

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.

Internationales Mandel-Institut für Esogetische Medizin

Hildastraße 8 · D-76646 Bruchsal

Fon: +49 (0)7251-8001-35

info@mandel-institut.com

www.mandel-institut.com

Information about trainings, seminars and instruments is available from

Esogetics GmbH

Hildastraße 8 · D-76646 Bruchsal

Fon: +49 (0)7251-8001-0

info-de@esogetics.com

www.esogetics.com

Esogetics GmbH – Branch office

Hirschmattstr. 16 · CH-6003 Luzern

Fon: +41 (0)41-4205836

info-ch@esogetics.com

www.esogetics.com

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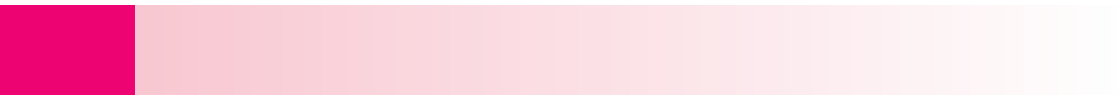
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CAUSE AND EFFECT OF “INCORRECT” RHYTHMS

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 treatment we have came 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”.

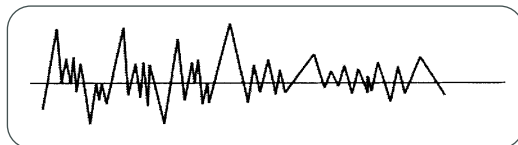
"Contrary to a stimulation by different other therapeutic methods (like for instance brain or mind machines) the induction is based on the introduction of vibrational patterns inherent to the brain through the medium of the skin. There is no forceful change of the brain frequency, there only is a proposal – 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.

Studies have shown that induction treatment 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 five 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. Affected systems have a chance to return to normal and disturbances that are related to specific information blockages can resolve."

THE RHYTHMS OF LIFE

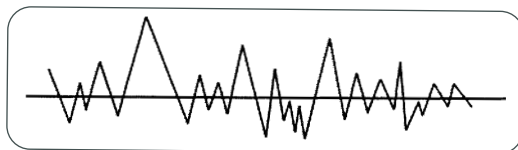
DETAILED INFORMATION ABOUT THE FOUR DIFFERENT BRAIN WAVE RANGES AND THEIR FUNCTIONS:

1. BETA RHYTHM 14 – 30 HZ : AWAKE



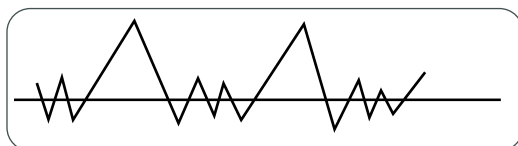
The fastest of the four frequency ranges vibrates in the rhythm of beta. It is the characteristic frequency for wakefulness and concentration, alertness and intellectual activity. Being alarmed, logical thinking, restlessness and fear are also part of the beta rhythm. If there is an increase in the secretion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

2. ALPHA RHYTHM 7.5 – 13.5 HZ : REST



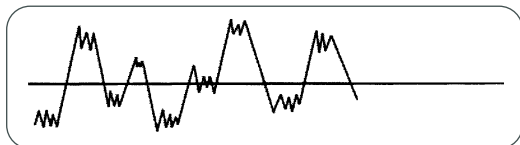
The relaxed state is the expression of the alpha state. The brain produces this rhythm primarily, when the eyes are closing and the intellect starts to relax. A feeling of pleasant rest without sleepiness starts to occur and a state of meditative relaxation is beginning in the alpha rhythm.

3. THETA RHYTHM 4 – 7 HZ : SEMI-SLEEP



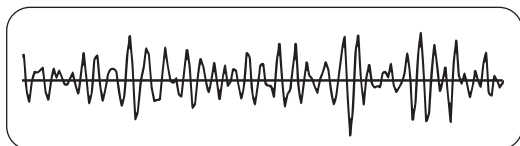
This rhythm is representing certain phases of sleep and deep meditation. It is also known for supporting the development of the memory function. “Super-Learning” is trying to achieve this state, because here the ability to think has been switched off and access to the deep layers of our consciousness 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 „burdened“. It does not matter in that case whether a validation through the human being’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 supportive 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 can provide accompanying support for a large number of so-called civilization diseases.

