

# FLFE Webinar Q&A

**Intro to FLFE Webinar with Jeffrey Stegman**

February 5, 2026

## Questions and Answers

**Does The boost still work if I am logged out?**

Hi Alexandria, your boosts are activated when logged into your FLFE customer portal. The boost will continue after you log out for the entire duration.

**I'm not sure if I'm feeling anything.**

Hi Barbara, it is completely ok if you don't feel anything. Many people don't as everyone responds to energy differently. You can observe things in your surroundings. Pets are calmer, they are relaxed, relationships are harmonious. People start decluttering their spaces.

**Just curious if raising frequency helps in treating parasites, and general health correlations**

Hi Beth,  
FLFE high-consciousness field has many positives, though health claims are not made directly. With greater awareness you can make conscious choices to eliminate parasites and stop the previous patterns that were sustaining them. Many people do feel that detoxification is accelerated with more life-force energy available for your body to utilize how it's most needed.

**If "they" turn up the hertz Wi-Fi in neighborhoods for whatever reason, will FLFE protect me from such higher Wi-Fi exposure?**

Our EMF mitigation program is designed to harmonize all the harmful EMFs, it doesn't matter what their frequency is.

**Does it work at all locations I go to? Or just the address I have it registered to?**

Hi Andrea, if you have phone or object subscription, then yes, you can take the service wherever you go. It is designed to be that way. With the property service, the energy remains at the address you've designated unless the address is manually updated.

**How does FLFE «mixes» with other energy tools, in the quantum market? (companies who offer similar product] and also other tools, like tuning forks, sound bowls, etc?**

Yes FLFE works harmoniously with other quantum technologies. They are all creating a more coherent flow of life-force energy in your environment. Your personal spiritual practices can then be further enhanced.

**How does the 7.83 Hz Schumann frequency correspond to the 500 or 600 or 850 frequencies that FLFE works with?**

Hi David,  
Good question, let me clarify. The Hawkin's scale measures Levels of Consciousness. It's similar to the idea of vibration and frequency, though a consciousness field can't be measured with an EMF meter as it's not a physical waveform. The 500–850 levels correspond with emotions which can be viewed on the scale. I recommend the book 'Power vs. Force' for more details.

**If traveling, how can I temporarily transfer my coverage to that resident for the short time I will be there?**

Hi Mariska, when you have property subscription then you can change the address temporarily to wherever you are travelling. Please make sure to enter your room number if you are staying in a hotel.

**I work next door to a building with four smart meters on it. I can see them from where I sit. Would it be valuable to pay it forward to that location in addition to the building where I work (which I have it paid forward too already.)**

Hello Hope, I am glad that you put PIF on that location, however, PIF doesn't have any programs. So it won't harmonize the EMFs. Many of our customers put our Lite service at their work place. You can add it to your account if you choose to by clicking on "AddOn" button, in your customer portal.

**Effect of FLFE on seizure patients: Does it help or hurt?... Anytime that FLFE is NOT recommended?**

Each of the FLFE programs has this phrase: "Do this in such a way that it is in the Highest and Best interests of all Creation." This safety measure regulates the programs so that the FLFE service is in the highest and best interest for each person! So, the service may 'turn down' when needed. We have an employee, Dannika, who experiences seizures and she is happy to speak to anyone that questions about being in the FLFE field with this consideration. Please feel welcome to reach out to the office to speak with her at any time.

**How long does it take for the everywhere to get to the level of the property. seems like the property is stronger**

Hello Lynn, the phone service starts immediately. However, the FLFE service for the home has three additional programs than the mobile phone service. The additional programs are for Geopathic Stress, Clearing Negative Land History, and Disembodied Beings. Those are not on the phone service.

**Can you talk about structured water in particular and how it affects FLFE?**

Hi Gussie,

Water is a superconductor for life-force energy. So there is a correlation between hydration and the amount of energy your body can hold. Structured water works on a cellular level and gives optimum hydration which allows for the most energy received.

