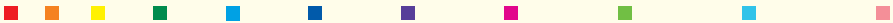
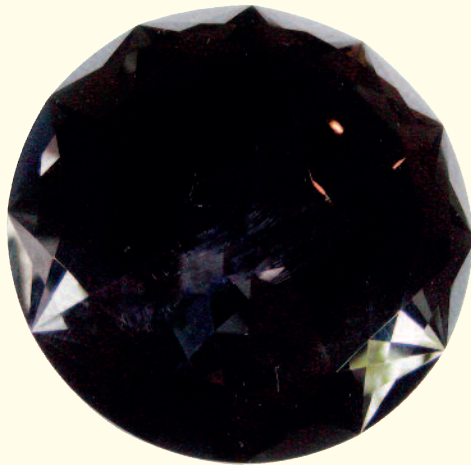
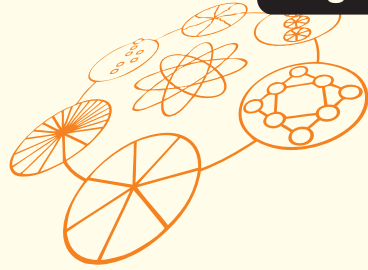


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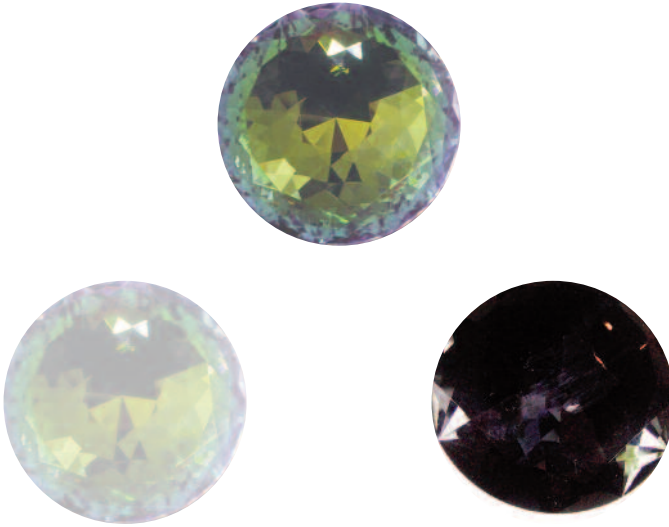
Peter Mandel



# The Black Crystal Activator



## The Esogetic Crystal Activators



Three crystal activators have been developed up to the present day. All three have a special affinity to the information contained in the flowing energy, which stimulates vibration in our cells, organs and systems and maintains them. This hypothesis is the result of treating many healthy and sick people. The evaluation and observation of reactions connected to the treatments lead us to the conclusion that the sectors on the human skin behave like closed doors or gates (pattern matrix). They have to be unlocked in order to access the inner space of the house (body - soul). Not an easy endeavor, because we first had to comprehend, which functions those manifold “pattern doors” have. Today we know that the human skin resembles a hologram and that it stores everything that is, was and will be in a matrix with some kind of structure. The outer boundary of the living human being, the skin, connects the inner individual with the outer collective living space. The patterns seem to have the function to evaluate, and if necessary interrupt, the information coming from inside or outside. This cannot be without consequences for the individual. When the communication between the inside and the outside has been interrupted, so that the information cannot flow freely anymore, then there is stagnation. That produces the initial pressure that a person senses, because stagnation leads to stress, which does not only disturb the internal collective of the vibrating cells, but also destroys them over time. The first tangible tension is usually felt in the abdomen, especially in the area of the solarplexus.

Further consequences would be disturbances of the rhythm, particularly during sleep, which alters the regeneration of cells, tissues and especially the soul (psyche). If the patterns stay locked in, imbalances can develop, which drive the systems and organs initially into a functional disturbance and then upon progression into degenerative changes. This we call disease.

Often the classical therapeutic media are insufficient to catalyze movement in the intercellular communication. Moreover it has been acknowledged in larger circles of medicine, that each disease develops from the subtle (functional disturbance) towards the gross (degeneration - destruction). Many subtle energetic methods of therapy have been established in the last decades and they all contribute well to treating the information blockages, which ultimately pave the way for disease. The treatments with artificial crystals, as we have been conducting them since 1988, relate to the holographic structure of our skin and the information patterns that are present there. I have been able to design many therapy crystals since then, which I have applied as needed, based on the deficiencies indicated in the information patterns. The three crystal activators occupy the tip of a pyramid, which in a very particular way exerts its effect from the top towards the bottom. Let me discuss the therapeutic hierarchy of the crystals that have been developed so far.

1. At the tip of the upper illustration we find the “light or color activator” (as I have named it). As there is no life without light and the colors contained in it, the mode of function of this crystal is related to the light activity on our skin.
2. The clear (white) crystal activator deals with the light transfer from the outside to the inside. It works specifically through defined zones of the skin and contributes to the regulation of weakened light and information quality in the inner space of a person.
3. The black crystal, which I shall talk about in more detail later including an array of treatment options, activates the inner light in the cells and thus influences the blocked light transfer from the inside towards the outside, for instance in acute and chronic pain.
4. The faceted crystals gold and silver relate to the polarity of life and symbolize the sun (gold) and the moon (silver). The so-called lateral disturbance of the brain or imbalances between the right and left side of the body are treated with the gold and silver crystal in the beginning of a therapy.
5. The four element crystals in the colors crimson (fire), lightgreen (earth), turquoise (air) and rose (water) relate to the reflex areas of the elements that we have available and to the disease potentials that we have empirically assigned to the elements.

