

Peter Mandel



Excerpt

The Induction Therapy of Esogetic Medicine

Regulation with the frequencies of the brain



ESOGETICS

healing power of colors

Peter Mandel

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Regulation through the Vibrations of the Brain



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1st edition 2024

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Tel. +49 (0) 7251 8001-0 • Fax +49 (0) 7251 8001-55

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

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Introduction



THE DISCOVERY OF THE BRAIN WAVES

When the English psychologist Richard Caton discovered the electrical activity of the brain in 1875, a new era dawned for medicine. Caton studied the electrical brain activity of cats, monkeys and rabbits: "When electrodes are attached at two points on the surface of the skull, weak currents of alternating polarity are flowing through the amplifier". Many scientists around the world confirmed these observations. Barely 40 years later, Prawdick Neminski succeeded in creating the first photographic representation of the electrical brain activity in animals, the so-called electrocerebrogram.

The history of electroencephalography began in 1929 with a publication by the Jena psychiatrist Hans Berger. For the first time he carried out experiments on humans and wrote down his results. Using contact electrodes on the scalp, he recorded the brain's action current activity with the help of suitable amplifiers and measuring devices. The outstanding significance of his research spread like wildfire. The scientific recognition from the medical profession was a definite.

At first Berger described the Beta and the Alpha rhythms. In 1935, he succeeded in demonstrating Delta waves and another 8 years later the Englishman William Grey Walter discovered the Theta waves. Berger finally specified all EEG characteristics.

He divided the four brain waves into individual categories and assigned them to different physiological states – an extremely important statement. Hans Berger wrote a total of fourteen scientific papers. His complete works are still the basis of electroencephalography today.

THE CONTROL OF THE SUBCONSCIOUS

Biofeedback research emerged from the findings of electroencephalography in the 1960s. The focus was on connections in the interaction between body and mind, brain frequencies and consciousness. People learned to interpret the electroencephalograms in terms of their physical and mental significance. The more clearly the mechanism was understood, and the more reliable the interpretation became, the more the question of a potential influence on consciousness and physical functions via the stimulation of brain waves arose. The fact that this goal could be achieved mentally was shown by J. H. Schultz with his Autogenic Training.

E. Jacobsen's relaxation therapy was another way of stimulating the brain waves through physical exercises and changes in muscle tone.

In the beginning phase of biofeedback research the doctrine was that some areas of the body could be consciously controlled, while the so-called autonomic functions were beyond conscious control. Test results with laboratory animals clearly demonstrated that certain changes in the body could be achieved through 'feeding back': The animals learned to control virtually all bodily functions – including autonomic functions – themselves. During his research work, C. M. Cade discovered that a process can be controlled through exercise alone: You put yourself in a position to observe a normally subconscious process on the physical level in yourself.

Biofeedback therefore means nothing more than making people aware of internal processes by mechanical means. In this way, thousands of people have learned not only to generate specific brainwave patterns in themselves, but also to control functions such as blood pressure, heartbeat etc. themselves. It can be said that biofeedback helps to achieve a clearer ego

consciousness. This level of consciousness no longer distinguishes between voluntary and involuntary processes, because becoming aware of the involuntary functions of our body makes them voluntary and therefore controllable.

All of the knowledge gained from the research into brainwave patterns and their coupling to physical processes even leads to the conclusion that humans could actually control every single cell in their bodies. According to the psychiatrist Dr. Charles Stroebel the brain is capable of reprogramming itself, if a person creates the appropriate motivational structure. Could this motivational structure also come from outside? Surely it had to be possible to develop devices that could control the neuron networks and monitor the electromagnetic patterns mapped in the brain. The specific brainwave patterns were therefore the key to programming the brain biocomputer. All these considerations initially led to the development of so-called mind machines. Here, too, the coupled and acoustic effects served to change the brainwave pattern and evolve consciousness – a major step forward indeed.

SKIN TO BRAIN...

It is no longer a secret that every impulse outside or inside of our body has to be processed by our consciousness in some way. What bothered me about the previous techniques, however, was that the stimulating mediators of light and sound were necessary to achieve a certain state. The fact that light and sound stimuli are processed in the same cerebral area as the surface sensitivity of the skin prompted me to develop new therapeutic approaches more than 35 years ago. The mutual interaction between consciousness/brain waves and body cells, organs and systems was and is the most important basis for my research. I assume that all changes (including and especially pertaining to symptoms of an illness) within physical life are a reflection of the five brain rhythms. Every

change within the cells, organs and systems seems to be preceded by a regulatory disturbance of the five brain rhythms.

