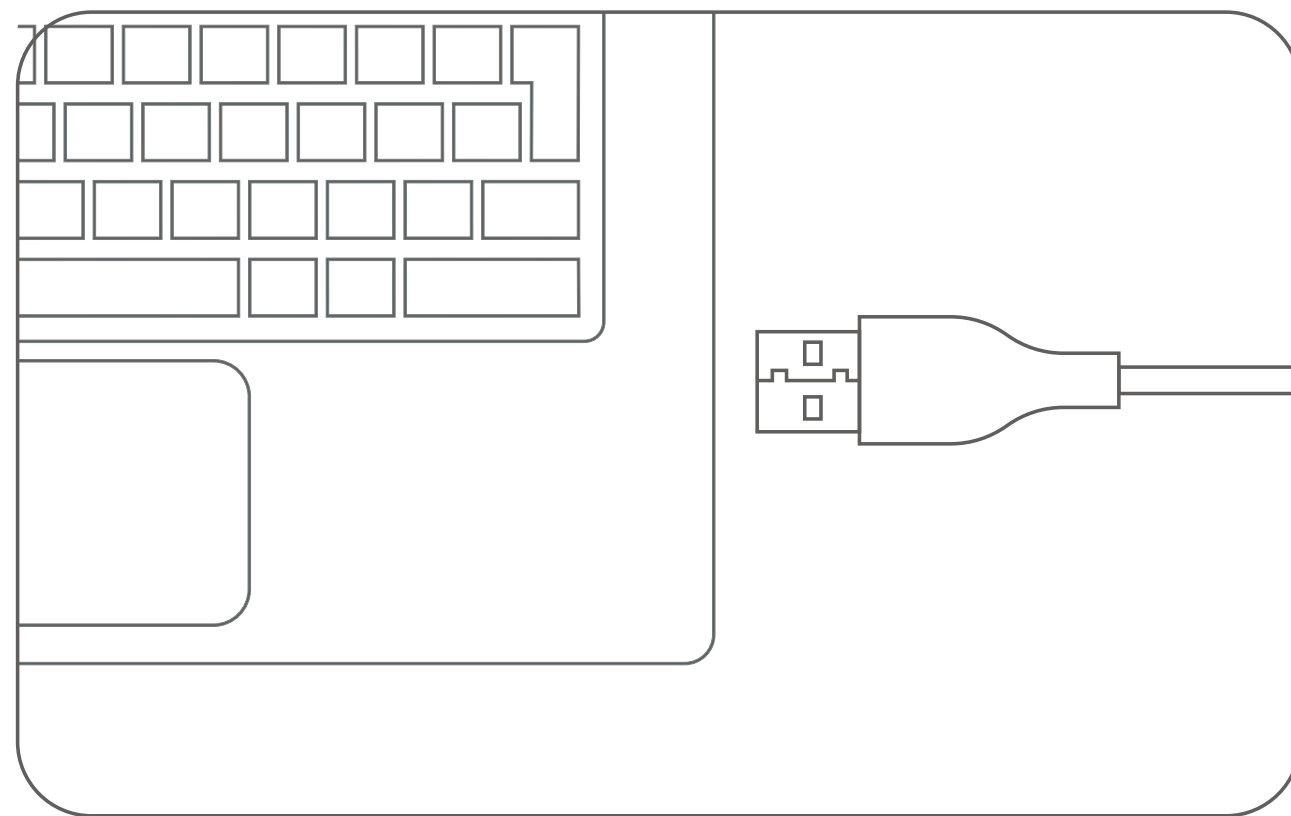
Disclaimer

While Aha Halo incorporates advanced technology, it is intended for experimental and educational purposes only. Aha Halo is not designed to diagnose, treat, cure, or prevent any disease or medical condition. Instead, it aims to support overall well-being, promote relaxation, and enhance vitality. Use Aha Halo as a complementary tool to support your lifestyle, and consult a qualified healthcare professional for any medical concerns or conditions. Individual results may vary.

Table of Contents

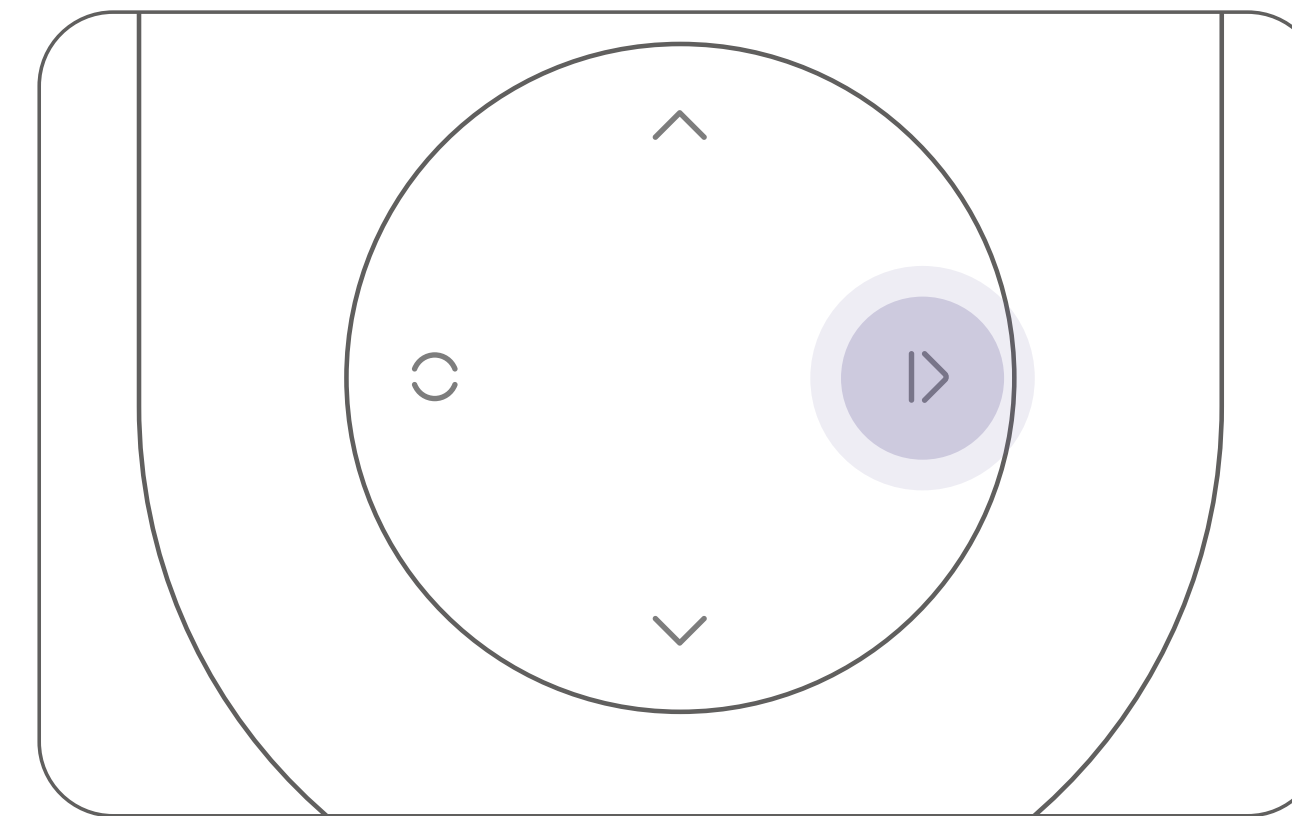
01	Quick Guide
03	Overview
04	About Aha Halo
05	Package Contents
06	Hardware
11	Software
16	Using Aha Halo
21	Enhance Your Healing with Positive Energy
22	The Healing Power of Ho'oponopono Energy

Quick Guide



1 >

Turn off Aha Halo and connect it to your computer using a USB cable.



