



esogetics™

ESOGETIC HOLISTIC MEDICINE™ ACCORDING TO PETER MANDEL

**The Esogetic™
Herbal Oil**

esogetics

esogetics GmbH
Hildastr. 8
D-76646 Bruchsal
Phone +49 7251 80010
Fax +49 7251 800155
email: info-de@esogetics.com
<http://www.esogetics.com>

For distributors in your country/area see <http://www.esogetics.com>

ESOGETIC HERBAL OIL - INFORMATION FOR USE AND APPLICATION

Peter Mandel's Esogetic Herbal Oil is a blend of essential herbal oils, which will enable you to experience nature's unequalled healing properties in a new way.

In addition to use as a household remedy for colds, headache, stiff joints, muscular pain and aching limbs, Esogetic Herbal Oil can also be employed on a number of zones of the body where it has a regulative and holistic effect on the body's main information and energy centers.

In this way, Esogetic Herbal Oil will not only relieve light complaints but also and most especially, treat the causes of disharmony on the mental and spiritual planes.

This booklet describes the way Esogetic Herbal Oil works and includes the zones and indications of treatment.

Before starting zone treatment, please note the following:

1. Before applying the oil, stimulate the zone or zones in question (as illustrated further on) by gently massaging with a soft brush or cloth.
2. Now vigorously rub in three or four drops of the Esogetic Herbal Oil.
3. Be careful not to get the oil into your eyes. Should this occur, rinse out with generous amount of water.
4. Never treat more than three zones at a sitting. *Note which zones should not be treated at a single sitting, but only on alternate days. (Although this will not cause any harm, it will reduce the effectiveness of the individual measures.)
5. If complaints persist despite treatment, please consult your doctor or natural health practitioner.

Peter Mandel's Esogetic Herbal Oil is a preparation for holistic application. You will soon discover that used properly, it will prove to be an indispensable aid in many circumstances.

Esogetic Herbal Oil can be complemented by the regular use of Peter Mandel's Esogetic Repose and Activity bath milks, and by the Esogetic Sound Patterns (a form of music treatment available on cassettes). This will provide you with an incomparable form of esogetic and holistic treatment that will greatly contribute towards your feeling of well-being and your sense of tranquility and poise on all levels.

Peter Mandel's Esogetic Herbal Oil is a preparation for holistic use, and many of you will now want to know what "esogetic" means.

The adjective esoteric comes from the noun “esoterics”, which is based in turn on a combination of the words esoterics and energetics.

Esotericism is the term used to denote the Hermetic doctrines on cosmic truth and physical laws, while the term energetic is used to define the energy and information aspect of life processes.

Energetic basically consist of the manifestation of spiritual laws on the physical plane. Esoterics, a mixture of esoterics and energetics, is concerned with the meaning of illness and pain (or lack of it), for it provides us a way of exerting a holistic influence on the course of our lives, namely via the body, while furthering self-awareness and self-knowledge at the same time.

Esoterics uses the body as the key to arrive at certain conclusion about our personal task and program in life, namely by recognizing and interpreting the energetic phenomena expressed in and by the body.

Thus illness is an expression of the deviations we have made from our life's path; it represents an instance in the process of gaining consciousness where we are able to correct the mistakes we have made.

According to Mandel, we all have tasks to fulfill in life. One of these is to come to terms with the “program” inherent to the level of existence or consciousness on which we find ourselves; this, however, can only be carried out with the information or energy provided us. The illusion that all men are equal is nonsense; creation consists of variety of planes on which every being has its specific place. As in a cosmic jigsaw puzzle, this means that the parts of the earth cannot be fitted into the spaces reserved for heaven. What this does not mean, however, is that we have to fall back into old categories of thinking, or man having his place in life, etc. Each one of us has to walk the path of destiny, but not all of us can march at the fore. Rather, we have to recognize where we stand and accept the tasks this position in life entails.

