PETER MANDEL

THE ESOGETIC CRYSTAL DISCS

ESOGETICS
heilkraft der farben

This brochure was prepared with the greatest possible diligence to provide accurate information.

Many of our therapeutic protocols and their effects are exclusively based on the empirical knowledge of naturopathic medicine. Medical diagnosis and treatment progression, in particular the methods of treatment and their effects, are extremely individual and variable. Hence the success of a treatment cannot be foreseen or guaranteed. Thus we are taking the precaution to point out that we are using the conditional tense in the presentation of our content to underline that point. The word “can” therefore hints at a mere possibility, in the sense of an assumption or conjecture, yet its existence is uncertain and can be paraphrased by the words “perhaps” or “potentially”. On that score we advise you to not take these terms as a promise of cure, as far as a possible treatment success or the appropriateness of a therapy are concerned.

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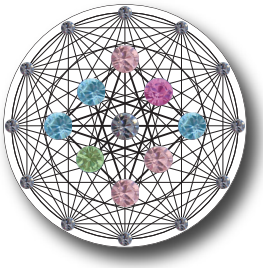
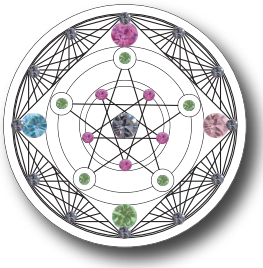
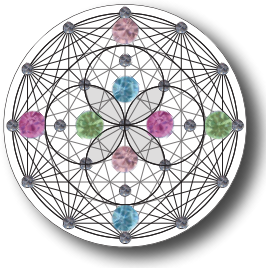
The Esogetic Crystal Discs

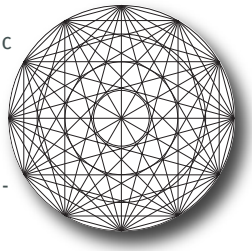






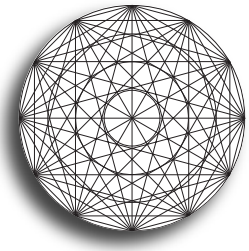
After the Dream Disc (Light) and the Heart Disc (Love) I now have developed the Earth Disc (Life).

I could not imagine the treatment of sick people without Love - Light - Life, the three big "L", and the same goes for the discs of Esogetic medicine that have been designed according to those principles. The discs carry the detailed information of the Earth hologram, which has been imprinted on all the healing discs that we have developed. The next illustration shows it very clearly.

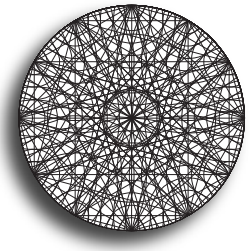


For me this hologram is the departure point for any therapeutic considerations. It looks like a coarse mesh, yet the indwelling information is of tremendous therapeutic value. When I call this the "Earth hologram", I am referring to all the information that is crucial for an individual's life. I am also aware that the densification of the recognizable lines makes additional supraordinate information possible.

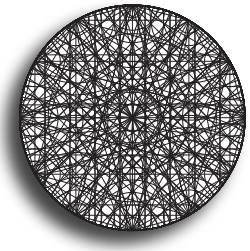
I have been able to develop five holograms in the last few years, three of which have special meaning to me. Here are their pictures.



The Hologram of the Body

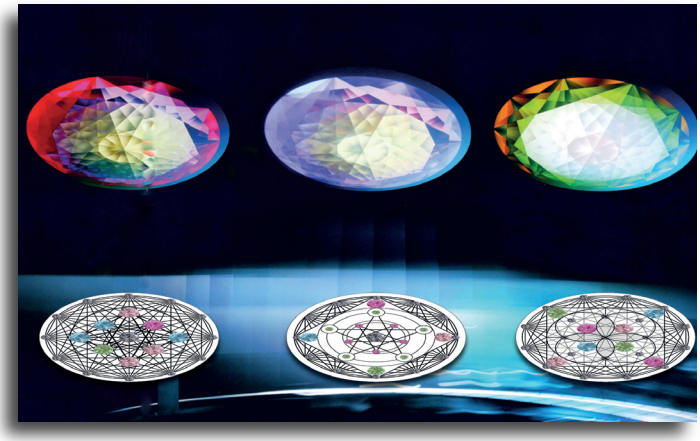


The Hologram of the Soul



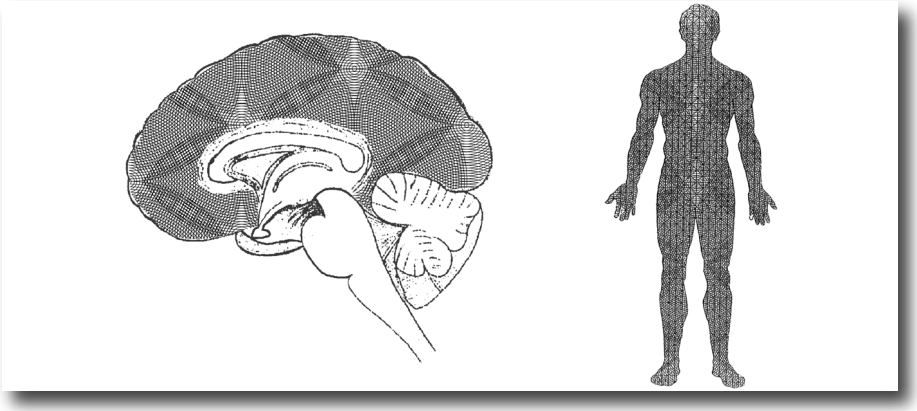
The Hologram of the Spirit

It has been possible to implement the physical hologram in therapeutic uses. Given that the crystal activators (ground and cut according to the earth hologram) have an amazing effect on sick people, I came to the conclusion that detailed information could be deducted from the “whole”. The next picture will clarify this point.



The three large crystal activators thus relate to the overall information of the human being. Therefore it was simply logical for me that within the complete information very specific details had to be available. That produced the three therapeutic discs Love = information (Heart Disc), Light = energy (Dream Disc) and Life = body (Earth Disc). For

many years I have tried to figure out a way to introduce this particular information through the hologram on the skin into the living organism. My premise was that the outer envelope of our physicality, the skin, constitutes a matrix, which is also a hologram. The next illustration might make that a bit more evident.



Brain and body - and especially the skin - carry an individual hologram, which most likely is unique in this world, as unique as the individual in question himself. This hologram ressembles a matrix, where all possibilities of life are listed (brain) and where acting contrary to one's own individual program is mirrored on a person's skin. In my mind that leads to a lock-down of information patterns, leading to disease and pain.

Looking at the insights of the new biology, we remember that the central dogma of the old biology was that our genes determine life. Today we know that that is a rather severe misconception. We now know that genes cannot switch themselves on or off. Their activity is triggered through their environment. That means it is the cooperation of the 50 trillion cells of the human body that makes us into living beings. The communication of this gigantic union of ameboid individual organisms requires the presence of a similarly gigantic mutual information strategy. Prof. Lipton postulates that the human being is the result of a "collective ameba consciousness". Thus the "cellular consciousness" that I am speaking of is not fiction, but on the cellular level and within our span of life it stands as an equal to the consciousness of spirit and soul. We are talking about the "whole" and mean spirit, soul and body, which during our lifetime are "one". Now we might want to ask how this "whole" has come into being and how the aspects of spirit and soul have built the "body house", so that as "one" they can all live in it.

At this point it is valuable to include the still young fringe science of "noetics", which is attempting to connect the results of modern quantum physics with those of consciousness research.

Translated noetics means “to see or perceive mentally/spiritually”.

The spirit-consciousness principle is not of this world, its home needs to be searched for in the higher dimensional realms.

Noetic scientists state that all the experiments, which they have conducted, point to the conclusion that “consciousness” is a substance, which is located beyond our body boundary – an information/energy – which creates matter and can also “modify” it. That has been my therapeutical premise for quite a few years and I am deeply convinced that we humans have the option to reach this supraordinate principle through defined reflexes in the envelope of our body, the skin.

Quantum physicists and noetic scientists are talking about a “zero point field”, which in their estimation is the place of that force, which is creating and has been creating everything. The basic assumption is that “everything is linked to everything else”.The quantum physicists call this “zero point field” the power in subatomic matter. Like a net this power permeates the universe and has often been called the “absolute void”. Today we know that this “void” (vacuum) is filled to the brim with energy. Scientific research assumes that this universal energy can also be put to good use.

We hold the conviction that the “zero point field” is the absolute field, where we rediscover the terms spirit and soul, and where matter in all its facets is being created. The question remains open, who has instigated this “zero point field”. We are talking about dimensions, hyperspace, where everything exists at the same time.

Therefore we have to look for who we really are in the higher realms of being.

I would like to give you a modified summary about our understanding of consciousness:

1. Consciousness has not been created in this dimension and not by our materially ephemeral body. Most likely it is the product of higher dimensions and has emerged from the “zero point field”. How that catalyzes the creation process and how everything has been created we do not know. We might have to assume that there is a higher instance past the “zero point field”.

2. The consciousness of the higher spheres is contained in us for our entire lifetime. According to Prof. McFadden it penetrates our brain and switches it on.

3. There is a continuous connection to the higher dimensions, the “zero point field” and also hyperspace. From there information flows, which we experience as inspiration or intution.

4. The same applies in reverse. Through a “white hole” in our brain the experiences and information that we have gathered are uploaded into the “zero point field” and are stored there (like an oversized “Akashic record”). The question is coming up now, whether the experiences that our consciousness is making are even stored in our brain. Many noetic scientists assume that we have a direct link to the “zero point field” and that that is what even makes thinking possible in the first place; all of that, however, through the filter of our stored memories and conditionings.

5. Energy cannot be destroyed and in the same way all possibly imaginable information cannot be dissolved, but is registered and stored for all eternity. Noetics assumes that everything is stored and present “in the field”.

