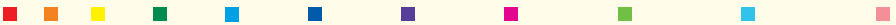
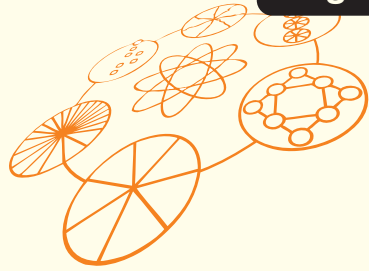


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Peter Mandel
...❖ The Esogetic Clock

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The Esogetic Clock

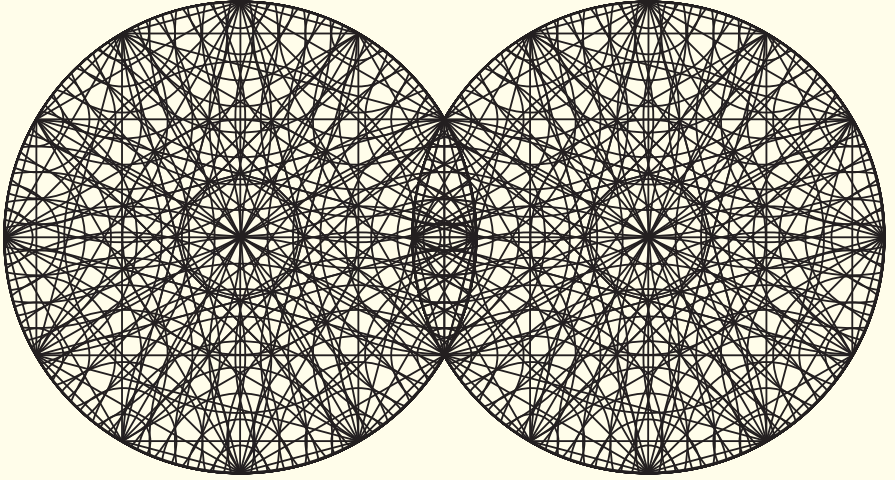
While I was working in my very well attended clinic during the early eighties, I started feeling a lot of extreme stress that was not just due to the workload. I realized that I was absorbing too much human pain, especially from those patients, who we could not help. That was when my quest for personal protection got started.

In my clinical routine I had already been using conical shapes that I was transferring to the human body. In doing so I had observed amazing successes and regulatory impulses in often severely ill patients. From the theory of the cone shapes, and especially the double cone, I then developed the Esogetic clock. Wearing it as a pendant in the center of the sternum, I kept experiencing a balancing of my internal states of stress time and again. Many other people, who also have applied the Esogetic clock afterwards, kept validating this harmonization.

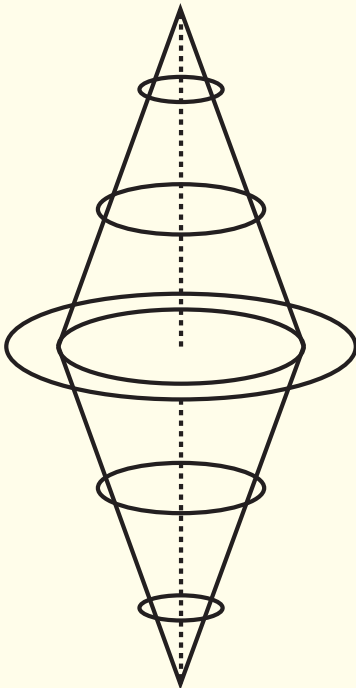
The application of the clock is still very effective. There seem to be some special processes of information that get catalyzed during the application. I will propose some treatments in this pamphlet.

First, however, let me introduce you to the larger context.

The theoretical foundation of the “Esogetic clock” is the principle of the double cone, which is a symbol for the entire system of Esogetic Medicine. The double cone is a structure of opposing turns. If for instance certain holographic patterns are connected to each other and are transposed, a double cone becomes visible.



This observation and insight prompted me to construct the double cone with its three levels.



