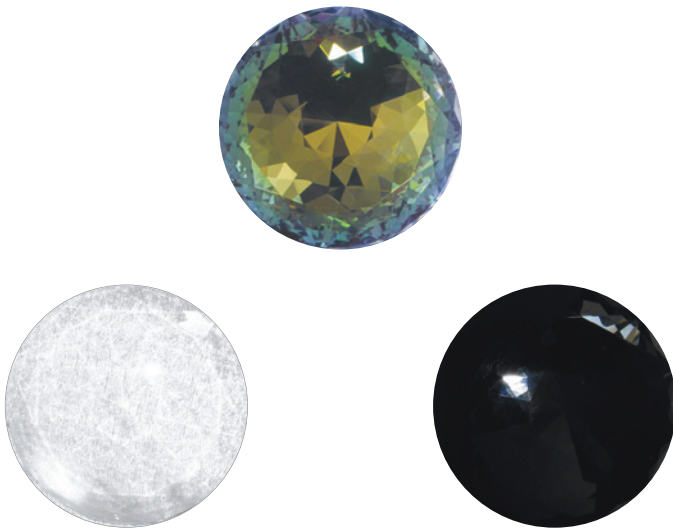


**PETER MANDEL**



**QUIETING DOWN  
WITH THE ESOGETIC  
CRYSTAL ACTIVATOR**



**ESOGETICS**  
heilkraft der farben

The greatest care has been taken in the composition of this document with regard to the accuracy of the information contained herein.

Many of our therapeutic procedures and their effects are based exclusively on the empirical knowledge of naturopathy. Medical diagnoses and courses of treatment, especially treatment methods and their effects, are highly individual and different. For this reason, a successful treatment cannot be foreseen or guaranteed. As a precautionary measure, we therefore point out that we make this clear in the content we present with the help of the subjunctive. The word "may" therefore indicates, in the sense of an assumption or presumption, a mere possibility, the existence of which is uncertain and can be described as "perhaps" or "possibly". We therefore point out that, with regard to a possible success of treatment and the suitability of a therapy, these terms should not be understood in the sense of a promise of healing.

Please always keep in mind that certain diseases and strains are less or not suitable for self-treatment. We would like to expressly point out that before self-treatment with our products, especially in the home environment, it is advisable to consult your doctor or alternative practitioner. The author and publisher of this brochure are in no way liable for damages or consequences arising from the use of this brochure.

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## Quieting down with the Esogetic Crystal Activator

Quieting down, coming back to center, these days that is the main requirement of the moment. When looking back at the world before the Corona pandemic, one might think that this requirement has been overdue for awhile already. A world full of increasing stress without a way of establishing a space for the necessary restful recovery, a situation which puts high demands on the immune system. Wanting more and wanting to have more, the question that poses itself is “what for”?

The miracle cure is:

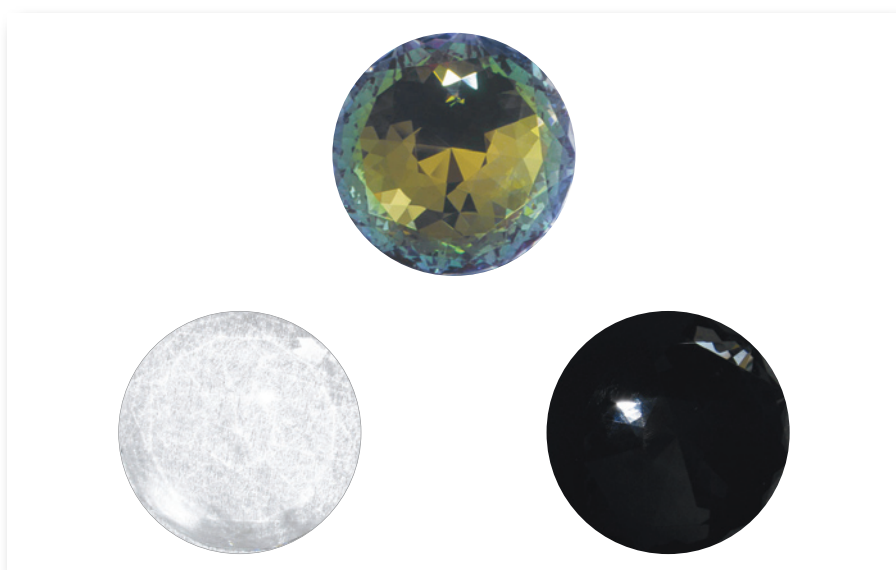
### **Quieting down and returning to one's center!**

Esogetic Medicine as it has been developed by Peter Mandel during the last 50 years, gives everybody the chance to reconnect with the internal, implicit (veiled) layers of life. This is where the “true life” of spirit (information), soul (energy) and body (matter) can be found. This is where they are inseparably connected.