6. Prof. Sir John Eccles, holder of the medical Nobel prize, stated at the World Congress of Philosophy: “Consciousness can ultimately not be traced back to any organic substances or functions in any form. Spirit/mind meets the brain and its neuronal mechanisms as a completely autonomic entity. Thus consciousness exerts a supraordinate, integrating and controlling function on all neuronal processes.”

7. That which distinguishes living beings from inanimate ones is of an immaterial nature. It is something that has the ability to establish a connection with matter, in order to organize it. This immaterial something is immortal and it does not matter, whether we call it spirit, mind, soul, psyche or consciousness.

8. Most likely the brain hologram as postulated by Prof. Pribram plays a particular role in making the encounter of consciousness and matter possible. Moreover this seems to also be the case in all the cells of our body. We then call it cellular consciousness.

9. The complete consciousness is reflected on our skin. The sentence of Hermes Trismegistos “as above, so below” applies. This sentence could be expanded by noetic insights to “as inside, so outside”.

In my opinion all of this is relevant, as far as the therapeutic media that we are applying on the skin are concerned, and the information of the three therapy discs is part of that:

Love (Heart Disc)
Light (Dream Disc) and
Life (Earth Disc)

After this introduction I now want to discuss the three discs in more detail and show the basic postions on the skin.

The Love Disc
(Disc of the Heart)

Symbolically the human heart is connected to feelings and emotions. Heartfelt warmth, kindheartedness, devotion straight from the heart and ultimately the love, which is also deeply anchored in our hearts.

The word “love” does carry a lot of different facets in the linguistic usage of the nations. A difference is made between human love and the absolute, unconditional love, which only befits the creator God. When we talk about the “absolute - unconditional love”, we basically do not know anymore as humans what that signifies. We only know the love “in the captivity of this dimension”, which is characterized by polarity. Polarity always has two sides, and thus we are talking about the love towards the other, towards the parents, siblings, children and partners. We mention sexual love, love of values and things and eventually brotherly love. All these concepts relate to mutuality. Whenever we love “something” or “someone”, as humans we expect reciprocity, a feeling, which is in resonance with our feeling.

Absolute love is the essence of the “creator of it all” and we comprehend it as divine information, which has created dimensions, spaces and worlds carried by the light. Here we encounter the highest vibrational and most powerful force of the universe. This love does not know any doubt or most of all no fear, which is located on the dark side of our being. The power of divine love can never be abused, because this love is undivided and does not judge, it does expect anything and makes no demands.

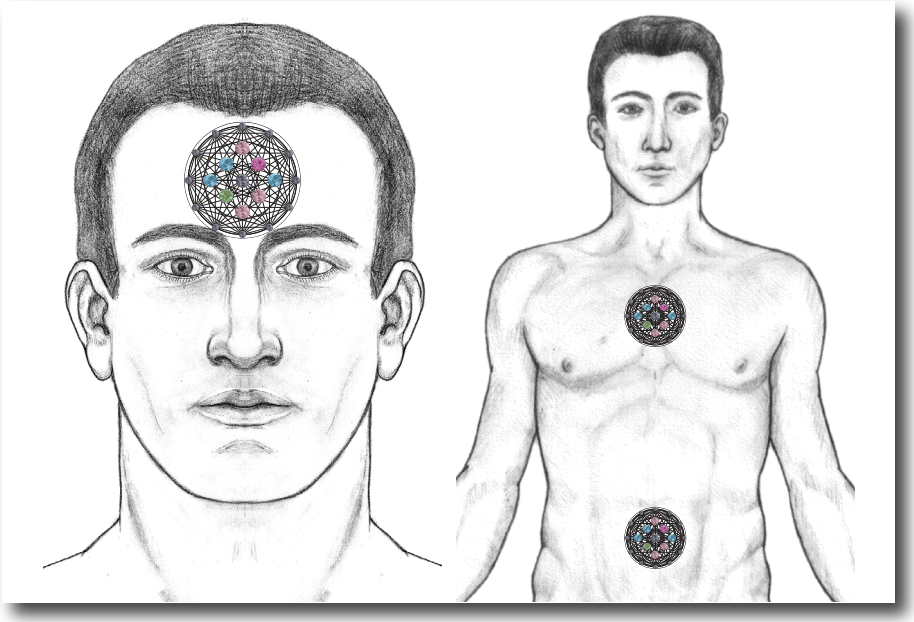
After the development of the “dream disc”, which shows an extraordinary effectiveness and resulting success, I managed to create the “disc of the heart” (and of love) through intuition and specific calculations. I also call it the “disc of information”. I have been able to observe the effectiveness in many people for quite a while. Primarily this disc touches the “depth of our being”, where all the unfinished things and most of all the conflicts of our lives are situated. The application of the “disc of the heart” at defined skin zones allows us to touch the “light and thus the love” in our cells. A “vibrational resonance” occurs and we are meeting the infinite love of the creator in us.

Application of the Love Disc

When positioning the disc it is important to pay attention, so that in all positions the crimson crystal is on the upper left and the stones are towards the outside. The application time is 10 minutes for single zones and 5 minutes for each zone in combinations.

The Painclock

First of all I want to show you one basic zone in order to employ the love disc for our well-being. All three discs share the same initial position. It is located in the middle of the forehead. That is where I have found a reflex zone many years ago that I labelled the “painclock” and which is available now for many systems of therapy. Nowadays we understand that the middle of the forehead has a particular affinity to the term “spirit/mind-consciousness”. When applying the love disc I have noticed that the effect strongly touches the subconscious of the individual. Reactions like inner calm and peace, but also the opposite, are quite common. I believe that the love disc is able to harmonize the the three levels of an individual - spirit, soul and body. The positioning of the disc on the human forehead can be combined with the zone in the middle of the sternum and the zone at the navel.



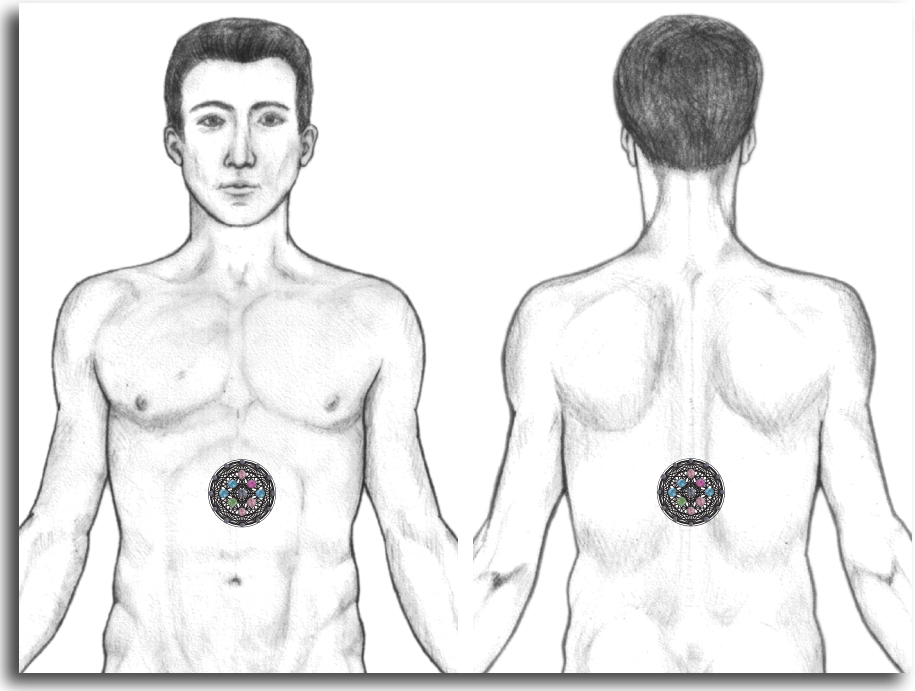
Position and sequence:

1. Zone at the navel
2. Zone in the middle of the sternum
3. Painclock - middle of the forehead
   Application 5 minutes for each zone

All reactions, sensations and feelings that are perceived should be noted and possibly written down. Strong psychological reactions like sudden tears or a sense of hopelessness can also show up during a treatment. In that case the application sequence should be interrupted. Immediately afterwards the stressful perceptions resolve and usually give space to a comfortable feeling. On the next day the same sequence is used again. Usually there are no more unpleasant reaction.

Resolution of Stress and Tension

In all therapy resistant patients the centerpoint is a zone in the upper abdomen; the center of the love disc is located three fingerwidths below the tip of the sternum. This is the solarplexus area. In a supraordinate sense all diseases start here whenever stress and tension or stagnation cannot be dissipated anymore.The love disc, when applied to this position, is able to gently coax such stress tensions into movement and thus open pathways of information, which afterwards can be used for therapeutic measures.



Location:
The zone in the front (solarplexus) is found 3 fingerwidths below the tip of the sternum. The zone in the back is found exactly opposite the anterior zone.

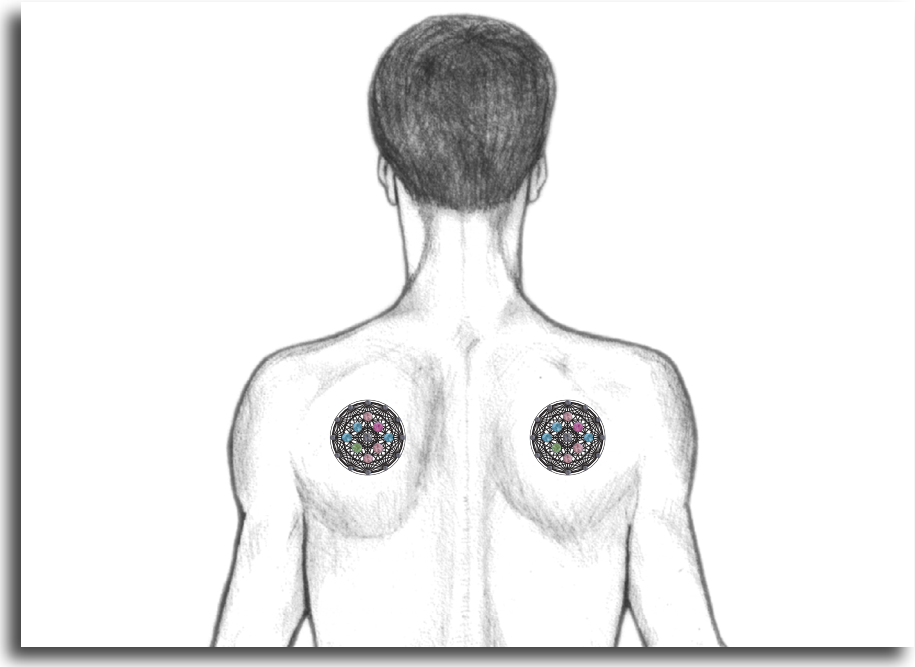
Application 5 minutes per zone. (It is important to place the crimson crystal of the disc in the front at the upper left and in the back at the upper right).