A person's development is comparable to a staircase, and his greatest contact to the material world is at his feet. Only when a person has consciously lived and experienced the place, or step, where he stands, can he advance to the next one. This is a fact (frequently taught these days by so-called initiates and other false prophets for their own purposes), which should be made more public. In the process, however, it must be remembered that not everyone can speak a “foreign language”, i.e. knowledge can only be disseminated according to the step or level on which a person finds himself. This can be achieved by conveying the absolute truths contained in the Hermetic teachings. Nevertheless, such knowledge is frequently only understood by a small elite, and rightly so. For if a person has the task to mainly come to terms with the material world, it would be wrong to try and point him in the direction of “pure spirit” alone. Such a

person has to experience the material aspect of creation, and in so doing, will soon come to recognize the divine spark inherent to also in this level of existence.

Carrying out the tasks inherent to the level on which we stand is an active process of the highest value, a fact that also applies the other way round. Doing this and learning the respective lessons inevitably leads to the next level. Here the tasks either change or gain a new quality, thus initiating a new path of recognition.

It should be remembered in this context that nobody can take the second step without having made the first; furthermore, nobody can climb the ladder of human development several rungs at a time.

All people have the right to come to terms with the level on which they stand, particularly as a mean of reaching the next. The first Hermetic Law states “as above, so below”, and that “inside is as outside.” Thus we are contained in the cosmos, the cosmic plans is contained in the smallest units of our bodily selves, in our cells. This means that the information (or energy) of the universe can help us to untie our knots of distorted, malfunctioning life processes.

Mandel has observed that repairs are always carried out at the place where it is easiest, and in the case of man, this is the body. Thus “As within, so without” means that everything we are inside ourselves is reflected on our outsides; in other words, all irregularities, pain and other symptoms leave their traces on our body. Unlike inner irregularities, these traces are visible and capable of examination; moreover, they also tell us something in terms of energy and information. Once we have recognized that not keeping to our plan in life has methods which eliminate the incorrect information which caused the illness in the first place and replace it with harmonious information, thus providing us with the opportunity to recognize where we stand in life.

Thus it is possible to exert a holistic influence on man via the body (and the skin in particular). Once bodily dysfunction has been eliminated, thoughts and feelings will inevitably change for the better.

This can be achieved by the essential oils contained in the Esogetic Herbal Oil, which will stimulate and activate the body’s information and energy potential when applied to certain zones and points.

We also recommend treating these zones and points in accordance with Peter Mandel’s Colorpuncture method (a method in which coloured light is beamed at important points on the body) to complement and optimize the beneficial effects obtained by Esogetic Herbal Oil. We have therefore mentioned the respective colors in the following description of the esogetic zones.

When beaming colored light onto the zones, this should be done in spiral movements, moving towards the center of the zone in a clockwise manner and moving away from it in an anti-clockwise one.

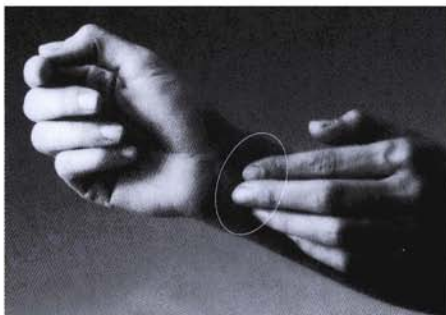
Please note that although Esogetic Herbal Oil and Colorpuncture are complementary methods, both can be employed alone quite satisfactorily. In case of questions in this respect, please contact a professional colorpuncture practitioner in your area.

Now follows a description of the various zones particularly suited for treatment with Esogetic Herbal Oil, based in part on known acupuncture points, segment treatment zones, and special methods of treatment developed by Peter Mandel himself.

Esogetic Herbal Oil can also be used both internally and externally for a number of everyday complaints.

