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Esogetic Colorpuncture

**Indication and Description of the
Induction programs**



ESOGETICS

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INDICATION AND DESCRIPTION OF THE INDUCTION PROGRAMS

Further new induction programs have now been created and tested for a long period. The effectiveness is excellent. The necessity to keep developing the induction therapy programs resulted from observations made in 25 years of worldwide application.

Thus new frequency packages were discovered for conflict resolution, regeneration, addictive diseases and deep blockages of an individual. During the process we managed to expand and differentiate the indications of the “old programs”. A clinical setting without the point induction as well as the program induction would be unimaginable today, because they cover a large part of the so called “modern lifestyle diseases”. The successes in that regard are beyond average.

Following now are the description and the indications of the induction programs.

RELAXATION PROGRAMS

REST PROGRAM 1 AND 2

The development of a new rest program became necessary, because Rest Program 1 was only covering partial territory. Rest Program 1 is still valid as the basic program. We realized, however, that it made sense to introduce further relaxation criteria into the induction therapy. The Rest Program 1 is characterized by operating consistently at 7 Hz, at the border of alpha/theta. The Rest Program 2 on the other hand possesses an alternating rhythm to balance the current stress problems. Therefore the Rest Program 2 could also be a basic therapy, which can be very helpful in the case of acute stress symptoms.

Indications Rest 1

Restlessness and nervousness, autonomic disturbances, anxiety states and phobias, changes of serum cholesterol, triglycerides and gamma GT levels. Spinal tension mostly in the neck-shoulder area, psychosomatic cardiac and circulatory complaints.

Indications Rest 2

All acute conflict stress situations, stress related headaches and vertigo, gastrointestinal symptoms, which are originating from stress. Alternate program to Children Programs 1 and 2, particularly when the parents complain about the school stress of their children.

The indications of Rest Program 1 are also applicable here, if they are encountered in conjunction with an acute stress situation.

SLEEP PROGRAM 1 AND 2

As it was the case with the Rest program, experience prompted us to develop an additional program, because the Sleep Program 1 was only covering problems of falling asleep or staying asleep. Though successful in that regard, we observed that in spite of a sufficient amount of sleep (8 to 10 hours) people tended to still wake up tired and exhausted in the morning. This gave us a reason to look more closely at the physiology of sleep. It has been proven that the human being only regenerates during sleep and that this regeneration is accompanied by a rhythm between the theta and delta frequencies. Many diseases originate from "disturbances of the sleep rhythm": Psychological disturbances like anxiety and depression, as well as waking headaches and migraines, stiffness and pain of the joints or circulatory symptoms with vertigo and arrhythmias. Many of a patient's complaints can be seen as the results of disturbances of the sleep rhythm. The delta frequencies are the ones responsible for the regeneration of the body and its cells, the theta rhythm addresses the regeneration of the brain. A change between the two frequency ranges should occur about seven times during the night.

Indications Sleep Program 1

Supports the treatment of difficulties in falling or staying asleep, diminishes aggression, complaints from wrong dietary habits and their consequences, stomach complaints including ulcers.

Indications Sleep Program 2

All waking complaints like anxiety, depression, headache and migraine, pain in the joints, vertigo and cardiac arrhythmias. Moreover difficulties concentrating, mental overwork, permanent nervous system stress, fear of failure, pains especially in the morning. Alternating with the program "Stress Hormone" (formerly Stress 10) it can be used for menstrual complaints and menopause.

DREAM PROGRAM

By observing the reactions of the two sleep programs and processing the resulting new insights, we have developed the "Dream Program". It is a well established fact that all people dream at night, even if they cannot remember it in the morning.

Contrary to the Sleep Program 2 the rhythm changes in a predetermined manner. That provides the brain with a memory impulse for the normal rhythmic sequence during the night. Many patients report that they can dream again during the program, which has a duration of 45 minutes. The loss of rememberable dreams is a serious problem. If we cannot remember, then we cannot discharge emotional trash. That means the " bowel movement of the soul" suffers from constipation. That brings me to the infinite territory of dream symbolism.

