

PETER MANDEL



INDUCTION THERAPIES OF ESOGETIC MEDICINE



ESOGETICS
healing power of colors

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.

Always keep in mind: Certain diseases and complaints are less or not at all suited for self-treatment. We explicitly want to emphasize that before any self-treatment with our products, especially at home, a consultation with a physician or naturopath is advisable. The author and publisher of the brochure are in no way liable for damages or consequences that result from the application of this brochure.

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CAUSE AND EFFECT OF “INCORRECT” RHYTHMS

Life is rhythm. We are continuously subjected to the rhythms of day and night, the change of seasons, relaxation and tension and even the alternating rhythms of our brain waves. It certainly is not a secret any longer that our consciousness has to process each impulse inside or outside of our body in some way. Therefore it makes only sense to assume that health and disease are accompanied by shifts in the natural brain rhythms.

It is very likely, that a change in our wellbeing is preceded by a change in our brain rhythm. Our brain vibrates “incorrectly” and over time it loses its ability to adapt to the natural vibrational behavior, which depending on the situation “calibrates” along the lines of rest and relaxation, concentration or wakefulness. The result: Our internal rhythm is no longer congruent with the external one. The stress that we are for instance exposed to through overwhelm, obligation to succeed, loss or unresolved problems is automatically increasing our brain frequencies. We are always in an ‘alert’ mode. The more we experience this stress as a burden, the less we are able to let go of it. We are taking it “to bed” with us. The brain is constantly working in high gear. The desire to just give it a rest can rarely be fulfilled at this stage. Over time this permanent tension is literally being programmed in. A vicious circle is created that does not allow a harmonious discharge of the useful tension and physical readiness of the body. The permanent stress turns into conflict stress. Thus the brain is losing its original vibrational blueprint.

THE “ORCHESTRA” IN THE HEAD

Imagine this process like a concert. The musicians are performing in accordance with the directions of the conductor, who is setting the harmonious rhythm for the orchestra. Of course this rhythm is prone to changes – from the slow Andante to the passionate Furioso or the hectic Staccato. But the musicians know at any given time, which rhythm they all are following as a whole. Suddenly the conductor is called off the stage. Now it can happen that the orchestra – unable to come to an agreement about another change in rhythm – keeps playing indefinitely in the last set measure. Or everybody keeps playing as he sees fit. Ultimately there is rampant chaos and the harmony of the music has been lost – until the conductor returns and by using his staff is reminding the players of the common rhythm, which then returns order to the system.

- Our brain rhythms are acting in a very similar fashion. If a definite harmonious impulse is lacking, we encounter a frozen or shifted vibrational pattern. The “conductor”, the program of the induction therapy, places the mirror of its own innate harmonious rhythms in front of the brain and thus helps it remember the original correct vibrational behavior. Carefully the brain is reeducated to vibrate in a natural rhythm by alternating – dependent on the situation – between four clearly differentiated frequency ranges beta, alpha, theta and delta. The range between 30 Hz (beta) and 0.5 Hz (delta) covers our conscious as well as our subconscious life.

- By developing the induction therapy we have come up with a method that works entirely without “side-effects” and has also been as closely adapted to the body/brain activities as possible – it is an induction of familiar impulses. As nature (without human interference) never shows any strictly regular rhythms, an induction of rigidly constant frequencies would have a rather opposite effect; that means it would increase stress, because it would be unnatural. Therefore induction therapy utilizes a combination of in- and decreasing frequencies, the so-called “frequency oscillations”.

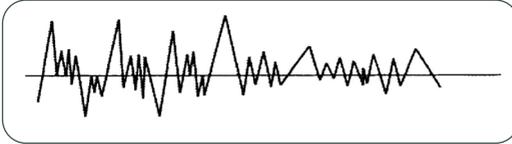
Contrary to a stimulation by different other therapeutic methods (like for instance brain or mind machines) the induction is based on the introduction of vibrational patterns inherent to the brain through the medium of the skin. There is no forceful change of the brain frequency, there only is a proposal – an offer which the brain can continuously reconsider anew for acceptance. That particular decision is primarily made by the part of the brain that we call the “thalamus”. It is responsible for processing the externally generated impressions – like for instance hearing, sight and sensation – and it is also the “gate to consciousness”. The thalamus is assimilating the electrical impulses that have been introduced through the skin by the *synapsis*® programs. If it recognizes impulses that are similar, related or congruent with its own original rhythms, then it directs the entire human organism to vibrate in resonance with the “normal” brain wave rhythm. Peter Mandel’s therapeutic concept of offering the natural “original” rhythm to the brain by way of the induction therapy has proven itself for many years now as a very successful supportive approach in recovery and long-term health maintenance.