ZONE OF JOY

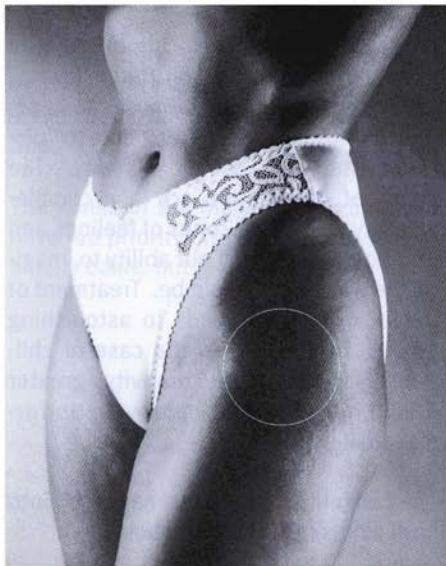
Massage of the zones of joy with Esogetic Herbal Oil will begin to have stimulating effect after only a few days' treatment and will create a lasting feeling of cheerfulness and optimism. Apply two or three drops of the oil onto the insides of the wrists every morning, place them together and lightly circle them against each other for one or two minutes.



Treatment of these zones eliminates tension and generates a feeling of inner warmth and lightness, and will help in cases of morning stiffness of the joints.

Treatment color: orange.

ZONE OF SPIRIT



The Zones of the Spirit are situated on the hips, on the outer edge of the thighbones. Apply three or four drops of the Esogetic Herbal Oil onto these zones and massage in circle of about 5 cm in diameter for about one or two minutes, using circular movements.

Treatment of these Zones supports the realization of one's individual program in life.

Treatment color: red

THE ZONE OF FEELINGS AND INTUITION

These zones, which are about 4 cm in diameter, are situated on the inside of the knees. These zones come second to the Zone of the Spirit, and help fortify our sense of intuition. In this way, they help us understand why we have to realize our individual programs in life.

For treatment instructions, please refer to the Zone of the Spirit.

Treatment color: violet.

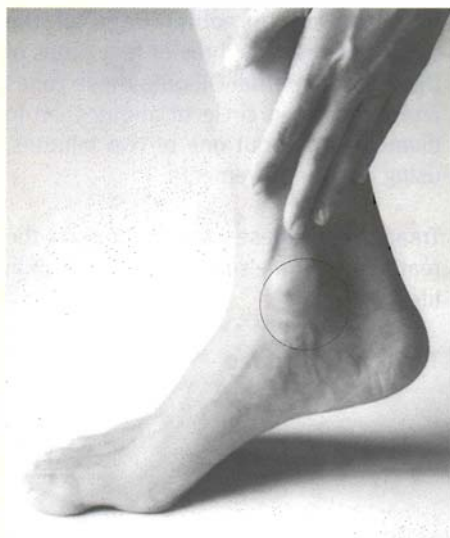


ZONE OF THE IMAGINATION

These zones, which are about 3 cm in diameter, are situated on the insides of the ankles. It wouldn't be possible to act on our intuition if we weren't able to "picture" what we sense in this way. The Zones of Imagination act in a complementary way to the Zones of feelings and intuition and support our ability to imagine the way things could be. Treatment of these zones often leads to astonishing results, particularly in the case of children (i.e. increased creativity, greater dream activity and improved performance at school).

The Esogetic Herbal Oil is massaged into both zones as described above.

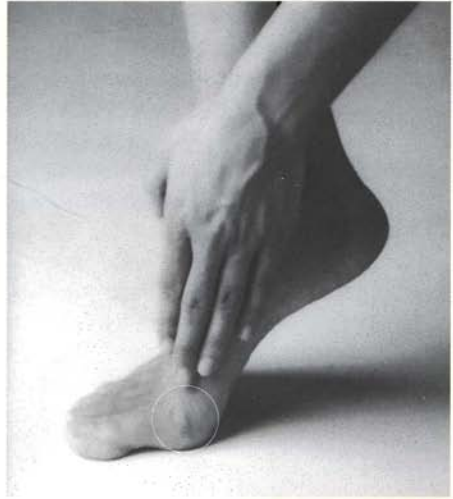
Treatment color is green.



ZONE OF THE INTELLECT

This zone is based on the second point of the spleen/pancreas meridian on the tarsal bones on both feet. In acupuncture this point is regarded, as influencing the psycho-physical constitution and development (particularly in children). Indicates that this zone may require treatment are lack of concentration and coordination.

