

First, let us establish the foundations for all around well-being: with the five zones for the expansion of consciousness and for a good night's sleep.

THE ZONE COMBINATION "EXPANDING THE CONSCIOUSNESS"

The 5 zones of mental and spiritual activity and support of sleep readiness

These zones are recommended for the general promotion of mental and spiritual activity. Moreover, they can have a supporting and promoting effect on the ability to sleep. For each zone, massage in two to three drops of Esogetic wild herb oil using circular motions for one to two minutes.

When using in order to strengthen your mental and spiritual activities, the zones of the spirit, emotions and intuition, the imagination the intellect have absolute priority. Alternating, they should be changed on a daily basis:

1st day: zone of the spirit and mental zone

2nd day: zone of emotions and intuition, as well as mental zone

3rd day: zone of the imagination and mental zone

4th day: zone of the intellect and mental zone.

Finally, the cycle is repeated again, followed by a rest period of eight days. This sixteen-day rhythm can be repeated as often as desired).

The mental zone can be rubbed on its own at any time, though it is especially suitable as "fortification" in combination with each of the described individual zones.

All consciousness-expanding zones can fundamentally be combined with the symbol zones of the Dream Set. Proceed according to the 10-step "Dream Set" instructions. At step 8, additionally select the two daily zones that should be treated (during the rest period of the cycle, of course, the Dream Set applications may continue to be used).

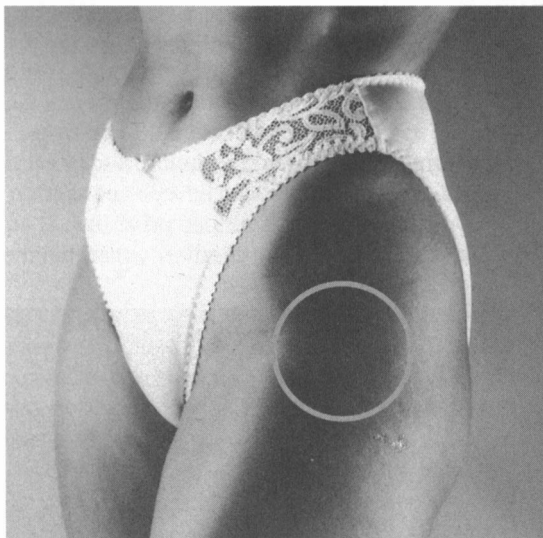
Zone 1: Zone of the spirit

The zone of the spirit, with a radius of circa five centimeters, is located on the outer side of the right and left thighbone, at the place where you feel the highest point of your hip joint. This treatment can support the materialization of your own spiritual program.

Therapy color: Red

Sound therapy: Color sound "Wholeness" 1

*Zone of the
spirit*

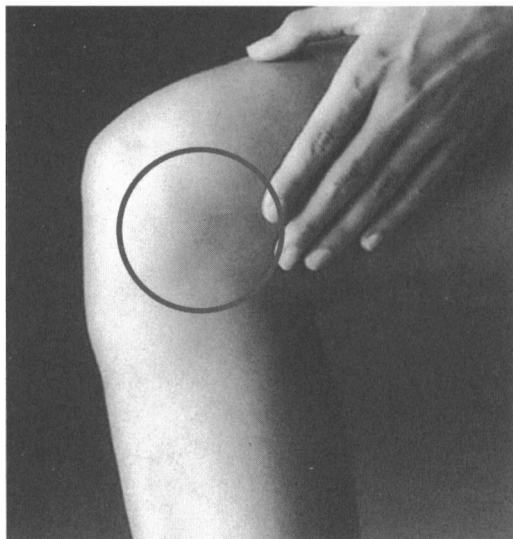


Zone 2: Zone of the emotions and intuition

This zone, with a radius of circa three to four centimeters, is located at the inner side of the right and left knee joint. As second zone following the spiritual program, it has the task of strengthening inspiration and intuition, and in this way be better able to translate the necessity of your own program.