2 >

Press the right button to turn it on.



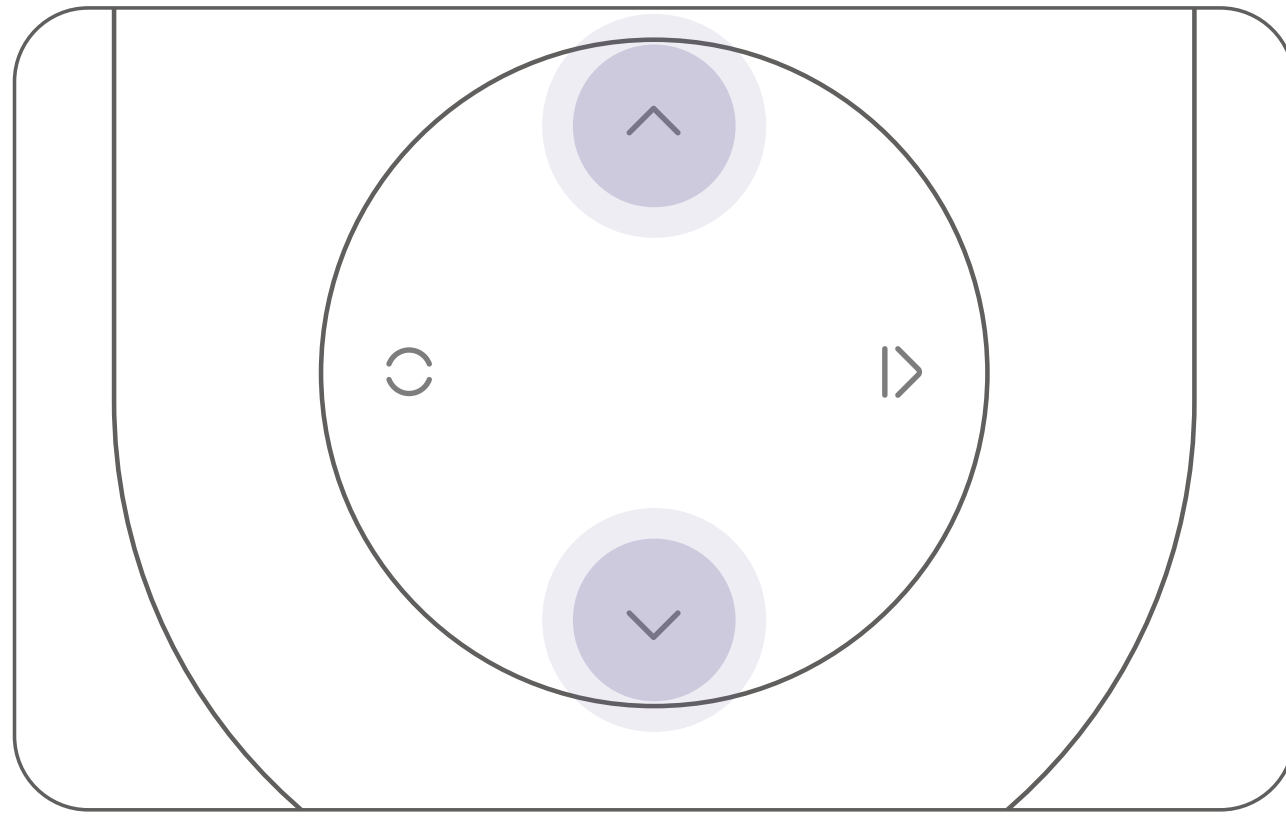
3 >

Open the Aha Halo software on your computer.



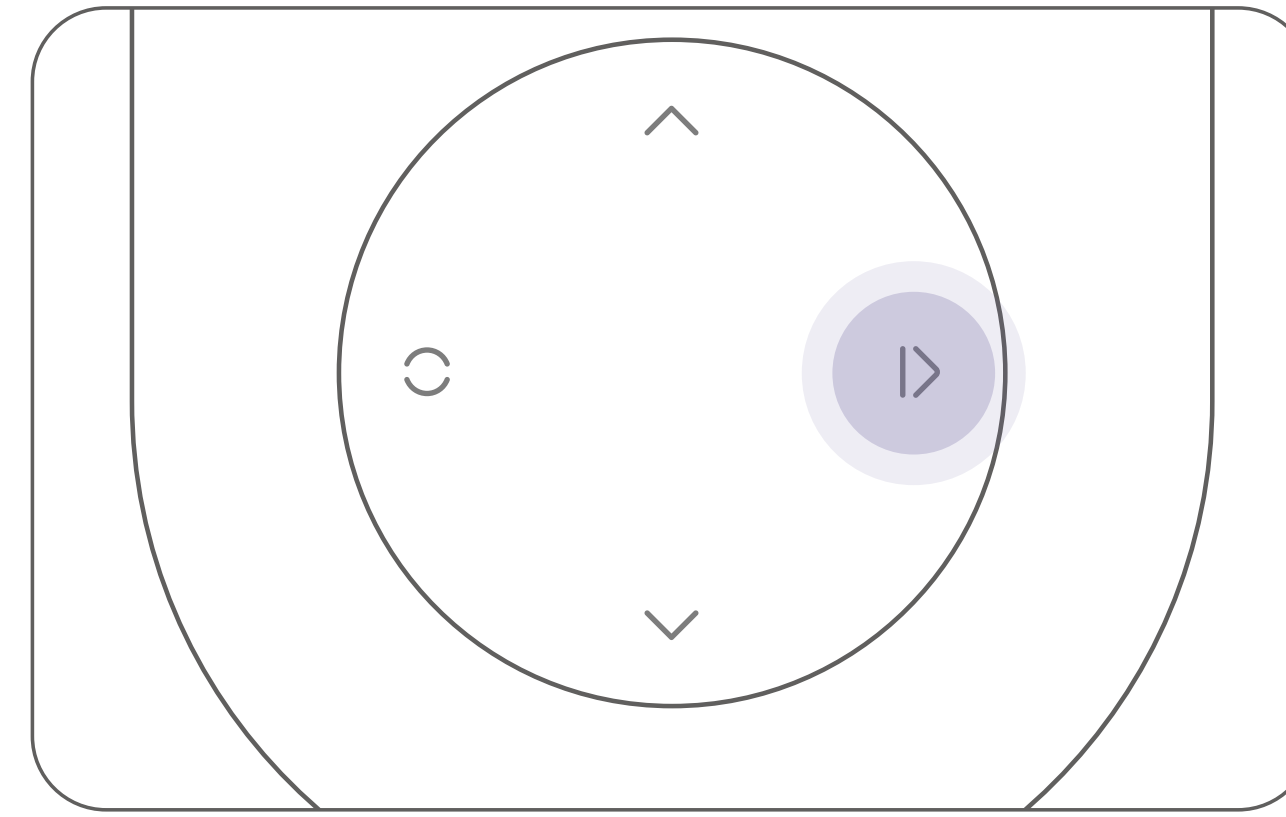
4 >

Select the programs you need and click "Load".