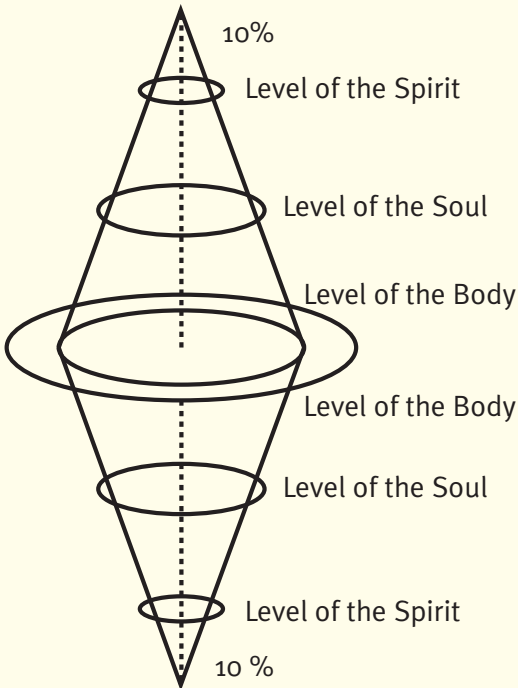
In my view the energy inherent in this double cone is the carrier substance for the soul-spirit information, which we possess and need in order to live. The principles of the “Esogetic clock” can be compared to the principles of colorpuncture in Esogetic Medicine.

Energy is being moved along the energy trajectories of the body (the meridians), and we are primarily influencing the information that is contained in the energy (frequencies). As a basic principle those

areas of information that are blocked will show up within the overall structure of the living energy.

The Esogetic clock regulates the movement processes of the double cone as they take place inside the body, so that we are dealing with a principle, which has a balancing effect on the moving energy and the information contained in it. That can also be recognized through the frequently occurring reactions, when the Esogetic clock is used for treatment.

When we look more closely at the configuration of the double cone, then we can recognize that there are three levels: One physical sphere at the plateau level, the emotional area in the middle and the area of the spirit in the tip. That leaves a 10 % portion of the cone, in which these three areas repeat themselves once more.



Let us now imagine that we are compressing the cone and are thus transferring it to the realm of two dimensionality. That provides us with three circles, which correspond to the divisions of the Esogetic clock, presenting as the golden circles and the stone formations.

In my opinion this Esogetic clock contains all energy and information potentials possible. Therefore it is conceivable, when it is applied as a therapeutic tool, that it generates a spin, which is able to move stuck or blocked information. By using the reflex zones of an established somatotopy we attempt to cover the wholeness of the individual.

Another consideration is that the Esogetic clock comprises two areas and thus does justice to the concept of polarity. In the upper part, where the golden circles and the sectors of the stones are located, we find the area of the male or plus energy. When we turn the clock over, so that the marble surface is pointing up and the stone information is directed towards the body, then we have a relationship to the female or minus energy.

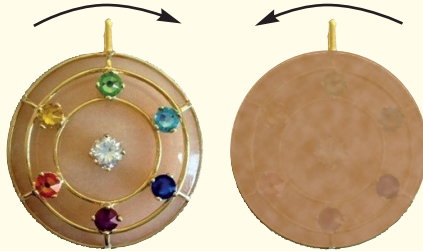
That is particularly important, because during therapy we have seen that a plus or a minus within the different energy potentials can be balanced through its counterpart.

An example:

If we are using the “male side” of the clock in a somatotopy and there are strong negative reactions, then those reactions can be resolved by turning the clock over (putting the stones on the body), which means by utilizing the female energy, which leads to a polarization.

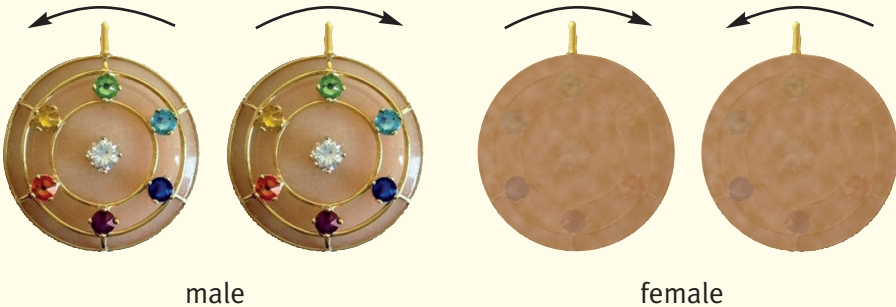
The directions of turn for the single zones are:

1. Male positive energy always turns clockwise.
2. Female negative energy always turns counterclockwise.

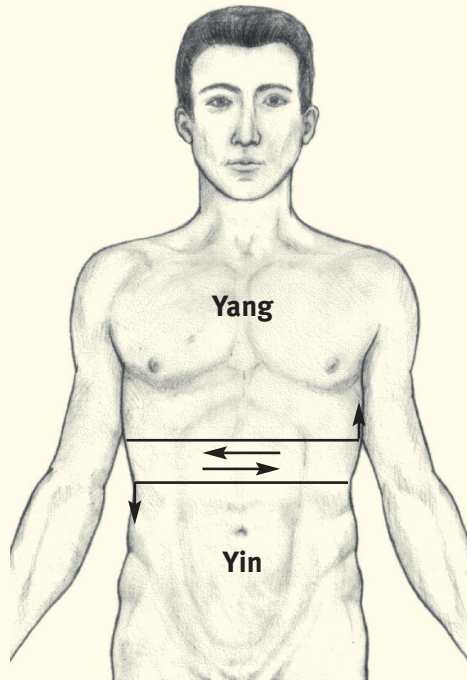


The directions of turn for the double zones are:

1. Male positive energy always turns towards the outside.
2. Female negative energy always turns towards the inside.



When we are talking about the male – female polarity, then we also should talk about the middle in-between. The middle is located in the human body three fingerwidths below the tip of the sternum. According to my observations there is a band of energy here, which generates an energy turbulence in opposite directions. The clockwise movement shows the activity of the male energy, the counterclockwise movement represents the female aspect.

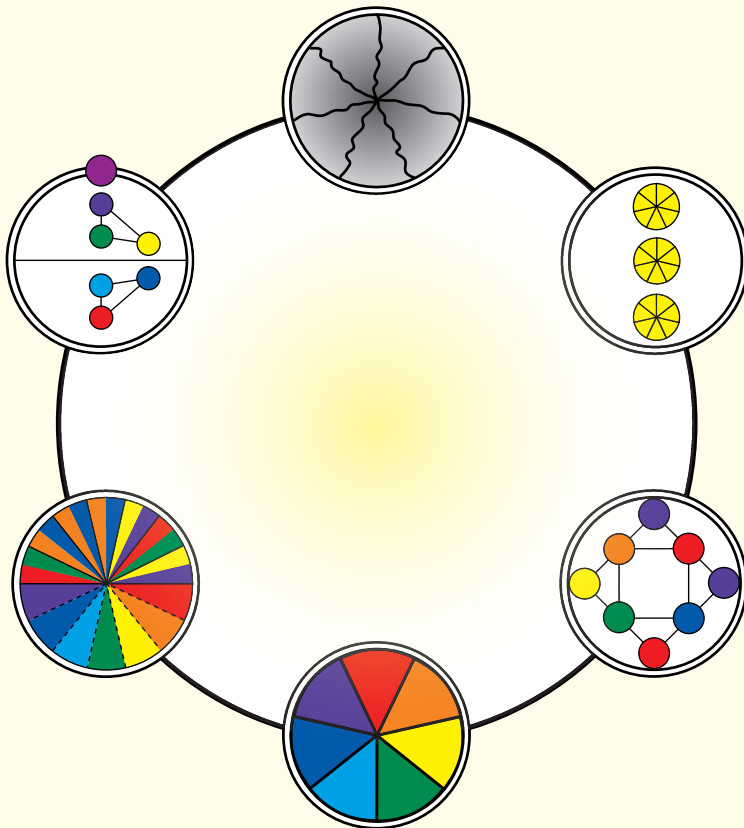


In the upper part of the body the Yang, the plus pole, is located, in the lower part it is the Yin, which corresponds to the minus pole. Within the middle band the levels vary.

When there is a shift towards the top and the explicit, then there will be increased psychological and subconscious burdens from the implicit spheres recognizable.

When the energy turbulence shifts for instance towards the bottom and the implicit, then the 'explicit' parts of life receive pressure. When there is an explicit shift towards the top, then the entire area of brain coordination and thus the central nervous system are taxed by ways of the solarplexus and the medulla oblongata. The diaphragm spasms, there is congestion in the upper right abdomen, the solarplexus tenses, as do the heart and then finally the cerebral sphere. Let us have a close look at the terms "implicit" and "explicit" as David Bohm has

postulated them. The implicit, nebulous is something unfinished, and we can assume that this nebulous area can be seen as a construct of pure information. Thus it becomes the indicator of the form. Looking at the Esogetic model next, which is the foundation for the Esogetic clock, then the Esogetic model shows the form giving field on top opposite the physical field on the bottom. In between the two we see the relays of energy, information, the transmitter system and coordination, which are transporting the implicit parts of our life into physical existence, to come into form.