Massaging these zones with Esogetic Herbal Oil is highly recommended in cases of children who have difficulty learning or who have a disturbed relationship to their parents or circumstances. The oil is applied as described at the beginning of this section.



Treatment color: yellow

The Zone of the intellect represents the final stage in the metamorphosis of the one's individual program from spiritual "information" level to actual implementation (via the stages of intuition and imagination), to a conscious understanding of what is thus set free.

The Zones of the Mind, the Feelings and Intuition, the Imagination and the Intellect have top priority. They are super ordinate to all other zones and should be treated on a daily basis, but please note that you only treat one of these zones per day.

ZONE OF FEAR

The Zone of Fear is situated at the outer edge of the humerus, at the point where the large pectoral muscle attaches to the bone. The center of this zone is very sensitive to pressure. Anxious, fearful people, who feel that fate has singled them out for misfortune and who have difficulty arriving at decisions, should treat this zone every day with Esogetic Herbal Oil before going to bed. A positive change in attitude will often be noticed after a very short period of time. Pains in the knee joints can be ameliorated or even eliminated by treating the Zone of Fear.

Treatment color: yellow



ZONE OF SORROW

This zone is situated on the inside on the elbow on both arms. According to the German doctor Gledistch, sadness and melancholy, being reactions involving sensitivity, belong to the lung/large intestine functional system, and indeed, the Zone of Sorrow is situated in the area of the respective acupuncture points. Fear and restlessness, nightmares, weepiness and spasmodic conditions (particularly in the case of children) as well as depression, melancholy and sluggishness are the most important indications that these zones would profit from treatment with Esogetic Herbal Oil. Treatment should preferably be carried out in the evenings, and often leads to an increase in dream activity. Treatment is carried out as described at the beginning of this section.

Treatment color: red.

ZONE OF GREED AND AVARICE

The Zones of Greed and Avarice are situated just above the elbows, which is very telling when you consider idea of “elbowing” one’s way through life. All forms of “I must achieve....” And “I must have...” are reflected in this area of the body.

The treatment of these zones particularly indicated in case of restlessness, hyperactivity, sleeplessness, spasmodic complaints and excessive sweating when upset. The indication of hyperactivity reflects a link to other symptoms, such as pain in the heart area and a feeling of pressure on the chest.



This zone also influences the joints and the spine, particularly the cervical vertebrae, the shoulders and the lower back area. Painful arms and rheumatic pains in the toes are further indication that this zone requires treatment.

The term “Zone of Greed and Avarice” is not to be taken too literally. What it basically means is that the individual as a whole is distracted from his or her task in life by hastening, hurrying and wanting to have and achieve everything. The permanent stress situation this causes inevitably leads to a state of continual tension.

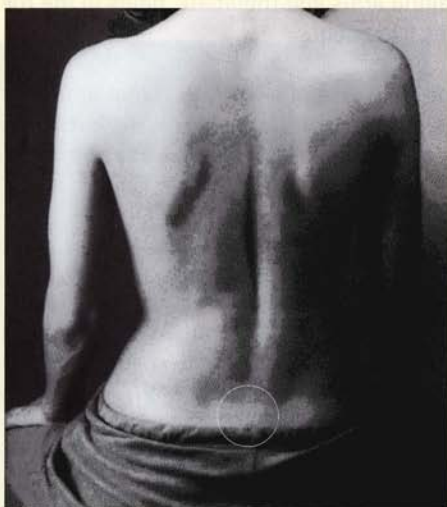
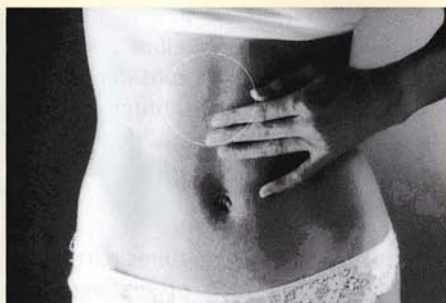
It is an elementary fact that if you try to achieve something by force, i.e. without showing consideration for your health or program in life – you will never achieve your goal. Letting something go, reconsidering it and listening to one’s inner voice is more successful in the long run. Treatment of the Zones of Greed and Avarice supports this roundabout way of going at things, and is carried out on the outstretched arm (with the palm of the hand pointing to the front), in accordance with the instructions at the beginning of this section.

