# EzoManager application guide

*Those of you more experienced please excuse this very detailed procedure explanation. Many members of our community are already seniors and everything has to be explained to them step by step in great detail. However, proper application and this tutorial are very important also for professionals.*

*Thank you for your patience and understanding.*

🙏🙏🙏

# What will you find here?

# Getting started

## Preface

Thank you for your interest in EzoManager!

All displayed times in application are relevant to your current location, adjusted by time zone, daylight saving time and in respect to analemma.

The application is created with an emphasis on planning meetings, massages, treatments and such according to the biorhythmic influences that constantly affect us. We will also add a few examples showing how to use the application in the real world and also several typical situations demonstrating how to correctly perceive the meaning of biorhythms.

First, we will familiarize ourselves with the terms we use for planning and then we will explain how to plan. We have prepared for you two methods on how to determine the optimal time for your particular case.

A lot of "alternative" people have only limited experience in IT, that's why we present it in this guide. The app doesn't need an internet connection, just GPS.

# Open the application

We open the EzoManager application either by clicking on the widget or on the application logo.
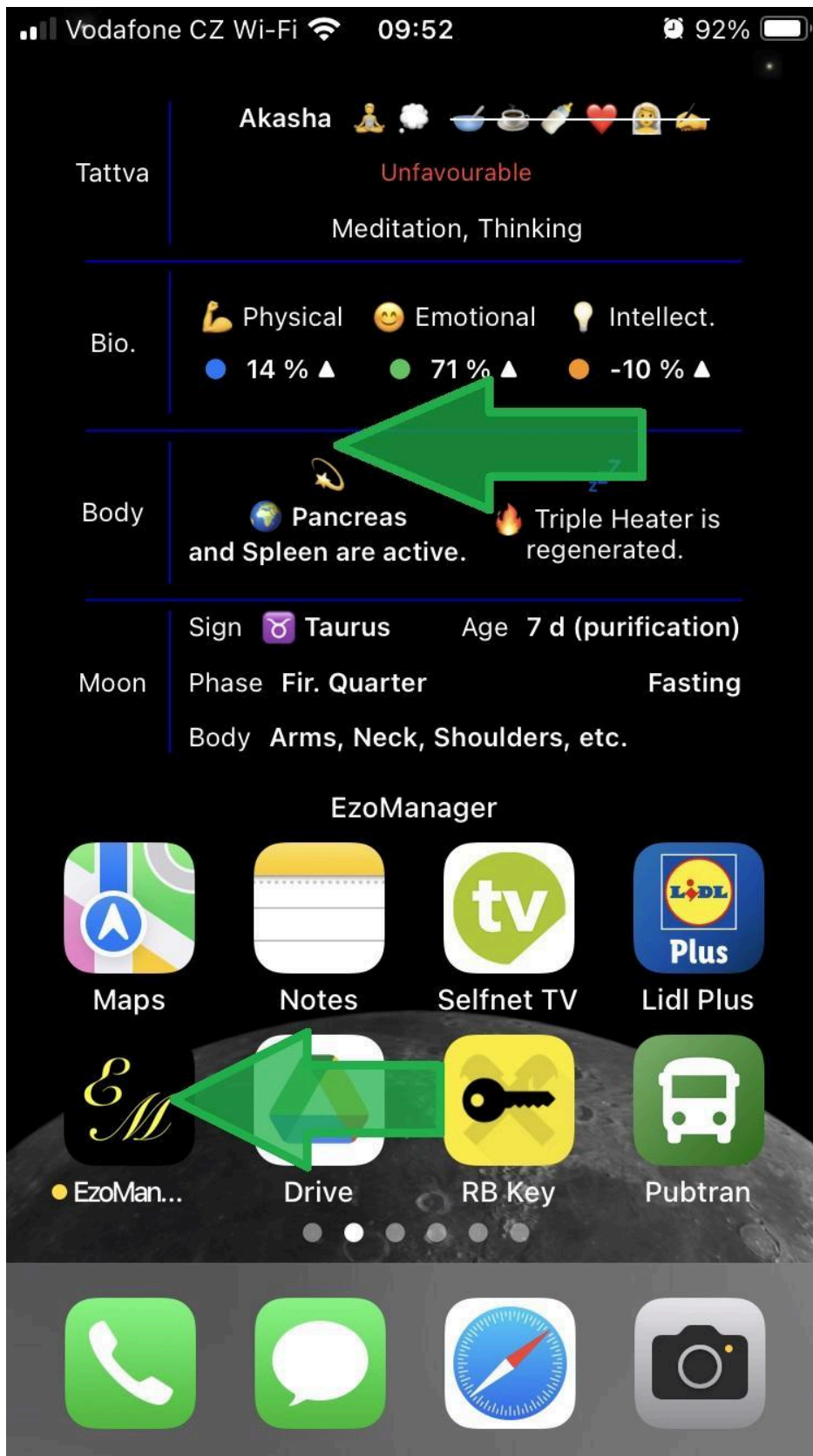
# Main screen

On the main screen of the app you will find the following:

1. Listening to the spoken word about the current situation for your location.

2. The organ at risk for the given month. Note: Information will also appear here when the solstice or equinox occurs.

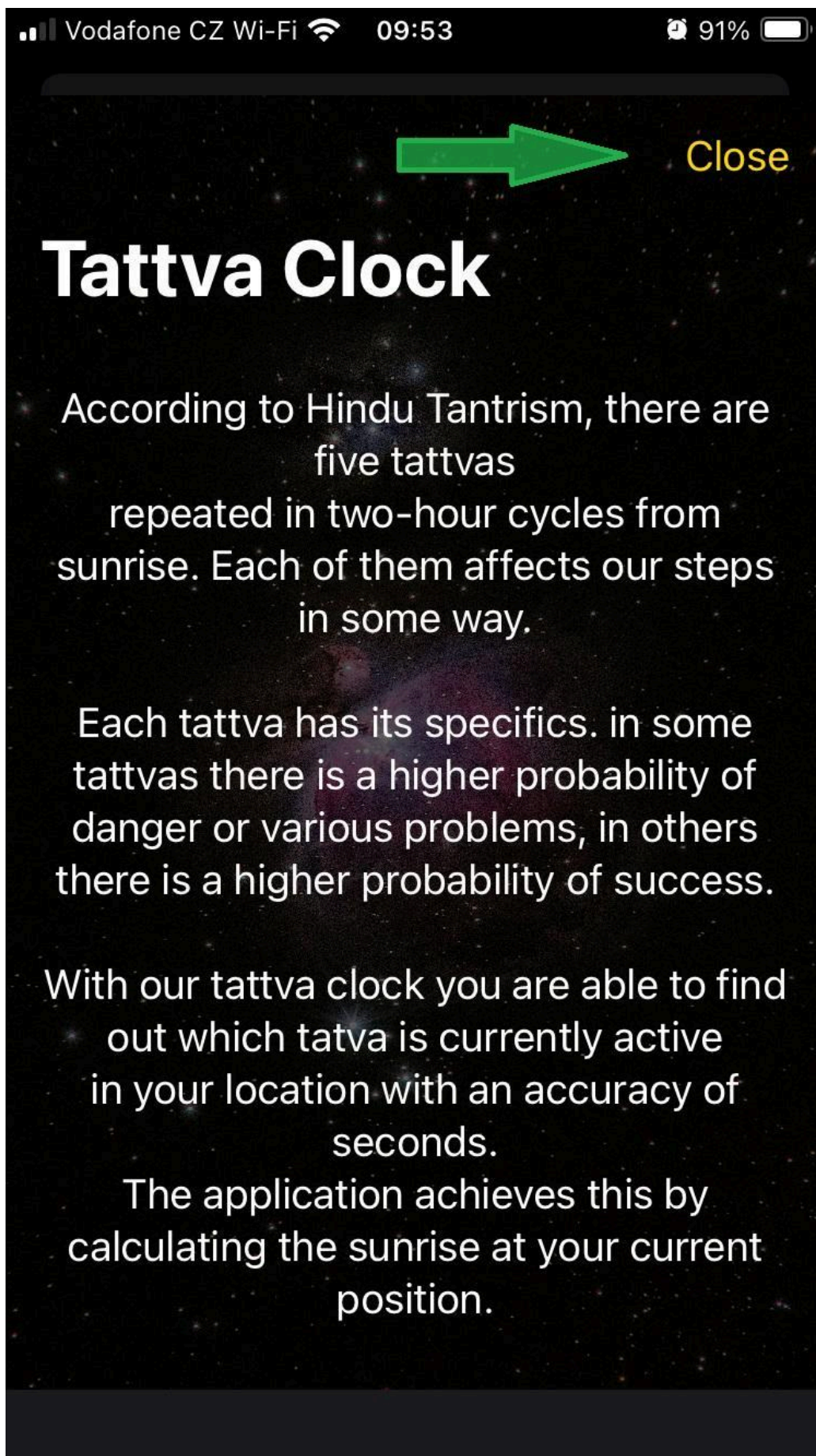3. Help if you don't understand a biorhythm – click.
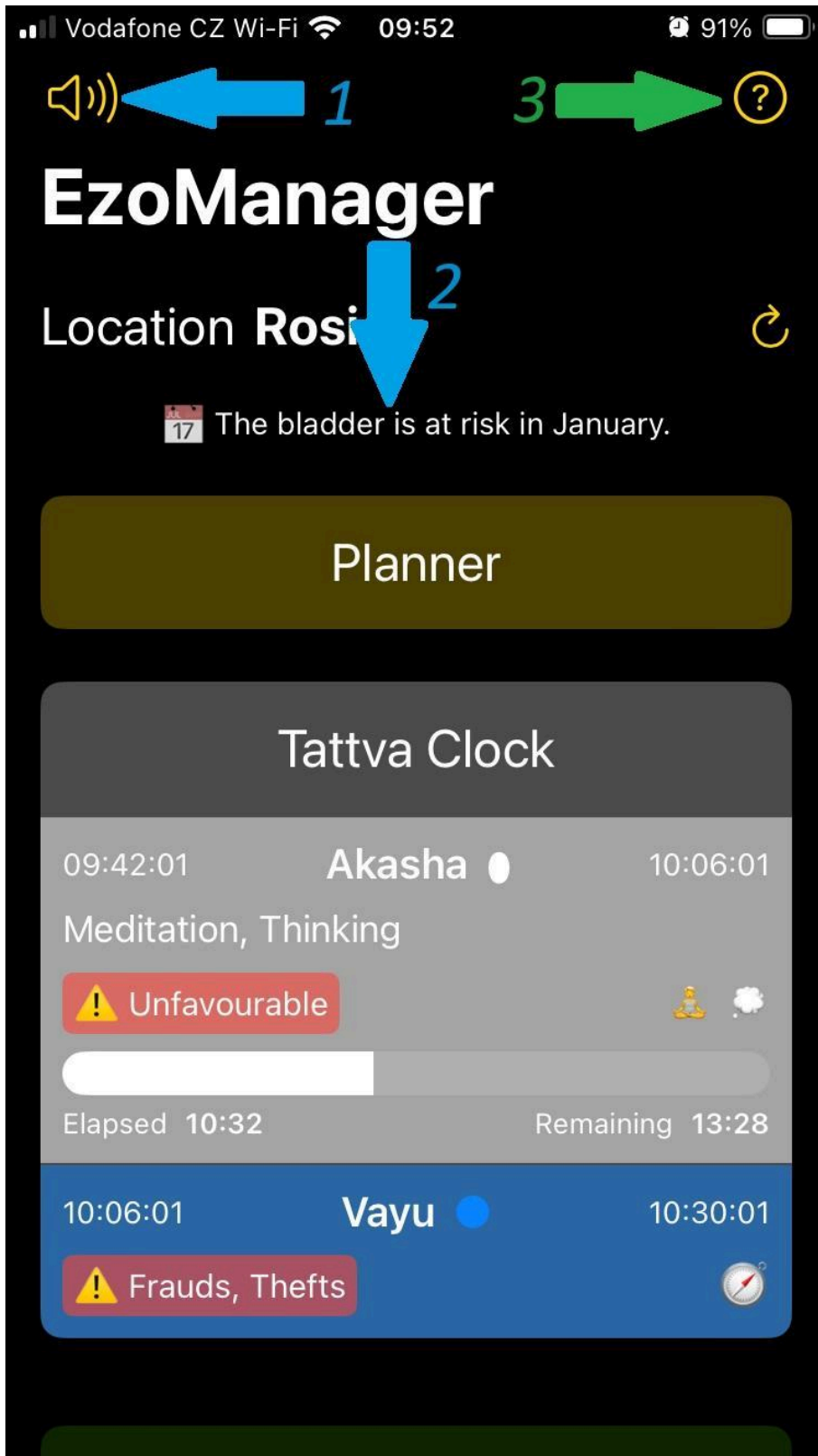
# Working with help

1. Tapping the question mark on the main screen will open a menu.

2. We will use tattvas as an example. Click!
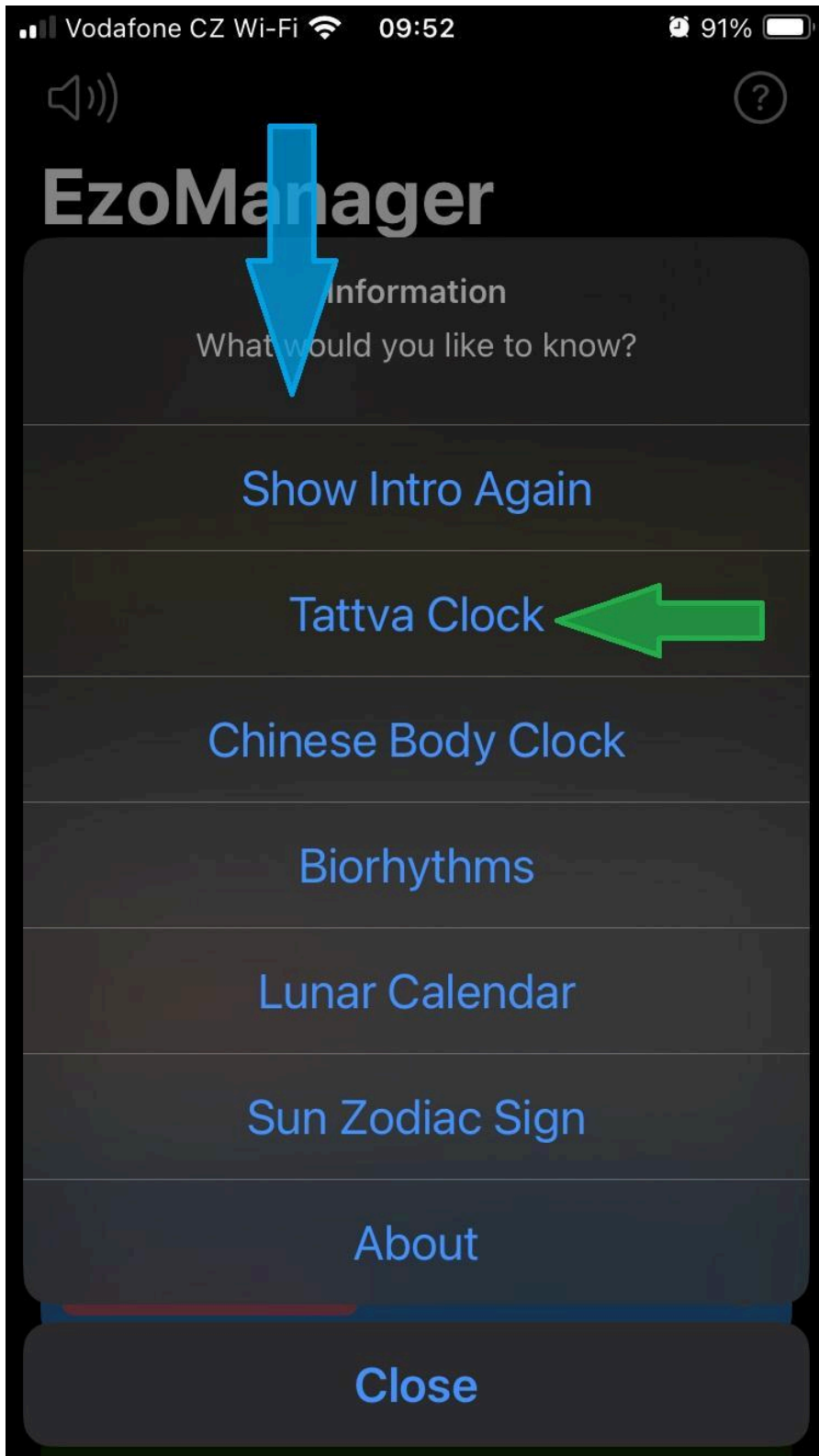
You will see a Tattva clock description and the origin of its creation. This is how they are all biorhythms described. Read? Click on "close".



# Tattva Clock

According to Hindu Tantrism, there are five tattvas
repeated in two-hour cycles from sunrise. Each of them affects our steps in some way.

Each tattva has its specifics. in some tattvas there is a higher probability of danger or various problems, in others there is a higher probability of success.

With our tattva clock you are able to find out which tatva is currently active in your location with an accuracy of seconds.
The application achieves this by calculating the sunrise at your current position.

# Location

By closing the help, we get back to the main screen. Now let's talk about the location. The app works even without an internet connection. If the internet connection is working, the name of the place will be displayed. If the connection is not available, you will see the geographical one coordinates. The arrow button is for reloading the position, if it didn't happen automatically.
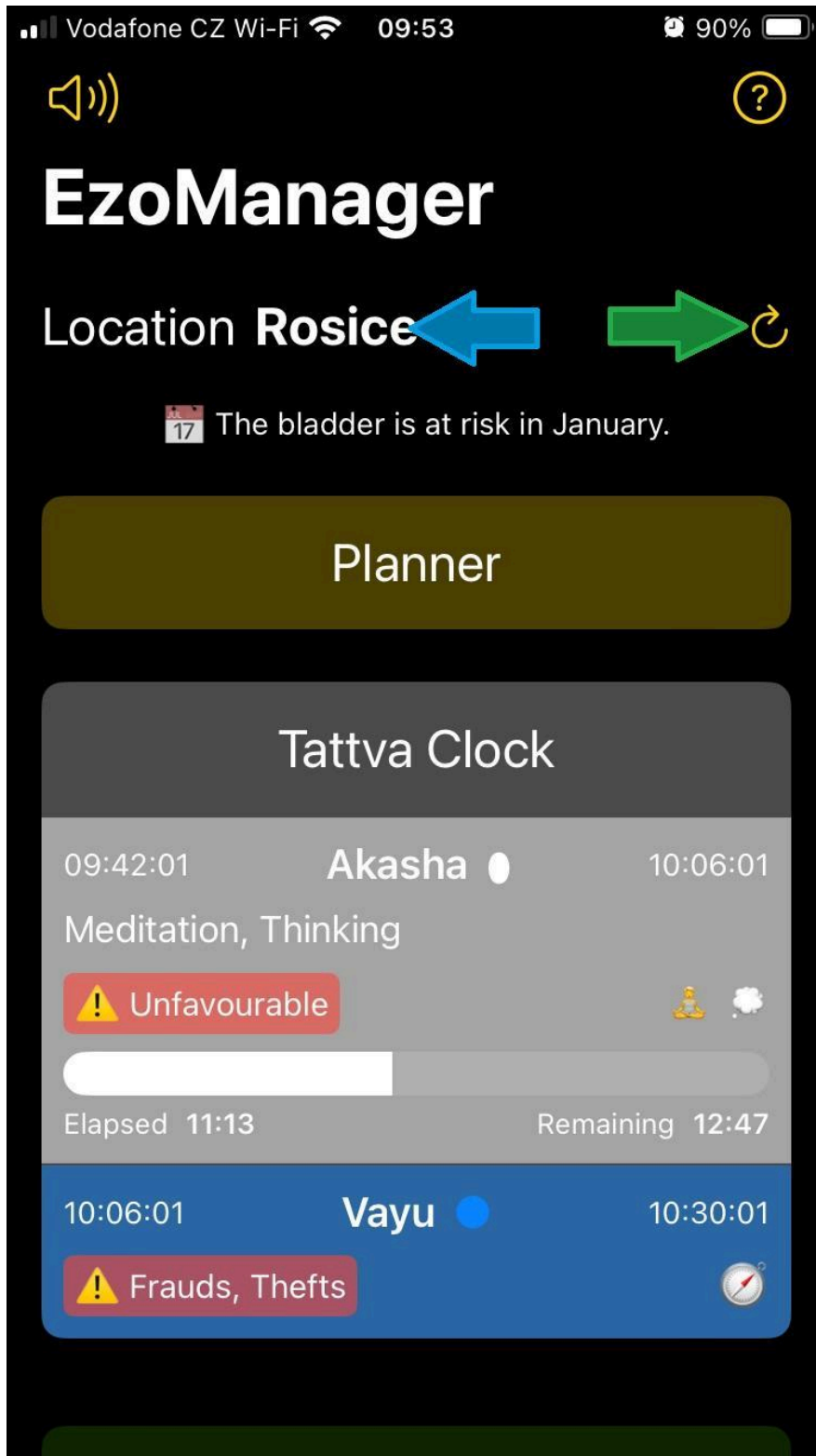
# Situation overview

## Tattva clock

The "Planner" button is discussed in a separate chapter called "Planner".

Let's start with the tattva clock. The main screen shows the name of the current tattva, the time period from - to, meaning, recommendations and the tattva that follows. We will tap on "Tattva clock".

Note: Individual Tattvas are color-coded by name for faster orientation when working with EzoManager..
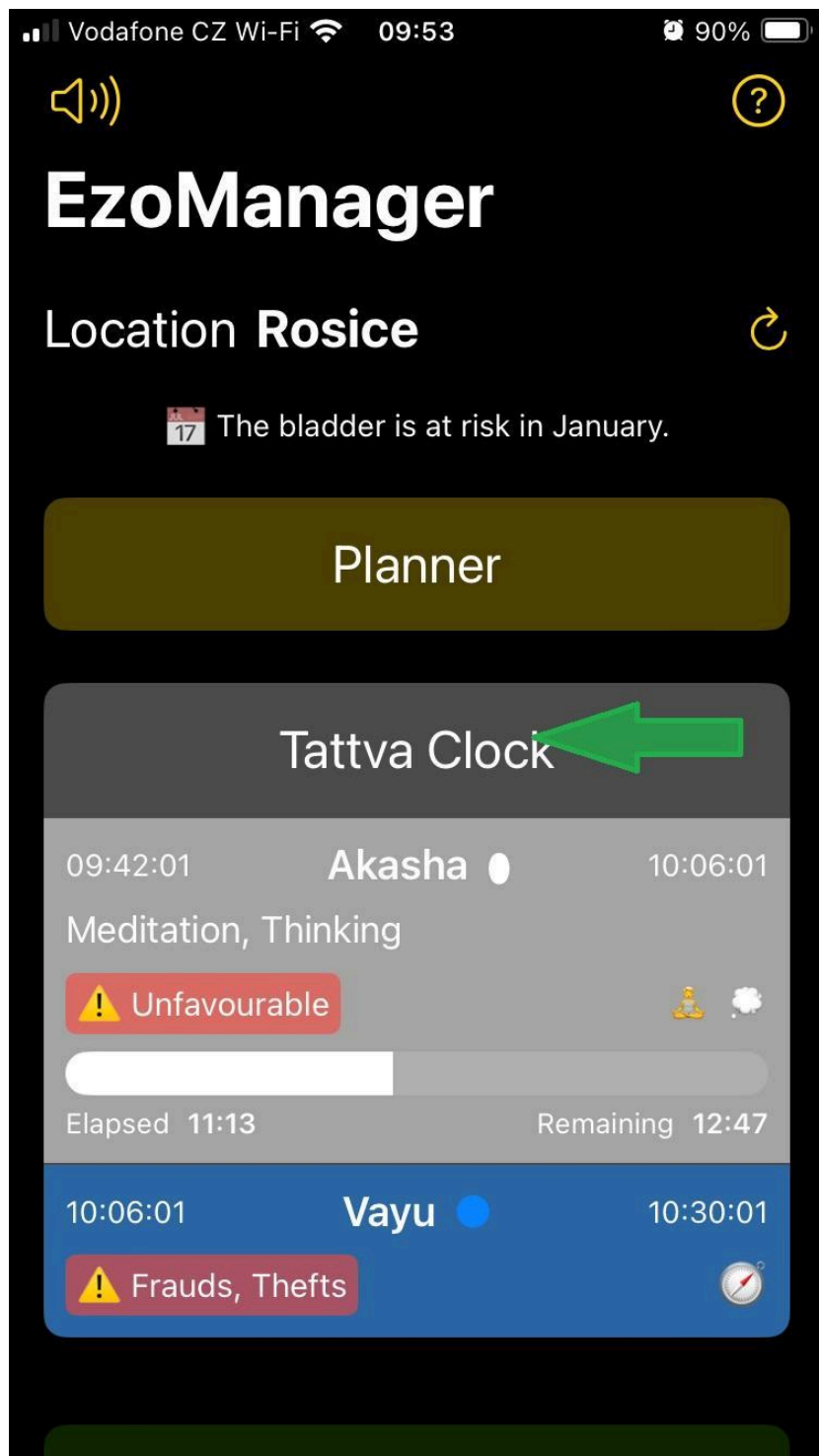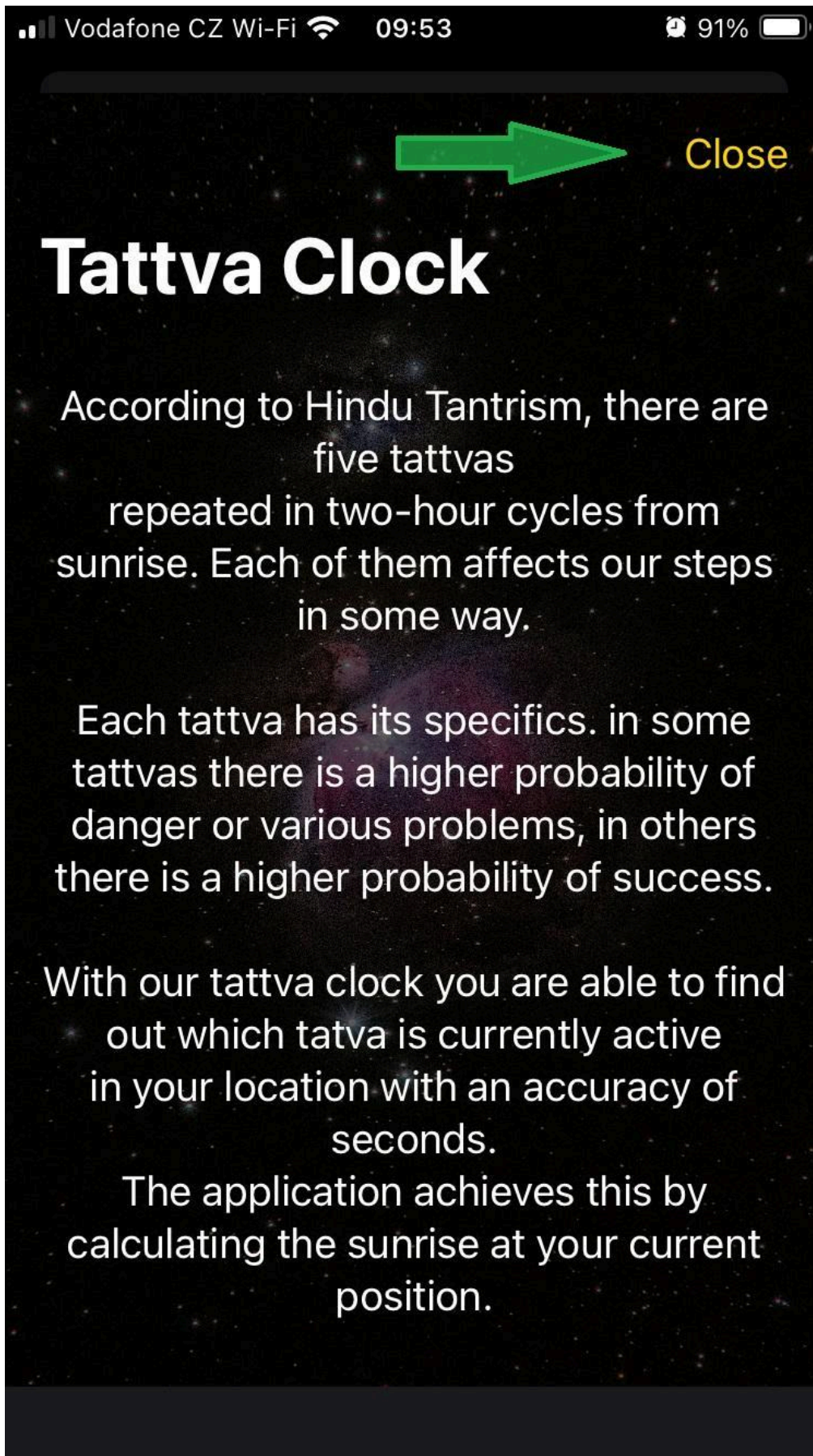
In the Tattva Clock section, you can find the Sunrise and Sunset for your current location, and you can also scroll through the remaining Tattvas for the day. You can find out the detailed meaning of the tatva by clicking on any displayed Tattva, in this case the current one. The circled buttons will be discussed in the "Meeting Scheduling" chapter.
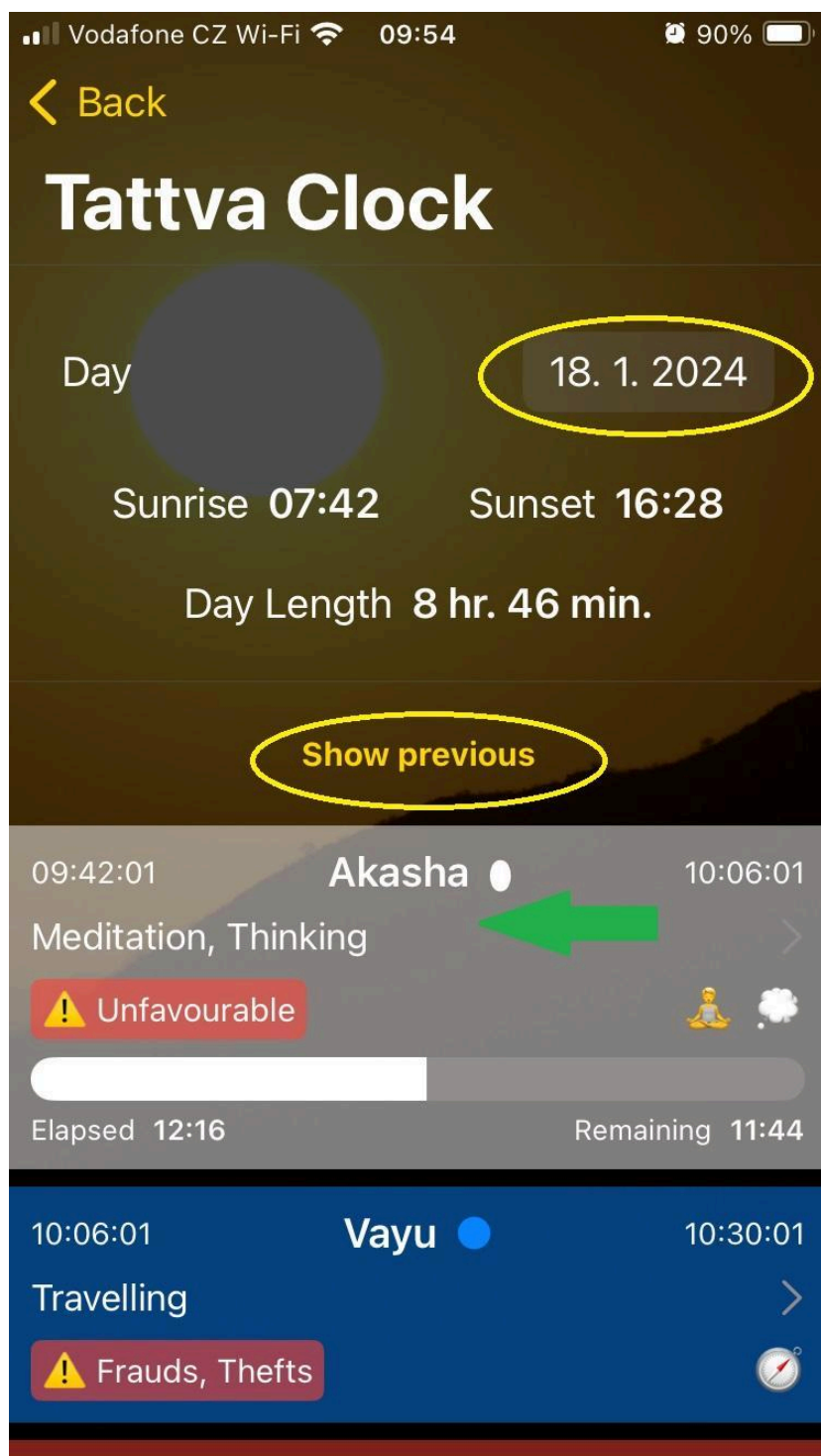


