

# Holistic Reflex-Zone Biofeedback

Application, Interpretation and Therapy  
Using the Biopulsar-Reflexograph<sup>®</sup>  
Biodynamic Electro-Chirogram (BEC)



by Martina Gruber

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The Biopulsar® and Aurastar® software programs serve purely for research purposes only and as a control mechanism for experimental use. The technology is in no way intended to substitute a medical or psychological consultation and treatment.

It also must be pointed out, that you are solely responsible for your own health. All disharmonies in the body area exist of fine matter on the invisible plane, long before they manifest themselves in the physical plane. The Biopulsar® and Aurastar® serve as an aid for the exploration into the interaction of thoughts, feelings and consciousness structures.

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## The Biopulsar-Reflexograph®

The Biopulsar-Reflexograph® is a biomedical measuring device, based on Eastern and Western alternative energy and medical science. The presentation of the body reflex-zones that are read by the hand sensor are displayed in different formats: dynamic biofeedback graphs of different organs in real time, dynamic total body aura, the organ aura, the chakra activity, etc.

According to Eastern and Western alternative medicine studies, the reflex-zones give out an energy state and the tendencies of the internal organs and the psyche.

The Biopulsar's method of measuring is **fast, precise, uncomplicated, repeatable, cost effective**, and there is **no need for the patient to disrobe**. Once the client's hand is placed on the sensor, it only takes 1 to 2 minutes for the electronic measuring sensors to simultaneously receive the exact vitality (including energetic disturbance and sickness structures) in more than 49 organ zones.

In the whole/total holistic therapeutic practice the Biopulsar-Reflexograph® is preferably deployed for:

- Holistic Diagnosis
- Pulse and Constitution Analysis
- Therapy Control
- Product and Medicine Testing
- Sickness Prevention
- Mental and Consciousness Training
- Body and Intellectual Performance Enhancement
- Psychotherapy
- As well as Holistic Dental Science, etc.



Biopulsar - Reflexograph®

## How was the Biomedical Sensor developed?

The development of the Biopulsar-Reflexograph® is based on over 15 years experience with thousands of biofeedback measurements, together with aura photos and aura consultations. For several years, the developer, Martina Gruber, worked with an international research team consisting of biofield researchers, therapists and sensitive life-energy investigators; many of whom attended esoteric and medical fairs and congresses worldwide, conducted biofeedback measurements and aura pictures on thousands of people, and who evaluated these measurements. Through empirical

studies and field experiments of different auras and using biofeedback devices, paired with "clear-sighted potential" and therapeutic knowledge, we attained more and more insight in the constitutional peculiarities and structures of the multidimensional human energy body. We also worked with devices from different manufacturers and could therefore widely experience the advantages and disadvantages of various technology.

In 1995, I—Martina Gruber—established the first International Aura School. Since then I have taught many people (mostly therapists) worldwide in the perceiving, diagnosing and treatment of the human aura. Through the changed way of sight one can look deeply into the nature of sickness, fine substance matter healing, and one can experience energetic protection techniques (including preventative medicine). The International Aura School has made considerable contribution to the development of the Biopulsar®. During many blind tests with seminar participants who would subjectively perceive and draw the aura, I was able to make the software more precise until the subjective aura perception corresponded with the objective Biopulsar® aura portrait to approximately 90% accuracy.

Finally in 1998, after many years of research and complicated technical development time, I was able to introduce the Aurastar 2000® biofeedback system to the market. The Aurastar 2000® was developed mainly for the esoteric market. The development of the technology was done in cooperation with the Ayurvedic Medical Doctor and Engineer Dr. Balaji Tambe, the Aura-Seer Master Machine Builder Harald Markert, as well as several well-known electronic companies. Many therapists quickly responded to the Aurastar 2000® as an excellent diagnostic medium. I perfected the aura sensor further for the medical market because of the wishes from various types of physicians; the result was the holistic biofeedback system called Biopulsar-Reflexograph®.

Both the Aurastar 2000® and the Biopulsar-Reflexograph® biofeedback systems allow deep insight into the human psyche and the fine matter energy system. For many holistic practitioners worldwide this is an important component of their practice.

## **The Technology of the Biopulsar-Reflexograph®**

The Biopulsar-Reflexograph® is based on the latest computer technology combined with the scientific basis of the reflex-zone and meridian teachings. The hand sensor is a refined receiver for biomedical signals, which are taken from the reflex-zones of the left hand's palm. The absorption of the signals is done by putting the hand on a set of gold plated sensor pegs furnished on an electronic circuit board. The sensors have an outstanding conducting capacity through the gold plating. Opposite to the Kirlian photography method that works with high frequencies, only low frequency currents are used on the Biopulsar® for the measurements of the skin resistance. Through this method it is guaranteed that during the measuring, the body cannot be inflicted with any harmful or disturbing impulses.

The Biopulsar<sup>®</sup> sensor unit has three different hand sensor sizes (for small, medium and large hand sizes). The sensor data is made available through an IBM compatible PC (Windows) via the parallel port (LPT) for the further processing of the software. All together there are 143 biomedical sensors that are scanned. The current runs over a 12V (0,2A) connector and can also be operated by batteries.

Every biomedical sensor is an interface, which guides the measured biofeedback parameter every 500 milliseconds (ms) to the PC. The time factor can be freely set; however, 500ms is recommended because it corresponds to real-time. The measured biofeedback is processed in a multi-functional Window's software and presented in numerous graphics and pictures. The software is simple to operate due to the intuitive user surface. Individual Window presentations can be arranged together for a quick reference.

The diagnostic foundation as well as the classification of illnesses, are different based on the different medical systems of the Eastern and Western world. Yet the Biopulsar's<sup>®</sup> biofeedback and organ graphs are easy to interpret, because the energy flow of the organ is also the energetic language of the organ.

- Every teaching system analyzes energy signatures of an organ; therefore, using the Biopulsar-Reflexograph<sup>®</sup> a diagnosis can easily be formed.

## How is activity correctly measured?

We have found that if the therapist touches the hand of the patient during the measuring period that sometimes a reaction occurs. The results may include the interaction of the patient and therapist. We have developed a very simple system, which has proven to help avoid this situation.

1. The patient puts her/his hand on the suitable measuring hand size. The size of the hand's palm has to be considered for optimum reading, because this is where the most measuring points are located. As the reflex-zones correspond in size proportionally to their internal organs, the reflex-zones on the surface on the palm are larger than specific acupuncture points. The person's palm should correspond somewhat to a hand size on the circuit board so all measuring points are properly covered by the hand.



The therapist can help to place the fingers of the patient on the board. The

advantage of the therapist to do this is so s/he can feel and look at the patient's hand. The condition of the hand, fingernails, skin and muscular system gives the therapist an important preview (diagnostic tips) into the patient's well-being.

2. Once the measured left hand lies properly on the circuit board then the patient can put his right hand on top of the left, ensuring that an even and flat imprint on the measuring electrodes will occur.

The advantage of this method is:

- During the measuring period the energy of the therapist has no influence on the patient.
- After awhile the measuring hand relaxes and curves itself and by putting the right hand on top of the measuring hand the left hand becomes heavier and the pressure can be held more evenly.
- Also by using this method the measuring hand cannot slide on the plate; thereby ensuring that each reflex-zone during the measuring period is measured with equal pressure.
- Since the test results are generally visible within one minute, the patience of the patient is not taxed by long measuring times.
- With these measuring techniques we have had accurate results. In contrast to other measuring procedures where:

- a) The therapist uses a manual method of measuring the patient; therefore, very often – through the superposition of her/his own energy – the energy of the therapist is measured.
- b) Using a measurement tool that applies even the slightest pressure to a single acupuncture point, a therapy is often triggered.
- c) Through the measuring of points one after another, not all the values can be simultaneously registered accurately.
- d) A single measuring of an acupuncture or terminal point cannot deliver a comprehensive statement about the total energy dynamic of a meridian, i.e. such as the meridian interaction.