Treatment color: blue

TENSION ZONE OF THE BODY

Tension felt at any point of the body can be treated by massaging this zone, whereby tension in the shoulders and the neck, and headaches developing and spreading up from these areas will react very favorably. The general level of tension arising from continual stress situations can also be lowered by treating this zone, which can be combined with all others.

Treatment color: blue



ZONE OF PARTNERSHIP

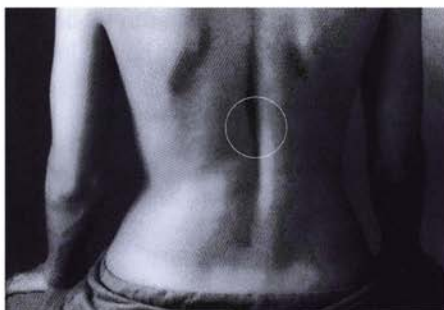
According to the observations made by Peter Mandel, all tension occurring in the upper pelvis has to do with problems with relationships. This not only applies to close relationships, as one's partner in life, but also to family members, such as children, parents etc., and colleagues at work. At the same time, this zone also stands for one's relationship to oneself. Treatment of this zone, which contains many important Colorpuncture points for achieving harmony of the mind, body and soul, has a reflecting effect on the control system of the body (hormone glands, etc). This zone should be treated at least once a week, or more frequently in cases of complaints in this area (see illustration on the left).

Treatment color: violet

LIFE ZONE

In this zone there is a point which can influence a person's total energetic system and which we therefore call the Life Point. Because of its regulatory and activating effect, this zone should be regularly included in treatment.

Treatment color: violet



ZONE AT THE NAPE OF NECK



Peter Mandel call this area the Zone of the Psyche because it has the a particularly strong influence on the psychic stability; moreover, it also stands in relationship to the abdominal cavity, particularly to the large and small intestines. Massaging this zone with Esogetic Herbal Oil every evening will ease tension in the upper abdomen area and relieve feelings of pressure (bloating) in the intestines.

Treatment color:

With feelings of pressure: blue

Without feelings of pressure: orange

MENTAL ZONE

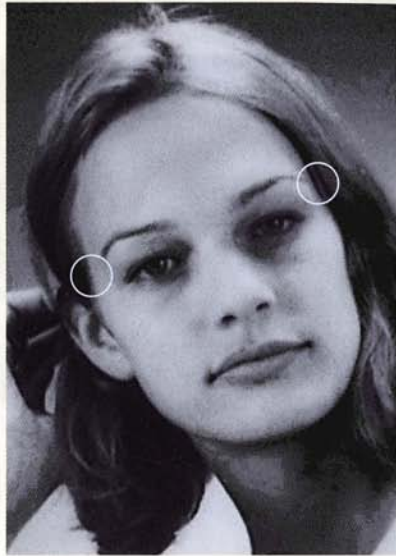
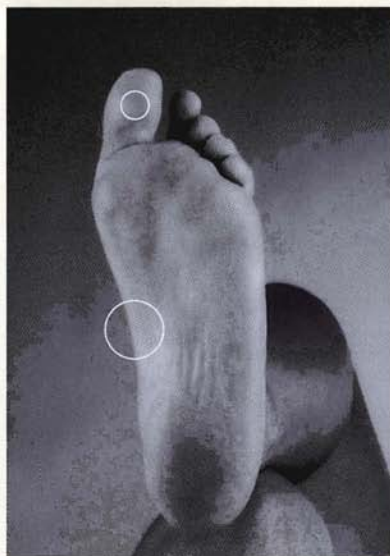
The term Mental Zone refers to the level of the being which this zone has an influence on. It is one of the most important Esoteric zones, because it promotes the ability to dream. Most of the tests persons reported an increase in dream activity, particularly about themselves and their problems, after only two treatments. This means that fidgety, anxious and tense people will be able to experience a sense of inner release through their dreams (which are said to be the bowel movement of the soul) and thus be able to regain a feeling of psychic balance with time. The Mental Zone can be combined with the other Zones. In combination with the Zone of the Mind, the Zone of Feeling and Intuition, the Zone of Imagination and the Zone of the Intellect, it will stimulate the body's capability to heal and regulate itself.