**Many health symptoms have come up since beginning, headache, eye swelling, etc... is this common? All symptoms went away in a few days, but we are curious "why" this happened?**

We have a program called Anti-stagnation program. Anti-Stagnation is an important basis for health. It supports the body's natural energy flow. It is similar to the effects of Acupressure in Traditional Chinese Medicine. The body is instructed to clear blockages or stagnation, so the life supporting energies can flow throughout the body into all of the systems and organs. People report feeling "unstuck" in many ways and feel able to move forward to transcend previously "stuck" habits or patterns

**I have both the Property and Phone service. I work from home so should I turn off my phone service while I have my property service on? If both are on am how does the LOC work?**

I am glad you have both the subscriptions, Lynn.

For example, if you have two separate cups of water at 50 degrees and mix them in another container, the temperature doesn't become 100 degrees. It is still two cups of water at 50 degrees. It's the same logic. I hope it makes sense.

**Is the recording only available for the customer? Will it be possible to share it with others who are not a subscriber to introduce FLFE to new people?**

Yes, the recordings of the webinars are available on your Customer portal and if some one gets on the free trial, they will have access too. Thank you for spreading the word for us.

**HOW DO I OBTAIN WHAT I WANT (1 MILLION DOLLARS, HOUSE, LOSE WEIGHT, HEALTH CONDITION, EYE CONDITION, ETC.)? DO AN EXERCISE, EXAMPLE. THANK YOU**

That is a million dollar question, Patricia, for sure.

I look at FLFE in a way that it can open the way for things to come up and be cleared. The energy begins to move, and it allows the opportunity for growth and healing. We co-create our reality and have the power to shift your thoughts and beliefs through our intentions. There are numerous ways to set intentions, depending on what it is you are seeking to obtain. This environment alone is not a substitute for your active engagement. Lasting change comes from a personal commitment to your own self-care, mindfulness, and growth, making use of the uplifting support that FLFE offers but taking responsibility for your own progress.

**Can you share how exactly FLFE enhances the energy around us - what's the mechanism that brings this higher consciousness field to our home?**

Hi Mandana, FLFE provides a highly coherent field. This is enhanced when compared to distorted non-native EMF frequencies such as 5g, etc. Which may be present around you. It's creating a feeling similar to a sacred site where high energy is present naturally. The FLFE field is activated on your location and mobile phone through quantum association, utilizing your address and phone number as unique identifiers.

**Since we are having 700 boost right now during the call right now. Will we receive the boost when we watch the recording?**

Yes, the recording also has the 700 LOC field. Only make sure the webinar is at audible level.

**I have FLFE on both my property and my phone- should I assume I am getting both 570 & 500?**

Hi Dee,

Look in your customer portal in 'My Properties', the slider can go up to 570 and defaults at 550 Level of Consciousness.

For your phone it depends on the distance between you and your device. The highest energy is within 9 feet of your device at 580 LOC. The phone bubble extends to 300 feet radius and at that distance is 500 LOC.

**How do you send energy to each person or property, I have no idea how this works**

Hi Wendy,

FLFE is sent to properties and phones or objects through quantum association. A unique identifier allows for connection through the quantum field to activate it there. This is similar to the process for a distance Reiki practitioner, except it is a machine sending life-force energy 24/7.

**What is the benefit of lowering the slider to the lowest LOC? Or turning the service off/on? Why wouldn't someone want it high all the time?**

Hi Jennifer, we recommend that people experiment with the service. Everyone responds to the energy differently. For that purpose, we have provided the slider bar. In fact, I invite you to try the following approach in order to test out the FLFE energy.

1. When no one is home, or you are alone and in a positive, quiet space, LOG INTO your customer portal.
2. Turn the energy OFF for 1 hour or a full day OR at night then back on in the morning.
3. Make note of any shifts in your energy, any feelings or sensations.
4. After an hour or a day, TURN the energy back ON.
5. See what you notice and perhaps write that down in a journal.

Listen and feel into what your own experience is currently asking for. Trust yourself and know that the FLFE energies are available to support you in a unique way. When I did this exercise, I realized that I have my own power and felt more secure.

**How did you decide what frequency to use for our properties or objects? Why not higher?**

Hi Jeanine, Great question. Everything that we do at FLFE is tested to see if it is in the highest and best interest of all creation. This takes ego out of the equation and ensures that we are doing what is in the best interest of all, from little bees, to our pets, humans and the earth.