Here the meaning of the given tattva will appear, supported by pictograms. The circled button will be discussed in the "Meeting Scheduling" chapter.

We exit with the "Close" button.



# Tattva Clock

According to Hindu Tantrism, there are five tattvas repeated in two-hour cycles from sunrise. Each of them affects our steps in some way.

Each tattva has its specifics. in some tattvas there is a higher probability of danger or various problems, in others there is a higher probability of success.

With our tattva clock you are able to find out which tatva is currently active in your location with an accuracy of seconds. The application achieves this by calculating the sunrise at your current position.

This brings us back to the "tattva clock" section.

When scrolling through the Tattva Clock, you can see the basic data. For our example we will use blue tattva Vayu:

1. Beginning of tattva.
2. Tattva name.
3. End of tattva.
4. For what activity is tattva suitable.
5. What to watch out for.
6. Pictogram for auspicious activity.

To exit, use the "Back" button.
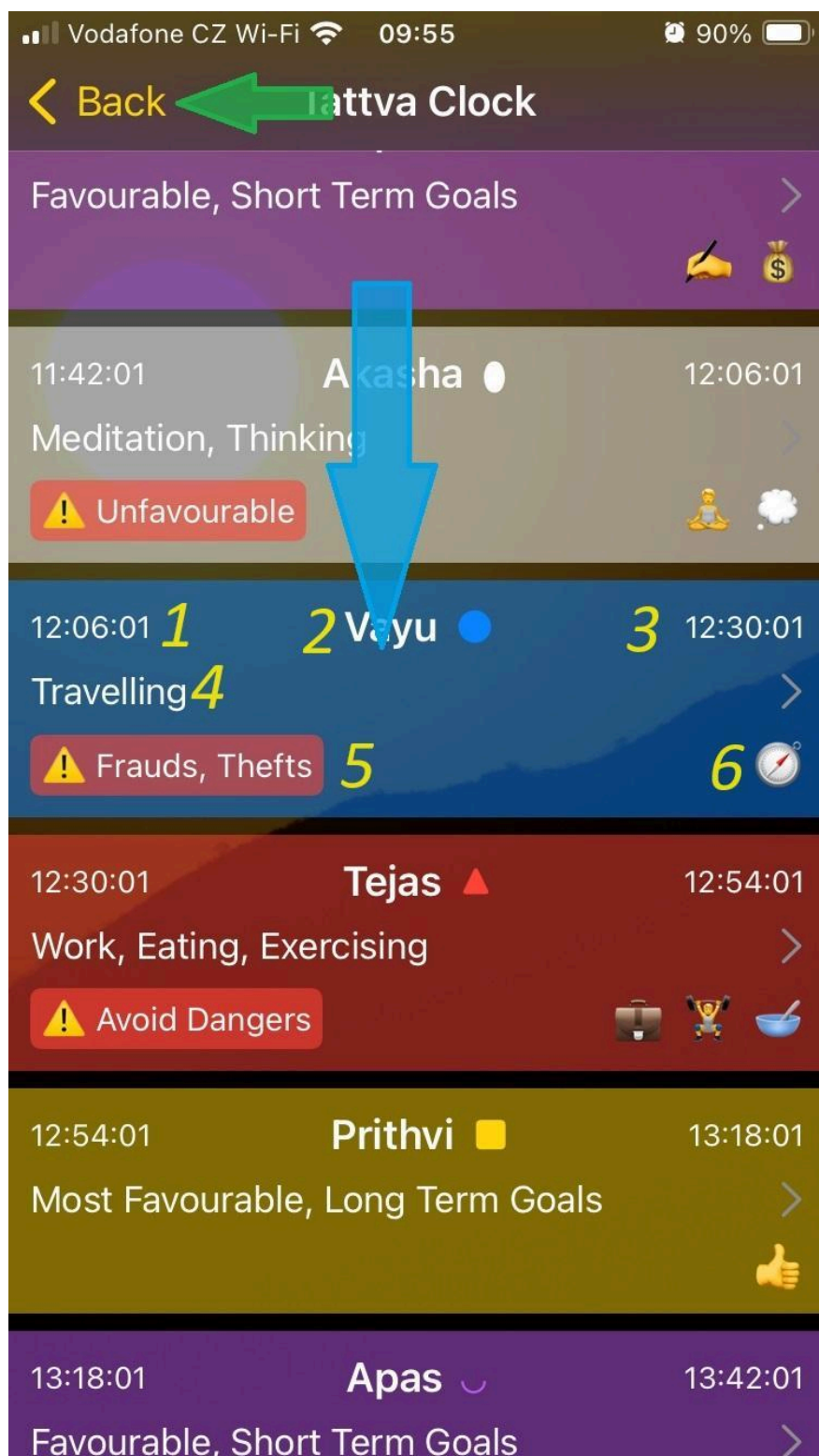
# Chinese body clock

We're on the home screen and we're going to focus on the Chinese Body Clock. We indicate the activity time, element of the given body, the body in opposition, the currently elapsed time and what system the given body has dominant influence - we click on this section.
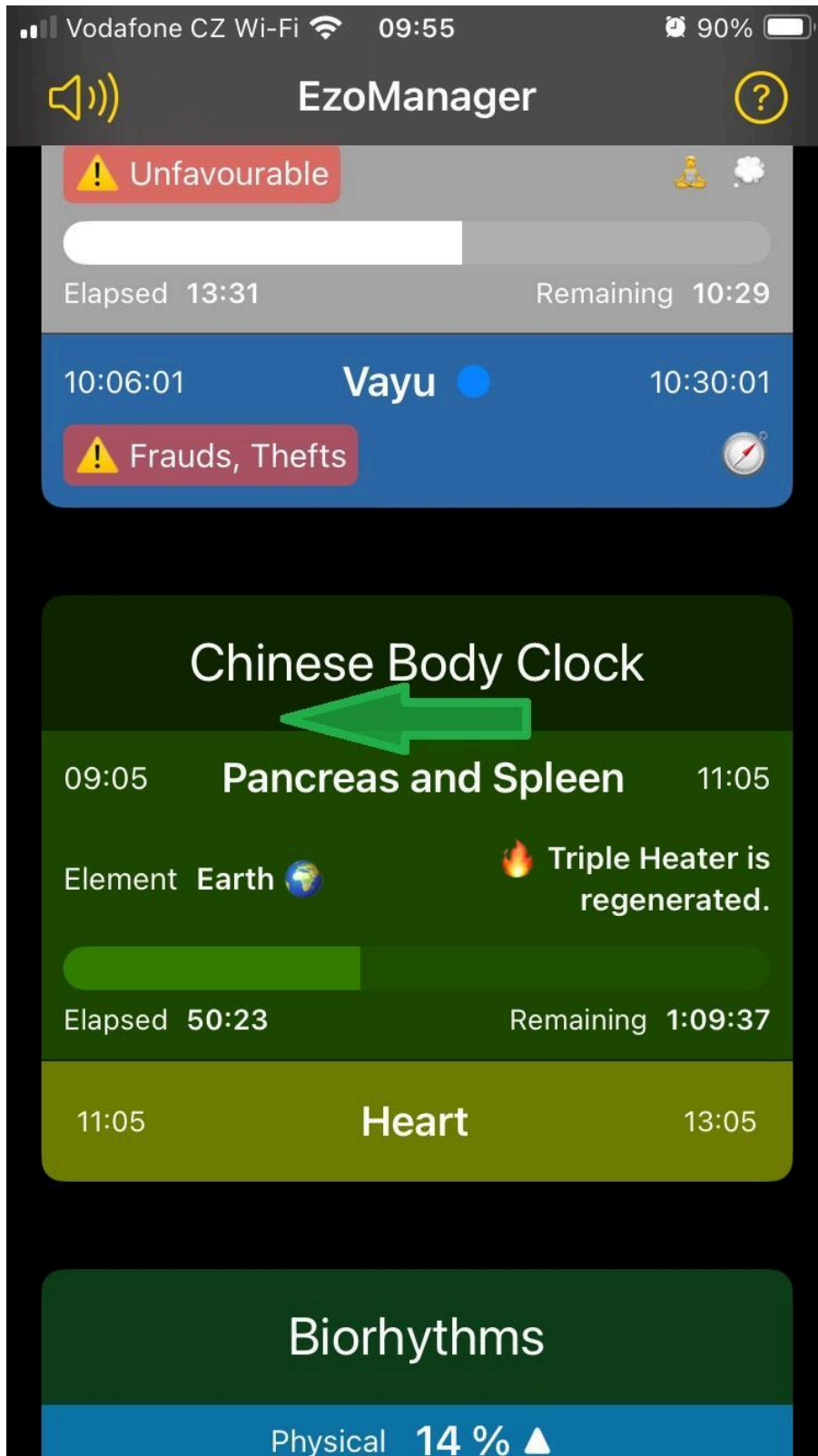
In the Chinese Body Clock section, you can scroll through the order and time of the remaining tatas for the given day. In order to determine the beginning and end of the individual activities of the organs as precisely as possible, we use the astronomical noon for your current location - 12:00 is when the Sun is at its highest. For all times, we take into account analemma, winter or summer time and time zone. For photographers – this is when the shadows are the shortest. We mention orgin opans position because we can treat a given organ in opposition, just be careful, the energy flows in the opposite direction. See the "midnight - noon" rule in acupuncture. We leave the given section with the "Back" button.

Note: Individual Authorities are color-coded according to the ELEMENT assigned to them for faster orientation when working with EzoManager…
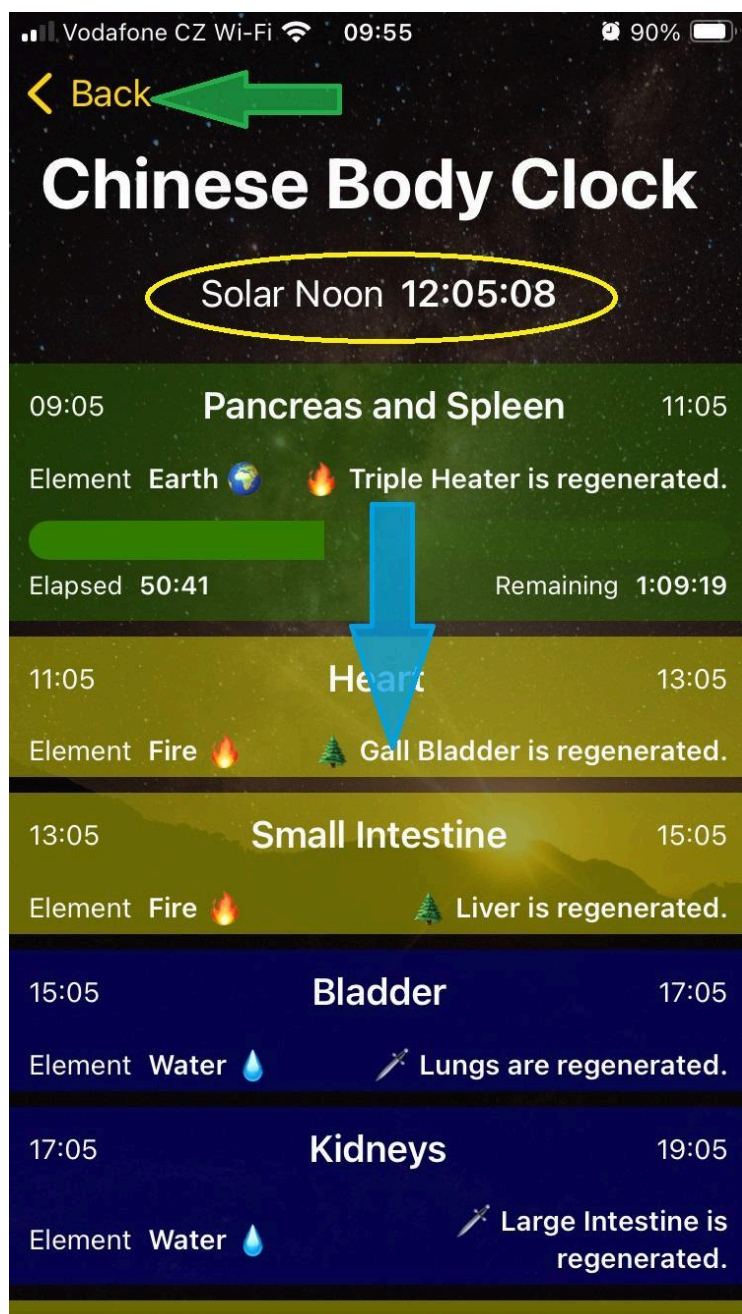


**Note:** Activity times of individual organs **according to literature** are the same, but not the time of **solar noon!!! For this reason, the beginnings of organ activities are different every day and if you travel larger distances in east-west direction, then in relation to the location also significantly different!!!**

# Biorhythms

We're back at the home screen and we're going to focus on the body's biorhythms. Here we present three basic ones – physical, emotional and intellectual. You see the current status for the day. Click on "Biorhythms".
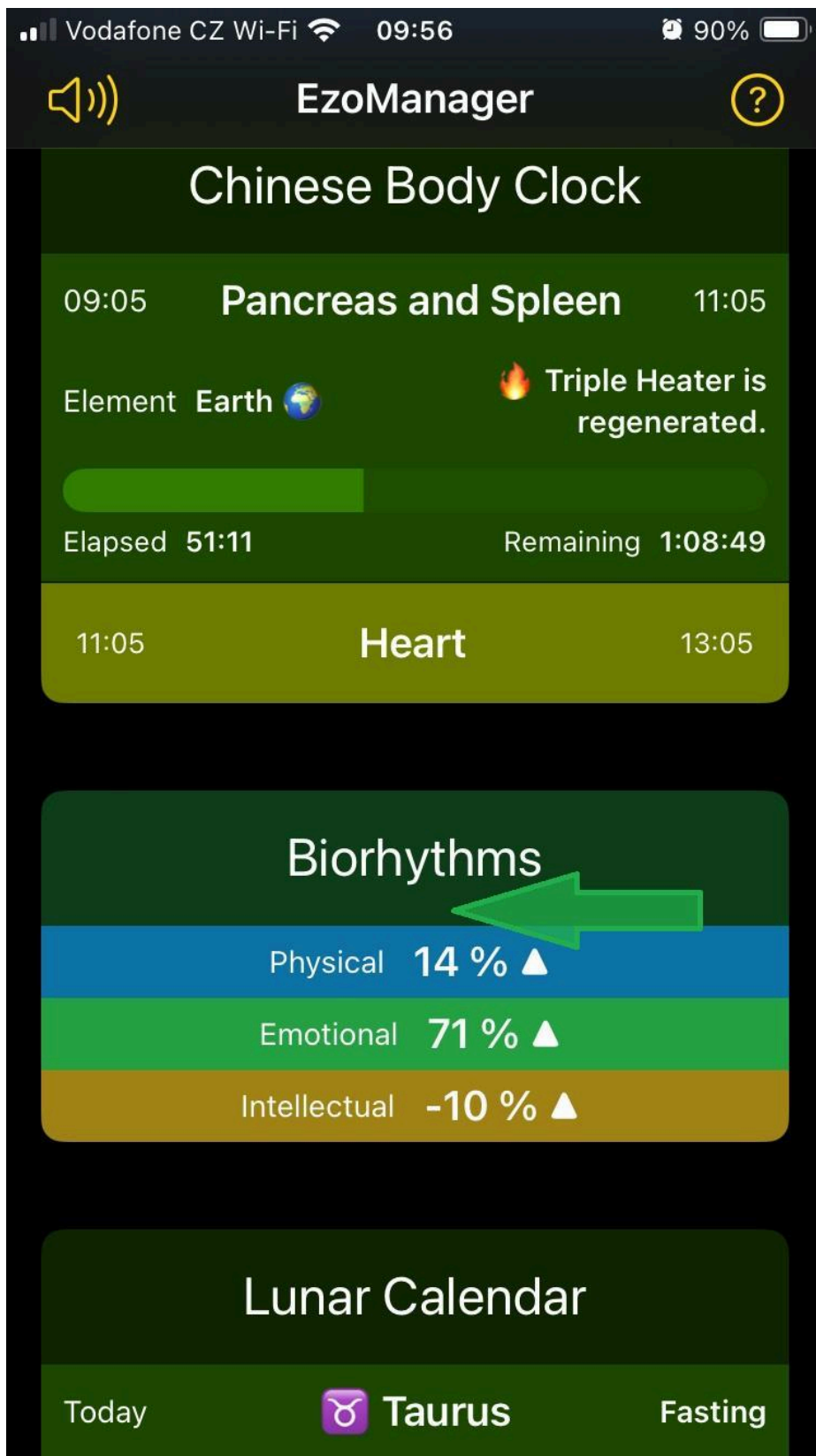
Your biorhythms and date of birth, which you entered during the initial introduction after installing the application, will be displayed. Click on the date to change it at any time. Again, you can scroll to the future and that indefinitely. iOS users also have a chart available. To express the progress of the biorhythm, we chose arrows - whether you are in the ascending or descending part of the graph, the percentage part of the section, +/- for determining above or below the axis and color differentiation for quick visual orientation when scrolling:

- +100 to +50 green,
- +50 to 0 blue,
- 0 to -50 yellow
- and -50 to -100% red.

Where:

- "+" is suitable for activity, movement,
- "-" is suitable for stability, consolidation.

It is best explained in terms of education:

- "+" we learn new subject matter,
- "-" we repeat and practice the subject matter.

If we do it in another way, the result could not be so good.

Or bodybuilding example:

- "+" we increase the load,
- "-" we improve the execution of the exercise and keep the load at the same level.

To change the date of birth, click on the "date of birth" button.
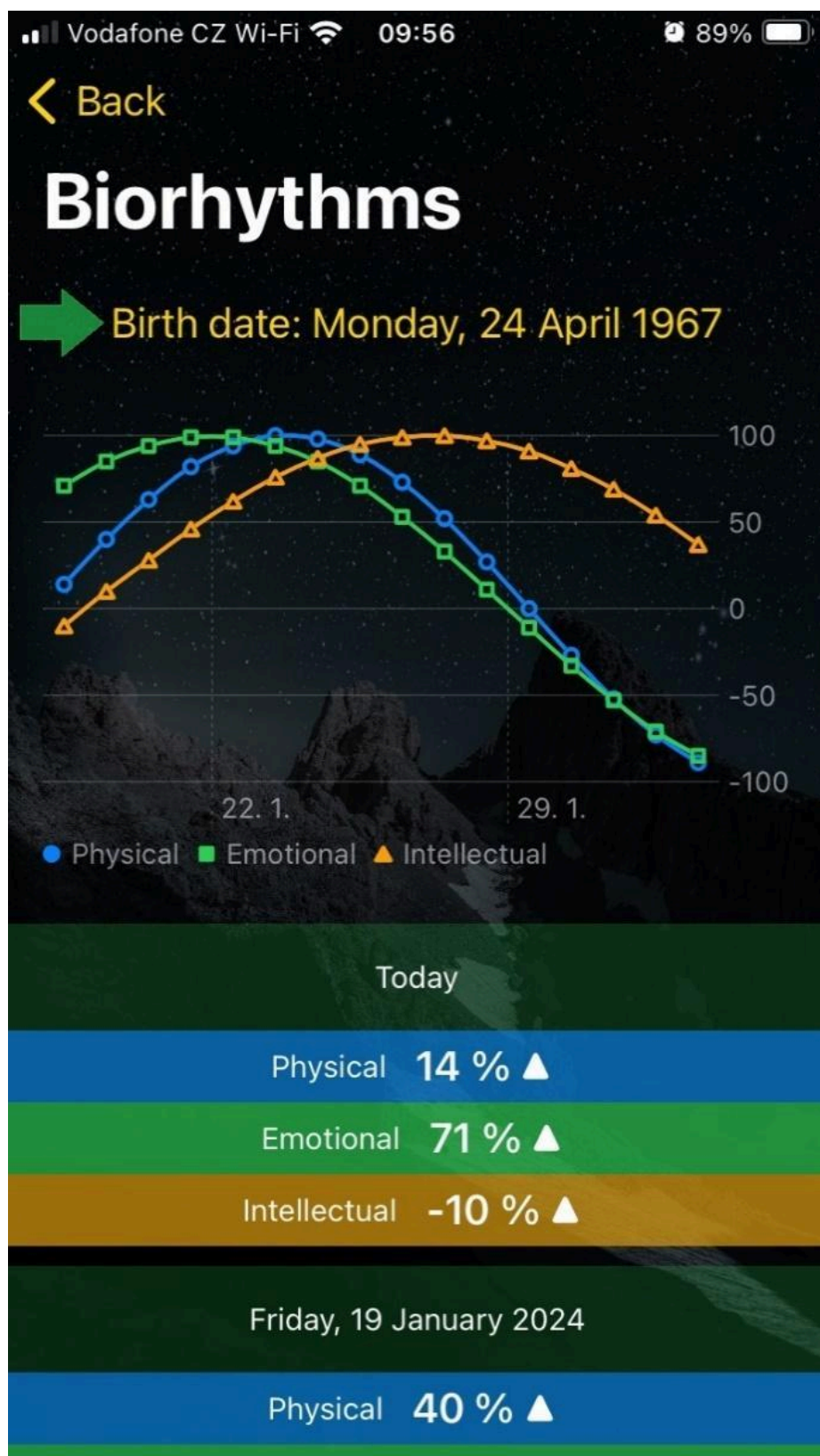
A section for changing the date of birth will appear. Click on the date.
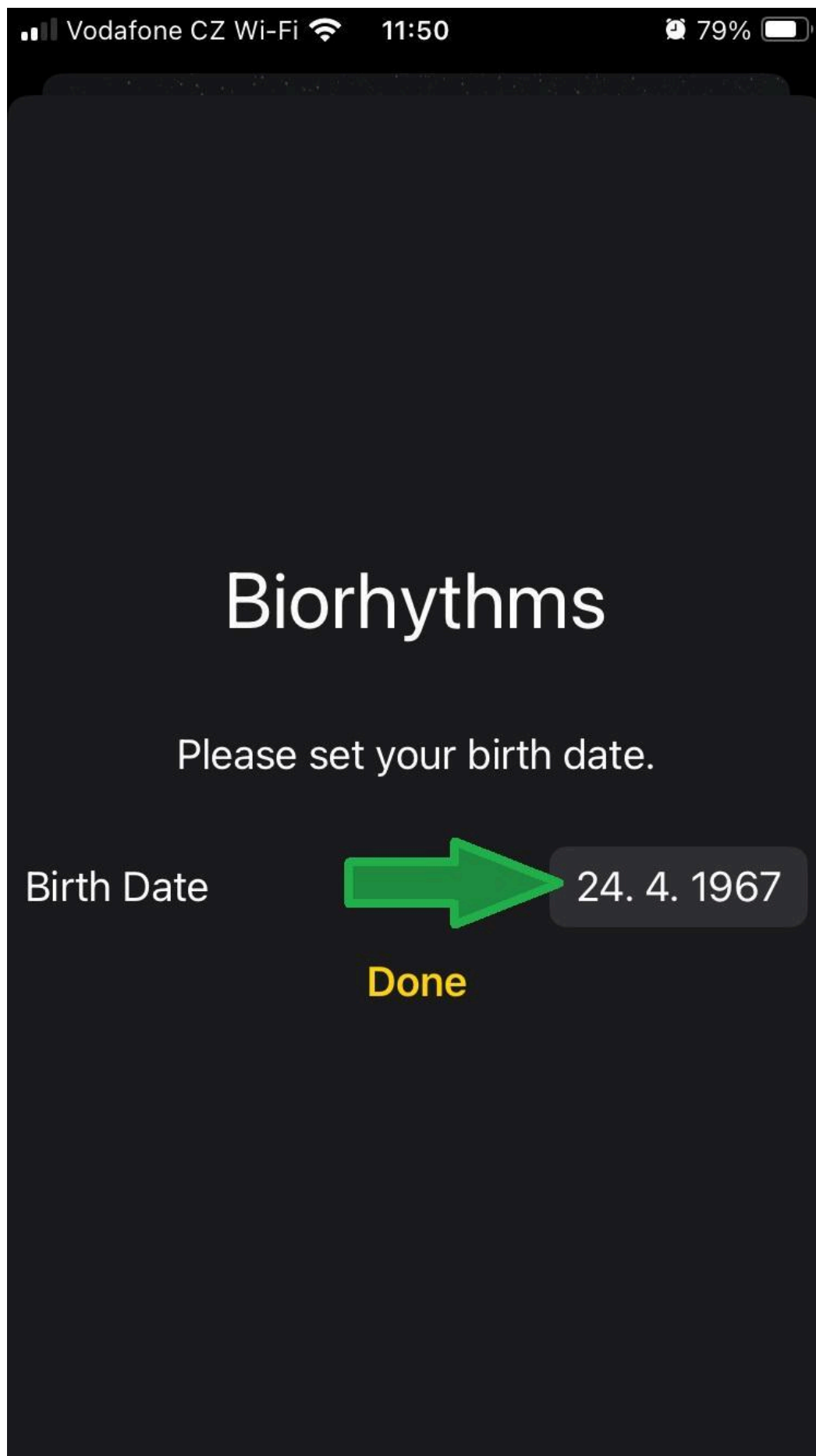
Click on the displayed month and year.

