

PETER MANDEL



## DISC OF THE ELEMENTS

  
**ESOGETICS**  
heilkraft der farben

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TABLE OF CONTENTS

Disc of the Elements ..... 5

Element Fire. .... 11

Element Earth ..... 13

Element Air ..... 15

Element Water. .... 17

Element Fire – Context: Active Fire ..... 20

Element Fire – Context: neutral Fire ..... 21

Element Fire – Context: passive Fire. .... 22

Element Earth – Context: Active Earth ..... 23

Element Earth – Context: neutral Earth ..... 24

Element Earth – Context: passive Earth ..... 26

Element Air – Context: Active Air ..... 28

Element Air – Context: neutral Air. .... 30

Element Air – Context: passive Air ..... 32

Element Water – Context: Active Water ..... 34

Element Water – Context: neutral Water ..... 36

Element Water – Context: passive Water ..... 38

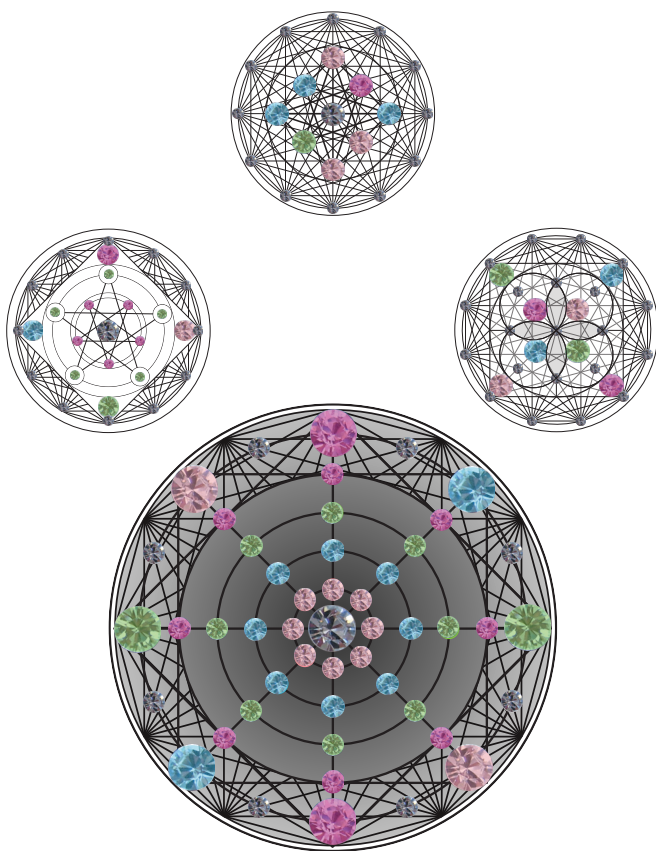






## DISC OF THE ELEMENTS

From my experience with the three discs of Love (Heart disc), Light (Dream disc) and Life (Earth disc) the idea emerged, that everything in the material plane, including our bodies, has been created from the four elements. The 5th element Ether is the provider of the impulse and it carries the in-formation from above (information space) into “space-time” below. The following diagram clarifies the concept:

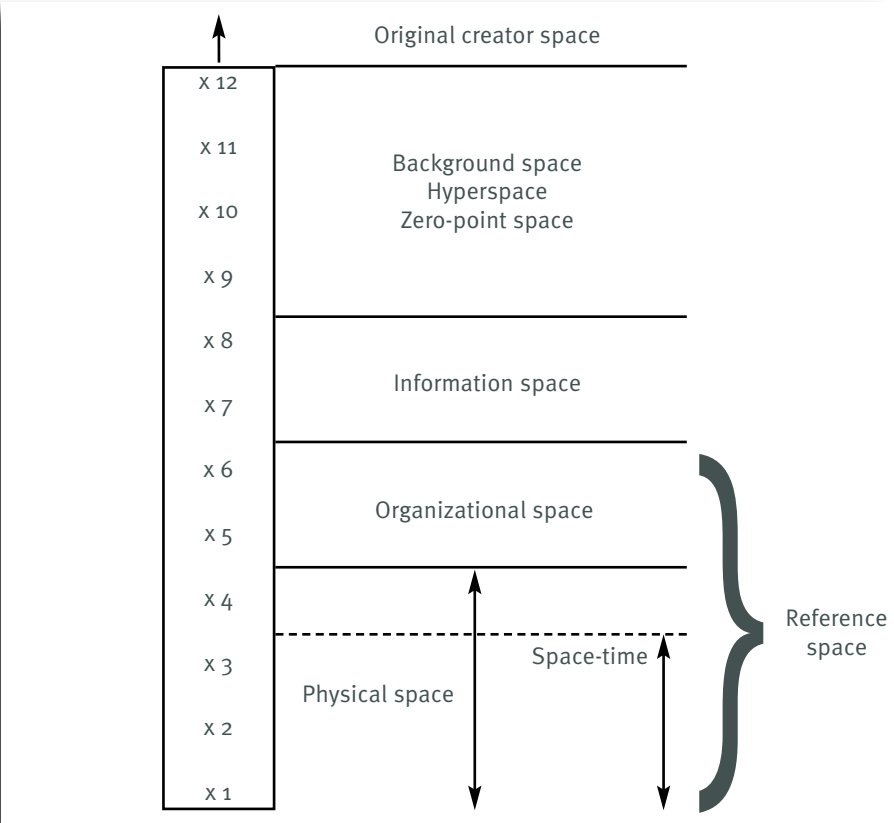


This idea has led me to the creation of a fourth disc, which I call the “Disc of the Elements”. It brings to life the classical directions of the energy flows,



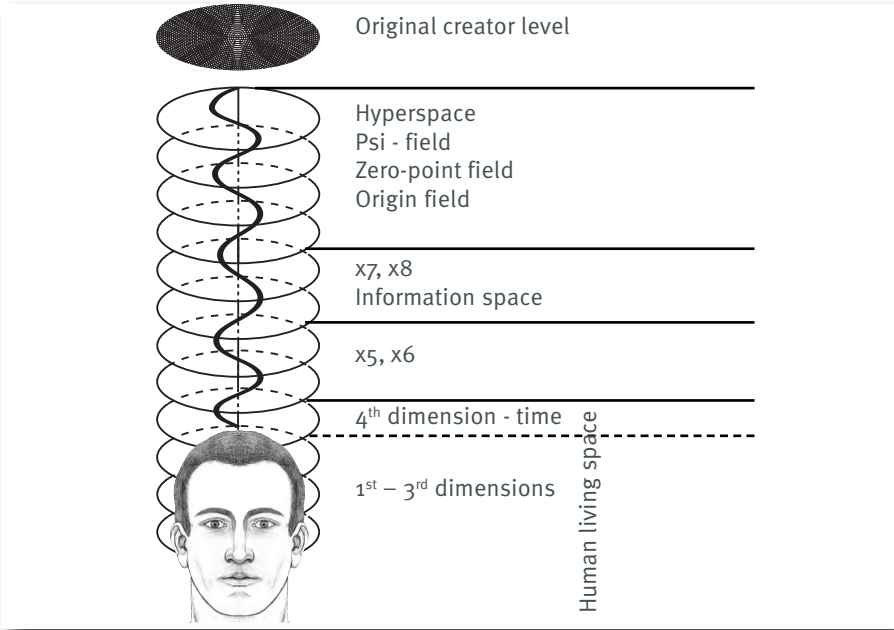
which in the old times were a symbol for the “creator gods” and today are considered to be the symbols of living matter.

My observations over the last 40 years have convinced me that the four elements (as it has been handed down) are linked to all diseases, pains and complaints. This has to always be seen from the top down, which means for instance that the brain rhythms have a primary influence in “all that is happening”. That brings up the question: Who is the provider of the rhythm, which allows the impulse for the specific information to develop that is contained in every rhythm? As an answer we could look at the model described by the physicist Burkhard Heim.

