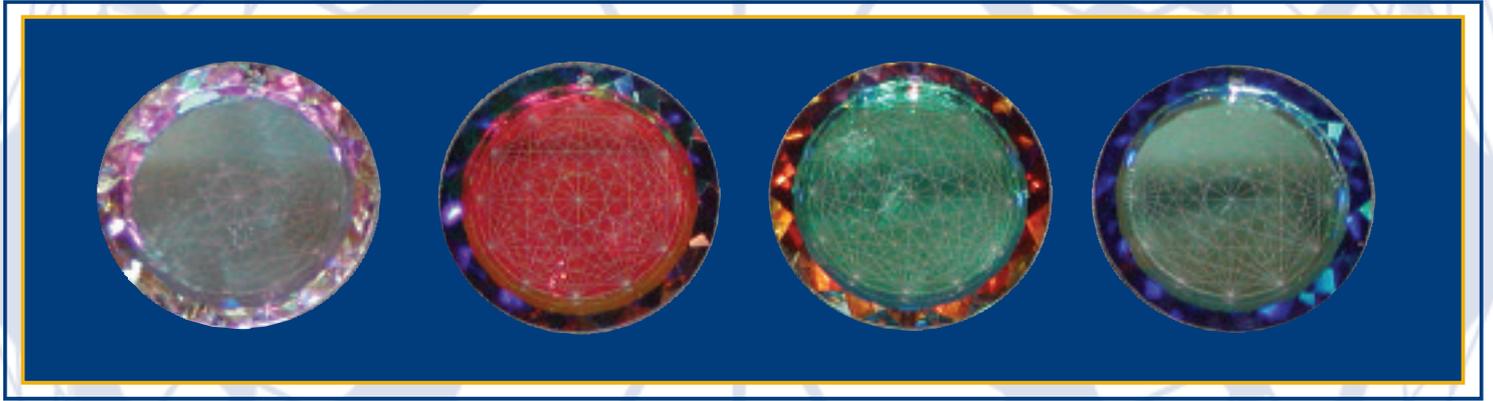


PETER MANDEL
CRYSTAL VISION
Element - Facetted Crystals



Relaxation
Rest
Well-being

Experience the beneficial effects
of the element-facetted crystals



The Family of the Relax Crystals according to Peter Mandel

In cooperation with the company Swarovski and by using elaborate, specialized manufacturing methods we have created crystals which contain purposeful information :

The large crystal activator, the series of the faceted crystals and the crystal tattoos for crystal puncture. Through cutting resp. engraving the pure crystals have been enriched with the holographic original pattern of the earth hologram. In our concept this hologram corresponds to those information patterns anchored in the human being that are related to the body.

The crystal activator has been developed for the treatment of subconscious conditions. It has enabled us to retrieve suppressed or forgotten experiences into an individual's consciousness. We are using crystal puncture with great success for pain therapy. For over three years we have been observing the effects of the crystal applications in the treatment of the most diverse complaints. The successes up to now have been beyond average.

A huge discovery have been the differently colored faceted crystals. By now the gold and silver crystals have become valuable media for both the therapist and the layperson, enabling them to initiate a regulatory response in the pre-stages of disease and pain already.

We have just recently succeeded in imbuing the faceted crystals with four new colors, thus opening another door into the subconscious layers of human existence.

These are the four 'element-faceted' crystals.

Let us first revisit the polarity of gold and silver once again.