The following compact programs are available:

BRIEF INDICATIONS OF THE SYNAPSIS® INDUCTION PROGRAMS

Relaxation Programs

Rest 1

Restlessness and nervousness, autonomic dysregulation and anxiety. Supports changes in cholesterol, blood lipid and liver enzyme levels. Tension in the spine, especially in the neck and shoulder area, psychosomatically rooted circulatory problems.

Rest 2

All current conflict stress situations, stress-related headaches and dizziness, gastrointestinal complaints that can be traced back to stress. The areas of application of the Rest 1 program are also covered, if they are due to current stress situations. Alternating program to the Children's Programs 1 and 2, especially when parents complain about their children's school stress.

Sleep Program 1

Helps with problems of falling asleep and sleeping through the night, reduces aggression, complaints caused by poor eating habits and their consequences, stomach problems.

Sleep Program 2

All morning stresses such as anxiety, depressive moods, head tension and complaints in the joints. Furthermore, impaired concentration, mental overload, permanent nervous stress, fear of failure, painful complaints, especially in the morning. Alternating with the Stress-Hormone Program. Supports stress during the menopause and PMS.

Dream Program

Stimulation of dream activity, mental conflict resolution therapy.

Conflict Resolution Programs

Conflict Resolution Program

Resolving conflicts, strengthening of the immune system

Children's Program 1

Childhood fears and phobias, lymphatic stress, learning difficulties, hyperkinetic syndrome, allergic stress and immune system weakness, enuresis nocturna. For conflict stress before the age of nine and for laterality disorders.

Children's Program 2

The same indications as Children's Program 1, as an alternating therapy.

For conflict stress after the age of nine.

As support for all complaints, psychological symptoms and childhood stresses after the age of nine, especially if they keep recurring.

Gamma Programs

Gamma Long Program

The Long Program is designed to stimulate the ability to concentrate at the highest level. At the same time, the perception of "what is" is strengthened. Every imbalance seems to disturb the relationship between the voluntary and involuntary rhythms. The Gamma Long Program aims at gradually harmonizing these functions. As a result, further therapeutic measures work much better and, above all, faster.

Gamma Short Program

The Short Program is designed to gently stimulate the synchronization of the brain. As with the other short programs, the treatment can be applied to specifically defined areas of the body. This helps to increase the ability to concentrate and focus. As we have observed, this can also touch imbalances in the body systems, so that these can be harmonized by the induced gamma frequencies.

THE DIFFERENT PROGRAMS

Gamma 40

The new insight involving this program was that gamma frequencies around 40 Hz should be combined with alpha and theta frequencies. We use it as a basic therapy for all psychosomatic stresses. This program therefore has very specific indications, such as an activation of the limbic system, especially the hippocampus and the amygdala, which are presently also of great interest to neurological research.

Gamma 80

In our observations, the entire gamma wave band from 30 to 100 Hz is something special. However, we also observe that there are patients who show little or no response to induction at 40 Hz. It appears that illness creates a deficit of these “bliss-inducing waveforms” in our brains, thereby blocking the entire gamma wave spectrum. Thus, the idea arose to double the 40 Hz frequencies proposed by Prof. Tsai—using Gamma 80 to open up the entire gamma waveband in order to restore responsiveness there.

Conflict T₁ and T₂

The induction programs Conflict T₁ + 2 arose from the presently validated knowledge that humans vibrate at a rhythm between 0.5 and 100 Hz. All rhythms originate in the thalamus and induction therapy mirrors all the system-immanent information in this coordination area. This causes vibrating cells and cell clusters to resonate from top to bottom. Regulation therefore takes place exactly where all blockages are ultimately originating.