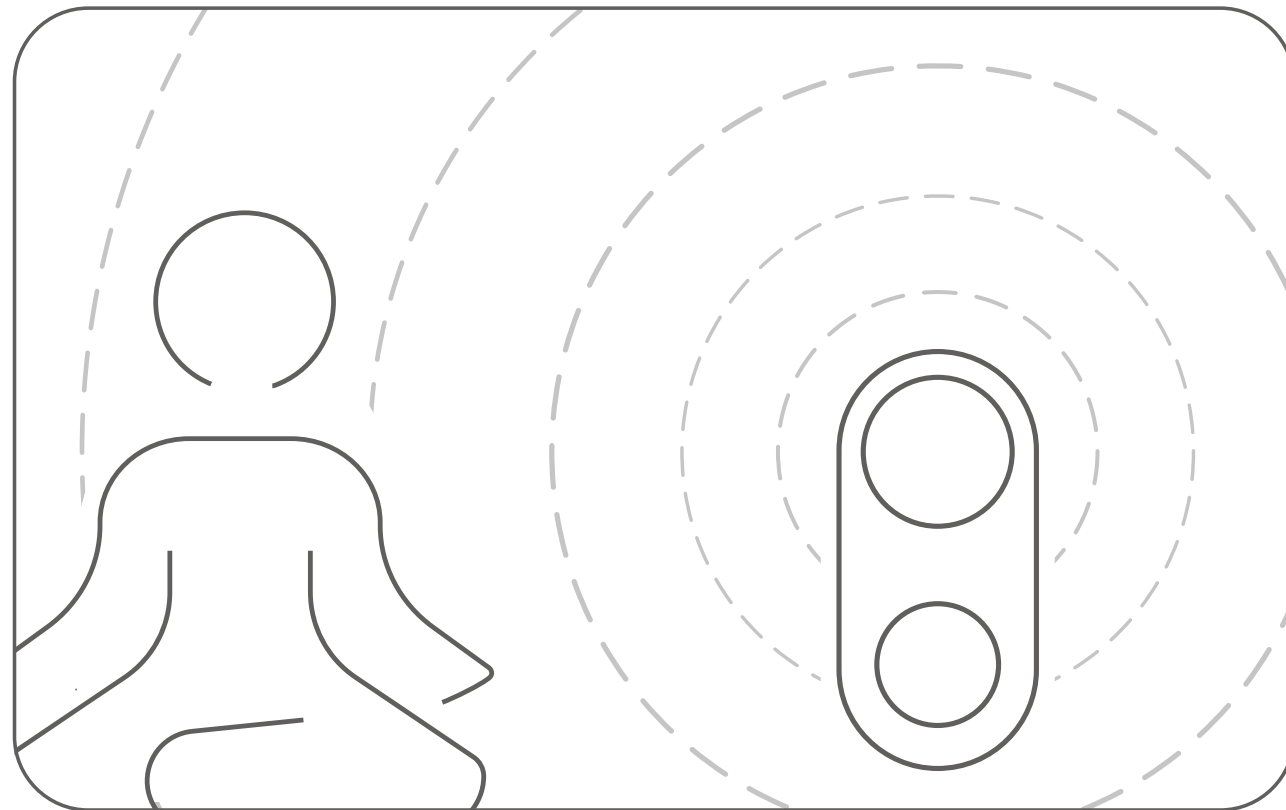
5 >

Use the "Up" and "Down" buttons on Aha Halo to choose your program.



6 >

Press the "Right" button to start the program.



7 >

Place Aha Halo near you and enjoy!

★ Please use the original USB cable when loading programs into halo. Many other USB cables are designed for charging purposes only.

Overview

Aha Halo is a professional portable frequency healing device. The Aha Halo frequency library, meticulously curated by an expert team with over 20 years of experience in frequency technology, is integrated with a robust scalar energy field to provide wireless healing within a 3-foot radius anytime, anywhere.

About Aha Halo

Aha!

A gentle phrase when your mind discovers
The beauty of the universe.

Every “Aha”

Represents the moment we perceive the miracles of life,
Feeling joy and gratitude.

Aha!

Life can be harmonious and beautiful,
With Aha Halo by your side.

Aha Halo creates a halo

Filled with cosmic energy,
Protecting, surrounding, and healing you
Whenever you need it.

That is why it is called “Aha Halo”.

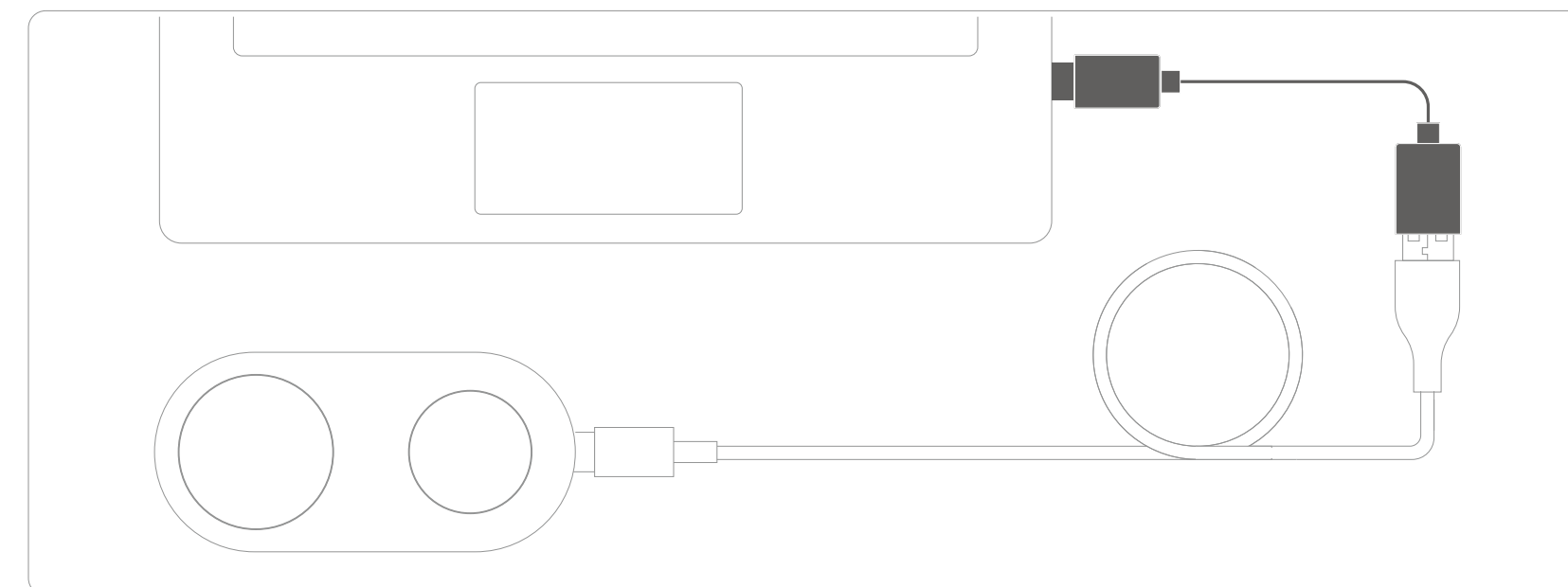
Package Contents

- ① Aha Halo
- ② User Manual
- ③ Harmony Card x 3
- ④ USB-C OTG Adapter
- ⑤ USB Cable