These zones can also be combined with the painclock (see earlier). In that case the sequence is

1. Painclock - middle of the forehead
2. Zone in the front
3. Zone in the back

Liberation from Internal Struggles

When a person cannot unfold, is placed under continuous pressure and feels ‘stuck’, this combination can be applied. We have also been observing that complaints of the abdomen, the head and pain of the cervical and thoracic spine can be influenced in a beneficial way. There may be reactions. In that case the disc is removed from the position and the sequence continues.



Location:
The zones on the left and right are located in the middle of the shoulderblade

Application 5 minutes per zone. (It is important to place the crimson crystal of the disc in the front at the upper left and in the back at the upper right).

These zones can also be combined with the painclock (see earlier). In that case the sequence is

1. Painclock - middle of the forehead
2. Zone on the left
3. Zone on the right

The Combination Top of the Skull - Solarplexus

Another possibility to use the “love disc” on oneself is the combination “Top of the Skull - Solarplexus”

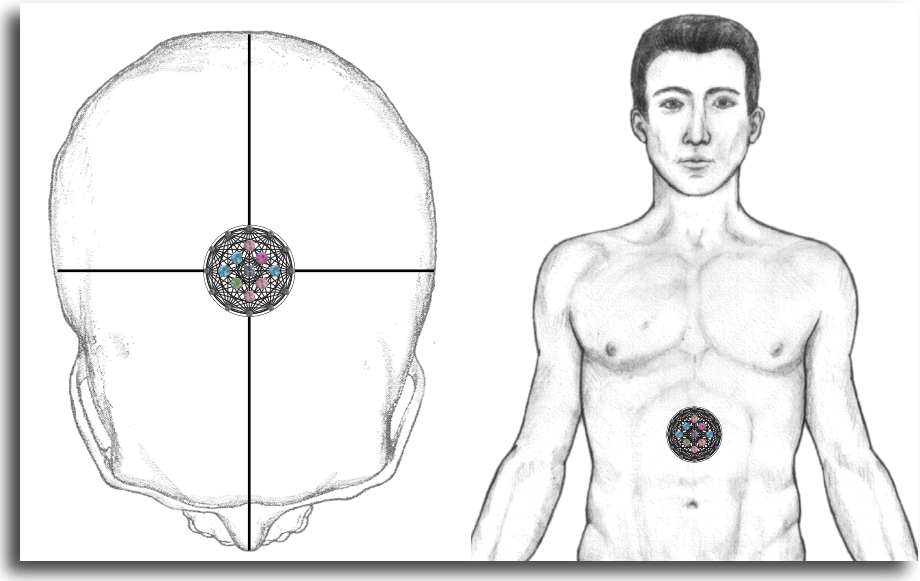
Top of the Skull:
Ancient lore has it that the center of the top of the human skull is always an antenna or a gateway to higher dimensions. The belief was that the “divine” was connecting itself with the individual through this antenna.

Solarplexus:
The core of the individual rules this position. “That which I am or I am not” is mirrored in this area. The divine above and the human in the middle. It has also been talked about as the “Christ consciousness”, when describing this level of the body. Symbolically this is expressed in Jesus’ sentence, when he told his disciples;

The father and I are one.

My medicine has been utilizing these ancient concepts in different applications, when treating sick people. That also applies to the “love disc”.

The application of the disc is always indicated in combination with the position on the top of the skull, when a person cannot find their own way and when that generates permanent stress. It is also excellent for insomnia, when relaxation at night is difficult or impossible.



Location:
The first zone is found exactly in the middle of the top of the skull. The rose crystal points towards the back.

The solarplexus zone is located 3 fingerwidths below the tip of the sternum.

Application 5 minutes per zone. (It is important to place the crimson crystal of the disc in the front at the upper left and in the back at the upper right).

If there is a negative reaction, we remove the disc. Occasionally this can happen and it shows that the “connection to the above” is frozen. In that case we transition directly from the top of the skull to the second position below the tip of the sternum.

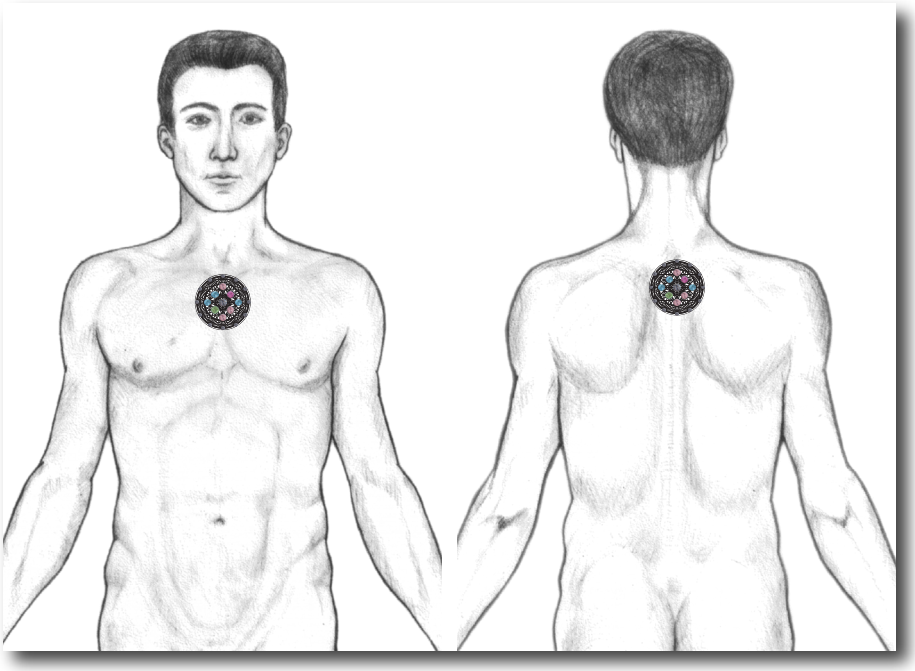
Zone of Memory and Attachment

Another position in the hologram of the skin that I have selected is the zone below the edge of the sternum and on the back the position located three fingerwidths below the seventh cervical.

In the front this zone is connected to the Tree of Life and represents the position of “knowledge” (Daath). Daath is hidden, not visible like its ruler the classical planet

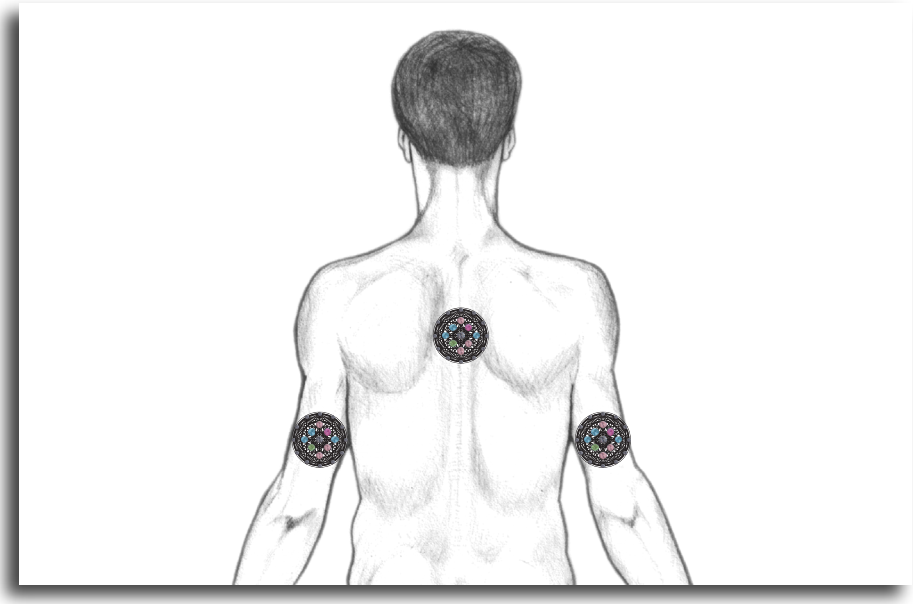
Hades/Pluto. In my opinion any knowledge is recorded in our subconscious (the implicit order according to Prof. Bohm, not to be confused with the term subconscious mind). Depending on the tasks that we have to face in this life, the soul will force us to follow this program, even though considering our external conditioning we are not really able to do it.

I have named the zone in the front the zone of memory and the one in the back the zone of attachment. Symbolically they signify a cross for me (transverse beam), which keeps getting increasingly heavier in our life, because the stress from the outside is not recognized or processed.



Location:
The zone in the front is located three fingerwidths below the beginning of the sternum.
The zone in the back is located three fingerwidths below the seventh cervical.
Application 5 minutes each.

Opening of the Inner Being



Several years ago I have described the zone of the posterior arm area and from the elbow towards the top as the “mental zone”. I was able to recognize a connection with the chest-lung area and also the heart. Further indications taken from acupuncture comprise effects on the neck and the lymph drainage areas. I also observe beneficial effects on the entire brain, especially if there are spasms.
I am adding the point on the thoracic spine (Saturn point) in this combination, because “the cross that we all carry” is particularly heavy in this space. All destructive strains of body and soul originate here.