Treatment color: violet



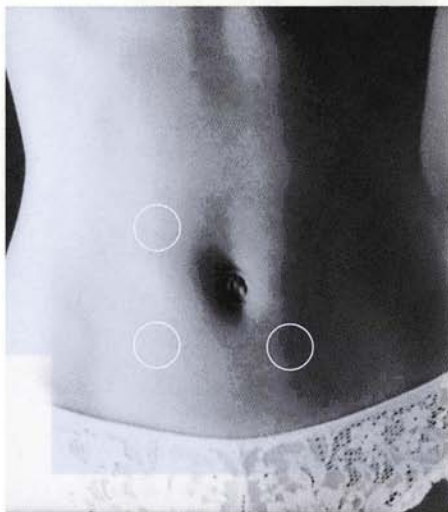
HOW TO TREAT HEADACHE

Rub a little oil into the zones and points indicated (be careful in the eye area)



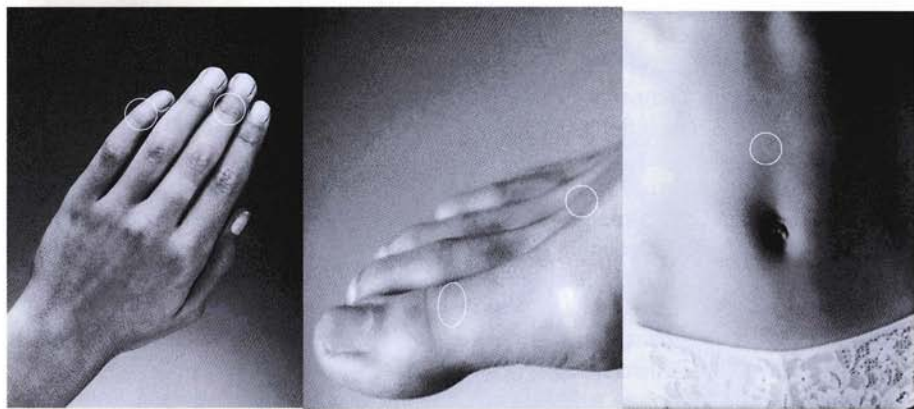
COLD RELIEF

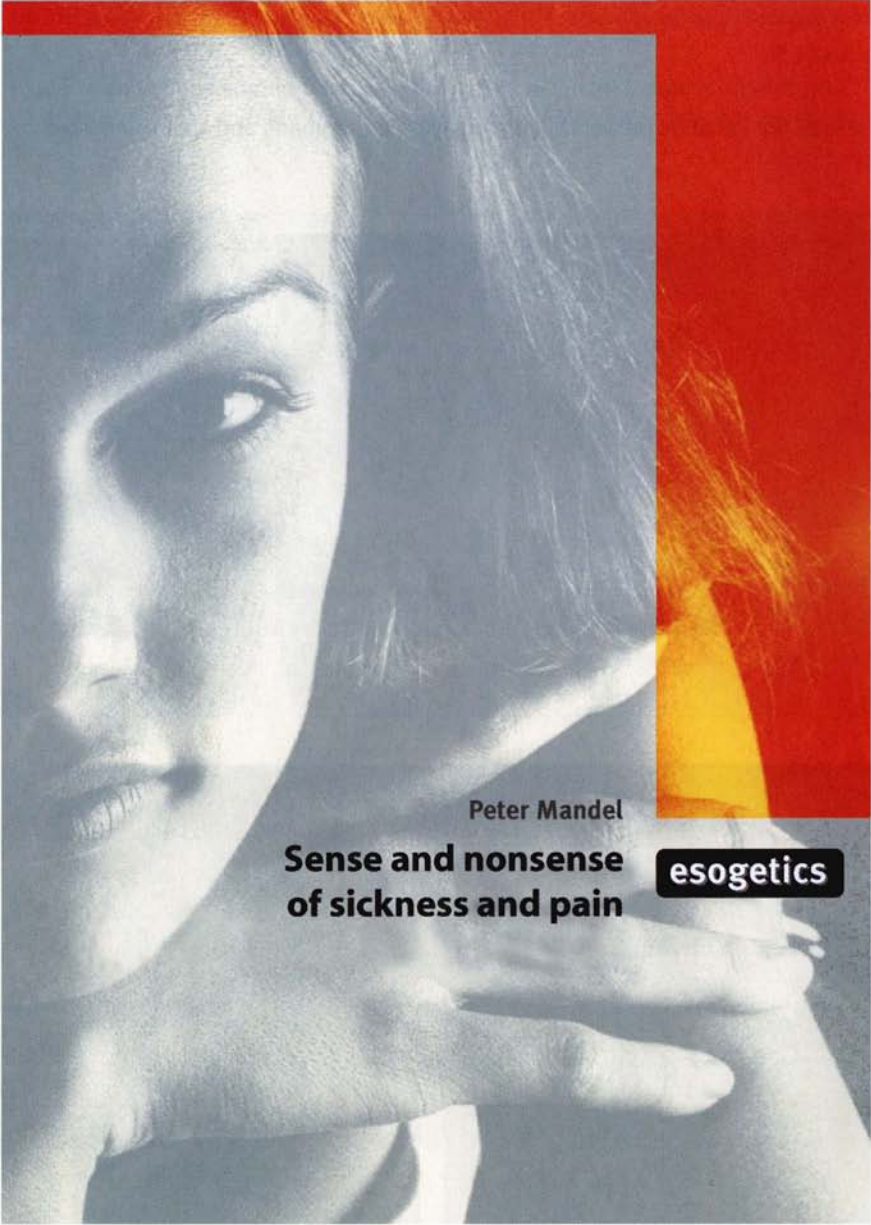
The points and zones should be massaged vigorously with Esogetic Herbal Oil. For inhalation purposes, sprinkle five drops onto a handkerchief or into a bowl of hot water.



MASTERING CIRCULATORY PROBLEMS AND SENSITIVITY TO WEATHER CHANGES

Massage the Esogetic Herbal Oil vigorously onto the points and zones indicated





Peter Mandel

**Sense and nonsense
of sickness and pain**

esogetics

PETER MANDEL: SENSE AND NONSENSE OF SICKNESS AND PAIN

Peter Mandel, born in 1941, is the founder of the Energy Emission Analysis (EEA) diagnostic system and of Colorpuncture. He is a well-known figure in natural medicine as a result of many articles that have appeared in scientific periodicals, as well as through the books he has authored: Energy Amission Analysis, Acu-Impulse Therapy and the Practical Compendium of Colorpuncture. He studied acupuncture in Hong Kong and India, and in 1975 he founded the Mandel Institute for Esogetic Medicine in Bruchsal.

For many years he has been working intensively in researching informative energies and in the development of related diagnostic systems and therapies.

With the discovery of the energetic Transmitter Relays in 1987 an important building block was added to the revolutionary therapeutic model he has named Esogetic Medicine. The further development of healing systems based on this Esogetic model will be the focal point of Peter Mandel's work in the future.

Esogetics is a combination of esoterics and energetics. Based on the Hermetic precepts, esoterics represents the teachings of 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.

There is a sense to sickness when it is understood as a holistic disturbance, and when there is a readiness to comprehend and transform the underlying information.

Sickness is nonsense if it is not understood as a signal for correction, insight and transformation.

In this book, Peter Mandel presents these thoughts in an understandable and convincing way, corroborating them with both practical examples and clear instructions for therapeutic treatment.

For further information about price, shipment etc. please contact your local distributor or send email to info-de@esogetics.com.