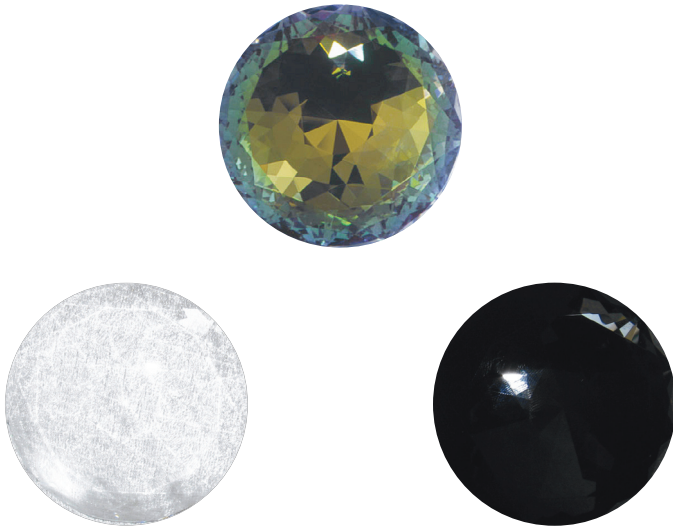


**PETER MANDEL**



**THE ESOGETIC  
CRYSTAL ACTIVATORS**



**ESOGETICS**  
healing power of colors

2<sup>nd</sup> edition 2019

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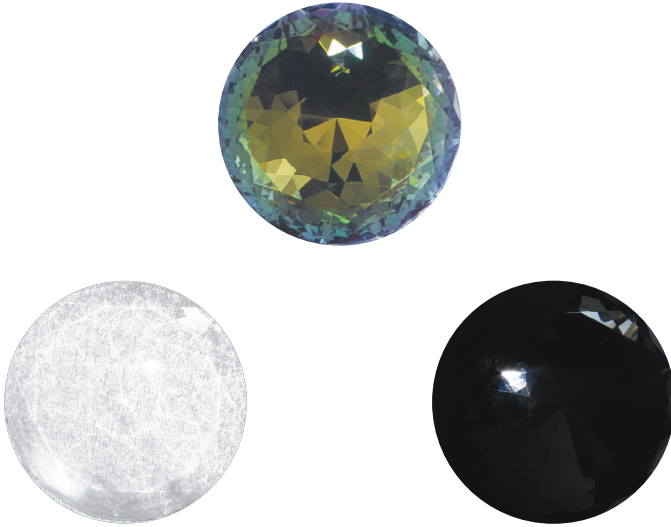
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# **The Esogetic Crystal Activators**



## The Esogetic Crystal Activators



Up to the present day three crystal activators have been developed. All three have a special affinity to the flowing energy and its information, which stimulates vibration in our cells, organs and systems and also maintains them. This hypothesis is the result of treating many healthy and sick people. The evaluation and observation of reactions connected to the treatments allow 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 multifaceted “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 (psy-che). 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 large circles of the medical community, 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 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. Since then I have been able to design many therapy crystals, 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 illustration on page 7 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 activator 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 activator 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 available reflex areas of the elements and to the disease potentials that we have empirically assigned to the elements.

6. The three gray faceted crystals, together with the activators and the element crystals, are the most used media of our crystal therapy. It is my premise 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 faceted crystals. activates these patters, which can lead to a balancing of blocked functions (often immediately).
7. The crystal tattoos are used to treat 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 their 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 in particular for local swellings on the inside or outside.

**In this application manual I want to focus on the therapeutic possibilities of the Crystal Activators 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

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. 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.

## The Information Patterns in Connection with Amorphous Crystals

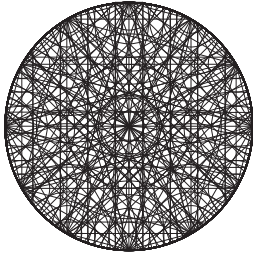
To live in a time, in which courageous scientists attempt to demystify the mystical is infinitely fascinating, and at the same time it encourages the free spirit to continuously discover new possibilities of one's own inner world. I had the idea of imprinting an amorphous glass crystal with information. On one hand through specific grinding techniques, and on the other through the imprinting of holograms and colors. The concept of the hologram was the starting point for all further considerations. At the time, I was experimenting with five precisely calculated holograms. These were the result of so-called "sacred geometry", as it had been passed down over thousands of years orally or in written form. The crystals are made with a special procedure, under the influence of fire and immense heat, from natural elements such as quartz and potash. Unlike natural precious stones, the structure of the crystals is without any information, thus pure or amorphous. One can provide these crystals with "meaning" and information, and I am doing this with very specific forms, dimensions, cuts, engraving and colors. In this manner, I can then therapeutically concentrate on what I want to achieve with people who are ill. The path toward the therapeutic use of the presently available crystals has not been very simple. Many ideas and a great deal of time were required for the observation of people with illnesses, until we were able to present today's coherent concept of "Esogetic Crystal Therapy". My theories are based on the discoveries and work of the scientist Dennis Gabor, who received the Nobel Prize for his hologram work. I also am referring to the quantum physicist Prof. David Bohm and the neurophysiologist Prof. Karl Pribram, who have conducted research in completely different fields and independent from one another, arriving at the same findings. Prof. Bohm postulated the holographic universe. With Prof. Pribram it was the insight that the customary theories of that time about the functioning of the human brain were unable to solve many of the neurophysiological riddles. It was his opinion that all information stored by the brain had to be arranged in a holographic structure. A holographic plate shows wavy lines that are permanently overlapping. This is called interference. Interference refers to a pattern of superimposition that occurs when two or more waves intersect with each other. In the human brain, the so-called interference pattern appears to be carrying the information or software, whereas the hardware, the cells of the brain, is representing the cellular clusters programmed in this way. The interference pattern of the brain represents the entire information that is required for the present life. Moreover, this pattern carries within itself, in my opinion, all the experiences of all previous incarnations.

The science journalist Hans Werner Woltersdorf drew attention to himself in a spectacular manner with his books "Die Schöpfung war ganz anders" (Creation was Completely Different) and "Phänomen Schwerkraft" (Gravity – The Phenomenon). His publications provided me with interesting references. He is writing that all sensory stimuli converge in the thalamus area (brain stem). According to more recent opinions it is particularly the endocrine triad, consisting of pineal, hypothalamus and pituitary, which accepts and conducts these impulses of perception. Here a new impression is composed through the comparison with memory and experiences. In our later description of the therapy with holograms and interferences we are placing strong emphasis on this triad, together with the limbic system and all areas that are formed there.

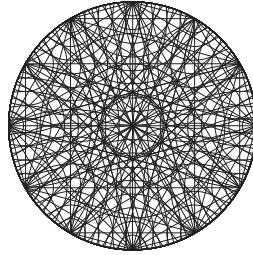
It is therefore the interference patterns that trigger all of the known functions in the brain – ultimately through the intrinsic information. They seem to be responsible for the various states of consciousness, including the expansion of consciousness. All of this was very vital to the consideration of how to use such interference patterns in regard to illness potentials.

If our life in dynamic matter consists of interference patterns, it means that they represent the motor and the dynamic, in order to keep the material life on a track of its necessary progressive development. Prof. David Bohm stated that the interference patterns (the holographic concept) show the veiled aspects of our lives. He called them "implicit". Bohm imagined that through the liberation of the implicit, the veiled structures, the world as it is is being created, and thus becomes unveiled, or explicit.

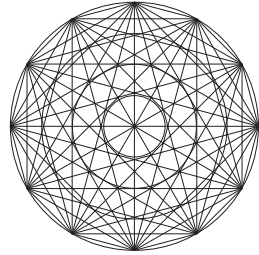
My thought was, assuming the validity of the theory of holography postulated in the publications of Pribram and David Bohm, that by using defined interference patterns at equally clearly defined points of skin, one could achieve reactions within this hologram. Lengthy experiments were necessary, until I had an idea about how an interference pattern had to be designed to achieve an effect on the skin, from the inside to the outside and vice versa. I initially experimented with foil that could be applied to specific areas of skin, and in doing so was greatly astounded by the effects that were reported by the patients. Three interference images in particular showed special reactions. These are depicted below.



Information



Energy



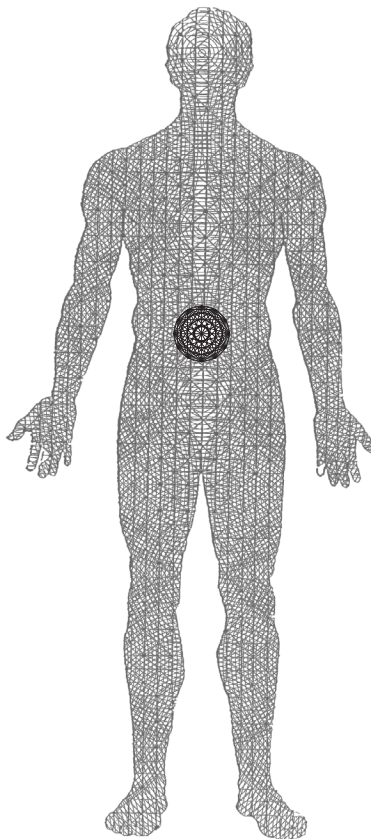
Matter

I assign these three holograms to the triad of "Information – Energy – Matter". For me it was initially of greatest importance to therapeutically use the hologram assigned to matter, which I call the "earth hologram". This figure is ancient, and it has been used in many epochs of human history, for example by Chinese masters or in the Middle Ages by the philosopher Giordano Bruno, who was burned as a heretic in Rome. Many other sources attest to the fact that this pattern has always been used in various manners. A further example relates to the aspects of astrology. If one represents these in drawings and then superimposes them on each other, this hologram is created as well. The pattern of the so-called "earth hologram", upon which the development of the therapeutic reflex possibilities was based, was the starting point for the "Esogetic healing crystals" that are available today.

The starting point of my theory is that the surface of the body, the human skin, should be seen as a hologram. How else could it be possible that one is able to trigger so many different reactions through one point or zone on the skin, depending on the media used. The definition of the hologram is that "the whole is in every part" and that, as a consequence, each part can affect the whole. As previously stated, the many different microsystems and somatotopies are proving this.

The hologram of the skin is, in my opinion, the quintessential representation of "feeling". In the broadest sense, all of a person's reactions of feeling are regulated by the skin and also possibly the mucous membranes. When we apply crystals or treat the largest human organ with another medium, we will always trigger "feeling reactions". Once again, I would like to underline my conviction here that the hologram possesses any conceivable possibility of reflection that could create an effect inside people (as well as animals). All therapy media are assigned hierarchically. As pertaining to the

effectiveness of crystals and the healing reactions triggered, I imagine that the "earth hologram" – that I favor – has a counterpart on the skin that behaves symmetrically to it. In my opinion, this explains the frequently sudden reactions in crystal treatments. In the illustration on the left, I have attempted to show this. Each treatment (it makes no difference which medium is used), therefore triggers feeling reactions, and we as therapists are called upon to properly assign these reactions, and if possible also explain them symbolically.