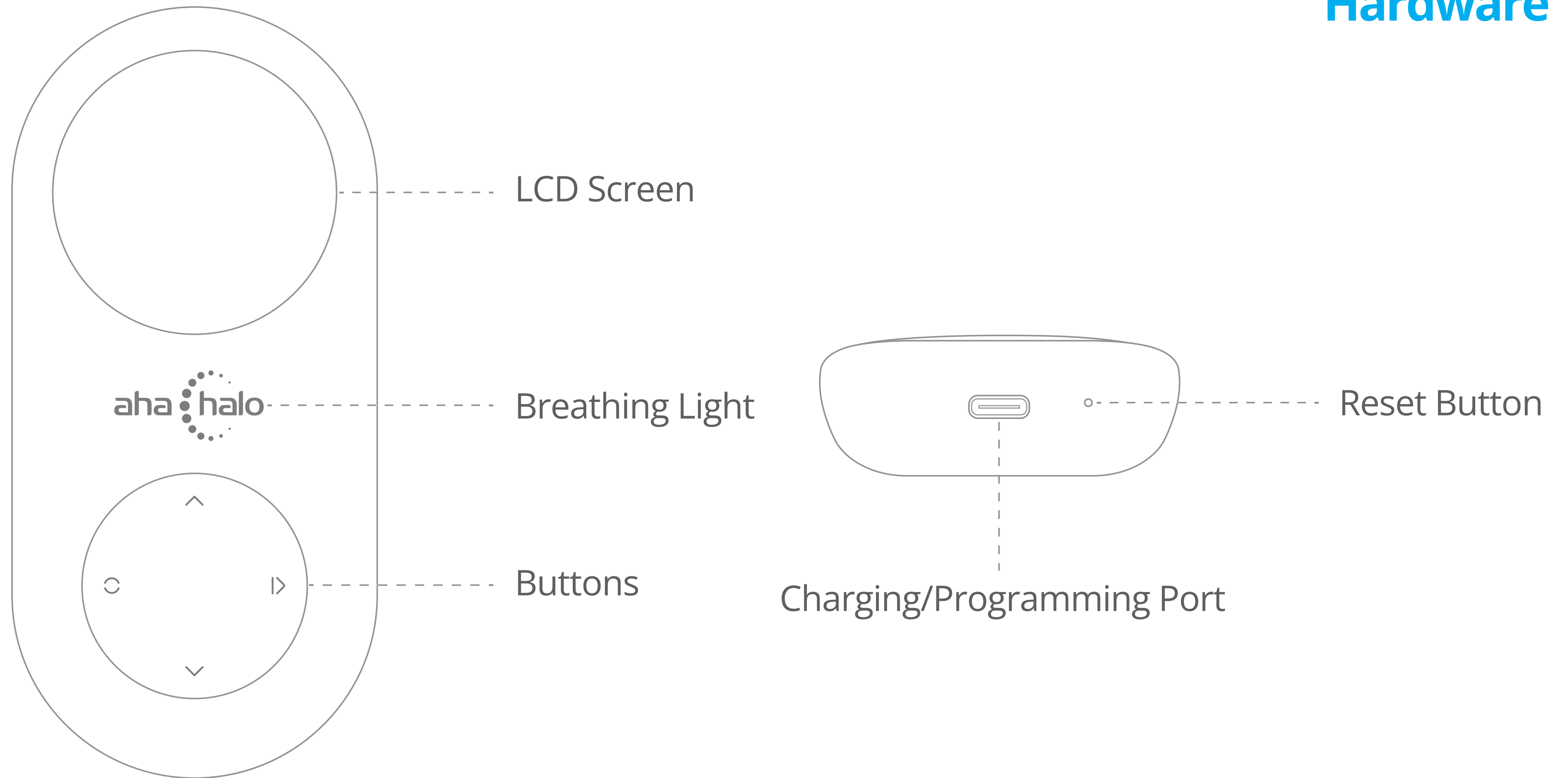


* Plug the USB cable into the computer. If necessary, use the adapter provided.

05 | Package Contents



Hardware

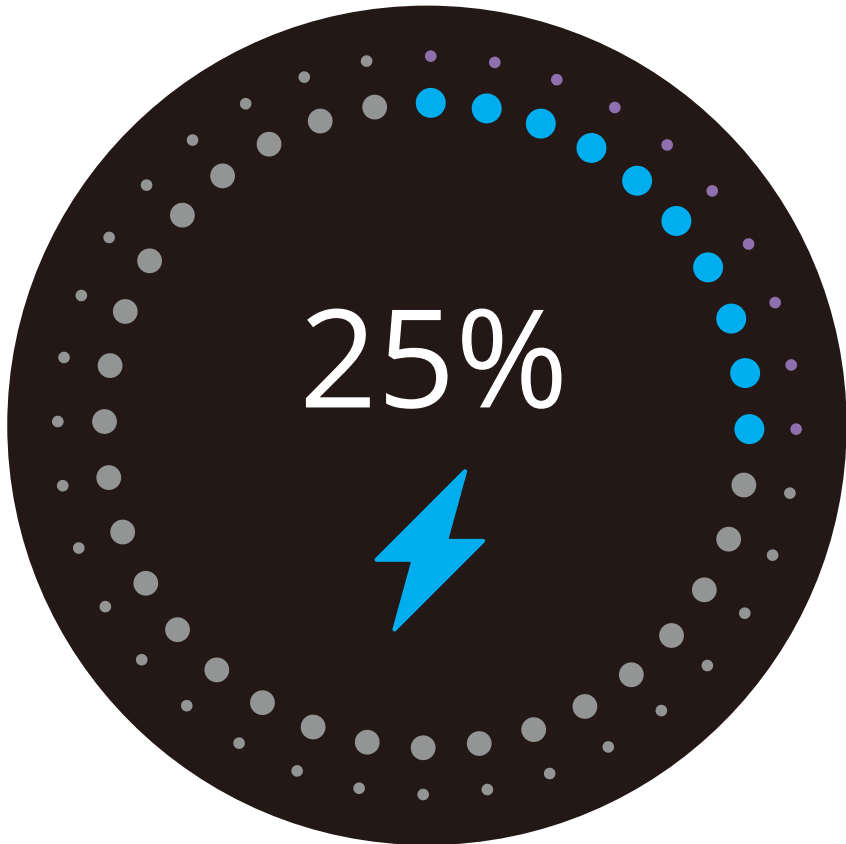


Hardware

Screen Display



Power On

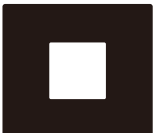


Off charging

Icons



Battery Status



Stop



Running



Pause



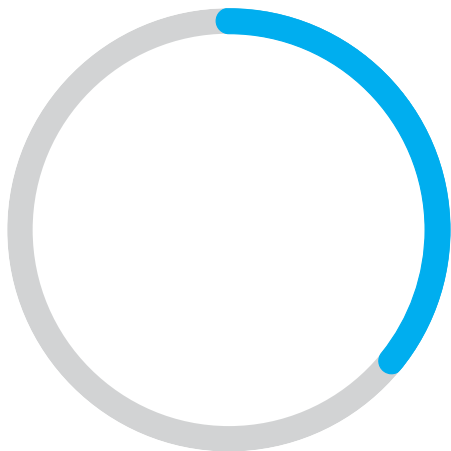
Loop Count



Lock Screen



Countdown



Cycle Progress



Good Luck

The Aha Halo you received comes with thirty preloaded programs designed to provide you with the best love and protection. Please visit www.ahaharmony.com to download the software and follow the manual to load more programs.