I am firmly convinced that any irregularity in the human consciousness shows consequences within the brain rhythm process – and vice versa! If we consider the range of indications of our brain waves, i.e. Beta = wakefulness, Alpha = finding rest, Theta = half-sleep, Delta = deep sleep and Gamma = supraordinate coordination frequency, we can imagine that the interplay of consciousness and wave reactions in a negative scenario can lead to a blockage of our dynamic reactions, which can lead to a change in our individual program. An individual would usually be unable to free himself from this dilemma without external help. I wanted to solve the difficult task of developing a therapy that on one hand had no side effects, and on the other was as closely adapted to the natural activities of the body and brain as possible – an induction of familiar impulses. This is how induction therapy came about. The most subtle stimuli were "written on the skin" – with astounding effects! This validated that it was possible to regulate imbalanced brain rhythms without acoustic or visual stimulation.

I owe the technical implementation of induction to Bruno Grieshaber from the Vega company. He believed in my hypotheses and developed the Vegasom device, which made the theoretical approaches verifiable. Since then, the experience of this therapy in clinical practice has confirmed on a daily basis that the induction of different frequency sequences via the skin results in an immediate reaction in the cerebral sectors.

Of course there also was criticism, especially in the early days. There were fears that induction therapy could lead to personality changes. The objection that this treatment was tantamount to brainwashing was also raised. A study carried out in 1992 by the two researchers Braune and Schwerbrock at the Albert Ludwig University Hospital in Freiburg proved that there was no evidence of a specific influence on EEG patterns after induction therapy.

The sleep program was induced in the test subjects under supervision. The study was single-blind, randomized and placebo-controlled. None of the test subjects showed a change in the EEG frequencies. This dispelled any concerns that induction therapy would be used to treat and thus change the structures of the brain.

My friend and colleague Robert Füß, who had been involved with my diagnostic and therapeutic ideas since the beginning of his professional career, became interested in the idea of induction very early on. I owe him the diligent development and formulation of the first 13 induction treatment programs that were described and applied. Robert Füß summarized his extensive work on induction therapy in his book "Die Induktions-Therapie – ganzheitliche Regulation mit den Frequenzen des menschlichen Gehirns" (Induction Therapy – Holistic Regulation with the Frequencies of the Human Brain), published in 1994. He developed another working hypothesis, which he described with the core sentence:

I don't treat the brain,
I treat **like** the brain.

The induction therapy of Esogetic Medicine serves the sole purpose of providing the person with a natural and familiar rhythm that corresponds to the respective situation, to establish and maintain the programming of a normal brain rhythm.

Induction therapy of Esogetic Medicine



INDUCTION THERAPY OF ESOGETIC MEDICINE

Thanks to modern technology, we have been able to transfer all the programs and functions of the predecessor Vegasom to small, handy devices, today's Synapsis 2 devices.

We use:

1. The Synapsis wave 2 device, the professional device for treatment at the office.
2. The Synapsis home 2 device, which is also suitable for treatment at home.
3. The Synapsis point 2 device, the professional device for a point oriented application of frequencies at the office.
4. The adapter for addressing four reflex zones at the same time.

All these new developments have brought us a big step forward in the treatment of sick people.

THE COMPACT PROGRAMS

The Synapsis wave 2 and Synapsis home 2 devices are equipped with programs lasting between 10 and 45 minutes, which are very easy to use. The impulses of the selected program are introduced via two wrist cuffs or two disposable electrodes. The extremely low signal energy is not noticeable.

The programs developed can treat a large number of so-called lifestyle diseases.

The following compact programs are available for installation in the Synapsis wave 2 and Synapsis home 2 therapy devices:

BRIEF INDICATION SUMMARIES OF THE SYNOPSIS 2**INDUCTION PROGRAMS****Relaxation Programs:**

Rest 1:

Program for deep, inner relaxation

Rest 2:

For all current stress levels

Sleep 1:

Support in sleep disorders (insomnia)

Sleep 2:

Regulation of the sleep rhythm in particular

Dream:

Stimulation of dream activity

Conflict Resolution Programs:

Conflict:

Resolving and organizing individual conflicts

Children 1:

For strains between the ages of 6 and 9

Children 2:

For strains between the ages of 9 and 12

Gamma Long:

Promoting a feeling of happiness and strengthening perception

Gamma Short:

Release of blockages via specific reflex zones

Gamma 40:

Activation of the limbic system, especially the hippocampus and amygdala

Conflict T1 and conflict T2:

Gentle release of cerebral blockages, when conflicts are dominant in life

Stress Programs:

StressBasic:

Release of mental tension

StressImmune:

Support of the immune system in the event of stress-related complaints

StressHormone:

Support in the case of stress-related imbalances of the endocrine system

StressSpasm:

Support in stress-related cerebral spasms

Cerebral/Mental Programs:

Cerebral:

Activation of brain, activity, increase in alertness

Learning:

Support in learning difficulties and concentration disorders

Reminder:

Increasing intellectual ability, stimulating creativity

Cerebral A:

Dissolving attachments

Cerebral P:

Removal of parasitic contamination

Mental D:

Support in case of changes in the cognitive functions

Psyche Programs:

Psyche 1:

Assistance in tiredness, exhaustion and fatigue

Psyche 2:

In the active phase of depression; supporting states of nervousness and mood swings.

Psyche 3:

In endocrine depression; supporting hormonally triggered mood swings.

Further Programs:

Awakening:

Support for exhaustion, convalescence, insurmountable tiredness, age-related complaints

Degeneration:

Strength building program for exhaustion, release of blockages

PowerNap:

Regeneration program to reduce the daily stress

Addiction:

Support with stress-related addictions

PowerNap team:

Harmonization of partnerships and teams

Meditation:

Support for meditation

See also the detailed description of the programs on pages 41 ff.

What is extraordinary about the method is that the information alone, which is given through induction via the skin, allows the systems to resonate harmoniously and thus return to normalcy.

Induction therapy is not a drug. It cannot replace something that is not present. However, it can release existing, usually blocked potentials and thus free the supraordinate flow of information that is so important for the development of the individual. Removing blockages means a better understanding of one's own individuality, a better understanding of and reaction to one's direct and indirect environment. This also means encountering life happier and more satisfied. The use of induction thus finds its rightful place as an appropriate tool of expanding consciousness, which is so necessary in today's world.

Below is a detailed description and indication of the induction programs.

The Specific Application at the Dual Reflex Areas



THE SPECIFIC APPLICATION AT THE DUAL REFLEX AREAS, ZONES AND POINTS

Thanks to our many years of experience in the use of induction programs and selective induction, we have described different application areas for the Synapsis home 2.

Three short programs are available for the specific reflex areas:

- The PowerNap Program, running time 15 minutes
- The Gamma Short Program, running time 10 minutes
- The Gamma 40 Program, running time 20 minutes

Let us repeat the indications of these programs.

Indication PowerNap:

Initially, the PowerNap program was written for daily stress. Used for 15 minutes a day, it can reduce stress caused by work or external influences.

This induction program has one special feature: it can be applied at defined zones of the body, depending on the type of stress.

Indication Gamma Short:

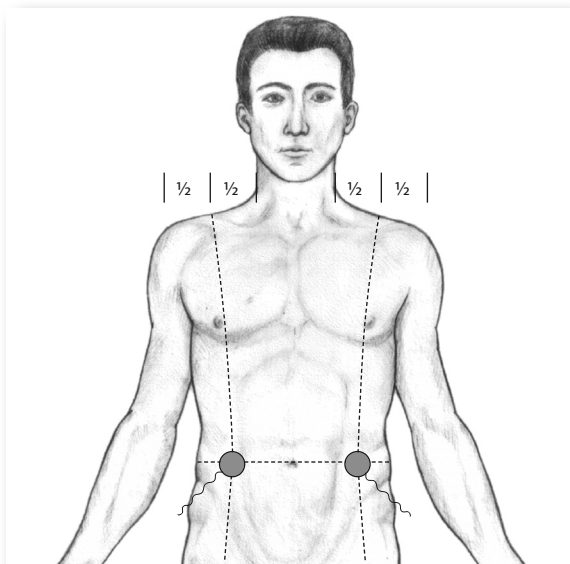
The short program is designed to gently stimulate the synchronization of the brain. As with the other short programs, the treatment can be applied to specifically defined areas of the body. It helps to increase the ability to concentrate and focus. As we have observed, it also addresses imbalances in the body systems and harmonizes them by the induced Gamma frequencies.

Indication Gamma 40:

The Gamma 40 Program can also be applied at appropriately chosen zones and points.

This program has very specific indications, such as an activation in the area of the limbic system, especially the hippocampus and the amygdala, which at the moment are also the focus of neurological science. Moreover I am thinking of the thalamus reflex fields or the familiar coordination areas, which occupy a specific reflex area in all of us.