Let us first keep in mind that a variety of research has made it possible today to shed light into the darkness of the nighttime symbols. Let us also acknowledge that our "dream power" works differently from our logical intellect, much more subtle and much better than our waking consciousness. We have to study the language of dreams in the same way that we study foreign languages.

The Dream Program facilitates this learning and provides life with the necessary frequencies. I want to emphasize once again that the dream, which can be remembered, is a necessity for human development.

Joseph Murphy stated: " The language of the subconscious is different from the one of consciousness." The space- and timelessness of the human being expresses itself in the language of the dream.

The dreams generated by the Dream Program are exclusively and individually related to the dreamer. The program enables us to open the "doors to the subconscious", in order to transport long gone conflicts back into consciousness. There they can be recognized and resolved by the use of knowledge and dream symbolism. Max Segeth, PhD - a life coach and dream researcher - has developed the "Self Interpretation of Dreams" or SID. He says:

1. The dreamer always only dreams of him-/herself.
2. Each dream is connected to events and situations in the dreamer's life.
3. The dream does demand too much of us, but decisions and solutions experienced during the night are in accord with the dreamer's abilities and options.
4. Only the dreamer can interpret and comprehend his/her dream.

In order to do that people have to relearn their sensibility to the meaning of images. First they have to take the stories of the night quite literal and compare them to the images of their waking consciousness. This enables them to quickly understand the convoluted image sequences. Initially it is helpful to have some assistance, and that assistance is provided by the Dream Program.

The opening of the subconscious and the resulting images usually show themselves very clearly, so that over time the dreamer is able to interpret the meaning of his dream himself.

Indications Dream Program

Stimulation of dream activity, mental conflict resolution therapy.

CONFLICT RESOLUTION PROGRAMS

CONFLICT PROGRAM

All people carry conflicts. The question is why that is so. We believe that this conditioning contributes the opportunity to complete certain lessons on our life path by resolving such conflicts. The induction therapy transports the human brain in the area of 7.8 - 8.2 Hz. At this borderline between waking and sleeping we gain access to the subconscious realms of our life. As Prof. Lozanov has recognized many years ago, it is in this frequency range that our brain has the highest ability to learn. We are observing that here the induction program has a great opportunity to touch gently on existing conflicts and to resolve them over time.

Indication Conflict Resolution Program

Resolution of conflicts, strengthening of the immune system.

CHILDREN PROGRAM 1

The Children Program 1 aims at frequencies between 8 and 10 Hz, because a child's brain oscillates primarily in this rhythm. We have discovered, however, that this is mainly valid for the childhood years up to age nine. Afterwards the child's rhythm can be found between 8 and 12 Hz. Therefore we have created a new program for children. Newest psychiatric insights (Prof. Teicher) show that stress criteria in childhood like beating, abuse, conditionings and conflicts have life-long effects. In 1986 we already have shown in a clinical study (Dr. Greenberg) that psychological stress before puberty results in so-called laterality disturbances. This correlates significantly with Prof. Dr. Teicher's conclusions. We could also observe that before age nine the dominant brain rhythm swings between 8 to 10 Hz and after age nine between 8 to 12 Hz.

The method of esoteric medicine considers such laterality disturbances to be the cause of many contemporary diseases. Therefore the childhood anamnesis is so important to us. We have also observed that - no matter how old a patient is and which diseases or complaints he reports - the blockages of childhood are the causative element. Nowadays we are separating the indications for the two Children Programs.

Indications Children Program 1

Childhood anxieties and phobias, lymphatic diseases and auto-aggressions, learning difficulties, hyperkinetic syndrome, allergies and immune deficiencies, enuresis nocturna.

If the anamnesis shows us conflict stress before age nine, then the Children program 1 is relevant. The same or a similar stress after age nine requires Children Program 2. The use of both programs is independent of the age of the patient. However, the guideline is : " The sooner the better."

CHILDREN PROGRAM 2

Whereas the Children Program 1 oscillates in the rhythm between 8 and 10 Hz, it is now the frequency range between 8 and 12 Hz, which addresses conditionings and conflicts after age nine. Many observations have repeatedly confirmed our working hypothesis that the events before the end of puberty have a severe influence on a person's life. If there is therapeutic resistance, it is worthwhile to use both programs alternately. At that point it does not matter what the diagnostic label might be.