Short Press

Return to the previous program

Long Press

Turn the breathing light on or off

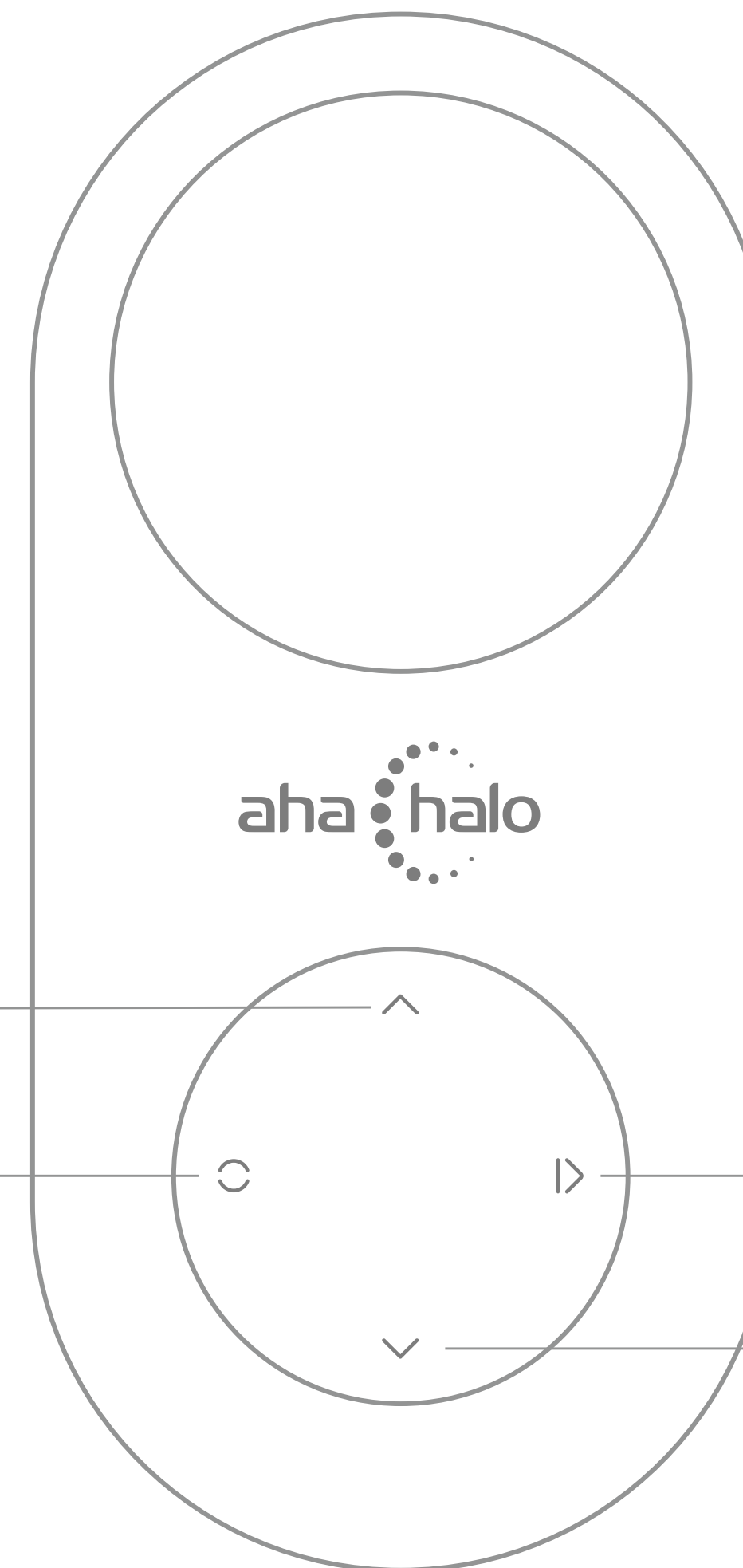


Short Press

Return to the running or paused program

Long Press

Lock the screen



Short Press

Start or Pause the program

Long Press

Turn the device On or Off



Short Press

Go to the next program

Breathing Light



Serves as an indicator that the program is running. Long-press the up button to turn it on or off.

Screen Locking and Unlocking

Screen Auto-lock:

The screen will turn off automatically after 1 minute of inactivity.

Screen Manual Lock:

Long-press the left button to lock the screen manually.

Screen Activate:

Press any button to wake up the locked screen. If there is no operation within 30 seconds, the screen will automatically go to sleep.

Screen Unlock:

When the screen is on, briefly press the right button to unlock it.



Program Highlight

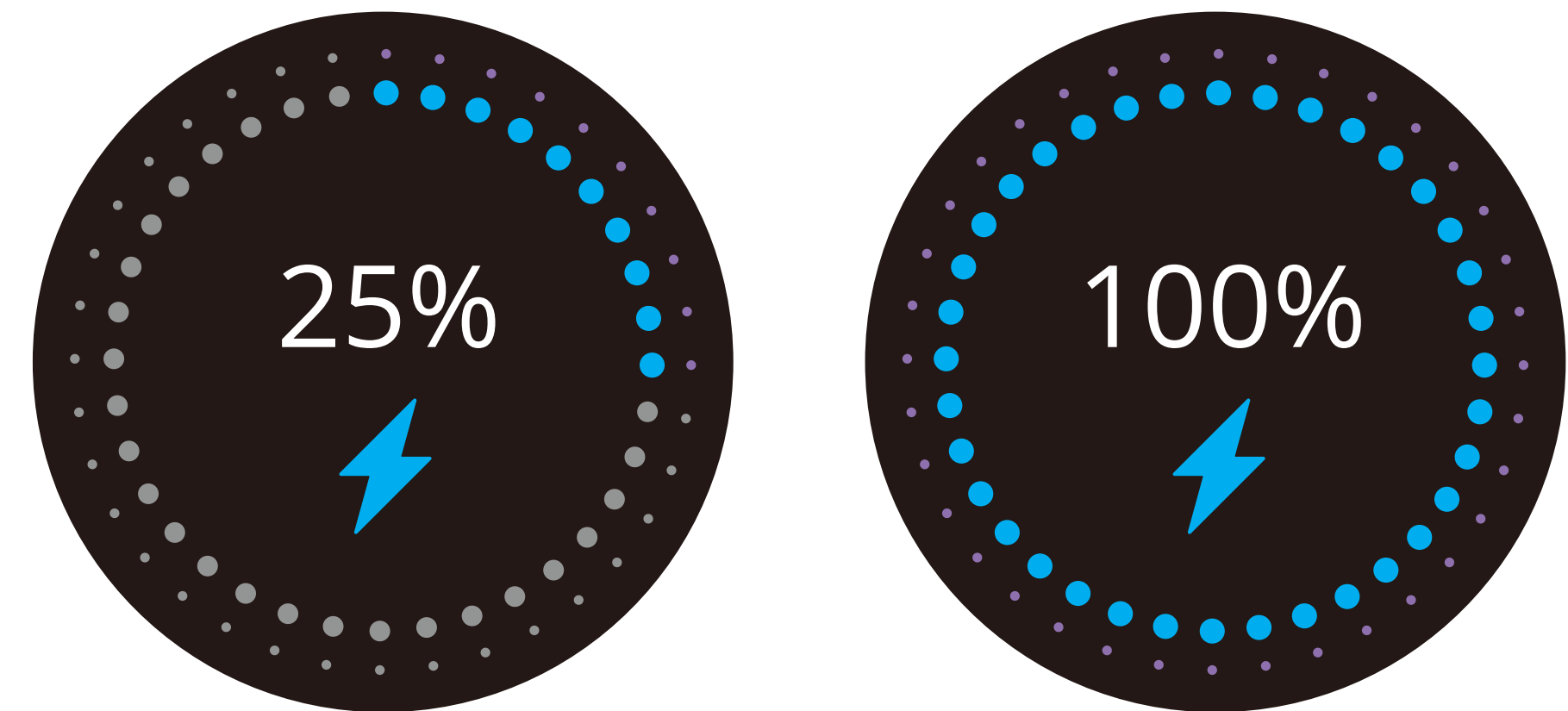
The selected program will be highlighted in purple whether they are running or paused.