# **The Application of the Crystal Activators**



## The Application of the Crystal Activators

### 1. The Black Crystal Activator

I call the black crystal activator also 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 activator does that like a suction device. The “silent DNA” is the light storage for our life. If it is true, what Dr. Gargajev has proven, that the light is the communication device of the “talking” DNA, then it is logical for me to activate that exact light. Observing and interviewing people, who were completely dressing in black, was the starting point. Very often these people showed depressive moods, and the answers to the question, why they were dressing themselves in black, were usually similar:

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

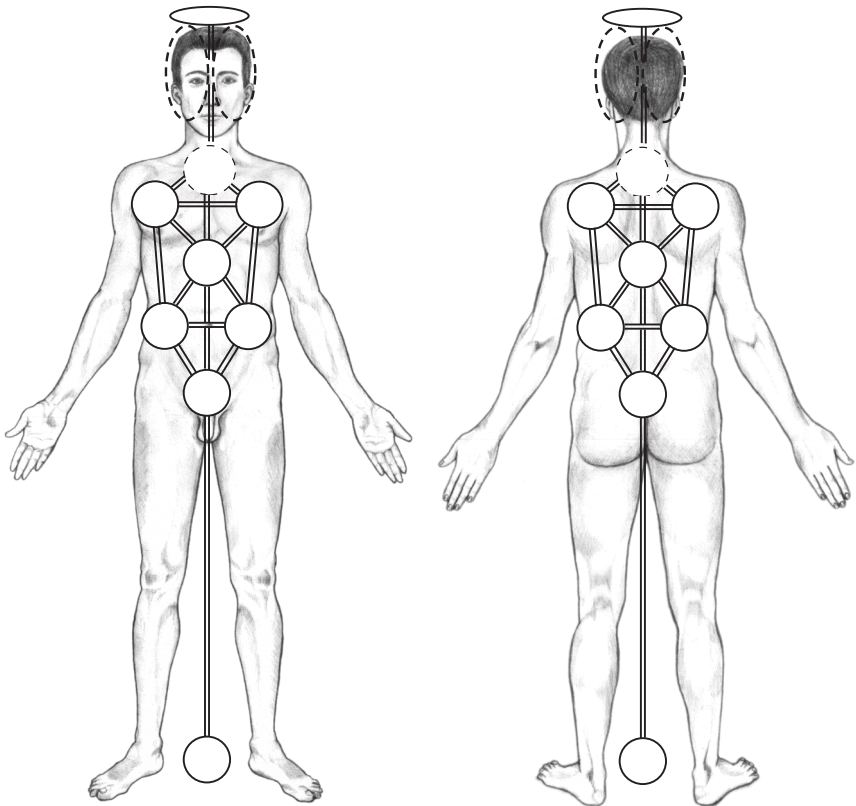
This way or similarly is how the “Blacks” – as I call them – articulate themselves. That let the idea mature inside of me that a black crystal activator could adequately activate light inside of a person through localized defined skin areas. Now I know for a fact that that is exactly what is happening 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 “hypercommunication of the DNA”. That provides a check-up for the “abdominal brain” – the program of feeling –, it calms down the sectors of the hippocampus and amygdala and activates the “center of reason”.

All these statements are the result of empirical observation, which I have combined with the present day knowledge about life.

## 2. The Clear Crystal Activator



In my view the clear crystal activator is related to the light that is coming in from the outside, which can also be seen as supraordinate information. The transformation of this light relates in particular to the “Tree of Life”

(Sephira) of the Hebrew Kabbalah, where it has been called “Ain soph aur” or roughly translated “the infinite light”. Yet this symbol is much older than the Jewish Kabbalah. On the pillars of the temple in Karnak the Tree of Life has been delineated and those drawings are estimated to be about 10.000 years old. For years I have been treating the positions of the Tree of Life as I have defined them, using all and any therapeutic media that I have available. There are 10 + 1 reflex zones, which are connected with each other through 22 paths. Within these reflex zones, which are called “Sephira”, I have discovered many indications over the last years. Symbolically the archetypal assignment of the ancient planets to the Sephira has been helpful. They all have specific indications, which we have been able to supplement and expand over time. Here are the names of the Sephira, as traditionally given, and their positions on the body.

I also call the Sephira the lights on the tree and this already implies that these positions on the skin are filled with light information. As you can see, the Tree of Life has been positioned on the body in a dual manner. On the back I call it the “shadow of the Sephira”. My concept is that disturbances in the interaction of the Sephira in the front can generate special stress in the shadow (back). We could go so far and think that in the many complaints and diseases of the spine ultimately the transfer of information from the “lit up” Sephira to the shadow is no longer possible. The spinal stresses towards and from the organs have to also be taken into account. In general, and as far as the Tree of Life is concerned, we assign the clear crystal activator to the Sephira in the front and the black crystal activator to the shadow area. That is meant as a general rule, yet each position on the Tree of Life can be treated with all three activators. It depends on the intention of what I want to accomplish. Let me give you a few examples.

The planetary symbols that occupy each of the Sephira have defined indications. The zones, that are forming on the skin, thus are reflexes, which can react positively but also negatively. I shall refer back to this at a later point.

### 3. The Colored Crystal Activator

This crystal activator was the first one we developed. This crystal activator was a great addition to the therapeutic media in the clinic at the end of the nineties. Without having to specifically address the complaints of each patient, this crystal activator exerted a harmonizing influence in defined application zones. I quickly realized that its effect was balancing and could touch on hyper-, as well as hypofunction within a certain complex of symptoms. That led to the insight that this activator holds the function of a mediator; it calms down excessive functions and tonifies deficiencies.

#### **Summary:**

**Together the three crystal activators are a triad of regulation.**

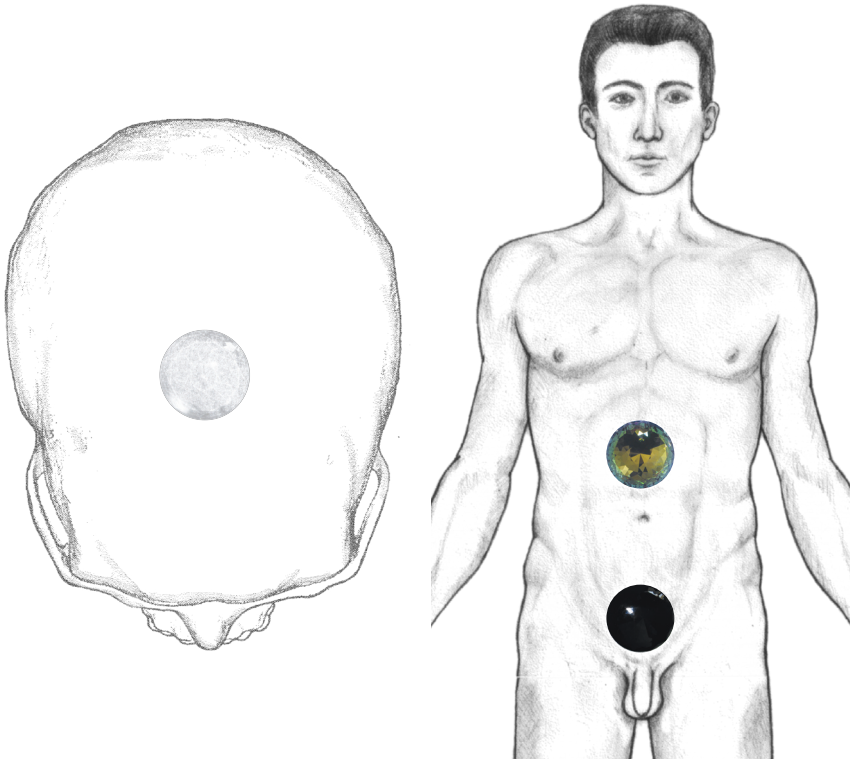
1. The black activator resolves so-called light blockages on the inside of a human being. Therefore it is always used when stasis, degeneration and pain are part of symptom picture.
2. The clear crystal activator relates to the light coming in from the outside and is used if there is a lack of information. That is especially the case in all psychological and psychosomatic diseases.
3. The colored crystal activator is the balancing principle between the poles of life. In my mind the colored crystal activator is the “soul stone”.

As each crystal activator can be used on its own, I have chosen for each of the three activators some treatment examples. This also facilitates the entry into the supraordinate crystal treatment.

Before I describe the different treatment zones and assign them to the three crystal activators, I would like to describe two basic treatments.

**The crystal activator has to always be centered when it is applied to the body. That means one of the 12 facets should point up towards the head.**

## Basic Treatment 1

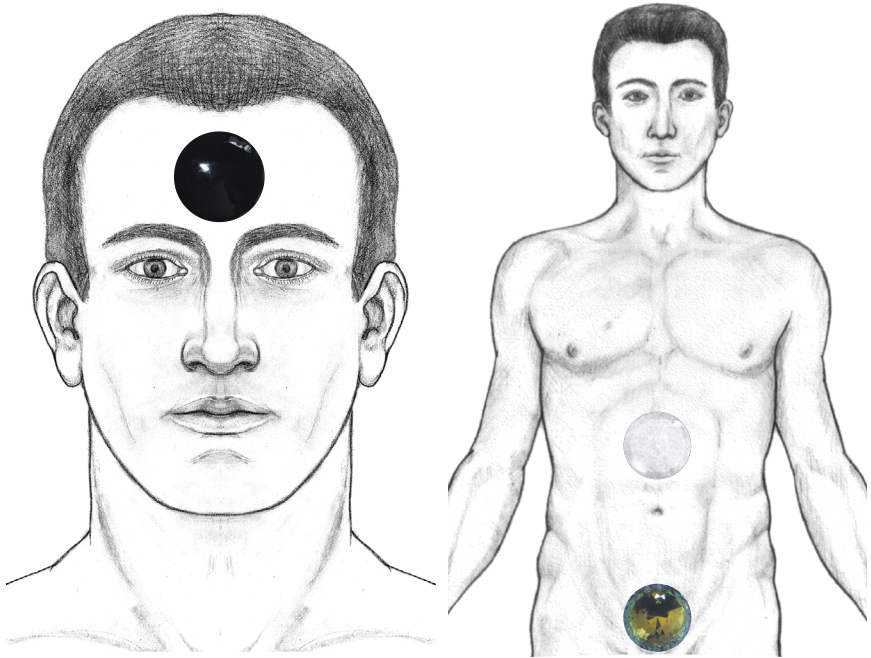


Top of the Skull: Clear Activator  
Tephereth: Colored Activator  
Yesod: Black Activator

Indication: Overall this first treatment facilitates internal centeredness and a sense of calm, when people cannot calm down. It is good for all consequences of stressful situations (clinging to things, for instance teeth grinding, overwhelm from the outside). The application of the black activator relaxes the head and neck area. Adjuvant before a migraine treatment.

1. In the middle of the top of the skull – and in reference to the Tree of Life – is the entry gate of the “infinite light”. The clear activator amplifies this process.
2. The colored activator addresses the balancing of this light and its distribution. The position is on the upper abdomen and is connected to the the Sephira Tephareth; the midpoint is 3 FW (fingerwidths) below the tip of the sternum. By ways of the solarplexus the light coming from above is distributed to all areas of the body.
3. The basic position of the black activator is on the lower abdomen; the midpoint is 3 FW above the pubic bone. This position corresponds to the Sephira Yesod. Here all the images of life are stored and the relationship to the brain, the endocrine and the limbic system has been handed down.