The research of examining amorphous (meaning free of information) crystals started in the middle of the nineties. Peter Mandel had the idea to imprint crystal glass with information. Special engraving techniques and the imprinting of holograms and colors were used.

The Swarovski company developed the first healing crystal according to Peter Mandel's specifications, and we called it the crystal activator.

Until now we have designed three crystal activators (the colored crystal activator, the black crystal activator and the clear crystal activator). All three have a special affinity to the information contained in flowing energy, which is vibrating and sustaining our cells, organs and systems.



This hypothesis is the result of treating many healthy and sick individuals. The evaluation and observation of the reactions bring us to the conclusion that the sectors of the human skin behave like closed doors or gates (pattern matrix). They have to be unlocked, in order to enter the inner space of the house (body-soul-spirit). Not an easy task, because we had to first understand which functions these many different “doors of patterns” were fulfilling.

Now we know that the human skin resembles a hologram, where everything that is, was and will be is stored, whatever the exact structure of the matrix might look like.

After many years of clinical experience and through the feedback of many people from different countries, we are clearly convinced of the validity of the extraordinary effect of the therapeutic crystals.

Peter Mandel has published extensive literature about the application of the crystal activators.

The following images show you treatment options with the focus of quieting down and resting. This combination can be used on a daily basis. In combination with other treatment protocols the application of the crystal activators should take place in the beginning of a treatment.

## The Application of the Colored Crystal Activator

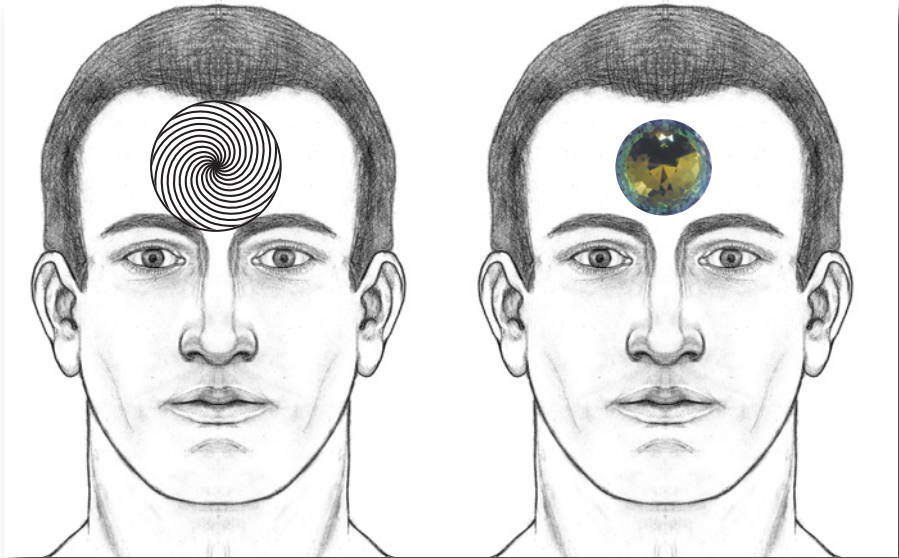
The crystal activator is positioned in a centered way, that means two of the 12 facets are following the midline.

Reactions (usually very slight) are desirable and do not have to be balanced. If the reactions become too strong, it suffices to briefly remove the crystal activator from the forehead and then place it back again. In most cases there will not be any further reactions. If the reactions are very strong, the treatment should simply be finished and the next step should be taken.

The duration of application is 5 minutes per zone.