Battery Charging

Fully charge the internal battery before the first use. Connect the USB cable to Aha Halo and plug the other end into a computer or a 5V USB power adapter.

Aha Halo charges automatically when connected to a USB port, even when it is turned off. The screen will display the charging status during this process.

If Aha Halo is turned on, the battery-status icon will flash on the user interface to indicate that charging is in progress.



Software

Operating System: Windows 10 and newer / MacOS 11 (Mojave) and later.
Free Memory (RAM): 512 MB.
Available Hard Disk Space: 100 MB.
Processor: Intel Dual Core processor or newer.

Installation

Aha Halo software supports both Windows and macOS. To ensure optimal performance, download the latest version from www.ahaharmony.com/software-download/. After downloading, run the installer and follow the guided setup process. Upon completion, you can launch the software immediately.

Note: Please use the official software to avoid potential security risks or hardware damage from third-party sources.

How to Launch

Click the aha icon to start the Aha Halo software. When the database has loaded, this screen will show up. Now, let's start using it!



Software Interface Overview

News:

Stay updated with the latest Aha Halo information, including software updates, feature enhancements, promotions, and more.

 Security Reminder: Our official website is the only authorized download source

Quick Pack:

We've selected the 19 most popular programs. You can load them all with one click. If you wish to remove any specific program, you can do so in the "My Halo" section.

Install Quick Pack

19 Programs

Intense Head Discomfort (P)	00:16:32	Shoulder and Neck Discom...	00:03:30	Stomach Discomfort (P)	00:10:18	Throat Discomfort (P)	00:12:18	Tooth and Gum Discomfort...	00:19:20
Good Sleep (P)	00:04:02	Acne (P)	00:04:02	Collagen (P)	00:08:30	Figure (P)	00:12:09	Full Body Cleansing (P)	00:15:10
Immune (P)	00:06:12	Muscle and Tendon (P)	00:05:02	Blocked Tummy (P)	00:14:16	Common Runny Nose (P)	00:13:12	Song of the Spine (P)	00:20:40
Relaxation (P)	00:15:10	Seven Chakras	00:21:00	Menstrual Discomfort (P)	00:15:52	Prostate (P)	00:09:56		

Program Library

We offer two distinct program libraries: the JW Peptide Library and the Regular Library. Both libraries address the same health conditions, but they differ in their approach.

JW Peptide LibraryRegular Library

Comfort (P)

- Lower Back Discomfort (P)00:06:02
- Shoulder and Neck Discomfort (P)00:03:30
- Joint Discomfort (P)00:22:20
- Stomach Discomfort (P)00:10:18
- Back Discomfort (P)00:09:26
- Abdominal Discomfort (P)00:09:50
- Body Discomfort (P)00:10:16
- Head Discomfort (P)00:08:56
- Intense Head Discomfort (P)00:16:32
- Muscle Discomfort (P)00:14:04
- Neuropathic Discomfort (P)00:11:06
- Throat Discomfort (P)00:12:18
- Tooth and Gum Discomfort (P)00:19:20
- Sciatica Support (P)00:16:00

Sleep (P)

- Good Sleep (P)00:04:02
- Loud Sleep (P)00:15:30

Beauty (P)

- Acne (P)00:04:02
- Collagen (P)00:08:30
- Young Body (P)00:36:20
- Thicker Hair Men (P)00:06:45
- Figure (P)00:12:09
- Glowing (P)00:02:24
- Thicker Hair Women (P)00:03:52

Regular Library

Our curated collection of pure frequency programs, each thoroughly tested for effectiveness. It features over 100 top-rated programs organized across 12 categories, making it simple to find exactly what you need.

JW Peptide Library

Specialized peptide programs designed to target specific health challenges at the cellular level. These programs are clearly marked with (P) at the end of their names. Important note: The following categories do not include any Peptide programs: Energy Pathways / Spiritual Wellbeing / Solfeggio

Our Recommendation

We generally suggest trying the Peptide version first for the best targeted support. That said, feel free to explore the Regular Library based on your own experiences and preferences. Both libraries are here to support your wellness journey. Choose what resonates best with you!

Category Name

Programs included
in this category

Duration of one cycle

Number of selected
programs

aha halo

Home

ahaharmony.com

Video Guide

FAQ

Software Update

Suggestions

Email

Forum

Language

Security Reminder: Our official website is the only authorized download source for this software. To avoid security risks or hardware damage, do not download from any third-party platforms.

Install Quick Pack

19 Programs

Intense Head Discomfort (P) 00:16:32	Shoulder and Neck Discom... 00:03:30	Stomach Discomfort (P) 00:10:18	Throat Discomfort (P) 00:12:18	Tooth and Gum Discomf... 00:19:20
Good Sleep (P) 00:04:02	Acne (P) 00:04:02	Collagen (P) 00:08:30	Figure (P) 00:12:09	Full Body Cleansing (P) 00:15:10
Immune (P) 00:06:12	Muscle and Tendon (P) 00:05:02	Blocked Tummy (P) 00:14:16	Common Runny Nose (P) 00:13:12	Song of the Spine (P) 00:20:40
Relaxation (P) 00:15:10	Seven Chakras 00:21:00	Menstrual Discomfort (P) 00:15:52	Prostate (P) 00:09:56	

JW Peptide Library **Regular Library**

Comfort (P)

- Lower Back Discomfort (P) 00:06:02 ☆
- Shoulder and Neck Discomfort (P) 00:03:30 ☆
- Joint Discomfort (P) 00:22:20 ☆
- Stomach Discomfort (P) 00:10:18 ☆
- Back Discomfort (P) 00:09:26 ☆
- Abdominal Discomfort (P) 00:09:50 ☆
- Body Discomfort (P) 00:10:16 ☆
- Head Discomfort (P) 00:08:56 ☆
- Intense Head Discomfort (P) 00:16:32 ☆
- Muscle Discomfort (P) 00:14:04 ☆
- Neuropathic Discomfort (P) 00:11:06 ☆
- Throat Discomfort (P) 00:12:18 ☆
- Tooth and Gum Discomfort (P) 00:19:20 ☆
- Sciatica Support (P) 00:16:00 ☆

