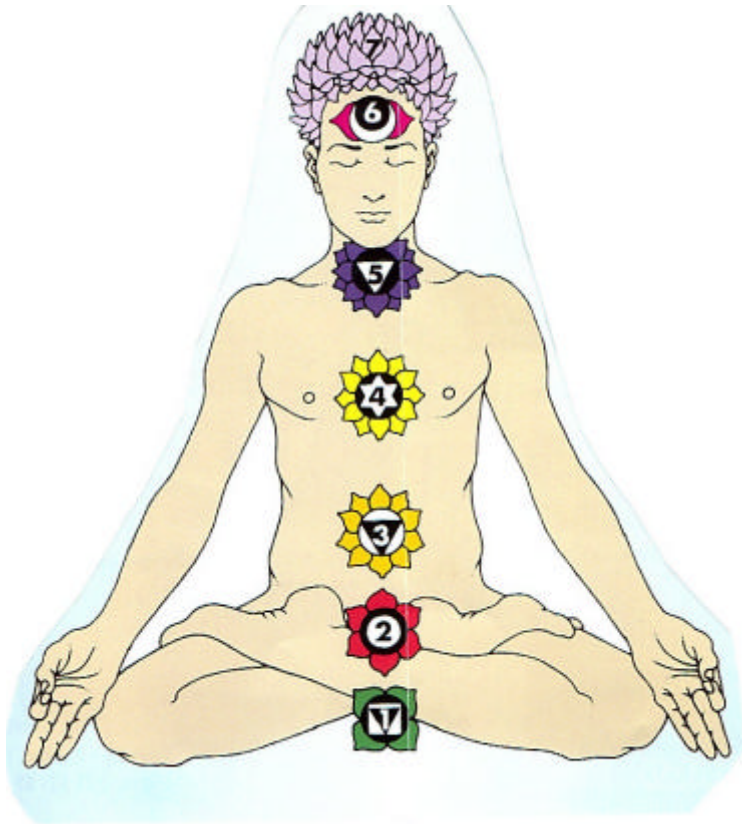


# Psychosomatische Energetik?

## Patient Information



? By Dr. Reimar Banis and Dr. Ulrike Banis

## How did this method get its name?

Psychosomatic Energetics (PSE) is a new method in the field of alternative medicine, based on considerations and theories not yet accepted by prevailing conventional medical science (*orthodox or allopathic medicine*). This method is designed to address the body, soul and life energy of human beings.

In Greek, the soul (mind) is called *psyche*, the body *soma*, and the energy that flows through them both is *energetics* (or *Prana, Ch'i, Orgone*). According to the ideas that led to the development of this method, there is a subtle life energy that flows through and pervades the human body which, in harmonious interaction of body and soul, is a contributory source of health, vitality and well-being.

## How was the method developed?

Psychosomatic Energetics was developed over years of work and research by a German general practitioner and naturopath. It is not tied to any particular world-view, and combines oriental energy medicine (Acupuncture, Yoga) with modern occidental scientific thought. It has developed into an independent alternative-medicine procedure.

## What does the method do?

Psychosomatic Energetics aims to measure the subtle energy field (Aura) and determine its "fullness" (like a car's fuel gauge). Mainstream science as yet rejects this energy field as nonexistent, since it cannot be measured with conventional scientific equipment. Based on users' experience, this is done by means of a specially-designed REBA® Test Device.

All preventive energy medicine (Acupuncture, Homeopathy) tries to identify and then compensate diminished life energy. According to the ideas that underlie this concept, a full energy reading is the prerequisite for stable, long-term good health.

It is the goal of Psychosomatic Energetics to detect the deeper levels of disease causes and to heal them – i.e. psychic and subtle-body disease causes. The method proceeds from the assumption that, often, deep-seated subconscious psychological conflicts disturb the energy situation. It is therefore the task of Psychosomatic Energetics to detect and treat these conflicts.