6. The three gray crystals, together with the activators and the element crystals, are the most used media of our crystal therapy. I subscribe to the idea that the skin carries extensive reflex areas that we now understand as “gray patterns”, which directly correspond to the different functions of the organs and systems. The application of the three gray crystals. activates these patterns, which can lead to a balancing of blocked functions (often immediately).
7. The crystal tattoos are used to treat by ways of old and news point somatotopies. It seems that these small crystals (which have also been imprinted with the earth hologram) are reflecting destructive waves of information back to the starting point and thus provide the possibility of immediate pain relief.
8. That leaves the crystal ball, which we are combining with the glass rods of colorpuncture. The ball is clinically used especially for local swellings on the inside or outside.

In this application manual I want to focus on the therapeutic possibilities of the “Black Crystal” and provide you with some detailed treatment protocols. Before I do so, however, I would like to share some general ideas about all crystals and gemstones and give you the reason, why I have decided to use artificially produced (amorphous) crystals for my therapy.

## **The Crystal as an Information Carrier**

Wie sehr Kristalle in Bezug zu dem Begriff „Information“ stehen, muss man im In the age of chips and computers we do not have to expound any further on the fact of how closely crystals are related to the concept of “information”. The fact is that for a long time crystals and gemstones have been considered to be alive. They are conceived and being born and then they mature over a long period to that beauty, which touches everybody. Maybe that also explains (even though not “scientifically”) why crystals and gemstones have healing properties. Helmut Hoffmann writes in his book “Orchids, Gemstones and their healing energies”:

*“For us gemstones are beings, which grow and develop according to exact laws ... each stone has its purpose and effect.*

All stones and crystals are individual in their essence. Philosophically that gives them their own original programs, which are enriched with specific information. Once again I would like to quote Helmut Hoffmann. In an interview with the magazine “esotera” he answered the question “Are gemstones spirit that is alive? Can they live and die?”:

*“Gemstones are beings, which develop and grow according to organic laws. In comparison with plants, animals and humans they are dreaming a very quiet and long dream of matter. American experiments have shown, that the growth of crystals can be influenced by thought.”*

It is my conviction as well, that gemstones are “beings”, which give information to the outside. On the other hand they also absorb infinite amounts of information, especially if they have a crystalline structure. Nowadays that type of knowledge is nothing special, in an age where crystalline based machines (nano-technology) are making the “computer cult” obsolete. It has been established that silica crystals can be loaded with information that is used in a network and then released again. Looking at it that way, the human being creates his own world. Nature itself was and is his idol. It is not easy to comprehend, why it is so difficult to acknowledge that this nature is full of crucial life information, which concerns us all the time. In regards to crystals, minerals and gemstones nature has created a peculiarity which attracts us humans. That these structures have been imbued with healing powers in all times is not only belief or wishful thinking, but also empirical reality. The most different gem structures have clearly defined effects, as we can often hear everywhere. Even if it is true that “faith can move mountains”, we still should remember the indelible fact that there cannot be any knowledge, which has not been a belief first. Let me summarize what I have stated so far:

1. Gemstones, crystals and minerals carry specific information, which they give to the outside. They show interactions with other information carrying living beings and harmonize and regulate the information principle.
2. Through the development of combination techniques crystalline structures have become the central focus of scientific speculation. Artificial crystals are grown or produced through other methods. Then these artificial constructs receive a “purpose”, which means specific information. The technical revolution is unthinkable without these carriers of information.

On one hand we have the natural stones – gemstones and crystals – which are good for our soul. On the other hand we have the imitation of nature, the slow comprehension of how life organizes itself and that this organization is connected to the crystalline structure.

A fantastic world opens up through the idea to imprint an “amorphous” stone with information and to then use it for its specific content. I came up with this idea in regards to the sick individual. I imagined that a “blank crystal” would be given meaning, which then could be used to regulate confused life information through resonance. We know now, that these thoughts are correct.

It was the intention of my research to prove the effectiveness of different faceted crystals in the patient. We decided to not use natural crystals, but instead chose an artificial crystal, which had been imprinted with a holographic pattern. The idea had been hanging around for many years. The Swarovski company kindly managed to cut and produce the crystal activator through a long complex process. It is now available in three color choices. Moreover - as mentioned previously - faceted crystals could be produced in different color nuances and with the imprint of the earth hologram. All these crystals now have their place in the diagnostic and therapeutic Esogetic system according to the established somatotopies. Following is an attempt at a hypothesis in regards to the efficacy of the Esogetic healing crystals.

# Hypothesis about the Efficacy of the Esogetic Healing Crystals

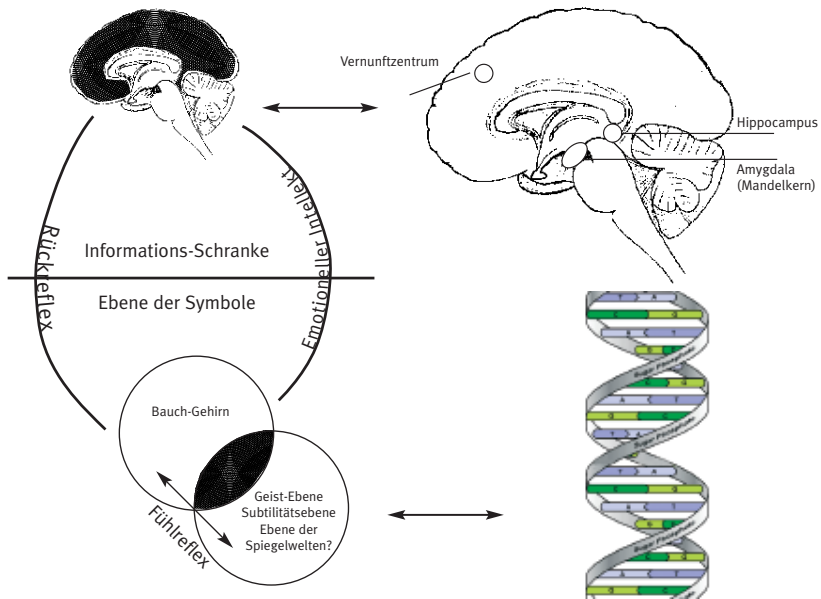
In order to understand the mode of action of the Esogetic healing crystals, we have to combine empirical observations and present scientific facts into a hypothesis.