Esogetic medicine has developed a series of "conflict resolutions", which enable us to dissolve subconscious blockages. This is "nonverbal" psychology, which means we are approaching the resolution of long forgotten incidents without suggestion and through the individual himself. For that purpose all induction programs and especially the two Children Programs are helpful.

Indications Children Program 2

Same indications as Children Program 1, as an alternating therapy with Program 2.

As a basic treatment for all degenerative diseases, psychological symptoms, all childhood diseases after age nine, especially when they reoccur.

Both programs as part of the conflict resolution therapies, especially when there is a diagnosis of laterality disturbances in a patient.

GAMMA PROGRAM

The newly discovered gamma waves (30 to 80 Hz) of the human brain are correlated with peak performance, strong focus and mystical-transcendental experiences.

The gamma frequency range seems to be a supraordinate coordination frequency of the brain. The assumption is that it enables higher perception and insight.

Gamma waves synchronize perception.

Each perception challenges the most diverse regions of the brain, which are widely distributed across the entire brain. The activated neurons are vibrating absolutely synchronous at the same frequency and the gamma wave band is most likely the impulse generator. Many scientists describe the work of the gamma waves as “neuronal bond to space and time”. They also speculate that these wave forms facilitate the human sense of time.

American scientists observed Tibetan monks during their meditation. They found a dominance of gamma waves in the brains of the examined monks. This was connected to the term “happiness” and the assumption was made that all “deja vu” experiences coincide with a dominance of gamma waves in the brain.

The gamma waves lead to a higher, holistic perception and insight. There possibly is a link here to the “hypercommunication” that is also being discussed. The other associated topic is the connection to “spontaneous remissions”, which can increasingly be observed worldwide.

The extensive discussion in regards to the gamma waves has led to the development of the two programs “Gamma, short and Gamma, long”.

Indication Gamma

The Long Program is supposed to stimulate the ability of highest concentration. At the same time it amplifies the perception of “that, which is”. In each disease the relationship between the voluntary and involuntary rhythms seems to be imbalanced. The gamma long program has the purpose to harmonize these functions over time. That allows other therapeutic measures to have a much better and especially faster effect.

Indication Gamma, short

The Short Program is designed to gently stimulate brain synchronization. As in the case of the other short programs, the treatment can be applied to specifically defined body zones. That assists in increasing the ability to concentrate and focus. We have observed that this also addresses stress of bodily systems by harmonizing them through the induced gamma frequencies.

PROGRAMS FOR STRESS THERAPY

PROGRAMS FOR STRESS THERAPY

The stress problem totally "throws us off our rhythm". It is the most common cause for malaise, spasms and so-called autonomic dysfunction. At first we need to define the term "stress". Stress is not a disease - just the opposite. Stress as a defense mechanism originally is a useful natural trait - not only in the human being, but also in the whole of the plant and animal kingdoms. It does no damage to us, even when increased performance levels up to our limit are required. The risk starts only when the human being is unable to discharge the mobilized energy and with it the permanent potentiation of the stress, which without fail leads into disease.

Frederic Vester writes in his book " New Territory of Thinking":

"STRESS READIES THE BODY FOR EXTREME PERFORMANCE, SO THAT IT CAN CLIMB TREES, JUMP AT AN ENEMY SCREAMING LOUDLY OR SWIM THROUGH A RIVER. THIS HAPPENS THROUGH THE RELEASE OF THREE HORMONES: THE FLIGHT HORMONE EPINEPHRINE AND THE ATTACK HORMONE NOREPINEPHRINE, WHICH BOTH STIMULATE CIRCULATION AND SWITCH OFF THINKING IN FAVOR OF PREPROGRAMMED REFLEX ACTIONS; THE THIRD HORMONE IS HYDROCORTISOL, WHICH INCREASES BLOOD COAGULATION, CALMS THE DIGESTIVE TRACT AND SEXUAL FUNCTIONS AND SUPPRESSES THE IMMUNE SYSTEM - ALL THIS TO FOCUS MORE STRONGLY ON THE FIGHT AND SURVIVE IT BETTER."

