PETER MANDEL



THE FACETTED CRYSTALS IN GOLD AND SILVER

ESOGETICS
heilkraft der farben

This brochure was prepared with the greatest possible diligence to provide accurate information. Many of our therapeutic protocols and their effects are exclusively based on the empirical knowledge of naturopathic medicine. Medical diagnosis and treatment progression, in particular the methods of treatment and their effects, are extremely individual and variable. Hence the success of a treatment cannot be foreseen or guaranteed. Thus we are taking the precaution to point out that we are using the conditional tense in the presentation of our content to underline that point. The word "can" therefore hints at a mere possibility, in the sense of an assumption or conjecture, yet its existence is uncertain and can be paraphrased by the words "perhaps" or "potentially". On that score we advise you to not take these terms as a promise of cure, as far as a possible treatment success or the appropriateness of a therapy are concerned.

Always keep in mind: Certain diseases and complaints are less or not at all suited for self-treatment. We explicitly want to emphasize that before any self-treatment with our products, especially at home, a consultation with a physician or naturopath is advisable. The author and publisher of the brochure are in no way liable for damages or consequences that result from the application of this brochure.

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The Esogetic Crystal Therapy

Throughout the ages, from the dawn of human existence, precious stones and crystals have held a fascination for people. It was always believed that precious stones and crystals are living entities, just as plants, animals and humans. They have a spirit, a soul and a body, so it is said, and the colors, forms and structures reflect something supernatural that affects our senses in a special way. Our senses, which I see as a construction of the eternal, are children of the "spirit". They are created for perception, yet they are trapped in the dimensionality of being; they must overcome "being separated from the whole" by means of perception and recognition, so as to once again unite in harmony the trinity of the human being. Crystals and precious stones have long been considered living things, which have been conceived, born and matured over a long period of time, becoming things of beauty that touch all people. How can one possibly explain (if not yet scientifically) why precious stones and crystals have healing powers? Helmut Hoffmann writes on the subject in his book "Orchideen, Edelsteine und ihre heilende Energie" (Orchids, Precious Stones and Their Healing Energy):

> *For us gemstones are beings, which grow and develop according to exact laws. Each stone has its own message and effect.*

All stones and crystals are individualized in their being . Philosophically seen, they have their unique original program, which is enriched with specific information. Again I would like to quote Helmut Hoffmann. In an interview he responded to the question

”Are gemstones living spirit? Can they live and die?“

> *“Gemstones are the first step of life. Compared to 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 mental intention.“*

I am also convinced that precious stones are on the one hand "entities" that give out information. On the other hand, they take in an endless amount of information, particularly as this pertains to crystalline structures. It is nothing special to know this today, in an age where crystalline-structured machines (nanotechnology) are outstripping the "cult of the computer". Humans create their own world and thereby their own reality.

Their role model is and remains nature, which is filled with all of the essential information of life. As far as crystals, minerals and precious stones are concerned, nature created something special that captivates everyone. Healing powers were always ascribed to the crystalline structures, and this is not merely belief or wishful thinking, but rather empirical reality. The various crystal or precious-stone forms have precisely defined effects, at least according to what everyone says. Even if it were a belief that could move mountains, one should consider that the prerequisite for knowledge in the world is believing in it.

A summary of the facts:

1. Gemstones, crystals and minerals carry specific information which they radiate to the outside. They show interactions with other information carrying living entities and harmonize and regulate the information principle.
2. Through the overall development of combination technologies, crystal structures have moved into the focus of scientific exploration. Artificial crystals are grown or created through other methods. Then these artificial constructs are imbued with “meaning,” i.e. specific information. The technological revolution can no longer be imagined without these crystal carriers of information.