Example:

You have an idea. At the moment when you write the idea down you are giving it form, which means an image, which has emerged in thought and then it is jotted down or sketched. That is an act, which makes the implicit explicit, which brings it “into form”.

The human being is in this world to give form to things. To carry the nebulous implicit areas towards the outside, use them creatively and make them available to the community and the comprehending intelligence.

The Esogetic clock works by moving present energy potentials within the grid of light. Thus the information contained in the energy moves. The prerequisite for that, however, is that blockages of information in the different spheres are resolved. That is exactly what the therapy with the Esogetic clock achieves. When I move information and energy, which are inseparable and present within this network, then the background patterns are set free. When the Center of Transformation is treated for instance, then this treatment activates memory areas and brings implicit content into the thought arena of the brain, which provides an opportunity for explicit presentation.

We could philosophize quite a bit more about the modus operandi and come up with theories – yet here we benefit again from the statement “an ounce of practice is worth more than a thousand tons of theory.”

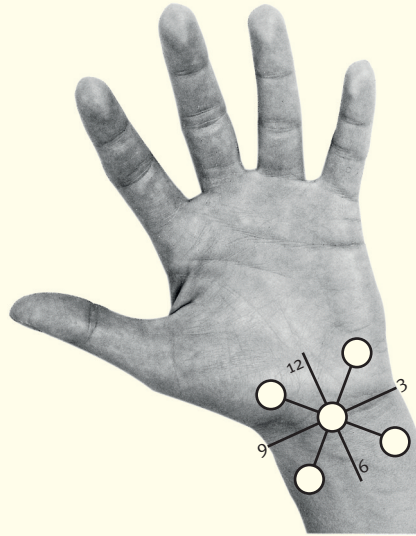
Let us get started with the application and note a peculiarity right away.

I realized that the Esogetic clock had to be attuned to the owner first. I found an efficient and simple method, which I want to demonstrate.

The Attunement of the Esogetic Clock



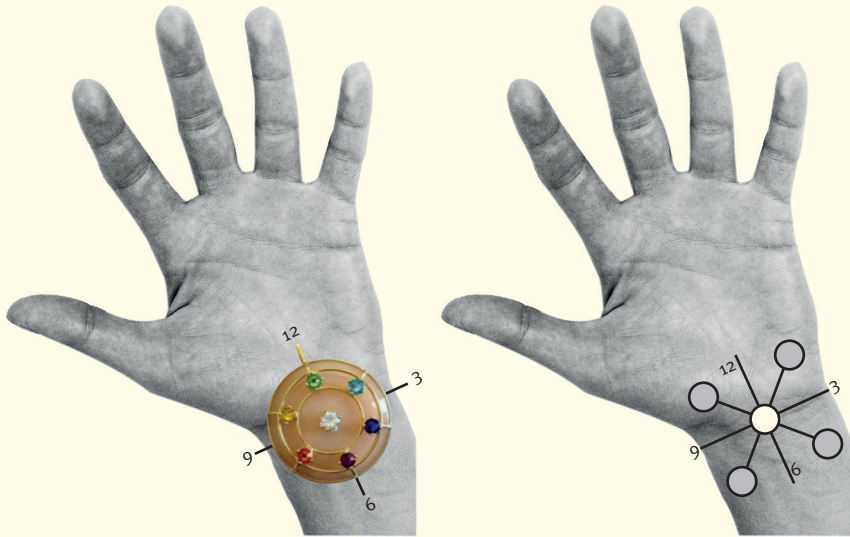
The Zone of Joy



The Diagonal Points

In the middle of the first wrist crease we find the acupuncture point Circulation/Sex 7 (CS 7). The illustration shows the directions of energy flow in the vertical, horizontal and diagonal. Around point CS 7 the Zone of Joy extends on both sides. (You can start your day in the morning by applying 2 – 3 drops of the wildcrafted herbal oil^{relax} see illustration). The four points on the diagonals are important reflex zones for the flow of energy to and from the fingers. When we are testing and attuning the Esogetic clock to our vibration, they play a special role in the harmonization.

The Esogetic clock is placed on the left palm. The point CS 7 is the center. The hanger of the clock has the function of a pointer. As the images show the positions 12 – 3 – 6 – 9 (direction of turn towards the outside) are used for 30 seconds each.