Stress Programs

Stress Basic Program

Basic program for releasing mental tension, entry into stress therapy, for mental tightness and in conflict situations.

Stress Immune Program

To regulate the immune system. Any imbalances related to the immune system, allergic stress, lymphatic stress and prophylactically to increase the body's defenses.

Stress Hormone Program

Basic program for endocrine imbalance. Indicated for impotence/frigidity, hormonal/autonomic stress and libido disorders among other things. Supports osteoporosis, during the menopause and puberty.

Stress Spasm

Basic induction for tension and spasms in the head. Also suitable for all forms of tension, shoulder and neck complaints and umbilical colic in children.

Cerebral/Mental Programs

Cerebral Program

To sharpen the intellect and activate brain activity in all wave ranges. Supportive at the onset of dementia and also in accompanying Parkinson's disease.

Learning Program

Oscillates in the frequency range between 5 and 14 Hz, which is also the foundation of the Super-Learning method. Indications: Learning difficulties, lack of concentration, visual and hearing impairments, forgetfulness, coordination disorders and test anxiety.

Memory Program

In combination with the Cerebral Program and the Learning Program, enhancement of intellectual abilities. Further indications are the stimulation of creativity and an increase in cerebral activity.

Cerebral P Program

The outstanding work of Dr. Hulda Clark has already made us aware of disease causing pathogens and especially parasites. For example, the unicellular organism called *Toxoplasma Gondii* has the ability to manipulate the host, according to scientists' findings. The induction program reflects a constructive rhythm towards the parasites, which dissolves their destructive rhythms.

Cerebral A Program

Similar to the parasite program, the archon program is aimed at addressing the influence on the human brain exerted by negative entities from the outside. In the broadest sense, it is about blocking or rejecting everything that has a hypnotic effect on us.

THE DIFFERENT PROGRAMS

Mental D Program

This program is based on publications by scientists, who report that people affected by cognitive complaints have a long history of suffering from insomnia or sleep rhythm disorders.

The Mental D program provides support for cognitive impairment like for instance dementia.

Psyche Programs

Psyche 1

For depressive moods without anxiety, fatigue, listlessness, exhaustion and convalescence. The program has an activating effect.

Psyche 2

For the active phases of depressive moods, restlessness and anxiety, for deep relaxation. Also for changes in cholesterol, blood lipid levels and liver enzymes, as well as for autonomically rooted gastrointestinal complaints.

Psyche 3

For menopausal, menstrual and pubertal depressive moods; for the treatment of endocrine regulation disorders.

Further Programs:

Degeneration Programm

Basic application for accompanying support with all degenerative stresses such as spinal and joint stresses and rheumatic changes. Alternating program for the cerebral program, especially for concentration disorders. Basic program for the support of pain stress.

Awakening

Exhaustion, convalescence, insurmountable tiredness, age-related complaints, weather sensitivity, spring fatigue, overload syndromes at any age, accompanying serious illnesses. Can also be used to treat systemic diseases.

Power Nap

Reduction of daily stress levels, brief regeneration

Power Nap Team

In the application, 2 people can be connected and merge in a special way. This consideration can be transferred to the partnership, to the family (parents, children, siblings, etc.), to the circle of friends but also to the professional environment. This program can help people to understand each other again and to abandon their often egocentric behaviour in favour of the team. This can then lead to harmonious co-operation.

Addiction Program

A basic program to provide support for all forms of addiction-related issues.

Meditation Program

This program can help people to find their own inner peace and to achieve more and more inner depth when meditating. Used repeatedly, our lives change and we find it easier and easier to enter the silence or emptiness within us.

All programs listed here can be installed on the ***synapsis®*** device.

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:

Esogetics GmbH

Hildastraße 8 · D-76646 Bruchsal

Fon: +49 (0)7251-8001-0

info-de@esogetics.com · www.esogetics.com

Esogetics GmbH – Branch office

Hirschmattstr. 16 · CH-6003 Luzern

Fon: +41 (0)41-4205836

info-ch@esogetics.com · www.esogetics.com



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.