The empirical observations in the living system show that during the treatment with crystals of different shapes and colors the term “reflection of electromagnetic wave parcels” is primary.

Once this reflection is activated through a defined skin area, then the human systems react in accordance with the indications of this zone. We also have observed that there are rebound interferences, which are able to transcend the “material” and reach the space of the subtle. The hypotheses and theories of Professors Stephen Hawking and the physicist Robert Foot particularly excite me. Hawking talks about “many-worlds” and that we live in them as our own doubles. Foot postulates the theory of the mirror worlds, which he has developed from the theory of “supermetry”. He talks about doubles of matter, which exist as pure information/ energy behind an “imaginary wall”. Reading this literature strikes one as a science fiction novel, and yet all these thoughts are discussed seriously in scientific circles. According to the theory of supermetry on the quantum level every particle has a “mirror particle”, which spins in the opposite direction. That led to the concept and theory that this process repeats itself on all levels of matter (ultimately it originates from particles). Does that mean we have to accept that we are beings controlled by a mirror world? I do not think so. The concept that in the universe(s) everything repeats itself in a similar pattern means that everything can also be found in us. I am strongly convinced that David Bohm’s “levels of subtlety” are nothing else but those mirror worlds, which are also positioned in our consciousness. Everything is a river with opposing active movement. Between these levels images seemingly develop, which we name symbols and which we have to translate and integrate into our dimensional consciousness.

Let us now look at a model, which might be able to reveal to us, how our life possibly functions.





The model of abdominal brain – cranial brain is expanded through the newest scientific insights. Let us assume that the level of subtlety equals the mental level, keeping in mind that there probably are many such levels. This is where I suspect the home of “pure feeling”. To me that signifies the spirit that is bound to the individual personality.

I believe now that that space is the same as the mirror world, which Prof. Robert Foot has postulated. I am convinced that if all these levels exist, then we are permeated by the information of these as yet incomprehensible levels. The overlap of mental/ spiritual information and emotional/ soul spheres I label with the term “chaos” and the transfer of feeling happens through established “chaos patterns” or “unfamiliar attractions”. The “abdominal brain” and thus our implicit world (subconscious) registers the feeling reflex and changes it into real feeling. We still do not have a sensation with it, because the feeling has to first overcome the information barrier (at the level of the tip of the sternum), in order to become available for explicit perception. I now call that the “emotional feeling”. The demarcation of abdominal/cranial brain I also consider as the level of the symbols. From here the individual feeling reflex, the images and sensations are transported into our perceiving brain. The important piece in all of this is the feedback

reflex from the cranial brain, which confirms the comprehension of the reflexes coming from the gut.

The newest discoveries in regards to human DNA give us reason to believe that there is a direct connection between the spheres of the abdominal brain and this giant molecule. Prof. Dr. F.A. Popp's research shows that our cells are able to not only emit light, but also to absorb it from the environment. In a darkroom there is a decrease of emission, which means that our body has to have a "light storage" facility. This light storage happens in the DNA. It is very strongly involved in the "bio- photon emission". The shape of the DNA is an ideal electromagnetic antenna. The wound double helix extends in length and resembles a rod antenna. From above it has a ring shape and reminds us of a magnetic antenna. Physics calls such a system a "harmonic oscillator", which over time can also discharge its energy. The time needed for this process equals the ability to store energy. It is also called "quality of the resonator". The loss of vibratory energy is infinitesimally small. That validates that the DNA has to be an organic "super-conductor".

It only has been discovered recently, that super-conductors are able to store light and that contrary to matter there are no losses. The question the scientists posed was, whether the DNA was able to store and also discharge again the information contained in the light. Was this huge molecule another communication organ of our body and could it be possibly manipulated through electromagnetic radiation? Today we know that this is not just an assumption, but it is indeed reality. Aside from the biological function of producing proteins, the DNA is a complicated electronic biochip, which can communicate with its environment.

Language is also a communication instrument. A research group around the bio- physicist and molecular biologist Prof. Dr. Pjotr Garjajev found out that the genetic code obeys the same rules as all human languages. The structure of the "genetic code" can be related to any existing human language. We have known for a long time that only about 10% of the large molecule are used for the construction of genes. The other 90% have been called the "mute DNA". Prof. Garjajev and his group have proven that the extensive codes present in the DNA are indeed used for communication. More precisely for

### **Hyper-communication.**

That means the exchange of data on the level of the DNA by use of the genetic code. This code has a basic structure that also is the foundation of all human languages. It transports higher information that can then rise into the human

consciousness for interpretation. If we look at the previous diagram, then I am convinced that the “mute DNA” as defined by Dr. Garjajev is in constant exchange with the “mental level”, which can also be seen as level of subtlety or the level of the mirror worlds. In the overlap with the abdominal brain we can find interferences here, which I assign to the chaos (higher order). The reflex of the resulting individual feeling has to now overcome the information barrier, transforms into “emotional feeling” and reaches the limbic system (midbrain). If the impulses are understood and processed there, then a rebound reflex returns to the “feeling brain” in the gut. This is the simplified process of “hyper-communication”, and if there is a free flow of the living information, then this would allow the term

### **“Expansion of Consciousness”**

It would be nice, if this process could always be positive. As humans we are born into and are living in the world of polarity. Our life is constantly faced with the choice of playing favorites, choosing one side or the other. That leads to internal and external conflicts. If we cannot find any solutions by ourselves in this world, then there are blockages and stationary conflicts. The time of avoiding, ignoring or suppressing is over. We are basically forced by life to recover our life program or we destroy ourselves, become sick and die without living “our self”. Newer neurological research describes that there are centers in our cranial brain, which have the task to remind us incessantly of our omissions.