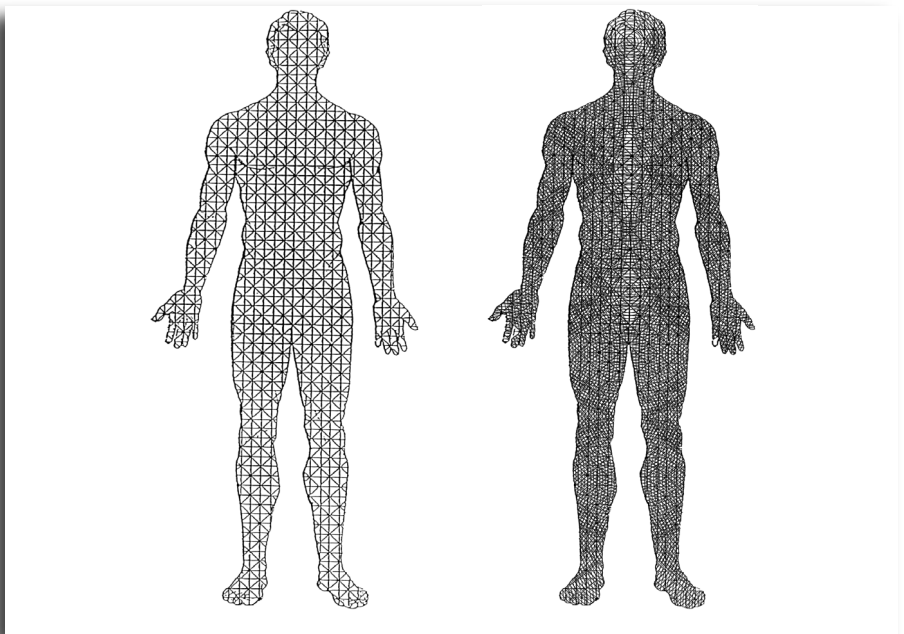


The model of the 12 dimensions as they have been calculated by Burkhard Heim has gradually gained considerable respect in scientific circles. As we shall see and experience later on, the division into different spatial areas can become quite tangible. Nonetheless we are far away from understanding how the transport of supraordinate information manages to arrive in the living areas of our life. The different theories are all feasible, but it is very difficult to imagine all of it. The space that Burkhard Heim has named the organizational space is supposed to directly interact with our three- or four dimensional space. That space itself is linked to the information space and the background space located above it, which is also called the space of the void (vacuum), zero-point field or hyperspace. Heim has called the final calculated space the “G” - God space or the original creator level, and he states that for us humans that space is unimaginable.

We as humans, as well as everything alive, are connected to these spaces and in reality we are “reflected beings” of these interacting levels or dimensions. The next diagram can clarify that.



Without being able to sense it the human being is exposed to a “range” of all kinds of electromagnetic radiations and is linked to all the levels of what is called consciousness. The electromagnetic radiation, vibration and wave forms all carry specific information. Everything that is alive is connected with this information on its own level. If we take the twelve dimensions defined by the physicist Burkhard Heim and focus on the term “hyperspace” or “zero-point field”, then we are as human beings exposed to these vibrations and waveforms in particular.



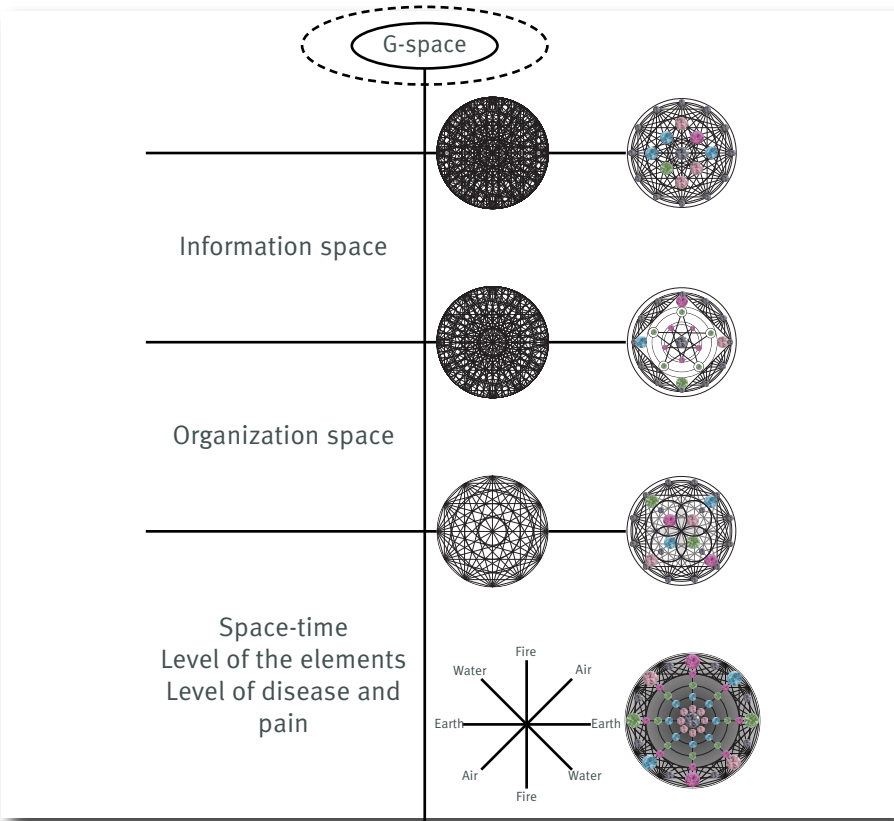
Let us take as a starting perspective that all points or zones on the surface of the body, on the skin, are holograms that contain all the supraordinate information and that can mirror it into consciousness. The infinite possibilities arising from that have to have a common source. In my opinion all this takes place in the dimensions that Burkhard Heim has calculated. What we are finding and what we can imagine is a hologram that contains all the information and spreads itself across the entire body surface.



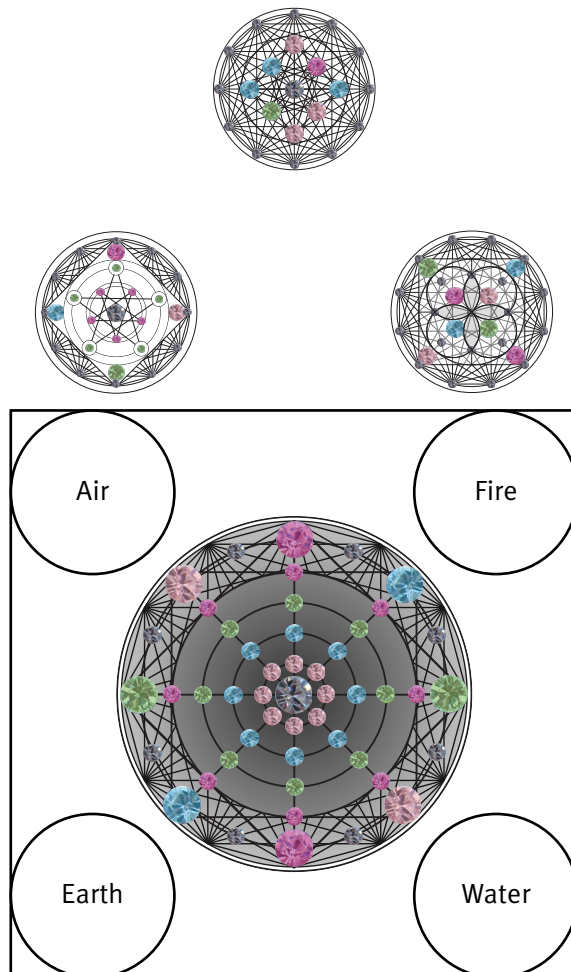
This densification in the area of the outer envelope is absolute, as we know nowadays. The connecting links that enable these expansive fields to exist in the first place are of particular interest. Here modern research could have some answers for us.