## **Reflex-Zone Diagnosis and Therapy in Past and Present Times**

In the last several years, a holistic health movement has developed throughout the world, in which many old and reliable therapeutic methods have been revived. People want to better their quality of life and prevent sickness. Besides Ayurveda, Acupuncture and plant medicine, Reflex-Zone therapy has increased popularity in treatments used today. Worldwide, there are many Naturopaths, Physiotherapists, Massage Therapists, Nurses and Doctors, where the reflex-zone work is deeply ingrained in their therapy program.

### **What are Reflex-Zones?**

Reflex-zones (Somatotopies: from the Greek soma = body and topos = place, area) are areas on the skin such as the mucous membrane surface, which shows the connection between the internal organs and body structures.

The interpretation of the condition of the reflex-zones serves for the diagnosis of the internal organs and the psyche. The condition of the tissue, firmness, skin colour and the condition of the muscular system of the specific reflexive skin areas, gives information about the regulation state of the organs, which are connected to the reflex-zones.

Interaction with the internal organs can be stimulated through goal-directed therapy on the reflex-zones. Using reflex-zone therapy, blockages can be dissolved so that energy for healing can flow to the organs. Then the pathological and psychical patterns, which are stored in the organ, can also be dissolved.

The following therapies are known to derive from reflex-zone treatment:

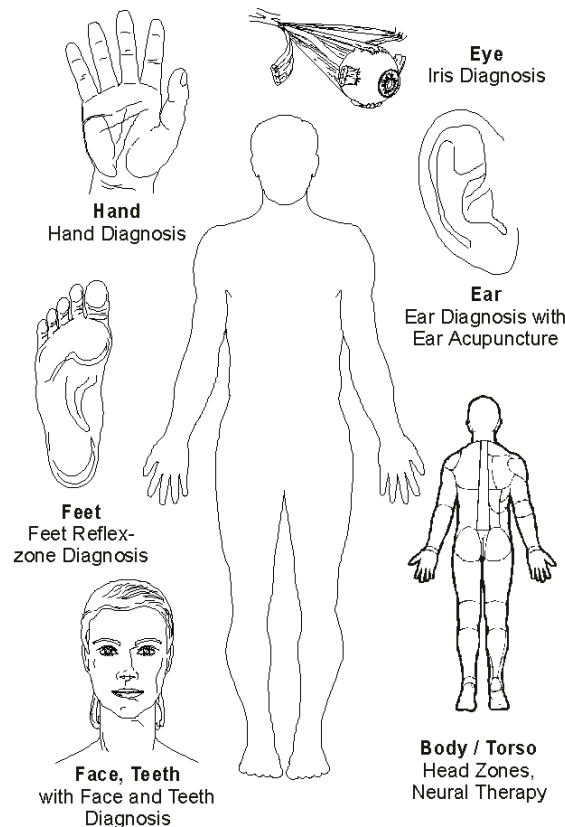
- **Pressure and Massage**
- **Herbal Compresses**
- **Injection of Homeopathy or Neural therapy**
- **Rubbing in of Bach Flower Remedies**
- **Applying Precious Stones**
- **Colour and Laser Light Treatments, etc.**

Why and how the reflex-zone therapy functions, is not known to modern analytical science. However, already 100 years ago I.P. Pawlow, who is famous through his investigation of conditional reflexes, had described his thoughts about the "Nervismus." He recognized the nervous system as a coordinating, connecting and regulating instrument of the body. This centre receives incoming stimuli from the outside and



answers it (responds to it). Pawlow believed that the "answers" lie in the nervous system's regulation system and that it can control totally. Pawlow is said to be the first person to conceptualize "Holistic Medicine."

Even though the reflex-zones have been studied in modern times, millennium old sciences of ancient high cultures have known the energetic connection between zones on hands and feet, on the ear, in the face and in the eyes. And the knowledge about the reflex-zone diagnosis is as old as the knowledge is about the body meridians and acupuncture or acupressure.



Acupuncture has not only been practiced in China for thousands of years, but it has also been demonstrated in other cultures and countries like Pakistan, India, and in old Egypt. ("Dictionary of the Martial Art"). Nowadays, Acupuncture is constantly finding more recognition in the Western World. In fact, the World Health Organization (WHO) decided that Acupuncture is not only a form of therapy, but that it is also a medical treatment for more than 300 different illnesses (WHO Chronic No. 34, 1980).

The science of the reflex-zones is not yet an important commodity from the East, because there are more than 25 reflex-zone systems known today that have their origin in the West.

Since the recovery of the Neolithic man "Oetzi" from his glacier grave in Tyrol, Austria, we know that the early Europeans also knew all about the topography of the skin surface and the connection of the

individual organ systems. Therefore, more than 5,300 years ago our ancestors treated the reflex-zones. In any case Oetzi's tattoos testify to that.

In early middle Europe, a form of medicine was already developed that was based on knowledge of the therapeutic function of geometrical forms and line combinations known as tattooing on the human energy body. Erich Koebler with the "new homeopathy" rediscovered this method.

During the Middle Ages, the reading of signs was a medicinal art and magical affair in our culture. It followed the witch persecution, because the church thought it was

threatened. It is known that the inquisition destroyed a considerable part of our Western medicine experience. One of the best known traditions of the middle ages comes from Philippi Meyens, who described the interpretation of the signs on the nails, fingers and hands at great length in the “Chiromantia Medica” from the year 1670.

### The most well-known discoverers of Reflex-Zones

|              |      |   |
|--------------|------|---|
| Meyens       | 1670 | Hand reflex-zones                           |
| von Preczely | 1873 | Iris diagnosis                              |
| Head         | 1893 | Dermatoms                                   |
| Dieke        | 1929 | Spinal Column segments                      |
| Huneke       | 1928 |   |
| Fitzgerald   | 1905 | Feet reflex-zones                           |
| Tischendorf  | 1970 | Face reflex-zones                           |
| Bach         | 1983 |   |
| Altmann      | 1988 |   |
| Gleditsch    | 1983 | Nose reflex-zones                           |
| Nogier       | 1952 | Ear reflex-zone                             |
| Kirlian      | 1967 | Terminal reflex points<br>on hands and feet |
| Voll         | 1968 |   |
| Mandel       | 1980 |   |
| Voll         | 1968 | Teeth reflex-zones                          |
| Strobel      | 1957 | Tongue reflex-zones                         |
| Zeitler      | 1968 | Skull reflex-zones                          |

Over a 6-year period, my own results of biofeedback research were, that by comparing measurements with the Biopulsar-Reflexograph® and skin resistance measurements on terminal points (EAV = Electro-acupuncture according to Voll) a **tight connection between the energy of the reflex-zones and of the meridians exists**. It seems that the meridians open up over the different reflex-zones on the body's surface, because the skin resistance measurements of each different system showed a very similar energy pattern. The scientific connection for this is not known at this time.

Because of my ability to see auras and my extensive sensitive work I have further discovered that the dynamic of the biofeedback measurements not only correspond to the Ayurvedic and Chinese pulse diagnosis, but also to the aura and chakra activity. To sum it up I have come to the following conclusion in my biofeedback research:

- Meridians open themselves over the reflex-zones on the skin surface.
- Reflex-zones measurements are indirect meridian measurements.
- The values of the hand reflex-zones mirror themselves also in other reflex-zone systems, like the iris, ear, feet, teeth diagnosis, etc.
- The reflex-zone biofeedback corresponds to the Eastern pulse diagnosis.
- The reflex-zone biofeedback shows the constitution of a person, as well as the dynamic of the cosmic elements, of which the human exists.
- With the reflex-zone biofeedback one can measure the aura and the chakras and describe them realistically.