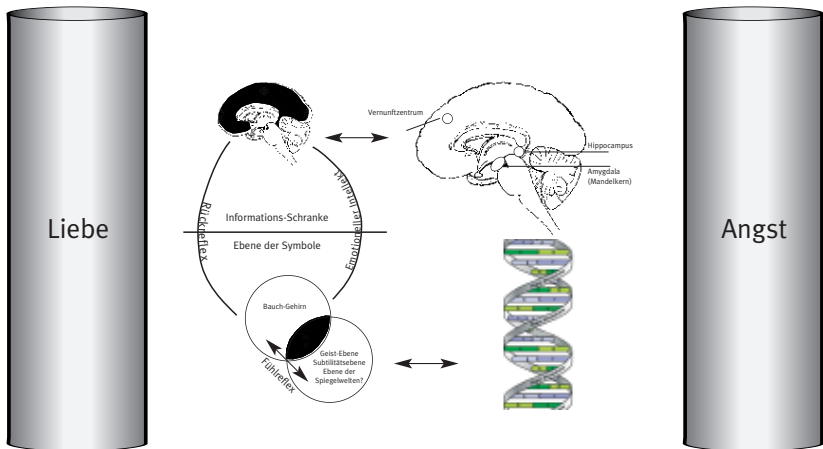
About thirty years ago the “instinctual center” was discovered in the human cranial brain. Two cellular regions are the main focus:

1. The hippocampus
2. The amygdala (almond pit)

An example: When we are crossing a street, and we suddenly hear screeching car tires, we “automatically” take a step backwards. It is not reason or intellect that makes us do that, but the “instinctual center”.

We have recently found out that there is a center of reasoning that is assigned to the hippocampus and the amygdala, and it is located in the prefrontal lobe of the brain. We also know that the hippocampus stores all of life’s incidents (most likely back to conception). The amygdala is the indicator of the so-called “memory stress”, and the center for reasoning calms the “animalistic instincts” through balancing thoughts.

I believe now that the absolute polarity in human life consists of the two “original pillars of love and fear”. That corresponds to the absolute light (love) and the absolute darkness (fear). The human being lives between these two pillars and this is where the model of the “life information” is located.



It is kind of difficult to understand that everything is in touch and interaction with everything else. For me those 90% of the DNA that are considered mute are the contact point with the incomprehensible. This is also, as I believe, the contact point with the levels of subtlety described by Prof. Dr. David Bohm and with the modern insights about mirror particles and mirror worlds. The theories of Professors Schwartz and Green (String theory) are called “super-symmetry”, and they claim that each particle of matter transforms into an energy particle and vice versa. Our material world becomes intangible once we go past the physical mirror. It transforms into light, whereas the light of this dimension condenses into matter. As we are matter and derived from light, we have this light in us, and thus we contain the inherent information. That leads me to the conclusion that human beings and everything else that lives are an integral part of this mirror world.

The thesis that “everything is mirrored in everything else” is very ancient, and those of us who are treating sick people can experience that day in and day out. By activating reflex zones – somatotopies – systems etc. we simultaneously work in the mirror world of our own inner sphere. Theoretically the regulation of illness producing information would also be a regulation of the non-material mirror image of the other level. The brain

researcher Prof. Johnjoe McFadden states that consciousness is not the result of the impulses of nerve cells, but a product of the electromagnetic field, which envelops and permeates our brain. This field is generated and stabilized through light (photons) and creates our consciousness. When Prof. Popp mentions that one biophoton regulates about 100,000 functions of a single cell, then that is impossible to imagine. It is as unfathomable that in the process of reflection the energy of information becomes matter. That means that the information of our consciousness (thoughts) turns into matter in the possibly existing mirror world. Thus there would be a continuous exchange of information and matter.

So everything is a matter of imagination and everybody can create his or her own mirror world, no matter what it may look like. The fact is that the information coming from there materializes in our dimension and that the information that gets created through our thoughts becomes matter in the mirror world.

I am convinced, that Prof. Robert Foot's mirror world theory will provide further insights and surprises in just a short time.

It is also imaginable that the philosophies of the old cultures suddenly come back to the forefront for all of us. Robert Foot says: "One side is matter. The other is pure energy or information."

### **What does all of this have to do with the Esoteric healing crystals?**

All these crystals carry the "hologram of the earth" and have special cuts. In this context I am increasingly convinced that we can reach higher levels of being in this way. That also depends on the reflex zones that we are utilizing. I believe that those are as well organized in a hierarchical order.

I call the black crystal, which is the focus of our attention now, the "activator of the inner light". Given all the observations we have made so far, it is connected to the previously mentioned aspects, particularly to the silent DNA. The reason for that is that "black" activates light and the black crystal does that like a suction device. The "silent DNA" is the light storage of our life. If it is true, what Dr. Garjajev has proven, that the light is the communication device of the "talking" DNA, then it was logical for me to activate that exact light. Observing and interviewing people, who were totally dressing in black, was the starting point. Very often these people portray depressive moods and the answers to the question, why they are dressing themselves in black, are usually similar:

- “ I feel more comfortable and awake in black clothing”
- “ I have the feeling to have a better ‘radiance’”.
- “ I am triggering more acknowledgement in my environment”
- “ Black clothes fit me”

This way or similarly is how the “Blacks” - as I call them - articulate themselves. That let the idea mature in me that there are localized, defined areas on the skin, on which a black crystal can adequately activate light inside of a person.

I know for a fact that all these things are actually happening through our Esogetic method. I also believe this is a way to stimulate the light activity of the DNA and to strengthen the communication with the “whole” once again. I have also taken into account old and new ideas about the therapy of the individual human being.