❖ The Faceted Crystals Gold and Silver

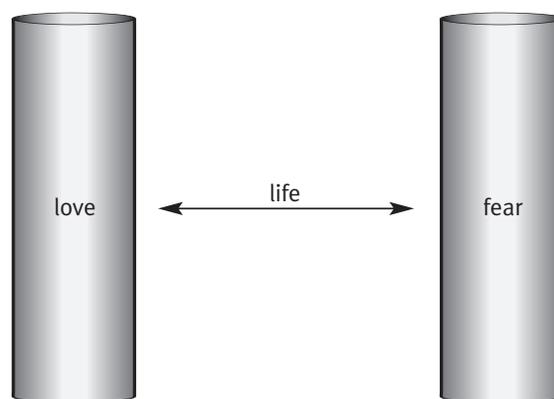
Whereas the activator crystal addresses the human being as a whole, the faceted crystals are working on details depending on their cut, color and engravings, and they are applied specifically to the appropriate zones. We have observed, that the faceted gold crystal generates rest and relaxation, if placed into zones regulating those effects.

The increasing success of the faceted gold crystal motivated us to actualize the other side of that polarity. The stress factors of modern times should not be underestimated in regards to disease and pain. Worldwide medical doctors are warning us of the consequences. We have discovered new zones for the faceted crystals, which are simple to apply and at the same time provide the desired results.

Gold and Silver - The Colors of the Polarity of Sun and Moon

Symbol of the sun - gold, sun, warmth, activity, the masculine, the external human psyche.

Symbol of the moon - silver, moon, coldness, passivity, the feminine, the internal human psyche.



The idea of love is light, sun, warmth, the "plus" in the human being and it is symbolized through the sun. The opposite pole is associated with fear, darkness and coldness of the night - these metaphors correspond to the moon.

❖ The Four Element-Faceted Crystals

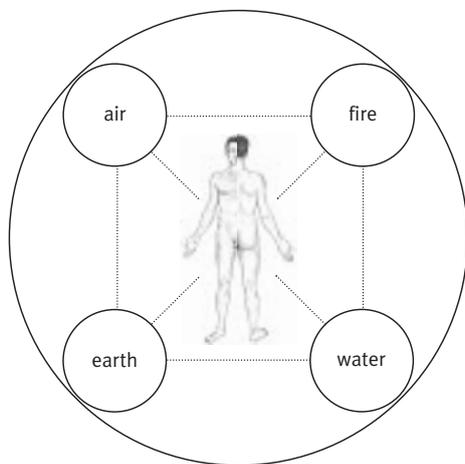
Contemplation of the four elements, which are the origin of everything that we find in this dimension, pointed us towards the development of the element-faceted crystals.

From the gold and silver coloration of the faceted crystals we knew exactly how it works in regards to polarity. Through our decades of experience with the soul-spirit colors of colorpuncture and their mode of operation we conceived of the idea to imbue the faceted crystals with these colors. It took long series of trials until the Swarovski company succeeded in developing the exactly tuned color components. That led to the four Element Crystals.

The correspondences to the four elements have been familiar to us for a long time:

The element fire **Crimson**
The element earth **Lightgreen**
The element air **Turquoise**
The element water **Rose**

Everything that exists in this dimension, including human life, has originated from the four elements. They are constantly active inside of us and we find ourselves in the middle of the permanent tension which is generated through these elements. When we as individuals exist in the center of an expanded consciousness, then the elements are benevolent towards us. The continuous attraction and repulsion however make us into a toy of the elements.



The human being is always caught in the duality, the masculine above and the feminine below. The forces of the elements work for him and against him, in order to accompany him on his way 'up' or to compel him to live towards the development of consciousness.

We can feel the forceful impact of the elements in our daily lives. If we are aggressive, wrathful and full of rage, then that is connected to the element fire. If we are holding on to things or we "cannot let go", then that corresponds to the element earth. The element air has thoughtlessness, internal conflict or constant stress situations in its baggage and the element water corresponds to the ignored intuitions, the negated creativity or the suppression of any feelings. If we do not pay attention to the impulses of the elements, then we will get sick, i.e. the four elements notify us that we have left our center.