**How do you put this field around me? Do you attach to my phone.**

The FLFE field can be placed on your Property, Phone, or Object such as a ring or necklace. It is generated by the Nikola Tesla based machine and activated on your location through quantum association using a unique identifier being your address, phone number, or object photo.

**Do I need to be online for the FLFE to work? Also how is my property sustaining the 570 level?**

You don't need to be online or have the portal open for it to work. We test properties 3 times per week to ensure that they are maintaining the level that we promise.

**What if the phone is in a faraday case? Does FLFE still emit?**

Yes! FLFE is life force energy. In the same way that the faraday bag would not limit someone sending healing energy to another, it does not block FLFE.

**Are the property, object, and phone 3 different subscriptions and if so if you could only get one which one would be the best selection?**

Hi Christa, yes they are different subscriptions. With the free trial Property and Phone are both included. If I was to choose one it would be FLFE Property service, or wherever you spend most of your time if home or away. The Property service includes a land clearing program which eliminates any negative energy from the history of the land. I feel this lends to creating a very strong overall field!

**You may have answered this. I got distracted looking at the site. Does the mobile subscription work when flying?**

Yes! It works no matter where you are. Energy is not limited.

**How do you use the pendulum?**

Pendulums are used with muscle testing. There are lots of great videos online to learn how to use them. I recommend starting out with easy questions like this restaurant or that one, orange or apple as a snack, etc. This gets you used to and sensitive to testing before getting into more complex things.

**What is the PIF you just mentioned?**

PIF's are Pay it forwards which are blessings of love that you receive with each full subscription. They can be applied anywhere on the planet to spread love and higher energy.  
<https://www.flfe.net/resource/pay-it-forward-pif/>

**If you wanted to do a Meditation or set an intention. Is there a setting or process you suggest to help?**

Hi Allyson,  
Yes Jeffery and Clayton have created the FLFE magnetizing process which involves setting intentions. Scroll down to find the audio version. :)  
<https://www.flfe.net/learning-center/magnetizingprocess/>

**I live in a small house that has two other houses next to it. We all have the same address. How would that work?**

If you all have the same address the FLFE field would be active on all homes on the property. In this case it would be best to utilize the Photo Property subscription in order to target your personal home. If you keep the energy on all the homes it would be best to notify your neighbours to ensure that they are properly hydrating and aware of the FLFE field.

**What kind of equipment can measure electromagnetic fields?**

Hi, EMF meters can measure electromagnetic fields. However, it won't detect a difference with FLFE because EMFs are not blocked but harmonized in the FLFE environment. You can

see the effect using a Gas Discharge camera (GDV) as seen in this research study:  
<https://www.flfe.net/research-and-studies/gas-discharge-visualization-study/>

### **How often should the service be turned off and for how long**

In fact, I invite you to try the following approach in order to test out the FLFE energy.

1. When no one is home, or you are alone and in a positive, quiet space, LOG INTO your customer portal.
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3. Make note of any shifts in your energy, any feelings or sensations.
4. After an hour or a day, TURN the energy back ON.
5. See what you notice and perhaps write that down in a journal.

Listen and feel into what your own experience is currently asking for. Trust yourself and know that the FLFE energies are available to support you in a unique way. When I did this exercise, I realized that I have my own power and felt more secure.

Our stance from the beginning of FLFE is for people to be free and sovereign and to make their own choices based on how they feel and their intuition.

### **If you live with a negative person how does FLFE help?**

Hi Christa, I've had several customers report to me that they have noticed their spouse or child who was negative starting to be more friendly and optimistic. Please encourage them to drink water if they feel thirsty for the most benefit.

### **I where a 150 gram Shungite necklace 24/7. How does this work with FLFE again?**

Hi Scott, great! FLFE has programs which include utilizing shungite for enhanced effects when physical shungite is present. Jeffery wrote the programs with specific directions to use FLFE energy in the highest and best for all creation.