## **Subjective Feelings of Illness can now be Proven**

Currently, many people are criticizing Western medicine. Even though the financial expenditure and the scientific commitments in the highly technical nations has assumed great proportions, the condition of health of the population is alarmingly poor. It has been stated that two-thirds of the German population do not feel healthy and that they complain about symptoms as sleep disorders, irritability, indisposition, exhaustion, weather changes, headaches, dizziness, higher susceptibility to infections and backache. Only a fraction of the patients can be diagnosed using Western methods. As well, half of the population feels that the medicine is not helping and that they are very often being treated wrongly or not right.

**What happens to patients with credible complains but who are not sick—according to the school of Western medicine?**

Since more than 100 years, Western medicine uses a scientific method of causal analysis and repeated measurability. In the centre stands the result of the patient and not his state of health. In this causality–though model–fit no patients who complain about nervousness, irritability, depression, pain, etc., and that do not show any pathological blood and laboratory values or changes in their x-ray pictures. Exactly on this point enters the BEC measuring with the Biopulsar-Reflexograph®

- because the biodynamic energy position of the reflex-zones reflect vividly the subjective feeling of the patient.

## Prevention of Illness – Preventative Medicine

Through the Biopulsar-Reflexograph's® presentation (formats) the dynamic course of the life energy in the organs such as energetic abundance or deficiency and the stability or instability of the energy, can be determined with one look. This energy distribution also complies with subjective feelings of the patient. Disharmonies in the energy distribution are evident long before they manifest in an organ. This is also the reason why patients complain of discomforts, although the lab parameters lie clearly in the normal range.

- **The advantage of the Biopulsar-Reflexograph® is that it shows energetic organ changes long before the organ manifestation and this can therefore be used for the prevention of an illness or symptom.**

## What does Biofeedback mean?

Bio (=Greek = Life, life procedures) Feedback = Feedback

1. Designation for biological norm mechanism.
2. Method of the psychotherapy, with which (unconsciously for most patients) vegetative and motor functions (like heartbeat, blood pressure, EEG and EKG signals, skin temperature and skin resistance, breathing frequencies, etc.) are recorded with instruments and as acoustic and optical signals consciously perceived. In this method a conscious influence is made accessible through the patient. (Pschyrembel)

The main object of the biofeedback diagnosis and treatment is, through psychical learning processes to positively influence bodily functions and bodily wellness. For this a consciousness control—a control over thoughts, feelings and fantasies—is necessary. Furthermore, in the middle of the 1960's the opinion was represented that one cannot willingly influence the autonomy of the nervous system. However, more recent biofeedback research proves the opposite. With biofeedback one can find for instance, how substances such as medicine, drugs, fragrances, foods, colours, electromagnetic fields, coloured lights, smells, sounds, etc., influence one's own energy system. As well, one can discover with which behaviour changes one can improve their state of health and wellbeing. With the dynamic (live, in real-time) biofeedback of the Biopulsar® one can also test the influence of autogenous training, meditation, breathing exercises, certain visualizations and thoughts, colour visualizations, Reiki and Prana healing of the fine substance energy field—on the aura. Biopulsar® dynamic whole body biofeedback shows body and psychical functions continuously, reporting back optically (visually) to the therapist and the patient. Positive changes of body functions can be made stronger

quite easily when the patient consciously learns how to influence his body functions mentally and willingly.

The following body functions can verifiably be influenced through biofeedback:

- **Blood pressure**
- **Heartbeat / frequency**
- **Muscle activity**
- **Breathing**
- **Diameter of blood vessels (by migraines)**
- **Peripheral circulation**
- **Sweat glands activity (autonomous arousal, fear, etc.) Skin and body temperatures**
- **Electro-physiological processes of the brain, etc.**

During the biofeedback different therapeutic procedures can be applied, for instance: verbal instructions, encumbrance tests, visualization exercises, relaxation techniques, attention focusing, etc. The patient receives instant feedback about the functional relationship of their psyche and body. The Biopulsar<sup>®</sup> dynamically displays the vitality and state in the aura energy colours of the thoughts and of the organs and also the biofeedback graphs and the chakra activity; therefore, both the patient and the therapist perceive the smallest changes in the physiological process. By analyzing the biofeedback's response the patient's learning process can be encouraged and negative reactions inhibited. Biofeedback acts through the steered influence of body functions. The main aim of the biofeedback therapy is that self-control over physiological functions can be exerted. Many patients cannot initially recognize their bodily discomforts to the psychosomatic connection. The Biopulsar's<sup>®</sup> biofeedback diagnosis and treatment enables people to learn a way that they can influence their body functions and possible illness symptom appearances, which until recently was considered unalterable. The more noticeable effect of the therapy, the stronger the experience the person has that s/he has control over the functions and areas, which s/he was helpless to do anything about before.

- **Biofeedback teaches a person how to perceive their own psyche and their own body better.**
- **The therapist is actively involved in the process of the consciousness enhancement of her/his patient (spiritual teacher and healer).**
- **The success of the biofeedback therapy is promoted through a positive interaction between therapist and patient.**

## The Science of the Biofeedback

In the meantime, there exists a large collection of biofeedback studies. It has been proven that biofeedback, as a non-medicinal procedure, is one of the most effective treatment methods for some sickness areas. Through many controlled therapy studies the positive effect of the biofeedback has been recorded. In certain illnesses biofeedback pictures have shown to be the most effective therapy possible in situations such as backaches and incontinence.

During 1996 and 1997, in the Roseneck Clinic in Prien am Chiemsee, Germany, more than 1600 patients were treated and analyzed with biofeedback. The patients were asked how they perceived the individual therapy elements for the management of their problems. More than 90% of the patients thought the biofeedback therapy very helpful. People readily accept biofeedback as a therapy method.

## Vitality, Organ Pulses and Elements of the Biofeedback

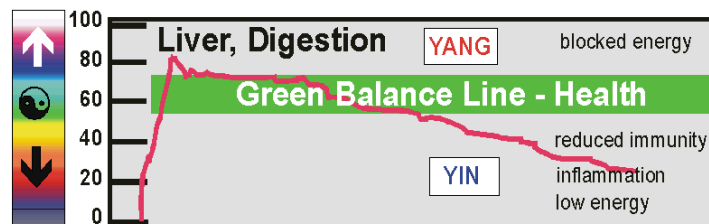
### Life Energy:

Life energy—also called “Chi” or “Prana”—flows in the invisible meridian system throughout the body and it supplies all organs with vitality. Life energy is not static, but dynamic and subject to fluctuations. Internal influences (i.e. bad nutrition, negative thoughts, sickness, etc.) and external influences (i.e. climate, season, people, work, environment, etc.) consume the life energy. The dynamic course of the life energy is shown in the reflex-zone biofeedback.

### Vitality Scale:

The vitality scale of the reflex-zone bio-feedback is divided into 100 units or a scale of 6 graduation marks. The fourth graduation mark corresponds to the harmony situation in the organ area. Using the green harmony line as the area of optimum energy balance, one can see quite easily how the biofeedback graph runs in relation to the harmony line.

### Health Level



### Vitality-Graph Energy Dynamics (Organ Pulses)

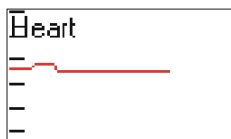
By means of the vitality scale you can easily see the life energy status of an organ. If the biofeedback graph runs above the 4th graduation mark (60), it indicates energetic fullness and congestion. If the biofeedback graph runs below 60, it means an energetic weakness. In the area of 20 and below the energy deficiency can be very easily determined.

#### Dynamic of the Biofeedback-Graph:

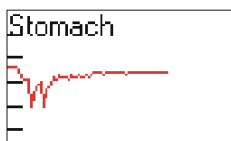
Within 1 to 2 minutes of measuring you can see in the development of the biofeedback graph the **entire constitution of a person**, as well as the **constitution of individual organs**. At the same time the values are measured every 500 milliseconds (ms). The time factor can be regulated with the software. However, I recommend the factor of 500 ms, because this is closest to the time dynamic of the synapse transmission—meaning the real-time reaction.