Here we can select the month and year of birth.

April 1967 ⌄

January 1964
February 1965
March 1966
April        1967
May          1968
June         1969
July         1970

Birth Date                    24. 4. 1967

Done

We select a specific month and year and confirm by clicking on the displayed month and year of birth.

We entered the month and year of birth and opened the calendar for the specified month.



Birth Date                                    24. 3. 1964
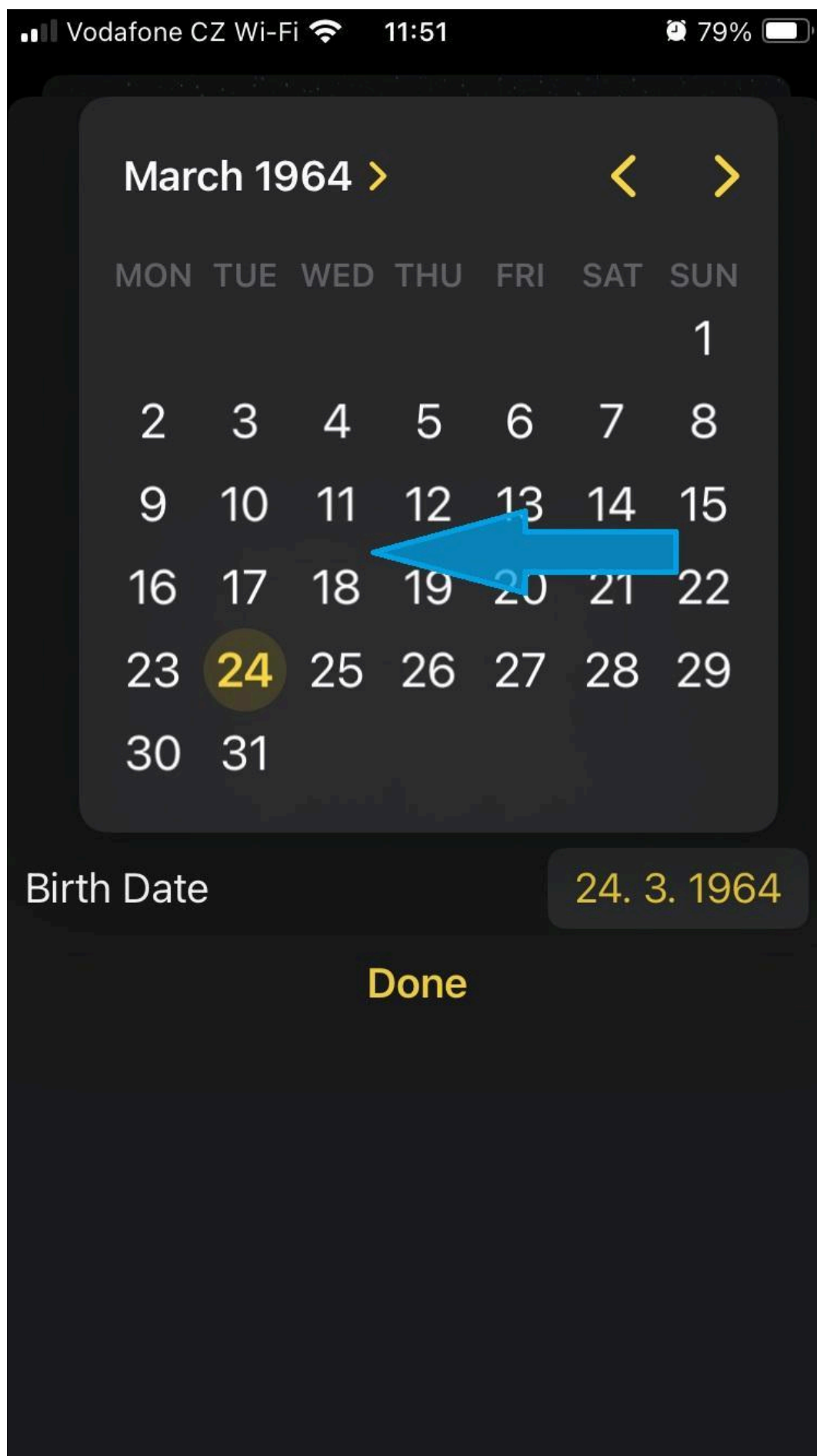
Done

We indicate the specific date of birth and confirm with the "Done" button.

We will see the new date of birth. Biorhythms always start with the current day. In this way you can show a friend or client their current biorhythms and their future development.
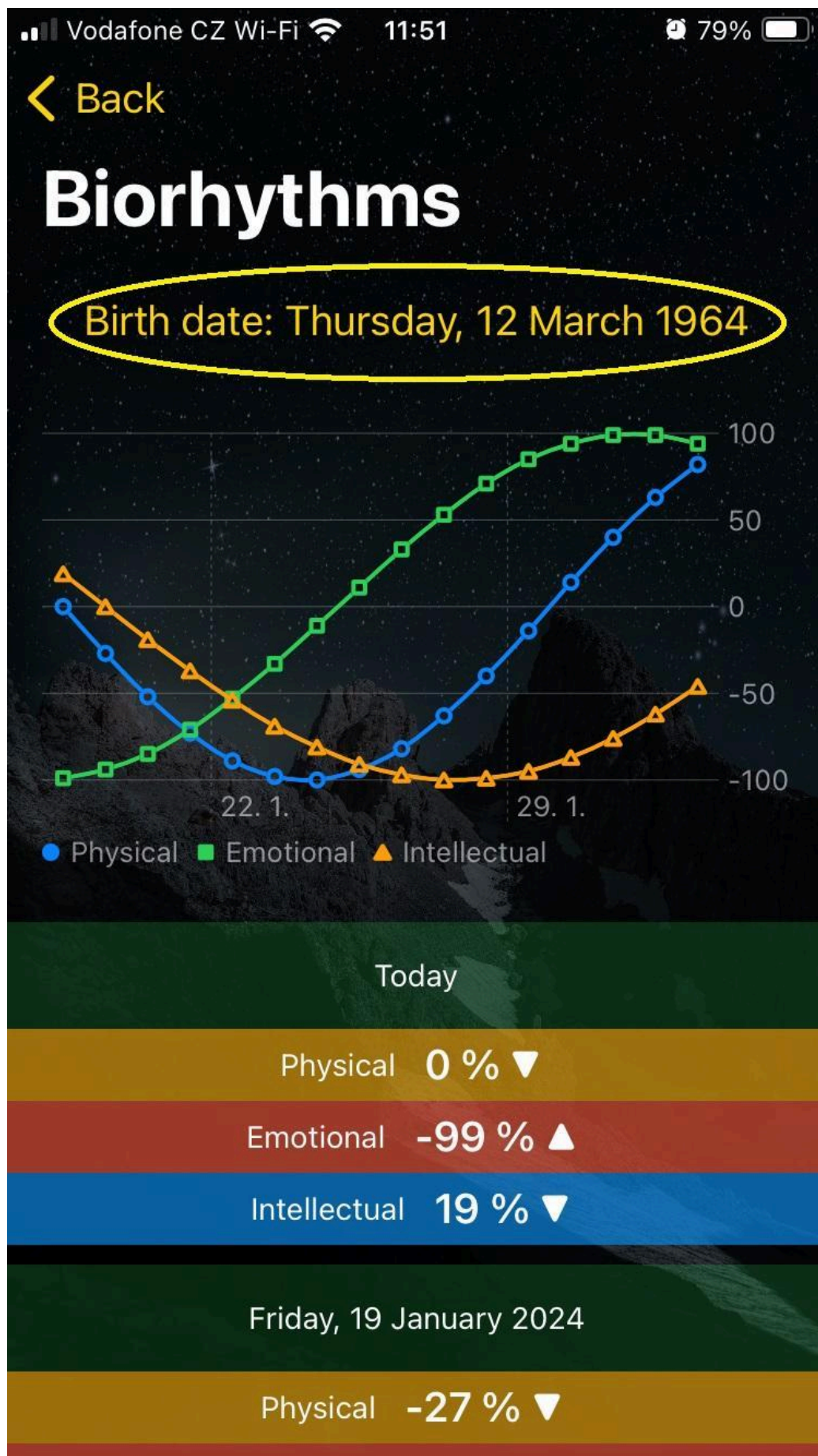
**!!! Don't forget to reset your date of birth !!!**

Follow the same process.
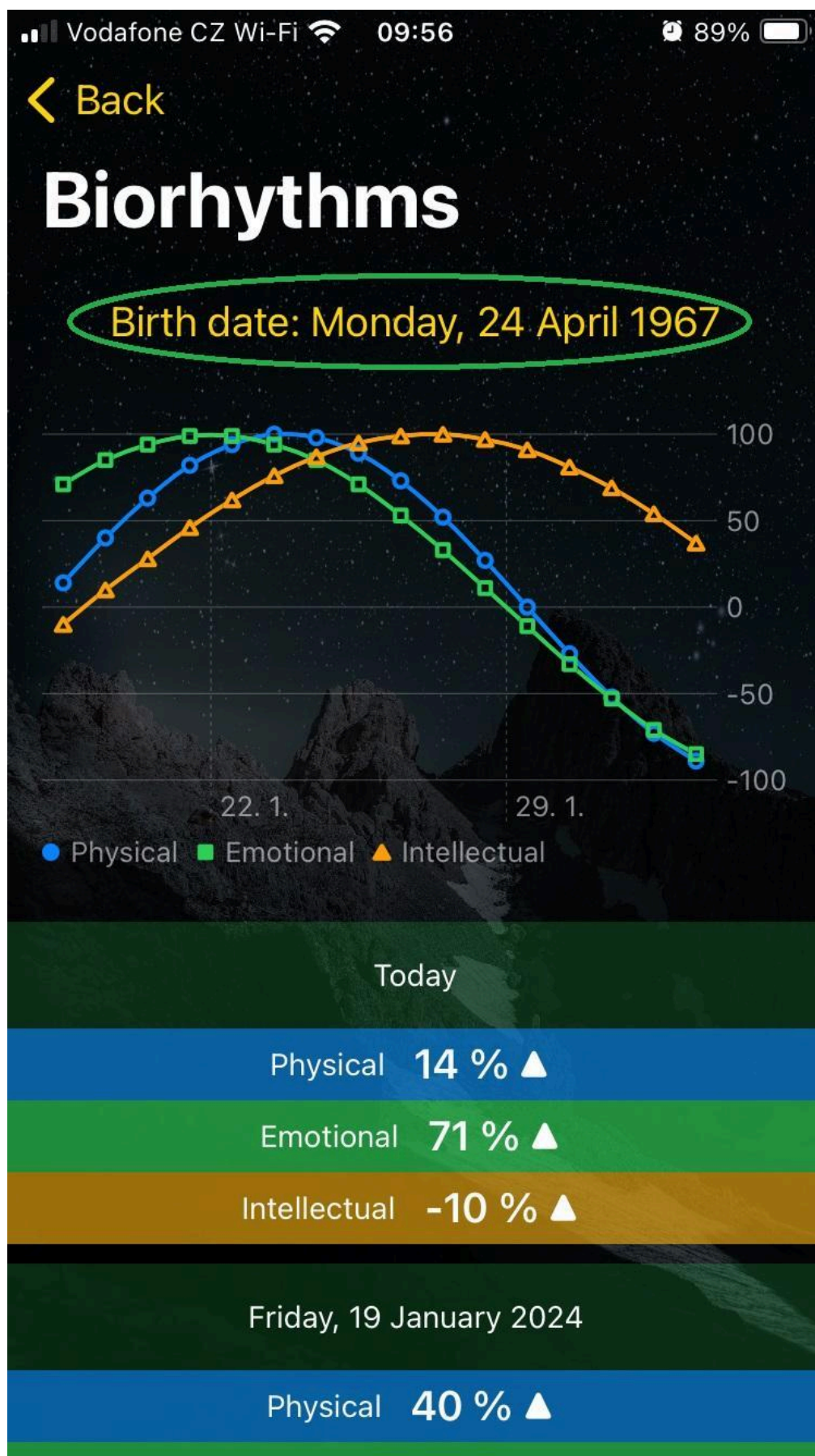
So that you can properly use the application with your biorhythms. Use the "back" button to return.

# Lunar calendar

We are back on the home page and this time we will focus on the "Lunar Calendar". We see a brief description of the lunar aspects for this day. We click on this section.

Note: Individual Moon signs are colored according to the ELEMENT assigned to them for faster orientation when working with EzoManager.
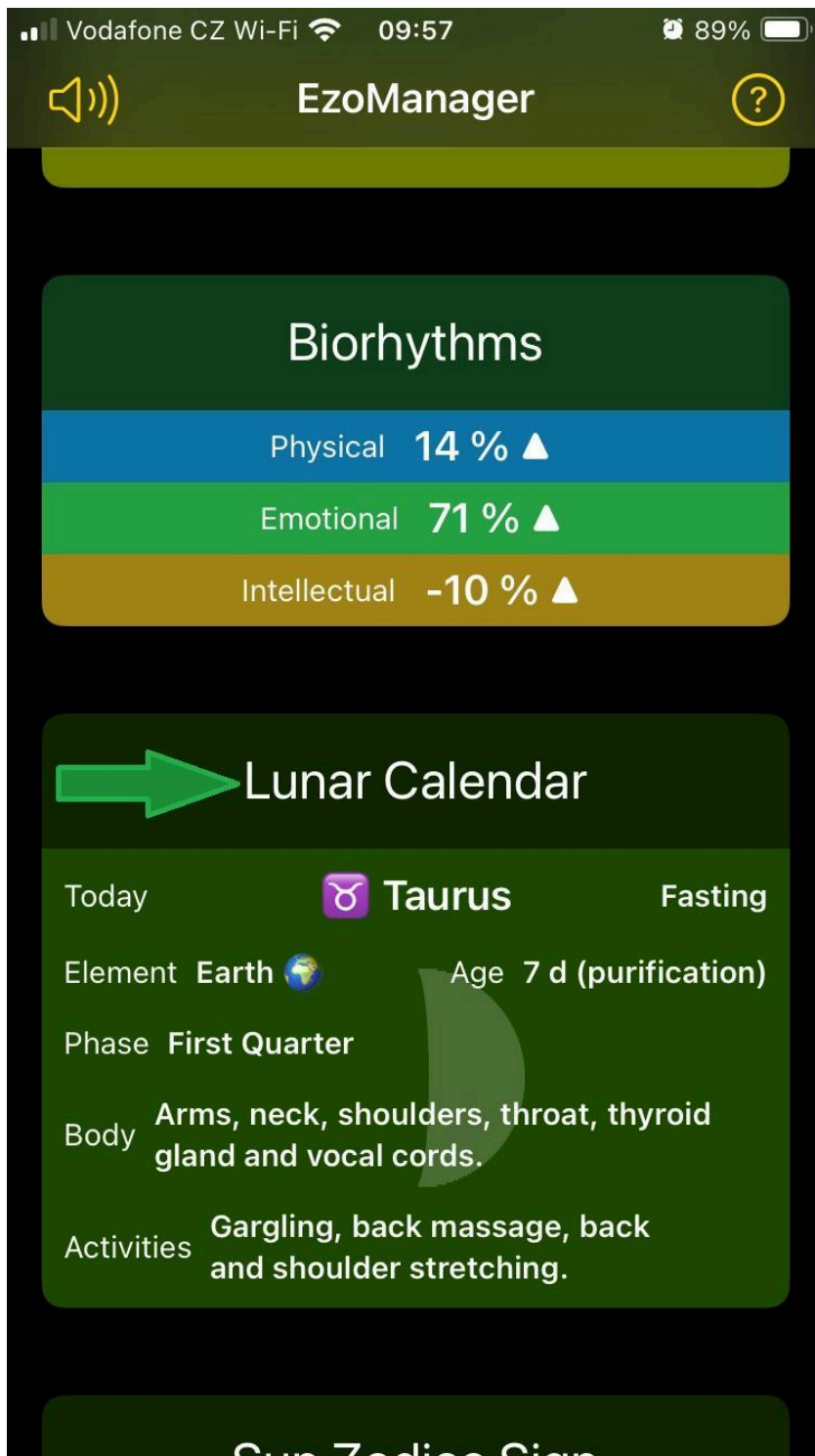


You will be taken to our lunar calendar. Here we go into more detail and emphasize the fasting, to which we have set aside the day before and the day after the commonly observed fast.

**Please note that fasting is not a hunger strike!!! We recommend moderation.**

The lunar sign for the day is the one ruling at astronomical noon. For quick orientation of the phase of the moon, we can see the shadow silhouette of the moon. If you need more practical advices on a given Moon sign, please click.

Further, you can learn more information in the application, but we definitely do not list all, the application only aims to remind you of them. After sufficiently refreshing your memory about Moon's capabilities can be clicked through to the start screen with the "Back" button.

And again to return to the main screen click on "Back".

# Sun Zodiac Sign

The last biorhythm we present is the Solar one. Thanks to horoscopes, this biorhythm is generally known by word of mouth. There is displayed the current sign, its name and sign, what it is related to and time period. Click on the Sun Zodiac Sign section.

Note: Individual Sun signs are colored according to the ELEMENT assigned to them for faster orientation when working with EzoManager..

In Sun Signs you will see all the signs and you will always be alerted to the organs and parts of the body affected by the given sign. To return, click the "Back" button.

So these are 5 biorhythms that you can see on the main page of the application and related to your current location and as close as possible to the time according to which nature works in your immediate surroundings. Now we can move on to practical use and benefit from the effects of time.
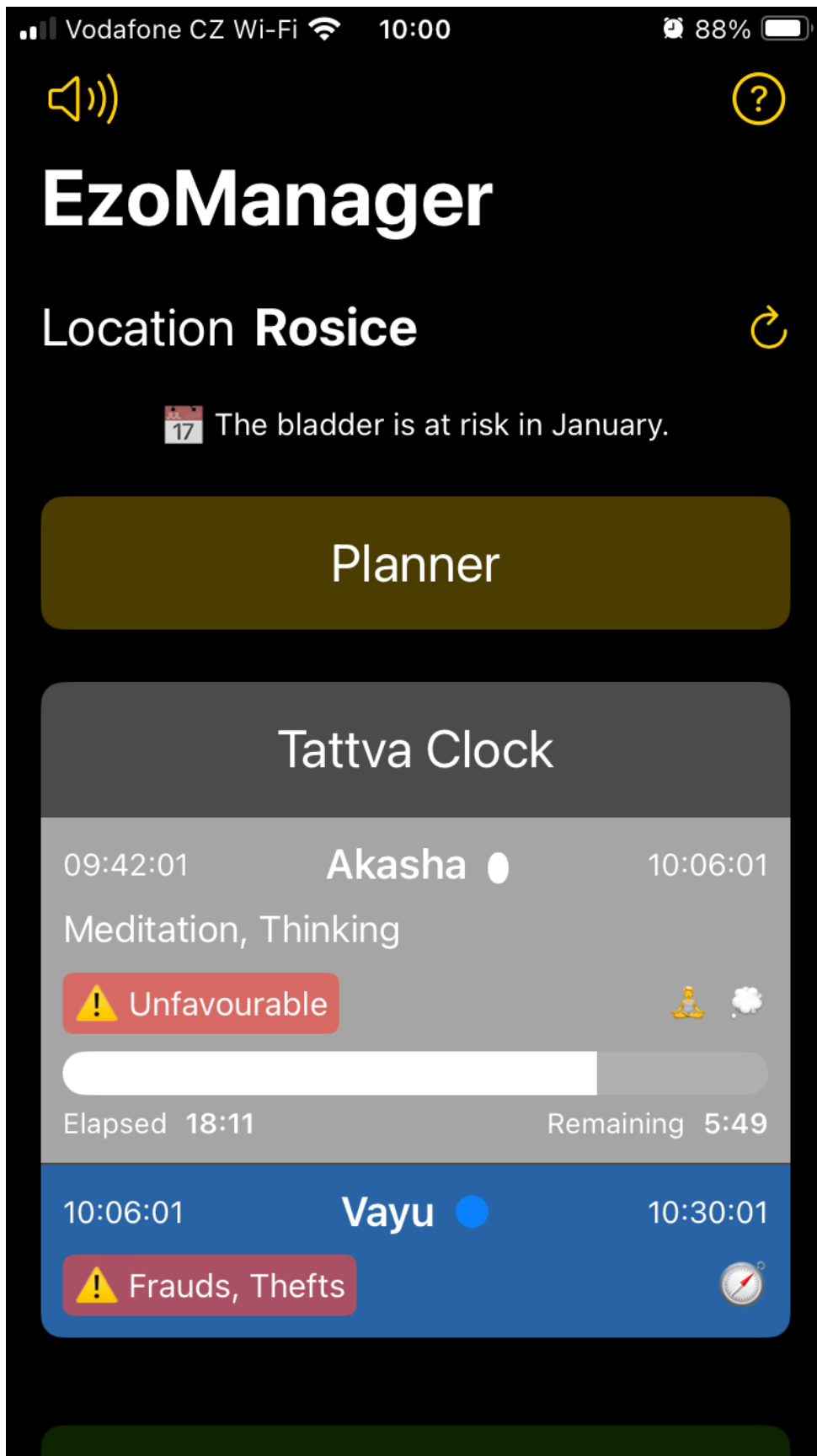
# Planning

## Planning – for example a meeting

Let's plan the beginning of a meeting, business lunch or date. The biorhythms of the tattvas are ideal for this purpose, because the tattvas tell us how the given activity will turn out if we start at a certain time. (Not that we're going to do something different every 24 minutes). In the application, we click on the "Tattva Clock" section.
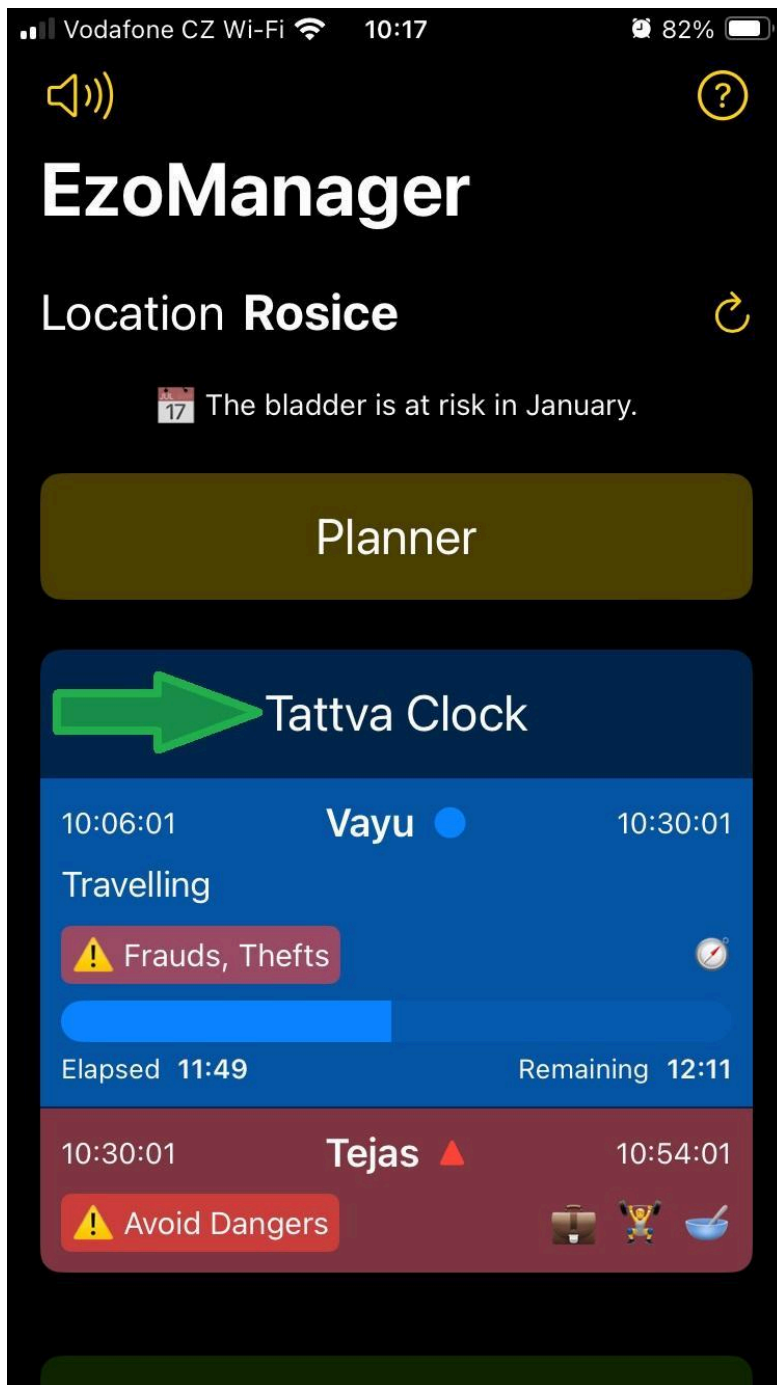


In the header, we have information about the date, sunrise and sunset in the current position, as well as the length of the day in the given position. If we experienced something interesting today,

we can see what kind of tattva was ruling then. Over time, we can discover interesting regularities. We click on "Show previous".
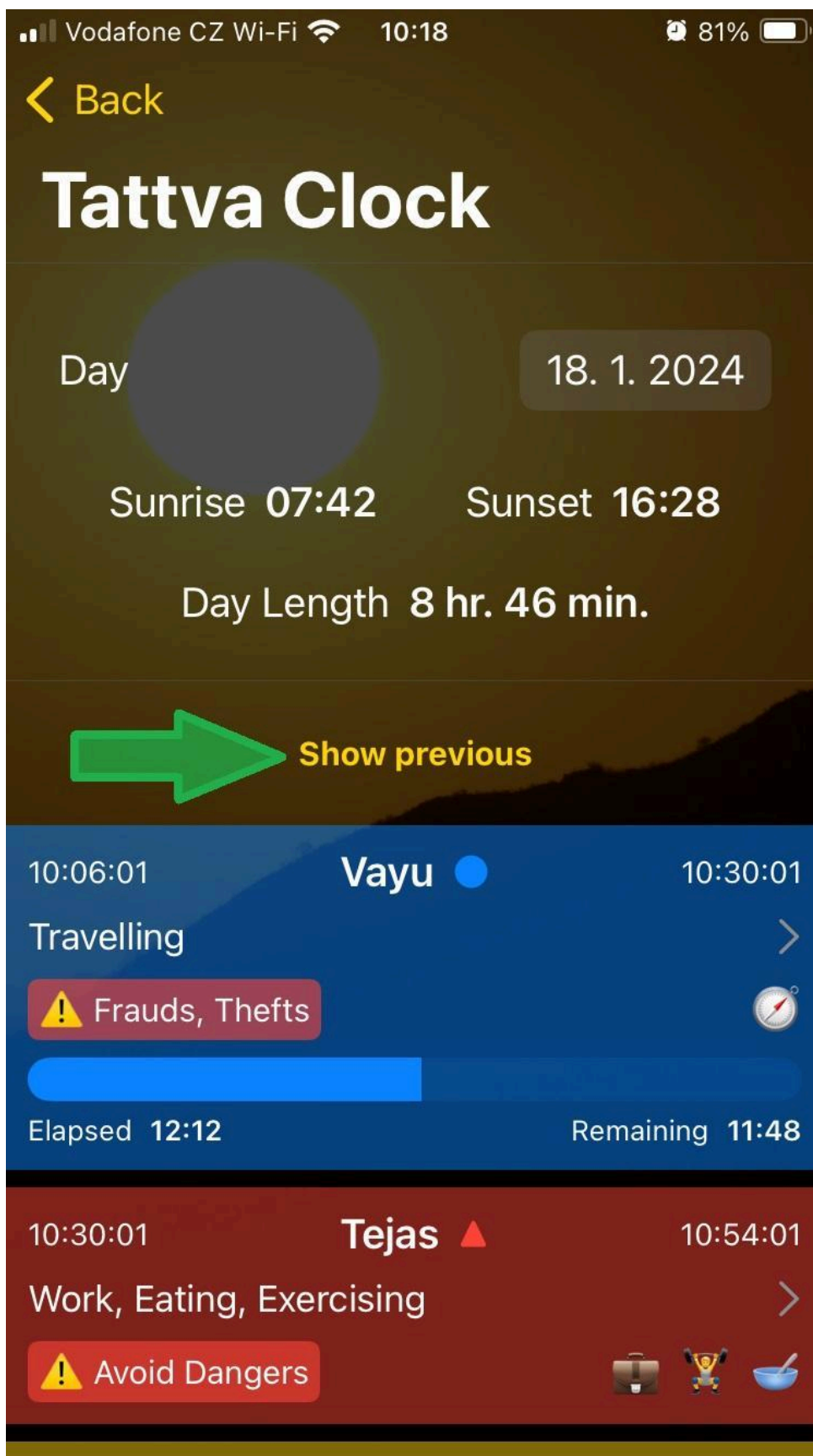


Tatvas of the whole day are displayed, past tatvas are grayed out, future ones are sharp and the current one has a current timeline showing how much time has passed and how much time is left. So let's look for the time when the given event happened to us today and see what tatva ruled.