## Basic Treatment 2



Forehead: Black Activator  
 Tephareth: Clear Activator  
 Yesod: Colored Activator

Indication: This combination works for pain of any origin; as I shall explain the center of the forehead holds the key. Heart and circulation problems react well to this sequence. All hormones related to the genital function are stimulated and regulated. Therefore it is good for menstrual complaints and the accompanying cerebral symptoms.

1. For us the center of the forehead is an extensive reflex zone, which I have called pain clock. I have managed to assign many different reflex areas to it over the last years. From all reaches of the body information is reflected into this zone, and in the case of disease and pain this is where the light information gets blocked. The black activator moves the blocked light, that stimulates the flow of information and at the location of the pain the blockages can be released.

It is one possible option to apply the black activator to the actual location of the pain for 5 additional minutes, after using it on the forehead.

2. The clear activator is placed on the upper abdomen 3 FW below the tip of the sternum (midpoint). In the Tree of Life this level is ruled by the Sephira Tephereth. This second basic position is about the light coming from above, which gets amplified through the application. Here is the home of the core of the human being and I assign the 5th element ether to this zone. The clear crystal activator resolves the congested flow of information from the outside towards the inside.

Beneficial effects for the heart and circulatory systems, the solarplexus and the spine.

3. The colored activator occupies the position of Yesod on the Tree of Life. The midpoint is 3 FW above the pubic bone. This is meant to balance the strong stress in the psyche, which can be a result of the imbalance of the gonadal hormones. I also observe a beneficial influence on the head – particularly in menstrual complaints.

I want to mention that all three crystal activators are important for any position on the body. It entirely depends on the result I am intending to achieve. In my treatment proposals each of the crystal activators can be used in the same position. Our orientation comes from understanding the effect of the different crystal activators.

1. The clear activator deals with the information coming from the outside (light), when the “outer” can no longer connect with the “inner”. For example: I am not getting anywhere in my life, everything stops me. This is also a good application for people who feel mobbed all the time.
2. The black activator on the positions of the basic combination 1 + 2 relates to the information that sends reflections of the information from the inside towards the outside (light in the cells). Stagnation in the systems does not allow a mutual exchange of information in the cellular collective any longer. That leads to disease and pain.
3. The colored activator occupies the level between 1 + 2 and fills the place of a mediator. Balance on all levels is the primary task of the colored crystal activator.

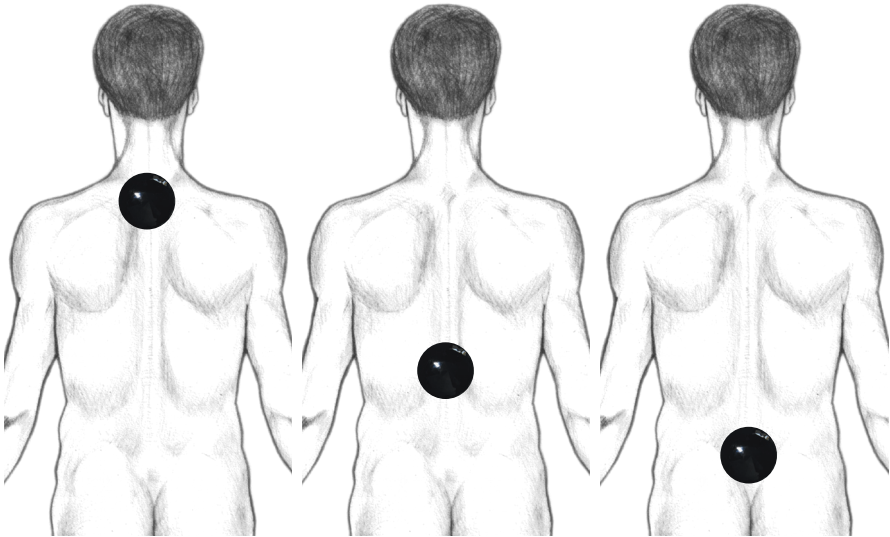
## **Treatments with the Black Crystal Activator**



## Treatments with the Black Crystal Activator

The black crystal activator is able to liberate light information that has been trapped “inside” of us. That is particularly important during the initial stage of pain treatments. But all other therapy resistant diseases can be treated with this crystal activator as a first step as well. Thus I shall begin with the two basic treatments.

### Basic Treatment with the Black Crystal Activator



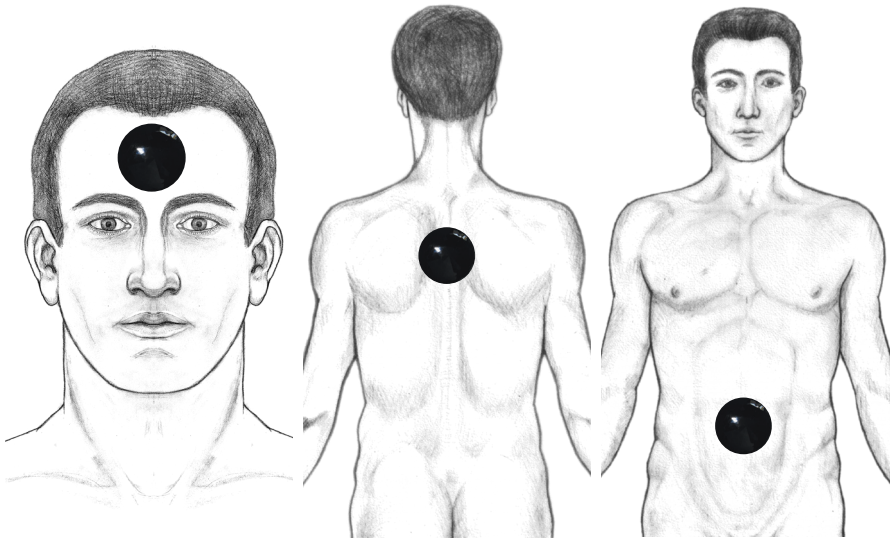
No matter what imbalances, complaints and diseases are encountered in a person, we can always apply the black crystal activator to three positions.

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 activator is independent from other indicated treatments.**

### Basic Treatment for Degenerative Diseases



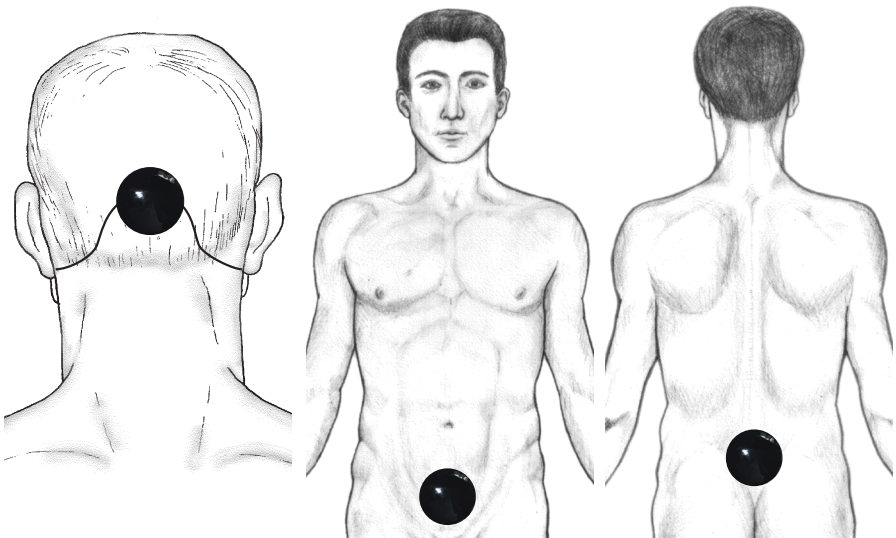
Again there are three reflex areas, which we are applying the black crystal activator to in sequence. As previously the duration of application is 5 minutes per position.

1. Middle of the forehead. The human forehead is in Esogetic medicine a supra-ordinate 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 median on 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.

- The third position relates to the navel, where we apply the crystal activator 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 activator 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 activator 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**



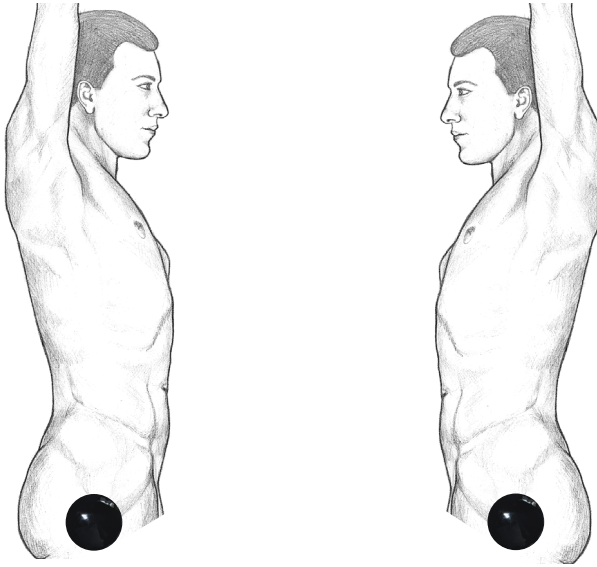
The experience of the last years has shown, that disturbances of the central nervous system are always accompanied by blockages of the medulla oblongata. Very early on I have connected the treatments of diseases related to the central nervous system with the reflex areas of the medulla. The treatment with the black crystal activator 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 activator 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 activator. If there are reactions in the diseased area (sometimes), the crystal activator should be removed and placed on the next position in the sequence.
2. The midpoint of the crystal activator 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 activator 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 activator before a selected individual therapy.

Now I want to introduce two more applications for the black crystal activator, 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 activator 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 activator 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 – GB 30). The black crystal activator 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 activator is removed from the position, which in most cases leads to a resolution of the reactions.

## The zones of the individual feelings

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.”