Let us assume that everything that we are, know or have has already existed before. Everything is an imaging system of the higher dimensions. As it is above, so it is below and the microcosm equals the macrocosm.

Now I want to discuss the preceding comments in relationship to the holograms that I have been able to develop, including the Esogetic therapy discs.



For me the transitions between the different levels (thinking towards the bottom) are “holographic fields”. I have positioned Love (Heart disc) - Light (Dream disc) and Life (Earth disc) at the appropriate transitions. Following this deliberation I was missing one disc, which combined the operating principles of “space -time” in itself. In my notion these are the four elements. Here is an illustration.



In my work I recognized early on that the four elements possess defined reflex areas on the body surface. These are also holographic patterns, which contain supraordinate functions in a feedback loop. We are using these zones in the clinic, if we want to establish the dominating element in a patient's disease. Before I go further into the details and the overall protocols, I want to give you the meaning of the elements and the intelligible connections to our life.

## **ELEMENT FIRE**

The first element represents the masculine aspect, power, wrath, rage, psychological and physical readiness to fight - but also love as the "fire of the heart", excitement, feelings, which we carry into the outer world, comprehension and insight. It amplifies the following psychological aspects: Self-assertion, readiness for conflict, recognition, success, sovereignty, leadership quality, liberal-mindedness, justice, generosity.

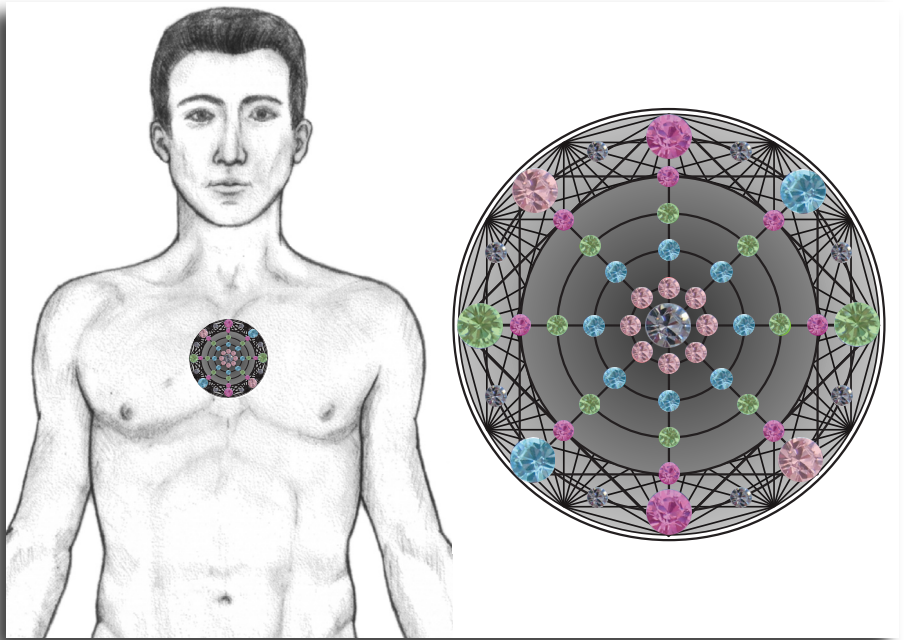
Symbolically the fire burns in the middle of our heart. From the viewpoint of the chakra teachings, the heart was once located in the middle of our chest.

Its symbol is "the rose", which shows in the point of intersection of the beams of the cross.

In the old times, as it is traditionally stated, our heart was pulsating in the middle of our chest and its symbol was the red rose, which symbolized the "fire of the heart". When active feelings were reflected towards the outside, it was called the "fire of love" or the "fire of excitement".

Here is the assigned body zone.





**Position:** The midpoint is located in the middle of the chest.

**Direction:** Crimson towards the top

The zone of fire is located exactly in the center of the sternum. Symbolically this is where the human beings freedom can be found, if he follows his path in life in an upright (honest) manner. If he is “weighed down” and/ or “collapses into himself” then he is not free and his vitality runs dry, because it is primarily connected to the fire element.

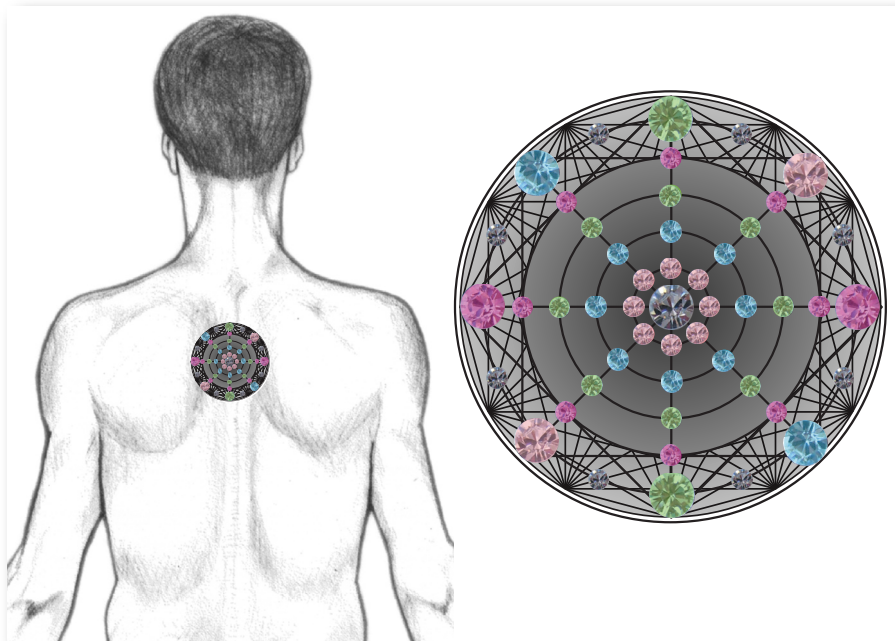




## ELEMENT EARTH

The earth combines all four elements in itself - slowly, patiently and persistently. We assign to the earth element the striving for internal harmony, respect and diligence. Need for security and stability. Contrary to that there is the “other” side: relentlessness, attachment to things and people, “inability to let go”. The following psychological aspects are emphasized: Sensuality, patience, goal orientation, sense of duty, need for emotional security, endurance, stringent action, reliability, soberness.

The earth element is being created by fire, water and air. Gaia, a living organism, perfect due to its spherical shape, which we can perceive from outer space. The guardians of the earth are its creators. Fire on the inside, water on the surface and the air atmosphere of the planet.