## What are psychosomatic disorders?

Everyone knows from daily experience that body and soul are inseparably intertwined, and this knowledge is expressed by a number of familiar phrases:

*Something's eating at him.*  
*I've got a knot in my stomach.*  
*My heart is breaking with sorrow.*

When you stop to consider that the body has a great many functions that are not under our conscious control – such as sleeping, defecating, blood pressure, skin temperature, hunger – it quickly becomes clear that there are other forces at work besides those that we have conscious control over, which keep the organism's gears turning.

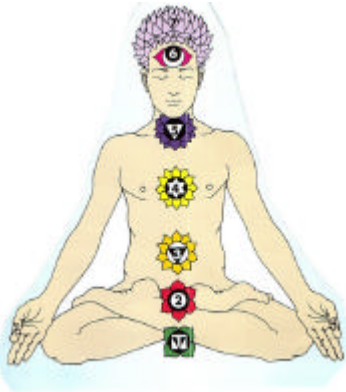
This *automatic* steering unit is called the *autonomic* (or *vegetative*) *nervous system*; its fibers are present in every cell of the body, its commands bundled into neural nodes (vegetative plexus).

The most important vegetative plexuses are in the pelvis, upper and lower abdominal regions, cardiac region, cerebellum and brain stem. Each of the plexuses has, as it were, sovereignty over a particular body segment, and corresponds in alternative-medicine terms to the Indian **Chakras** (energy centers). The underlying idea is that if all levels are in good working order and harmonizing with each other, then the person will feel healthy and vital.

Now, what can upset the regular functioning of the vegetative nervous system? According to Psychosomatic Energetics, these are generally "unfulfilled" feelings that act like sand in the gears of this subtle and delicate mechanism.

Concealed emotional problems then disrupt the course of vegetative functions and lead to energy congestions, which can in turn, via cellular supply deficiencies, lead to feeling unwell, pains and disease susceptibility.

## The healing remedies of Psychosomatic Energetics



Whenever one or more of these plexuses have their function disturbed, it can thus lead to somatic pains or ailments in the associated body region.

There are various homeopathic compound remedies available for treating these energy blocks, which are applied according to the respective homeopathic pharmacological picture of the individual components.

“Energy blocks” in one body region – i.e. the pelvis or upper abdomen – can be treated, for example, with the Chakra remedy Chavita®. Which region reacts in each individual depends, according to Psychosomatic Energetics, on inherited weak points (which every person has) on the one hand; also, the psyche often attempts to make its hidden distresses visible via the language of the organs.

The emotional remedies (Emvita®) are administered in order to resolve the hidden psychological conflicts, and they may be taken alone or in conjunction with other therapeutic procedures.

A homeopathic compound remedy called Geovita® is used for follow-up treatment of geopathic disturbances. Although geopathic stress zones (geo-radiation) are not yet recognized by mainstream science, users of Psychosomatic Energetics are of the opinion that they are quite often a very significant factor – and so, Psychosomatic Energetics users regularly recommend, first, moving the “disturbed” bed. Also, Geovita® is meant to help the body quickly rebalance the disturbed energy, as well as e.g. more easily deal with the effects of electromagnetic pollution (electrosmog). Anxiovita® serves to dissolve fear, uneasiness and exhaustion, Simvita® is used for nervousness and inner tension, Paravita® (5-5-0 drops daily) is for easing cramps and spasms, and improving states of exhaustion, Neurovita® can be administered for pain and tension conditions.

The above remedies are obtainable in 50ml dropper bottles (purple glass for protection from light) as a prescription drug. The standard dose is 12 drops (half that for children) twice daily on the tongue.

### **The meaning of the individual emotional remedies**

In Psychosomatic Energetics, every energy center is associated with specific emotional conflicts – e.g. *Rage* in the upper abdomen. The sense of each disturbed conflict has to be deciphered out of the meaning of the emotional remedy – **but likewise through the psychic/symbolic significance of the respective energy center.**

**The energy center of the pelvis** has *groundedness* and man's *rootedness* as its energetic main theme – and thus also man's evolutionary *basic trust* in childhood. The following conflict themes relate to the pelvic region:

Emvita® 1

One feels inferior – believes that one is not good enough.