One or several of these alignments can create slight reactions. They can occur anywhere in the body, yet usually there only is a slight upwards extending drawing sensation in the arm. In that case we should apply a brief point massage to the associated diagonal points before and after the reaction area. Afterwards we apply the Esogetic clock once more to the position. In most cases there is no more reaction. It is possible that all four alignments are reactive, in which case we treat all four diagonal points.

If there are reactions again on a second day, we should attempt the balancing once more. The Esogetic clock should only be worn, when there is no more perception of any reaction. Then it is attuned to one's own individuality. The Esogetic clock should be worn at the center of the sternum.

Over time I have also realized that the Esogetic clock is an excellent therapeutic instrument. I have taught the therapy zones in many different specialty seminars.

General information about the treatment protocol:

1. Each of the featured zones consists of four areas, which are treated in the given direction of turn for 30 seconds each. The stones are directed outwardly (male position).
2. Any negative reaction terminates that particular step and the next treatment position is used.
3. In the case of very strong reactions, which do not resolve, the clock is turned with the stones towards the skin (female position) and is then placed again on the same position that has reacted. That balances the reactions and then the next step in the sequence is treated again with the stones towards the outside (male position).

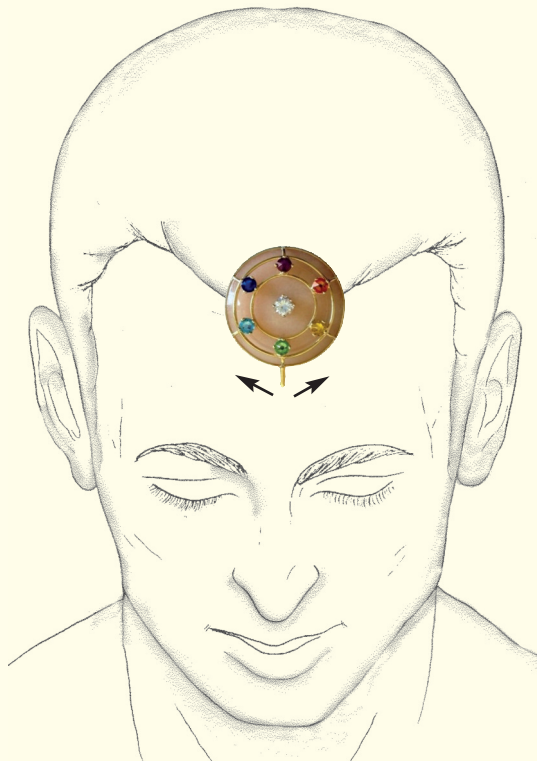
Please cleanse the clock after the treatments under cold running water.

Now I would like to list a few important positions as an introduction.

The Treatment Zones of the Esogetic Clock 1 to 10

1. The Center of Transformation

The midpoint of the first transmitter relay is located directly at the hair-line. It provides the opportunity to contact all past conflicts of this life. When the Esogetic clock is applied, the accompanying movement touches these blockages gently. Over time this leads to an internal resolution of such blockages.



The clock is placed with the pointer towards the bottom. The crystal in the center covers exactly the point at the hairline. The sequence 12 – 3 – 6 – 9 is used clockwise. The clock remains in each position for 30 seconds. Afterwards the same process is repeated counterclockwise in the positions 12 – 9 – 6 – 3. Reactions, which can happen in any position, complete that position and the next step in the sequence is used.

Reactions can be slight headaches or dizziness, but also sudden memories of past complaints. I have also observed tension in the spine, especially in the neck or the lower spine.

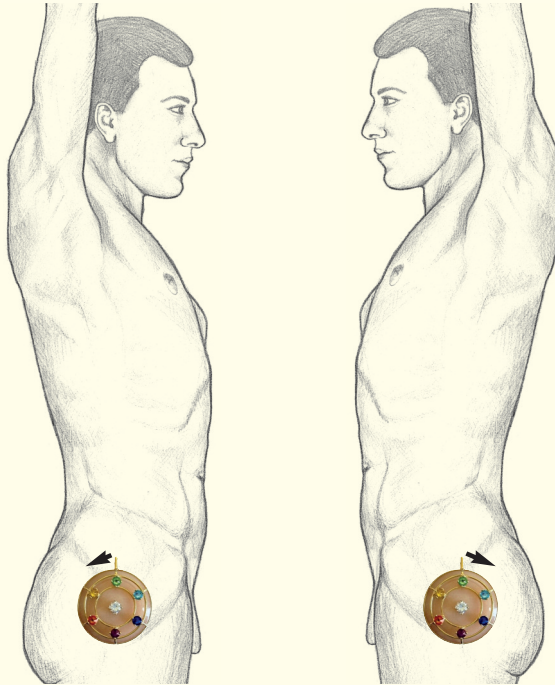
Again:

Whenever the application of the Esogetic clock evokes a reaction, the position should be left and the sequence should be continued. The felt reactions tend to resolve quickly that way.