**Position:** The midpoint is located on the spine at the level of the axillary folds

**Direction:** Lightgreen towards the top

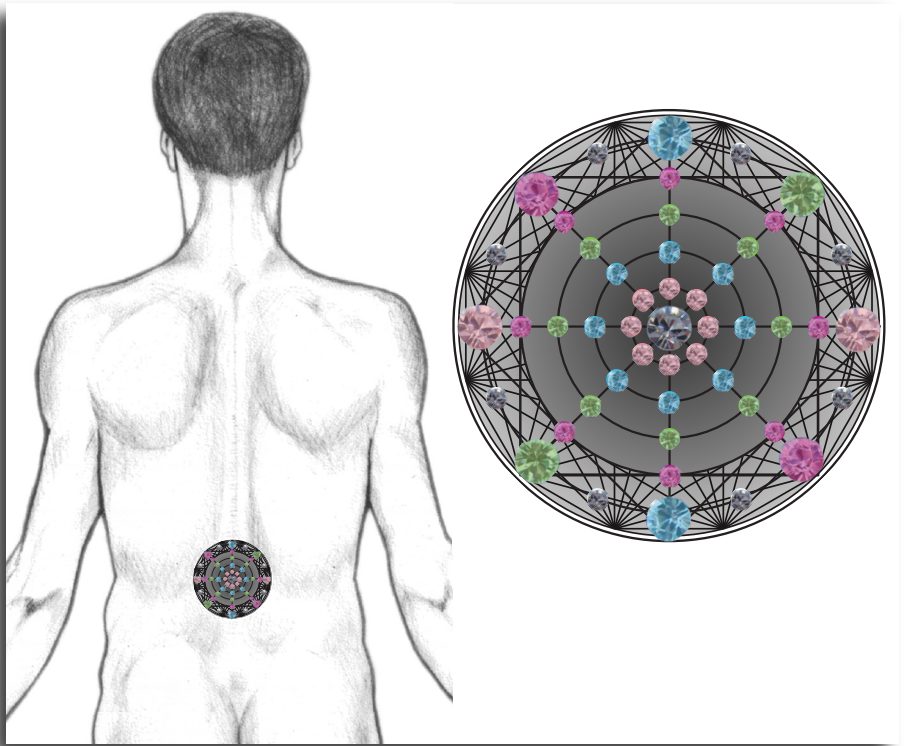




## ELEMENT AIR

Like no other element the air element connects our inner and outer world to the divine. Its essence is movement and freedom, variety, art and beauty. In contrast there are superficiality, inner strife, permanent stress and restlessness. The following psychological aspects are emphasized: joy of communicating, thirst for knowledge, peaceableness, development of the individuality, creativity, independence. Like none of the other elements the air connects the outer with the inner. During our birth the envelope that surrounds us bursts, the amniotic sac. We are expelled from the water in order to encounter the air element with our first breath. Now the air element connects the outer with the inner. Breathing is not just the exchange of inner and outer gases, but it is the prerequisite for life. Symbolically God gives Adam his “odem” [tr., breath] and thus gives him life. Therefore inhaling and exhaling connect us to the divine. The human soul is thought to be related to the air element. In the old times the concept of the soul was described by terms like wind-, breeze-, ether-psyche. The honorary Eastern Indian title “Mahatma” means something like “great soul” or “great breath”.





**Position:** The midpoint is opposite the navel

**Direction:** Turquoise towards the top

As the previous text shows, it is the human soul that is mirrored in the air element. Therefore we find a relationship to the subtle energetic functions of the soul, which related to the body are using the autonomic as well as the central nervous systems to carry information into gross matter. The position of the air element is on the spine exactly opposite the navel.



## ELEMENT WATER

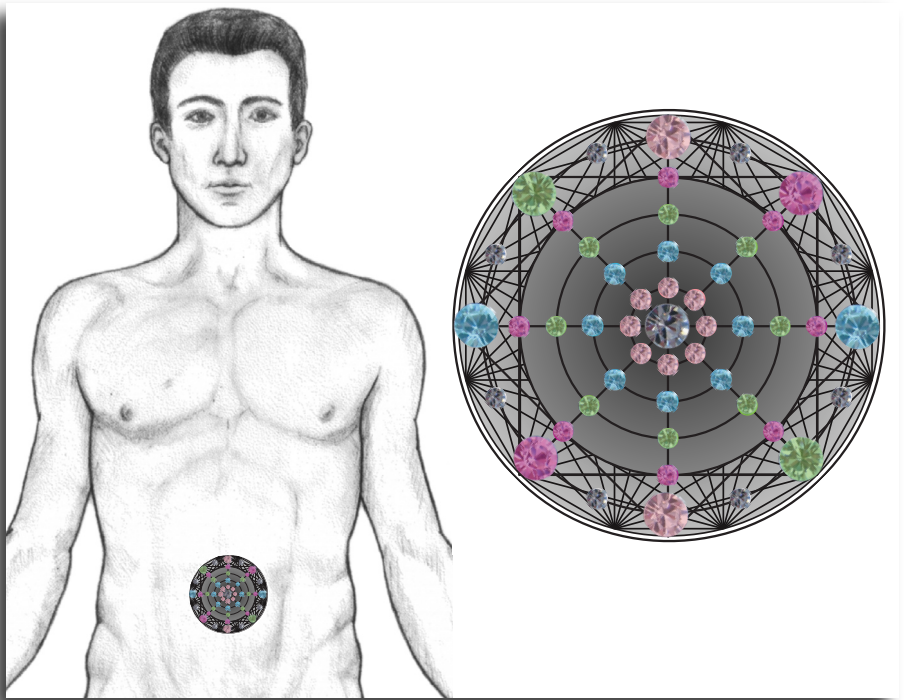
The fourth element is assigned to the motherly feminine principle. It symbolizes the flow of our moods, security, internal forces and the quest for spirituality.

On the other hand there is suppressed intuition, denied creativity. The following psychological aspects are emphasized: Sensitivity and emotional depth, inner quiet, healing and suggestive power, psychic assistance, self-realization. New life starts in the water, therefore this element symbolizes the maternal feminine principle.

Water symbolizes the flow of our feelings as well as the ability to adapt, it is quite amenable and satisfied with any form.

All deep feelings that a person is capable of originate in the water element.





**Position:** The midpoint is the navel

**Direction:** Rose towards the top

Water, the fourth element, relates to everything that has to do with a person's feelings. From the feelings originate the thoughts and then the reactions and from those, as Dieter Broers describes it, the reality. Everything is connected to higher information and it seems that that information connects with our abdominal brain in our intestines. The navel contains the symbolism of the maternal feminine and this area reflects all the feelings that a person is able to manifest in his given lifetime. Imbalances in this element will affect all the others negatively.



These 4 elements can now be treated in the sequence of fire, earth, air and water. Reactions indicate the element that needs special attention.

Negative reactions are harmonized by application of the complementary color, that means crimson is substituted with lightgreen, lightgreen with crimson, turquoise with rose and rose with turquoise.

This brief description was meant to give an idea that the elements have an effect. I have been tracking the physical correspondences that I could assign to the elements for decades.

So here are some of the indications in the physical body, as well as some psychological correlations. Each element has three aspects (active, neutral and passive), which point towards corresponding zones on the body surface.



## ELEMENT FIRE

### CONTEXT: ACTIVE FIRE

#### 1. Physical correspondences:

Brain, head, eyes, ears, mouth, teeth, sexuality, physical substance.

#### 2. Psychological:

Self-centeredness, aggression, will, spontaneity, directness.

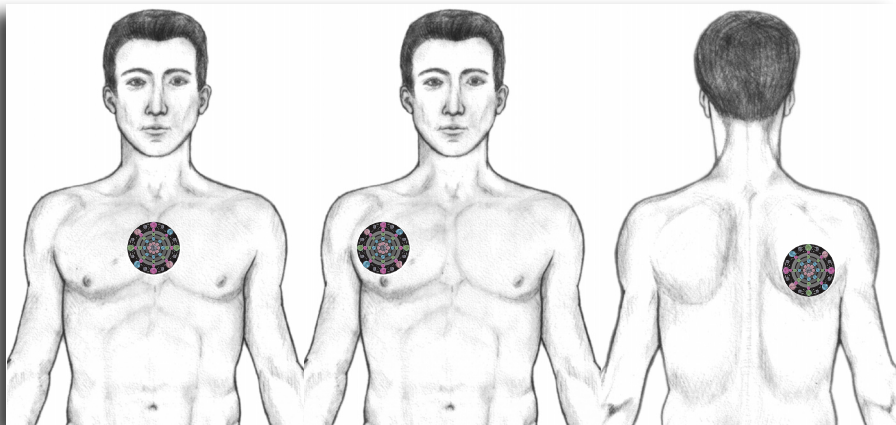
The indications that emerge from the physical or psychological context are treated one after the other.