Remember that for more detail you can click on the given tattva and view more details about the tattva where the event happened to us. We exit again with the upper "Back" button.
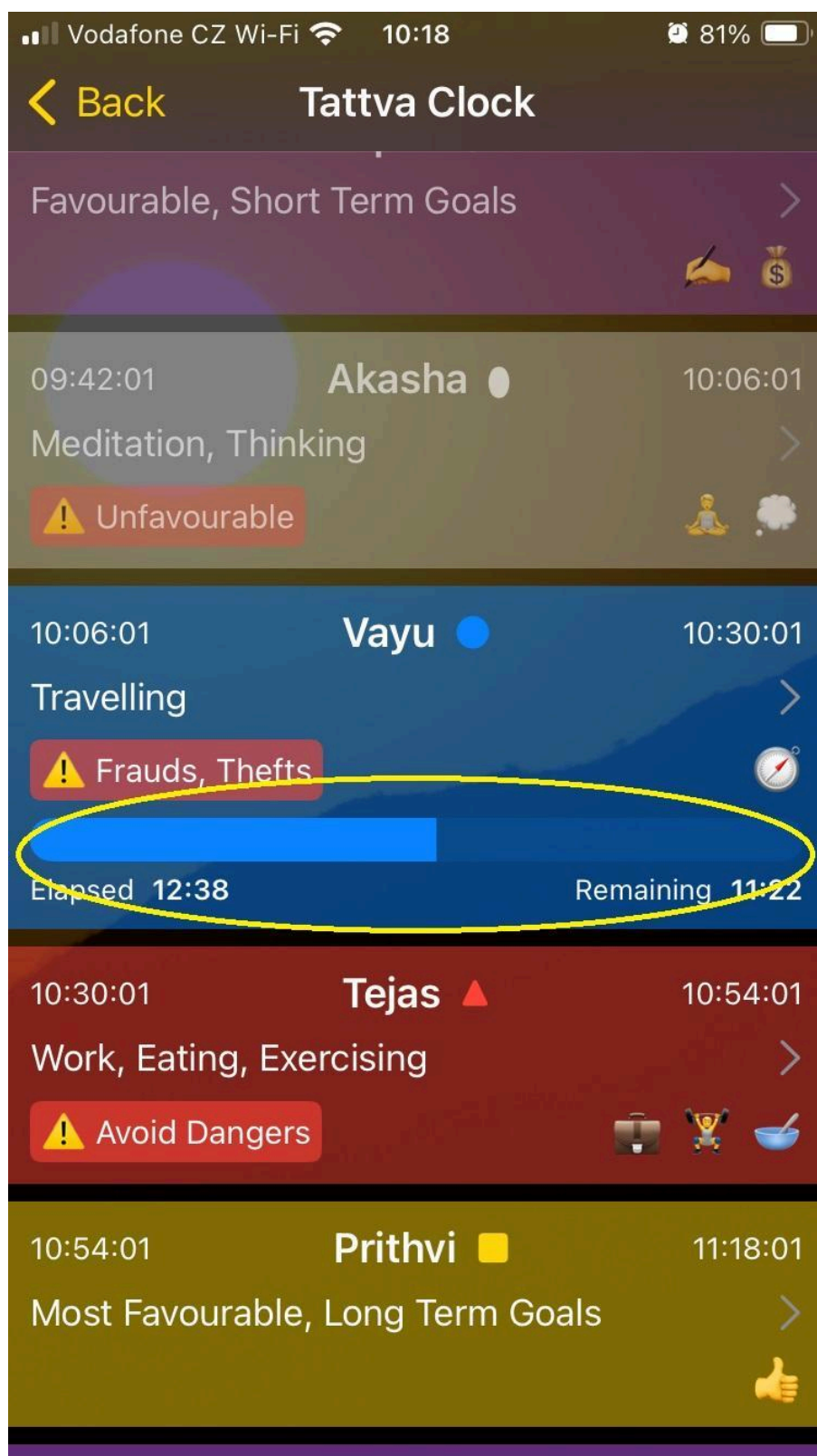


If we want to plan a meeting, we set a day and clarify what goal we want to achieve. So we start by choosing a day - click on the date.

**‹ Back**     **Tattva Clock**

Day            18. 1. 2024

Sunrise **07:42**      Sunset **16:28**

Day Length **8 hr. 46 min.**

**Show previous**

10:30:01     **Tejas** 🔺     10:54:01

Work, Eating, Exercising     ›

⚠️ Avoid Dangers     💼 🏋️ 🍲

Elapsed **13:09**       Remaining **10:51**

10:54:01     **Prithvi** 🟨     11:18:01

Most Favourable, Long Term Goals    ›

👍

11:18:01     **Apas** ⌣     11:42:01

Favourable, Short Term Goals    ›

The calendar opens and we start by selecting the month and year - we click.

Day 18. 1. 2024

January 2024 ›  ‹  ›

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | **18** | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

10:54:01 **Prithvi** 🟨 11:18:01

Most Favourable, Long Term Goals ›

👍

11:18:01 **Apas** ◡ 11:42:01

Favourable, Short Term Goals ›

We select the month and year of the meeting. Let's say that this is a working lunch that will take place on 21/02/2024 and this is a strategic partner where we would like to establish long-term cooperation. Confirm by clicking on the month and year display.
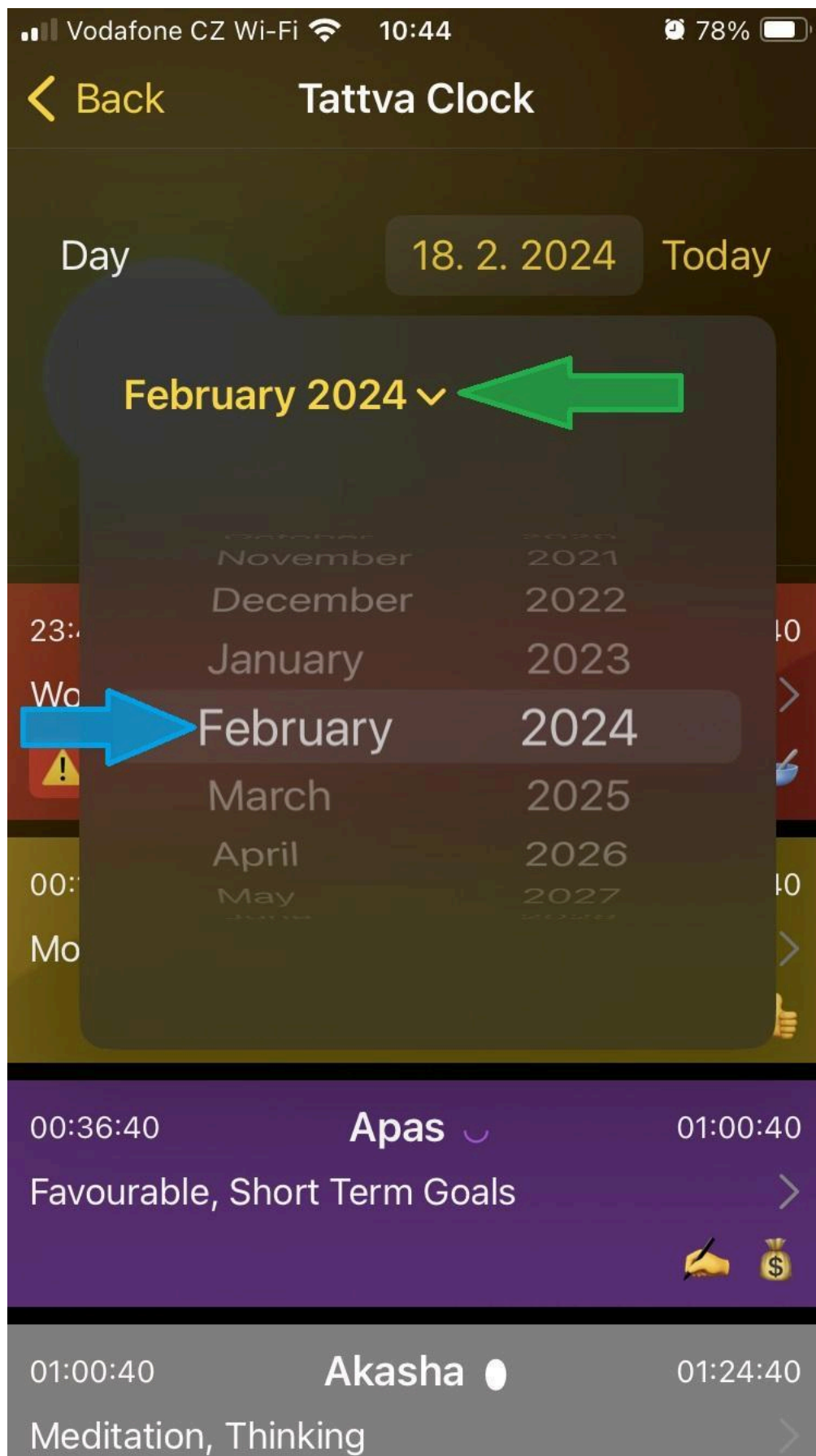
A calendar for the month and year will open. Here we select a day.

< Back          Tattva Clock

Day                    18. 2. 2024    Today

February 2024 >            <    >

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  |     |     |     |

23:

Wo

00:

Mo

00:36:40          Apas ◡          01:00:40

Favourable, Short Term Goals              >

                                    ✍️ 💰

01:00:40          Akasha ⚪          01:24:40

Meditation, Thinking                      >
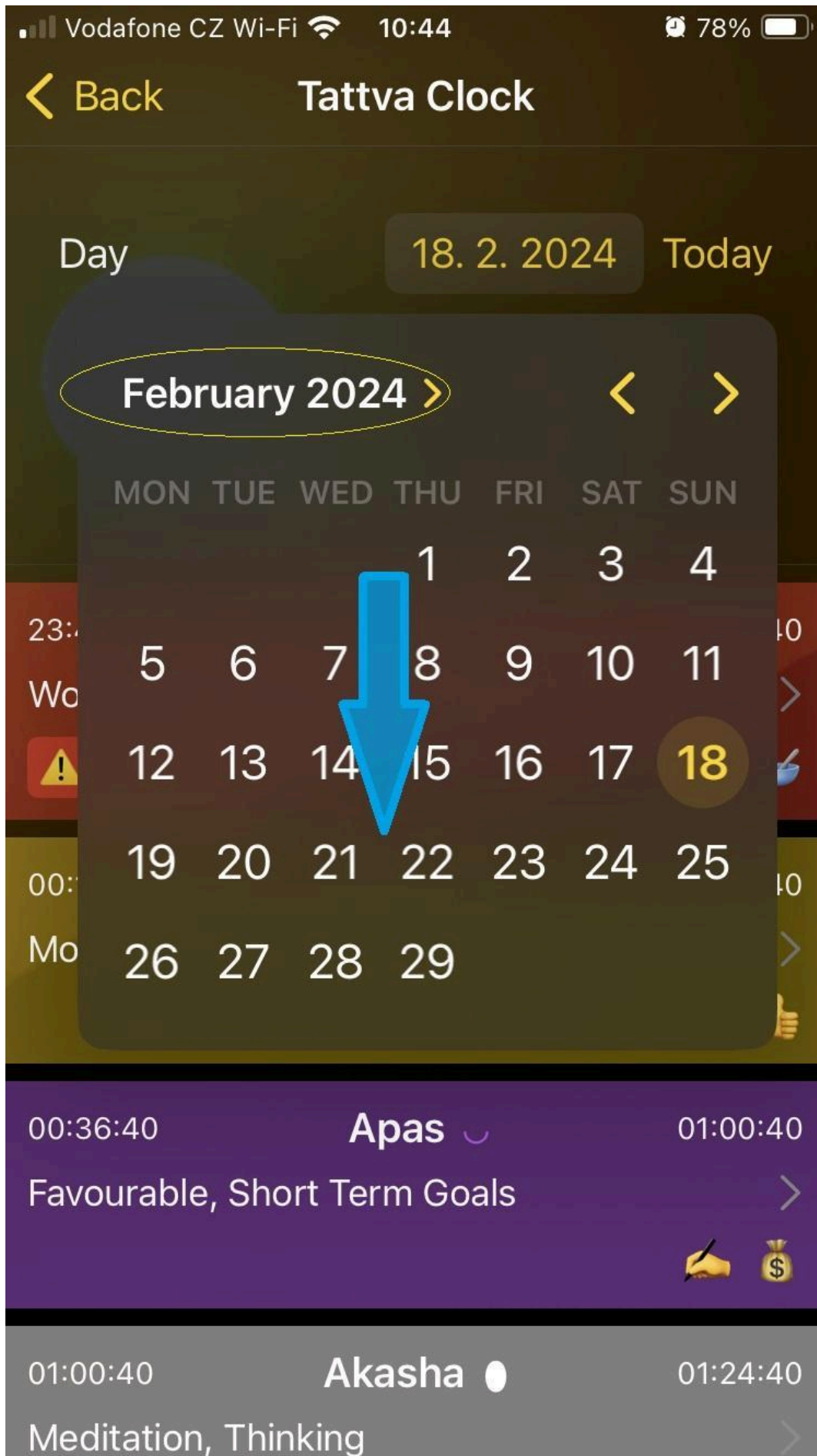
Our meeting will take place on 2/21/2024, click on 21 and confirm by clicking on the total date.
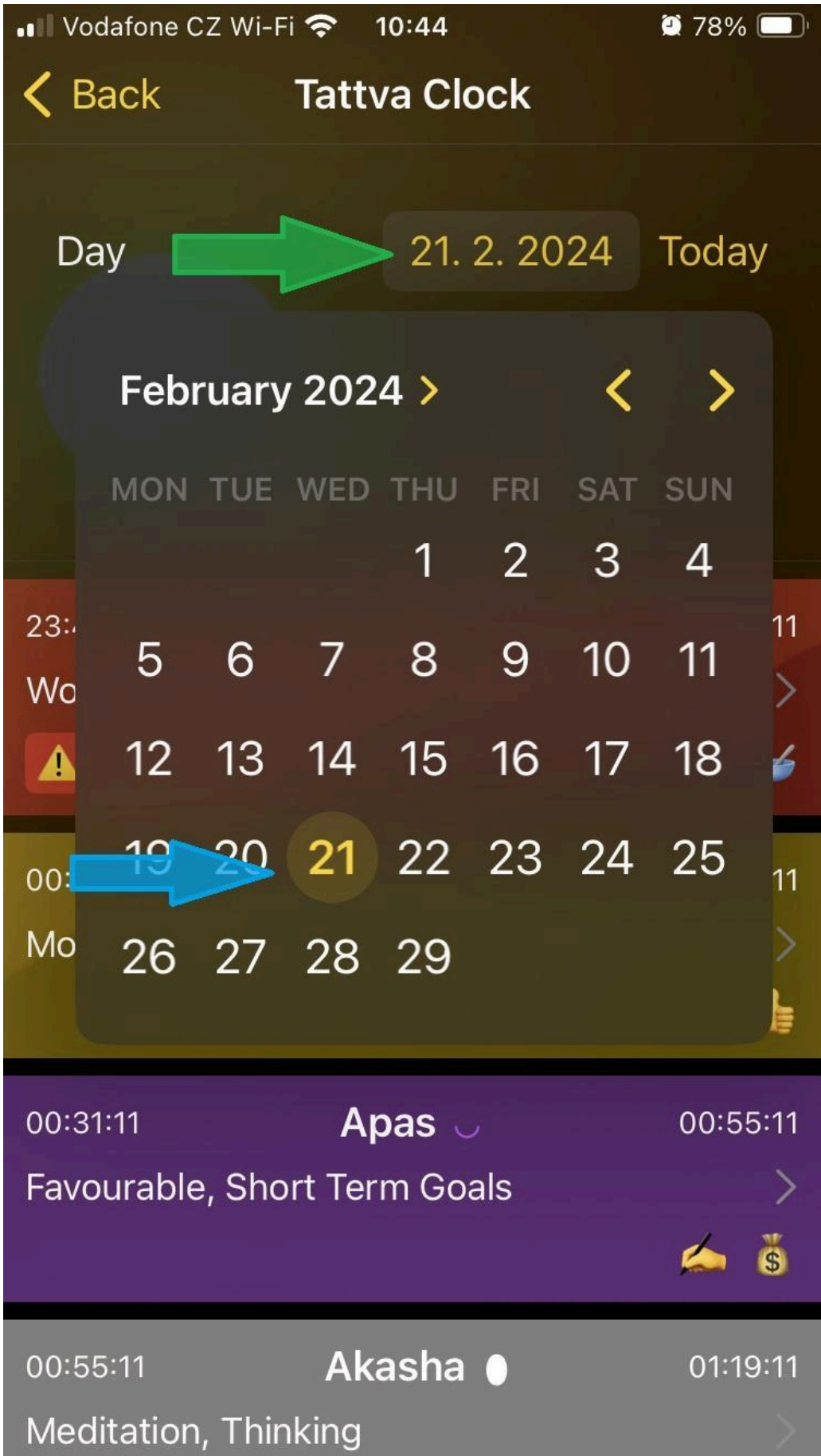
We will display tattva for the whole day 2/21/2024. We will go to lunch with the client and we want to cooperate in the long term....

We will focus on the usual time for lunch. We will choose the Prithvi tatva for the beginning of our meeting, because we want to achieve long-term cooperation - we click.
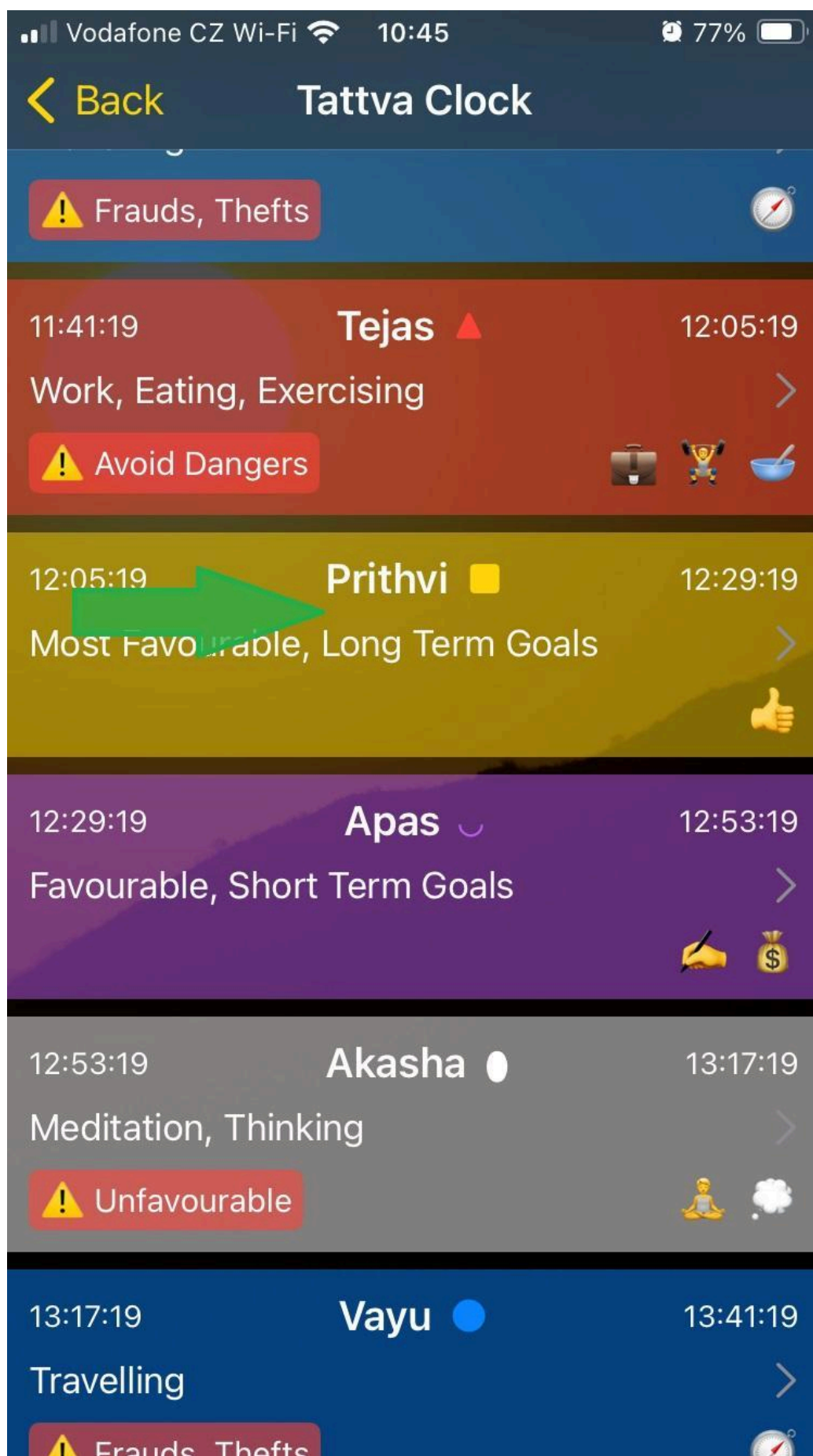
The characteristic of that tatva will appear. If we agree with the choice, this meeting can be entered directly into the calendar on the device where you are currently working with this application - we click on the calendar icon.
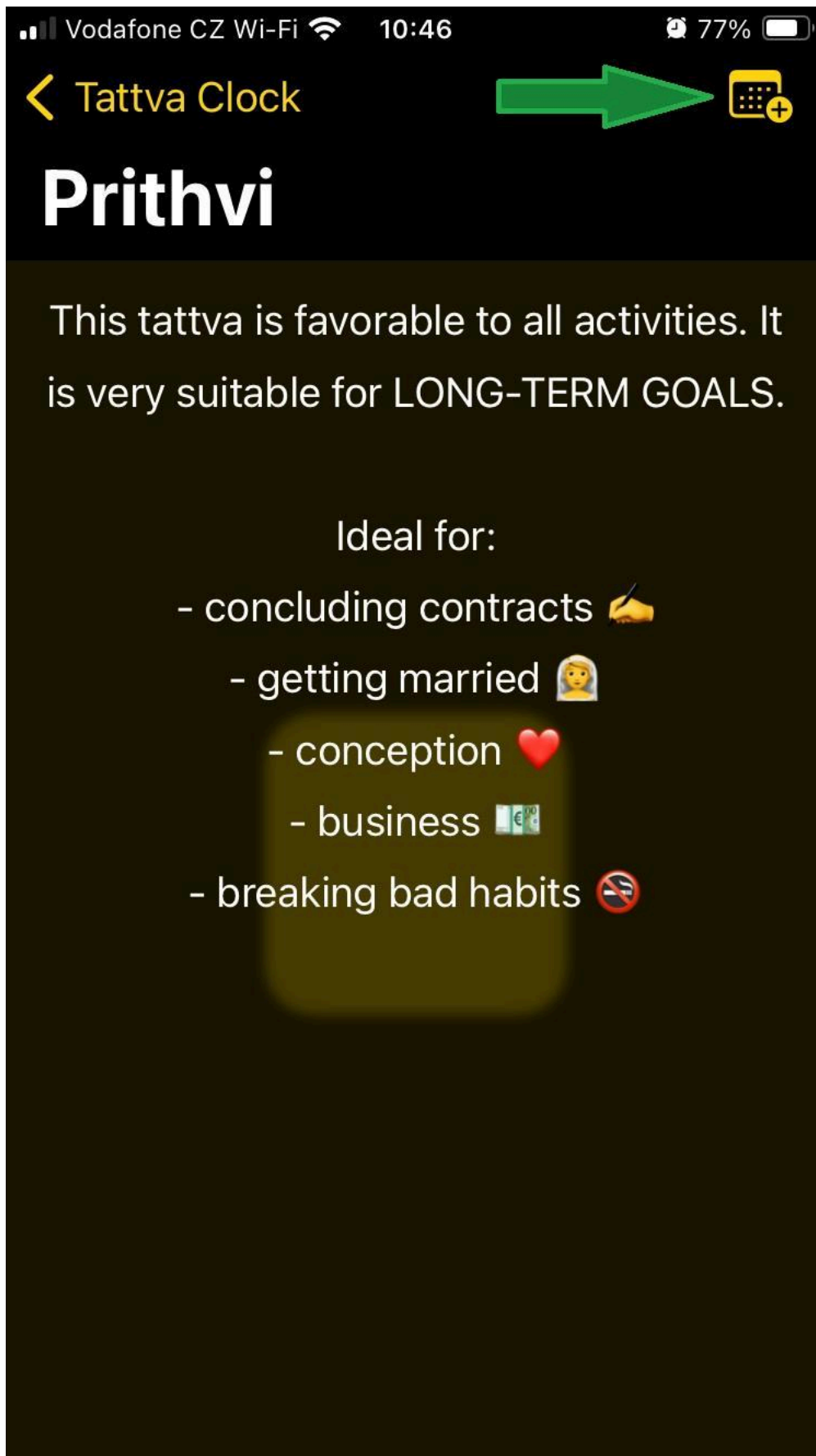
The calendar header appears. The "time window" for the start of your appointment is marked in the circle. Attention, if you have multiple calendars in your device, choose the correct calendar - click select



Select the correct calendar.