Nowadays, when people always struggle for more and fight for more, this stress situation has become the absolute danger for health and life. Over time the ongoing tension in the stressed individual literally becomes a program. He is in a vicious circle, in which the useful tension and readiness cannot be discharged any longer. Then the performance stress becomes conflict stress.

Indication Stress Basic Program (formerly Stress A)

Basic program to resolve psychological tension. Indications: Beginning phase of stress therapy, psychological tension and conflict situations.

Indication Stress Immune Program (formerly Stress X)

For the regulation of the immune system. Indications : Degenerative immune system diseases, rheumatic syndromes, cancer (as adjuvant) , allergies, mycoses, lymphatic diathesis and immune prophylaxis.

Indication Stress Hormone Program (formerly Stress 10)

Basic program for endocrine dysregulation. Indicated among others for impotence/ frigidity, endocrine-autonomic syndrome, libido disturbances, osteoporosis, during menopause and puberty.

Indication Stress Spasm (formerly Stress 11)

Basic induction for migraine and headaches. Also useful for all types of spasms, shoulder and neck pain and umbilical colics in children.

DEPRESSION/PSYCHE

DEPRESSION/PSYCHE

The causes and background for the development of depression are manifold and still not sufficiently clear. On the physical level we are dealing with the brain metabolism, which for instance does not show an optimal concentration of the messenger substances serotonin and/ or norepinephrine. If the balance of these metabolites is disturbed, the impulses (rhythms) between the brain cells are not transmitted correctly any longer. Moreover depressive moods can accompany severe physical illness. The balance of the endocrine glands is also of importance. Chronic stress states, which result in insomnia or disturbed sleep rhythms are also under discussion as cause of depression. Today we know that a typical depression does not exist. Each patient shows different causes, symptoms and background pictures. Anxiety, phobias, panic attacks, loss of sexual desire or also constant conflicts with oneself or others can trigger depression. A possible genetic determinant is also being talked about.

Because of the many options and the often vague symptom pictures, we have renamed the previous Synapsis programs that were called “Depression 1 to 3” into “Psyche 1 to 3”.

Indication Psyche 1

For depression without fear, fatigue, listlessness, weariness and for reconvalescence. Never use this program during the manic phase of a depression, because it is activating.

Indication Psyche 2

For manic phases of depression, restlessness and states of anxiety, for deep relaxation. Also for high cholesterol, triglycerides and gamma- GT, as well as autonomic GI complaints.

Indication Psyche 3

For menopausal, menstrual and puberty related depression; for the treatment of endocrine dysfunction.

CEREBRAL/ MENTAL PROGRAMS

CEREBRAL PROGRAM/LEARNING PROGRAM/ MEMORY PROGRAM

In 1986 three mental programs have been created called cerebral training, memory and learning program.

The chosen frequencies and vibrational patterns are designed in a way, that allows these three mental programs to achieve a treatment of the brain and all its functional disturbances. Disturbed, buried or covered vibrational rhythms of the brain can be rehabilitated in this way. This is particularly beneficial for pathologically changed brain tissue. If there are cues for the associated indications (see there), then the three programs can be applied on several days consecutively, one after the other. They also can be used just by themselves, one at a time, if this fits the picture of the patient's complaints

Indication Cerebral Program

To sharpen the intellect and activate brain function in all frequency ranges. Also indicated for arteriosclerosis and on a trial basis for Alzheimer's and Parkinson's .

Indication Learning Program

Oscillates in the frequency range between 5 - 14 Hz, which is also the basis of the Super-Learning method. Indications : Learning weakness, lack of concentration , auditory and visual weakness, forgetfulness, coordination disturbances, arteriosclerosis and exam anxiety.

Indication Memory Program

In combination with the Cerebral Program and the Learning Program for the enhancement of intellectual abilities. Further indications : Stimulation of creativity and increase of cerebral circulation.