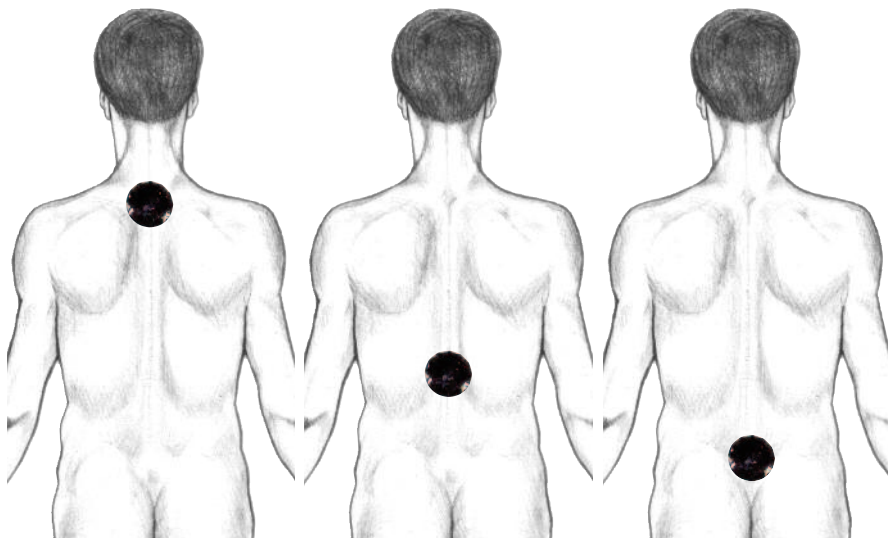
1. The human being enters this life with an individual program.
2. There are certain lessons anchored in this program, and they show as conflicts or blockages in consciousness.
3. The connection to supraordinate reflex zones on the skin has made this possible.
4. The assignments also have diagnostic character.
5. By applying the crystal activator or the faceted crystals to these zones there is light activity (increased flow of information) in the corresponding sector of life, and we are also activating the “Hyper-communication of the DNA”. That leads to a check-up of the abdominal brain – the program of feeling – , it calms the sectors of the hippocampus and amygdala and activates the “center of reason”.

All these statements result from empirical observation, which I have combined with the most recent knowledge about life. Now I want to discuss the treatment sequences that concern the black crystal activator.

As mentioned earlier, I believe that the black crystal can liberate blocked light information “inside” ourselves. That is particularly important during the initial stage of pain treatments. But all other often therapy resistant diseases can be treated with this crystal as a first step as well. Thus I shall begin with two basic treatments.

The crystal should principally be centered, when applied to the body. That means one of the 12 facets should point towards the head.

## Basic Treatment with the Black Crystal

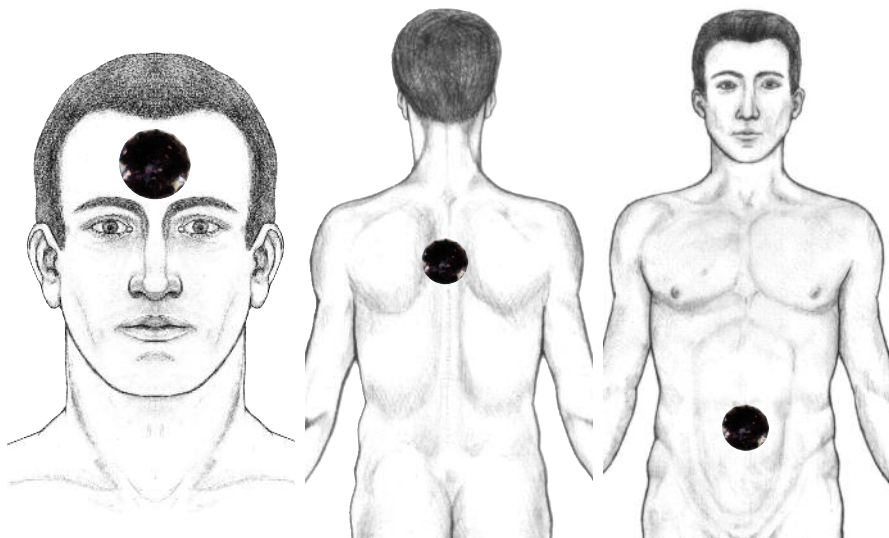


No matter what imbalances, complaints and diseases are encountered in a person, we can always apply the black crystal to three positions.

1. Directly below the 7th cervical vertebra. I call this area the “zone of attachment”, and this is, where we carry the cross, which we have acquired in our past. Many imbalances, burdens and diseases originate from here. Duration of application 5 minutes.
2. Afterwards we are looking for a zone on the spine, which is found opposite the halfway point on a line between the tip of the sternum and the navel. This is where I have positioned the “Esogetic life point” many years ago. Duration of application 5 minutes.
3. The third position relates to the middle of the sacrum. These are the reflex areas of the coordination organs of the brain and also of the urinary bladder segment, which is considered to be the “territory of the individual”. Moreover we find reflexes for the endocrine glands and the lymph drainage from the head. Duration of application 5 minutes.

The application of the crystal is independent from other indicated treatments, and that also applies for all the options that I am mentioning here.

## Basic Treatment for Degenerative Diseases



Again there are three reflex areas, which we are applying the black crystal to in sequence. As previously the duration of application is 5 minutes per position.

1. Middle of the forehead. The human forehead is in Esogetic medicine a supraordinate reflex area. In the middle there is one of the information centers connected to the trinity of our life, mind - soul - body. From here opening reflexes into all areas of the living being are accessible.
2. In the middle of the spine, where it intersects an imaginary horizontal line between the axillary folds across the back. In my method this is the center of the earth element and all its connected imbalances and diseases. This element is home to most of the degenerative diseases. We also call it the “Saturn field” and its related destructive changes.
3. The third position relates to the navel, where we apply the crystal in a centered fashion. This is the position of the water element and all the corresponding individual psycho-emotional stresses. Theoretically the application here addresses the “abdominal brain”.