Thus the elements dominate our lives and we cannot escape them. The empirical knowledge teaches

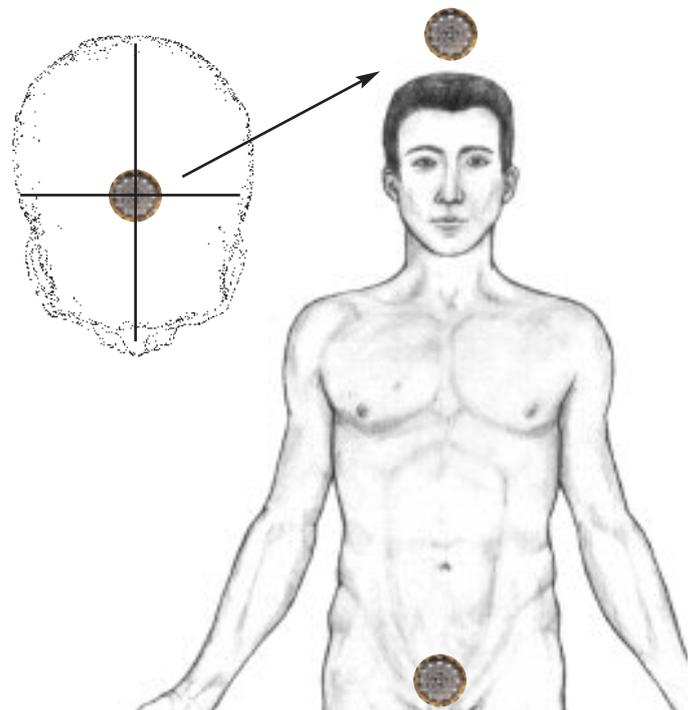
us, that everything that we are, everything that happens inside of us, is reflected on our external envelope, the skin, which then also applies to supraordinate zones of the elements. If these zones are touched with the element crystals, the wheel of an opposing reaction is set in motion. We are experiencing the exaggerated or suppressed principles of our inner world. Such irregularities are then easily balanced by the application of the four element crystals.

Along those lines I now want to give you some simple ideas, which are connected sequences.

❖❖❖1. Harmonizing the Elements

We start with the gold and silver crystals, to balance the polarity of feeling and thinking. The gold crystal is centered in the middle of the top of the skull, it stays there for 5 minutes.

Then the silver crystal is centered on the midline above the pubic bone for the next five minutes. Any reactions terminate the application and shows us the stress between feeling and thinking. They also point towards tensions and spasms in the solar plexus.



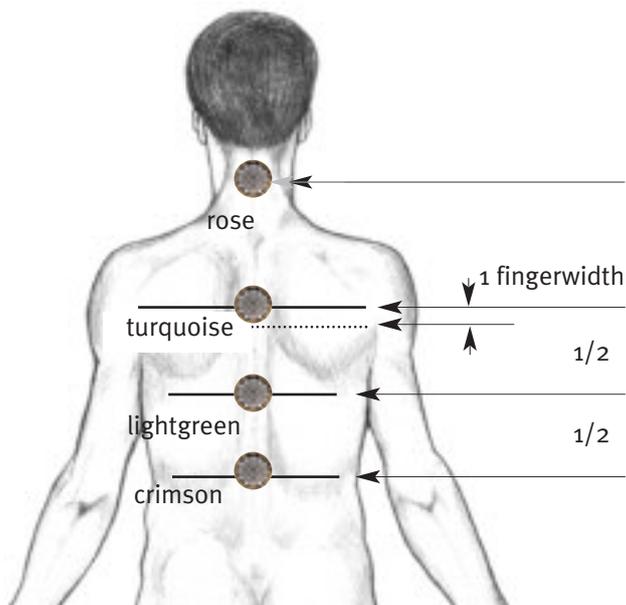
Then we position the four element-crystals on defined zones along the spine.

Zone 1 can be found by drawing a line from highest point of the iliac crest to the spine. It is the location of the element fire and the assigned color is crimson.

Zone 2 is in the middle between zones 1 and 3 and has the color lightgreen.

Zone 3 is found by going one fingerwidth up from the axillary fold and placing a horizontal line across to the spine. The color is turquoise.