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 spurs on free spirits to continuously discover new possibilities of our own inner world. I had the idea of imprinting an amorphous crystal glass with information. On the one hand as it relates to specific grinding techniques, and on the other through the imprinting of holograms and colors. The concept of the hologram was the starting point of all further considerations for this. At the time, I experimented with five precisely calculated holograms. These were the result of so-called "holy geometry", as passed down over thousands of years orally or in written form. Fortunate circumstances brought me together with the firm Swarovski in Wattens/Tirol. The crystals of Swarovski 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 Swarovski crystals is without any information, thus pure or amorphous. One can provide these crystals with "meaning" and information, and I do this with very specific forms, dimensions, grinding, engraving and colors. In this manner, I can then therapeutically concentrate on what I want to achieve

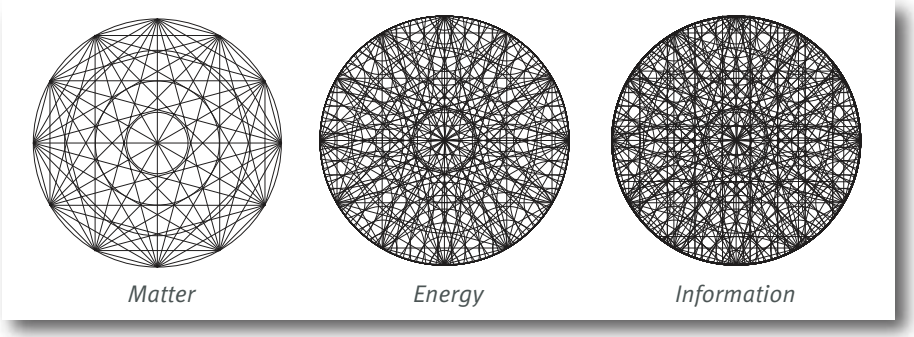
with people who are ill. The path toward therapeutic use of the presently available crystals was not so very simple. Many ideas and a great deal of time were required for the observation of people with illnesses, until we were able to present today's coherent concept of "Esogetic Crystal Therapy". In so doing, I refer theoretically to the discoveries and work of the scientist Dennis Gabor, who received the Nobel Prize for his hologram work. I also refer to the quantum physicist Prof. David Bohm and the neurophysiologist Prof. Karl Pribram, who researched in completely different fields and independent from one another, arriving at the same findings. Prof. Bohm postulated the holographic universe, and with Prof. Pribram it was the insight that the theories of the functioning of the human brain exclude very many neurophysiological riddles and are unable to resolve these. It was his opinion that all information that is stored by the brain is only possible by means of 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 each other. In the human brain, the so-called interference pattern appears to carry the information or software, whereas the hardware, the cells of the brain, represents all of the cell connections programmed from there. The interference pattern of the brain represents the entire requirement of information of the present life. Moreover, this pattern carries within it, in my opinion, all experiences of all possibly lived 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" (The Phenomenon of Gravity). His publications provided me with interesting references. He writes that all perceptive stimuli converge in the thalamus area (brain stem). According to more recent opinions, it is specifically the hypothalamus that receives and passes on such perceptive stimuli. A new impression is composed here through the comparison with the memory and experiences. With the later description of the therapy with holograms and interferences, we place the area of the hypothalamus or the hormonal activity in the foreground, together with the limbic system and all areas that are formed there.

It is therefore interference patterns that trigger all of the known functions in the brain – ultimately through the intrinsic information. These appear to be responsible for the various states of consciousness, including the expansion of consciousness. All of this was particularly decisive in the consideration of how one can use such interference patterns in reference to illness potentials.

When dealing with the interference patterns in our life in dynamic matter, they represent the motor and the dynamics, in order to maintain the necessary forward development of the material life. Prof. David Bohm said that the postulated interference pattern – or more exactly the holographic concept – shows the shrouded aspects of our lives. He calls this "implicit", and by this he means the release of the implied, so through the shrouded structures the world was created, as it is, and then revealed, thus becoming explicit.

It was my consideration, presupposing the correctness of the theory of holography postulated in the publications of Pribram and David Bohm, that with defined interference patterns, via likewise 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 must be designed in order to achieve an effect on the skin, from within to the outside and vice versa. I initially experimented with film that could be applied to specific areas of skin, and in so doing I was greatly astounded by the effects that were articulated by the patients. Three such interference images especially showed reactions. These are depicted below.