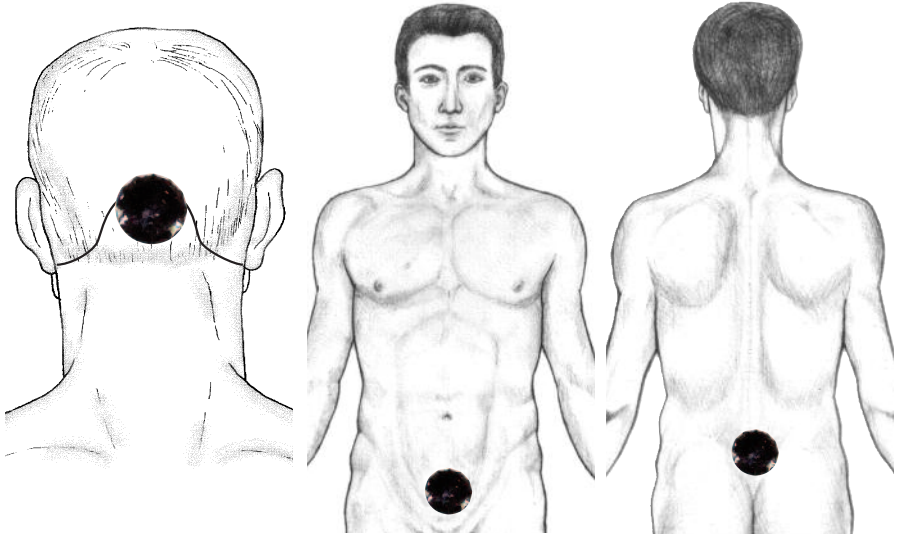
Any other type of treatment can follow, as mentioned earlier. Reactions during the application of the black crystal are particularly common in degenerative diseases. They indicate the areas (physical or emotional) that need attention in the treatments that follow. If the reactions are strong (quite often), the crystal



is removed from the present position and the next step of the sequence is taken.

## Imbalances of the Central Nervous System

and also Preparatory Treatment in Systemic Diseases



The experience of the last years has shown us, that disturbances of the central nervous system are always accompanied by blockages of the medulla oblongata. Very early on I have connected the treatments of diseases related to the central nervous system with the reflex areas of the medulla. The treatment with the black crystal before a specific therapy of the reflex zones shows a significantly improved reaction in regards to the subsequent therapeutic possibilities. I am favoring three positions, and again the crystal is applied for 5 minutes at a time to each of them.

1. Midpoint of the reflex zone medulla oblongata. It can be found at the tip of the so-called omega shape at the back of the head (see diagram). We can palpate a bony edge, and that is where we place the midpoint of the black crystal. If there are reactions in the diseased area (sometimes), the crystal should be removed and placed on the next position in the sequence.

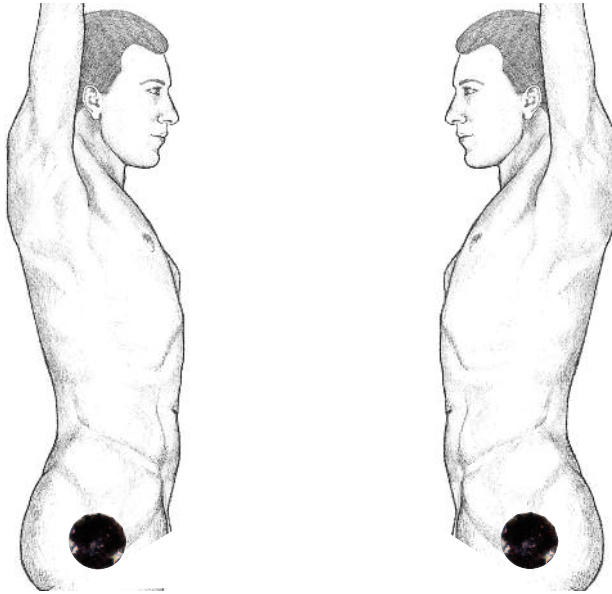
2. The midpoint of the crystal is 2 FW above the pubic bone. This zone is also connected to the medulla oblongata, if we look at the “inverted human”. Here we usually do not see any negative reactions, so that the crystal can stay in position for 5 minutes.
3. The third position relates once again to the center of the sacrum. As shown earlier, the entire pelvis holds reflexes for the coordination organs of the brain. I have assigned the center of the sacrum to the hypothalamus.

If we are treating systemic diseases in the clinic, or we are for instance confronted with fibromyalgia or a polyneuropathy, then it is worthwhile to use the black crystal before a selected individual therapy.

Now I want to introduce two more applications for the black crystal, which do not have a specific indication. They are designed to touch and reveal hidden or blocked patterns behind the disease or pain, so that potentially occurring reactions can give clues about a possible or necessary therapy.

# The Hip Joint

## Level of the Individuality



In our thinking the hip joint is connected to a person's "individual program" (karma), which has to be mastered and completed through "action" (karma) in this lifetime. Symbolically we are moving forward on our life path in the hip joint. Stopping or stagnation of this forward movement results in imbalances of the physical well-being, and if it continues disease or pain can ensue. As mentioned earlier, the black crystal activates the light transfer and thus the flow of information that is important for life. This way the treated person comes into contact with himself. All the reactions that we have observed so far (they can be very intense), support this concept. It is also surprising that the people, who react to the application of the black crystal at the hip joint, have no more pain for a while after the treatment. That also proves the connection with the absolute individuality of the human being.

The midpoint is the hip joint (tip of the trochanter - GB30). The black crystal is first placed on the left hip joint for 5 minutes and then on the right one for 5 minutes as well. If the reaction becomes too strong the crystal is removed from the position, which in most cases leads to a resolution of the reactions.