We always start with the center of the element

1. In the middle of the sternum - crimson towards the top
2. On the right side and at the level of the axillary fold and on the intersection with the soul line (middle of the shoulder) - crimson towards the top
3. In the back exactly opposite the front at the level of the axillary fold and on the intersection with the soul line (middle of the shoulder) - light-green towards the top

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from crimson to lightgreen and in the back from lightgreen to crimson.





## ELEMENT FIRE

### CONTEXT: NEUTRAL FIRE

#### 1. Physical correspondences:

Heart, circulation, eyes, neocortex, blood, vitality.

#### 2. Psychological:

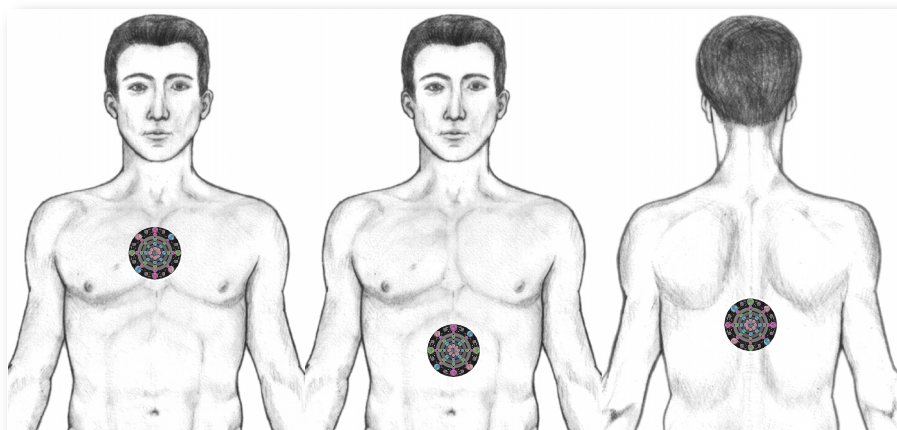
Radiance, expression, outer creativity, self-confidence, mania, wastefulness.

We always start with the center of the element

1. In the middle of the sternum - crimson towards the top
2. The centerpoint of the application is 3 fingerwidths (FW) below the sternum - crimson towards the top
3. In the back the application point is exactly opposite the front - light-green towards the top

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from crimson to lightgreen and in the back from lightgreen to crimson.



## ELEMENT FIRE

### CONTEXT: PASSIVE FIRE

#### 1. Physical correspondences:

Hip, lumbar spine, thighs, metabolic nutritional functions, liver/gallbladder, blood.

#### 2. Psychological:

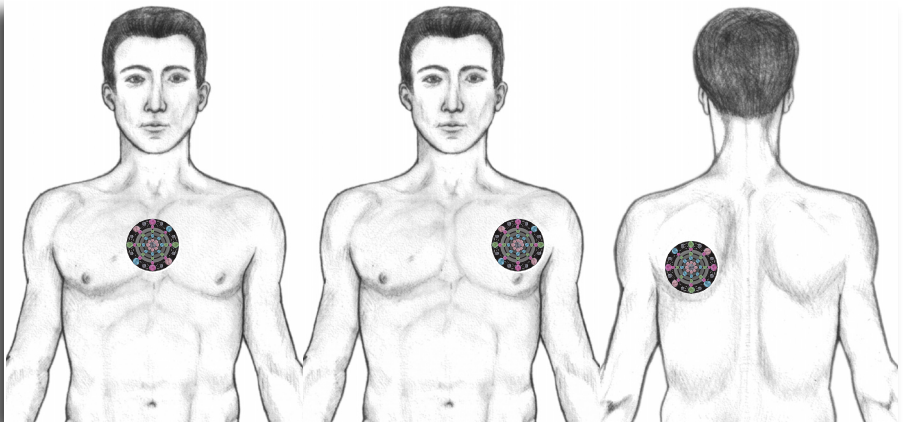
Horizon, faith, goal orientation, discernment, but also self-indulgence, grandiosity, indolence, gluttony.

We again start with the center of the element

1. In the middle of the sternum - crimson towards the top
2. On the left side and at the level of the axillary fold and on the intersection with the soul line (middle of the shoulder) - crimson towards the top
3. In the back exactly opposite the front at the level of the axillary fold and on the intersection with the soul line (middle of the shoulder) - light-green towards the top

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from crimson to lightgreen and in the back from lightgreen to crimson.



## ELEMENT EARTH

### CONTEXT: ACTIVE EARTH

#### 1. Physical correspondences:

Sense of smell, tonsils, neck/ shoulders, sense of taste, throat, larynx, glands, mouth.

#### 2. Psychological:

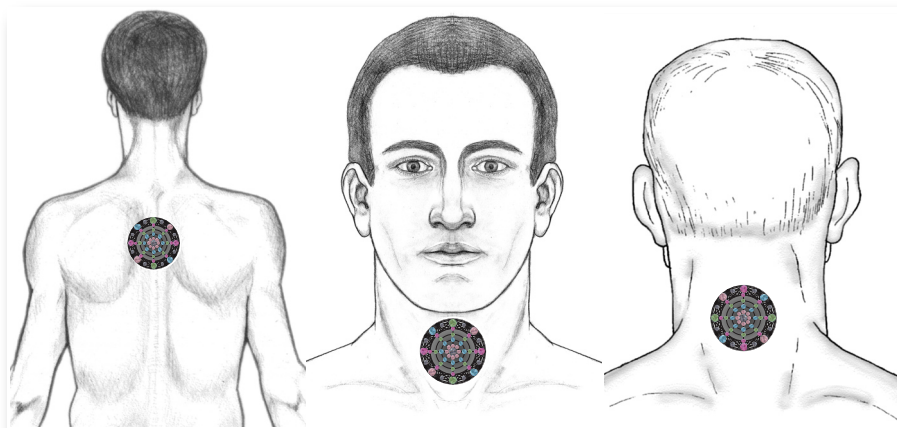
Sensuality, acquisitive, rootedness, boundaries, possessions, melancholy.

As it was with the fire element, each principle has three basic reflectors. We start with the center of the element

1. The midpoint is located on the spine at the level of the axillary folds - lightgreen towards the top
2. In the middle of the throat - lightgreen towards the top. This corresponds to the masculine principle.
3. In the middle of the neck - crimson towards the top. This corresponds to the principle of the maternal feminine.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from lightgreen to crimson and in the back from crimson to lightgreen.



## ELEMENT EARTH

### CONTEXT: NEUTRAL EARTH

#### 1. Physical correspondences:

Large intestine, small intestine, digestion in general, spleen, peritoneum.

#### 2. Psychological:

Cautious, analytical, critical, selective, extremely intellectual, and thus often extreme problems with emotions/ feelings. Non-specific fears.

The assigned indications, which emphasize the intestines and in that regard also the abdominal brain, lead me to also assign all emotional disturbances to this place.