The biofeedback curve represents the flow of the life energy in an organ. The course of the graph, with its fine swings, corresponds to the **organ wave**. In the organ pulse one can, with a little knowledge and experience, **see the reaction and the distribution of the cosmic elements**, out of which the holistic human—according to the Eastern medicine philosophy—is made of.

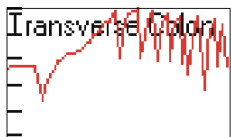
- **Vitality, pulse wave and element behaviour gives information about the organ and also the whole constitution of the person.**
- **From the organ's vitality one can derive at the possible physical and psychical disposition of an illness.**



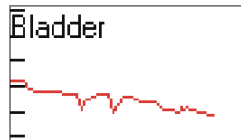
If the **graph runs straight** and within the middle of the vitality axis and with none or very few minor fluctuations, then there exists internal balance and stability.



If there are **no amplitude changes** and the guidance line runs in a straight line then there exists enhanced astral sensitivity, where the strength can be held also during stress.



**Strong energy fluctuations** show that the energy situation of the organ is very unstable. The strength of the organ cannot be held during stressful situations. To get the energy back strength is taken from other organs. Through this the general life energy is lessened.



If after a short measuring time the energy from a higher energy level **slowly “crashes”**, then there exists a chronic weakness in the area of the organ. With the slightest exertion energy is lost. This behaviour of the graph usually indicates an inflamed process in the region of this organ.

#### **The Eastern Pulse Diagnosis:**

According to over 5.000 years of Chinese and Indian medical teachings the human body consists of 5 elements, which steer the **bodily and psychical** conditions. The elements are Earth, Water, Fire, Air and Ether. Since these elements consist of cosmic particles they are invisible to the physical eye, but the effect to the body and psyche is visible.

- **The constitution and the temperament of a person is determined through the relation of the body's five cosmic elements.**
- **If the elements in the body are not in balance, then physical and psychical illnesses can develop.**

In the Eastern diagnosis it is important to know what element influences which organ pathologically. For example, the dominance of the fire element in an organ that is assigned to the element of water such as the kidneys. Their main energy is disturbed by the fire element that an illness like kidney inflammation can be initiated. The element can be influenced through exogenous and endogenous influences, such as climate, season, time of day, nutrition, emotions, thoughts, etc.

- **The biofeedback graphs correspond to the pulse wave of an organ, which are produced by the predominant life energy (Prana, Chi).**
- **In the swinging and amplitude of the biofeedback graph the activity of the elements are revealed.**

In the Indian, Tibetan or Chinese diagnosis, besides the examination of the skin, face, urine, fazes and questioning of the patients, the feeling of the pulse is of great importance. The condition of the pulse delivers extensive information about the condition of the organ energetics. In the Eastern pulse diagnosis every single organ can be examined in detail and evaluated. Because this method needs a refined sensing ability as well as good instinct and practice, there are few people who have mastered this art. Eastern diagnosis differentiates more information regarding the energetic condition of an organ than Western medicine.

The more actual the diagnosis the more concrete the therapy can be, and the better the chances are of success for the healing of the patient. Acupuncture is one of the finest and most accurate methods of diagnosing the complex energy field. But like all therapy systems an incorrect diagnosis can be made, which can then lead to a wrong therapy



decision that in turn can worsen the patient's condition.

### **Establishing of a Therapy Plan for Acupuncture on the Basis of the Biofeedback**

Balance exists when the Yin and Yang energy is balanced. The biofeedback graph would be contained within the harmony line and relatively in a straight line. Deviations upward show that there is an energetic accumulation in this organ zone. Yang would be too strong. Therefore the energy of that organ has to be **sedated**, which means the surplus of energy has to be diverted or dispersed. If the value runs below the harmony line then the Yin is too strong; therefore, the organ's energy has to be **made stronger** by increasing its vitality. When the values in the area are between 20 to 40 (also in the area of the 1 and 2 position) it suggests a chronic emptiness or coldness, and a Moxa is advised.

Should the organ groups, which lie near together such as the stomach, spleen, pancreas and liver, show strong differences on the vitality scale then tension reigns signifying a possible Vata-disorder. For example, if the vitality in the stomach touches at 20, the pancreas at 90, the spleen energy decreases into the direction of 40 mark and the liver stabilizes at 100, this tension produces pain. An acupuncture treatment or meridian cleansing can balance the Chi, which would show **immediately** in the biofeedback. In most cases, the pain that resulted because of the tension immediately disappears once the balance has been reestablished. In the biofeedback the values would then again move along the harmony line and the aura would be green-turquoise.

- **Thus, the Biopulsar® is suitable for the fast and simple development control of the therapy.**

## **The Element and Pulse Diagnosis According to Ayurvedic Criterion**

Diagnosis is very easy with the Biopulsar-Reflexograph®, because the biofeedback speaks for itself. As the human body consists of 5 elements, a disharmony of these elements can cause a multitude of signs and symptoms. The syndromes of the elements are symptoms, which explain the imbalance and illness. For instance: the imbalance of the elements is in the organ pulses already some time before the total outbreak of the sickness is ascertainable. The Biopulsar® can play a very important role in the prevention of illness.

The Ayurvedic doctrine links one's health closely with the equilibrium in their physical, psychical and mental-spiritual area. The three Doshas, the so-called Tridoshas, control this equilibrium (Dosha is a Sanskrit word that means error or evil). The Tridoshas are three special forces that help in the regulation of all biological and physiological events. In this viewpoint, there is harmony with the concept of homeostasis, which is also used in modern medicine. With homeostasis there is a described stability in certain body

functions such as metabolism, temperature, blood pressure, defense system, etc. Homeostasis is controlled through many complicated regulation mechanisms from the vegetative nervous system.

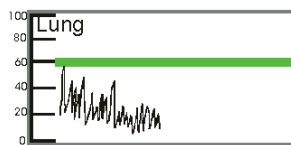
The three Doshas carry the Sanskrit names of Vata (wind), Pitta (fire) and Kapha (phlegm). The Doshas affect the varying conditions of one's vitality, which in turn regulates the total energy household in a living organism. The Doshas change daily and are constantly increasing and decreasing. A Dosha-related organ shows influential changes in the ascending or descending of its life energy. Thoughts, feelings, weather, nutrition, age etc. are all factors that affect the Doshas.

The Doshas have the peculiarity to settle around their "original" organ. For example: Vata in the colon; Pitta in the intestine; and Kapha in the stomach. From their organ point of origin they have a tendency to become stronger and then from their origin they migrate into connecting weaker organs to cause trouble there.

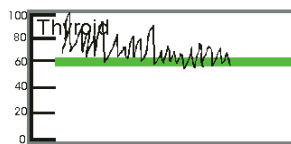
#### **The Vata Constitution:**

The Vata constitution is governed by a dominance of the wind element. The Vata type is quick and light-footed in walking, talking and thinking. They are inclined to be nervous and restless. Vatas are interested in everything but they have poor memory abilities. Vata types eat fast and irregularly and are also inclined to work inattentively and suffer from concentration weakness.

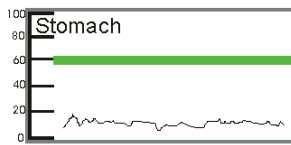
**Physical Effect:** A disharmony of the wind and ether energy leads to a collection of the Vata Doshas in the body. This shows through excessive dryness in the body, in the skin, hair and other tissues. Typical symptoms are: coldness, sensitivity to wind, circulation problems, bloated abdomen, anxiety, tiredness, sleeplessness, constipation, pain and stiffness in the joints, pain in the lower back and dry coughs.



**Strong Vata Disorder:** Here the graph runs below the green line and shows that the Vata disorder has already advanced. The energy household is low and the Agni (fire) is weak and very unstable.