Location:
The application starts at the thoracic spine. The central point is determined by connecting the two axillary folds in the aligned body.

The zones at the posterior upper arm are directly above the bent elbows. We are starting on the left and then move to the right.

Application time 5 minutes each.

The Disc of Light
(Dream Disc)

The initial spark happened, when I began to look into the symbol and the confusing interpretations of the pentagram. As I had been busying myself for quite a while with the meaning of ancient traditional structures, belief systems and philosophies, I inevitably ran into this sign, which is so tainted by crazy and superstitious notions.

The sign of the pentagram is immemorial. It can be found in Mesopotamia as well as in the realms of ancient Egypt, the Celts, the Kabbalah, the Freemasons and even in the Christian church, like for instance the preeminent Westminster Abbey in London. When we are seeing five pointed stars at Christmas time, then that is not so much owed to our blood alcohol level but to our sympathy and fascination with the perfect shape of the "celestial sign".

And we do encounter it everywhere... Only have a look at an apple core or a passion fruit. Here the shape of the pentagram is clearly discernible. Five chambers that live on and carry new shoots and fertility in them. Quite in agreement with the intention of the virgin goddess Kore, who is resting in the heart of the earth mother Gaia or Demeter. In general it seems that nature cannot get enough of this "fiveness" and the five elements. And that is happening for a good reason: The world originated from and consists of these five elements.

Without doubt the pentagram is a powerful symbol, which does not only evoke associations, but also represents the principles of creation. Since time immemorial we are differentiating the female and the male principle. In the pentagram that is depicted with the tip towards the top (male) or towards the bottom (female). Like everything in nature the elements are also designed in a polarity, with either increased female-subconscious or male-conscious aspects. Symbolically our life moves within the confines of these two polarities. The "pillars of Solomon" symbolize them through light/love/joy on one side and darkness/coldness/fear on the other. In between love is pulsating - our life.

Due to these thoughts I developed the dream disc (disc of light), which I have of course modified over the years here and there.

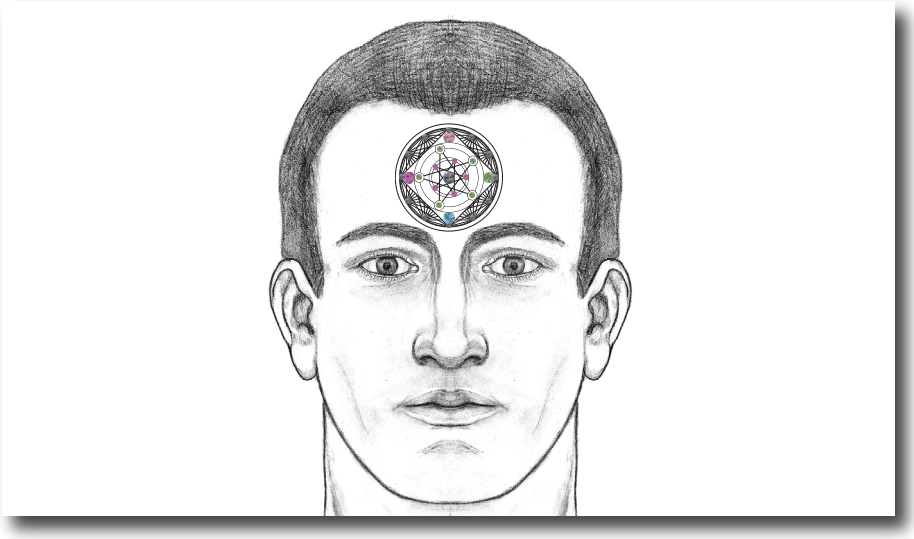
Application of the disc of light

When applying the disc it needs to be noted that in all positions the rose crystal is pointing exactly towards the top.

The application time in single zones is 10 minutes, in combinations 5 minutes in each position.

The Painclock

As it was the case with the disc of the heart, the so-called pain clock of the forehead plays a crucial role again. Therefore the next step was a logical conclusion: I integrated the assignments of the planetary symbols into the shape of the double pentagram and positioned it on the forehead. The result was simply astounding: All test persons declared that they became quite sleepy a short time after the application, and that they were sensing an unusual inner calm. The surprising part was that the readiness to sleep and especially the rememberable dream activity were increasing during the sleep -dream rhythms in the night. All these were definite signs that the sleep rhythm was being balanced, which is so important for the regeneration of the body and nervous system. That is indispensable for recovery and health as well as the remembrance of the messages of our soul. Only when the three beings that we are comprised of are in agreement, can we become one in ourselves.



Location:
Centered in the middle of the forehead
Application 10 minutes

In the evening immediately before sleep the disc is placed on the forehead; the rose crystal is positioned directly at the hairline. After a few minutes sleepiness sets in and the mental turmoil calms down, an essential prerequisite for falling asleep. Many patients report that the nightly dream activity is increased as well.

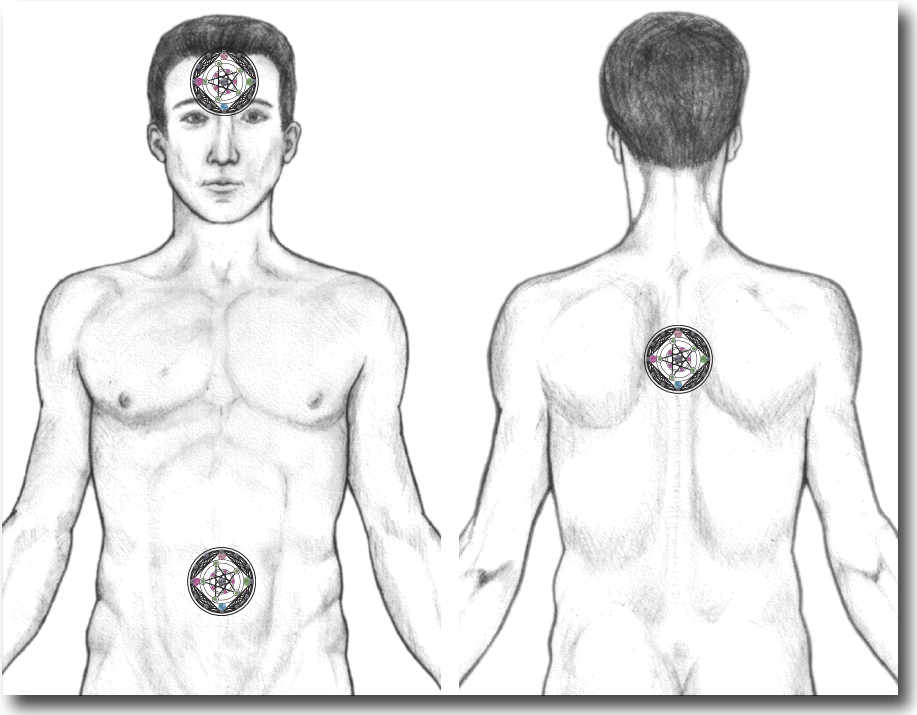
Combination Navel - Saturn - Forehead

For me at present a vital application position is directly at the navel and on the thoracic spine.

I see the navel as the center of all feelings. The application of the disc gently touches an individual's deep emotional strains and usually resolves them.

The zone on the thoracic spine stands in opposition to it and symbolizes all destructive strains, which so often are the result of the deep feeling and emotional stresses. Here the disc of light has an opening and regulating effect. We can also notice a positive action in the chest-lung area, including the heart. This can possibly be seen in connection to the term "being or becoming free".

The application of the Esogetic painclock calms the thoughts of the brain and generates a pleasant feeling.



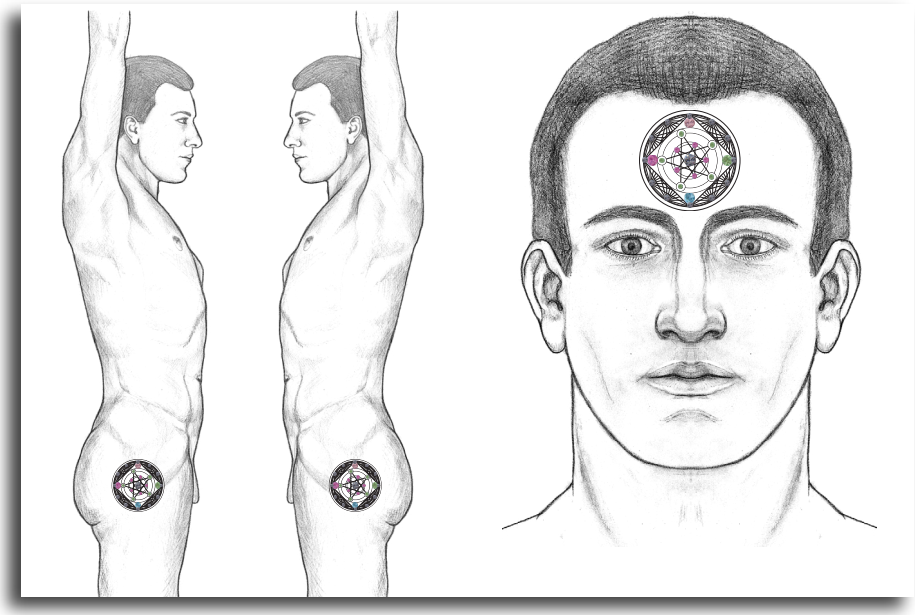
Location and sequence:

1. Zone in the middle of the forehead
2. Zone in the middle of the spine at the level of the axillary folds
3. Zone at the navel

Application 5 minutes per zone

The Activation of One's Own Individuality

The human being is unique and thus individual. That implies that we are all bringing a program with us into this life, an exposé, which allows us to write our personal "book of life". When we apply the dream disc, we are treating the zones depicted in the illustration. We have developed the ability to become erect and evolve from the animals due to our hip joints. I realized many years ago that the center of the "personal program" is located at the place where the hip bones can be palpated. The application of the dream disc generates dreams at night that show a connection to the deep individual core. This place grants access to the individual and personal information base for the entire life. Forgotten conflicts that are obstacles on a person's life-path may be revealed here, when combining it with the human forehead.