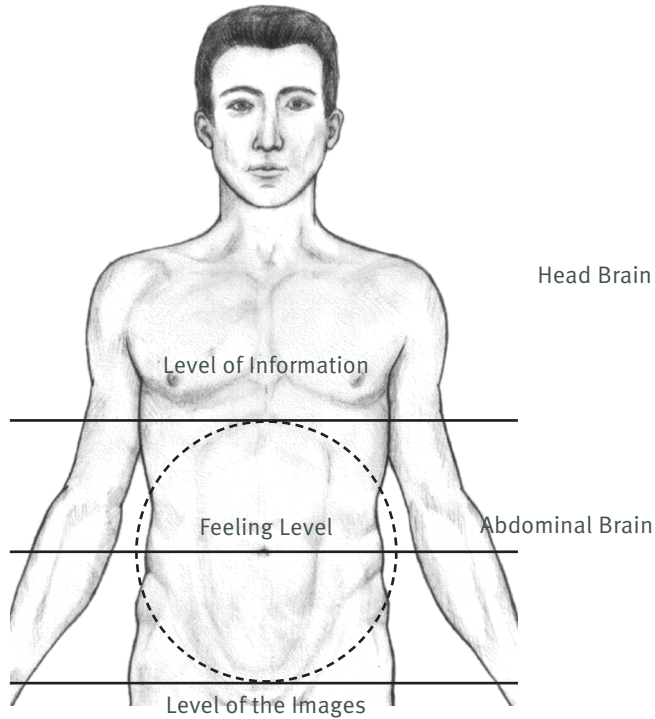
I consider it as particularly remarkable, when Prof. Gershon uses the terms “spirit and mind”, as he talks about the functions of the abdominal brain:

“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:

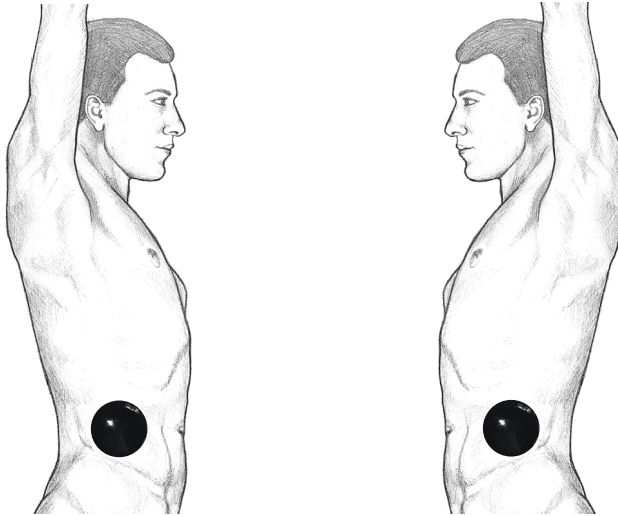
„The thinking (feeling) organ in the stomach is an independent mind, a vibrating, modern data processing center.“

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 activates the “emotional feeling” there. 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 Treatment of the Level of Individual Feelings

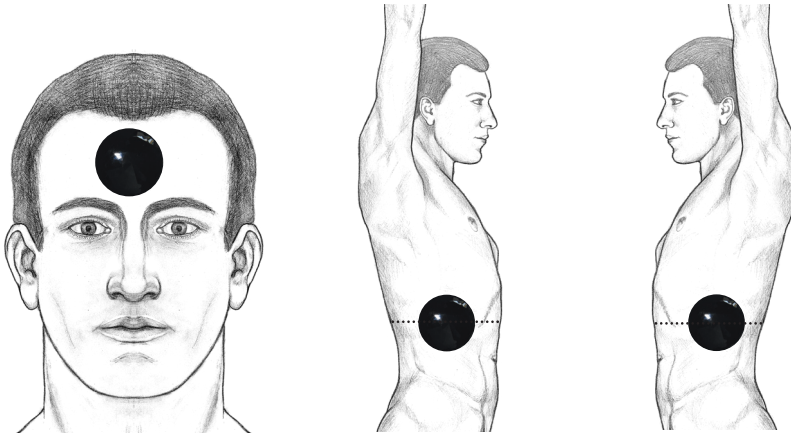


The level of the images is connected to the previously shown zone at the hip joints and shows a connection to the navel and thus the level of the feelings.

The 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 activator 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 activator 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 activator 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.

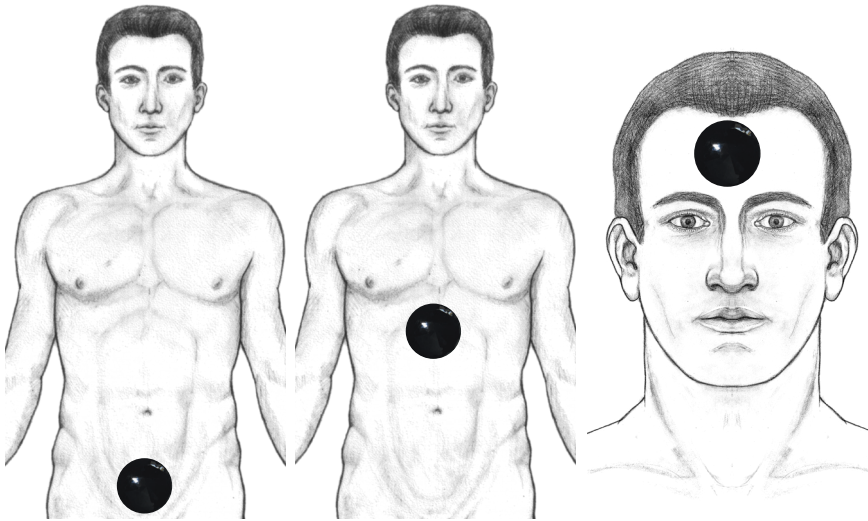
### 3. Zone of Information, Right

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 causes, conflicts or blockages of the individual human being.**

## The Dream Zones

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 activator 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 activator 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 activator 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**

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 activator can also stay longer in the position on the forehead.

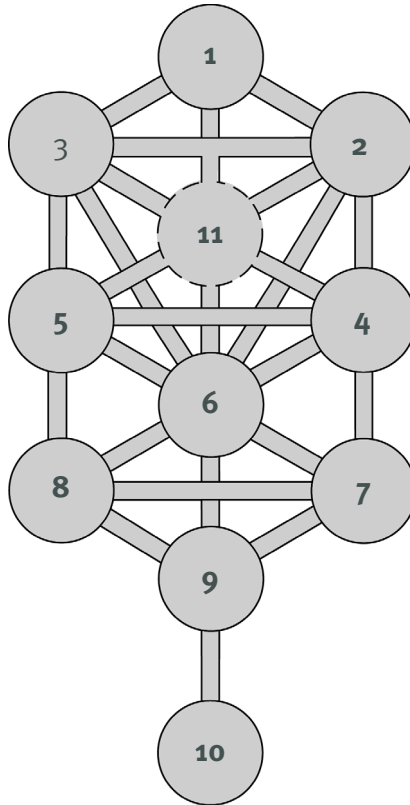


## **Treatments with the Clear Crystal Activator**



## Treatments with the Clear Crystal Activator

The clear crystal activator is particularly important in the context of the Tree of Life. The indications of the different Sephira are so extensive, that I can only give you a few pointers here about the application of the clear crystal activator.



1. Kether – crown – middle of the top of the skull at GV 20  
Classical planetary symbol assignment = Neptune. Pineal, solarplexus, feet and toe joints and the subconscious are further correspondences. Tendency towards paralyses and poisonings, ptosis of the organs and addictive diseases. Psychological associations are paranormal abilities, mysticism and spirituality, high intuition.

In the middle of the top of the skull the effect of the clear crystal activator consists in the activation of the light and the informations that are not being accepted by the “EGO” of the individual. Usually there are unfounded fears responsible for this.

2. The Sefhira Hochma – wisdom – is located on the left side of the head. The midpoint is at the meeting of two lines, a horizontal from the middle of the forehead and a vertical from the tip of the ear to the center of the skull. The Sefhira is assigned to the classical planet Uranus. Physical connections exist with the medulla oblongata, the spinal cord, systemic diseases, lower legs and spasms in that area. Psychological correspondences relate to idealism, humanism and marked adaptability, in the negative to unreliability, volatility and lack of restraint.

The clear crystal activator moves this Sefhira in regard to the inner eyes. Tradition states that the Sefhira Hochma represents the “entry gate of the higher worlds”. The clear crystal activator activates that principle.

3. The Sefhira Binah – Understanding – is exactly opposite Hochma on the right side of the head. The midpoint is at the meeting of two lines, a horizontal from the middle of the forehead and a vertical from the tip of the ear to the center of the skull. Symbolically Hochma relates to the masculine principle, in which the cosmic father has his place. Contrary to that Binah houses the receptive center and thus the feminine nature. The Sefhira is ruled by the classical planet Saturn, which rules the musculoskeletal system in general and the skeleton in particular. The psychological correspondences are positively diligence and endurance, negatively stubbornness, contact inhibition and a strong conditioning by authority. Organically we find metabolic dysfunctions and imbalances of the mesenchyme, as well as indications of premature aging.

The crystal activator is meant to bring light and thus supraordinate information to the often blocked function areas of the Sefhira Binah.

4. The Sefhira Hesed – Mercy – is located on the left side at the level of the axillary folds, where it intersects with a vertical line from the middle of the shoulder. It is considered to be the source of feeling and devotion, and thus the inner world of feeling and its inherent deep love finds its place here. Physical relationships are to the pelvic joints, the lumbar spine, stress of the legs (especially the thighs). Psychological correspondences are goal orientation, insight and especially faith, negatively the frequently encountered lack of restraint, boasting and inertia. Organically we find degenerative arthritis of the hip, diabetes, diseases of the white blood cells, obesity and liver – gallbladder diseases. The planetary symbol is Jupiter.

Again the clear crystal activator is supposed to regulate the plus or minus within the Sephira by providing the necessary information.

5. The Sephira Gevurah – Justice – is located on the right side at the level of the axillary folds, where it intersects with a vertical line from the middle of the shoulder

It represents the world of feeling on the outside. As a counterpoint to HeseD it is responsible for the ability to make decisions at any moment in time. The interplay between Gevurah and HeseD always aims at a compromise. Physical correspondences are the brain, eyes and ears, teeth and mouth, as well as the entire physical substance. Psychologically we find egocentricity, will and aggression, as well as directness and spontaneity. Organically diseases of the brain and the muscles are noteworthy. Moreover sexual function, inflammation in general, fever and gallbladder diseases (aggressiveness). The planetary symbol is Mars.

The clear crystal activator affects the aggression, which these people permanently carry inside, by the activation of the supraordinate light.

6. The Sephira Tiphereth – Beauty – is located 3 FW below the tip of the sternum (midpoint)

It is the center of human life. Here we find the core of the incarnated human soul, and I am assigning the fifth element ether to this Sephira. Tiphereth is seen as the lower level of Kether and thus is the image of God in the human being. Heart and circulation, the eyes, neocortex and vitality are assigned. Psychological correspondences are creativity, expression and radiance, self-assertiveness and also mania and wastefulness. Any stress of the solarplexus is related to Tiphereth. The planetary symbol is the Sun.

Here the clear crystal activator is of utmost importance, because only the 5th element ether is filled with the light information of the most high. Stresses of any kind can be calmed down and balanced through its application.

7. The Sephira Netzah – Eternity – is located on the left at the level of the navel, where it intersects a vertical line from the center of the shoulder. It regulates all involuntary physical processes, including the autonomic systems. It holds the power, which is necessary for all involuntary processes in the human organism. Lymph drainage and in that context also kidney and urinary bladder are assigned; moreover blood

cleansing, the acid –alkaline balance. Psychologically there are two levels in Netzah, which is ruled by Venus. Sensuality and melancholy, acquisitiveness and rooted-ness, is looking for love, but is often too self-centered, reacts sensitively to imbalances. Organically we find kidney/ urinary bladder, lymph and also ear problems, growths and glandular diseases.

Once more the clear crystal activator is applied to bring enough light information to the Sefhira, so that it can coordinate the involuntary rhythms of our life.

8. The Sefhira Hod – Fluctuation – is located on the right side at the level of the navel, where it intersects a vertical line from the center of the shoulder

Contrary to Netzah it relates to all voluntary functions and processes of life. Here all physical, individual and intellectual stimuli are received and transmitted to the inner world of the physical body. Psychologically Hod deals with “grasping and comprehending”, therefore its influence on the autonomic motor system. Organically it rules the intestine in its entirety and thus also the lymph drainage through the chest – lung area. All diseases of the nervous system through dominant nervous overwhelm are the responsibility of Hod. The planetary symbol is Mercury.

The application of the clear crystal activator addresses the voluntary rhythms, which include the human senses as well as the functional imbalances created by stress.