Therapy color: Violet

Sound therapy: Color sound "Wholeness" 2



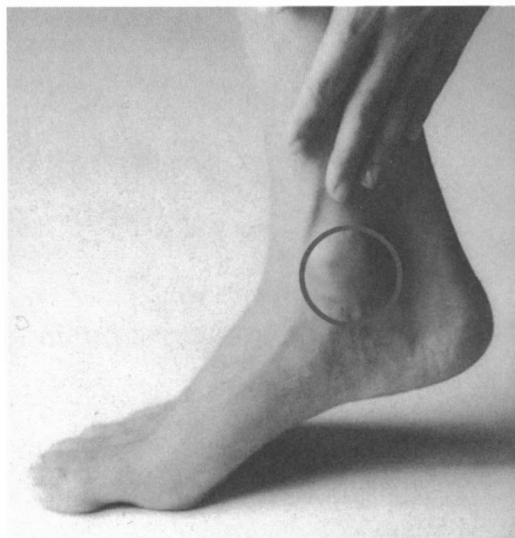
*Zone of the
emotions and
intuition*

Zone 3: Zone of the imagination

This zone is located on the inner ankles of the right and left feet; the radius measures circa three centimeters. Pure intuition would not be able to be realized without the imagination. From your ideas and thoughts, you should be able to "form an image". Here, the zone of the imagination functions as a supplement to strengthen your ability to imagine. Especially with children, a positive reaction has been observed, relating to creativity, dream occurrences, receptiveness and concentration.

Therapy color: Green

Sound therapy: Color sound "Wholeness" 3



*Zone of the
imagination*

Zone 4: Zone of the intellect

The zone represents the final area of the metamorphosis from the spiritual program via intuition and imagination to the intellectual understanding of what is released and becomes conscious. The starting point of this zone is the second point of the spleen/pancreas meridian on the right and left tarsal bone. In acupuncture, this point is considered as point of development for the psychophysical constitution and development - particularly with children. Further indications are a lack of concentration and coordination. Especially with children, who have difficulties in learning, who have a disturbed relationship with their surroundings or to parents, the rubbing of this zone is recommended.

Therapy color: Yellow

Sound therapy: Color sound "Psychosomatic Balance"



*Zone of the
intellect*

Zone 5: Mental zone

The name itself expresses the manner in which this skin area functions. The mental zone belongs to the most important of the entire Esogetic Medicine, since rubbing here can promote the readiness to dream. One or two rubbings can already have the effect of leading to especially pronounced dream activity. Dreams are also referred to as a "purge of the soul". Proper dreaming promotes the inner release from agitation, fear and tension - prerequisites for spiritual balance.

Therapy color: Violet

Sound therapy: Color sounds "Psychosomatic Balance", "Building the Body's Own Resistance"

Menta/zone



THE ZONES "INNER HARMONY"

They promote bodily and psychic balance. And these zones to be individually stimulated can fundamentally be combined with the symbol zones of the Dream Set. Proceed according to the 10-step "Dream Set" instructions. At step 8, additionally select from the following ten described zones those you wish to treat, or which correspond to the selected symbol card (for example, the symbol zone Mercury with the "zone of anxiety").

Zone of anxiety

It is located at the base area of the large pectoral muscle near the outer ridge, left and right. The midpoint of this zone is very sensitive to pain from pressure.

People with anxiety or fear, who always ask about the "why" and are unsure about their decisions, should rub this zone each day prior to sleep, for circa one to two minutes with two to three drops of oil. It has been often observed, that already after a short period of treatment there is a positive change in the frame of mind. Also with knee problems – which are often the expression of anxiety - this application is recommended for support.

Therapy color: Yellow

Sound therapy: "Conflict Resolution" 1 - 4

*Zone of
anxiety*



Zone of sorrow

It is located directly at the crook of the arm, left and right. The sadness and the melancholy belong as sensitive reactions to the functional area of lungs/colon (Gleditsch). The corresponding acupuncture points are also located in this zone. With anxiety and agitation, nightmares, tearfulness, lack of high spirits, melancholy and lethargy, this area should be rubbed with regularity. The procedure is the same as that for the zone of anxiety.