**Vata-Pitta Disorder:** The graph runs above the green line in the area of excessive energy. This shows a Pitta disorder. The strong amplitude fluctuation shows a Vata disorder, which is expressed through great instability and nervousness. When there is such instability in the area of the thyroid gland, it really influences the total physical happenings.

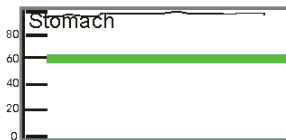


**Vata-Pitta-Kapha Disorder:** The empty pulse expresses chronic weakness and strongly reduced vitality. A straight line of the graph marks the sluggishness (Kapha). Agni (fire) is difficult to kindle.

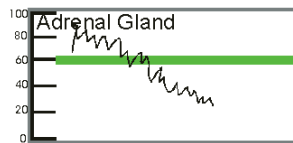
**The Pitta Constitution:**

The Pitta constitution cannot stand heat. The Pitta type eats a lot and generally has a good digestion system. Pittas have a soft, plump form and a tendency to get grey hair, hair loss or baldness at a young age. The Pitta type has a strong and unpleasant, sharp body odor and is quick and consequent in her/his actions. Her/his speech is clear, short and to the point, sharp and aggressive. Pittas tend to be intolerant and prejudiced.

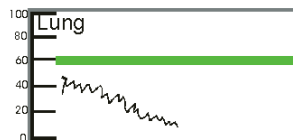
**Physical Effect:** An increase of the Pitta Doshas shows an imbalance in the fire - water elements. This generally shows through too much fire or heat in the body. It expresses itself through symptoms like acidity, fever, a red skin rash, tissue and joint inflammation, irritability, excessive perspiration. When Agni (fire) is reduced, it shows in a feeling of coldness and pale skin. Through the inadequate digestion fire the absorption of nutrients is weak and poison (Ama) is increasingly collected in the body.



**The Pita Pulse:** The predominant fire element shows as an energetic fullness. In the stomach area this fullness-pulse means over acidity, heartburn, ulcers, etc.



**A Pitta-Vata Disturbance** shows here as an initial high vitality (Pitta) with dropping, unstable characteristics. Pitta has plenty of energy, but it cannot hold the energy therefore it fizzles out quickly. The energy dynamic is like a freshly stoked fire that is activated through the wind energy (Vata). The wind energy shows in dropping, fine amplitude fluctuations.



**Amplified Pitta-Vata Disturbance:** The graph runs below the harmony line and continues in losing more energy. This behaviour of the graph points mostly to an acute, inflammatory process in the organ zone.

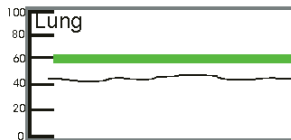
**The Kapha Constitution:**

The Kapha constitution has soft, oily and shiny skin, which is not very sensitive and feels cool to the touch. The hair is strong but gets oily fast. The Kapha type has lots of strength, staying power, perseverance, but moves slowly and likes to sit quietly. S/he eats slowly, does not need much food and is prone to weight gain. Kaphas have good

memory, considers their decisions and has the highest life expectancy of the three constitution types.

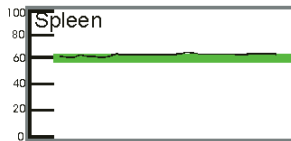
Too much earth and water means also coldness, stiffness, congestion, heavy to stagnated energy flow. The appearing symptoms are lethargy, heavy limbs, circulation trouble, nausea, tiredness, loss of appetite, pallor, weak bones and stiff joints.

**Physical Effect:** Too much water leads to tissues and joints filling with water, congested lymphs, bloating, phlegm building, swollen glands and slight temperature.

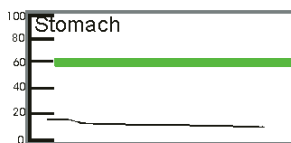


**The Kapha Pulse:** A dominance of the earth and water element shows in a straight pulse line with very little deviations. The energy dynamic characteristic is sluggish and steady and cannot be easily disturbed. Earth and water make mud in which the fire can easily suffocate.

If the graphs are between 35 and 50 this shows too much phlegm building and water accumulation in the corresponding organ zones. The aura colour is mostly yellow.



**The well balanced Pulse:** Here Vata, Pitta and Kapha are balanced. A relative straight biofeedback line has developed on the green harmony line. This is the ideal condition.



**Strong Tridosha Disorder.**

Vata, Pitta, Kapha exist in each singular cell in varying proportions. When an element dominates then it affects the physical and also the psychical condition. The objective of Ayurveda is to keep the three bio-energies in a balanced state.

If one views the percentage share of the entire biofeedback of the various pulse types, then one can deduce the **general Bio-Type Constitution according to Ayurveda**. If one finds predominantly Pitta and Vata pulses in the various organ zones, then one speaks of a Pitta/Vata constitution.

During 460 to 370 BC, Hippocrates (Greek physician and founder of the scientific medicine), dealt with the mixture ratio and the effect of the elements to the temperament and personality structure. The choleric type (Pitta) is fierce, quick or violent tempered.

The melancholic or black-bilious type (Pitta-Kapha disorder) has a gloomy frame of mind and is inclined to brood, be in a bad mood (annoyed) and inhibited. The phlegmatic type (Kapha) is slow and tough. Whereas, the sanguine type (Vata) has an increased excitability, cheerfulness, irritability and fast reaction.

## How Do You Use the Biopulsar® to test Remedies?

Using the Biopulsar® to test remedies is similar to doing a muscle test like kinesiology or the Nogier RAC measurements. Kinesiology is based on the philosophy that by taking something harmful, the life energy of the cells of an organ or of the total human will be reduced. When the body has experienced a weakness, the muscle strength also decreases and an outstretched arm can easily be pressed down. The Chi in the meridian lessens and the pulse gets weaker. Similarly one can find out the same with RAC measurements.

- **The Biopulsar® shows exactly which organ and in which way the organ reacts to a medicament, product, thought or therapy.**

Instantaneously, the Biopulsar's® shows if further weaknesses or so-called side effects are being produced in certain organs. Sometimes the side effects can be more disastrous than the causal illness. For example, if the heart has an excess of energy and the kidneys show extreme energetic weakness. During the testing, the heart remedy shows the kidney energy is made weaker through the influence of the medicine. Consequently, the medicine is not to be recommended to the patient because the administration of this medicament could cause grave kidney damage, which in turn could possibly cause more heart problems.

Every person has a very individual energy and reaction pattern.  
With the help of the Biopulsar® these patterns can be quickly and easily found.

### **In practice drug testing can be done as follows:**

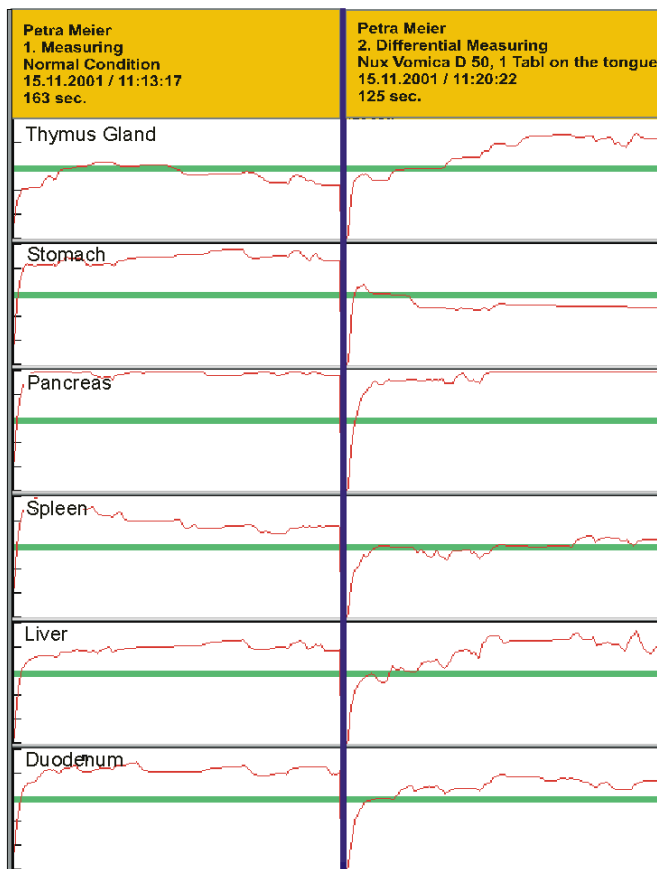
After the patient's weak points have been found the practitioner should define how s/he would like to start with the treatment. Because the body is a network system, the practitioner should begin at the illness' weak points. Normally, the organ where the pains exists, or that gives the most problems should be treated first.