Cancel        **New Event**        Add

Prithvi

Location or Video Call

All-day

Gmail

curgy1.mc@gmail.-
com                        🟣

Starts

iCloud

Ends

Domácí                      🔵

Travel

✓ Pracovní                  🟣

Pracovni                    🔵

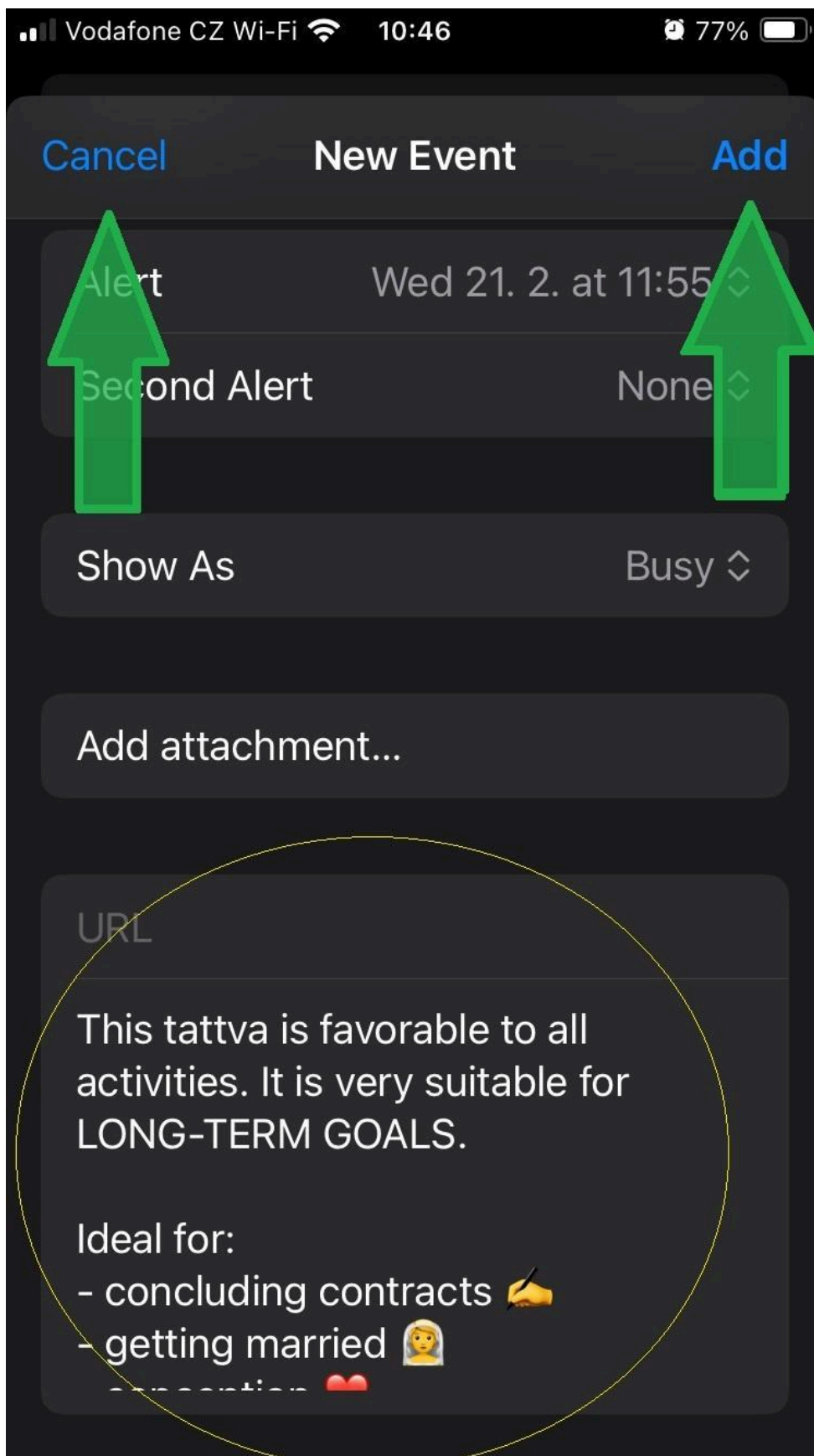Repeat

BCAS                        🔵

Calendar              🟣 Pracovní ⬍

Invitees                    None ›

At the bottom, the tatva parameters will appear in the note, which will also appear in the appointment details in your calendar on the device. Here you can also choose the last event parameters (Reminders, etc.). At the top, you can choose whether you want to save the meeting to the calendar. Click "Add" to save.



The tatva characteristic will appear again and you can exit again with the back button.

# Prithvi

This tattva is favorable to all activities. It is very suitable for LONG-TERM GOALS.

Ideal for:

- concluding contracts ✍️

- getting married 👰

- conception ❤️

- business 💶

- breaking bad habits 🚭

We have the date of the scheduled meeting displayed. (For fun: Note the length of the day.) Click on "Today" to view the current day.
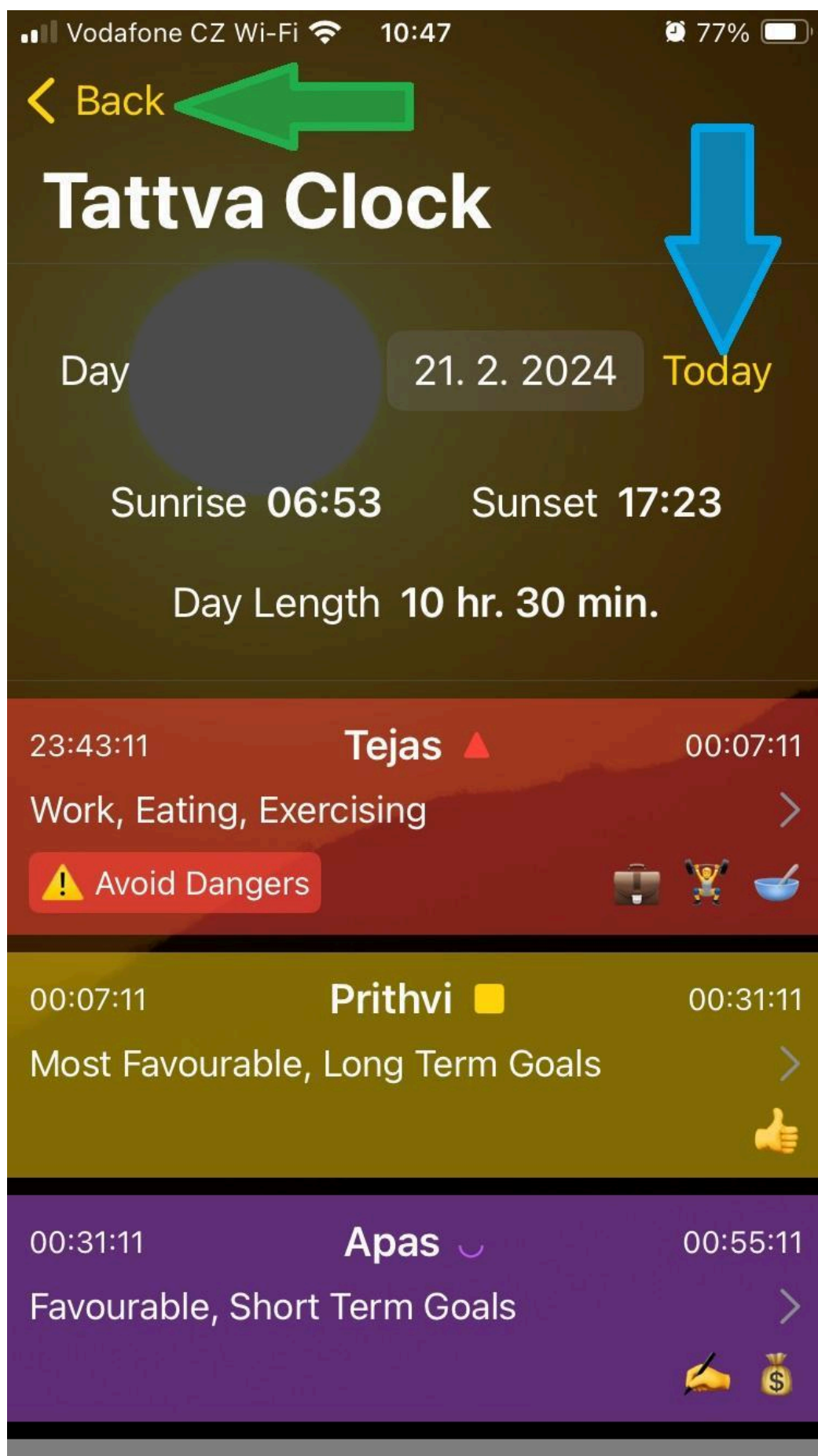
The parameters for today will be displayed again and the "Today" button is no longer visible. (Again, note the length of the day.) Press the "Back" button to return to the main application screen.

The type for you. If there is a situation from which you still cannot find a solution, start a meeting in the Akashic tattva. It will not "bind your brain" and new solutions will appear.
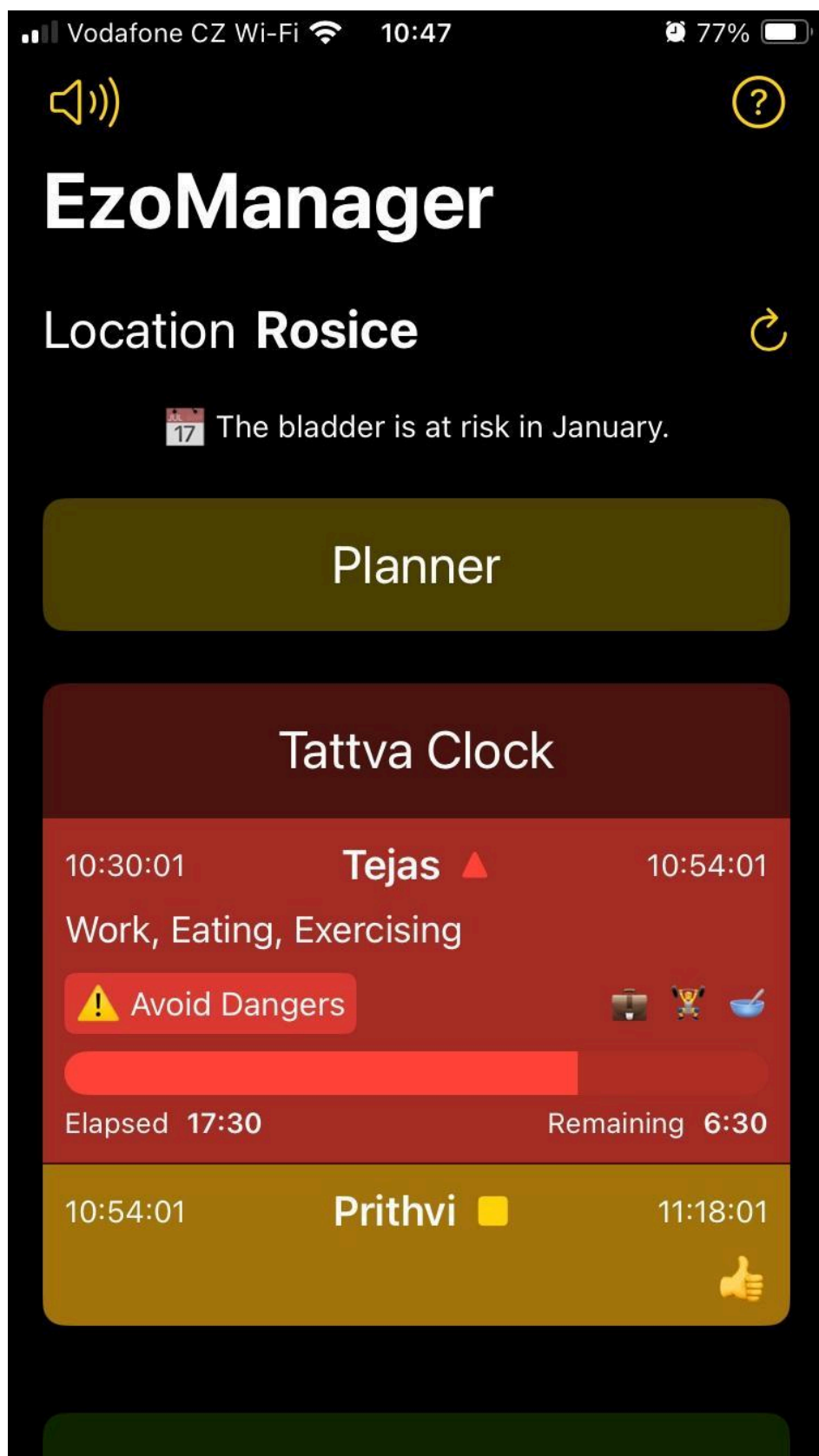
# Planning based on multiple influences (e.g. massage)

We would like to schedule the meeting and now we can devote ourselves to the most wonderful function of this application, planning according to any combination of 6 parameters of natural influences in relation to time. Combine, dare! Find the intersection between the combination of biorhythms and your goal! At most, you will be warned that the given situation will not occur for the next 100 years. Go for it.
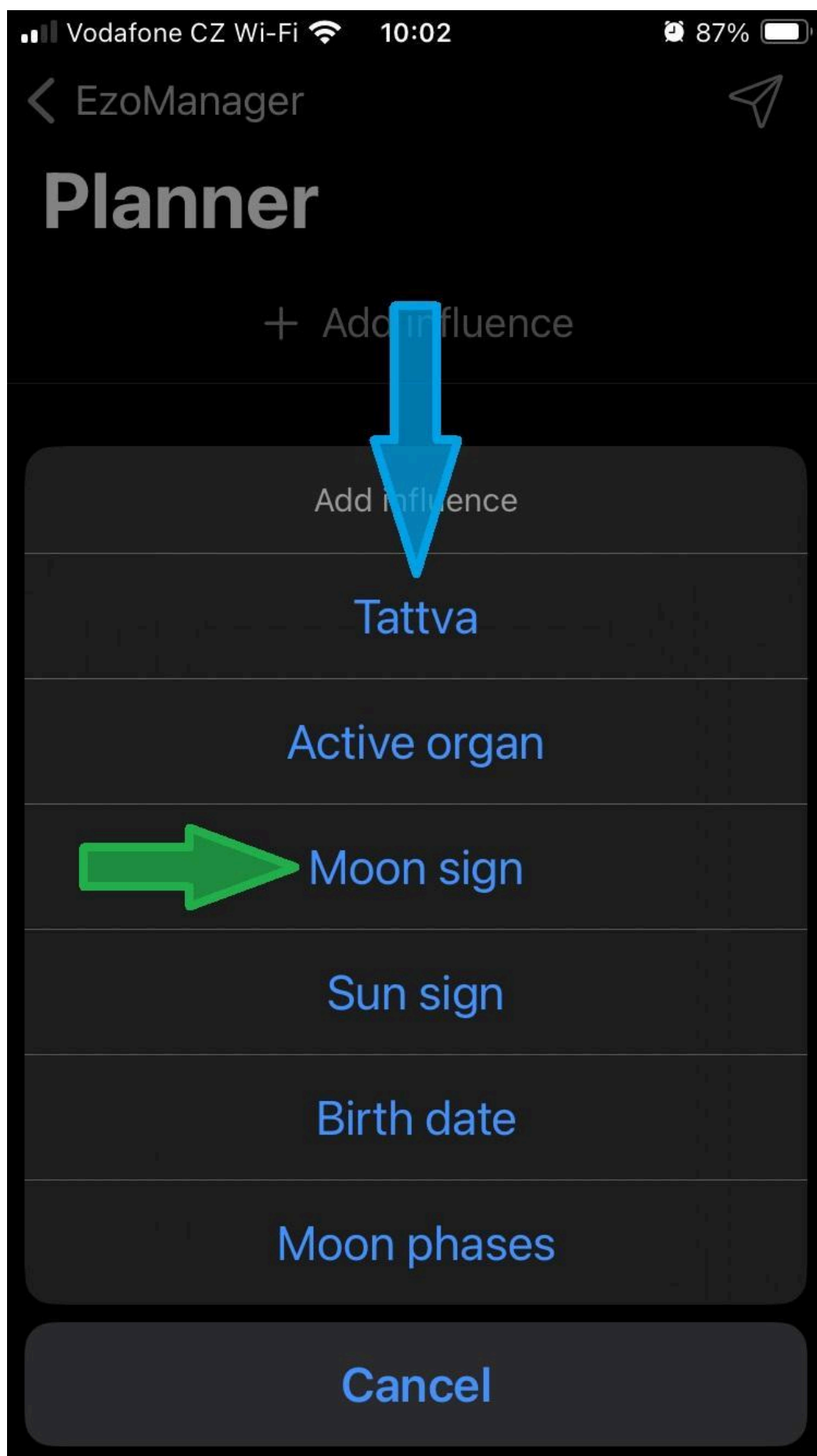
## We are looking for suitable dates

On the main screen of the application, we click on the magic "Planner" button.
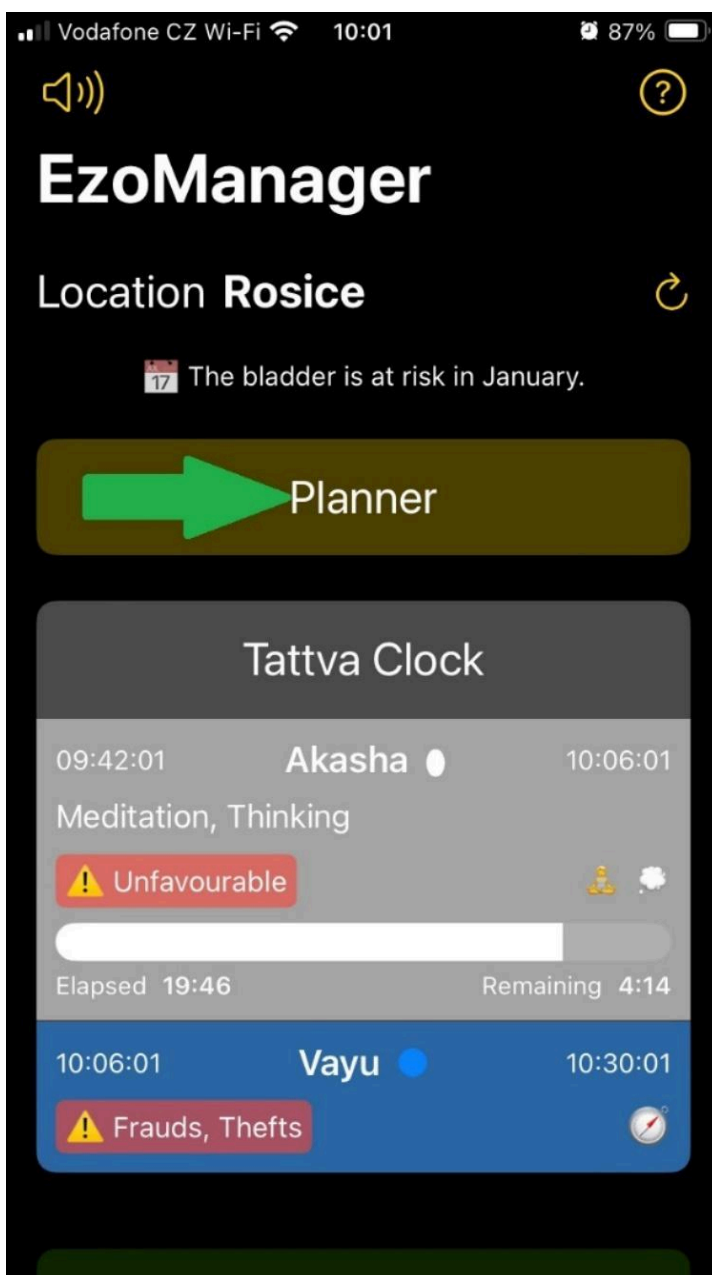
You will enter the mysterious environment of time. So what can you combine? We click on "add influence".
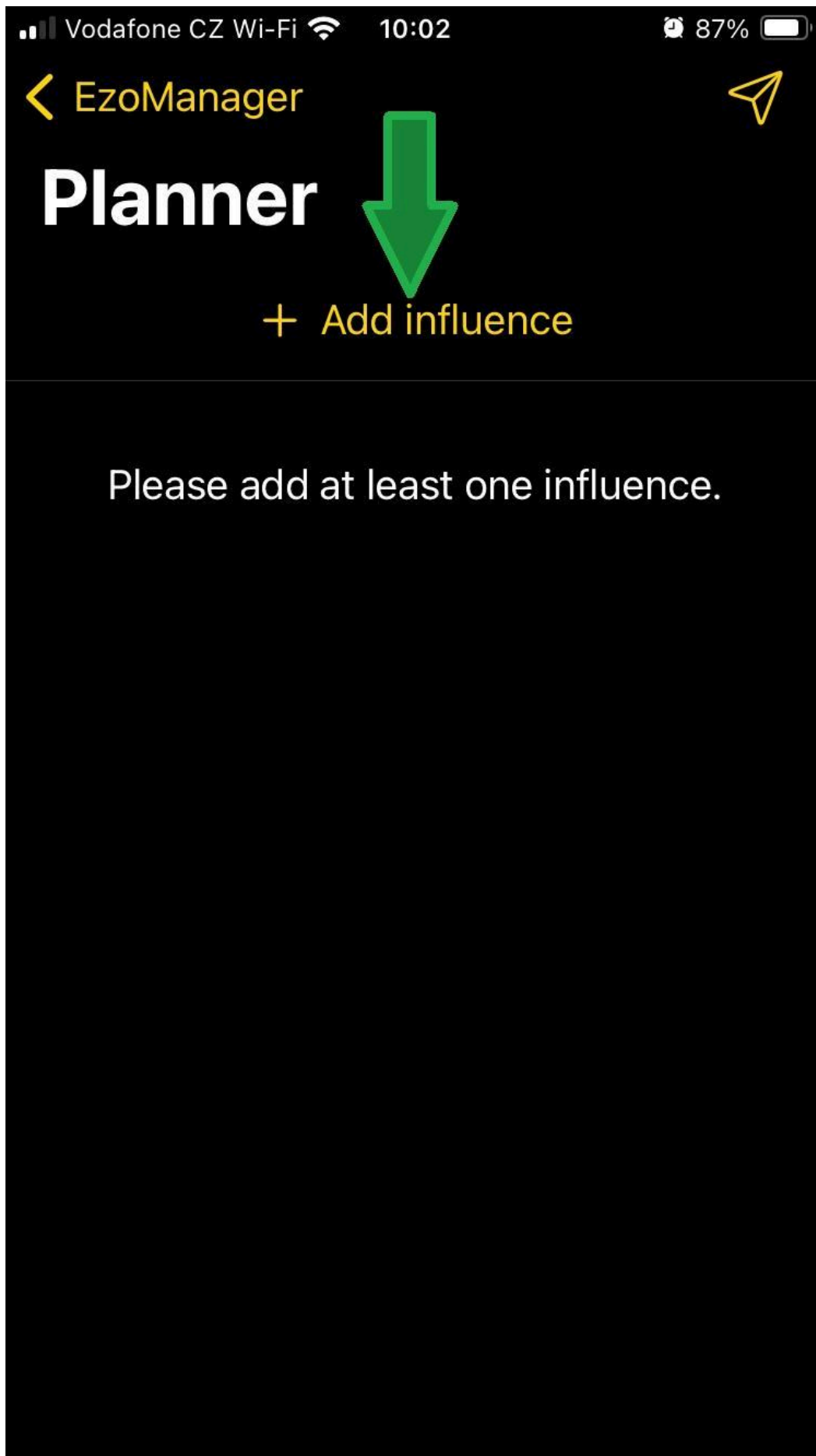
There are 6 categories here and we will choose the phases of the moon to start with. Click on "Moon sing".