Sleep (P)

- Good Sleep (P) 00:04:02 ☆
- Loud Sleep (P) 00:15:30 ☆

Beauty (P)

- Acne (P) 00:04:02 ☆
- Collagen (P) 00:08:30 ☆
- Young Body (P) 00:36:20 ☆
- Thicker Hair Men (P) 00:06:45 ☆
- Figure (P) 00:12:09 ☆
- Glowing (P) 00:02:24 ☆
- Thicker Hair Women (P) 00:03:52 ☆

Cleansing (P)

- Full Body Cleansing (P) 00:15:10 ☆
- Lymphatic Cleansing (P) 00:11:55 ☆
- Liver Cleansing (P) 00:19:05 ☆
- Blood Cleansing (P) 00:13:55 ☆
- Kidney Cleansing (P) 00:19:44 ☆

Holistic Body Care (P)

- Vitamin and Mineral 01:39:00 ☆
- Muscle and Tendon (P) 00:05:02 ☆
- Inflammation (P) 00:05:12 ☆
- Metabolism (P) 00:05:52 ☆
- Immune (P) 00:06:12 ☆

Physical Wellbeing (P)

- Cough (P) 00:05:52 ☆
- Chronic Fatigue (P) 00:21:25 ☆
- Song of the Spine (P) 00:20:40 ☆
- Blood Pressure Balance (P) 00:20:32 ☆
- Acid Reflux (P) 00:18:52 ☆

my halo (8/50)

- Thicker Hair Women (P) 00:03:52 ☆
- Joint Discomfort (P) 00:22:20 ☆
- Intense Head Discomf 00:16:32 ☆
- Loud Sleep (P) 00:15:30 ☆
- Current Runny Nose (P) 00:13:56 ☆
- Solfeggio 00:27:00 ☆
- 396 Hz 00:03:00 ☆
- 528 Hz 00:03:00 ☆

4 Programs Selected

Load

Delete

2.2 (414)

☆ Bookmark this
program

○ Select this
program

Scroll Bar
Drag to see more programs

Display of the
programs loaded
into the halo.

Other Icons

	Logo	
 Home	Back to homepage	
 ahaharmony.com	Enter the official website	★
 Video Guide	Video tutorial site	★
 FAQ	Enter the FAQ page	★

 Software Update	Latest software update	★
 suggestions	Submit suggestions	★
 Email	Email us	★
 Forum	Visit Aha Halo forum	★
 Language	Switch preferred language (More language options coming soon)	

★ requires an internet connection.

Aha Halo is a compact yet powerful device that can be easily carried in your bag or pocket, providing continuous scalar energy output to meet your on-the-go needs anytime, anywhere.

Using Aha Halo

How to Load Programs into Aha Halo

1. Turn Aha Halo off by long-pressing the right button for 2 seconds.
2. Connect the device to your computer using a USB cable, and turn Aha Halo on.
3. Launch the Aha Halo software.
4. Click "Install Quick-Pack" to load the 19 most popular programs into your device at once, or select programs from the JW Peptide Library or the Regular Library and click "Load" to add them individually.

How to Use Aha Halo

1. Select your desired program. The device generates scalar waves only when a program is running.
2. Keep halo within 3 feet to benefit from its Scalar energy. For best results, stay as close to halo as possible.

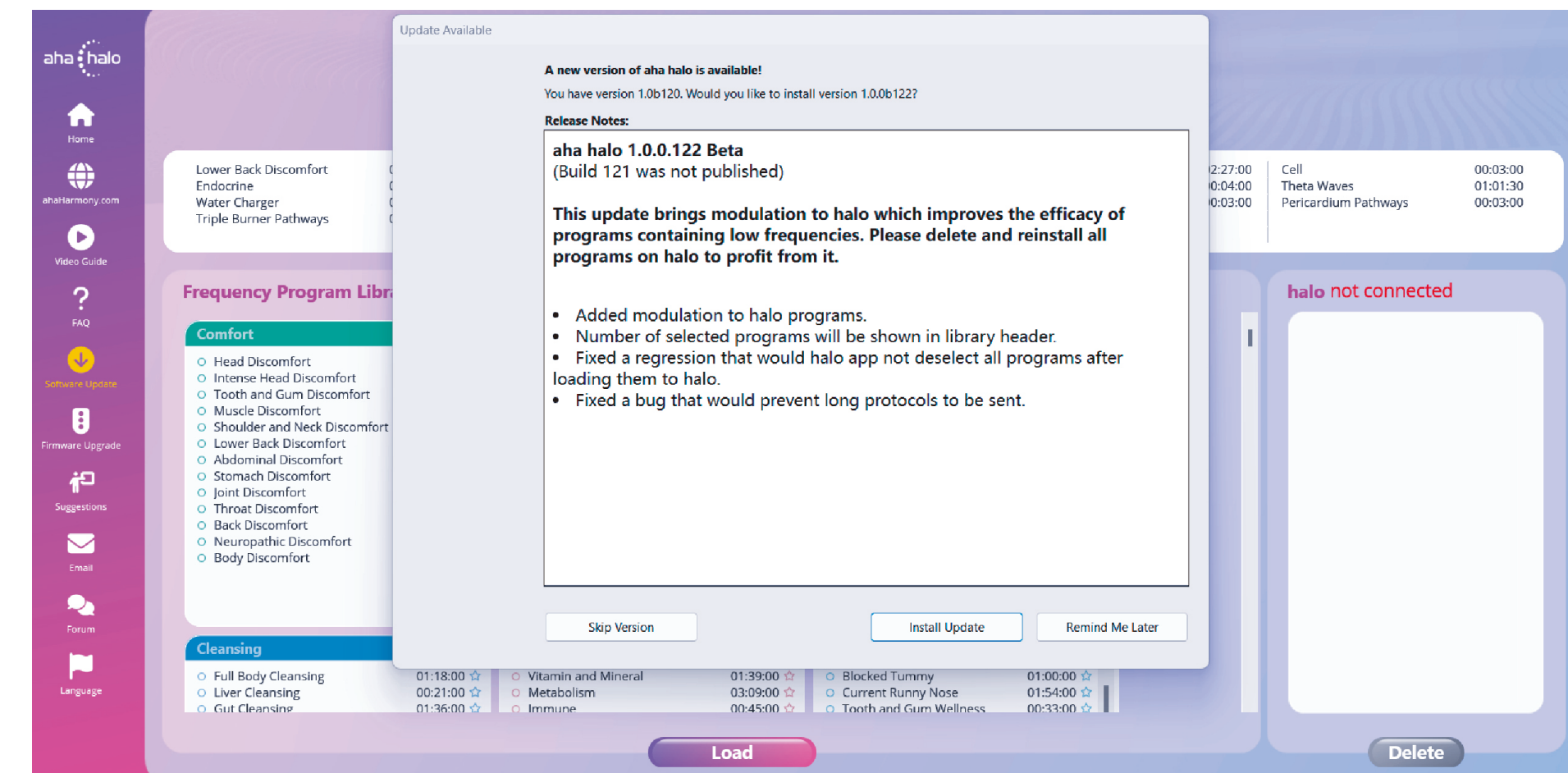




How to Update Aha Halo Software

1. Please ensure your computer is connected to the internet.
2. When you launch the Aha Halo software, it will automatically notify you if a new version is available. Follow the instructions to update the software.
3. If the notification does not appear automatically, you can click the Software Update button to check for updates manually.