Matter *Energy* *Information*

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 was 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 indeed created. The pattern of the so-called "earth hologram", upon which the development of the therapeutic reflex pos-

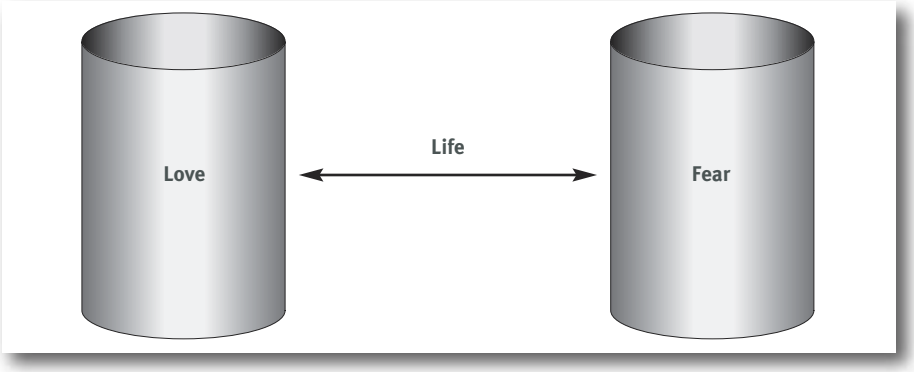
sibilities was based, was the starting point of the "esogetic healing crystals" that are available today. Things were ready in 1999. The firm Swarovski developed for us the therapy crystals we have today. There are 11 different crystal reflectors according to my specifications that are currently available. These are furnished with the above-mentioned hologram, the cut of the facets on the edge of the crystal and the defined color. Through long observation, a comprehensive concept for treatment could be developed. For details and for my recommendations for treatment with these crystals, please refer to the corresponding documentation that has been prepared for this.

The Facetted Crystals in Gold and Silver

While the activator affects and encompasses the entire orga- nism, the facetted crystals can target details by means of their cut, engraving and color, making them suitable for use on specific zones of the body. We can observe that the facet- ted crystal in gold, when placed on the correspondingly sen- sitive zones, generates feelings of peace and tranquility. The increasing success of the gold facetted crystals inspired us to realize the other side of polarity. The effects of stress in our lives today cannot be underestimated in regard to their contribution to illness and pain. All over the world, doctors warn about the consequences. New zones have been disco- vered for the facetted crystals. The crystals are easy to apply and generate the desired effects.

Gold and Silver – the colors of the polarity between sun and moon

The concept of love is light, sun, warmth – the positive wit- hin us. It is expressed through the sun. On the other hand, fear, darkness, and the coldness of night are con- nected with the opposite pole. These are metaphors for the moon. The great success of the gold crystal is continued through the engagement of the opposite pole: through the facetted crystal in silver.



Symbol of the Sun

Gold, sun, warmth, activity, the masculine, the outer psyche of the human being. Whenever weakness is dominating an individual's complaints, the facetted gold crys- tal acts rejuvenating through the specific zones. If the individual is in a state of health it provides a sense of well-being, inner calm and equanimity.

Symbol of the Moon

Silver, cold, passivity, the feminine, the inner psyche of the human being. The facetted silver crystal mollifies excessive reactions in an individual's body. Part of that can be pain, which is treated through specific zones (see Application).

At the same time the facetted silver crystal is able to generate specific dreams, due to its connection to the subconscious.These may guide a person towards gently touching on old forgotten traumas or conflicts, so that they can become conscious over time. I want to now list some important and especially effective combinations from the expansive treasure trove of experiences. Yet first of all there are some treatment cues:

Do not treat more than three zones. To reach the desired relaxing effect, the principle is to apply the crystal in the appropriate positions for 3 - 5 minutes, if the application consists of several zones, and for 10 minutes, if a single zone is addressed or the combination of gold/ silver is used. In the case of negative reactions (which are very rare) you remove the crystal and place it on the next zone. You are achieving a more intensive effect in the combinations of the zones through the polarity of gold and silver, as I am describing it in this brochure. The self-treatment with the facetted gold and silver crystals is a simple and also effective application without any negative reaction.