The last used sign will appear, and in the lower part will appear the first moments when the moon will be in the given sign and also in what phase. We click on the displayed sign, in this case "Leo".
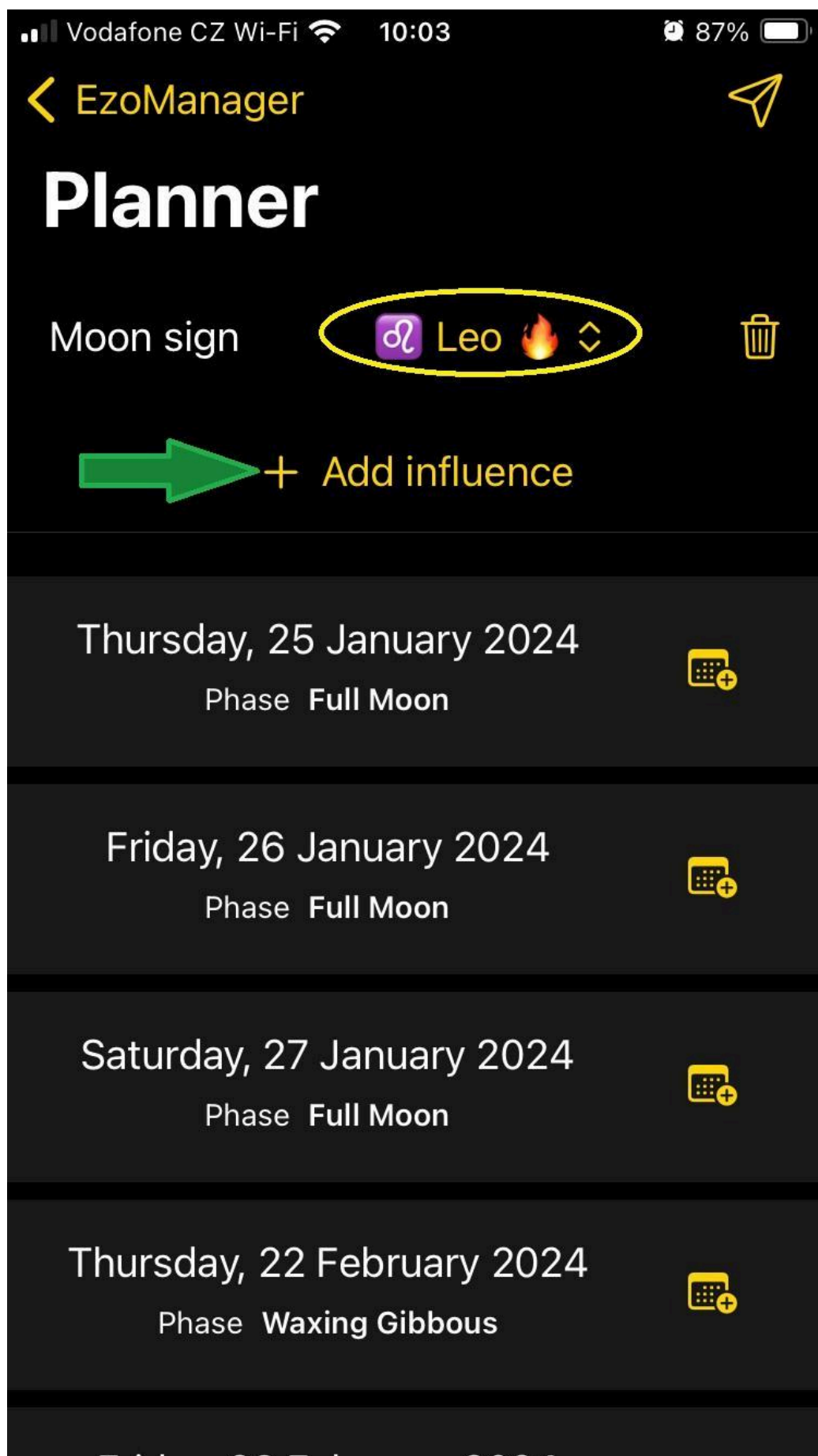
Note, the last entered data in the selection of individual categories remains because there is no need to set the parameter again when the parameter is hidden and displayed again. You can click as you like without constantly having to reset the category every time.
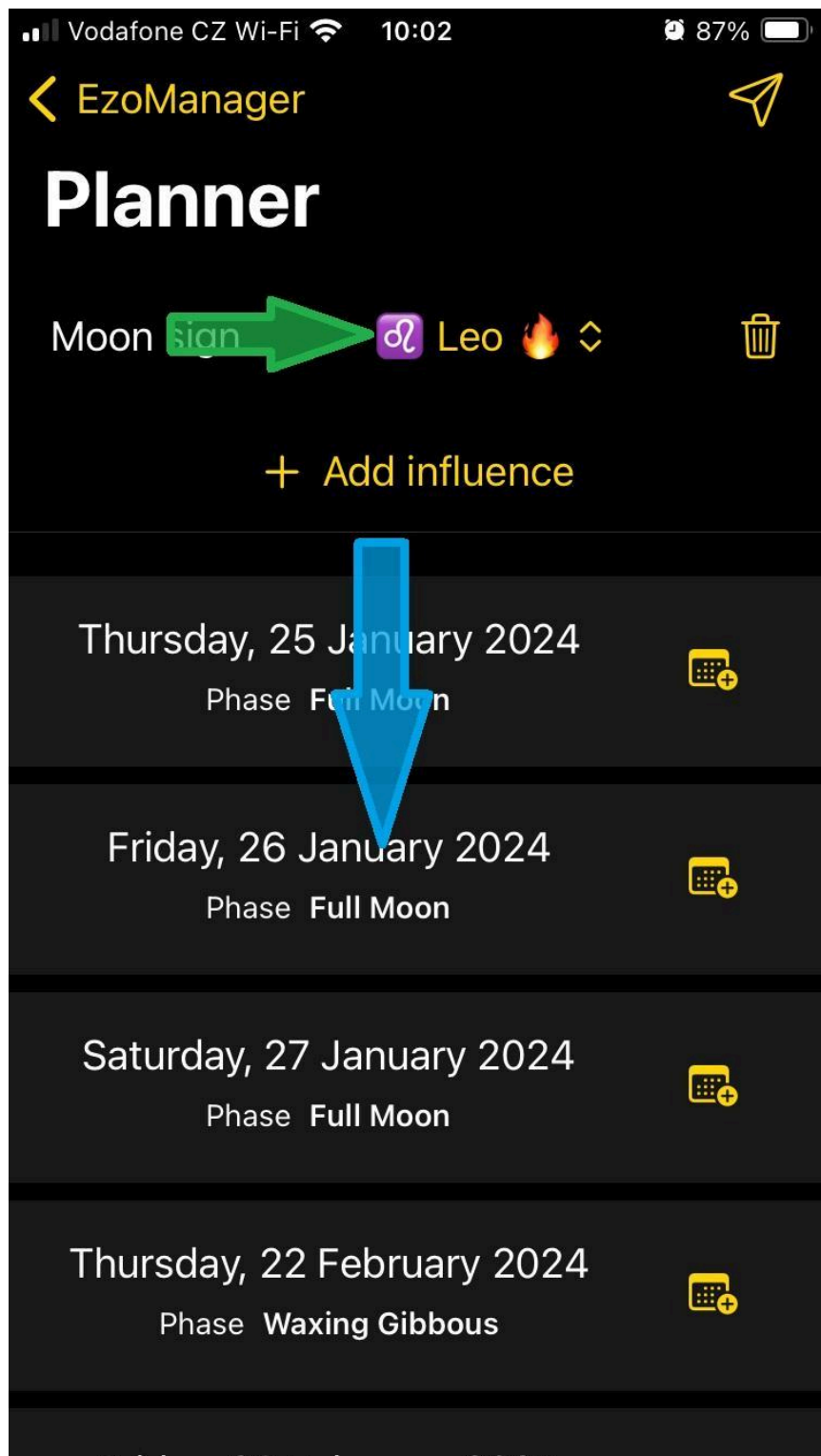
The entire selection will be expanded, for our example we will choose, for example, the sign of the „Leo".
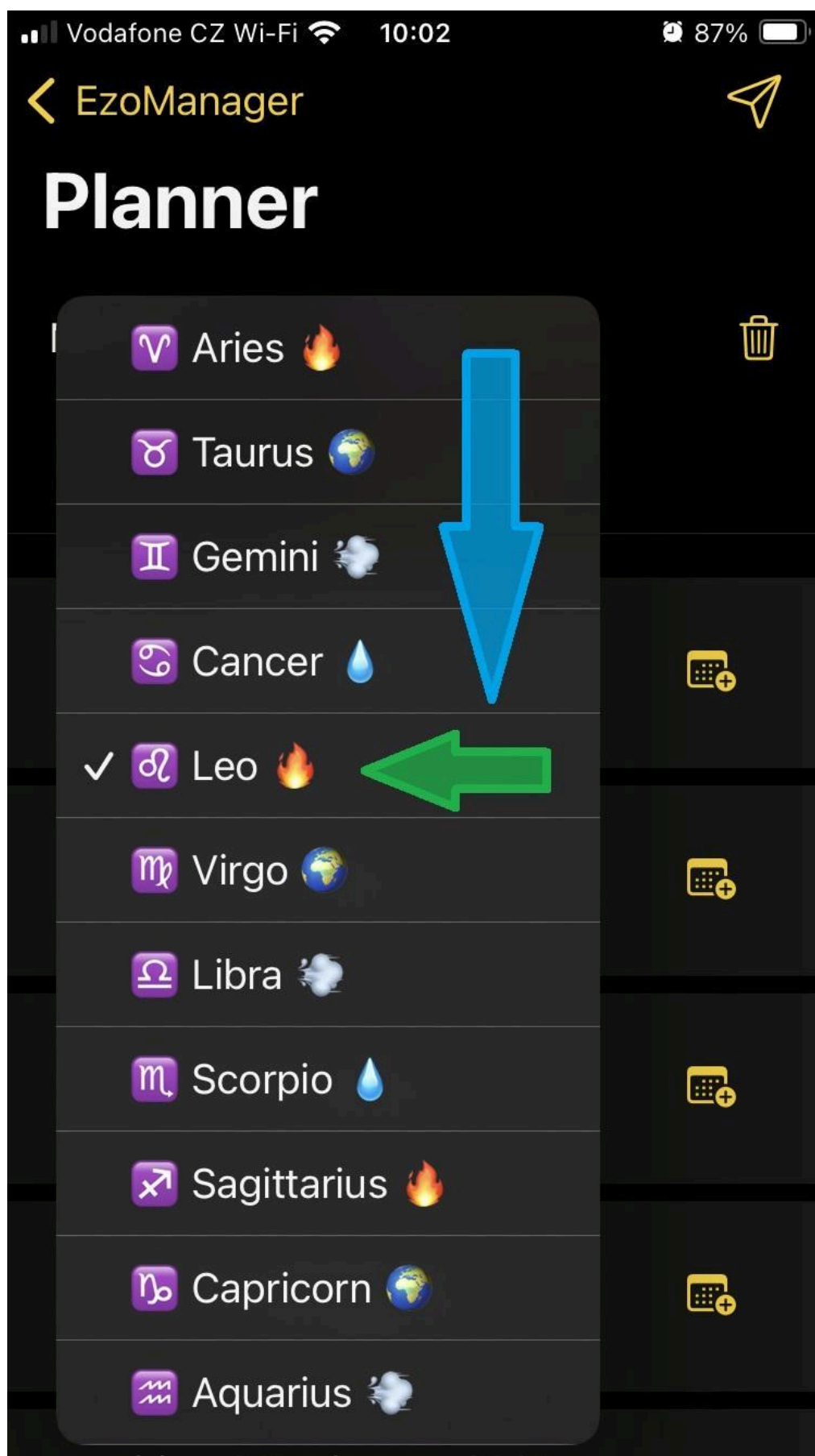
Our choice of moon sign is circled and we will add another influence. Let's click on „Add influence".



**Planner**

Moon sign    ♌ Leo 🔥

➕ Add influence

**Thursday, 25 January 2024**
Phase **Full Moon**

**Friday, 26 January 2024**
Phase **Full Moon**

**Saturday, 27 January 2024**
Phase **Full Moon**

**Thursday, 22 February 2024**
Phase **Waxing Gibbous**

It is always good to know the date of birth of the client, so let's click on the " Birth date" button.
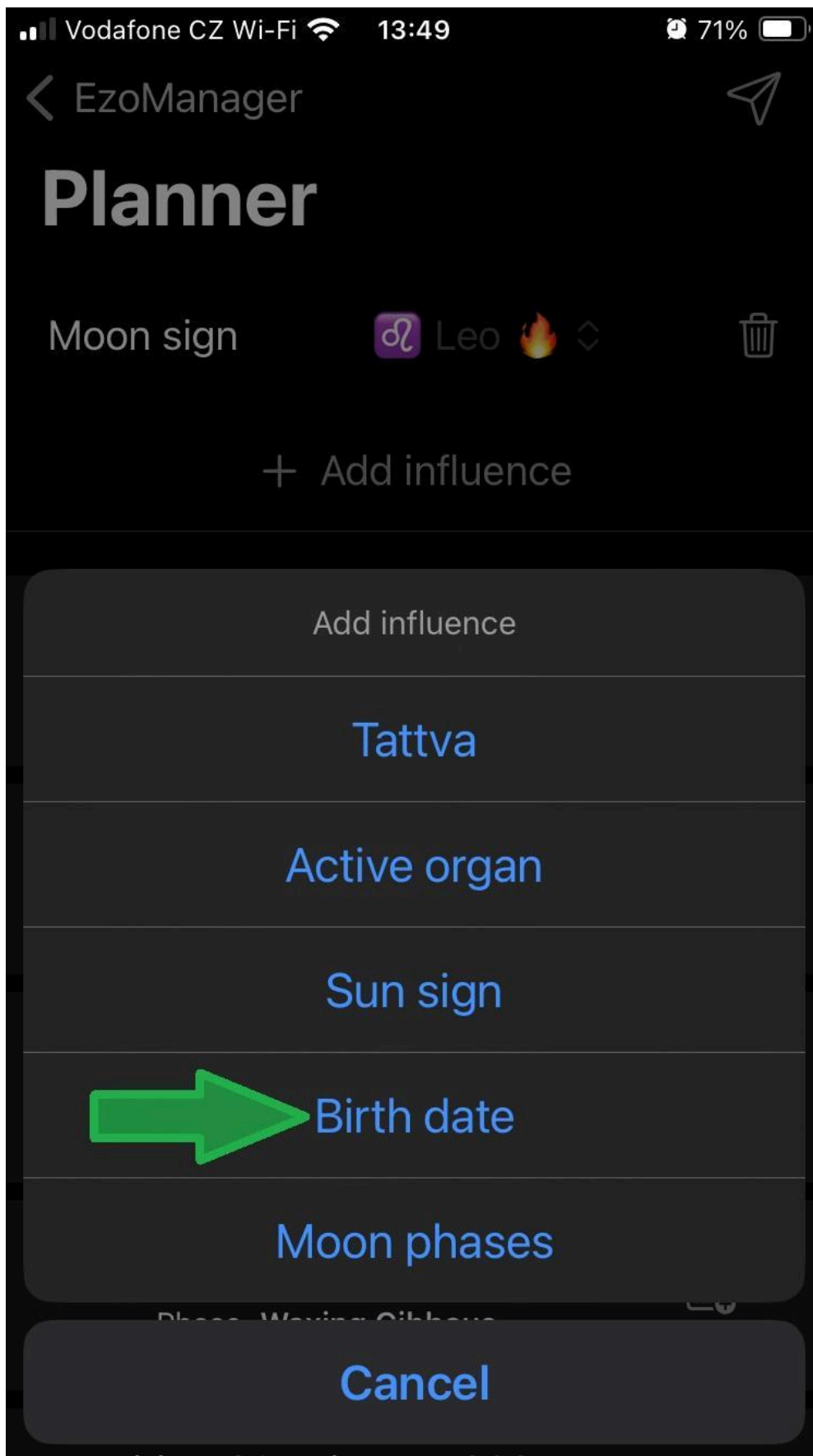
We will see the date of birth of the last client. The client's date of birth is here to determine the biorhythms of the body, and the application is set to display only dates when all three biorhythms of the body are in positive values. To change the date of birth, click on the button displaying the date of birth.
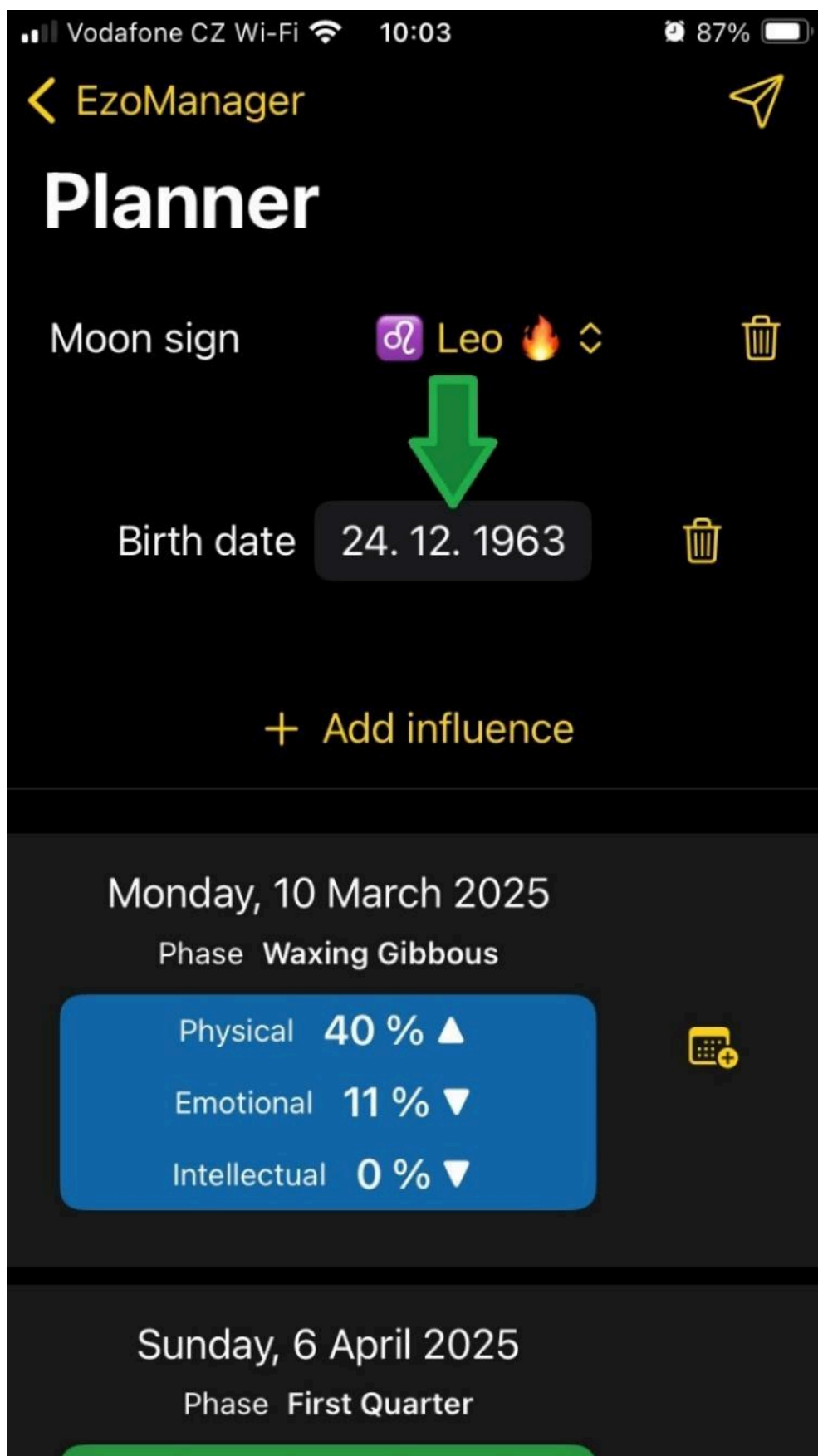
The calendar for setting the date will appear again, as you already know it, but for any need, so you don't have to look for it, we will repeat the procedure. Click to display the month and year.

In the month and year columns, we will gradually enter the month and year of the client's birth.

When we have selected the month and year of the client's birth, we click to display the month and the client.

The calendar of the selected month and year will be displayed for choosing a specific date of birth of the client.

We select the client's date of birth and confirm by clicking on the displayed full date of birth.

The client's date of birth is entered in the circle, and your EzoManager will show you the dates of the days when the moon is in Leo and in which phase, as well as when the client has all three biorhythms in positive values - ideal time for change in all three areas of the body. We will add more influence... Click! 🙂
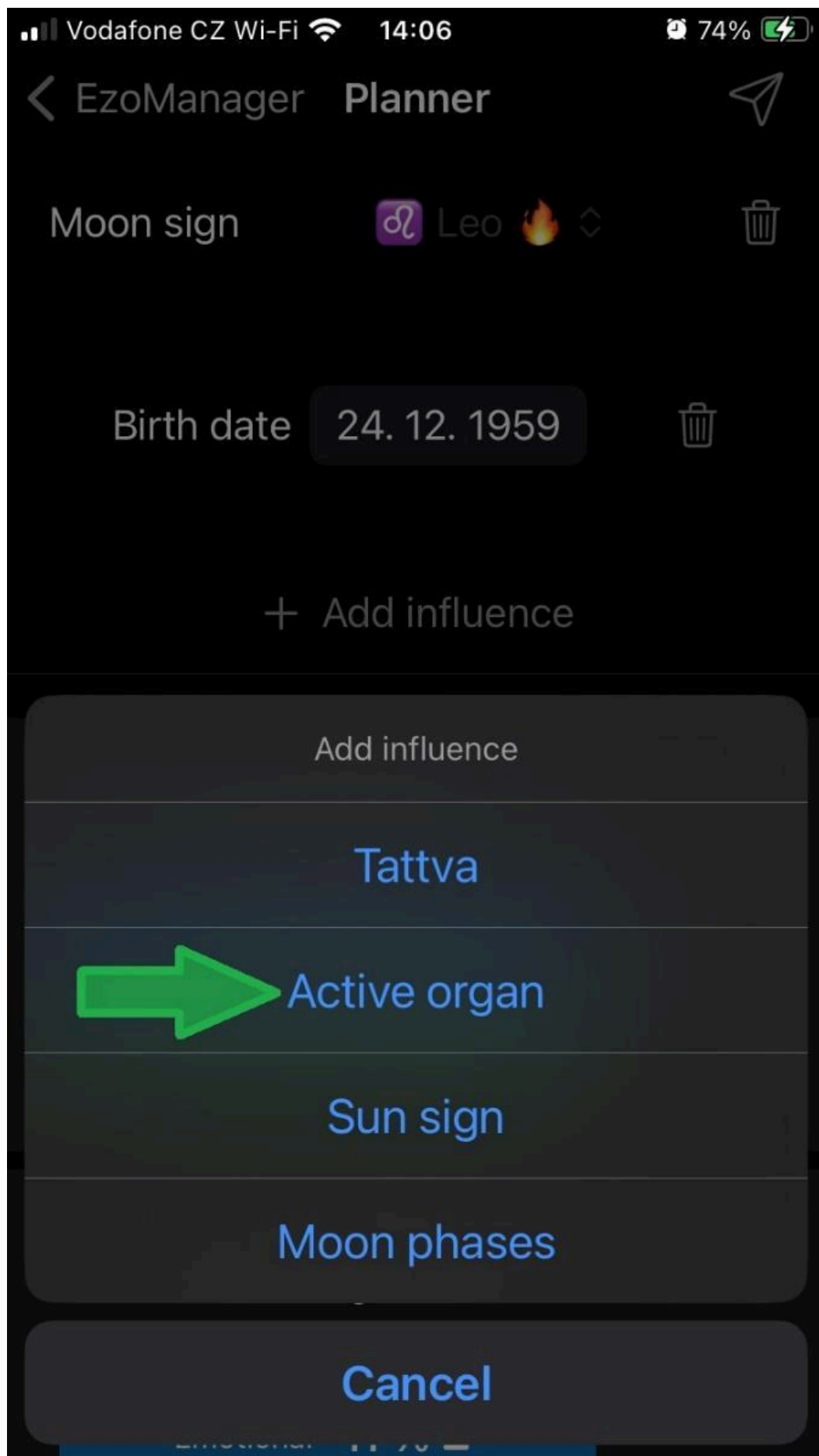
The client's date of birth is entered in the circle, and your EzoManager will show you the dates of the days when the moon is in Leo and in which phase, as well as when the client has all three biorhythms in positive values - ideal time for change in all three areas of the body. We will add more influence... Click! 🙂

Next, in the menu, we select, for example, Active organ - click!

Click again on the last used Active organ - "Kidneys".

< EzoManager   **Planner**

Active organ          Kidneys  ⇕  🗑
                        💧

Moon sign      ♌ Leo 🔥 ⇕      🗑

Birth date  24. 12. 1959    🗑
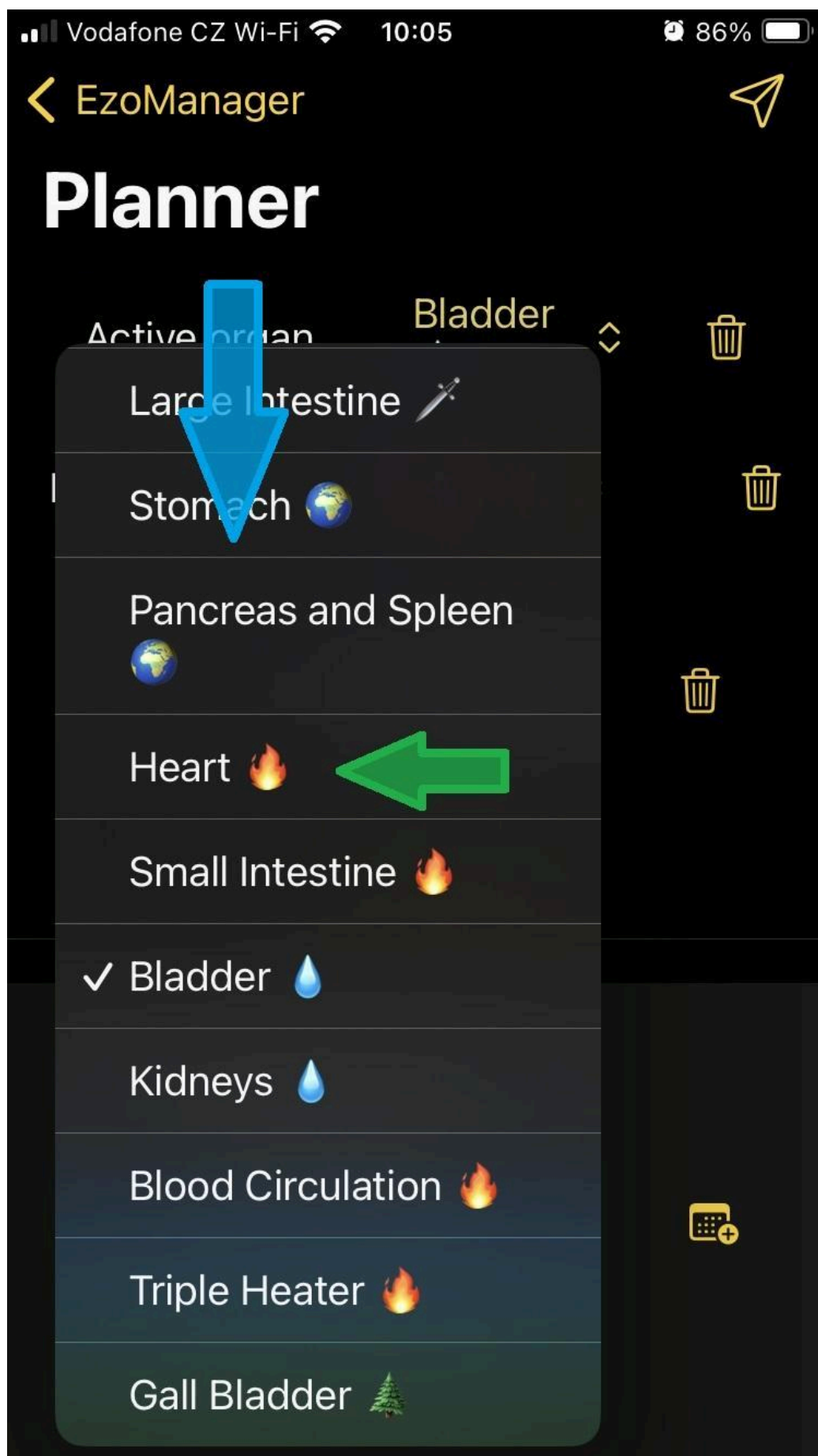
\+  Add influence

Friday, 23 February 2024
at 17:08 – 19:08

Phase  **Full Moon**

Physical  **14 %** ▲
Emotional  **33 %** ▲
Intellectual  **99 %** ▲

Thursday, 21 March 2024

The menu of active organs will expand and for our example we will choose the heart - click.

**Put the date in the calendar**

For example: Our client, born on 24/12/1959, complains about his heart. According to the date of birth and the phase of the moon, we found days suitable for our meeting. Organ clocks taught us when it is optimal to perform a massage. Now we will enter the date in the calendar, you already know this procedure, but we will repeat it. So click - on the calendar icon.

A calendar will open that communicates with all the calendars on the device you are currently working on, so be careful and if you have more calendars, choose the right one - click to select.

Choose a calendar where you want to save the meeting - click.
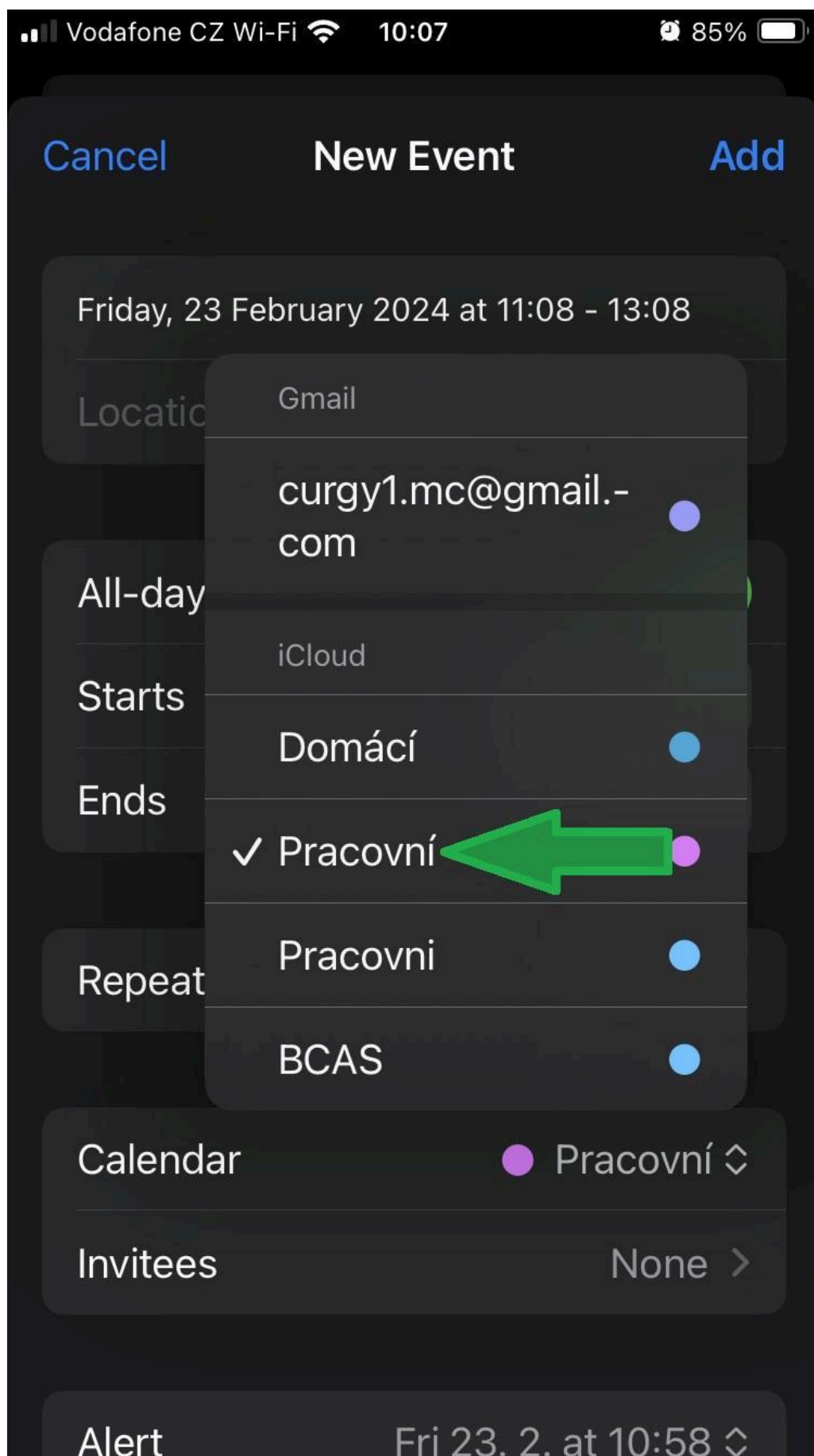
Data with the time window most suitable for your massage you have it ready to be saved to your calendar that you have chosen. Information about the selected parameters of individual selected biorhythms (marked in a circle) will be stored in the event notes in your calendar. Now you just decide. Whether or not to save the appointment to your calendar. Click...