Therapy color: Red

Sound therapy: "Conflict Resolution" 1 - 4



*Zone of
sorrow*

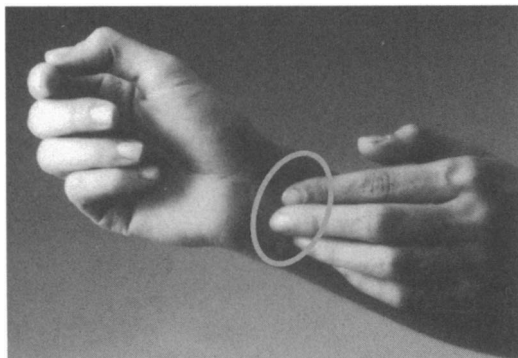
Zone of joy

The treatment of this zone can already have a stimulating effect after a few days, as well as allow a feeling of lasting pleasantness and joy. Apply each day two to three drops of Esogetic wild herb oil to the inner side of a wrist. Then place both wrists lightly together and massage the oil in a circular motion for one or two minutes. The stimulation of this area generates inner warmth and lightness.

Therapy color: Orange

Sound therapy: Color sound "Motivation"

Zone of joy



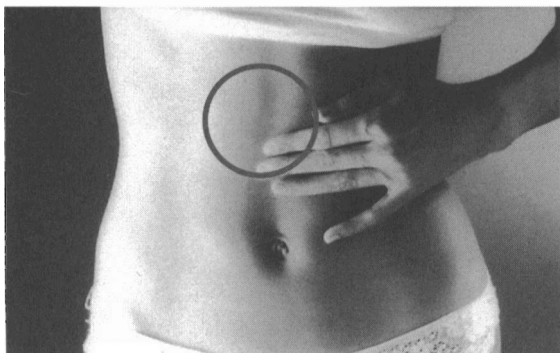
The three described zones of anxiety, sorrow and joy should be rubbed in combination in the evening (first the zone of anxiety, then the zone of sorrow, and finally the zone of joy). After eight days of treatment, please start a rest period of one week. Independent from all other zones, the zone of joy can be stimulated on a daily basis - simply in order to increase your general sense of well-being. In the case of morning stiffness of the joints, this simple application can also lead to general relaxation. Then rub this zone each morning, in accordance with the instructions.

Cramp zone of the body

This is located between the navel and the tip of the breast-bone. The rubbing of this zone is recommended for all tensions and spasms in all areas of the body. Especially susceptible to positive influence are spasms of the shoulder girdle and neck, as well as tension rising from the back of the head. Particularly the level of tension that results from stress can be reduced by stimulating this area. This zone can be combined with any other (for example, with the zone of anxiety and sorrow). Applicable in this case: two to three drops of Esetotic wild herb oil for two to three minutes, massaged into the area in circular motions.

Therapy color: Blue

Sound therapy: Color sound "Headache/Migraine", "Back Pains" (B side)



*Cramp zone
of the body*

Zone of memory

This zone is based upon the Esogetic principle of the "inverted person". The zone of memory lies within this projection, in the area of the upper breastbone. With the rubbing of this zone, dreams frequently occur that deal with the past - for example, with one's own childhood. Especially in connection with the zone of partnership, this area plays a special role: Since partnership not only deals with the environment, but primarily with one's own person, it is essential to recall one's "own self". The application corresponds to the description of the cramp zone of the body.

Therapy color: Red

Sound therapy: Color sound "Concentration"



*Zone of
memory*

Zone of the subconscious

The zone above the seventh cervical corresponds with the psychic stability of the person. Additionally, it closely relates to the stomach area, especially to the small intestine and colon. The evening rubbing (as previously described) can facilitate relaxation in the area of the upper abdomen, as well as relief from pressure within the intestine.