9. Yesod – Foundation – is located 3 FW above the pubic bone (midpoint) Tradition has it that Yesod is the human mirror, which makes everything visible that originates from the I – consciousness and has travelled to this place through all the previously listed Sephiroth. In the Sefhira Yesod all the data of the physical and psychological arenas are collected and translated into recognizable images. The memory banks of the entire life are located here. Psychologically we find romanticism, security, sensitivity but also compulsion, quarrelsomeness and faultfinding. Physical correspondences point to the hormonal and the lymphatic systems, the stomach, the solarplexus and in that regard also the often pronounced internal stress.

Once more the clear crystal activator is applied to bring enough light information to the Sefhira, so that it can coordinate the involuntary rhythms of our life.

10. The Sephira Malcut rules the feet, where the light of Kether has finally arrived  
The clear crystal activator is less relevant in this zone, so that we do not treat it. The planetary symbol is the Earth.

11. Daath – Knowledge is located 3 FW below the beginning of the sternum (midpoint)

This eleventh Sephira, the “mysterious” and “unknown” is traditionally seen as the “cosmic abyss”. The entire past and all cosmic archives have been gathered in Daath since eternity. In modern physics there is no time, there is only the “now”. Everything is contained in this moment. Thus Daath becomes a mirror in the Now, where on one hand we find a reflection of the past and on the other one of the future. Daath itself is the present moment.

On the physical level Daath holds a key position. From my observations Daath regulates the transfer of feelings and reactions of the abdominal brain to the cranial brain or differently stated: Daath supervises this process. This Sephira also has a direct connection to the sacrum and the lower spine. All pelvic joints, especially the hip (program) and knee joints (fear) are under the rulership of Daath. The sexual organs, as well as the rectum and urinary bladder are ruled by Daath and Yesod. Psychologically this Sephira contains the spiritual creative force, the subconscious, but also loss and fear of death.

In the frontal portion of the Tree of Life the clear crystal activator unfolds a beneficial effect in that it regulates the state of the different Sephiroth by balancing information and connected reactions that are coming from the outside or the inside.

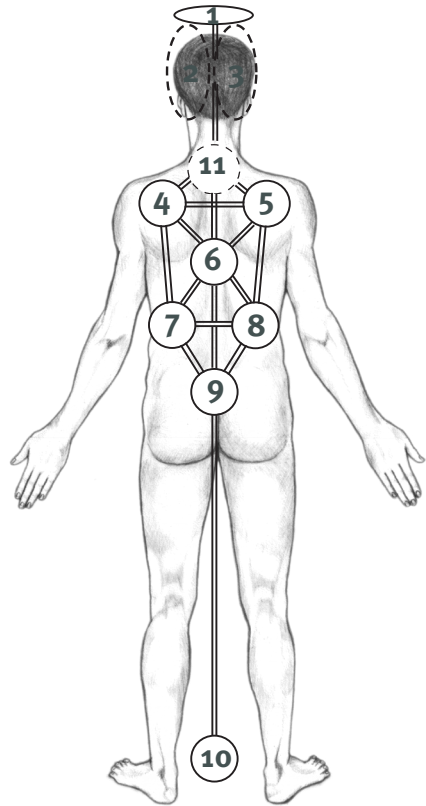
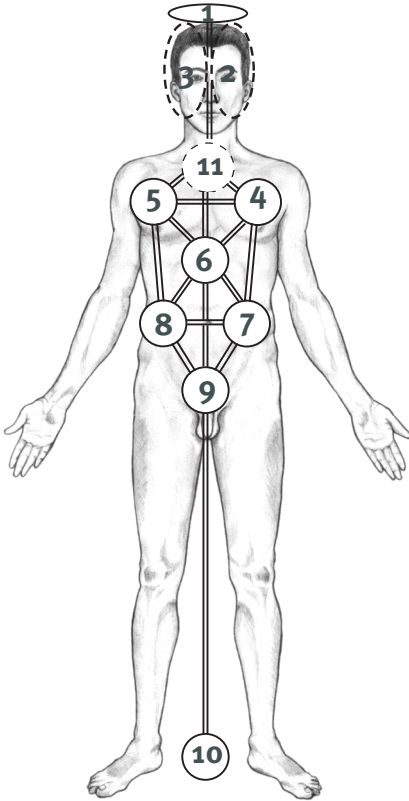
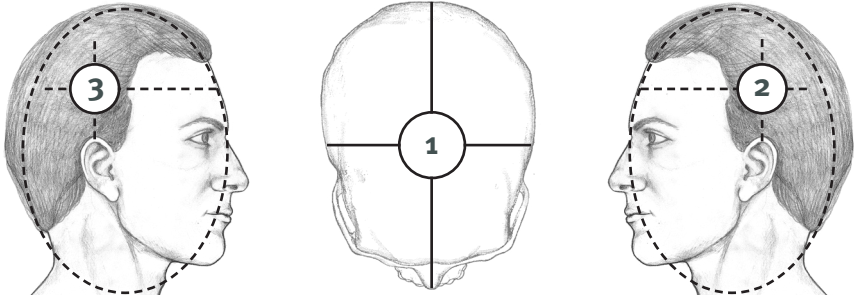
The duration of application of the clear crystal activator is 10 minutes or until there is a reaction. In the shadow realm the black crystal activator becomes a valuable tool, especially when there are blockages in the corresponding Sephiroth. The application of the black crystal activator can evoke reactions in those places. The shadow of the Sephiroth is that level through which all living information is reflected back towards the supraordinate consciousness. Sometimes that is not possible and a congestion of information occurs within a particular Sephira. The result is an immobility of the informative light within the cellular and organ areas.

The duration of application of the black crystal activator is 10 minutes or until a reaction occurs.

- In the shadow realm the Sephiroth of Hesed, Gevurah, Netzah, Hod, Yesod and Tephareth are exactly in the opposite places.
- The shadow of Kether is Malcut and vice versa.
- The shadow of Hochma is Binah and vice versa.
- The shadow of Daath in the back is 3 FW downwards from the transition of C6 to C7 (midpoint).

That completes the journey through the Tree of the Sephiroth. Starting from the overall function I have provided you with some important clues about the different Sephiroth. The effect of the clear crystal activator is excellent, when it is applied to the Tree of Life.

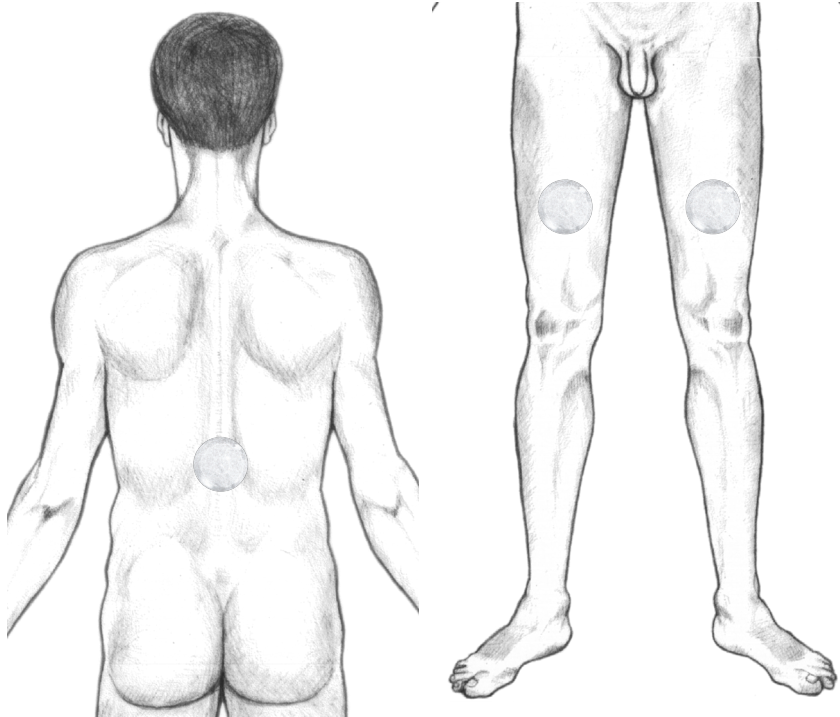
Here are a few more application areas for the clear crystal activator that can be used by everybody even when there is health.



- 1 Kether
- 2 Hochma
- 3 Binah
- 4 Hesed
- 5 Gevura
- 6 Tephareth

- 7 Netzah
- 8 Hod
- 9 Yesod
- 10 Malcut
- 11 Daath

## The Shadow of Yesod and the Esogetic Icebreaker Zones



The combination of the zones of the middle of the sacrum and the middle of both thighs in the front has a priority position in regard to the light information coming from above.

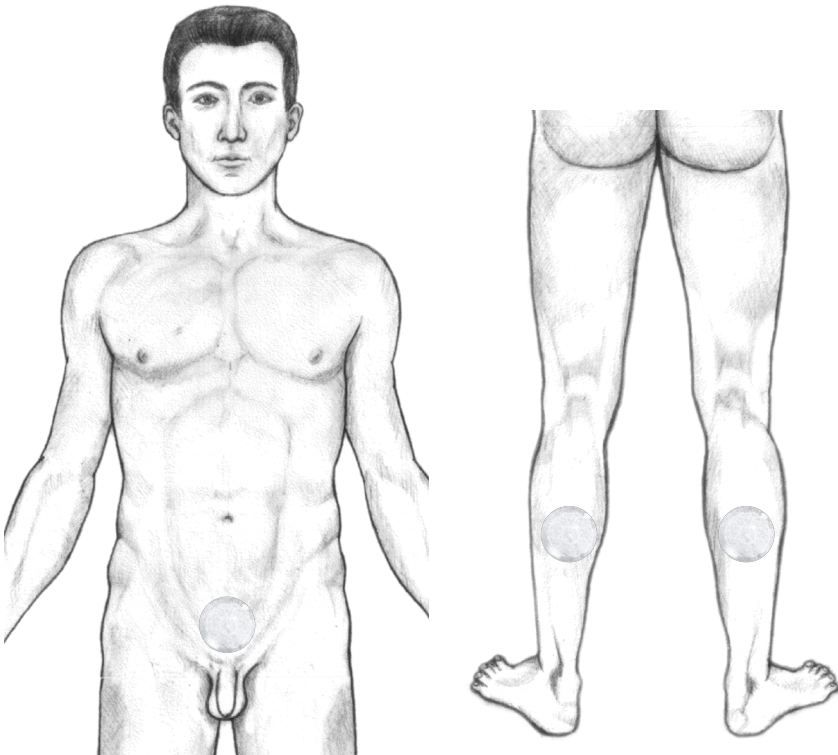
The triple application of the clear crystal activator increases the information of the light in our cells, especially when the free channels of information are no longer able to be active. In my opinion that is always the case in any degenerative disease, whenever it has generalized. The treatment with the clear crystal activator is an option to return mobility to the cellular communication. That gives further more specific treatments a better chance to unfold their benefits.

1. The sacrum is the location for the shadow of the Sephira Yesod on the Tree of Life and here we find the reflex zones for the coordination organs of the brain. Moreover we can also locate the reflexes of the sensory organs here.

2. In the middle of both thighs in the front we find the zones of blockages for the cells and organs without specific indication. These two “icebreaker’ zones address blockages within the body. That requires the reaction of biophotons within all cells.