Combination:

It is worthwhile to treat the Centers of the Individual Program as a second step on the same day.

2. The Center of the Individual Program



Both centers are located directly at the tip of the trochanter, where the highest point of the hip joint is palpable. The direction of turn is in both cases towards the back. We start on the left side with the positions 12 – 3 – 6 – 9, then continue on the right with 12 – 9 – 6 – 3 for 30 seconds each.

Reactions that might occur should be interpreted in regard to oneself. They show where in life one has a problem to walk the path of life in a straight line. In that context there always is the topic of opening the heart towards self-love.

Combination:

- a) Together with the Center of Transformation.
- b) As an alternate therapy (on a different day) with the Mental Center of the Heart and the Center of the Feelings of the Heart.

3. The Mental Center of the Heart



The midpoint of the application area can be found by dorsiflexion of the foot. The middle portion of the ankle joint, framed by the two palpable tendons is the center of the application area. In Esoteric medicine this midpoint is a superb balancing point for all reactions, whatever the treatment may be.

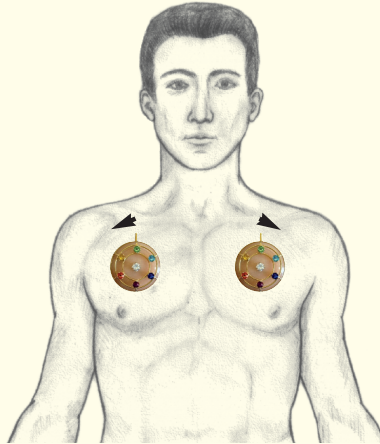
The direction of turn of the clock here is towards the outside. The application starts on the left side for 30 seconds each in the positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 -6 -3.

The reactions tend to be very pleasant. Often people report a warmth arising, mainly in the chest area. We have also observed that this treatment can promote an unusual clarity in the head. Tensions in the upper abdomen (solarplexus) might occur. That is an indication that the individual should really examine his stress level.

Combination:

Together with the Center of the Feelings of the Heart.

4. The Center of the Feelings of the Heart



The midpoint is found at the level of the middle of the sternum and about 4 fingerwidths laterally on the horizontal. It deals with personal freedom, which cannot be achieved without an opening of the heart.

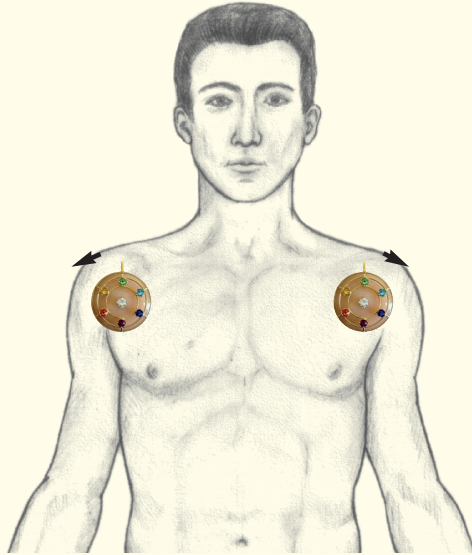
The direction of turn is towards the outside. The application is first on the left for 30 seconds in positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 – 6 – 3.

There can be reactions particularly in the thoracic spine. That indicates that the individual wants to become upright, but does not manage. There also can be slight sensations of tension around the heart, but they do not need balancing, because they tend to resolve by themselves. Sometimes patients report that during the treatment there is pressure or pain in the knee. That is a clue that the heart “cannot open”, because the person is occupied by conscious or subconscious fear. The knee symbolically stands for the movement forward. An analogy would be to equate a stopping on the way through life with the term fear.

Combination:

- a) Together with the Mental Center of the Heart
- b) As an alternating therapy (on a different day) combined with the Zones of Fear and Zones of Aggression.

5. The Esogetic Zones of Fear



Palpating from the shoulder joint towards the front and downward there tends to be a very sensitive zone. That is the midpoint for the application of the Esogetic clock.