ADDITIONAL PROGRAMS

DEGENERATION PROGRAM

The sequence of frequencies of this program corresponds to the Non-REM and REM phases during the night for about 30 minutes. Similarly to the Dream Program the rhythms are then changed, in order to cover the alpha range rhythmically for another 15 minutes. We have observed that this allows rigid structures within organs and cells to become dynamic. Today the Degeneration Program is considered the basic program for degenerative diseases. This program can be used before any therapy and the successes in patients are beyond average.

Indications Degeneration Program

Basic therapy in all degenerative diseases. Spinal and joint diseases, rheumatic changes, alternate program to the cerebral frequencies used for atherosclerosis and concentration difficulties. Basic program for the treatment of pain states.

AWAKENING

This program deals with diseases and stress, which are accompanied by chronic fatigue and exhaustion. It is also very effective for burn out symptoms and complaints of the elderly. We have also observed that this program is successful when there is a susceptibility to weather changes, spring fatigue and an overload syndrome. The frequency packages range between 12 and 24 Hz and are inducted in constant alternation. The rhythm sequence often brings immediate relief to the patients, who are being treated.

Indications Awakening

Exhaustion, reconvalescence, overwhelming fatigue, complaints of the elderly, susceptibility to weather changes, spring fatigue, syndromes of overload at any age.

Adjuvant in severe diseases. Also worth a try in systemic diseases.

POWER-NAP

Initially the Power-Nap Program was written for the daily stress.

Applied for 15 minutes per day an individual's stress due to work or outer influences can be eliminated.

This induction program has a peculiarity. It can be applied in defined zones of the body, depending on the type of stress.

EXAMPLES:

1. Stress that targets the stomach and solarplexus
2. Stress in the jaw, which are connected with nightly teeth grinding and the internal "clinging to things".
3. Harmonization by using the regulation of Rhythms of Life, which are described as voluntary or involuntary.
4. Stress that results in heart and circulatory problems

Indication Power-Nap

Elimination of daily stress, fast regeneration

ADDICTION – BASIC PROGRAM FOR ADDICTIVE STATES

According to our observation any addictive disease is due to very early conflicts and a blocked development. The frequency range of 7 - 14 Hz vibrates in this area, where we can reach the childhood conditioning. That way a resolution of this determination can gently be promoted.

Indication Addiction Program

Basic program for all types of addiction

SIMPLICITY IS THE MOST EFFECTIVE

The brain waves have shown us, what the meaning of natural, harmonic vibration is. If they are overwhelmed by impulses from outside or inside the body and are disturbed in their original rhythms, then they send us a message - for instance through the sensation of pain or physical and psychological complaints. This call for help is potentially an invitation to rekindle their memory and to assist them in getting “back on track” through the induction of their own vibrational patterns.

That sounds like Science Fiction - don't you think? Be that as it may - if we consider how many futuristic visions have become a reality in the meantime (and are partly already part of the past), then this association is definitely a welcome one. Intuition and fantasy are the prerequisite for new developments. Coupled with traditional knowledge, focused research and empirical evidence they are a way towards a -hopefully - better future. What could truly be better than to comprehend symptoms not as a basis for therapy, but as a purposeful expression, and then to resolve the true cause of a disease through nothing else but impulses, which our own brain has to offer?

Of course we are still very much in the initial stages of this endeavor, but the intensive study of people, who have been treated with the different programs, keeps giving us clues and ideas about the implementation of new programs. In the future induction therapy is intended to address the multiple disease states of the human being more and more. Therefore the range of programs is continually being expanded.

Once we really understand, what a chance this therapy is offering us, we shall certainly experience one or the other small miracle, but beyond that there will be a new understanding of health, disease, recovery and life itself.

Of course it is very important for me to keep you informed about all new steps and developments. Literature, lectures and seminars are the best ways of updating and deepening your knowledge of induction therapy.

Let me say it in the terminology of the induction therapy:

I am pleased about every activator, about every wavelength, which - more or less rhythmically - contributes to the intensification and the exchange of ideas in the arena of Esogetic knowledge, or which wants to participate in this knowledge.

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