**The treatment sequence starts with the application in the middle of the sacrum. Afterwards the clear crystal activator is placed in the middle of the left thigh in the front, then on the right thigh. The crystal activator stays in each position for 5 minutes.**

### The Sefhira Yesod and the Zones of Existence



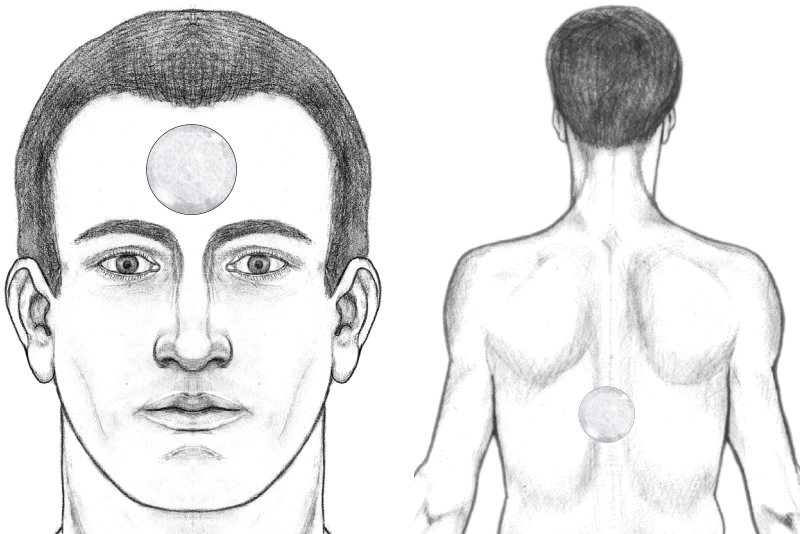
This second sequence of three zones starts at the Sefhira Yesod. This zone above the pubic bone is connected to the “zones of existence” in the middle of the lower legs on the left and right. As mentioned before Yesod stores the movies of the entire life. All traditions state that the experienced events from conception to our death are being recorded there. That helped

me realize over many years of observation, that Yesod is therefore connected to our existence and that in turn establishes the relationship of this Sephira with the two zones in the middle of the calves. Particularly an individual's emotional stress, anxiety syndromes, depression without obvious cause, states of restlessness or other emotional strains respond well to the application of the clear crystal activator. The limbic system and the endocrine regulation seem to be affected in particular. As before links are opened that provide better conditions for other subsequent therapies.

The midpoint of the clear crystal activator is placed 3 FW above the pubic bone, afterwards first on the left then on the right center of the calf, 5 minutes in each position.

As many people report back, this treatment is particularly pleasant. Sometimes there are psychological reactions, but they dissolve quickly. If they should last longer the clear crystal activator is briefly removed from its place and repositioned there a few seconds later. That tends to balance the reactions.

### The Forehead and the Esogetic Life Point



This combination is intended for daily application. As a person gets older he requires more light information, which is the basic ingredient for our human existence. Without looking at particular assignments for different

complaints this tool can be used daily as self-help. It activates the life in the cells.

1. Starting point is the application of the clear crystal activator to the forehead for 5 minutes.
2. Then the crystal activator is placed in the middle of the left calf, and then on the right for 5 minutes each. This is a great way to facilitate a regulation within the cellular communication networks.



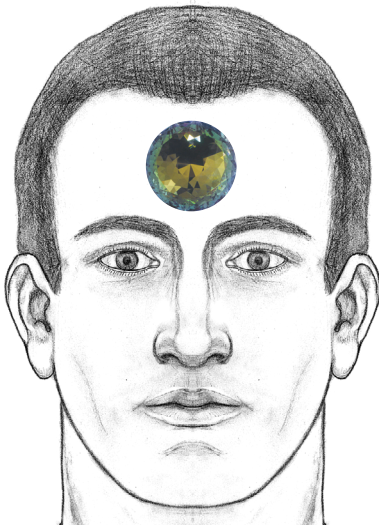
## **Treatments with the Colored Crystal Activator**



## The Colored Crystal Activator

This crystal activator was the first one that we were able to develop in 1999. At that time it was not obvious yet that this crystal activator would play a key role in our therapy, but also in “revelatory diagnostics”. Through the development of the black and the clear crystal activators the colored activator moved to the position of the “balancing principle”. As mentioned earlier the activation of the light (information) from the outside (clear crystal activator) or the inside (black crystal activator) can trigger reactions. These reactions always concern the cells and organs and thus “cellular consciousness”. To balance stirred up functional structures we can use the colored crystal activator. Moreover its indications encompass any irregularities, as long as they are still within the functional realm. That means when we feel healthy, we can apply the earlier discussed treatment protocols by using the colored crystal activator. This would be a special prophylaxis, and as such strengthen the inner peace within oneself. As it has been the case in the use of all other crystal activators, there are specific places of application that have proven reliable over and over again.

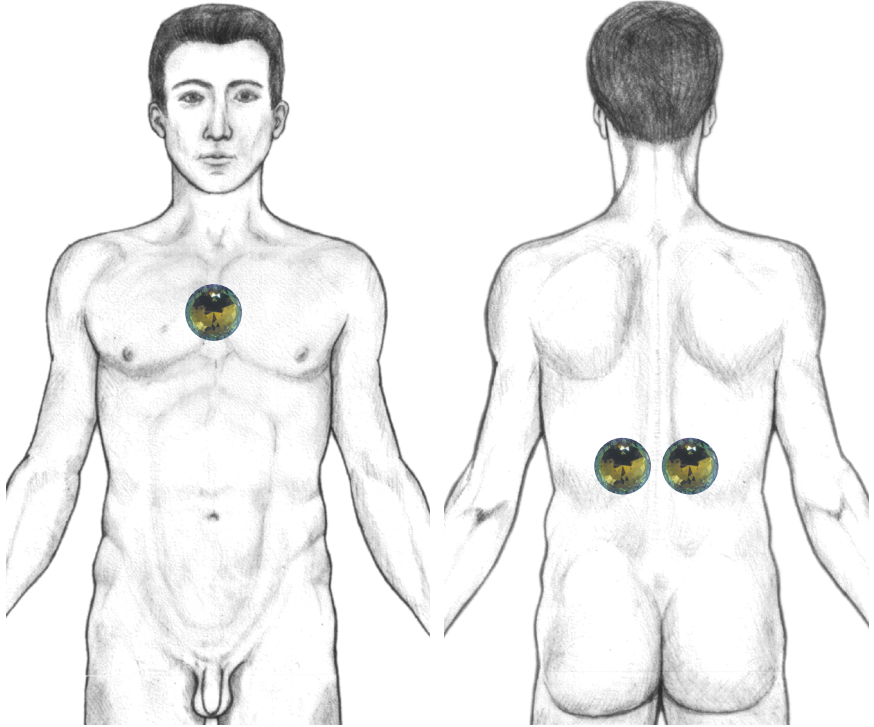
### The Human Forehead



When it is used on the forehead, the colored crystal activator represents the balancing principle, whereas the clear crystal activator activates the flow of information from the outside and the black crystal activator the flow from inside. As before it is positioned on the forehead in a centered way, so that two of the 12 facets are on the median. The application should last for about five to ten minutes and any reaction (always very slight) is desirable and does not have to be balanced. If the reaction is too strong, then the crystal activator is briefly removed from the forehead

and then repositioned. Usually there are no further reactions. Done before sleeping the application can encourage pleasant dreams and promote a rhythmical and deep sleep.

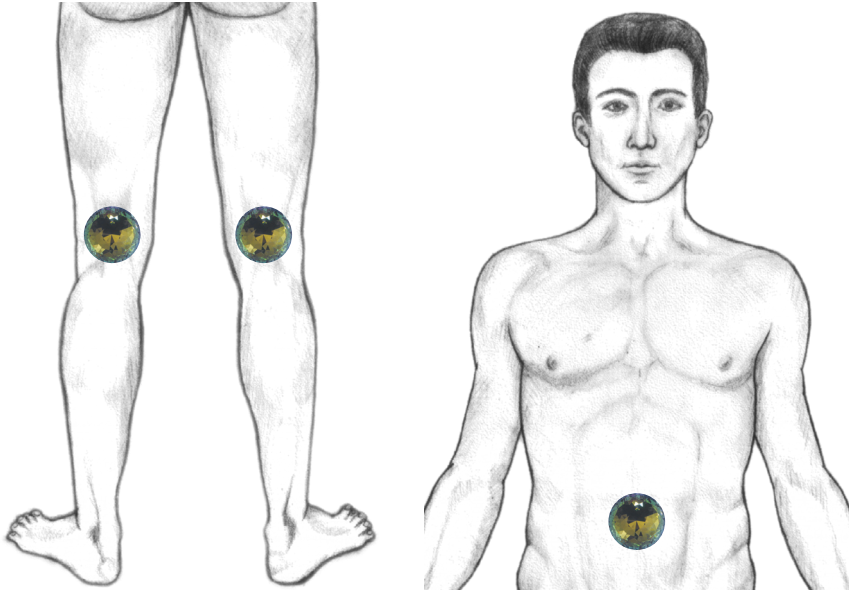
## Kidney Poles in Combination with the Middle of the Sternum



The middle of the sternum is in my view the zone of freedom. When the individual stands upright he can breathe freely, he can lift his head and extend the spine. Both kidney poles connect into the primeval human fear, and accumulated fears limit a person's freedom. The result is internal stress, which over the years leads to "narrowness", oppresses personal freedom and can be an indicator of degenerative disease. This sequence can be repeatedly used on a self-help basis to prevent the "narrowing down" [the Angst], which all people are more or less subject to in the course of their lives. It provides a chance to make the opposite experience and encounter the "wide open space of life".

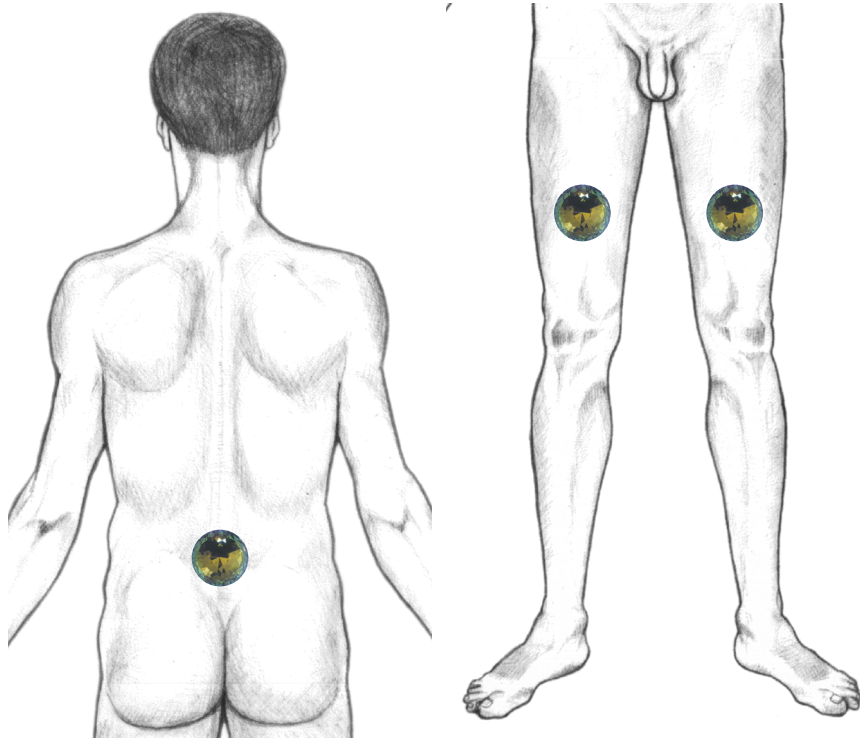
The crystal activator is applied to the center of the sternum for 3 to 5 minutes. Then it is placed in the area of the kidney poles first on the left, then on the right for 3 to 5 minutes each. They are located at the angle between the 12th rib and the spine.