Medical studies have shown that induction therapy does not affect the quality of the brain waves themselves, but only their rhythmic behavior. Thus induction does not work therapeutically on the brain, but it works like the brain and it encompasses all four brain wave ranges in which the human being alternately oscillates. The result is that overworked and overstimulated areas of the brain can calm down and relax. Blocked systems have a chance to return to normal and disease symptoms that are related to specific information blockages can resolve.

THE RHYTHMS OF LIFE

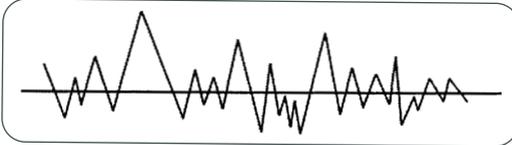
DETAILED INFORMATION ABOUT THE FOUR DIFFERENT BRAIN WAVE RANGES AND THEIR FUNCTIONS:

1. BETA RHYTHM 14 – 30 HZ : AWAKE



The fastest of the four frequency ranges vibrates in the rhythm of beta. It is the characteristic frequency for wakefulness and concentration, alertness and intellectual activity. Being alarmed, logical thinking, restlessness and fear are also part of the beta rhythm. If there is an increase in the secretion of the stress hormones (epinephrine, norepinephrine), then the ratio of beta waves increases.

2. ALPHA RHYTHM 7.5 – 13.5 HZ : REST



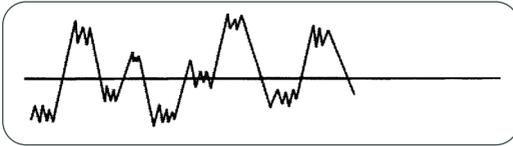
The relaxed state is the expression of the alpha state. The brain produces this rhythm primarily, when the eyes are closing and the intellect starts to relax. A feeling of pleasant rest without sleepiness starts to occur and a state of meditative relaxation is beginning in the alpha rhythm.

3. THETA RHYTHM 4 – 7 HZ : SEMI-SLEEP



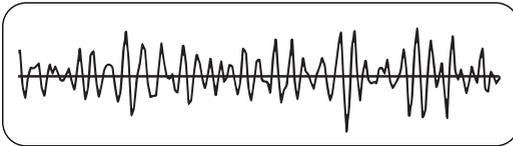
This rhythm is representing certain phases of sleep and deep meditation. It is also known for supporting the development of the memory function. “Super-Learning” is trying to achieve this state, because here the ability to think has been switched off and access to the deep layers of our consciousness becomes possible. Theta waves seem to also be connected to increased creativity and intuition.

4. DELTA RHYTHM 0.5 – 3.5 HZ : DEEP SLEEP



These waves are mainly present during the phase of deep sleep, when the human body is regenerating itself. Deep hypnosis and trance correlate to the delta rhythm as well as a functioning immune system. Therefore the delta rhythm is of prime importance in any process of healing.

5. GAMMA RHYTHM 30 – 100 HZ



The newly discovered gamma waves (30 – 100 Hz) of the human brain are connected to peak performance, strong focus and mystic transcendental experiences.

The gamma frequency range seems to be the supraordinate coordination frequency of the brain. There is speculation that it enables higher perception and insight.

Of course brain waves are only a “means to an end”, in themselves they are not representing any supraordinate information. They are nothing more and nothing less than the result of electrochemical discharges that are generating an electromagnetic field. The resulting frequencies from 0.5 to 100 Hz are used for the communication between the central nervous system and the body.

If we are detecting irregularities within these vibrational ranges, then we can call the individual sick. It does not matter in that case whether a validation through the patient’s subjective perception and the diagnosis of a disturbed brain wave rhythm through other methods are available or not. If the individual feels sick, then he usually is sick. The expression of how he feels has to be the reference for the therapeutic interventions.