### **Thank you all! I've noticed being Grateful for the small things "like a glass of water" brings peace to my life. Will this enhance emotions in any negative way?**

For some people there may be periods of discomfort while acclimatizing to the FLFE energies. Once our bodies are in a high consciousness environment they have the resources to use their innate healing to clear out any stuck energies that are no longer serving us. This health upgrade can be emotional detoxification also and our best recommendation is to increase your hydration to support the body in moving the energy more swiftly. Water is a superconductor so staying hydrated allows you to hold more life-force energy. Although it may be challenging, this is actually a good sign. FLFE can open the way for things to come up and be cleared. The energy begins to move and it allows the opportunity for growth and healing.

**I am travelling right now and have my mobile connected to FLFE ....i have an average of at least 400-500 m/sq meter Hi freq. Emission in most of my rentals, and still hear buzzing in my ears, usual background/hum in my ears even though i have Koltsov plates (harmonization of surroundings)...and service FLFE activated, would that be normal?**

FLFE primarily shifts the energetic and emotional impact of your environment rather than altering the physical noise. So the motorway hum or electrical hum may still be audible, but many people find it feels less intrusive, less "in their nervous system," and easier to ignore. In other words, FLFE doesn't usually "turn off" the sound; it helps your system relax around it, so it doesn't drag you down the way it used to.

**If you apply FLFE to healing crystal. By using a crystal, does amplify the affect?**

Hi Gilbert, FLFE could amplify your experience of the crystal's energy. The EMF mitigation program will clear lower frequencies in your environment so you can connect with your crystal directly without the surrounding noise.

**I put the service on my spouses phone. Does he need to be notified to receive the benefits**

Hi, For the full flagship service he needs to be notified as there are hydration requirements. If you can make sure he is well hydrated then it is okay as service will work without him knowing or not knowing :)

**If we are on the service overtime, I think I heard that we can see even more benefits?**

Hi Chantal, yes adjustment can happen gradually which is why the FLFE free trial 15 day period was chosen for that purpose. Your level of consciousness can continue to rise beyond that time.

**Is your guy's quantum machine open for viewing to the public? If so, I will definitely stop by, meet everyone and check it out when I'm in BC next. Today is the first time I've heard of this technology, and I'm fascinated by it. I'm a little bit of an inventor, would it be possible for a guy to make one on his own, or does it take extremely expensive instruments and skills to set up?**

Hi Ray, the FLFE machine is not open to the public. The office is in Nelson BC but the machine is kept in a separate location. This is because the founders were guided to keep the technology from others who may replicate it to use with negative intentions. As an inventor I recommend searching Zero Point Energy for more information or checking out this youtube channel: <https://www.youtube.com/@MadscienceLPTECH>



**I have 2 iPhones and an iPad all on my same phone number/iCloud account so what's app/email/same social media accounts. I have FLFE for my phone subscription as well as for my property. Does it protect all 3 devices?**

Hi Emma, your FLFE property service will cover all the devices within your legal property boundaries. The device with the active phone number connected to your account will have a 300 foot radius high-consciousness field with the strongest energy within 9 feet of your device.

**With property are the other 3 condos mine connects with. & do their EMFs effected positively that might seep into my condo? do surrounding condos start mitigation for my property?**

Hi Lynn, the service is associated with the specific legal address. So if you have provided the condo number, the service is activated only in the legal boundaries of your property. You will not be affected by the negative EMFs from other condos.

**Where can we find the music? this would be lovely to play during healing sessions! that plus the FLFE!!!**

It can be found in your FLFE Customer Portal, under FLFE music, button.

**I started to have headaches. Is that a detox reaction? I had them before before knowing FLFE and homeopathy cleared them. But now, it's happening again**

Hi Rosanna, for some people there may be periods of discomfort while acclimatizing to the FLFE energies. Once our bodies are in a high consciousness environment they have the resources to use their innate healing to clear out any stuck energies that are no longer serving us. This health upgrade can sometimes show up as uneasiness or headaches and our best recommendation is to increase your hydration to support the body in moving the energy more swiftly. Water is a superconductor so staying hydrated allows you to hold more life-force energy. Another option is to turn the energy off for a few hours or a day. Although it may be challenging, this is actually a good sign. FLFE can open the way for things to come up and be cleared. The energy begins to move and it allows the opportunity for growth and healing.