## Combination Popliteal Fossa Left and Right and Navel



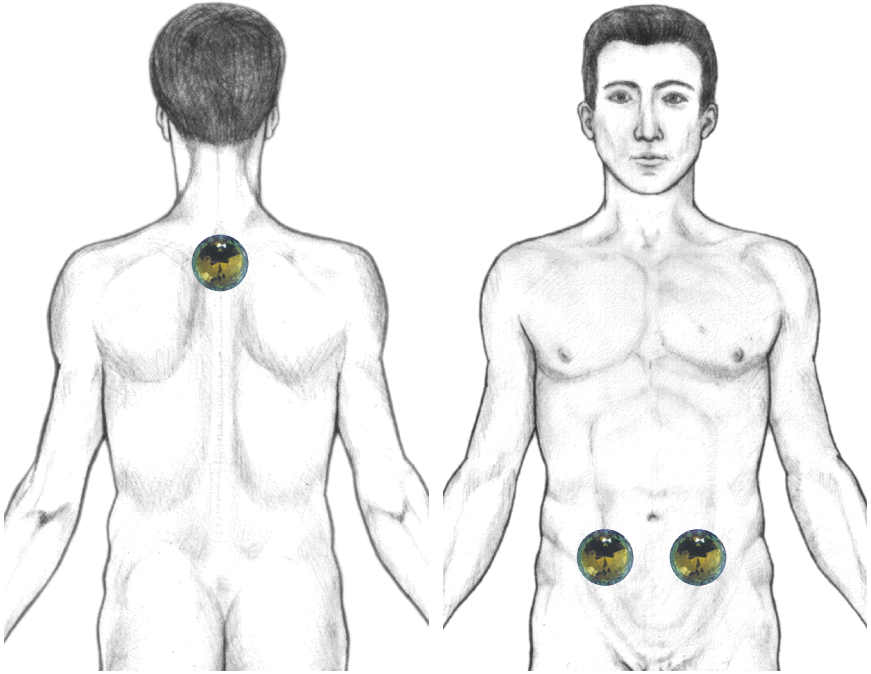
The combination of these three zones is indicated to treat fear and anxiety. When the internal pressure keeps mounting and narrows everything down, then it is worthwhile to treat these three zones with the colored crystal activator. First the crystal activator is placed on the navel in a centered way for 5 minutes, then it is first applied for 5 minutes to the left popliteal fossa and then to the right.

## Sacrum and Icebreaker Left and Right



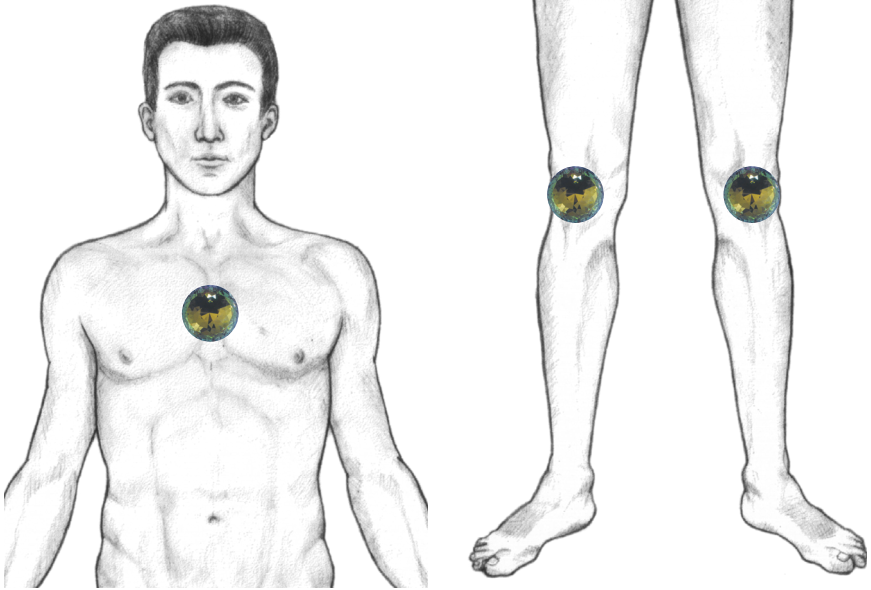
If we are treating a patient for general hormonal problems, then we can previously apply the colored crystal activator for 5 minutes to each of these three zones. That usually provides a first impulse towards regulation. The first placement is in the middle of the sacrum, then the middle of the thigh follows, first on the left, then on the right.

## Below C7 and Below the Navel Left and Right



This combination is indicated, when there are recurring shoulder and neck pains. Tension and possibly pain can be gently resolved. First the colored crystal activator is placed below the 7th cervical vertebra for 5 minutes. Then it is applied to the left of the navel (diagonally below) and afterwards to the right for another 5 minutes each.

## Middle of the sternum and Patella Left and Right



When we encounter individuals who are walking along in a bent over fashion with hanging arms, then we know they are definitely not free. Usually they complain about pain in the middle portion of the spine and often breathing is not easy. These people tend to also have somber moods or even depression and they complain about decreasing physical power.

First the colored crystal activator is placed in the middle of the sternum (5 minutes). Afterwards the activator is applied to the left patella and then the right one, for 5 minutes each. After 15 minutes of crystal treatment these people tend to feel much better and they can stand more upright.

The same sequences can be conducted with all three available crystal activators. That becomes much more intense and we use it always in a case where a patient's complaints have been longstanding or are described as very severe.

The people who own these crystal activators report that after a while they automatically choose the right crystal activator or use all three of them intuitively. Therefore a few more final protocols how to use the three crystal activators together.



## **Combining the three activators**

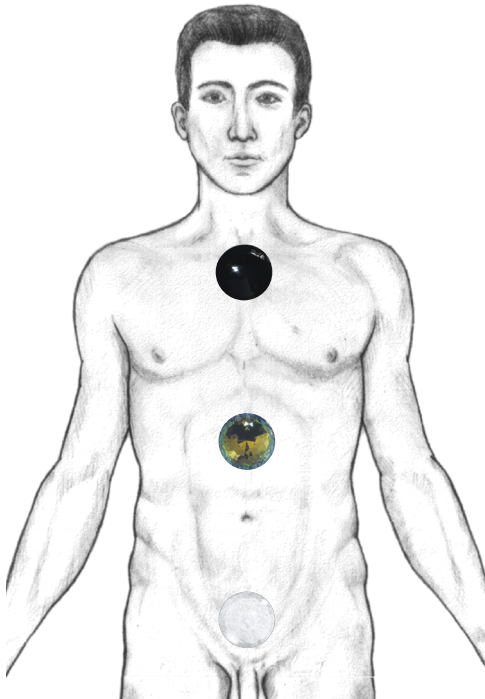


## Combining the three activators

### Combination of the Sephiroth on the Tree of Life Daath, Tephareth and Yesod in the Front and Back

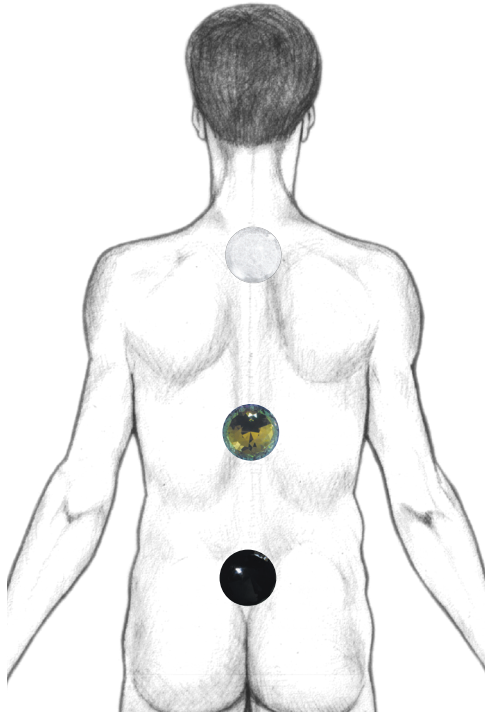
This combination is intended to calm and regulate the middle level of the Tree of Life and its indications for the Sephiroth. The front is treated first and the crystal activators are placed as I shall show below. If this is done two to three times while healthy, then it provides the opportunity to return to one's center. It is a good prophylactic treatment and really applicable in times of longer lasting stress. Once there is some illness this option is also beneficial, because the necessary therapies work better and the person can more quickly regain a state of well-being.

The crystal activators are placed on the positions in the front and after 5 – 10 minutes they are placed on the back.



1. The black crystal activator is centered on the position Daath. The midpoint is 3 FW below the beginning of the sternum.
2. The colored crystal activator is place in the position Tephereth, midpoint 3 FW below the tip of the sternum.
3. The clear crystal activator is positioned at the Sephira yesod, 3 FW above the pubic bone.

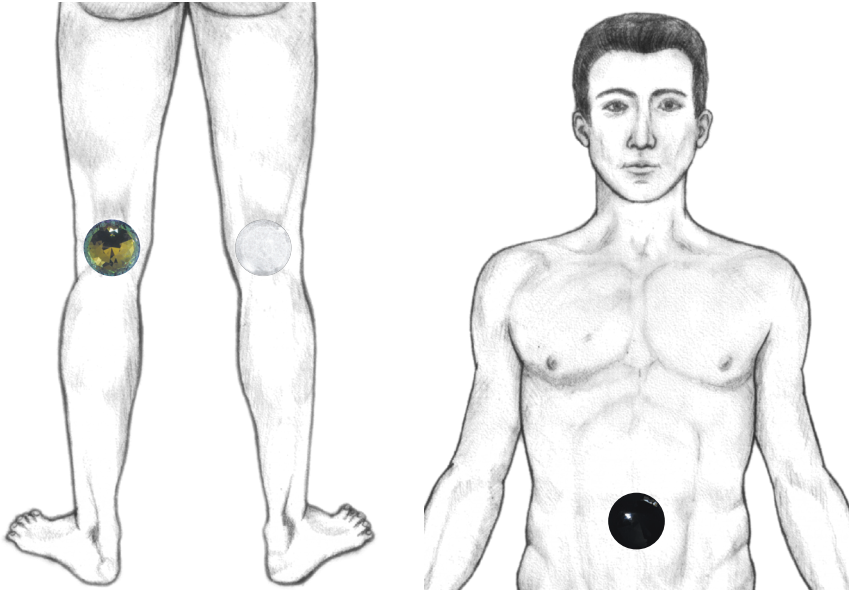
After 5 – 10 minutes the three crystal activators are place on the shadow areas of the three Sephiroth.