Next, the practitioner should test from the list of medicine (Homeopathy, Bach Flowers, Allopathy etc.), which medicament could be the best remedy for this conflict. Continue to narrow the medicaments down until only 3 to 4 remain, leaving the most suitable recommendations for the patient.

Now one can start the test:

Start the Medicament Test Program (graphs beside each other) by activating the red

recording button and by placing the drug you want to test into the patient's right hand. The patient's left hand rests on the appropriate Biopulsar's® handplate. Alternatively, one can also hold the drug to the thymus or in the aura. After 1 to 2 minutes of measuring one can already see, which organs react in what way to the remedy.



Continue to test the individual medicaments one after another. At each new measuring the program draws a dividing line between the different measurements. You can also document the respective measurements with three different titles. The date, time and length of the measurements are auto-matically inserted in the graph. At the end you receive a very detailed 5-page evaluation about the organ reaction to the medicaments. The measurements can be stored in a file and printed in different formats. During the replay, you can change the screen presentation to any format.

At the end compare the measurements attentively with each other. Observe the finest swings of the pendulum, because they can already point to the organ reaction. The tendency of the graph shows if

the influence of the medicament to the patient results in an energy gain or energy loss. Of course, an energy reduction in an organ zone is problematic if the organ is already weak. In this way you will know right away, if the medicament can cause any side effects.

You can do this test with medicine and also with thought exercises, meditation, Reiki, spiritual healing, laser-colour therapy treatments, precious stones, tachyon tools, nutrition, and many other products!

### Conflict Search and Psychotherapy:

Assume a patient has a trauma resulting from a bad mother-child relationship. While the patient's reflexes are being measured, let the patient think about a certain conflict

situation with her/his mother for approximately 2 minutes with her/his eyes closed. With the Biopulsar's biofeedback one can see very quickly, which organ reacts to the conflict and how. Every person has an individual reaction system that unloads the trauma on certain psycho-reactive organs, which become weakened in some way. In the practice this comparison does not tend to run textbook style.

As soon as the problem is brought to the patient's awareness, the patient can now take an active part in the therapy. The discovery process of how one's psyche and body works together, is already a therapy for most people in itself. At this time, the therapist can instruct the patient through positive visualization and thoughts, imagination, trance trips, hypnosis, repatriation etc., to make a reversal of the blocked energy. As soon as the positive pictures are firmly anchored in the patient, the life energy can flow freely again, which shows right away in the biofeedback. The patient sees now, that her/his life energy can be blocked, but at the same time can s/he pull her/himself out of her/his misery with positive thoughts.

- The whole body biofeedback delivers proof for the interaction of the body energetics with the energetic thoughts and is therefore a suitable teacher for consciousness widening and mental control.
- The therapist earns more credibility through the illustration of this process.

The mental biofeedback training is popular especially by managers and athletes, because these groups of professionals earn their living through physical and psychological high performance.

## What can the Aura Tell Us?

The word "Aura" stems from Greek-Latin and means breeze of air and shine. Nowadays, it is also used in the sense of radiation—one's charisma. It has been known throughout time that the human has a radiation. In ancient drawings the saint is portrayed with a golden glow, mostly above the head, around the heart or the whole body. The halo shows his healing, spiritual ability. This soul potential shows itself in a radiant energy field around the physical body. An aura exists outside one's normal visual spectrum; however, clairvoyant people can perceive it. An aura is a concrete and real existing energy field, which can be measured and realistically displayed through the Biopulsar-Reflexograph® or Aurastar 2000®.

With the physical eye we only see a certain spectrum of vibrations in the area of about 300 to 700 nanometres. The colour red corresponds to an oscillation of about 700 nanometres. Above that is the area of infrared, which is invisible to us. A frequency of about 400 nanometres produces the colour violet for our eyes to see. Vibrations below 400 nanometres are in the area of ultraviolet. The bee and bat are known to be able to see the vibration of infrared and ultraviolet.

- The aura is the **multidimensional, invisible psyche radiation** of a person and consists of the vibration of different dimensions. Not as generally assumed, the psychical body radiates the aura, but the aura produces the physical body. The physical body is nothing but condensed vibrations that one can see with the eyes.

## The Different Astral Planes

The aura consists of different fine matter dimensions or astral planes: the vital body, and the emotional, mental and spiritual bodies of a person. The aura radiates and pulses in shining, transparent colours around the physical body. She consists of so-called "coloured air." The colour frequency gives us the evidence about the quality of the consciousness and the life energy.

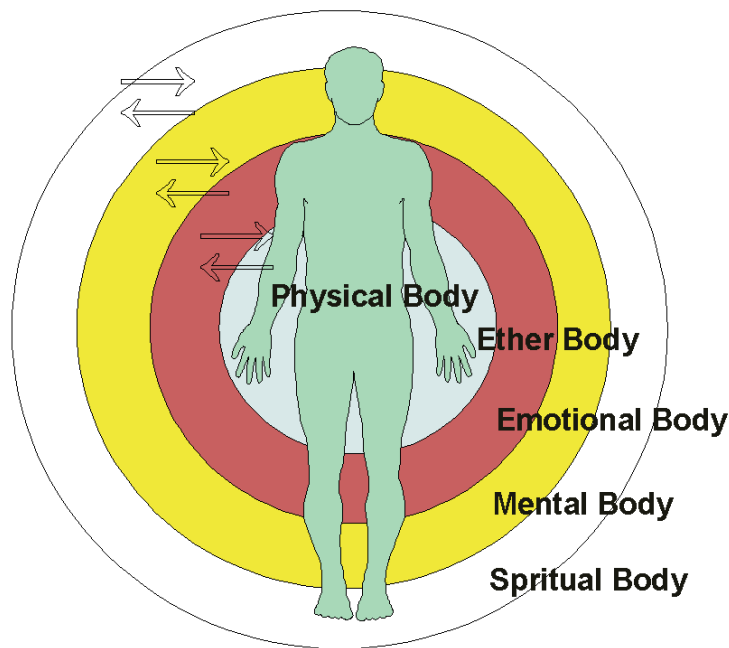
The aura lies in the vibration frequency higher than the coarse matter, material body and therefore is not visible to most people with the physical eye. Persons, who have trained their sensitive abilities, can see the aura in different ways. Kinetic people can feel the aura and they feel the pain and the sorrow of other people on their own body. The visual aura seers experience the aura through the "third eye," also called the 6th or Brow Chakra. Their perception is similar to daydreaming. Others on the other hand can hear the aura. They hear the information of the psyche as music of the organs. They hear if an organ pulsates in disharmony—a dissonance that produces a disharmonic symphony.

- All aura planes are woven into each other and stay in permanent interaction.
- All aura planes are reflected through the aura colours for their energy and information content.

The **first Aura Plane**, which surrounds the physical body, is called Ether or Vital Body. It is created by the life energy, which flows into the meridians and the magnetism. When an organ is sick, then the aura or the life energy at that point (where the organ is located) is also weak.

The **second Aura Plane** is the **Emotional Plane**. All feelings, which the person generates, consist of vibrations. These vibrations are finer than the vibration spectrum of life energy. The emotional frequencies are in colourful shaded clouds radiated by the person. When the emotions are clouded and negative, then the colours are dark. If the person has happy feelings, then s/he sends glowing, light coloured clouds into the ether.