**Share suitable dates**

We share suitable dates mobile from the application directly with the partner, but the client cannot come on the given date. You know... But you have this app and nothing happens. Once again, you will set the appropriate parameters of the biorhythms of your busy client and you will again be shown suitable dates for your appointment. But this time you will use the mysterious arrow - click.
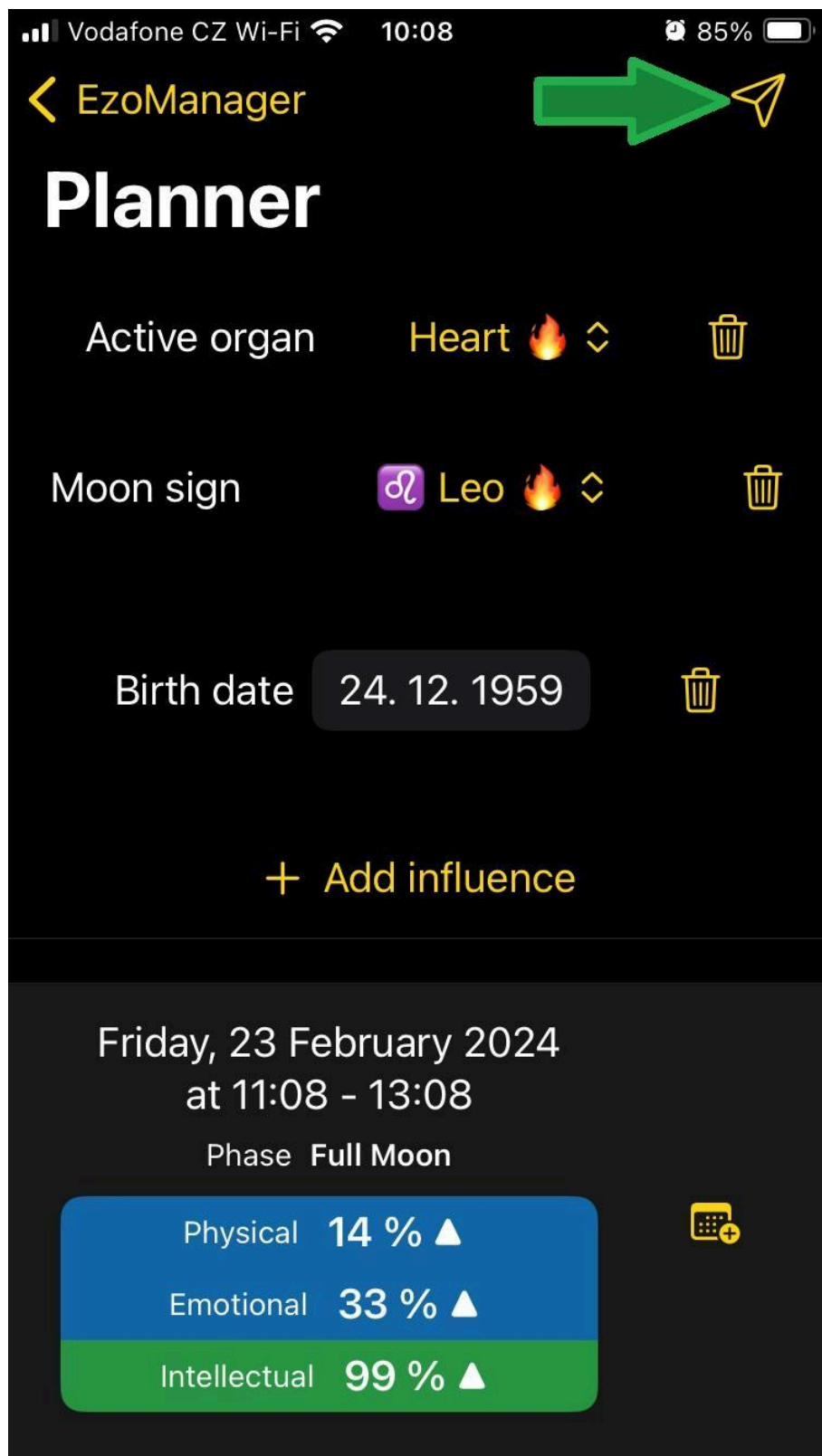
Your application has prepared a report for your client with set biorhythms and suitable dates. Since it is also the date of birth, before entering the option to send a message, you will be warned that this is the client's personal data. Click the "I understand" button.
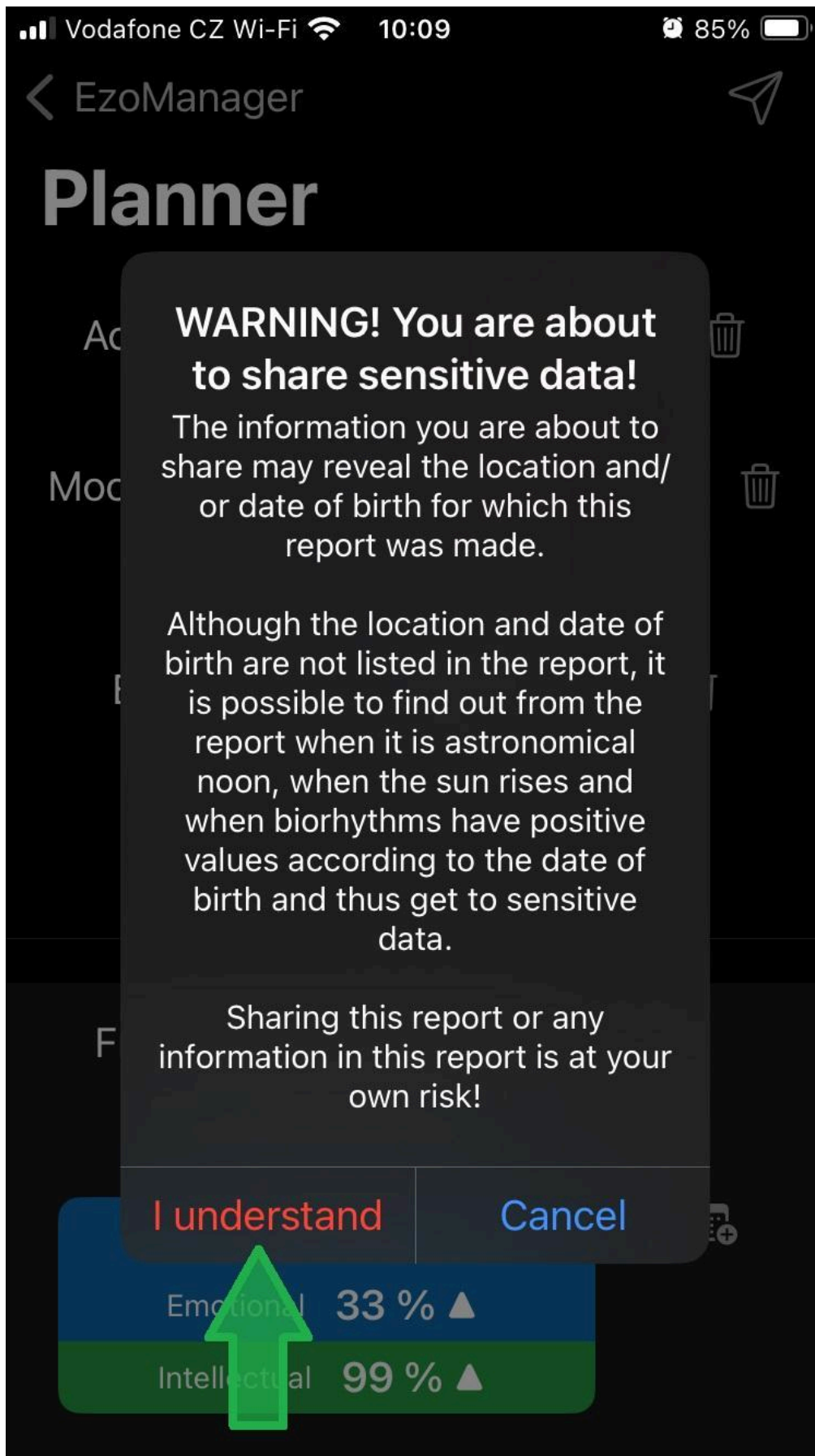
You have entered the communication environment of your device. Choose how you want to contact the client. For our example, we chose SMS. Click.
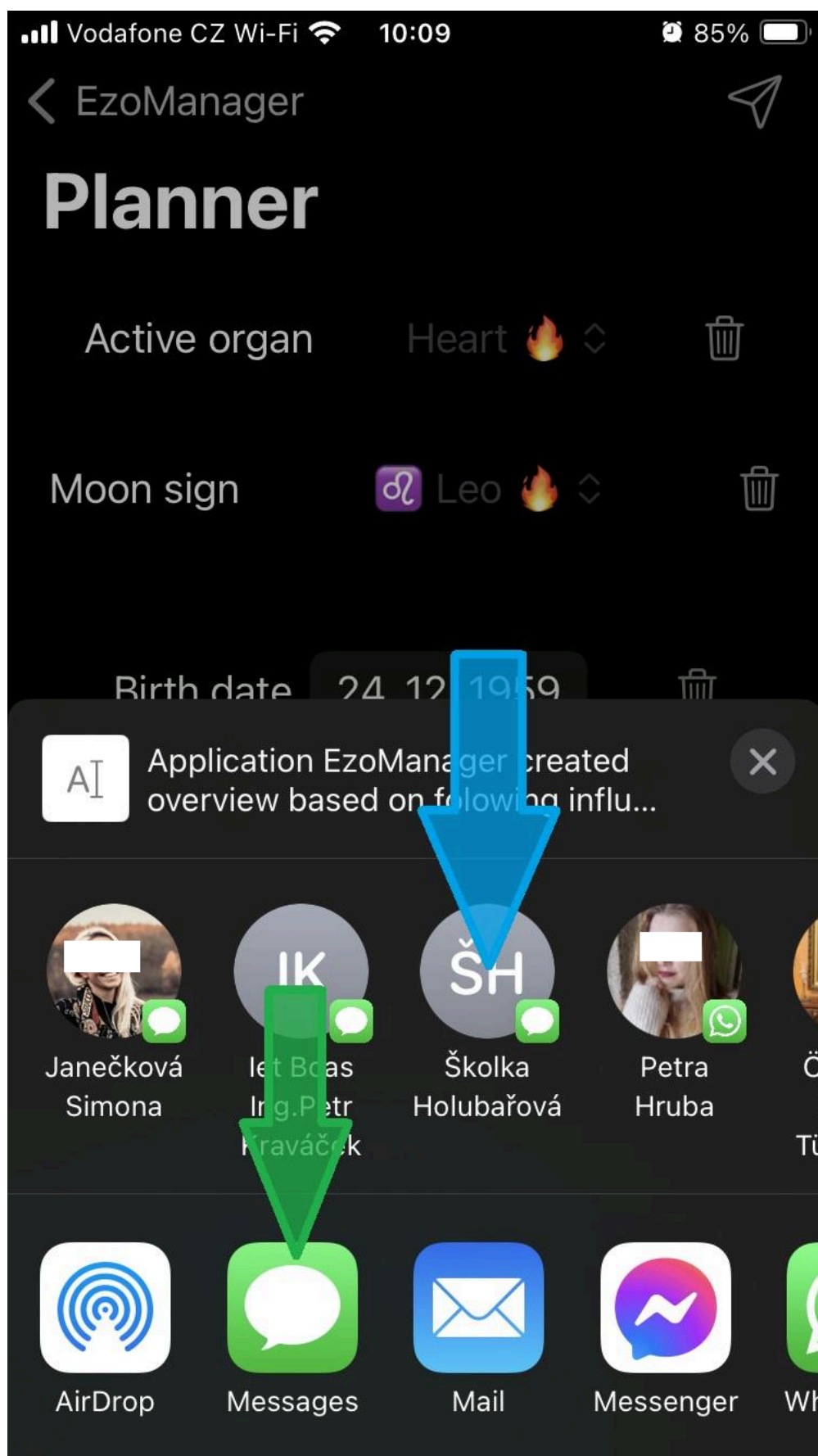
The prepared text is inserted into the message. The text contains many dates for the next meeting and you can, based on your knowledge of your client's schedule, delete them and send them so that your client can choose one. Next, send the message as you normally would. Easy, right?
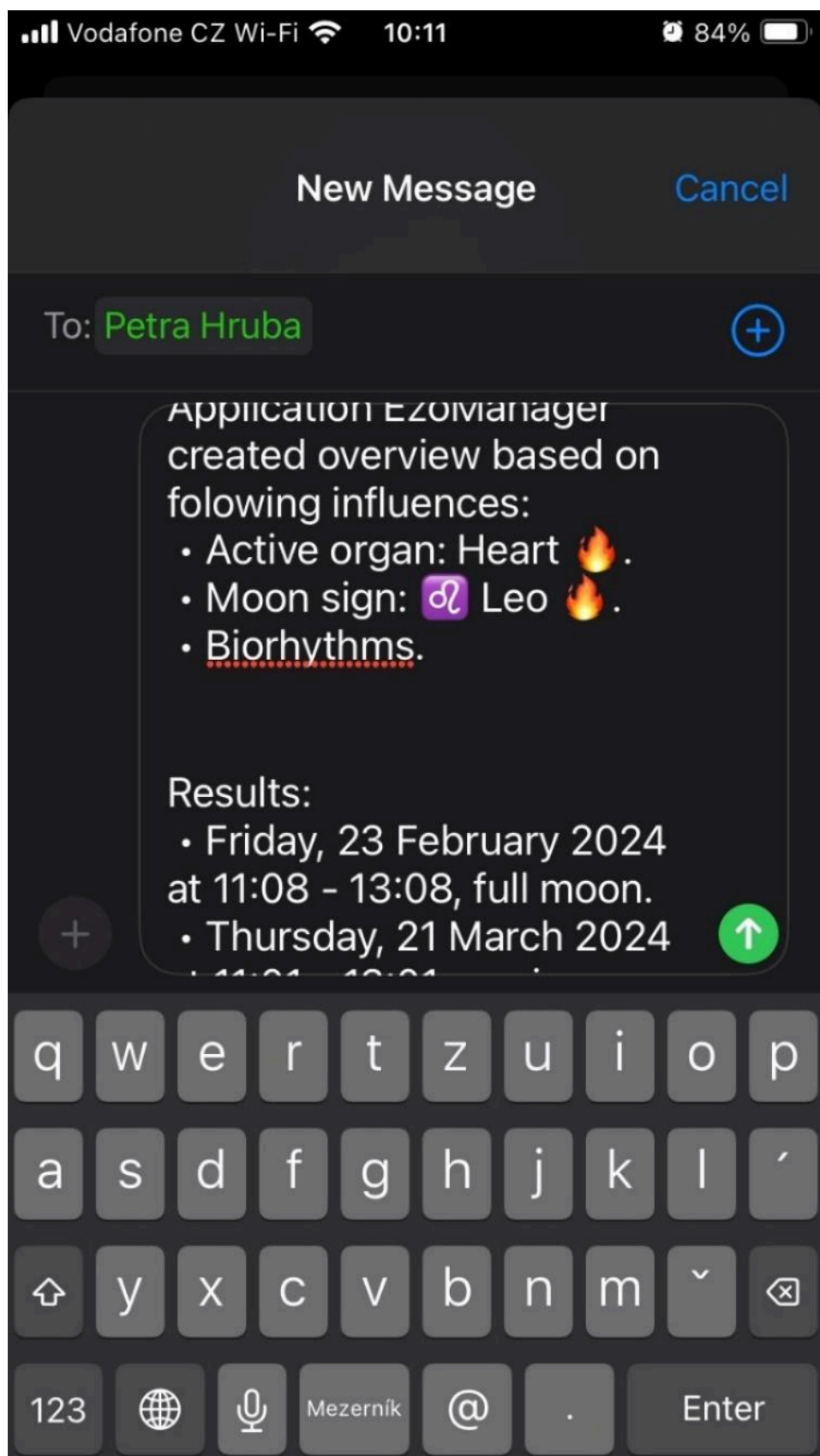
But, let's add another influence. Before we click on the add influence button, note that the current suitable interval is 120 min. (Each active organ "rules" for 2 hours.) Let's click on „Add influence".

From the three remaining categories, we choose „Tattva" - click
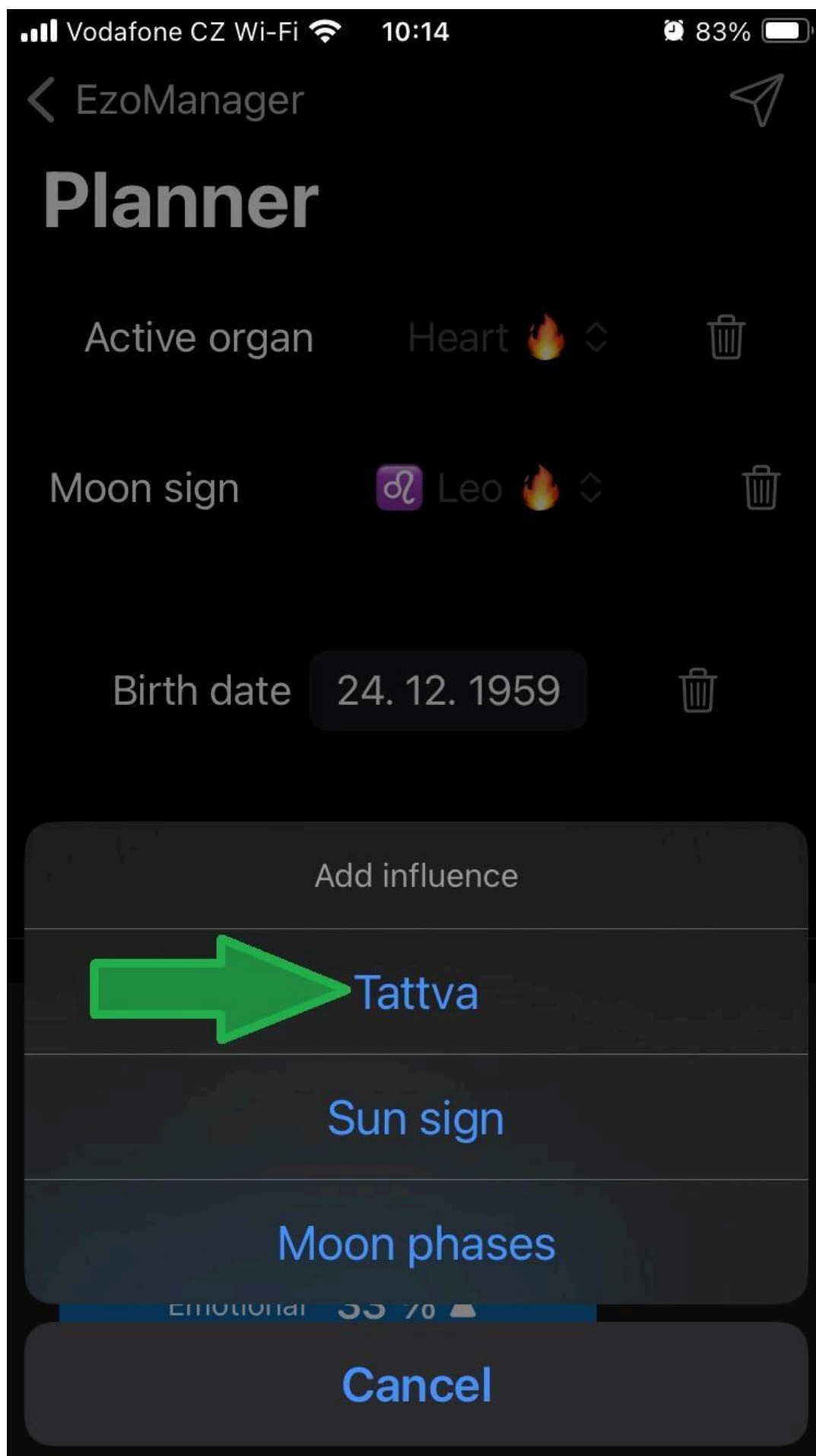
The tattva category and the last set Tattva will appear - we click on it (note that the time window has shortened to 24 minutes - the tattva is about when we start and what result we want, the organ clock indicates the appropriate time for change).

The menu will open with all tattvas and again click on one to make a selection...
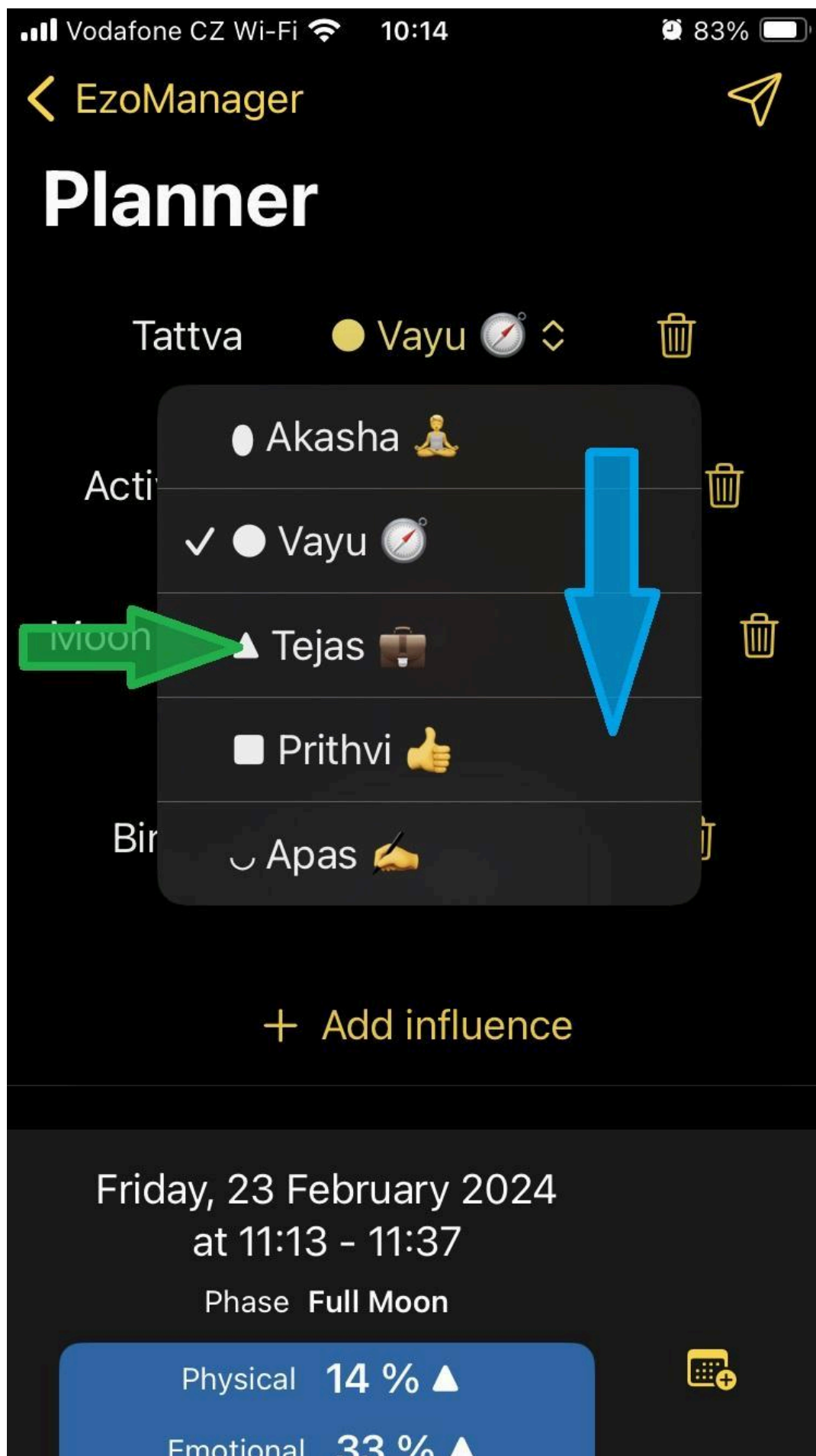
What happens if we delete a parameter? Let's click on the trash can symbol.

The given parameter disappears from the planning screen...

< EzoManager

# Planner

Active organ          Heart 🔥 ⇕          🗑

Moon sign          ♌ Leo 🔥 ⇕          🗑

Birth date          24. 12. 1959          🗑

\+  Add influence

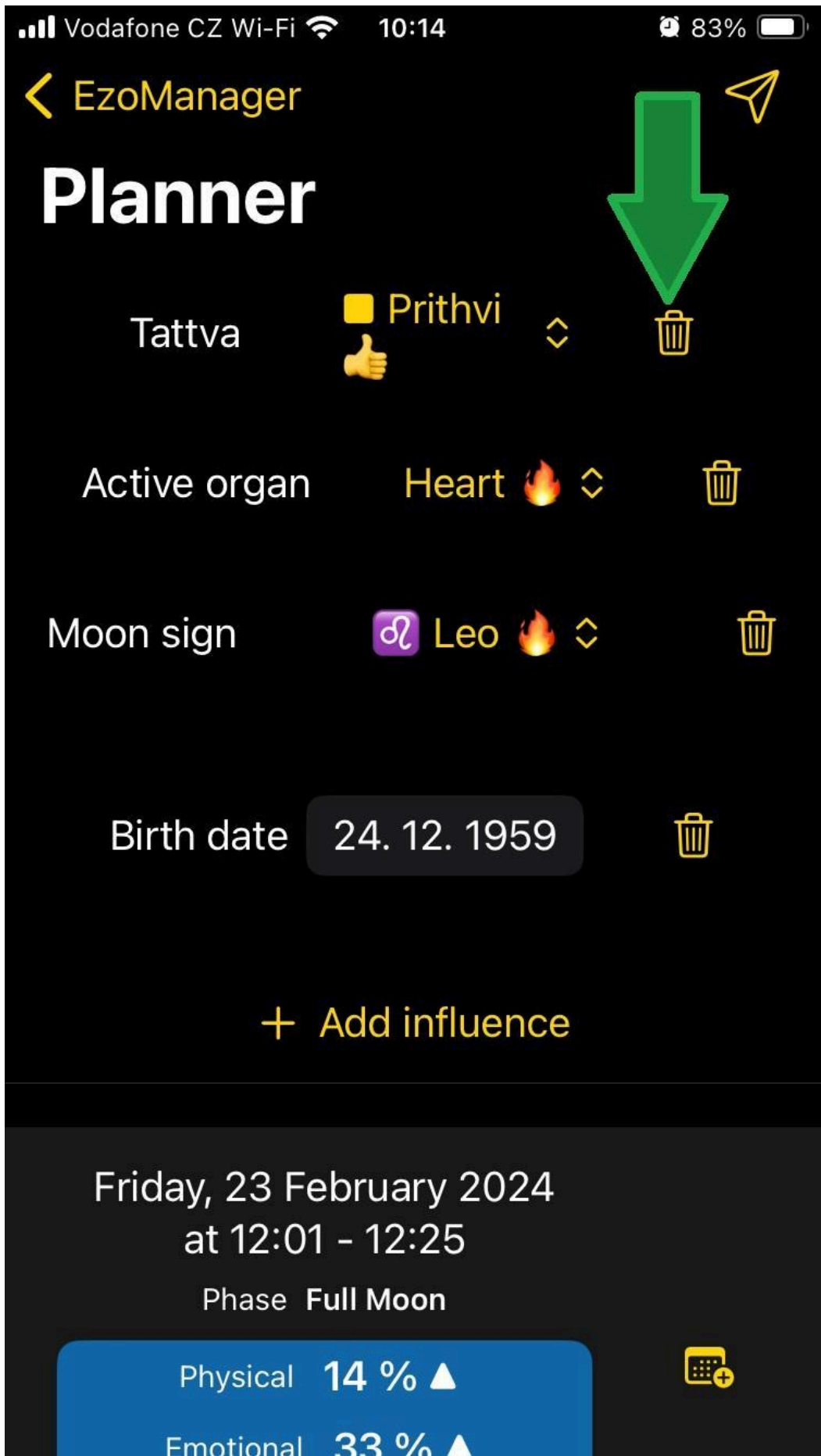Friday, 23 February 2024
at 11:08 - 13:08

Phase  **Full Moon**

Physical  **14 % ▲**

Emotional  **33 % ▲**

Intellectual  **99 % ▲**

And the category of the given parameter, in our case tattva, will appear in the category selection. BUT!!! The last setting is preserved! If you decide that you will take the deleted parameter into account after all, just click and the complete previous setting of the given parameter is back!