THE DIFFERENT PROGRAMS

❖ their function ❖ their structure ❖ their application

The *synapsis*® instrument contains three different programs, each of a duration between 15 and 45 minutes. The application is very simple. The impulses of the selected program are transferred through two electrodes, which are integrated in a wristcuff, or two single use electrodes. The extremely small signal energy impulse cannot be felt.

The developed programs are able to cover a large array of so-called modern day diseases.

The following compact programs are available:

BRIEF INDICATIONS OF THE SYNAPSIS® INDUCTION PROGRAMS

Relaxation Programs

Rest 1	Program for deep, inner relaxation
Rest 2	For any present time stress
Sleep 1	Supportive in problems of falling or staying asleep
Sleep 2	Regulates particularly the sleep rhythm
Dream	Stimulating dream activity

Conflict Resolution Programs

Conflict	Resolution and organization of individual conflicts
Children 1	Stress between ages 6 and 9
Children2	Stress between ages 9 and 12
Gamma long	Resolution of blockages through the use of the meditative vibration
Gamma short	Resolution of blockages through specific reflex zones

Stress Programs

Stress Basic	Resolution of psychological tension
Stress Immune	Regulation and enhancement of the immune system
Stress Hormone	Supports the regulation of hormonal symptoms
Stress Spasm	Basic program for support in cases of migraine and headaches

Depression/Psyche

Psyche 1	Fatigue, weariness, listlessness
Psyche 2	In the manic phase of depression
Psyche 3	For endocrine depression

Cerebral/Mental Programs

Cerebral	Stimulation of brain activity, increasing wakefulness
Learning	Supports in case of learning disabilities and concentration problems
Memory	Increase of intellectual ability and stimulation of creativity

Additional Programs

Waking	Exhaustion, reconvalescence, chronic fatigue, complaints of the elderly
Degeneration	Basic therapy in all degenerative diseases
Power-Nap	Regeneration program for the elimination of daily stress
Addiction	Basic program for all types of addiction

Additional Programs are under development.

All programs listed here can be installed on the *synapsis*[®] therapy instrument.

The extraordinary feature of this method is that only the information, which is introduced with the induction through the skin, allows the systems to harmoniously resonate and thus return to normalcy.

Induction therapy is not a drug. It cannot substitute something that is missing. But it can resolve present and most often blocked potentials and thus liberate the supraordinate flow of information, which is so important for the development of the individual human. To eliminate blockages means to better understand one's own individuality and to better comprehend and react to the intermediate and immediate environment. That means to meet one's life in a happier and more satisfied stance. That grants the application of induction a justified place as a means for the expansion of consciousness, which is so needed in the modern time.

LEARNING FROM THE “HUMAN CREATION”

- How we love to believe the illusion that everything can be remedied by something. The marketplace certainly tries to fulfill this dream. New types of treatments and remedies are emerging at a rapid pace. For many people the speedy development of modern medicine and pharmaceuticals has been an essential improvement in their life quality. Therefore it has become even more important – as long as one’s health permits it – to stay away from the passive “letting it happen” attitude and to decide to actively take responsibility for one’s well-being.

- After the human being has begun in the 20th century to more deeply delve into the miracle of outer space, the 21st century will provide us with a “return” to the miracle of the inner microcosm. The basic patterns of our brain – connecting threads between the outer and inner universe – are the carriers of the purest information, which serves creation as the foundation for life. This information needs to be explored and comprehended in the future, so that we can draw from this primary source of life – for the recovery and the maintenance of health.

SUPPLEMENTAL TREATMENTS: SOUND THERAPY AND WILDCRAFTED HERBAL OIL ^{RELAX}

Color Soundscape Therapies

The color soundscape therapies of Esogetic Medicine have become a way to supply information to the coordination systems of the body through the brain. There are no suggestive elements involved: The soundscape therapies are pure sound correlations of the colorpuncture according to Peter Mandel and are able to support and stabilize body and brain functions. Purposefully arranged sounds and sound combinations create physical and psychological well-being, which can subjectively often be felt right away. They exert a remarkably regulating influence on the body chemistry and are able to assist in an improved processing of problems.