Location and sequence:

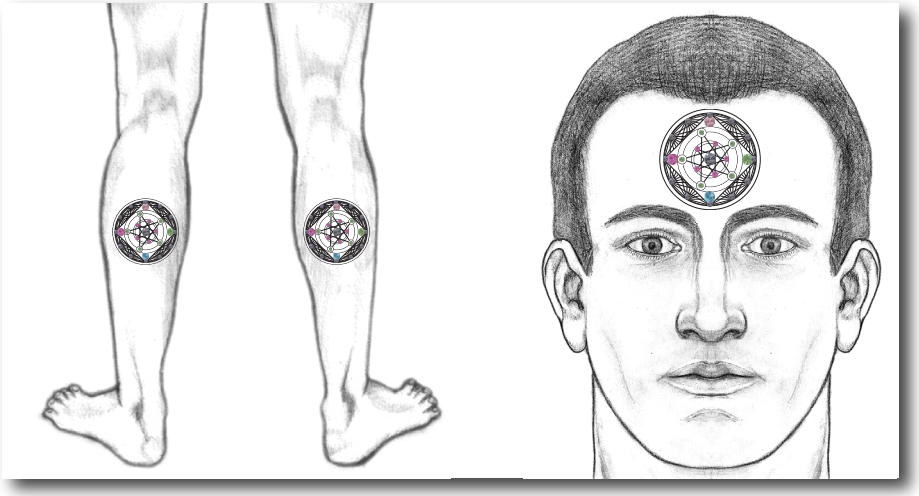
1. Zone at the left hip joint (trochanter)
2. Zone at the right hip joint (trochanter)
3. Painclock - middle of the forehead

Application 5 minutes per zone (on the forehead a longer application time is possible)

Existence

From the previously said the term “existence” or the moment that we name in that way ensues. That relates to our waking consciousness as well as to our subconscious life. Existence is the expression of what we ultimately are and in which state we are living or have to live. Strains and conflicts, which are collecting in our lives, will threaten this existence at some point in time. Therefore it makes sense to take care early on that this development does not occur or at least slows down.

Many years ago I was lucky to find zones, which are in direct connection to our existence. As you can see in the illustration they are positioned in the middle of the calf on the right and left. When combining these places with the application in the center of the forehead, the resolution of strains and conflicts can be expected, as well as associated dreams that illuminate the causes.



Location and sequence:

1. Zone at the middle of the left calf
2. Zone at the middle of the right calf
3. Painclock - middle of the forehead

Application 5 minutes per zone.

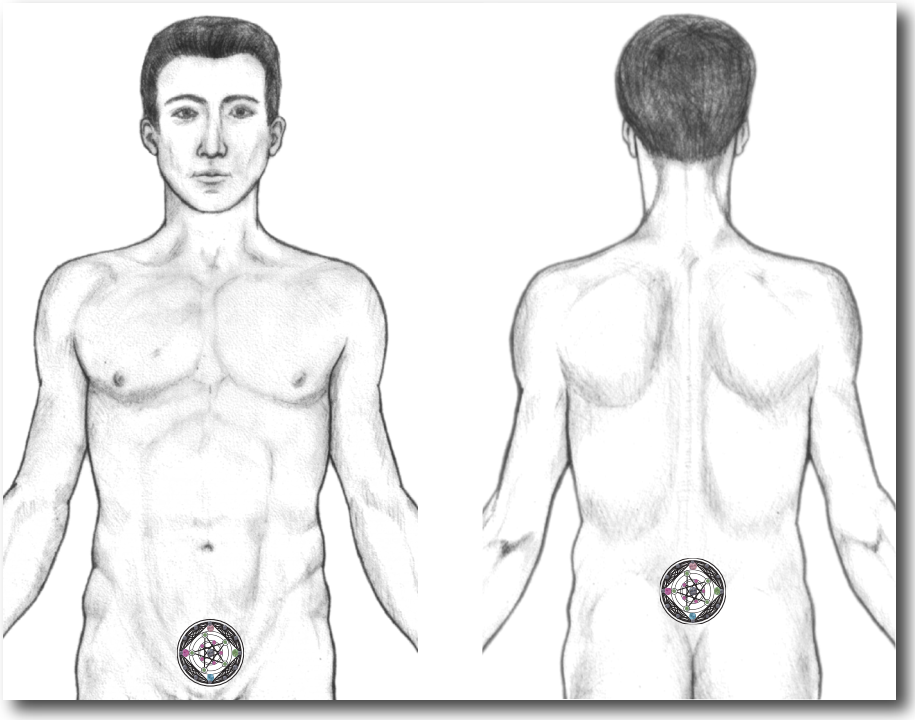
On the forehead the disc can stay in place longer. That leads to deep relaxation. Therefore this approach should be used in the evening before retiring to bed.

The Zone of the Moon (Yesod)

Let us imagine that all the information (light) has to travel through all the levels from the head to the feet, in order to merge with the earth. The most important station that the light has to overcome is the lower abdomen of the human being. Very special qualities of the human psyche are situated here. Symbolically the symbol of the moon is at home here. That provides us with relationships to the limbic system and the important glands of the brain, hypothalamus and pituitary. Stress of the stomach - thinking towards the top - can be connected with the middle of the abdomen as well. All strains of the “moon” causally originate from the middle of our body, where tension and relaxation should take place in harmonious change. Thinking towards the bottom from the abdomen this is where all the stress ends up. The indications regarding the moon (symbolically) list among others that all events, perceptions and sensations of a human being are stored in the lower abdomen. The movies and dramas of our life are archived there as well as the conditioning, which can give us so many problems during adult life. In that context the newest scientific insights are quite interesting. It seems that all weighty strains of an individual have been programmed before age 6. Up till age 6 every human being is living in a hypnagogic state. That means the frequencies of his brain are primarily vibrating in the delta/theta rhythms. That means that every external stimulus or conditioning immediately gets recorded in a “one-to-one” manner. According to the scientists that leads to behaviors in later life, which correspond to the hypnotic commands of the childhood environment. In adult life these people also have a tendency towards considerable psychosomatic complaints. Cited are myocardial infarction, stroke, osteoporosis, diabetes and mood alterations. Let us also remember that the EEG diagrams of adults prove that neuronal activity is connected to associated states of consciousness. Most probably we all are victims of our programming.

Science also states that this programming is blocking genes. The word blockage implies that something has been imprisoned. It could be liberated through dissolution of the blockage. That is a concept I have been pursuing for decades and the successes that Esogetic medicine has with its therapies of the pre- and perinatal time prove it daily. The same is true for the three discs of “love - light - life”.

Tradition has it that in regard to the symbol of the moon all the movies of our life are stored in the lower abdomen. Therefore the application of the dream disc has special importance. That way it is quite feasible to use the application to treat the causes of anxiety syndromes that are difficult to influence, depressions without obvious cause, and all states of restlessness or other emotional problems. We should realize that we are activating pathways that then can be treated later on much more easily through the appropriate therapeutic measures.



Location and sequence:

1. Zone of the moon in the front (Yesod) three fingerwidths above the pubic bone.
2. Zone of the moon in the back (shadow of Yesod) center of the sacrum

Application 5 minutes per zone

These zones can also be combined with the painclock (see earlier). The sequence is

1. Zone in the front
2. Zone in the back
3. Painclock - middle of the forehead

The Earth Disc
(Disc of Life)

The Earth Disc has emerged from the concepts of Sacred Geometry. In those the Flower of Life plays a special role. Therefore I also call it the “Disc of Life”.

As everything in this dimension is seemingly trisected, it was just logical for me to develop this disc. Love, Light and Life are three units, which determine our life. If we want to sense the vibrations of higher worlds, we need media that make this possible. The vibration of all cells is the prerequisite for life as we know it. If vibration stops, then the mutual exchange of information is also impeded or cancelled. Vibration simply means life. This needs to be particularly taken into account, if there is a disease.

Thus I look at the Disc of Life as a medium to actuate the communication of 50 trillion cells. As all the other discs, the Disc of Life does not have a specific indication either.

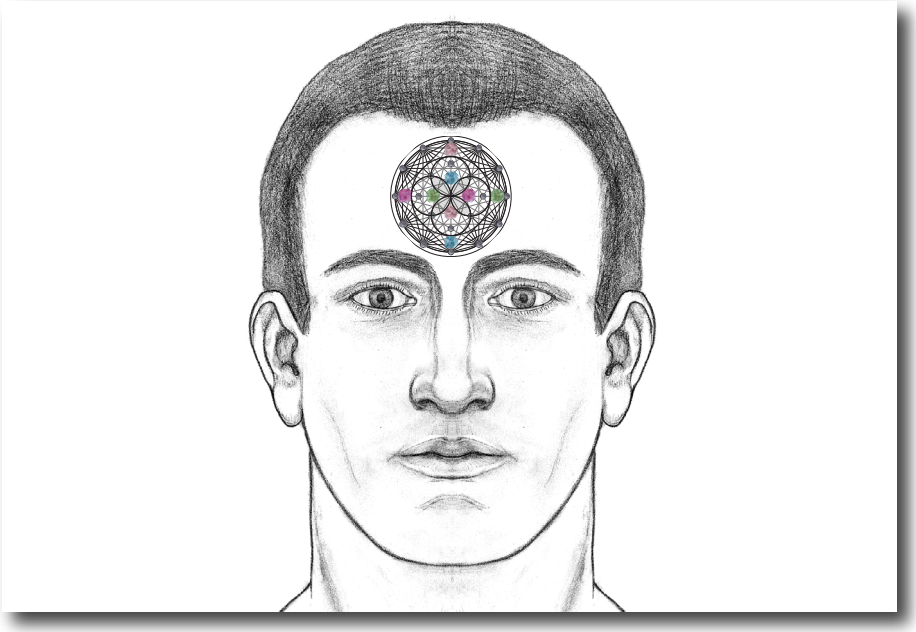
As it is assigned to the body and thus “cellular consciousness, it relates to any blockages of cellular structures.