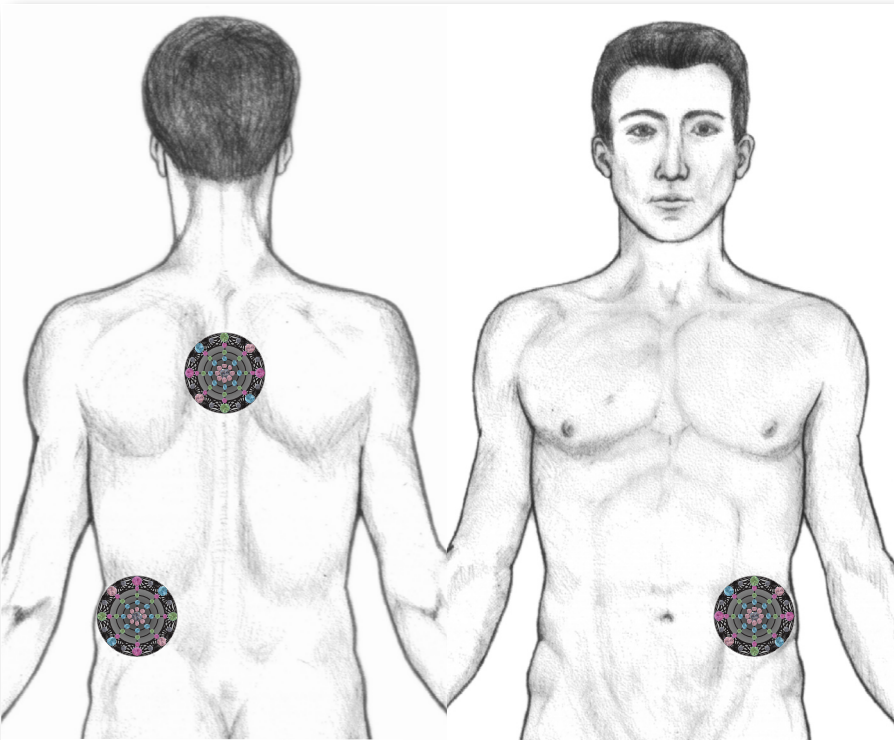
We start with the center of the element

1. The midpoint is located on the spine at the level of the axillary folds - lightgreen towards the top
2. On the left side at the level of the navel and on the intersection with the soul line (middle of the shoulder) - lightgreen towards the top.
3. In the back exactly opposite the front at the level of the navel and on the intersection with the soul line (middle of the shoulder) - crimson towards the top.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from lightgreen to crimson and in the back from crimson to lightgreen.





## ELEMENT EARTH

### CONTEXT: PASSIVE EARTH

#### 1. Physical correspondences:

Skeleton, knee, posture, musculoskeletal system in general, tibia, skin.

#### 2. Psychological:

Authoritarian, stubborn, contact inhibition, conscientiousness, endurance, reserved cautious, white blood cells.

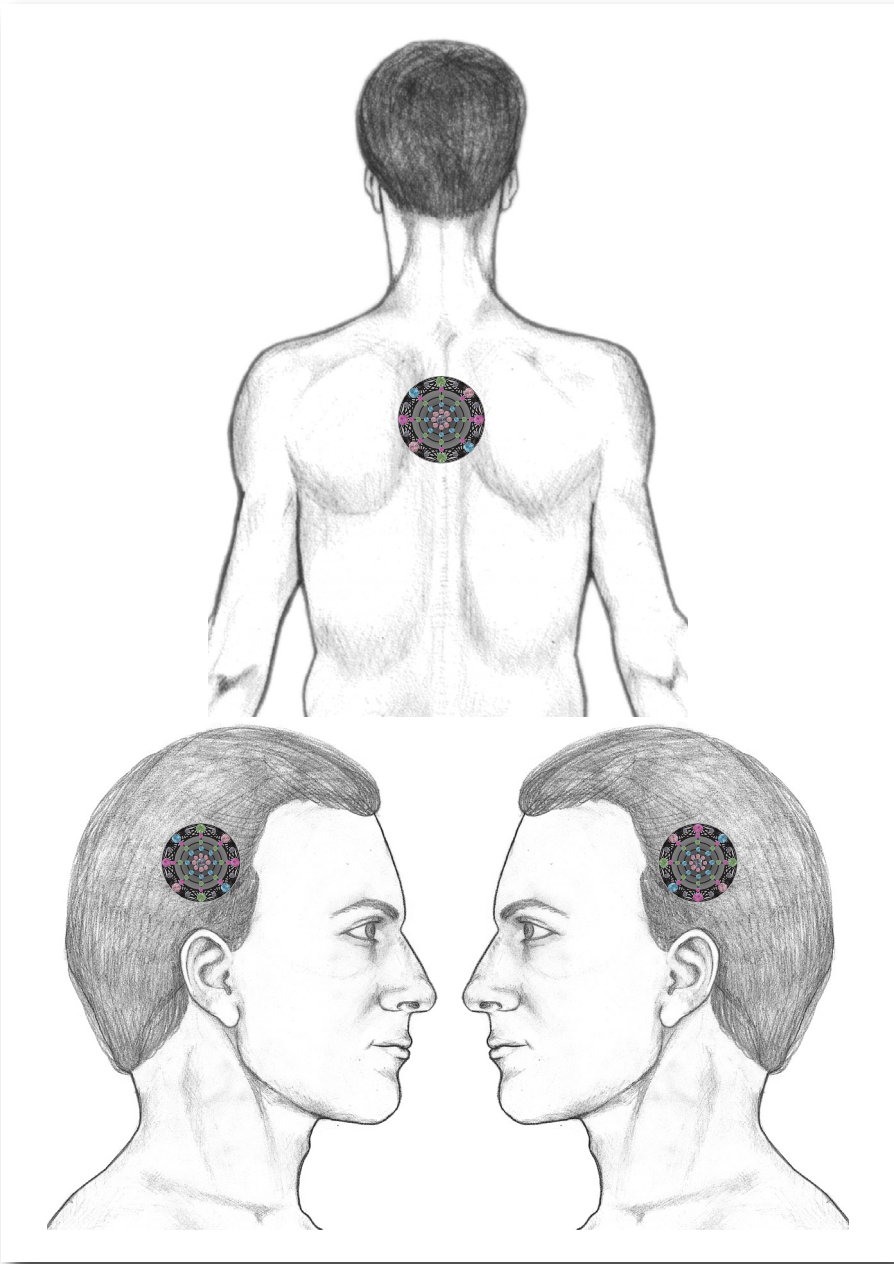
We start with the center of the element

1. The midpoint is located on the spine at the level of the axillary folds - lightgreen towards the top
2. On the right side of the head at the level of the center of the forehead (this zone corresponds to the earth) - lightgreen towards the top.
3. Opposite on the left side of the head at the level of the center of the forehead - crimson towards the top.

The duration of application is about 3 - 5 minutes for each zone.

During this third correspondence we have to pay particularly close attention to reactions. No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from lightgreen to crimson, on the right from lightgreen to crimson and on the left from crimson to lightgreen.





## ELEMENT AIR

### CONTEXT: ACTIVE AIR

#### 1. Physical correspondences:

Lungs, bronchi, in- and expiration, arms, hands, autonomic motor system.

#### 2. Psychological:

Grasping and comprehending, communicating, performing mediating, erratic, without fixed position, dependent, restless.

The air element signifies lightness in our life. But we also should keep in mind 'irresponsibility' in this context. We also have to consider the "overstimulated nervous system" in this first correspondence.

We start with the center of the element

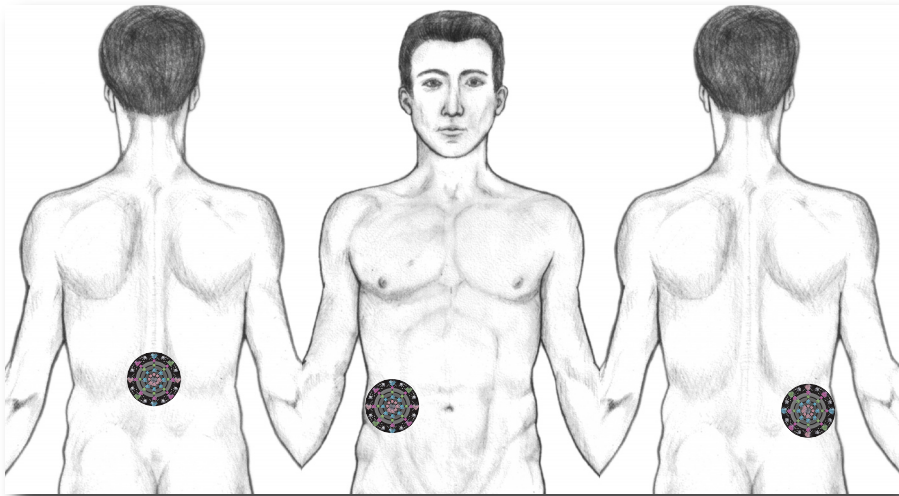
1. The midpoint is located on the spine at the level of the navel - turquoise towards the top
2. On the right side at the level of the navel and on the intersection with the soul line (middle of the shoulder) - turquoise towards the top.
3. In the back exactly opposite the front at the level of the navel and on the intersection with the soul line (middle of the shoulder) - rose towards the top.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from turquoise to rose and in the back from rose to turquoise.