Therapy colors:

for pressure pain blue,

without pressure pain orange

Sound therapy: Color sound "Wholeness" 1-3



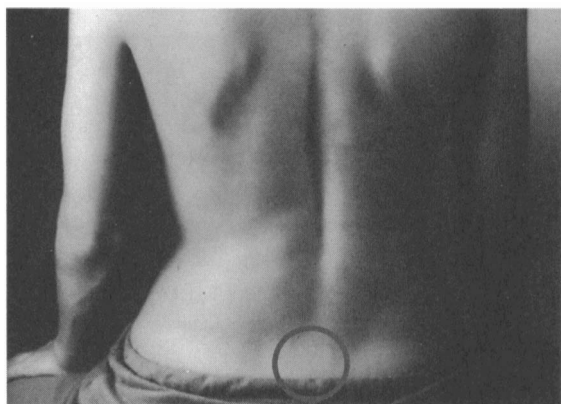
*Zone of the
subconscious*

Zone of partnership

This zone is located on the sacral bone / area of lower back-bone. All tension moments in the area of the rear pelvis, according to our observations, deal with problems in the personal environment. This does not simply mean conflicts among couples, but refers generally to the interpersonal level, for example at the workplace, between children and parents, etc. This zone also represents one's own inner partnership. The rubbing with the Esogetic wild herb oil (as described) stands in relation to the organs of regulation. Particularly in the area of this zone, there are important colorpuncture points for the complete regulation. The zone of partnership should be rubbed at least once a week, and with stress and strains even more often.

Therapy color: Violet

Sound therapy: Color sounds "Psychosomatic Balance", "Back Pains"



*Zone of
partnership*

Both the zone pair partnership and memory, and the zone pair subconscious and cramp zone, belong intuitively together. For this reason, the zone of the subconscious and cramp zone should be rubbed in daily alternation with the zones of partnership and memory. The rubbing of these areas can strengthen direction-pointing dreams, which should most definitely be written down, in order to always be able to recall them. Quite often, one then finds indicators of a leitmotif that runs throughout the dreams.

Zone of spiritual hardening

This is located directly opposite the anxiety zone. Always when the anxiety becomes overpowering, self-regulating powers ensure that the person becomes emotional or possibly even aggressive (the coward/hero principle). When anxiety finds no safety valve, this mechanism recurs continuously. The spiritual impulse hardens. This zone should "invert" that principle, and in this way regulate the flow of feelings. Apply two to three drops of the Esogetic wild herb oil on the left and right zones, and massage the area (first left, then right) with slow, circular motions for one to two minutes.

Therapy color: Green

Sound therapy: "Conflict Resolution" 1-4, "Soundscapes" 1-9



*Zone of
spiritual
hardening*

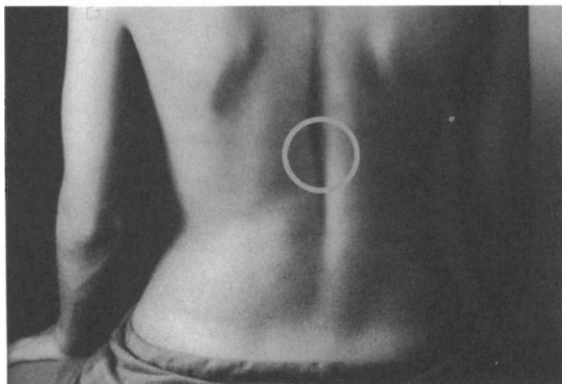
Life zone

This zone allows itself to be localized, whereby one transfers the midpoint between navel and breastbone to the spinal column. Within the life zone lies a point, which can influence the entire energetic system, which is why it is called the "life point". This zone should be stimulated at regular intervals, for the support of general regulation and activation. Massage, or have yourself massaged with two to three drops of Esogetic wild herb oil in circular motions for one to two minutes.

Therapy color: Violet

Sound therapy: Color sound "Psychosomatic Balance"

Life zone



Zone of avarice and greed

The permanent pressure to achieve or want something leads to stress, and inevitably to persistent spasms. The treatment of this zone has the purpose of supporting the way toward letting go, rethinking and "listening in" to oneself. It is located directly above the left and right elbows. It is primarily recommended in the case of agitation, over-activity, sleeping disorders, spasms of the cervical spine and in the shoulder/back area. Apply two to three drops of the Esogetic wild herb oil on the left and right zones, and massage the area (first left, then right) with slow, circular motions for one to two minutes. Stretch your arms out as you do this (palms facing inward).

Therapy color: Blue

Sound therapy: Color sound "Building the Body's Own Resistance", "Conflict Resolution" 1-4

The zones of spiritual hardening, the life zone and the zone of avarice and greed can be combined with one another at anytime.



*Zone of
avarice
and greed*