## Combination Quieting Down

### 1. The Human Forehead

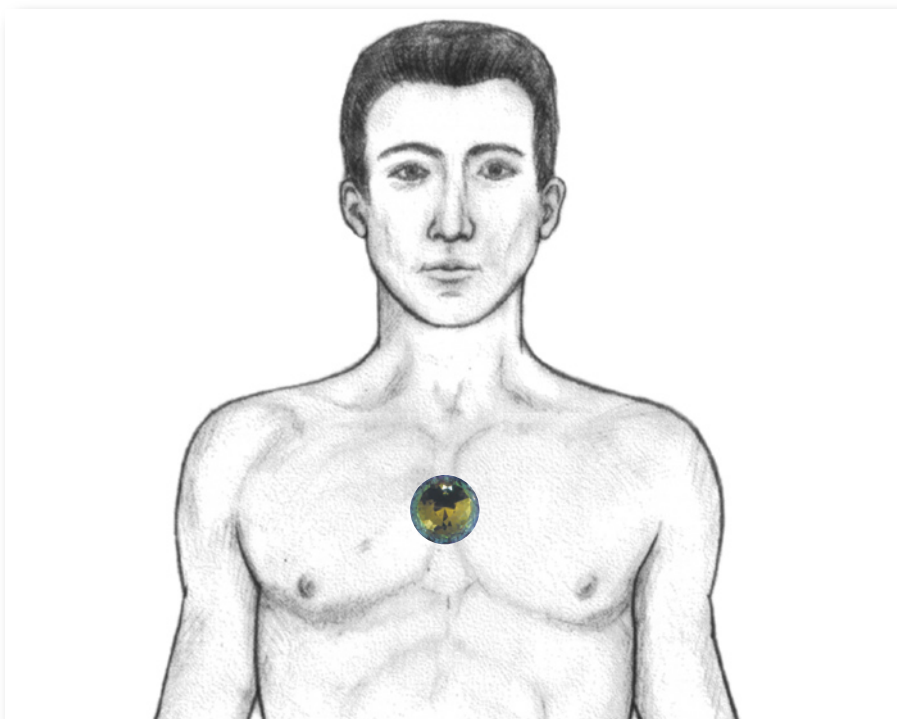


The left diagram shows the information vortex in the middle of the human forehead, which is the starting point for so many new types of therapy.

The application of the colored crystal activator is a very special approach and it addresses the principle of balance.

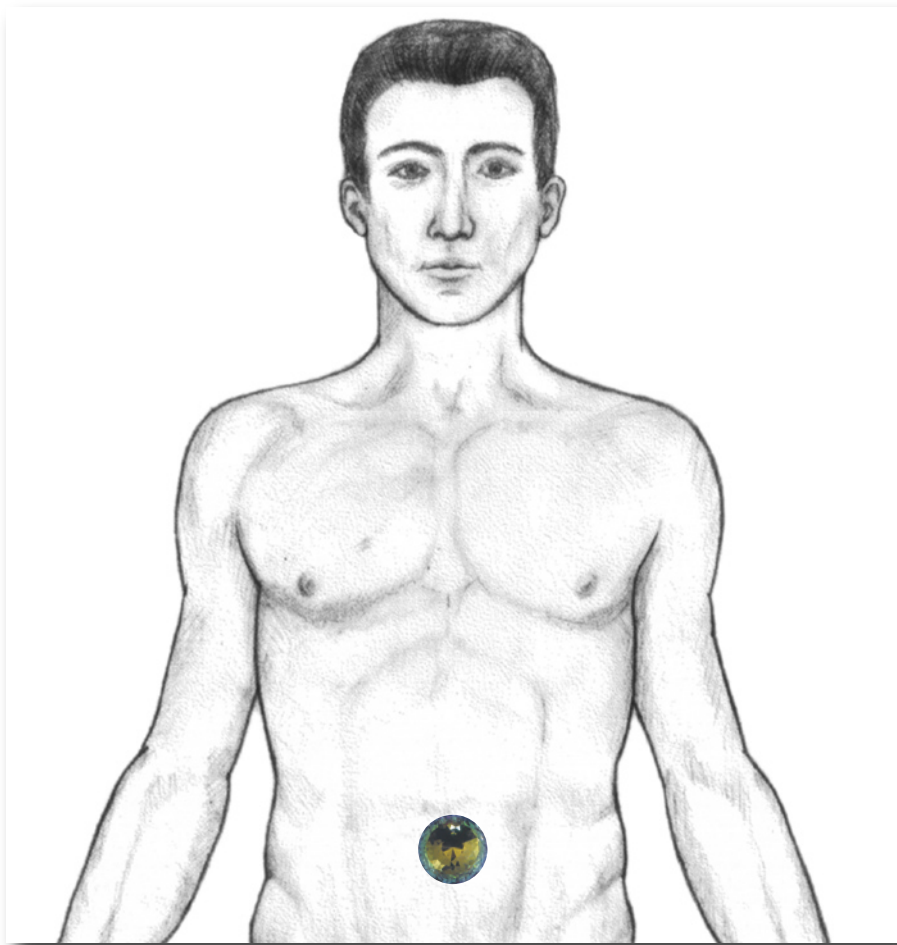
The extraordinary effect consists of an immediate calmness, and if used in the evening before going to sleep, there often are pleasant dreams and a rhythmic and deep sleep.