## ELEMENT AIR

### CONTEXT: NEUTRAL AIR

#### 1. Physical correspondences:

Kidneys, urinary bladder, ureters, lumbar spine and its surroundings, acid-base metabolism, blood cleansing.

#### 2. Psychological:

Looking for love, give and take, often particularly self-centered, sensitive reaction to physical-emotional imbalances, longing for balance and emotional harmony.

The second correspondence of the air element primarily addresses imbalances in the principle of kidney/ urinary bladder. In the largest sense that includes the “narrowness in the individual”, which we call anxiety or fear. Not in the sense of an anxiety syndrome, which we encounter more and more in our clinic nowadays, but in the sense of lost freedom due most often to an oppression on the outside.

We start with the center of the element

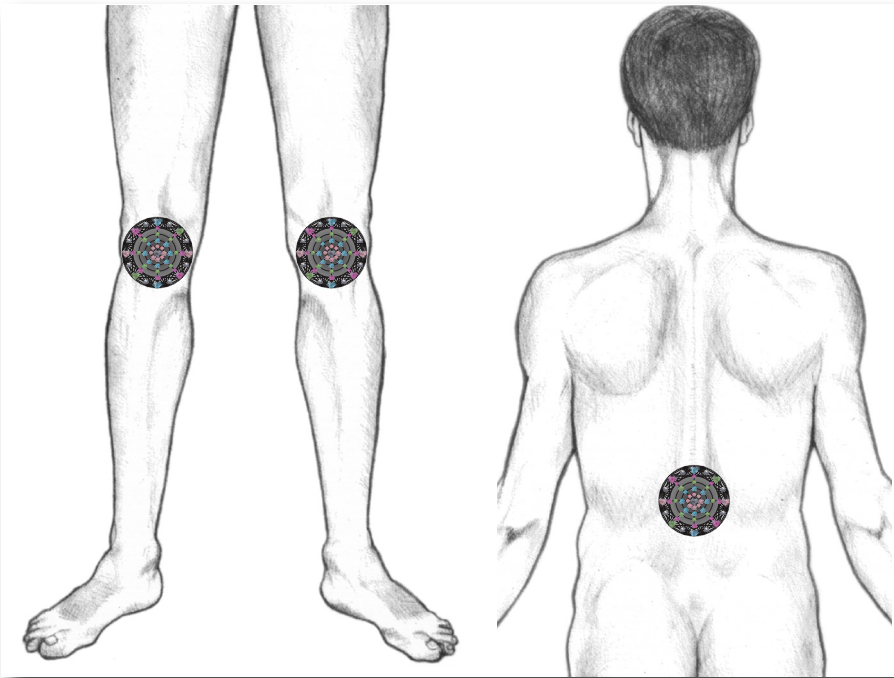
1. The midpoint is located on the spine at the level of the navel - turquoise towards the top
2. On the left patella - turquoise towards the top.
3. On the right patella - turquoise towards the top.

Please note: Contrary to other applications all three positions carry the elemental color of turquoise.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in this case from turquoise to rose.





## ELEMENT AIR

### CONTEXT: PASSIVE AIR

#### 1. Physical correspondences:

Calves (symbol > existence), tibia, fibula, ankle joint, ankles, heel.

#### 2. Psychological:

Idealism, agility, humanism, intemperance, unreliability, volatility.

The third correspondence of the air element relates to the dissolution of the “old - no longer feasible”, in order to let something “new” come forward. Symbolically this process is assigned to the Greek God “Uranus”, which implements among many other qualities mental fertility and the creative will. We have known for quite a while that this principle is located on the left side of the head, analogous to the third correspondence of the earth element.

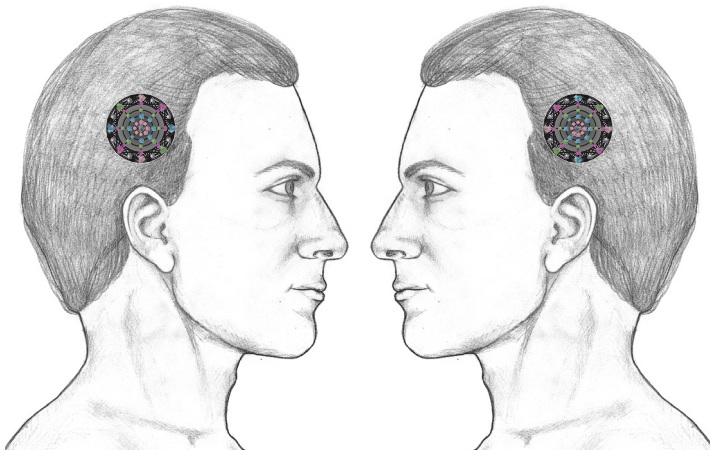
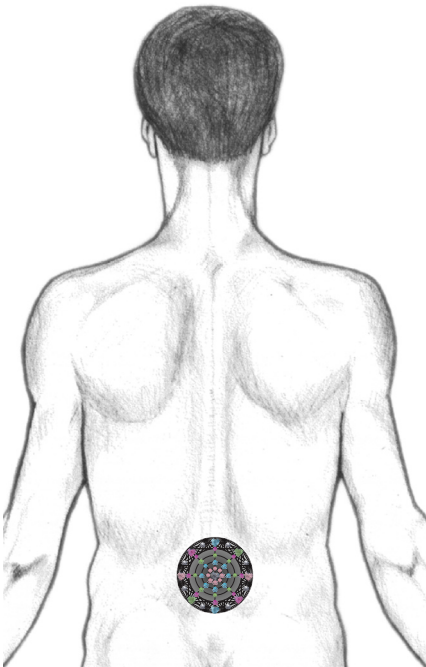
We start with the center of the element

1. The midpoint is located on the spine at the level of the navel - turquoise towards the top
2. On the left side of the head at the level of the center of the forehead (this zone corresponds to the air) - turquoise towards the top.
3. Opposite on the right side of the head at the level of the center of the forehead - rose towards the top.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the back from turquoise to rose, on the left from turquoise to rose and on the right from rose to turquoise.





## ELEMENT WATER

### CONTEXT: ACTIVE WATER

#### 1. Physical correspondences:

Limbic system, pituitary-hypothalamus, mammillary glands, the female breast in general, stomach and duodenum, blood serum, lymph fluid, cerebellum, all mucous membranes.

#### 2. Psychological:

Romanticism, empathy, compassion, security, receptivity and sensitivity, compulsiveness, lack of will, quarrelsome, faultfinding.