## The Individual Feeling Level

When we draw a horizontal line from the navel around the body, the individual feeling level can be found laterally. For me the navel is the center of all feelings. From here we can influence the “abdominal brain”, which supposedly sends more impulses to the head than it receives from there. Without doubt the reproducible discovery that the human being possesses two brains is the most weighty insight of newer medical research: one of them is located in the head and the other one in the gut. Today there are already 300 researchers worldwide, who occupy themselves with the new medical genre called “neuro-gastroenterology”. Daily new discoveries are celebrated, and we can be curious indeed, where they will lead us. I want to give you some aphorisms by the “father of the abdominal brain” Prof. Dr. Michael Gershon from the Columbia University in New York:

**“The intestines are controlled by a second brain, which sends considerably more signals to the head than it receives from there. This abdominal brain works completely autonomously.”**

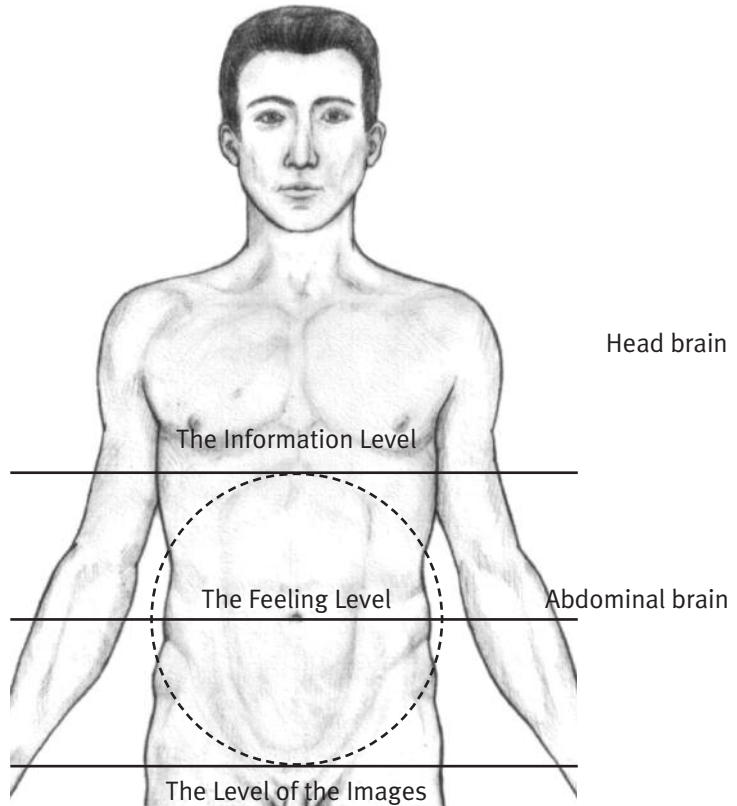
I consider it as particularly remarkable, when Prof. Gershon uses the terms “spirit and mind”, as he talks about the functions of the abdominal brain:

**“The abdominal brain is the guarantor for the survival of Mind and Soul in this dimension. It is the source of psychoactive substances, which are connected to our feelings.”**

And he also states:

**„The thinking (feeling) organ in the stomach is an independent mind, a vibrating, modern data processing center.”**

Here, the question comes up: Whose data does the abdominal brain process? Thus it becomes legitimate to think about the term “mind”, whose main function for us is the term “information”. For me the information of the mind is “pure feeling”, which means the information is still not connected with the energy that is present in this dimension. The synthesis of information and energy creates something new, an impulse that reaches the cranial brain and there activates the “emotional feeling”. The abdominal brain has three levels, through which the soul communicates with the ego consciousness.



**1. The Level of the Images:**

Here we find all the images and symbols that are of importance in the individual life.

**2. The Feeling Level:**

It extends horizontally across the navel and gives us the connection to all blockages of emotional (soul) information.

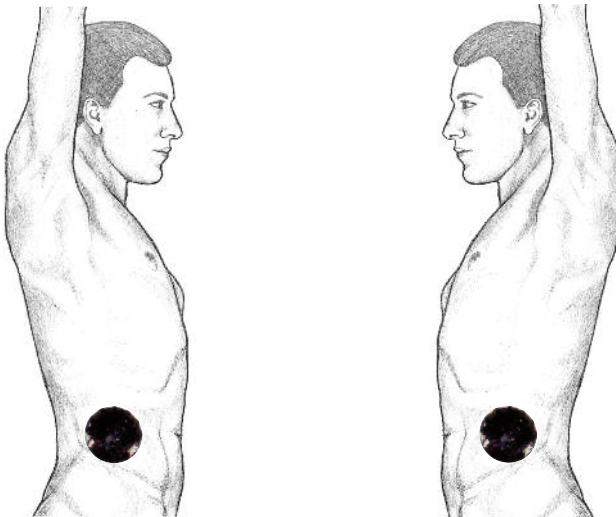
**3. The Information Barrier:**

At this level the personal core, the love of God and the so-called Christ consciousness manifest in the human being. All tension and relaxation is registered here, and the often excessive stress reflects in a solarplexus imbalance. Chronic tension in this area, especially if it continues at night,

leads to a disturbance of the sleep rhythms and thus deficiencies in cellular and nervous regeneration. After the many years of practical experience I am convinced that all diseases originate in the middle of our body (solarplexus).

The level of the images is connected to the previously shown zone at the hip joints and shows a connection to the navel and thus the level of the feelings.