Application of the Earth Disc

In all the positions of application the rose crystal is centered towards the top.

The duration of application is 10 minutes for single zones, and for 5 minutes each in combinations.

Painclock



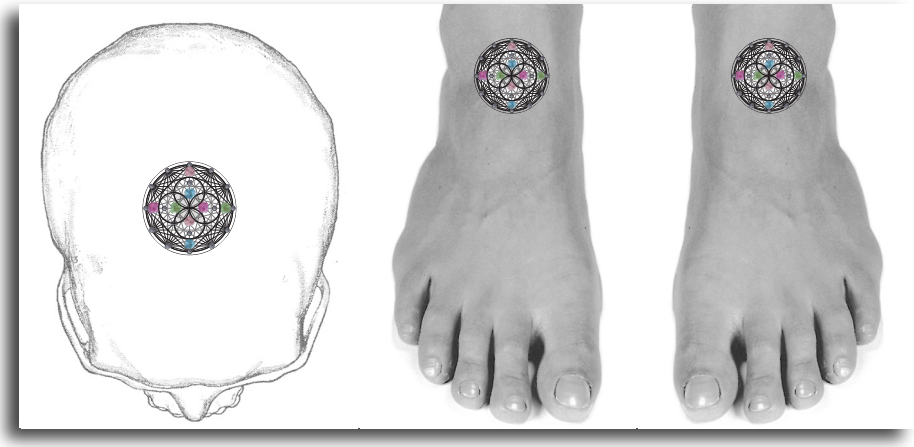
The middle of the forehead is the starting position for the Earth Disc, just as it is for all discs. Many years ago this is where I have discovered a reflex zone that I have called "pain clock" and that is now available for so many therapeutic systems. Today we know that the center of the forehead shows a particular affinity to human consciousness.

When applying the Earth Disc, I have noticed that the "spirit/mind consciousness" and the "cellular consciousness" are being touched and harmonized. That leads to deep relaxation and the regulation of encumbrances.

Location:
Centered in the middle of the forehead
Duration 10 minutes

Top of the Skull and Zone Stomach 41

Here we are touching on old information in the cellular consciousness that often dates quite a while back, and we can resolve it gently. Moreover this combination removes attachments or strains in people with physical as well as emotional symptoms.

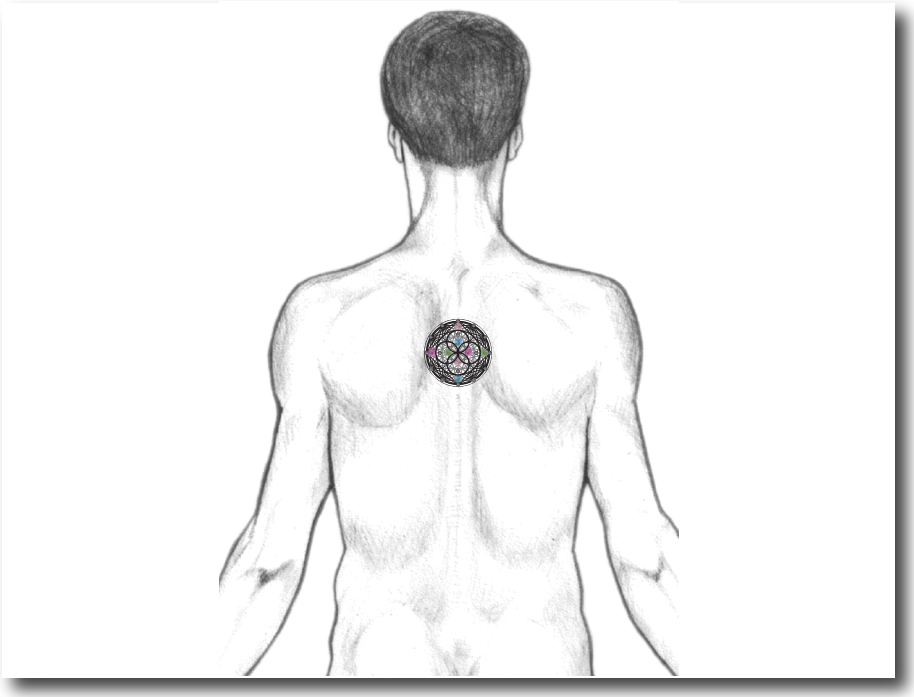


Location and sequence:

1. The first zone is found exactly in the center of the top of the skull. The rose crystal is pointing towards the back.
2. Zone stomach 41 on the left is located at the center of the ankle joint - the rose crystal is pointing towards the top.
3. Zone stomach 41 on the right at the center of the ankle joint - the rose crystal points towards the top

Application 5 minutes per zone

Zone of Saturn



The zone between the shoulderblades is assigned to the Saturn symbol. This is where all events of an entire life collect, and this zone is related to the destructive principle in the human being. This area tends to be painful in everybody.

The application of the disc removes the blockages and can be seen as an opener for further treatments.

Together with the positions of the sternum in the front and the one below the seventh cervical vertebra in the back, this zone is a basic position of the Earth Disc.

Location:
Level of the axillary folds, where it is intersecting with the spine.

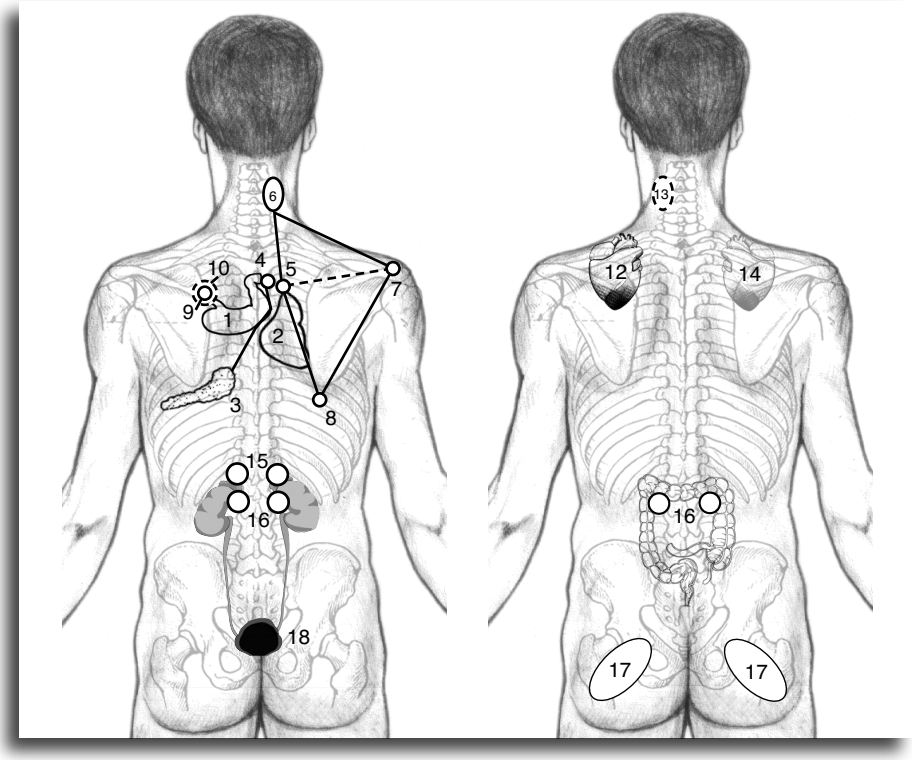
Duration 10 minutes by itself
In combination with the zones of memory and attachment 5 minutes each.

The Segments

The Earth Disc has a special relationship to the segments. No matter what constraint/disease we encounter, the segments could always be a primary consideration in our therapeutic thinking. That opens the flow of energy from the top to the bottom. In my imagination each segment stands in the middle between the cause and its effect on the corresponding organs.

In this context the point in the middle of the thoracic spine = Saturn point (see previously) is very useful and can be covered by the Earth Disc before any other therapy. It does not matter in that case, which diseases we are treating.

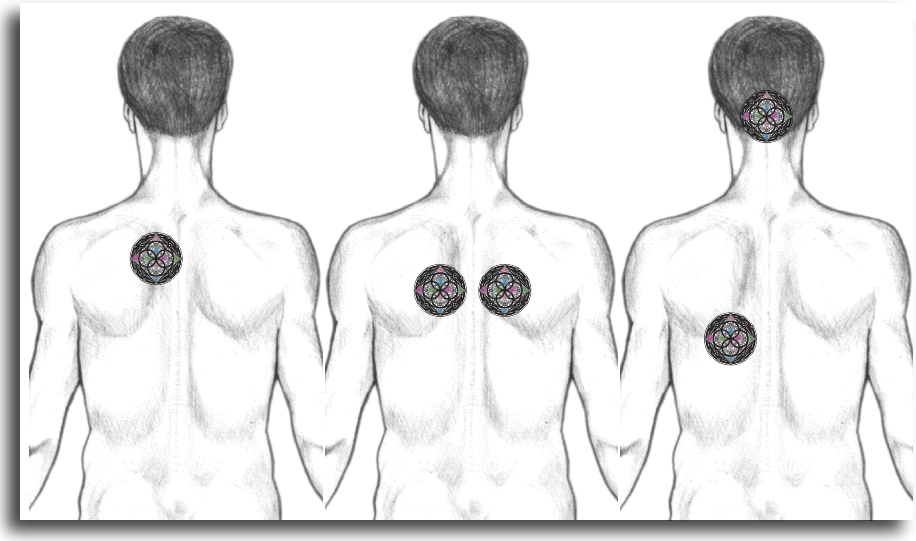
The following illustrations will clarify that:



Each of the segments can be treated by itself. The Saturn zone in the middle of the thoracic spine should be treated for 5 minutes in advance. Afterwards the selected segment is addressed for 10 minutes.