Zone 4 is in the middle of the cervical spine. The index finger is placed on the middle of the cervical spine and then the head is extended backwards; the location of the water element is where we feel the deepest point of the curve in the spine. It has the color rose.



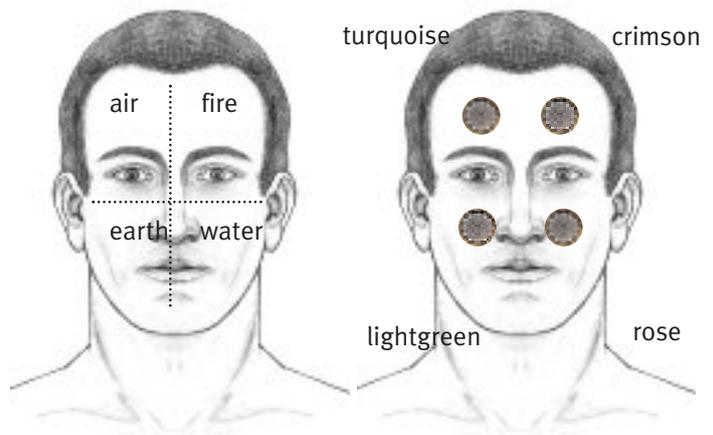
The four crystals stay in their locations for ten minutes or longer. Possible reactions tend to resolve by themselves most of the time, so that an interruption of the sequence is not necessary.

This protocol is a wonderful initial treatment for all possible complaint situations. Through the positions of the four elements the organizing impulse reaches the whole body. Most of the time we see a general sense of well-being, as if the excessive movement of the elements has been calmed down.

Conducted once a week this is also an excellent prophylactic measure in regards to a lot of stresses.

❖❖❖ 2. The Quadrature of the Face

Esogetic Medicine has known about the division of the face into four quadrants for a long time. It is an elemental truth that the expression of our face depends on our internal emotions. We also believe nowadays that the motor expression of the facial features reacts before the intellect, i.e. that feelings and emotions, which are originating in the abdominal brain, are reaching our facial features before the reactions of the intellect in the cranial brain and thus are changing them. Feelings and emotions are symbolically assigned to the four elements. Thus the quadrants of the face are helpful centers, which generate very deep relaxation.



The picture illustrates the positions and the correspondences to the elements. We leave the four crystals in place four ten minutes or longer. The best time for this treatment is in the evening before going to sleep. We have observed that difficulties in falling asleep, or the so-called sleep rhythm disturbances, could be influenced beneficially.

❖❖❖ 3. The Quadrature of the Body

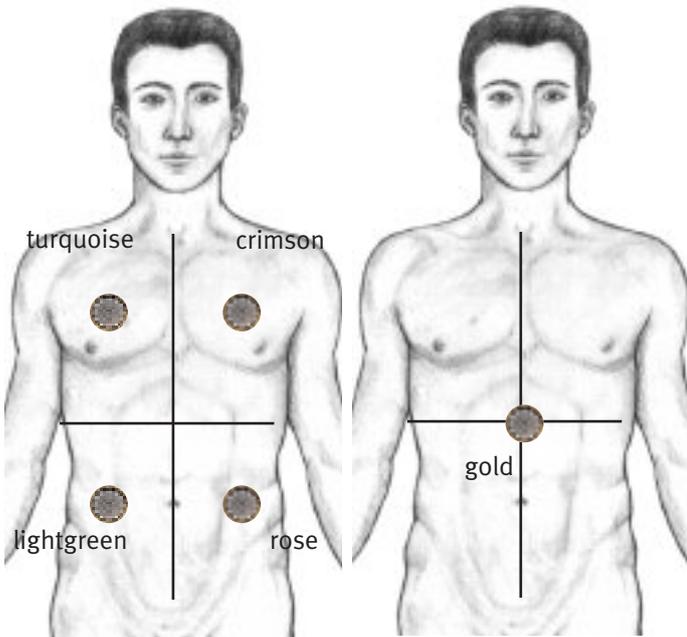
This quadrature shows repeatedly in all sectors of our body. The front and the back are divided by the "cross" and that gives us four aspects, which we have assigned to the elements.