THE ZONES OF VOLUNTARY AND INVOLUNTARY RHYTHMS (HOD AND NETZAH)



*The Zones of the
Voluntary and
Involuntary Rhythms*

The zones of the voluntary and involuntary rhythms of life (Hod and Netzah – see also Tree of Life, page 94) are located at the navel level. This is where we balance stresses that disturb the natural rhythms and thus create an imbalance.

Location of the zones:

At the intersection of a horizontal line through the navel with the vertical lines from the middle of the shoulder downwards.

Program: PowerNap and Gamma Short

Appendix



PORTRAIT: ESOGETICS GMBH

The success of Esogetic Medicine and Colorpuncture according to Peter Mandel is closely linked to the development and manufacture of suitable diagnostic and therapeutic devices. The authorized and exclusive production and distribution company for the manufacture and sale of diagnostic and therapeutic devices according to Peter Mandel is in close cooperation with the International Mandel Institute for Esogetic Medicine. The name Esogetics GmbH stands for the professional development and quality of the medical instruments.

Under the registered brand name Perlux, Esogetics GmbH develops and manufactures customized light devices for people, who want to treat themselves as well as for trained and practicing therapists.

Esogetics GmbH offers the valuable and pioneering EEA Bioscan diagnostic device for Energetic Emission analysis (EEA). At Esogetics you will also find professional literature about Esogetic Medicine and Colorpuncture according to Peter Mandel.

ESOGETICS – THE LANGUAGE OF HEALTH

Visit us on the Internet at

www.esogetics.com

Esogetics GmbH

D-76646 Bruchsal • Hildastraße 8

Tel: +49 (0) 72 51 – 80 01 0 • info-de@esogetics.com

Esogetics GmbH – Swiss branch

CH-6003 Luzern • Hirschmattstrasse 16

Tel: +41 (0) 41 – 4 20 58 36 • info-ch@esogetics.com



INDUCTION THERAPY

We are constantly exposed to the rhythms of day and night, the changing seasons, tension and relaxation and even the changing rhythms of our brain waves. It is obvious that health and illness also go hand in hand with a shift in natural brain rhythms.

We differentiate between point programs, which provide specific impulses for regulation, and compact programs with firmly programmed rhythmic inductions for certain stresses.

The application relieves the overstrained and overstimulated areas of the brain, resulting in calm and relaxation.



Synapsis wave 2

An office Instrument for the application of the induction therapy according to Peter Mandel.

Until now Peter Mandel has written 33 induction programs plus 2 programs for the application at four reflex zones.

You may order as many programs as you wish with your Synapsis wave 2 .

**Synopsis home 2**

An instrument for the home or the office for the application of the induction therapy according to Peter Mandel.

Until now Peter Mandel has written 33 induction programs plus 2 programs for the application at four reflex zones.

You may order as many programs as you wish with your Synopsis home 2.

**Synopsis point 2**

A professional device for a point oriented therapy with the five brain wave patterns: alpha, beta, delta, theta and gamma.



Information Energy Reflector Set

The name results from the fact that this massage rod with the small crystal shows an effect on all the points on the skin that are relevant for therapy. In the meantime many people all over the world have taken up treating themselves according to defined zones and points. The round head

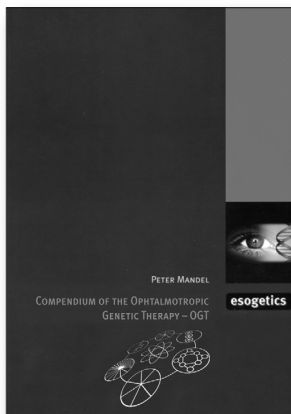
of the rod is designed for a targeted massage of the points and the crystal is touched to the zone in question for 10 to 15 seconds after the massage of the points. An extensive manual is included: "The Matrix Reflectors" by Peter Mandel



Perlux PF 450 for point and surface radiation

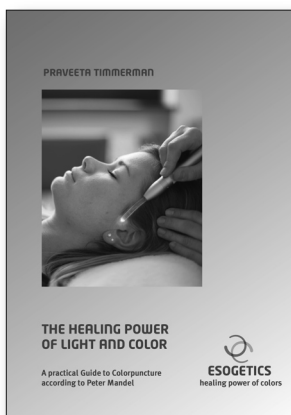
Contains two complete therapeutic light pens: P117 (for point treatment), F333 (for surface treatment); seven hand-crafted straight glass rods with pyramid cut, seven flat lenses, each in red, orange, yellow, green, turquoise, blue, violet, a point locator probe, a spare bulb and a user's manual. All in one box.