You may also wear the crystal as a piece of jewelry. The reaction is general well-being.

Specific Applications of the Facetted Crystal in Gold

1. The Zones of Deep Relaxation



These three zones on the face, when used one after the other, generate deep relaxation of the entire body and also dissolve the lingering effects of daily stress.

All three zones: Facetted crystal in Gold
3 minutes each

Positions:
1. at the hairline
2. on the bridge of the nose
3. on the mouth

2. The Zones of Relaxation



The effect is overall relaxation, as well as stimulation of body coordination. The zones are also used in treating a dull headache or a heavy feeling in the legs.

Both zones: Facetted Crystal in Gold,
3 minutes each

Positions:
1. at the hairline
2. on the chin



3. The Zones of Concentration

This combination affects head as well as pelvic strain. It can be used on children, who have problems with concentration. It is also helpful for older people with diminished mental function, as well as for those suffering from so-called “mental stress”.

All three zones: Facetted Crystal in Gold,
3 minutes each

Positions
1. at the hairline
2. at the outer edge of the eyebrows, first left, then right



4. The Zones of Hurry

These zones are especially effective in children, particularly in those with ADD, ADHD and ADSD (attention deficit disorders).

Both zones: Facetted Crystal in Gold,
3 minutes each

Positions:
1. above the bridge of the nose
2. on the mouth

5. The Zone of Saturn



This position belongs to the most important centers of Esogetic Medicine. According to all the observations over the last years, everything that afflicts or changes a person's life destructively originates here. It is the counterpart to the zone on the sternum. Here all the tensions of the day are removed. Tensions that radiate towards the front can also be resolved this way.
Facetted crystal in Gold (in case of a reaction use the Facetted Crystal in Silver), 10 minutes

Position:
Between the shoulderblades at the level of the axillary folds on the spine

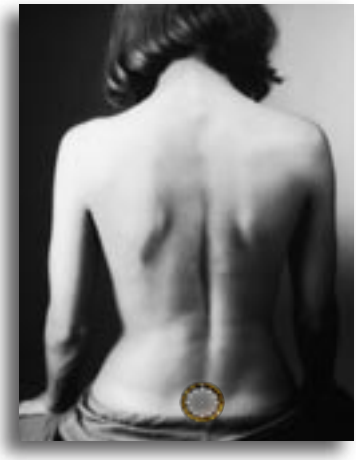
6. Zone affecting inner freedom



This zone is located in the middle of the sternum and it signifies inner freedom. The counterpart of this zone lies exactly opposite, in the center of the thoracic spine.

Facetted Crystal in Gold, or if there is an adverse reaction, the Facetted Crystal in Silver, 10 minutes

Position:
On the center of the sternum.



7. The Zone of the Sacrum

This zone relaxes the back and legs as well as the forehead.

Facetted Crystal in Gold, 10 minutes

Position:
In the center of the sacrum

Specific Applications of the Facetted Crystal in Silver

1. The Zone of the Moon

Basic position for the silver crystal. The basic position for the silver crystal is located in the middle of the left side of the forehead. Here all aspects of the “dark side” are influenced. All forms of emotional stress are positively affected.