The third Aura Plane is the **Mental Plane**. Thoughts are vibrations, which are produced by the brain, send into the ether. The lighter and more intensive the aura colours are around the head, the more cheerful and positive are the thoughts. The darker they are, the more negative and unhappy they are.

The fourth Aura Plane is called the **Spiritual Body**. There lies the consciousness program and the potential for which we worked in past lives. Only very few, highly developed people have the ability to look into the spiritual

aura level.

- Each aura colour can be interpreted from the prevailing criterion of the four astral levels and therefore can have a multidimensional message.

## What Importance have Aura Pictures in the Modern Practice?

The dynamic aura pictures are not just a graphic animation, but they correspond to over 90% of the real, subjective perceptible energy field of the human. Every person has on the different existence levels receptors that emit even the most unconscious brain impulses into the fine matter energy field. These impulses are frequencies with informative contents about mind experiences. They are mostly perceived through colours and symbols.

Through the aura picture can you very quickly sound out the consciousness and the total constitution of the patient's body. You and the patient can see at once the interests, potentials or weak points and prove the energetic changes of the pole.

- The advantage of an aura picture is that one can visually see the energetic energy condition, blockages and potentials.
- The patient can see her/himself as a whole, as well as physically, spiritually

and mentally what the therapist perceives.

- **The conclusiveness for the therapeutic work is immediately produced. The therapist becomes more credible and the patient works more eagerly with the therapeutic process.**

## **Dynamic Aura Picture Interpretation Tips**

Following is a quick guide that I would like to illustrate for simple aura picture interpretations.

- **The interpretation of the aura and of the biofeedback is relatively simple, because the energetic language of an organ is expressed simply and clearly in the aura colour and the biofeedback graph.**

Since an aura picture is shown as two-dimensional, but the different spiritual levels are multidimensional, each aura colour can be perceived as a doorway to the different dimensions. The aura colours correspond to the unconscious perceiving of the fine matter world and the archetypical reality, which one can experience in dreams. This is why the analysis of an aura picture on its own, which is near the spiritual reality, activates the appropriate right hemispheric brain existence. Seeing of an aura is a function of the third-eye (6th Chakra); however, the Biopulsar<sup>®</sup> allows for a visual clairvoyant perspective. Through this internal reality the third-eye is stimulated through the experience of analyzing aura pictures. Through this otherwise closed door the practitioner has a way for further access to the fine matter information of the patient's aura.

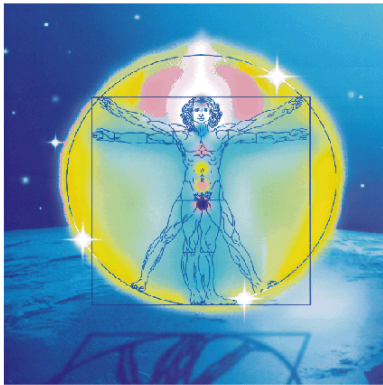
- **Enhancing one's intuitive and clairvoyant abilities happens quite quickly through using the Biopulsar-Reflexograph<sup>®</sup> - this has been confirmed by many applicants.**

To see auras is a natural talent, which every person has access to. Unfortunately, in most humans the talent of recognizing finer matter has atrophied. In the Aura school we offer special training, which helps to reactivate the intuition and aura sight in a short time. This way deeper insight is given into the structure of the soul and of its legitimacy. In the training series "Whole Aura Consultant" one's own potential, their intuition and their energy consciousness, are especially trained. Theoretical studies, practical exercises, applications of the biofeedback Biopulsar-Reflexograph<sup>®</sup> system, are all techniques used for the perception, diagnosis and healing of the human energy field.

(See Internet [www.auraschule.de](http://www.auraschule.de))

## What is the Best Energy?

One of the most frequently asked question is, which aura colours are best. For the answer I refer to our logo. Leonardo Da Vinci's picture shows a man with the bodily proportion of a "Golden Cut," referred to as an ideal condition. The high frequency aura colours of white and pink over the head illustrate a brain that is supplied with optimal energy.



The body radiates a green-turquoise aura, which points to a maximum harmony of all organs. The outer rim of the aura is golden, which symbolizes the connection to the highest spiritual force. But on the normal aura picture this type of energy cannot be seen, because it exists outside of the physical reference.

The most optimal energy in the area of the head is shown on the Biopulsar<sup>®</sup> in the frequency colours of turquoise, king-blue, magenta, white and the biofeedback graph over the green harmony line. These energies mean that the brain has plenty of energy to play positive and high consciousness programs.

In the area of the body the organ biofeedback line should run **along** the green harmony line. The organ aura colours should be expressed in the optimum green-turquoise spectrum. This would mean, that all organs are pulsing in harmony with nature. When the organ-biofeedback-graph is arranged relatively constant with few fine swings, and between the organs little deviation from each other exists, this means that the person is in her/his "green"-or "golden" middle. S/he develops positively, lives in unison with her/his psychic program, is physical and psychical strong, has a good body feeling and in stressful situations is stable.

### Harmony—an Ideal Condition

An ideal condition exists when the Yin and Yang energies are in balance and the person is in total harmony with the law of nature. If we look at nature, we can see that plants, meadows and forests are predominantly green. When the yellow colour energy of the earth element, which is produced in the root chakra, mixes with the blue colour energy of the sky, the ether element, then the colour "green" is created.

**Green in the area of the body** means also organic equilibrium, harmony, stability, health and sufficient regeneration strength.

**Green in the area of the legs**, points to steadfastness and harmony while walking forward in life.

**Green in the area of the head** signifies growth, transformation, healing, progress and change.

Green is also the colour of the heart chakra. The lower three material chakras are connected with the upper three spiritual chakras through the heart chakra. The heart chakra represents a conditional, matter bound love through the colour green. Whereas, unconditional love corresponds to divine love and is characterized by the aura colour rose-red. Rose-red is a blend of the energy colours red and white. Red is the colour of the root chakra, in which the fundamental life energy and driving power is produced. White, the colour of the crown chakra, is the counterpart of red and is composed of all colour frequencies. One of the most powerful treatment techniques is the rose-red light shower. Through the visualization of the rose-red light flowing into the aura of a weak and sick person, this person can be recharged with a life (love) charge.

In colour therapy green is known for the general harmony. A natural green colour therapy treatment would be a walk in the green nature, which helps body and spirit of a disharmonic person to balance again. The green colour of nature flows into the aura of the disharmonic person and superimposes it. The more the aura gets "coloured" green the more balanced and better the person feels, and the big everyday problems become smaller and insignificant.

## The Meaning of the Aura Colour over the Head

|           |    |   |   |
|-----------|----|---|---|
| Spiritual | 7  | Fullness  | WHITE: High energy, spiritual consciousness, light work           |
|           | 6  |   | PINK: Unconditional love, sympathy, intuition, sensitivity        |
|           | 5  |   | VIOLET: Intuition, clairvoyance, art, creativity, sensitivity     |
|           | 4  |   | INDIGO BLUE: Trust in God, religion, wisdom, contemplation        |
|           | 3  |   | ROYAL BLUE: Piety, trust in God, morality, ethic, profundity      |
|           | 2  |   | LIGHT BLUE: Gentleness, feeling of harmony, good taste            |
|           | 1  |   | TURQUIOSE: Healing, healing capability, need for harmony, health  |
| Physical  | 4  | Deficiency  | BLUE-GREEN: Healing, balance, strong harmony feelings             |
|           | 3  |   | GREEN: Trust, sympathy, balance, growth, transformation           |
|           | 2  |   | APPLE-GREEN: Hope, trust in life, nature loving                   |
|           | 1  |   | YELLOW: Intellect, self-knowledge, self-finding, self-realization |
|           | 0  |   | YELLOW-ORANGE: Realist, reason, thinker, calculation, creativity  |
|           | -1 |   | ORANGE-BROWN: Lack of energy, skeptic, realist, criticism         |
|           | -2 |   | DARK ORANGE: Tiredness, lack of energy, pessimist,                |
| Chakra    | -3 | RED: Inflammatory thoughts, rage, aggression                    |   |
|           | -4 | DARK RED: Lack of energy, dammed-up rage, negativity            |   |
|           | -5 | DARK VIOLET: Lack of energy, negative thoughts, tiredness,      |   |
|           | -6 | DARK BLUE: Lack of energy, depression, tiredness, forgetfulness |   |
|           | -7 | DARK BLUE-GREY: Severe lack of energy, depression               |   |
|           |    |   | GRAU: strong lack of energy, depression                           |

The aura colours, which are radiated from the head, give clues to how a person thinks and with what life subject s/he is occupied at the moment. They show the present consciousness and stand in correlation with the prevailing chakras. Depending which chakra is active at that moment its basic colour energy is usually radiated above the head.