Emvita® 2

One cannot put one's thoughts in order, feels like a leaf in the wind, rootless and insufficiently centered and grounded.

Emvita® 3

One feels too weak to cope with life's challenges, feels helplessly at the mercy of a situation.

Emvita® 4

One is extremely strict with oneself and has trouble being aware of one's own feelings.

**The energy center of the lower abdomen** has as its main theme the development of courage and strength when confronting stress and threatening situations. The following conflict themes relate to the lower abdominal region:

Emvita® 5

One feels nervous, agitated and uneasy inside, like "butterflies in the stomach".

Emvita® 6

One feels that one has no more inner strength, the body reacts fearfully, the head wants to be strong.

Emvita® 7

One acts stronger than one feels and is not at peace with oneself. One often reacts defiantly and does not recognize one's own endurance limits.

**The energy center of the upper abdomen** has as its main theme digestion, excretion and integration – and this includes both bodily digestion as well as “digesting” and processing events in one's life. The following conflict themes relate to the upper abdominal region:

Emvita® 8

One feels alone and with no contact to people and to life, but takes no steps to change the situation.

Emvita® 9

One is enraged and annoyed, yet tries to maintain self-control.

Emvita® 10

One is dissatisfied with what one has, and wants more quality out of life, more depth and happiness in one's experiences.

Emvita® 11

One feels frustrated and cheated out of a sense of well-being, one feels one's own longing.

**The energy center of the heart** has as its energetic main theme the development of trust, in oneself but also in others; trust in life itself also belongs here, in the center of the body. The following conflict themes belong to the heart region:

Emvita® 12

One feels oppressed by one's tasks and obligations, everything is too demanding.

Emvita® 13

One feels one cannot get over disappointments, and withdraws into oneself.

Emvita® 14

One feels closed in and can see no way out, with no hope that things could get better.

Emvita® 15

One has great sorrow and heartache. One fears being hurt again and becomes overly cautious.

Emvita® 16

One feels incapable of ever overcoming past horrors, which come frighteningly to mind again and again.

**The energy center of the neck** has communication as its energetic main theme, exchange with others, self-expression and forthrightness. The following conflict themes relate to the neck region:

Emvita® 17

One feels hollow, feelings congealed after a shock. Much of what is burdening one cannot be expressed.

Emvita® 18

One feels misunderstood and overlooked, has trouble expressing one's opinion. One feels a victim of circumstance.

**The energy center of the brow** has the development of intuition and imagination as its energetic main theme, and harmony in getting along with others. The following conflict themes relate to the brow region:

Emvita® 19

One remains indecisive and dares not strike out on one's own.

Emvita® 20

One is afraid to open up to others, has trouble evaluating oneself and others accurately. One is trapped within oneself.

Emvita® 21

One feels driven, no rest for the body, nerves on edge and cause pain.

Emvita® 22

One constantly broods about problems, no rest for the mind.

Emvita® 23

One is trapped in tension and cannot relax either physically or mentally.

Emvita® 24

One feels joyless, perceives one's own body as a painful burden, everything hurts.

**The energy center of the cerebrum** has the development of a sense of meaning to life as its energetic main theme. This also includes the willing submission to certain rules and regulations, as well as one's own organization and orientation. The following conflict themes relate to the cerebral region:

Emvita® 25

One doesn't believe in goodness and seals oneself off. One is suspicious and places too little trust in one's guardian angel.

Emvita® 26

One thinks that life is hard, a constant struggle, nothing comes easy.

Emvita® 27

One is unwilling to face and acknowledge reality, dreams instead of another world.

Emvita® 28

One thinks that one's own ideas and convictions are always correct, even when they do one obvious harm or have outlived their usefulness.

## Positive-thinking resolution



## statements for conflict

? Compiled by Dr. Ulrike Banis

These positive-thinking statements can be recited as an adjuvant to the remedies, as mantra or affirmation, to get one in the right mood, as it were, for resolving the conflict, to facilitate and guide one's thinking about the current theme, and to give the psyche healing impetus.