Facetted Crystal in Silver, 10 minutes

Position:
Above the left eye in the middle of the forehead

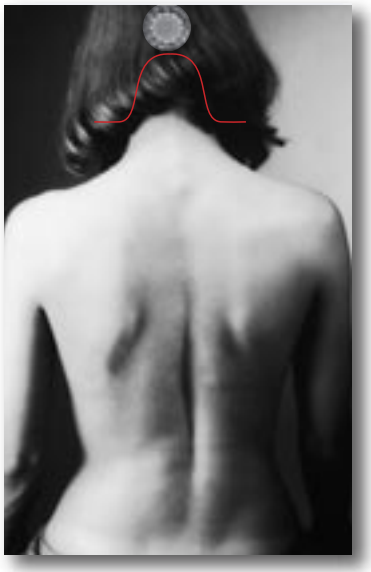


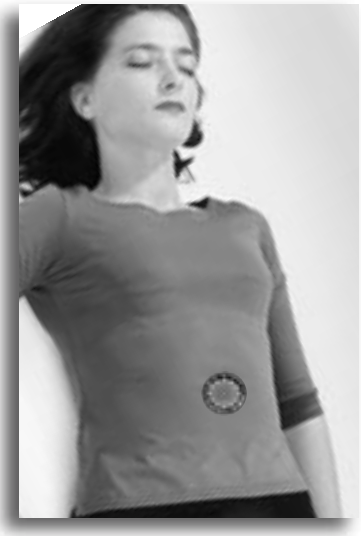
2. Zone affecting closure

We must always finalize something before we are able to begin a new undertaking. This zone on the back of the head above a small bony protrusi- on releases forms of inner stress and tension associated with the concepts of “releasing”, “letting go” and “fin- ding closure”. We place or hold the sil- ver crystal for five minutes on this zone. During the procedure we are often able to detect an inexplicable feeling of relief.

Facetted Crystal in Silver, 10 minutes

Position:
Above the occipital bone





3. The Zone of the Feminine

The navel is regarded as the center of the “feminine”. Treatment here affects inner aggression, which gradually causes the body to turn against itself.

Facetted Crystal in Silver, 10 minutes

Position:
The navel



4. The Zone of Memory

We are calling this center - referring to the “Tree of Life”- “knowledge” or “Center of Memory”. It is always addressed, when there is an internal psychological pressure or a person has the feeling that they are unable to go forward.

Facetted Crystal in Silver, 10 minutes.

Position:
3 fingerwidths below the beginning of the sternum.

5. The Zone of Burden



All burdens of life collect, where we are symbolically locating the horizontal beam of the cross that we are carrying. During the course of life "this cross" becomes increasingly heavier. In such a scenario the facetted silver crystal brings back relaxation into a person's life. The application opens the discharge from the neck downwards and is thus able to produce a relaxation of the spine.

Facetted Crystal in Silver, 10 minutes

Position:
3 fingerwidths below the seventh cervical vertebra.

6. The Zone of Saturn



This position belongs to the most important centers of Esogetic Medicine. According to all the observations over the last years, everything that afflicts or changes a person's life destructively originates here. It is the counterpart to the zone on the sternum. If there is emotional and also physical pressure and possibly a repeated confrontation with the same problems, then it is worthwhile to use this position.

Facetted crystal in Silver (in case of a reaction use the Facetted Crystal in Gold), 10 minutes

Position:
Between the shoulderblades at the level of the axillary folds on the spine



7. The Center of the Moon

This center has far reaching indications. Among others it is assigned to solarplexus tension, the stomach and psychologically to all those people, who are unable to find their way out of emotional stress. The application of the Facetted Crystal in Silver is particularly comforting in this case, so that the crystal could be left in position for a longer time (up to half an hour).

Facetted Crystal in Silver, 10 minutes

Position:
3 fingerwidths above the pubic bone on the median.

Specific Applications of the Facetted Crystals in Gold and Silver

1. The Zones of the Will and Activity



First we are placing the Facetted Crystal in Gold on the right position, and the Facetted Crystal in Silver on the left one. Both crystals are kept in place for five minutes. Afterwards we are placing the Facetted Crystal in Gold on the chin for five minutes.

Summary: Stimulation of strength and activity.

Positions:

1. Above the right eye in the middle of the forehead: Facetted Crystal in Gold and at the same time above the left eye in the middle of the forehead the Facetted Crystal in Silver, 5 minutes.
2. Below the chin: Facetted Crystal in Gold, 5 minutes.

2. Zones Affecting Release



They are associated with the sectors of the lower pelvis. Tension in the sacrum as well as in the abdomen may be released through treatment here.