Everything in this world can be explained through quadrature. The number "4" means "plane, earth, here and now", whereas the number "5" stands for "religare", the recalling resp. remembering.

We should imagine that everything in this world has been created through the elements fire, earth, air and water and that "everything that is" contains these elements and is controlled by them. The human being is caught in this quadrature and he has the task to eliminate the "walls" or at least

make them transparent, so that well-being and calmness do not only reflect into the physical existence, but also beyond that into the psychological spheres.

The purpose of this application in the front and back relates to stresses that are already present. We understand this option as additional help, which an individual can combine with other appropriate therapies. It is legitimate to engage in self-treatments, so that one can accelerate the path towards "health".

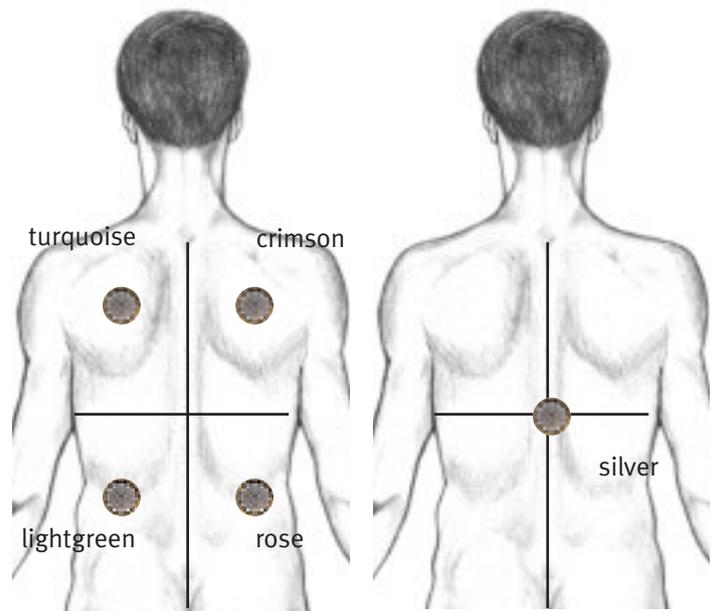


When placing the element-crystals we start in the front. The quadrant on the upper left has the color crimson = fire, the lower right the color lightgreen = earth, the upper right turquoise = air and the lower left rose = water. We generally experience a deep relaxation, deep breathing and a comfortable tiredness.

In case of any reactions like for instance slight head pressure, a sensation of sweating or tensions in the abdomen and the spine we recommend placing the gold crystal below the tip of the sternum in the middle of the element-crystals. Most of the time the reactions immediately disappear.

It is preferable to use the element faceted crystals in the back on a different day. The placements resemble those in the front.

The quadrant on the upper right has the color crimson = fire, the lower left the color lightgreen = earth, the upper left turquoise = air and the lower right rose = water.



In case of reactions we place the silver crystal on the spine opposite the tip of the sternum and that also leads to the immediate resolution of reactions.

A wonderful opportunity to contact one's center again, diminish stress and resolve minor complaints.

These ideas should suffice for now to convincingly experience the effects of the element faceted crystals. There are several other options which we will pass on to you over time.

...❖ Information about the Application

Basically, unless stated differently, the element faceted crystals stay in the described locations for two to three minutes in order to reach the desired relaxing effect. The small hole at the end of the crystal is meant as an orientation help for the person applying it. It has to always point up on the midline.

If there should be any ongoing negative reactions, the element-crystals are removed.

The self-application of the gold and silver crystals as well as the element faceted crystals is as simple as it is effective. The element faceted crystals should only be cleansed under running water, so that the surface imprints do not get damaged.

We wish you a lot of fun with the element faceted crystals.