The direction of turn is towards the outside. The application starts on the left side for 30 seconds each in the positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 – 6 – 3.

In the case of reactions (usually psychological) the sequence is continued. Feelings of fear are some of the most destructive feelings, and they symbolically represent aggression against oneself. The causes and larger context should be explored. If there are fear syndromes and phobias, which have been addressed appropriately with psychopharmaca, it is worthwhile to do the treatment as proposed here.

Combination:

Combining the sequence with the Center of Aggression at the external malleoli.

6. The Centers of Aggression



The midpoint is the tip of the external malleoli. 12 o'clock is on the top and the direction of turn is towards the back. The application is on the left side for 30 seconds each in the positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 – 6 – 3.

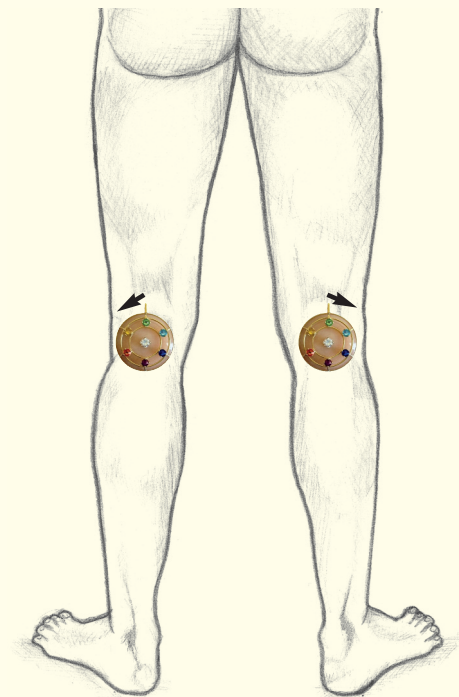
Here we can gently move and balance old and new aggressive emotions, which are basically directed against oneself. If we keep in mind that such sensations are also influencing the functions of the liver in a detrimental way, then this sequence could prove helpful in corresponding complaints of the liver-gallbladder system.

Sometimes patients report reactions in the upper abdomen and also on the right side of the head. Those are usually slight, and they do not warrant an interruption of the sequence.

Combination:

It is very good, given the appropriate symptoms, to alternately combine the Zones of Fear and the Zones of Freedom at the knee.

7. The Zone of Fear at the Knee

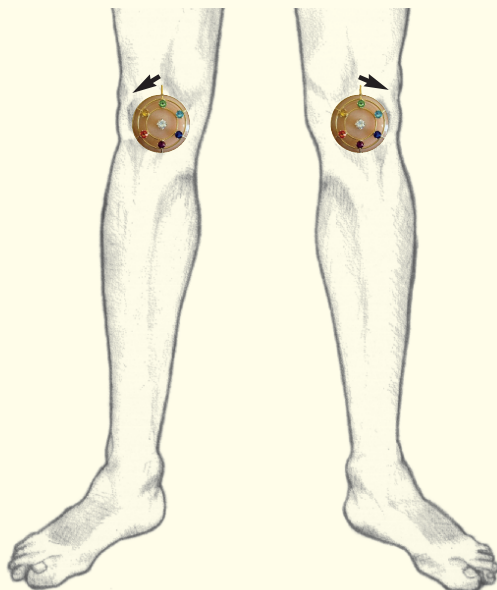


In the center of the popliteal fossa we find the important acupuncture point for intoxication: Urinary Bladder 54. For me this is another zone that has to do with human fears. This treatment could also be combined with the earlier mentioned Zone of Fear in the anterior shoulder area. The zone is overall calming, therefore it can also be used in children. The protocol is the same 12 o'clock is on top and the direction of turn is towards the outside. The application is on the left side for 30 seconds each in the positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 – 6 – 3.

Combination:

As a second step on the same day the treatment of the Zone of Freedom can be conducted.

8. The Zone of Freedom



The patella symbolizes the movement forward. Therefore I call it the Zone of Freedom, because only when we – symbolically – move forward on our life path, shall we be free. Sometimes, however, that is difficult, because of the individual circumstances of one's life. The application of the Esogetic clock and the direction of turn towards the outside can resolve the stuckness, which has made it impossible to move forward.