Left: Facetted Crystal in Silver
Right: Facetted Crystal in Gold,
Simultaneous application, 10 minutes

Position:
Next to the nose, underneath the zygomatic arch.



3. The Four Zones Affecting Fear

Fear has the power to both inhibit and motivate. The four zones can provide the impetus to overcoming fear. The crystals should remain in place on each zone for two minutes as they progress through the sequence.

Left side: Facetted Crystal in Silver
Right side: Facetted Crystal in Gold

Positions:

1. Place the Facetted Crystal in Silver on the patella (kneecap) of the left knee and the Facetted Crystal in Gold on the patella (kneecap) of the right knee.
2. Place the Facetted Crystal in Silver on the left shoulder, in front, directly underneath the shoulder cap and the Facetted Crystal in Gold on the right shoulder.





4. The Zones to Release the Abdominal Area

These zones influence stress in the lower abdomen, pelvis, hips and legs.

Positions:

1. On the mouth: Facetted Crystal in Gold, 5 minutes
2. On the outer cheekbones
   left: Facetted Crystal in Silver,5 minutes
   right: Facetted Crystal in Gold, 5 minutes

5. Zones Affecting the Interior of the Heart
Release of inner tension.



Positions:
1. Zone affecting the interior of the heart
   on the bridge of the nose
   Facetted Crystal in Silver, 5 minutes
2. Zone affecting masculine activity:
   Above the right eye in the middle of the forehead
   Facetted Crystal in Gold
3. Zone affecting feminine activity:
   Above the left eye in the middle of the forehead
   Facetted Crystal in Silver
   Simultaneous application, 5 minutes

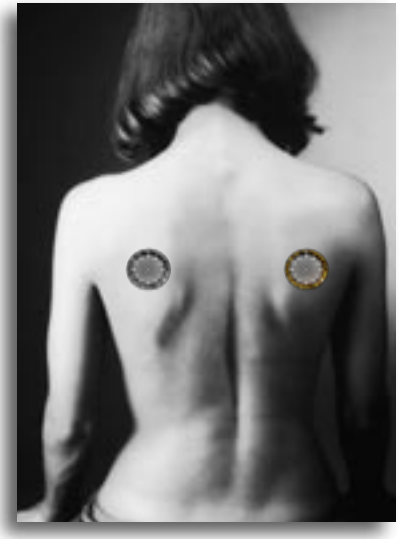
6. The Zones of the Moon and the Sun

The effect of this combination relates to inner calm and equanimity.

There may be reactions, which could show up anywhere in the body, and there also could be psychological reactions. These reactions can be balanced by exchanging the positions of the crystals for 10 seconds. In that case the Facetted Crystal in Gold will be at the bottom and the Facetted Crystal in Silver will be at the top. Afterwards the original positions, as depicted, can be used again. Then there will not be any further reactions.



Position:
Three fingerwidths below the tip of the sternum on the median line: Facetted crystal in Gold
Three fingerwidths above the pubic bone on the median line: Facetted Crystal in Silver
Simultaneous application for 5 minutes



7. The Zones of Unfolding

Here the image is that a person is stretching his arms towards the sky, in order to sense the freedom of life. At the same time the shoulderblades are the symbol of “wings”, which we only have to unfold to feel the lightness of life. It is appropriate for children after age 6, especially if there are problems with their environment.

Position:
Center of the right shoulderblade: Facetted Crystal in Gold
Simultaneously center of the left shoulderblade: Facetted Crystal in Silver, 10 minutes

8. The Zones in the Centers of the Soles of the Feet



The center of the sole of the foot is a classical position for the application of the Facetted Crystals in Gold and Silver. Here we are influencing the stress of the day, which often shows in the upper abdomen as tension or distension. When the events of the day do not allow us to fall asleep, then this option is a great approach.

Position:
Center of the sole of the right foot: Facetted Crystal in Gold
Center of the sole of the left foot: Facetted Crystal in Silver
Simultaneous application for 10 minutes

If there is a reaction, the two crystals are exchanged for about 10 seconds and are then returned to the original positions.

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