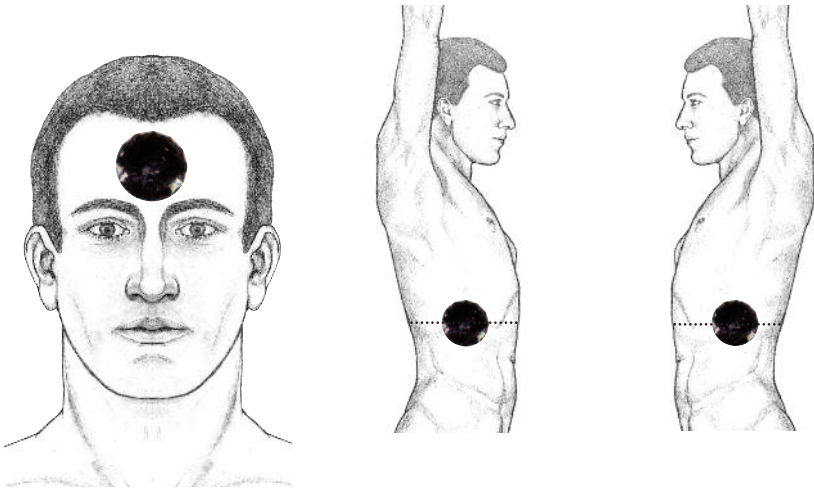
## The treatment of the individual feeling level



The duration of application is again 5 minutes on each side, starting on the left. It is important to note the emotional and physical reactions in detail. They give us valuable clues how to treat the individual patient.

The level of information should not be treated in combination, but be tested by itself on a different day. Then there are three positions, which are used for the black crystal in sequence. To complete the picture I want to show you those as well.

## The treatment of the information Level



The sequence of the application has to be followed exactly.

### 1. Middle of the Forehead

The middle of the forehead has a particular priority in regards to the “mind reflexes”. This zone is also directly connected to the middle of our gut.

### 2. Zone of Information, Left

The reflex zones for the black crystal are located on the intersection of the preaxillary line with a horizontal that traverses the body 3 FW below the tip of the sternum. The black crystal stays in this position for 5 minutes. Strong reactions, especially psychological ones, can limit the application time. In that case the activator is removed from the position and placed onto the right side.

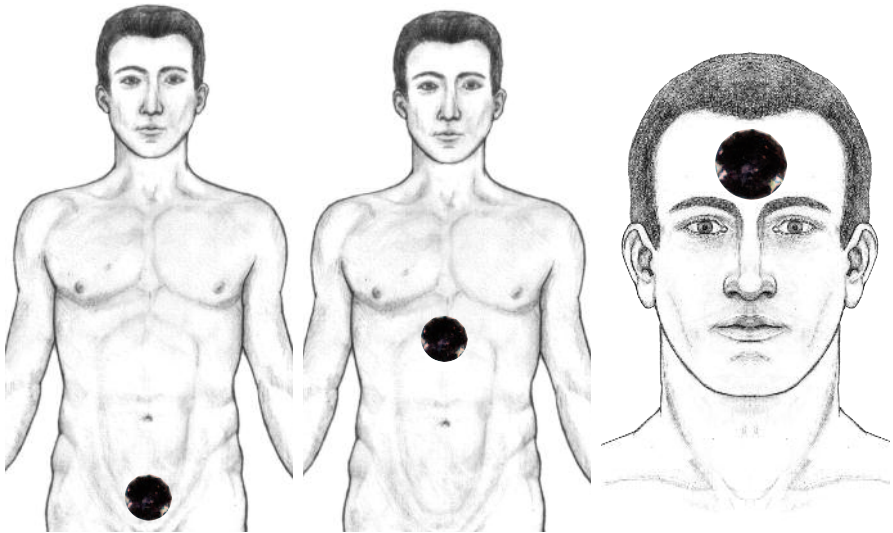
### 3. Zone of Information, Right

Reactions that occur within the application time of 5 minutes point primarily towards physical connections that should be noted. Appropriate follow-up treatments can be added.

These three levels - also in a different context - belong to the great zones of therapy, especially when it is the intention to shed light on the background, conflicts or blockages of the individual human being.

## Die Zonen der Träume

Here are three more locations that every person can use once and again for himself in order to establish an inner calm. At the same time (similarly to the crystal therapy disks) dreams get catalyzed, if the black crystal is utilized on the three positions in sequence for three times 5 minutes before retiring to bed at night. Negative reactions do not have to be feared, yet in rare cases there can be nightmares following this procedure. I understand that as a cleansing impulse of the emotional space and therefore consider it as a positive reaction. If there are nightmares, the sequence should only be done once a week. Otherwise the treatment can be used daily.





The application of the black crystal is from the bottom to the top, 5 minutes on each position.

**1. In the Midline directly above the Pubic Bone**

As mentioned previously this is the center of all images and symbols of the human being in this life time. The application generates a comfortable calm, which can show as warmth in the body and a feeling of spaciousness.

**2. Center of Information 3 FW below the Tip of the Sternum (Midpoint).**

The application of the black crystal usually results in a resolution of tension in the upper abdomen. Otherwise the functions of the solarplexus are touched upon and gently regulated.

**3. Center in the Middle of the Forehead**

As mentioned earlier, this is the center of the mental reflexes. The effect in connection with the previous zones relates to clarity of thought and also the cessation of repetitive thinking patterns. Usually there is a comfortable calm, which can also support sleep. When this inner calm starts to emerge, the crystal can also stay longer in the position on the forehead.

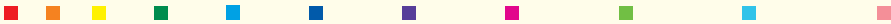
That brings me to the end of this little manual about the black activator crystal.

Sincerely,

A handwritten signature in black ink, appearing to read "Peter Arcand". The signature is written in a cursive, flowing style.







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## **ESOGETICS – THE LANGUAGE OF HEALTH**

### **esogetics GmbH**

D-76646 Bruchsal · Hildastraße 8

Tel: 0 72 51 – 80 01 0 · Fax: 0 72 51 – 80 01 55 · [info-de@esogetics.com](mailto:info-de@esogetics.com)

### **esogetics GmbH – Dept. Switzerland**

CH-6003 Luzern · Hirschmattstrasse 16

Tel: 0 41 – 4 20 58 36 · Fax: 0 41 – 4 20 59 36 · [info-ch@esogetics.com](mailto:info-ch@esogetics.com)