❖❖❖ Headaches/Migraine

Not only useful for pain relief, but also as prevention before the spasm is even occurring.

...❖ **Psychosomatic Balance**

Addresses specifically the regulation of the hormones. That is especially important, because hormones exert a significant influence on our feelings. Goal: lasting support of the self-regulation of our coordination systems.

...❖ **Insomnia**

Unusual psychological stress, pain, incorrect nutrition and environmental influences are holding us back from a healthy and regenerative sleep. Sound therapy assists us to better recognize and process daily life situations. Goal: falling asleep more easily and sleeping deeply and restfully.

...❖ **Conflict Resolution**

This series (set of 4 CD's) is based on the conflict resolution therapy of colorpuncture. Gentle regulatory impulses are directly influencing blockages and cautiously lead to their resolution. "Conflict Resolution" is an instrument for treatment as well as a lifelong companion and support – an aid in overcoming difficult life situations and a way to recognize and resolve old, disease producing patterns.

The first CD of the set is called "**Cone of Memory**". By remembering old stressful patterns the "**Resolution of Blockages**" – the title of the second CD – becomes possible. The next step and thus CD number three is "**Letting go**". The mastery of these three steps then makes the "**Energy Increase**" possible, which is the fourth CD in the set. It is obvious that these four tapes are forming a logical sequence. Blockages cannot be resolved, unless we are able to recall the causes (but keep in mind that this is happening in the subconscious – where the conflicts have been hiding).



WILDCRAFTED HERBAL OIL^{RELAX}

Skin Stimulation for the Holistic Treatment

The Wildcrafted Herbal Oil^{relax} is a natural product, which has been approved as a remedy, and as such it uses the manifold and proven healing powers of nature. The 22 active ingredients of the oil are transcutaneously introduced into the body through reflex zones, skin areas and muscle segments and are passed on as harmonizing information. Peter Mandel, the founder of Esogetic Medicine, has empirically researched the knowledge concerning the connection between skin zones and body organs since the early 1970's. He has examined and defined new skin zones and points in regards to their effects apart from the traditionally defined areas (for instance the Head zones). Over the years that has generated a veritable "skin zone catalogue" – the map of our body. Certain skin areas are directly corresponding to our emotional state. An example are the dream zones on the skin, which can be used to intentionally support the process of the dream, which in turn activates the emotional "bowel movements" and the processing of emotional content. Other zones, which are perfect choices to support a therapy with the *synapsis*[®] device, are for instance the zones of fear, grief, joy, the subconscious, emotional hardening and headaches, the spasm zones of the body and the zones for general well-being.



There are many herbal oils used as home remedies. The aromatic oils contained in the Wildcrafted Herbal Oil^{relax} are regulating and stimulating for the whole person. Pure oils in a perfect blend for your comfort.

ALL MATERIALS...

→ ...concerning soundscape therapies und Wildcrafted Herbal oil relax, including the dream test, a list of specifically trained therapists of Esogetic medicine plus information about instruments, literature, lectures and seminars can be requested without obligation and free of charge directly from:

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PETER MANDEL, naturopathic practitioner, born in 1941, is the founder of Esogetic Medicine, whose most important specialties are the “Energetic Emission Analysis” and “Colorpuncture”. Peter Mandel’s lectures, seminars, professional books and publications in print, radio and television have introduced his methods to an international audience.

Sine the early 1970’s he has dedicated himself to an intensive exploration of the energies of information and the resulting diagnostic and therapeutic possibilities. For many years he has cooperated closely with renowned institutions, clinics and scientists like for instance the well-known biophoton researcher Prof. Dr. F.-A. Popp – an important step towards a meaningful and mutually enriching connection between the new healing methods and academic medicine.

Peter Mandel has an honorary doctoral degree from “Medicina Alternativa” in Alma-Ata, is a honorary member of the Academy for Holistic Medicine of the Grieshaber Foundation in Schiltach/ Schwarzwald [Akademie für Ganzheitliche Medizin] and is second chairperson of the Academy for Reformed Healing Methods e.V. in Worms, founded in 1997 [Akademie für reformierte Heilweisen e.V.]. The Peter Mandel foundation, founded in 1995 in Luzern/ Switzerland, has set itself the task to find new ways within Esogetic Medicine and to document them scientifically.