The Sun Sign category is clear from the above. Nevertheless, the last unmentioned category needs to be discussed. So "add influence" and click.

This is the "Moon phase" category. All other categories reduce the selection... So let's see how it works. Click...

Because the moon has a huge influence on our body and professional healers use the moon everywhere, and also some courses are for several days, you can also plan the cycle of the moon...

And because, for example, our full moon lasts three days, because we mark both a specific fast and the day before and the day after, when we thereby encourage moderation. Every professional in difficult cases uses the moon from all sides, so we give you the possibility to add more influences and all variants of the moon cycle are listed here. A different cycle of the moon is suitable for each procedure. You can therefore mark several variants and thus eliminate inappropriate ones. Maybe so much so that you mark almost all of them and not just one... End Planning Click on the "EzoManager" button.

# Few final advices

And we are at the end. The application was created for your benefit so you can faster orient yourself in biorhythms with the best possible outcome and the maximum accuracy of the beginning and ending influences in relation to your current position and time. I am a healer myself and I know too well the importance of the clock on the human body and its processes.

So, dear friends, this is for you from myself and my son, to whom I would like to thank for technical support and great IT skills, knowledge and understanding of this difficult topic. :)
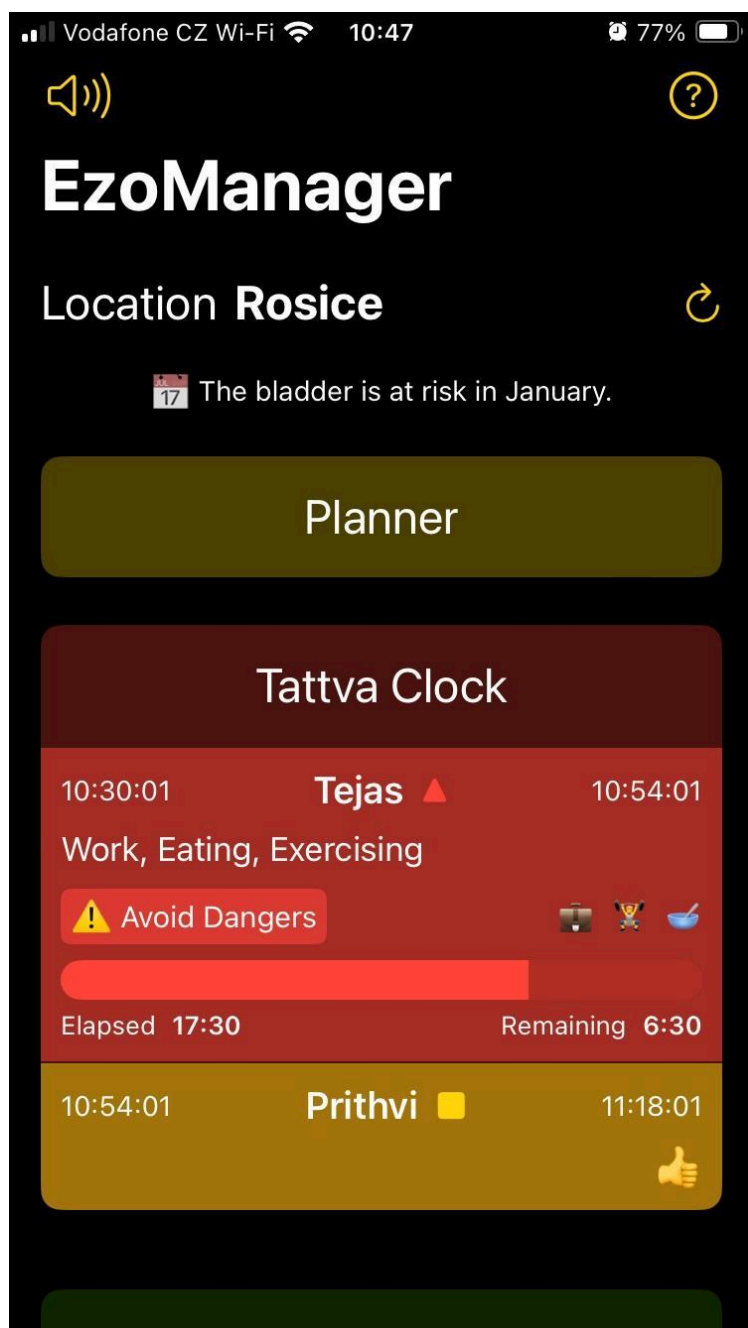


NOTE: For example, if you have a massage in a Fish sign scheduled and the date is too far away, use another water sign, such as Scorpio or Cancer. One click and you can immediately see the result.

## Installing a widget on the screen (iOS)

On our device, we select the page of the screen where we want to insert the EzoManager application widget.

Hold your finger on your touch screen until the icons for editing icons appear on your screen, then release your finger. When the manipulation icons appear, click the "+" icon to add the widget to this screen.
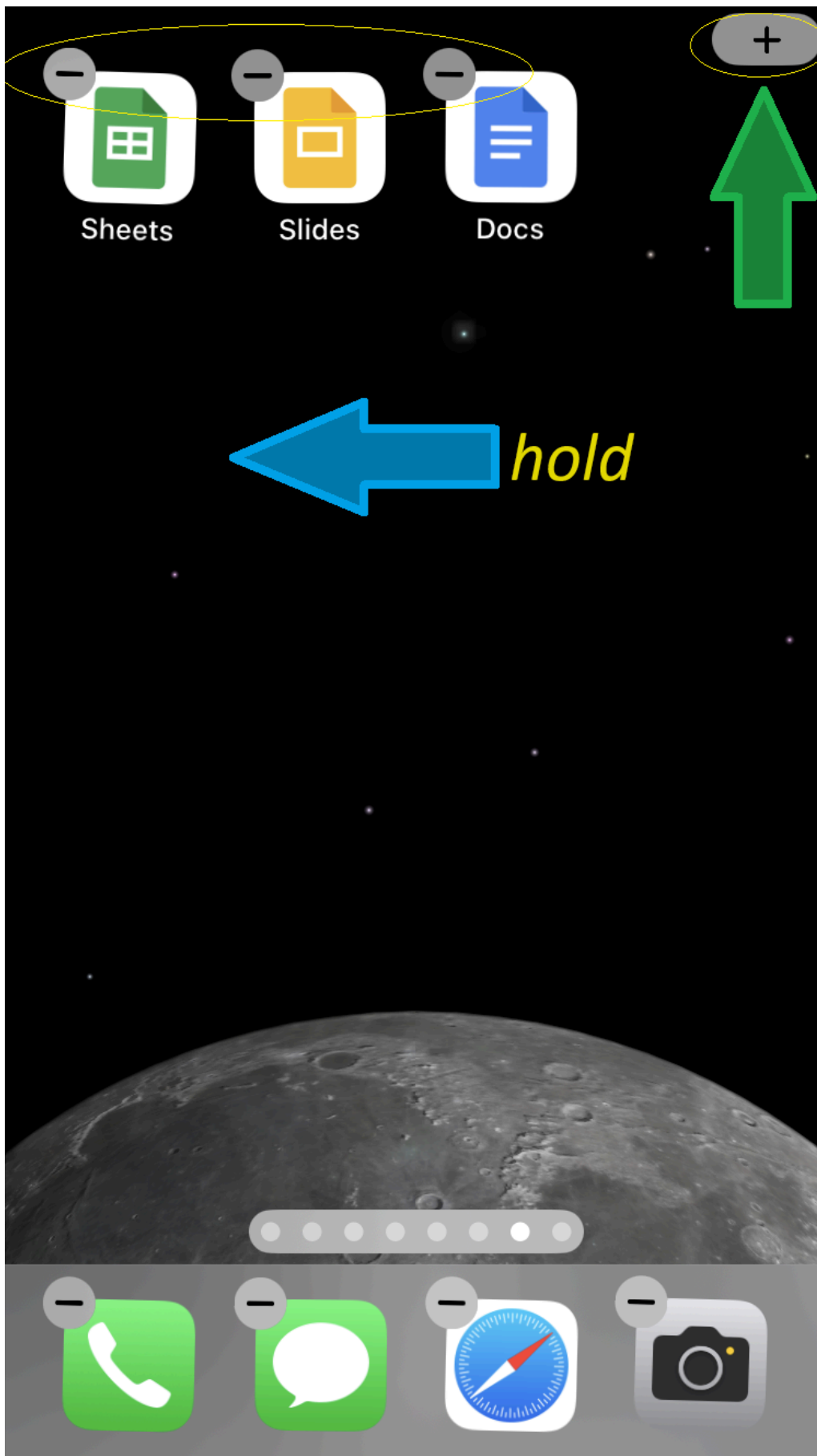
In your device, we will get to the selection of widgets for this device. We will scroll down until we find the EzoManager application icon.
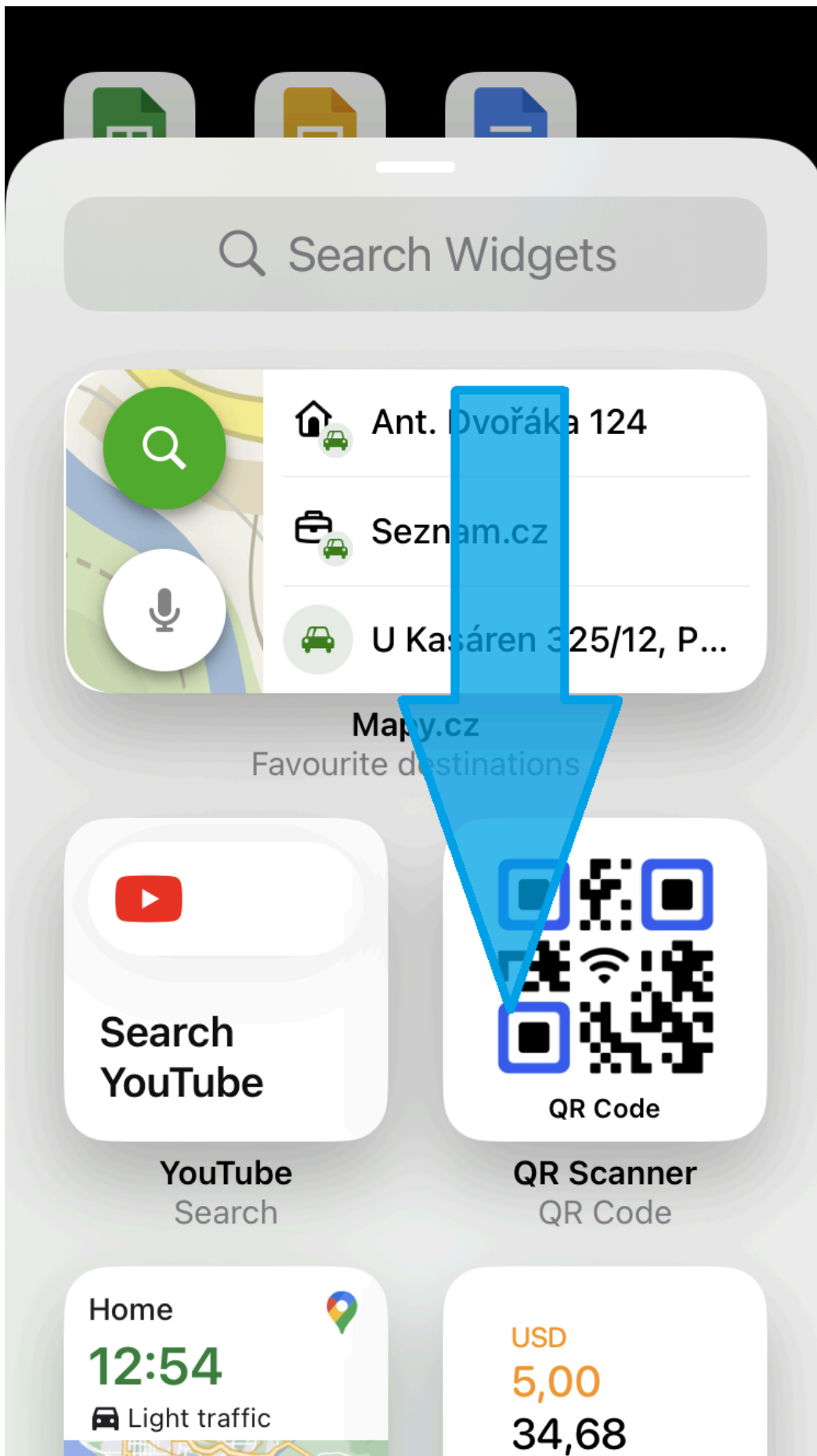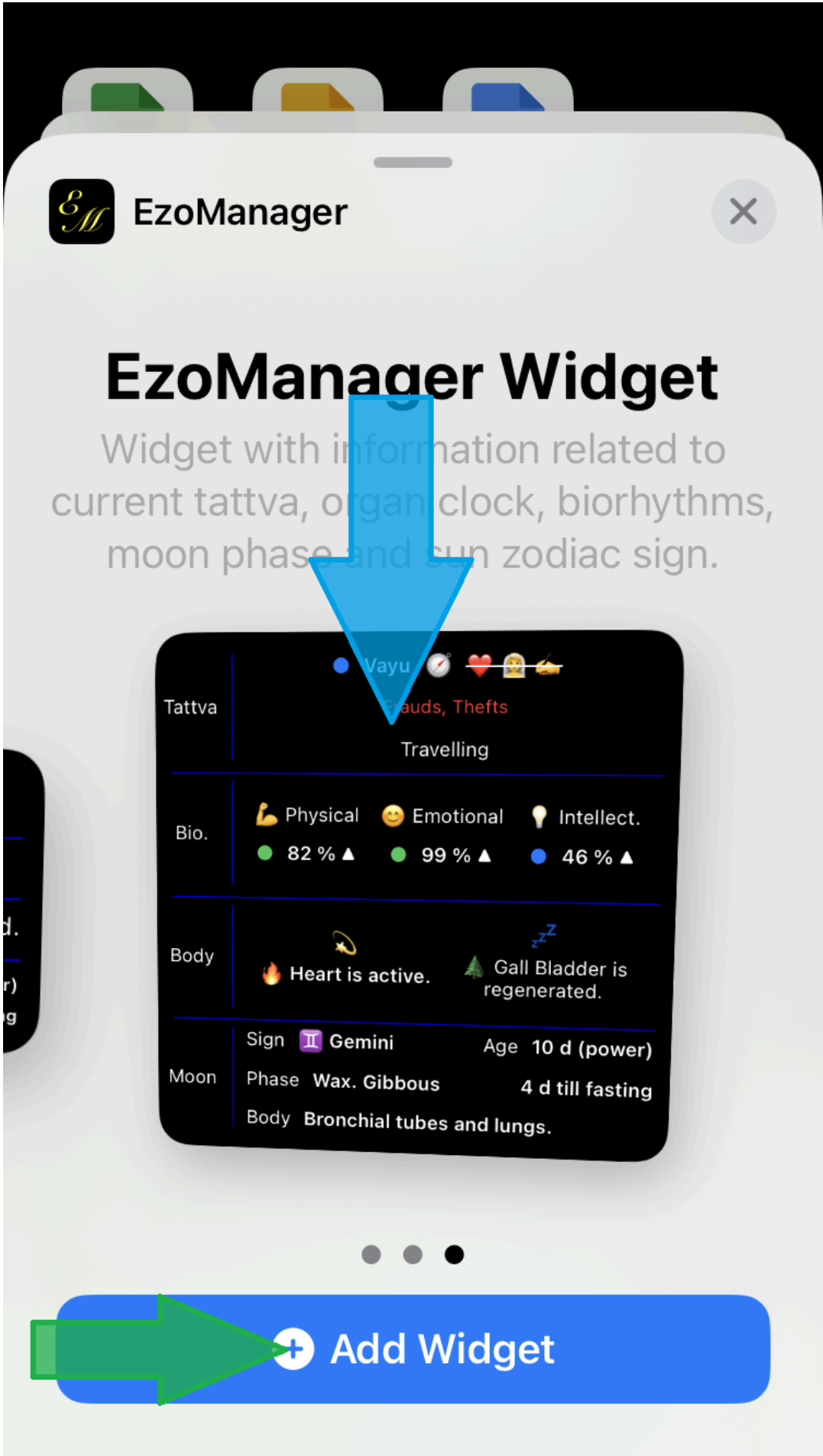
After finding the Ezomanager icon, click on it.
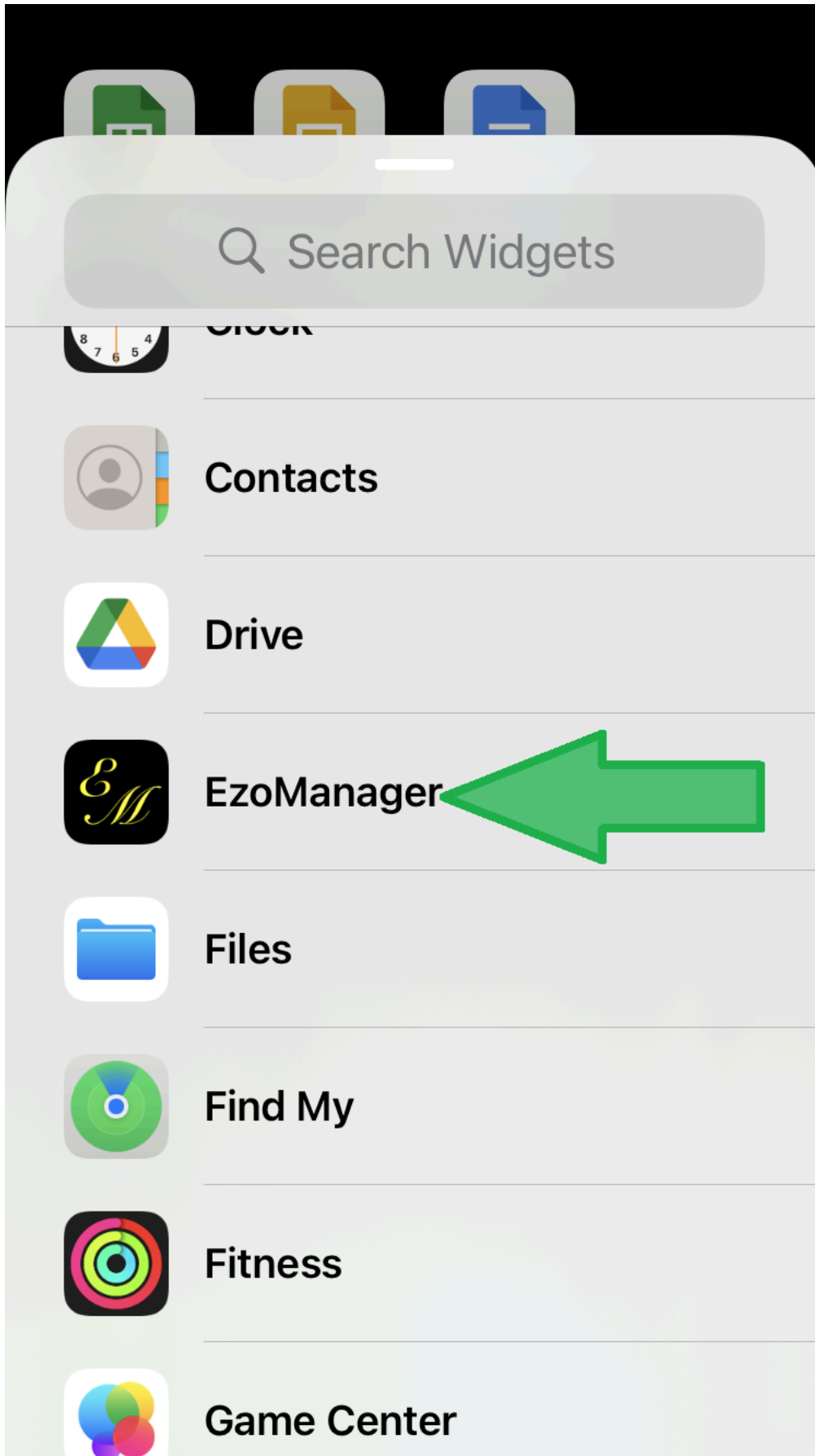
You enter the EzoManager widget size selection section. You choose the application view that suits you.

For our example, we'll select this widget view and click the "+ add widget" button.

Your chosen widget will appear on the screen. Since you are still in icon editing mode, the icon arrangement can be adjusted as you are used to. The EzoManager application widget behaves as a separate "bigger" icon. After editing, click on an empty space on the screen.
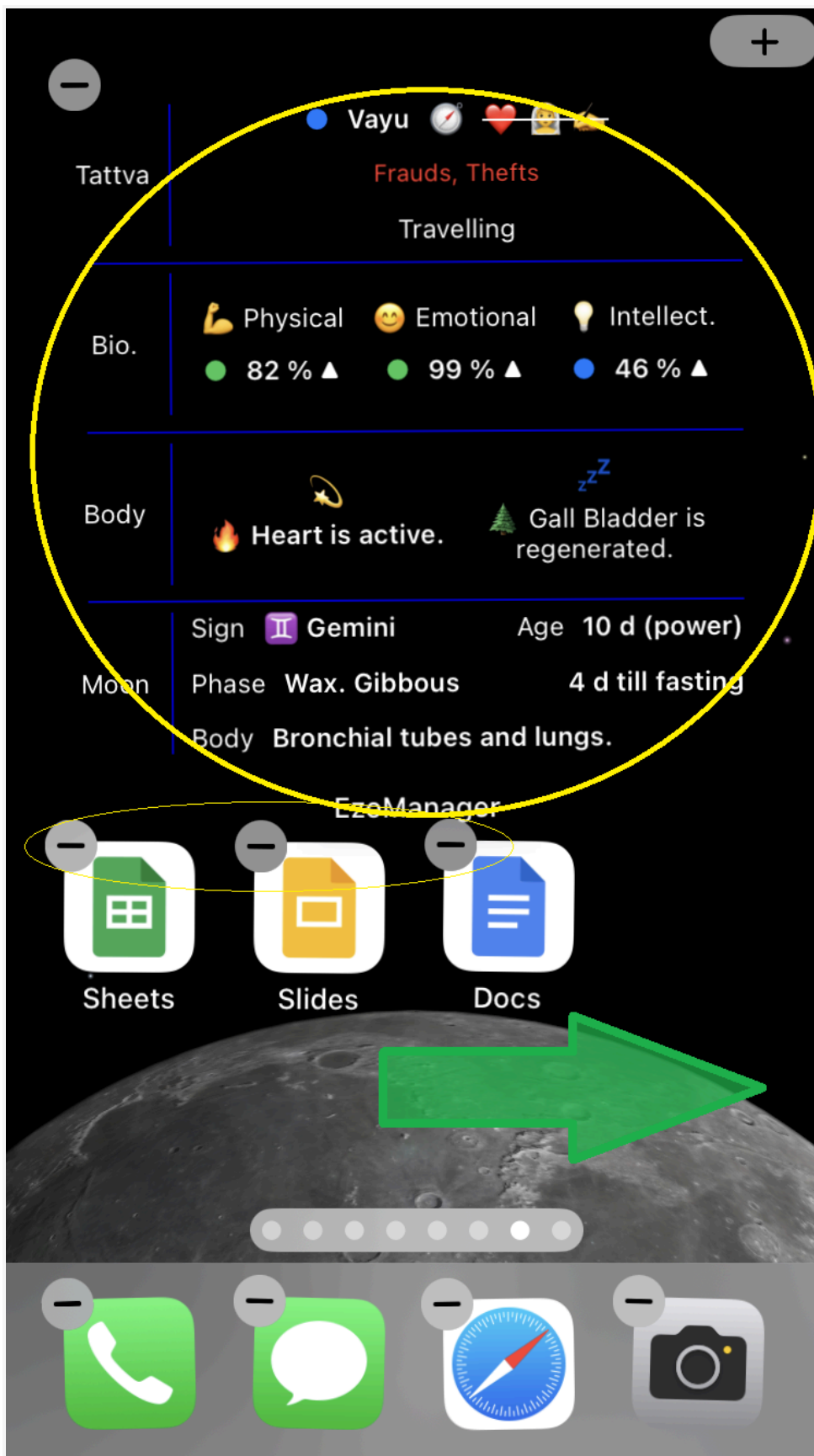
Have the edit icons disappeared from the app icons on your screen? Well done, you did it. You now have your EzoManager widget installed. And what is it good for? It's your esoteric watch. At any time, you can check the current "ezosituation" according to biorhythms. Maybe it's worth waiting a while and it will turn out better...
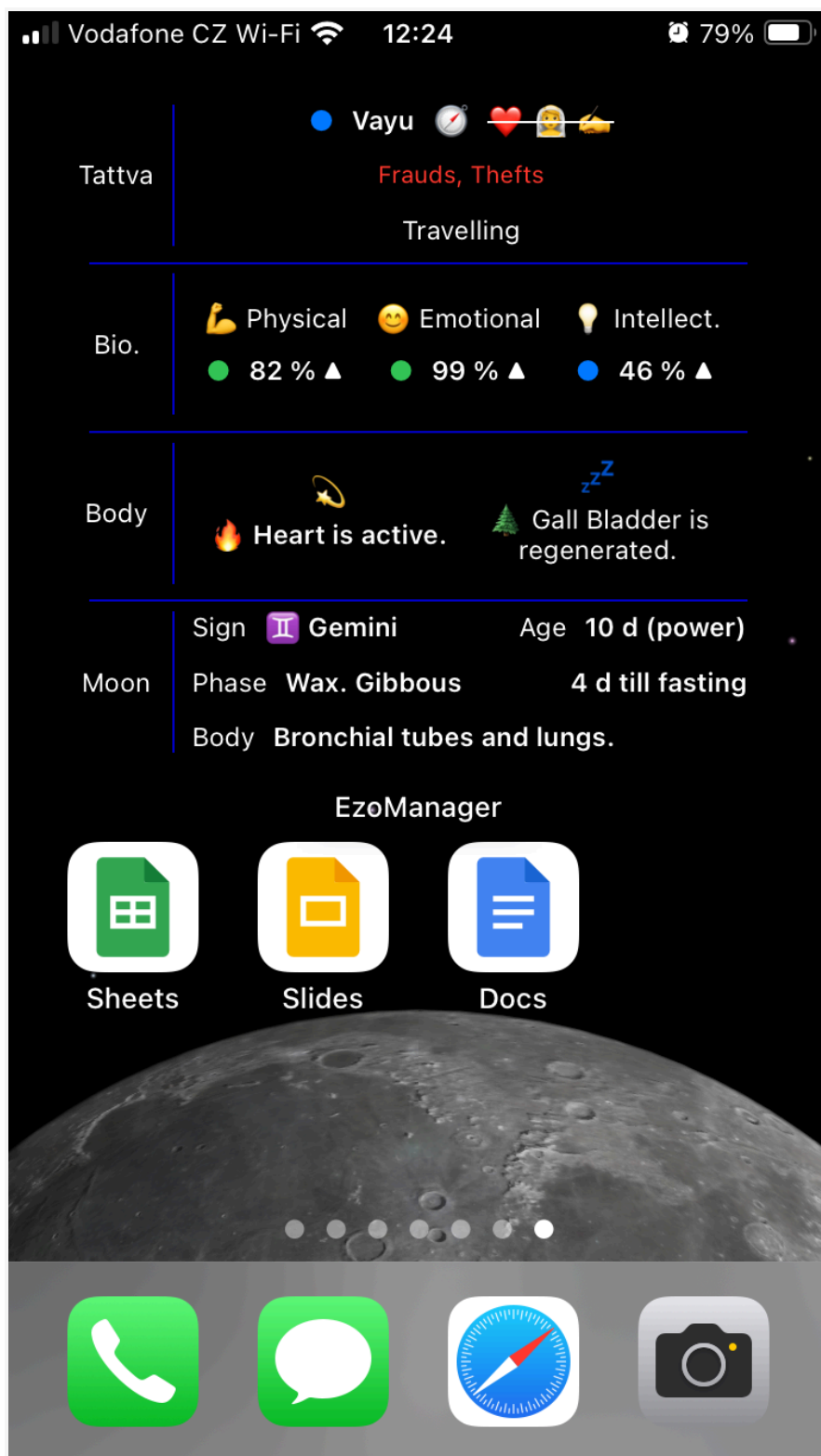


Note: Tattva is very important for the current situation. Therefore, it can also be displayed on the screen of your locked device, as one of the options available on your device. You will certainly find the EzoManger option there.