BOOKS ABOUT COLORPUNCTURE



Compendium of Ophthalmotropic Genetic Therapy – OGT

The foundational textbook by naturopath and researcher Peter Mandel is an introduction to Ophthalmotropic Genetic Therapy – briefly OGT. This new method of diagnosis and therapy is rooted in the familiar phenomenology of the iris and its adjoining structures. This reference and textbook is very practice oriented, contains a wealth of images and follows an unswerving logical and easy to comprehend course. In addition the enclosed templates allow the location of the therapy points within seconds.

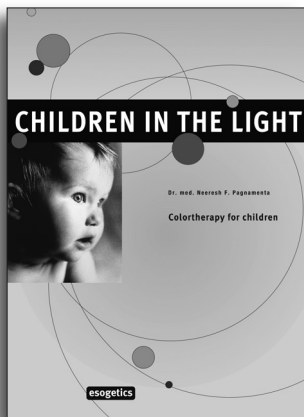


The Healing Power of Light and Color

Light creates life. Without sunlight there would be no life on this earth. The amazing properties of light and color can also be used therapeutically to restore the harmony in our body, resulting in:

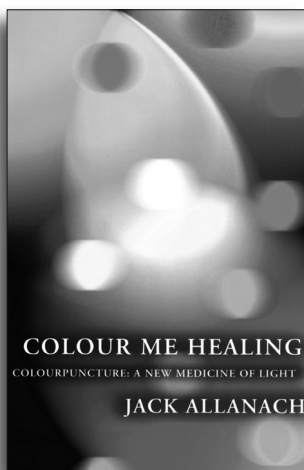
- More vitality and an improved health
- A stronger immune system
- Deep relaxation of body and mind

This book is a pharmacy of light and contains many useful tips and examples of treatments anyone can apply at home for oneself, family members and friends. It is also an eye opener for therapists, who will discover many new insights and treatments for their clients. Originally published in Dutch, this manual shows you how to apply colored light on acupuncture points, lines or zones on the body.



Children in the Light – Colorpuncture in Pediatrics

Introduction to Color Therapy – Basic and Coordination Treatments – Specific Therapies for Insomnia, Fear and Behavioral Disorders – Prenatal Therapy – Abdominal Pain and Colic, Infections and Skin Problems – Enuresis, Eating Disorders – On the Spot Therapies for Colds, Diarrhea, Fever.



Colour me healing

Learn about the history of the development of Esogetic Medicine and Colourpuncture and the biography of Peter Mandel.

Colourpuncture is the revolutionary new medicine of light founded and developed by scientist and healer Peter Mandel. By focusing coloured light on acupuncture (and other) points on the skin, it energizes powerful healing impulses in our physical and energy bodies.

ESOGETIC WILDCRAFTED HERBAL OIL^{RELAX}

THE OIL THAT GETS UNDER YOUR SKIN



The Esogetic Wild Herb Oil^{Relax} is a natural preparation that makes use of the diverse and proven healing powers of nature. Natural plant oils guarantee its purity and are the best prerequisite for balance and physical well-being. Its ingredients are ideally combined and coordinated with each other in relation to the very specific areas of application! All

this knowledge forms the basis of the symbiosis between the composition of the Esogetic Wild Herb Oil^{Relax} and the zones and segments.

The essential oils contained in the Esogetic Wild Herb Oil^{Relax} have a regulating and stimulating effect on the whole person. Pure oils in the perfect mixing ratio for your well-being. Also developed for the Esogetic Dream Zones.

The Esogetic Wild Herb Oil^{Relax} is available in 20 ml bottles.



Peter Mandel, born in 1941, is the founder of Esogetic Medicine. It includes many successful methods such as colorpuncture and the Energy Emission Analysis EEA. Since the beginning of the Seventies, Peter Mandel has been intensively involved in researching informative energies and the resulting diagnostic and therapeutic possibilities.

Life is rhythm

We are constantly exposed to the rhythms of day and night, the changing seasons, tension and relaxation and even the changing rhythms of our brain waves. It is no longer a secret that every impulse outside or inside our body has to be processed by our consciousness in some way. It is therefore obvious that health and illness also go hand in hand with a shift in the natural brain rhythms.

With the induction therapy of Esogetic Medicine, a method has been developed that on the one hand manages without “side effects” and on the other hand is as closely as possible adapted to the natural body rhythms or brain activities – in other words, an induction therapy.

The use of this method relieves the overstrained and overstimulated areas of the brain and allows calm and relaxation to set in.

Find out more in this book about the many possibilities of treatment with induction therapy.



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