As far as the disc of the elements is concerned, we are dealing with the blockage of past experiences and feelings. Especially in this first correspondence we encounter the “reactive” that in the life of this individual is always related to “what has been” This first correspondence of the water element has a special effect on the psychological/ emotional level as well as on the entire body. The aggressive rhythms that are stressful for the person’s life are calmed down and become regulated over time. I am seeing a strong relationship to all auto-aggressive complaints and stress that is out of control

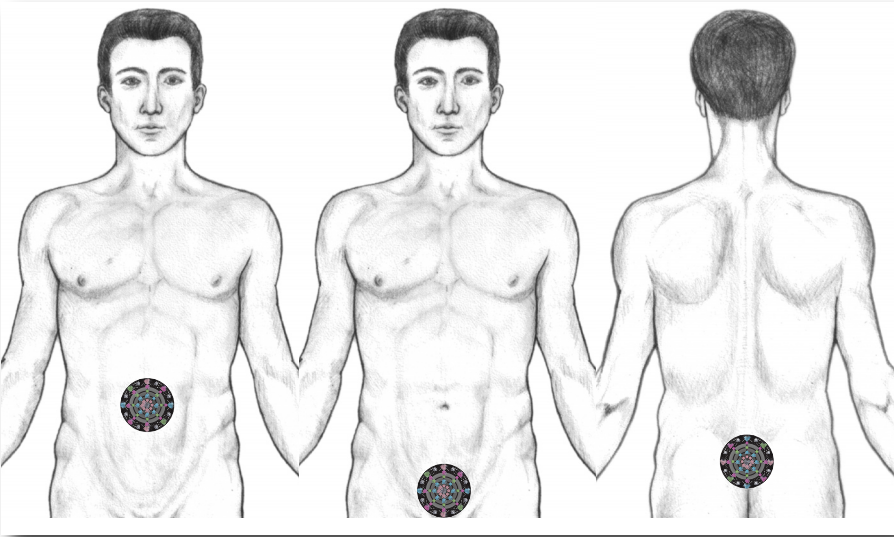
We start with the center of the element

1. The midpoint of the disc is positioned in the middle of the navel - rose towards the top
2. The midpoint is located 3 FW from the center of the pubic bone towards the head - rose towards the top.
3. In the back in the middle of the sacrum, exactly opposite the front - turquoise towards the top.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from rose to turquoise and in the back from turquoise to rose.





## ELEMENT WATER

### CONTEXT: NEUTRAL WATER

#### 1. Physical correspondences:

Organs of elimination, urinary bladder, rectum, anus, genital organs, penis/vagina, uterus, the genitals and sexual organs in their entirety.

#### 2. Psychological:

The subconscious creative and spiritual, surrender, loss, death, related fears, the subconscious.

The second correspondence of the water element primarily deals with the symbolism of “what we carry in life, what gets put upon us and mostly what we can handle”. Over and over again we notice that this principle is involved in a causal manner in so many diseases. In the clinic we talk about “attachments”, which relate to the “inner and outer” equally. This second correspondence relates to the level of the body, especially to the pelvic organs. I have observed numerous times that the pelvic organs relate to the “territory” or the human individuality.

We start with the center of the element

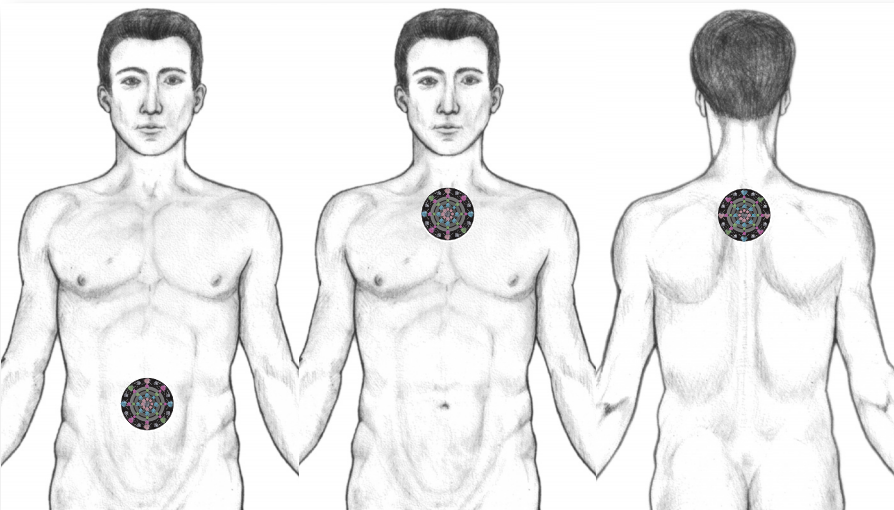
1. The midpoint of the disc is located in the middle of the navel - rose towards the top
2. The midpoint is found 3 FW from the edge of the sternum towards the bottom - rose towards the top.
3. Palpate the cervical spine downwards until you reach the seventh cervical vertebra. It protrudes and therefore can be found easily. From there the midpoint is 3 FW further down - turquoise towards the top.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction, we have to change the vertical crystal orientation to the complementary color. That means in the front from rose to turquoise and in the back from turquoise to rose.







## ELEMENT WATER

### CONTEXT: PASSIVE WATER

#### 1. Physical correspondences:

Pineal, solarplexus, feet and toe joints, subconscious.

#### 2. Psychological:

Spirituality, mysticism, individualization, intuition, musical tendencies, paranormal abilities.

When the reactions during the testing of the elements corroborate, the third correspondence of the water element deserves priority, because of its relationship to the pineal gland and the opposing area of the feet. It signifies the connection of “heaven and earth” and whether a person has “solid ground beneath his feet”. In particular when the test of the four elements reveals anxiety and restlessness, the third correspondence of the water element becomes a good first step. This also applies when the tested person starts to suddenly cry without discernible reason. That means the connection between the top (information) and the bottom (reaction to the information) is not flowing, and we can assist the individual by utilizing the third correspondence of the water.

We start with the center of the element

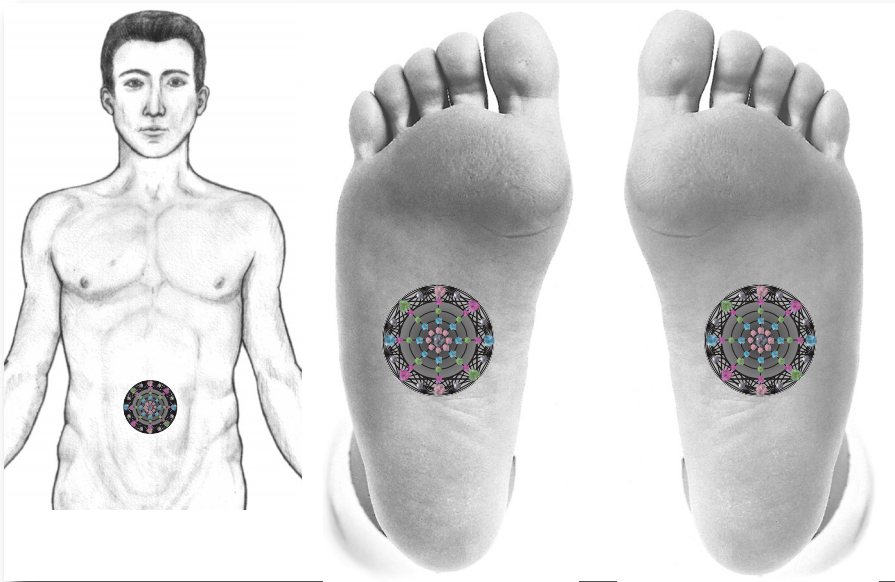
1. The midpoint of the disc is placed on the middle of the navel - rose towards the top
2. In the middle of the sole of the foot - rose towards the top.
3. In the middle of the sole of the foot - rose towards the top.

Please note: Contrary to other applications all three positions are aligned with the element color Rose.

The duration of application is about 3 - 5 minutes for each zone.

No matter in which position the patient shows a negative reaction (happens quite commonly), we have to change the vertical crystal orientation to the complementary color. That means in this case from rose to turquoise.





That completes the first description of the use of the disc of the elements. I have only discussed some basic zones, of course there are many more positions that could be of relevance for treatment. These, however, are reserved for trained therapists and I shall talk about them in future seminars.

For the lay person the disc is an option for preventive treatment, because everything a human being encounters in his life derives from the principle of the four elements.