## 2. Application Center of the Sternum



Peter Mandel considers the center of the sternum as the zone of freedom. When the individual is upright, he can breathe freely, he lifts up his head and stretches the spine. Sick people are often “hunched over” as they walk through their lives, and the associated destructive principle is gently regulated through the application of the crystal activator.

### 3. Application of the Crystal at the Navel



In Esogetic Medicine the navel is the center of the abdominal brain, and thus of our emotions, which especially today are often dominated by fear. Fear means “becoming narrow”, and the colored crystal activator is able to contribute to an widening of this narrowness in a person.



If you already own all three activators, you can use them simultaneously:

**Forehead .....black crystal activator**  
**Center sternum .....colored crystal activator**  
**Navel .....clear crystal activator**

The overall duration of application in that case is 10 minutes and can be extended to 15 minutes.

In the case of reactions the crystals are briefly removed in sequence (forehead - sternum - navel) and then reapplied. Usually the reactions resolve with one of those positions. If there are strong reactions, the treatment should be terminated.

**There is a large number of other combination possibilities for the crystal activators. Those can be found in the extensive user’s manual.**

This little presentation of Esogetic crystal applications is meant to show you a first step to return to your center, build an inner calm and stay healthy or receive the first impulse towards returning to health.

We are wishing you a lot of success, and the sentence of the year should be added

**“May you stay healthy”.**

Cordially yours,

Esogetics GmbH

## Facetted Crystals of the elements

Everything that exists in this dimension derives from the four elements, including human life. They are incessantly active inside of us and we find ourselves constantly in the middle of the permanent tension that these elements generate.

The following assignments apply for the four elements:



### **The Air Element: Turquoise**

The air element connects our internal world with the divine like none of the other elements. Its essence are movement and freedom, variety of interests, art and esthetics. Its opposite pole are superficiality, inner division, permanent stress and restlessness.

### **The Earth Element: Lightgreen**

Earth is combining all four elements in itself. It is slow, patient and steady. The earth element corresponds to the striving for inner harmony, respect, diligence, need for security and solidity. But there also can be the "other" side: inner rigidity, holding on to things and people, the "inability to let go".

### **The Fire Element: Crimson**

The first element represents the masculine aspect: power, wrath, rage, psychological readiness to fight – but also love as the "fire of the heart", excitement, feelings that are expressed outwardly, insight and comprehension.

### **The Water Element: Rose**

The fourth element belongs to the motherly-feminine principle. It symbolizes the flow of our impulses, security, inner strengths and the search for spirituality. On the other hand it can represent suppressed intuition and denied creativity.



Set of four with the element crystals crimson, light-green, turquoise, rose:



### **Esogetic Wildcrafted Herbal Oil<sup>relax</sup>**

There are many herbal oils used as home remedies. The aromatic contents contained in the wildcrafted herbal oil<sup>relax</sup> are regulating and stimulating for the whole person. Pure oils in a perfect blend for your comfort. Discover the power of the unique Herbal Oil.

### **Information-Energy-Reflector Set**

The name results from the fact that this massage rod with the small crystal shows an effect on all the points on the skin that are relevant for therapy. In the meantime many people all over the world have taken up treating themselves according to defined zones and points. The round head of the rod is designed for a targeted massage of the points and the crystal is touched to the zone in question for 10 to 15 seconds after the massage of the points. An extensive manual is included: "The Matrix Reflectors" by Peter Mandel



### **Peter Mandel**



**THE MATRIX REFLECTORS**

## ESOGETICS – DIE SPRACHE DER GESUNDHEIT



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