1. Shadow area Yesod, the black crystal activator is placed in the middle of the sacrum.
2. The colored crystal activator is placed on the spine opposite to the anterior position of Tephereth.
3. The clear crystal activator is positioned directly below C7 on the shadow position of Daath.

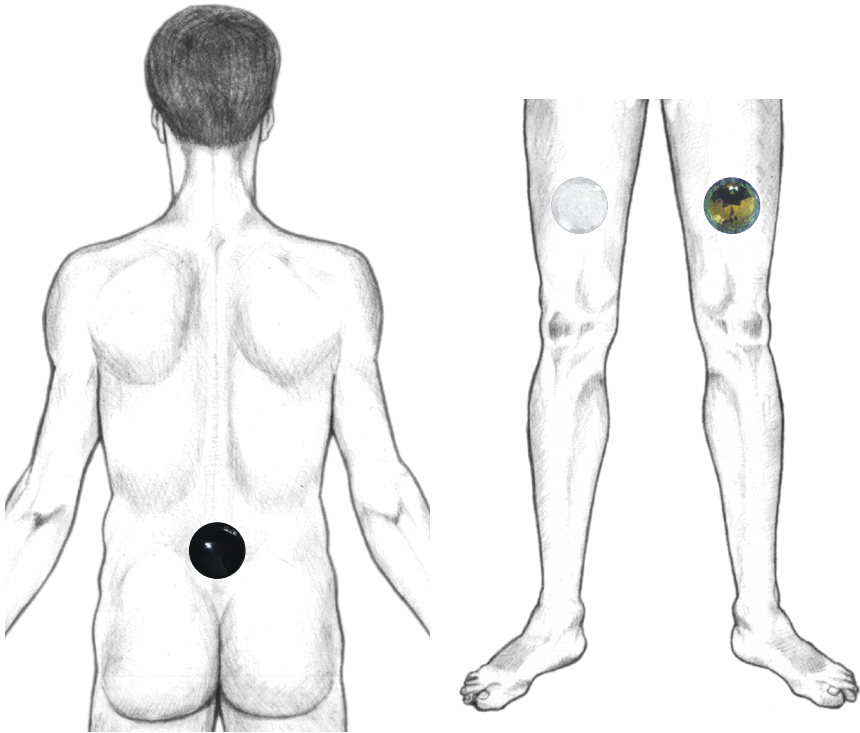
I have discussed the following combinations in talking about the colored crystal activator. They can also be used in the combination of all three crystal activators.

### Popliteal Fossa Left and Right and Navel



In stronger complaints we have the option to apply all three activators to the three positions. The black crystal activator is placed centered on the navel. The colored crystal activator is placed in the left popliteal fossa and the clear crystal activator in the right. If there should be reactions, we exchange the colored crystal activator (left) and the right clear crystal activator for about 20 seconds, before returning them to their starting position. Usually that erases the reaction.

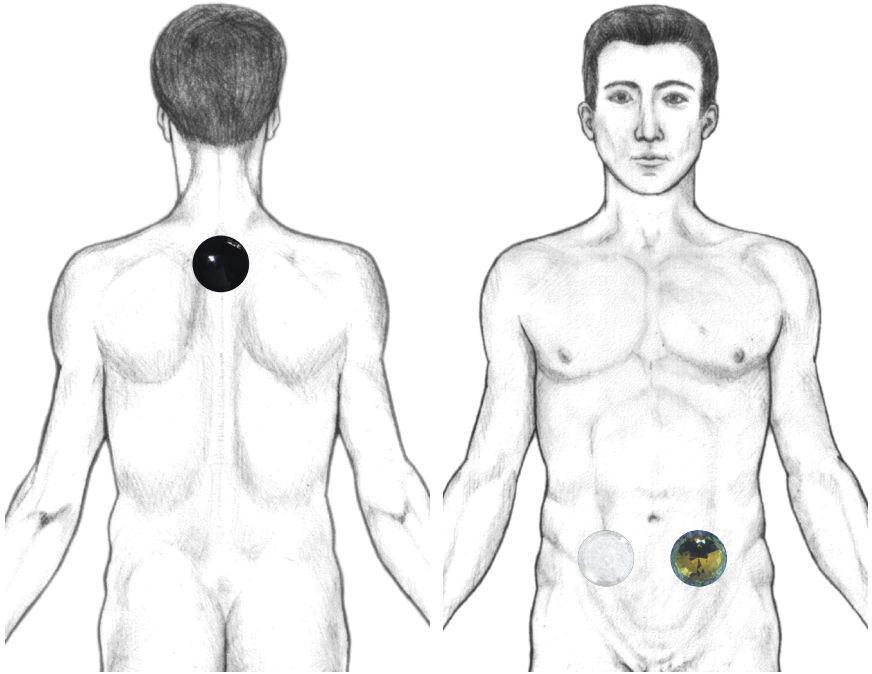
## Sacrum and Icebreaker Zones Left and Right



The black crystal activator is located in the middle of the sacrum, whereas the colored crystal activator is placed on the middle of the left thigh and the clear crystal activator on the middle of the right one. Again we exchange the colored and clear crystal activators briefly in the case of reactions and then place them back in their original positions after 20 seconds. This combination boost the treatment success when there are very strong hormonal stresses.

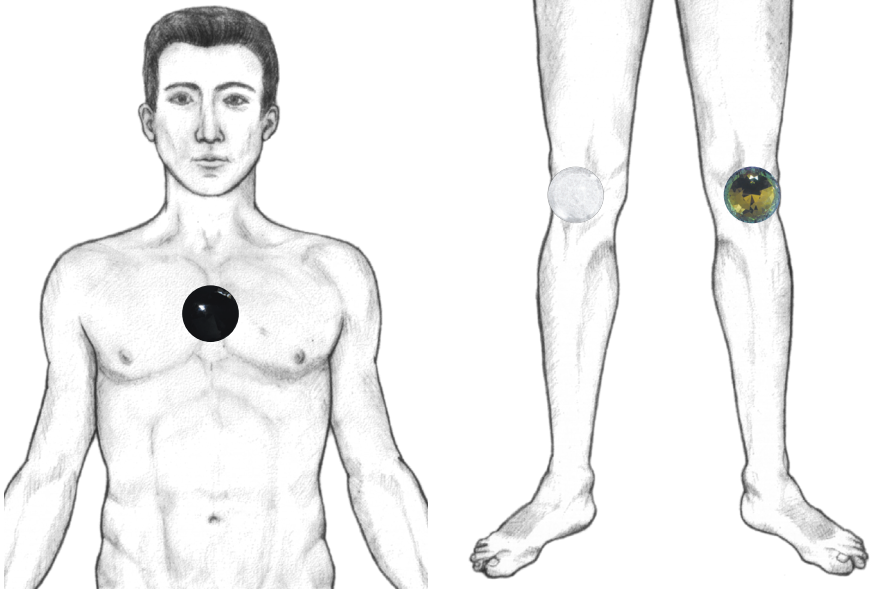
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## Application C7 and Below the Navel Left and Right



The black crystal activator is placed directly below C&, the colored crystal activator is on the left side below the navel (about 2 – 3 FW diagonally) and the clear crystal activator is on the right. If complaints are permanent, like recurring shoulder and neck pain, then it is worthwhile to apply all three crystal activators for 2 – 3 times. The consecutive treatments will work more quickly and deeply.

## Middle Sternum and Patella Left and Right



The black crystal activator is placed in the middle of the sternum. The colored crystal activator is placed on the left patella, the clear one on the right patella. We are using these three crystal activators, when the complaints have been there for a long time (pain in the middle portion of the spine, difficulty breathing, tendency towards moodiness and depression, and decline of physical strength). Reactions are pretty rare; should they occur we exchange the two crystal activators on each patella briefly and then replace them in their original positions.

That completes this manual and I wish you a lot of joy and success in the use of the crystal activators.

## **Other recommendations...**

### **The Color Surface Therapy**

With the color surface treatment, several years ago the methods of the Esogetic colorpuncture according to Peter Mandel were made available for the first time to non-therapists. From the decades of practical experience, and with the know-how of colorpuncture therapy, Peter Mandel developed color applications, which are applied by covering the surfaces of specific bodily or reflex zones. One of the important advantages of this gentle method for everyone is that – in simplified form – it can also be used individually at home or away from home. The surface treatment with colors is an easily to learn aid for the support of well-being and for the responsible care of one's own health.

### **Crystal Vision**

The therapeutic crystals of Esogetic Medicine are the result of the interaction of a modern, successful health concept and aesthetics. The pure, precision-cut crystals are the carriers of ancient patterns. They are holographic patterns of information, which are firmly anchored in all of nature, and therefore in humans as well. They are ultimately decisive, in regard to health and illness, since they change, for example, through conflicts.

### **Crystal health programme**

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### **Crystal Colorpuncture**

Based upon the great success of the Esogetic crystal therapy and comprehensive research work, the crystal ball for colorpuncture was developed. The starting point was the realization that the differentiated frequencies of the colorpuncture are strengthened many times over, through the particular cut and arrangements of the facets of the crystal ball. By spreading out the spectrum of colors, all of the therapeutic colors of Esogetics are strengthened in their effect.

## Esogetics

Peter Mandel

### Sense and nonsense of sickness and pain

Esogetics is a combination of esoterics and energetics. Based on the Hermetic precepts, esoterics represents the teachings of the cosmic truths and laws, governing this world, and energetics describes the informative energetic processes of life itself. Through energetics, the spiritual content of esoteric wisdom is manifest on the physical plane. Esogetics teaches there is a sense and nonsense to sickness and pain by presenting a path that can, via the physical body, influence human existence in a holistic way and further an active process of realization. In his book, Peter Mandel presents these thoughts in an understandable and convincing way, corroborating them with both practical examples and clear instructions for therapeutic treatment.



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## The Healing Power of Light and Color: Praveeta Timmerman

### Practical Guide to Colorpuncture

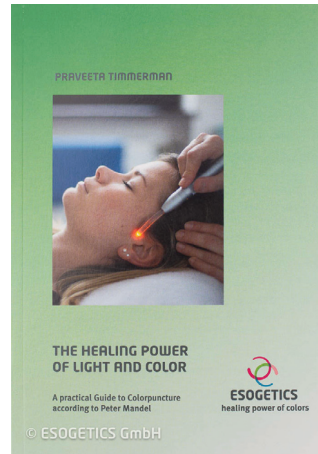
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Peter Mandel is a naturopath and the founder of an extensive diagnostic and therapeutic system, the "Esogetic Medicine". Since the early sixties he has intensively researched the energies of information and the resulting entirely new diagnostic and therapeutic perspectives. In the center of his research we find the Energetic Emission Analysis, as well as types of treatments like colorpuncture, which focus on the place where disease most commonly originates: the subconscious.



Today Peter Mandel is in high demand and is recognized worldwide as a therapist, author and lecturer. His books have been translated into many languages; he is lecturing and conducting seminars in all of Europe, the USA, India, Japan, China and Australia. Many well-known scientists collaborate with him, like for instance the biophoton researcher Professor Dr. F. A. Popp and Professor Changlin Zhang from the International Institute for Biophysics in Neuss. Close ties also exist with several hospitals and universities, like Hang Zhou University, China. In the fall of 1995 the Peter Mandel Foundation was established in Lucerne/Switzerland, taking on the task of discovering new approaches in Esogetic Medicine and documenting them scientifically.

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