1	Stomach
2	Liver
3	Pancreas
4	Duodenum
5	Gallbladder
6	Gall ducts
7 & 8	Related to the gallbladder
9	Cardia center
10	Solarplexus
11	GV 16 – Stomach zone
12	Heart figure
13	Heart segment rhythm/neuroses
14	Mirroring of the heart on the right side
15	Adrenal gland
16	Kidney poles
17	Intestines
18	Urinary bladder

Combination of Liver, Stomach, Pancreas, Heart with the Esogetic Stomach Zone



This combination relieves the upper abdomen and the chest-lung area. Also useful for bloating and digestive troubles.

The segment of the heart is located on the medial edge of the left shoulderblade, from the middle towards the top.

The segment of the stomach is halfway bewtween the spine and the edge of the left scapula.

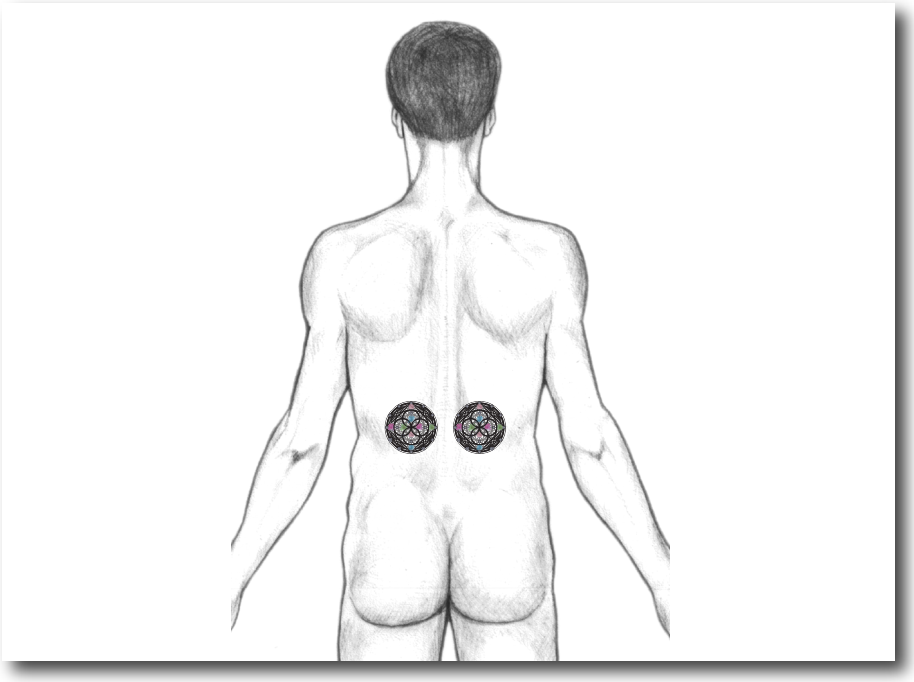
The segment of the liver is halfway between the spine and the edge of the right scapula.

The pancreas is about 1.5 FW below and 1 FW medially from the tip of the left scapula.

The Esogetic stomach zone (Stomach converter point) is located directly below the occiput.

Duration of application 5 minutes each.

Kidney Poles



The effect relates to cranial lymph drainage complaints, as well as those arising from the lower areas like for instance intestines, pelvis and legs. In case of unexplainable fears the use can be very helpful. Moreover the kidney poles relate to all topics emerging from the FC Kidney/Urinary Bladder.

Location:
The kidney poles are located in the angle between the posterior costal arch and the spine. The Earth Disc is first placed on the left, then on the right.

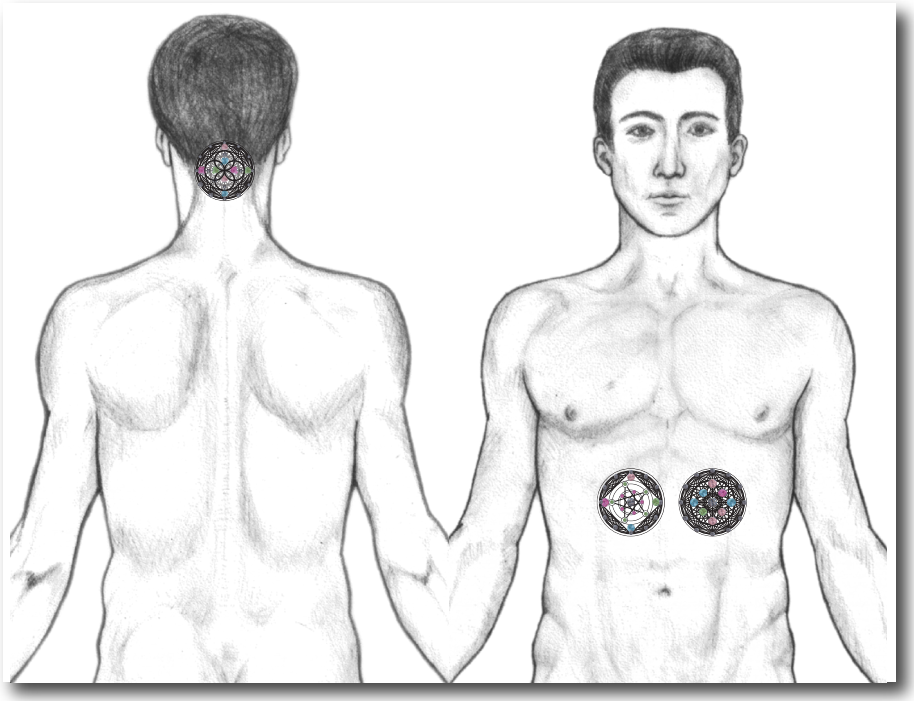
Duration 5 minutes in each position

Combinations of the Three Discs:

Love (Heart Disc), Light (Dream Disc) and Life (Earth Disc)

Apart from these first protocols for the application of the therapy discs, they can also be used in combination, if all three discs are available. Here are some important indications, which have stood the test in the clinic for a long time.

Easing the Burden on the Epigastrium and Stress Relief

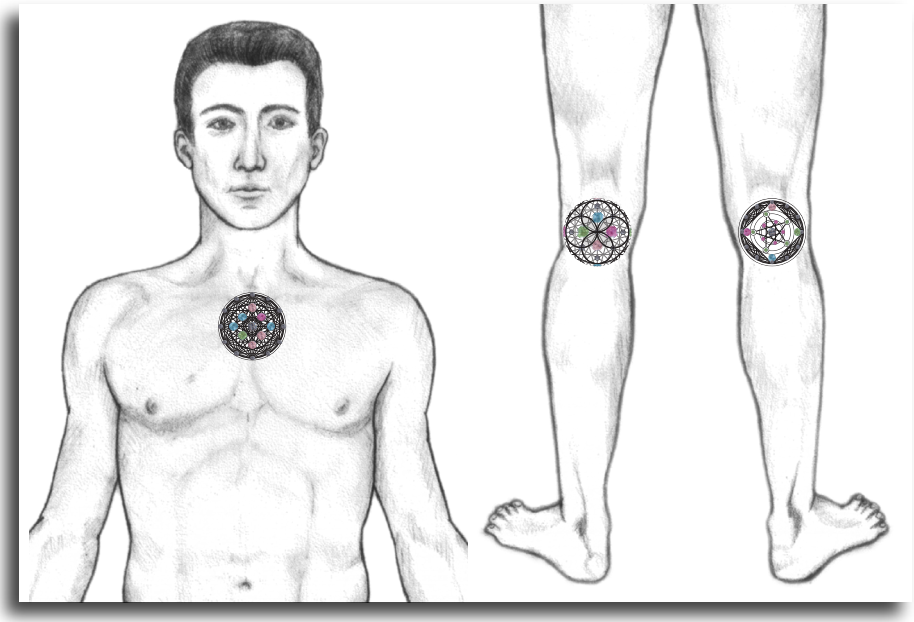


This connection is primarily related to the solarplexus and congested states in the epigastrium. If there are stressful situations, it is useful to apply this sequence in the evening.

1. Between the occiput and the first cervical vertebra (midpoint) . . . . . .Earth Disc
2. Directly at the costal arch, 3 FW laterally from the median to the left . . . . . .Heart Disc
3. Directly at the costal arch, 3 FW laterally from the median to the right . . . . . .Dream Disc

The duration of application of all the discs together should be about 10 – 15 minutes.

The Zone of Knowledge and the Points of Fear – Popliteal Fossa



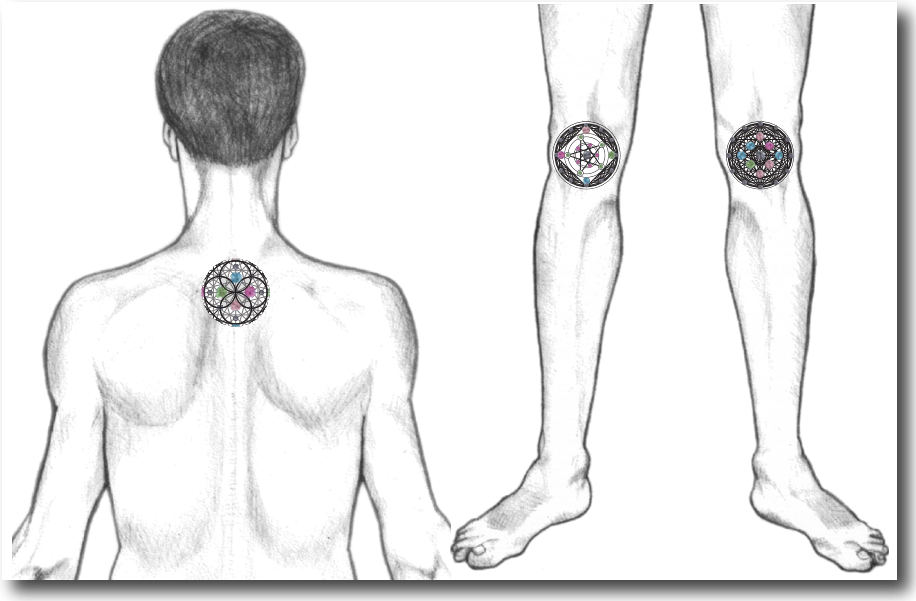
This sequence relates to the fears and anxieties that an individual is carrying. I am connecting the zones of fear (popliteal fossa) with the point 3 FW below the beginning of the sternum. In the front the sternal zone is also labelled “memory” (see previously) and in the back, below the seventh cervical vertebra, I have observed the connection to attachment.