**Emvita 1: I have all the talents and abilities I need to accomplish my life tasks.**

**Emvita 2: I direct all my incentives toward my life goal and I persevere.**

**Emvita 3: I am firmly rooted in life and I grow with every task. I face up to life's challenges.**

**Emvita 4: I am loving and caring with myself, my body and my feelings.**

**Emvita 5: I can remain calm and collected, in the secure knowledge that there is a time for everything.**

**Emvita 6: I know that my body has its own inner wisdom, that I am in good hands.**

**Emvita 7: I know my strengths and weaknesses, and I know and accept that they're all a part of me.**

**Emvita 8: I know that I am part of the whole. I experience and enjoy life with all my senses.**

**Emvita 9: I get better every day at saying Yes only when I really mean it. I don't allow myself to get annoyed, but rather put my displeasure to good use.**

Emvita 10: I am thankful for what I have and am, and I make the best of it.

Emvita 11: I am good to myself and I pay attention to my needs. I set limits with other people and protect myself.

Emvita 12: I am confident that my strength grows with each new task.

Emvita 13: I make my way through life with openness and confidence.

Emvita 14: I regard hindrances and difficulties as stimuli to growth, and I keep my eyes and heart open for new ways to go.

Emvita 15: I go my way even through fears and sorrows. I know that these are part of life as well, but I don't let myself be held up by them.

Emvita 16: I listen to my heart and the voice of love, light and clarity.

Emvita 17: I sense my vitality even in difficult times and "go with the flow".

Emvita 18: I give my inner voice a chance to express itself, and then follow it.

Emvita 19: I develop my knack for that which benefits me and then actualize it.

Emvita 20: I am glad to be around other people because they complement and enrich my development.

Emvita 21: I know my strength and budget it wisely, so that my body and soul remain in harmony.

Emvita 22: I remain calmly balanced in my center, because I know that I can best develop my strength from there.

Emvita 23: I can let go and relax, and thereby be re-invigorated.

Emvita 24: I like my body and am pleased with its signals, which show my mind the right way.

Emvita 25: I am confident that I will be well led to my goals.

Emvita 26: I am thankful for the material goods in my life, and I use them intelligently as resources along my way.

Emvita 27: I look at reality with my eyes wide open, and I remain alert and purposeful.

Emvita 28: I orient my thoughts and actions to a higher wisdom and place myself at its service.



## Energy Treatment Leaflet

For treatment with Chavita – Emvita – Geovita – Paravita – Simvita – Neurovita and Anxiovita, it's important to keep the following in mind:

You might have vivid dreams in the initial phase. Psychosomatic Energetics theory says that dreams can be viewed as guideposts, pointing out new ways that the soul would like to go, and calling your attention to important developments.

There is no possibility of allergic reactions to the drops, because the dilutions are so weak – but there might be enhanced eliminatory reactions such as diarrhea, perspiration or skin reactions. These phenomena are harmless, and they subside on their own after a few days. In this phase, you should drink a lot of fluids: at least 2 liters (quarts) of water per day.

Your symptoms might persist, despite the treatment – but this is no reason to break off treatment – quite the contrary: in our experience with this form of therapy, this is quite normal. Homeopathy is also familiar with the concept of *initial worsening*. One sometimes simply has to get through such phases.

If your symptoms improve, but then later recur, please contact your therapist for advice.

A single treatment series is enough for many patients, but others need two or three treatment cycles, since the course of treatment is quite different for each individual.

Energy treatment is spiritual work – and spiritual work is very strenuous. It can therefore turn out that you feel more in need of recuperation than usual; give in to this feeling and allow yourself more rest!

If you react quite strongly to the drops, you can take them diluted in water instead of directly on the tongue, or, after consulting with us, reduce the dosage, for a while, to 4 or 6 drops twice daily.

We wish you a speedy recovery and much success!

**REBA TEST RESULTS**

Vital

Emotional

Mental

Causal

PATIENT

CONFLICT

POTENTIAL

**Comments:**



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