3. Once running, the program will run continuously until you manually stop it. It is recommended to keep the program running at least one full cycle to achieve its full benefits. For prolonged use, operating the device continuously throughout the day is also beneficial.



How to Use the Harmony Card

1. Align the Harmony Card with Aha Halo and run your healing program to store its frequencies on the card.
2. Carry the card with you to enjoy all-day energy protection.
3. Reuse and recharge the card with new programs as needed, and share it with loved ones or those in need.
4. Keep the card protected from direct sunlight and EMF radiation.



Note

1. When the film is peeled off, the Harmony Card will no longer be effective. 2. It's very important to understand that the Harmony Card can't replace the device, and its effect can't compare with that of Aha Halo.

Tips & Tricks

Resetting Aha Halo: Glitches happen in life. If Aha Halo stops responding to computer commands, refuses to turn off, or behaves abnormally, insert a straightened paperclip into the reset hole. The computer inside Aha Halo will be reset back to factory defaults.

Transportation and Storage

General transportation is acceptable, but strong shocks, vibration, and exposure to snow and rain should be avoided during transit.

The packaged device should be stored in a well-ventilated room with no corrosive gases and a humidity level below 80% RH.

Warranty

Aha Halo will be replaced or repaired free of charge within one year from the purchase date if found to be defective and used in accordance with the instructions.

Service and repair are provided after the warranty period, with material and shipping costs charged as appropriate.

The warranty does not cover

- Damage caused by user negligence or product misuse (e.g., scratches, liquid damage, or unauthorized replacement of parts).
- Breakdown or damage caused by disassembly.
- Breakdown or damage caused by accidents.
- Damage caused by natural disasters.

Important Safety Instructions

1. Do not use on pregnant women.
2. Children must be supervised by an adult during use.
3. Keep the device dry and away from moisture.
4. Discontinue use immediately if you experience discomfort.

Specifications

Dimensions: 113mm(L) x53.5mm(W)x21mm(H)

Screen Size: 1.52 inches

Output frequency range: 1μHz ~2MHz

Maximum Frequency Resolution: 1μHz

Charging Voltage/Current: 5V, 1.1A

Charging Time: Fast charging (1100mA): 3-4 hours.

Slow charging (330mA) or computer: 7-9 hours

Usage Time: 17-22 hours (on a full charge)

Program Storage Capacity: 50

Enhance Your Healing with Positive Energy

A calm mind and positive emotions can help improve physical well-being. Here's a simple routine to try with your Aha Halo:



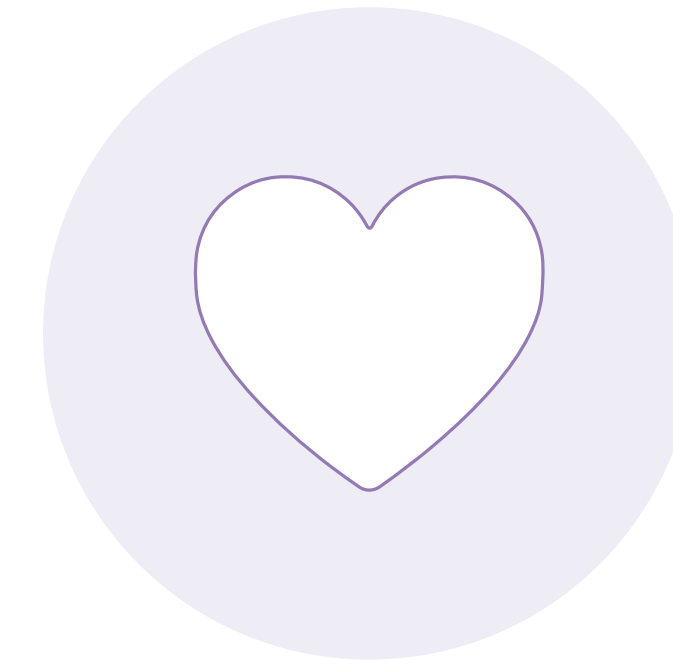
Select & Start

Choose your program and start Aha Halo.



Focus & Intention

- Place Aha Halo on the discomfort area, take deep breaths, and silently recite: "I'm sorry. Please forgive me. Thank you. I love you." (Repeat 3 times).
- Feel the healing energy for 3-5 seconds, then relax. You can keep Aha Halo beside you or put it in your pocket.



Receive & Release

Once improved, recite: "I'm sorry. Please forgive me. Thank you. I love you. May we all be free from pain and enjoy health and happiness."

The Healing Power of Ho'oponopono: Transform Your Life with 4 Simple Phrases

Hawaiian therapy, also known as Ho'oponopono, involves four sentences: "I'm sorry", "Please forgive me", "Thank you", and "I love you". Here is an introduction to them:

Recipient

These four sentences are primarily addressed to one's inner self. It is believed that the physical universe is a projection of our inner mind, and we should take responsibility for everything that happens. Therefore, when repeating these sentences, one should focus on communicating with their inner self and the divine, rather than specifically targeting others.

Things to Be Cleaned

The four sentences can be used to clean various negative aspects, including but not limited to negative emotions, memories, subconscious information, and harmful "substances" in the heart. It can be used for anything that makes you feel uncomfortable, such as people you dislike, painful past events, future worries, financial problems, and physical discomforts.

Functions and Roles in Healing

- **"I'm sorry"**: It is an expression of sincere apology and self - reflection. It helps us take full responsibility for what has happened, let go of the victim - mentality, and relieve psychological burdens. This sentence enables us to face our mistakes and the harm caused to others, facilitating the release of inner negative emotions.
- **"Please forgive me"**: This is a request for forgiveness from oneself and others. It allows us to let go of self - defense, face our imperfections, and achieve self - acceptance and growth. By forgiving others, we can also resolve conflicts and promote inner reconciliation.
- **"Thank you"**: It is a direct expression of gratitude for the people, things, and experiences in life. It enhances our sense of gratitude, increases happiness and satisfaction, and promotes harmonious interpersonal relationships. This sentence can also help us view things from a positive perspective and transform negative emotions into positive ones.

- **"I love you":** It is a declaration of unconditional love for life, oneself, and the world around us. It stimulates the warmth and sense of connection within us, enhancing the harmonious resonance between individuals and the universe. This sentence has the power to transcend bitterness and promote better transformation.

In summary, by repeating these four sentences, Hawaiian therapy guides individuals to deeply explore themselves, clean the dust and negative energy in the mind, reset the subconscious, and prepare the internal to change the external. Eventually, it helps achieve spiritual healing and sublimation.

Thanks and Acknowledgment

The creation of Aha Halo is a testament to the collective effort and support of countless individuals. We extend our heartfelt gratitude to everyone who has contributed to this journey.

May each new day find you in a state of harmony and health.

- * Aha Halo software is continually updated and optimized.
Final features may vary based on the actual version.



Your Halo of Protection

www.ahaharmony.com