These labels alone allow us some deductions about the causes of an individual’s fear. In my experience they are always connected to childhood. The application of the discs gently opens the door to the “inner child” and we can soothe it and thus calm down the fear and anxiety inside of us. Apart from that we are setting reflexs relating to the physical elimination processes. It is also supportive in skin diseases.

1. Midpoint sternum in the front . . . . . .Heart Disc
2. Right popliteal fossa . . . . . .Dream Disc
3. Left popliteal fossa . . . . . .Earth Disc

The duration of application of all the discs together should be about 10 – 15 minutes.

The Zone of Attachment and the Points of Freedom – Patella

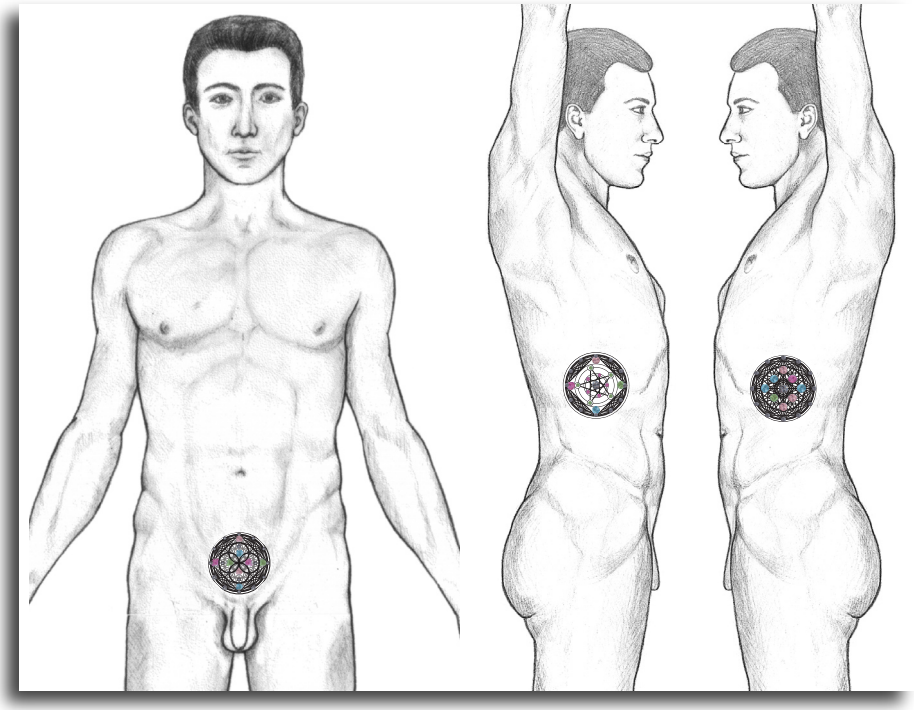


The previous sequences and this one belong together and should be treated one after the other in a single day. This sequence deals with the concept of freedom. The outer and inner freedom are always limited, when we are carrying attachments, which slow down our forward movement on our lifepath. There is an interesting connection to the jaw and especially with the retromolar space of lymph drainage or the TMJ (hanging on, not being able to process, teeth grinding). Both sequences (sternum and popliteal fossa, as well as below C7 and popliteal fossa) are very effective, when our intention is to gently touch old strains reaching back to childhood, in order to dissolve blockages that have been existing for a long time.

1. Midpoint below C7 . . . . . .Earth Disc
2. Left patella . . . . . .Heart Disc
3. Right patella . . . . . .Dream Disc

The duration of application of all the discs together should be about 10 – 15 minutes.

Combination of the Moon in the Front (Yesod) with the Activators of Fear (kidney alarm point)



Location and sequence:

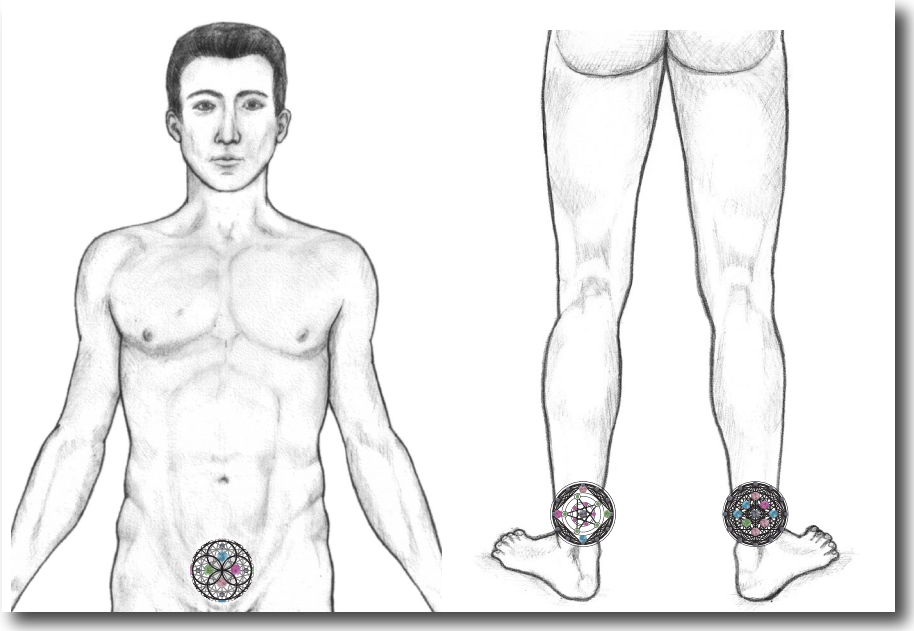
1. Zone of the moon in the front (Yesod) three fingerwidths above the pubic bone . . . . . .Earth Disc
2. Zone on the left . . . . . .Disc of the Heart
3. Zone on the right . . . . . .Dream Disc

The halfway point between the tip of the sternum and navel is located.The midpoint of the zones are located laterally on the right and on the left on a horizontal line.

The application of all the discs combined should be about 10 - 15 minutes.

Combination of Yesod (Zone of the Moon) with the Points of Letting go

The primary concern of this sequence is the function of the sephira yesod (moon). When a person is under pressure and cannot “let go” any longer then the functions of Yesod close down. The moon is the ruler of this sephira and all associated indications can be addressed. I have mostly observed that excessive emotional reactions show a reflex from the liver into the rectum with resulting pressure in the pelvic floor. That can lead to hemorrhoids, which can become quite painful at times. Often the strain of Yesod also shows in the solarplexus (and thus in the stomach) or the lymph drainage from the top through the chest-lung area can be blocked. In any case the application of the discs calms the situation and the sephira Yesod opens up again.



Location and sequence:

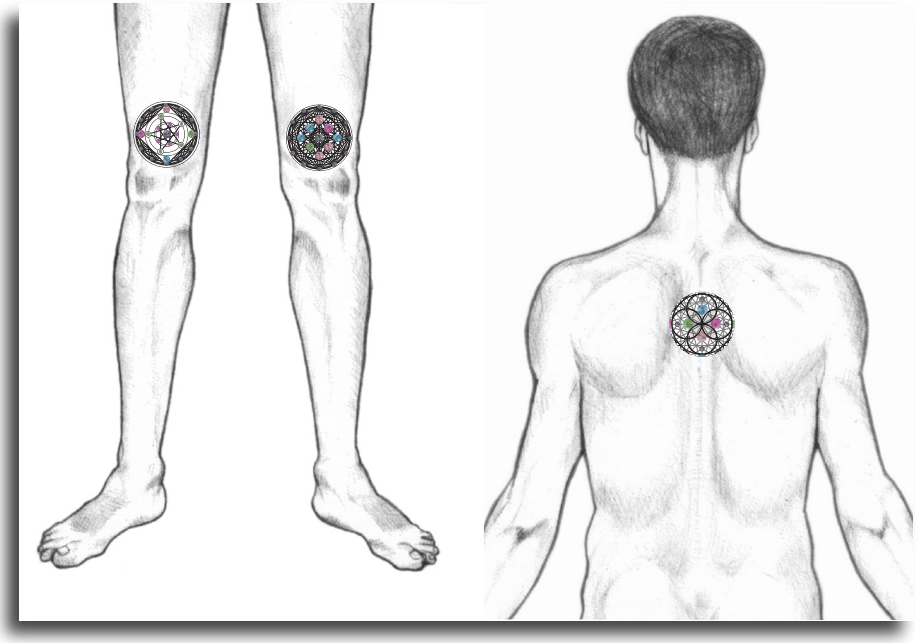
1. Zone of the moon in the front (Yesod) three fingerwidths above the pubic bone . . . . . .Earth Disc
2. Zone on the left . . . . . .Dream Disc
3. Zone on the right . . . . . .Disc of the Heart

The zones are found about 7 fingerwidths above the heel at the transition of the Achilles tendon into the calf muscle.

The application of all the discs combined should be about 10 - 15 minutes.

The Bone Points above the Patella and the Saturn Point

My intention here is to calm down musculoskeletal complaints from a supraordinate level. Above the patella we find one of the reflex areas for all joints. Combined with the destructive Saturn we are able to influence the movement capacity of the joints. I have also observed that conflicts connected to the joints can be gently touched upon. Sometimes there are slight reactions, but they resolve by themselves.



Location and sequence:

1. Zone of Saturn in the center of the spine at the level of the axillary folds .....Earth Disc
2. Bone zone on the left .....Disc of the Heart
3. Bone zone on the right .....Dream Disc

The zones are located about 3 fingerwidths above the edge of the patella. The application of all the discs combined should be about 10 - 15 minutes.

That brings me to the end of this little brochure. I wish you a lot of fun with the application.

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