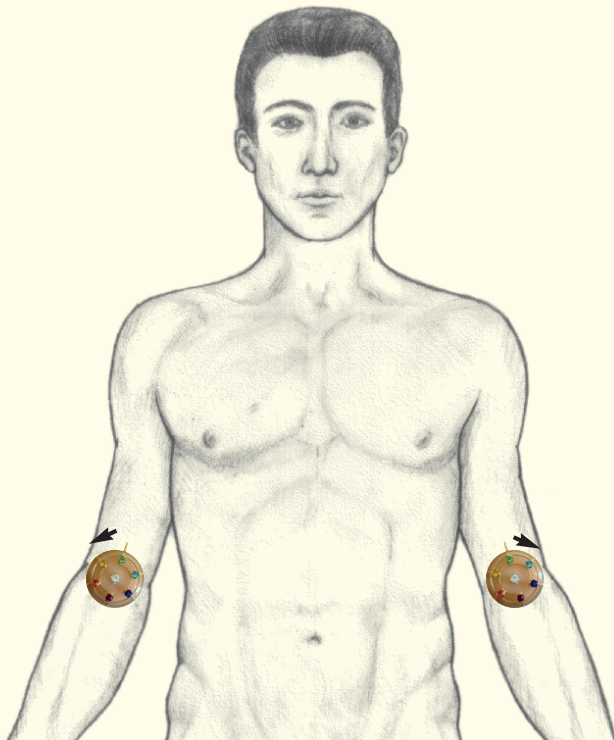
The protocol is the same as mentioned earlier. 12 o'clock is on top and the direction of turn is towards the outside. The application is on the left side for 30 seconds each in the positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 – 6 – 3.

Both applications do not tend to produce reactions, but feel rather pleasant.

Combination:

Zone of Fear in the popliteal fossa.

9. The Zone of Grief



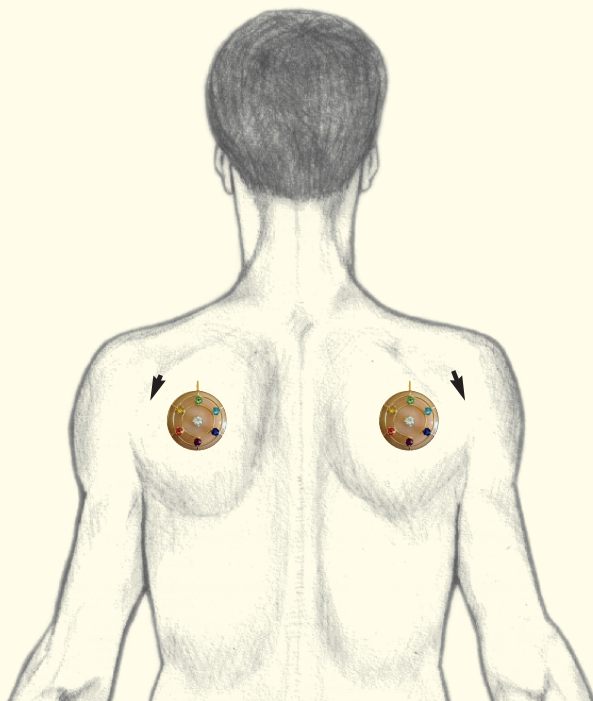
The Zone of Grief is located directly in the middle of the crook of the elbow. Symbolically this zone relates to hanging arms and a person's exhaustion. One cannot “unfold” any longer, which means one is not able to become upright and extend the arms upwards.

12 o'clock is on top and the direction of turn is towards the outside. The application is on the left side for 30 seconds each in the positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 – 6 – 3.

Combination:

There are moods in life, which can point towards depressive structures. In that case the Zone of Grief would be relevant for the treatment in combination with the Zones of Unfoldment.

10. The Zones of Unfoldment



I am positioning the Zones of Unfoldment in the center of the left and right scapula. The shape of the scapula reminds us of the bones of a wing. When you walk through life with hanging arms and a bent back, you are not free and cannot unfold in the way that your life requires.

12 o'clock is on top and the direction of turn is towards the outside. The application is on the left side for 30 seconds each in the positions 12 – 3 – 6 – 9, then on the right in positions 12 – 9 – 6 – 3.

Combination:

Zone of Grief.

The sequences Grief and Unfoldment usually only lead to pleasant reactions, so that the treatment does not need to be interrupted.

These 10 ideas about the treatment with the Esogetic clock should suffice for the beginning, so that you can convince yourself of the effectiveness of this little jewel.

After attuning the Esogetic clock to one's personal field (see page 13), it can always be worn at the level of the middle of the sternum.

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