The further the colour energies deviate from each other and the more the colours in the frequency spectrum are apart from each other, the more chaos that reigns in the head. Colours that are superimposed with green show on which level growth and transformation exists. For example, yellow with green added to it, indicates that in the area of finding oneself, growth is taking place. Whereas, tension in the head energy might be illustrated with white (high frequency energy) with overlaying yellow, orange or dark violet (low frequencies) indicating headache, migraine, back head tension, etc.

## **The Body and Organ-Aura**

The aura colours in the area of the body are to be interpreted differently than the head aura. The body aura colours show how the psyche and the consciousness effect the organs. Here you have to especially observe to what extent the organ pulse deviates from the green middle line. The further apart the aura colours are in the colour spectrum within an **organ group** and the more the biofeedback graphs of the individual organs runs above or below the green line, shows that the tension is stronger in these organs, and that more stress and pain exist.

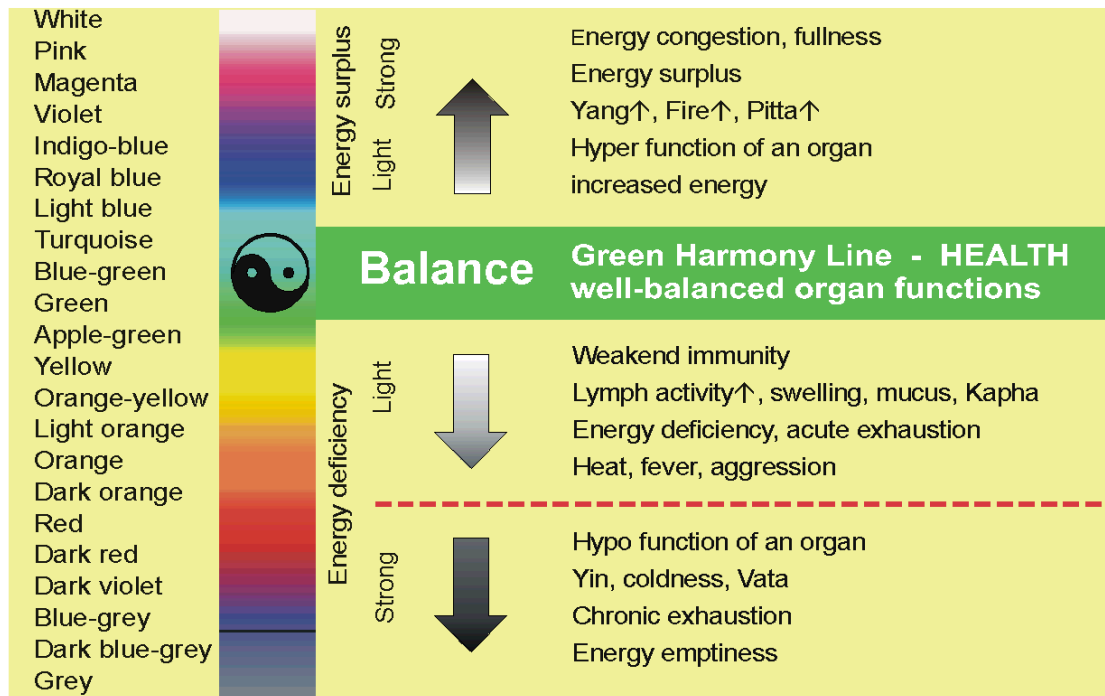
In the area of the body one has to pay attention to three factors:

- **Energy distribution**
- **Energy deficiency**
- **Energy congestion.**

### **Energy Distribution:**

Some organ zones swing with high frequencies above the green line. On the other hand, others swing with low frequencies below the harmony line. Overall, this means that the organs do not speak the same language and are not in harmony together. The distribution and the flow of the energy is disturbed. Tension and pain rule. However, if the average energy lies in the green area, it means that there exists sufficient regeneration energy.

In the therapy one has to pay attention to the energy distribution problems that the dammed-up energy is being diverted to the area where there is an energy deficiency. The energy surplus is being drained and the energy deficiency is being replenished. This way pain can be quickly eliminated. Energetic disharmonies can be easily balanced through massage, acupuncture or meridian-balance therapy.



### Scars:

Usually we see energy problems on scarred zones. Energy flows to the area slightly above the scar and there it piles up. The aura colours would be in the area of the high frequency colours of indigo, magenta, white, showing congestion. If the scar has caused a blockage in the tissue and in the energy field, the energy cannot flow above the scar and this is why the energy deficiency is mostly visible below the scar. The aura colours would be low frequency colours of orange, red or grey. The solution for this is a thorough scar screening with the help of neural therapy, special scar creams or acupuncture. Often, the scars have to be screened several times, until the life energy flows freely again.

As scars cause bodily blockages the physical energy, which is represented in the respective organ zones, is also disturbed. We can often see this in women who, depending on a cesarean or other operation, have scars running across their abdomen. In the course of time these scars cause blockages in the area of the conception vessels, stomach, kidneys and eventually gallbladder meridians. Because these types of scars are mostly on the level of the 1st and 2nd Chakras, these chakras are also being disturbed, which then develop over or under activity chakra functions. This can also cause over or under hormone functions. Problems that can develop from **1st Chakra (root chakra) blockages** are: weakened life energy, sexual disturbances, chronic prostatitis, adnexitis, lumbago and ileosacral complains, hemorrhoids, irritated bladder, etc. **Disturbances in the 2nd Chakra** would be fear, constant stress or feelings of exhaustion resulting from strained adrenal glands, kidney stones, chronic diarrhea or

obstipation, colitis, colon irritability, etc.

### **Energy Deficiency:**

A general energy deficiency prevails when most of the organ zones in the biofeedback values are below the green harmony line. The aura colours of the organs are displayed in the low frequency colours of yellow, orange, red or grey. Often one also sees the biofeedback graph plunge downward, and during a relatively short measuring time run below the harmony line. This indicates that the strength in the prevailing organ zone cannot be held. Mostly the values go relatively quickly in the direction of the red aura colour. The average energy, which is shown in the outer area of the aura picture, is then very often in the yellow-brown area.

Often this exhausted life energy pattern shows by infection, fever, immune weakness and drug abuse. Also old and undissolved psychical blockages can lay hidden such as unmanaged, misused and repressed thoughts, which consume energy.

### **The Hot Phase**

Acute, active and inflammatory processes are hot Yang conditions. They show in the aggressive orange-red to dark red aura colours and are easily seen as existing energy deficiencies. There still exists an elemental ignition fire, somewhat weakened but still active. When the spirit is not at peace with the law of nature then organs and cells will get your attention by screaming, crying and shedding more tears. These organ tears are like a hyper-secretion or hyper-function.

Organs possess a consciousness, because they are connected to the head consciousness. They suffer and call attention to themselves through pain and rebellion. Every thought and every feeling has an affect on the total fine material and also the material body system, and especially the individual organs. Acute feverish processes are like an outcry of the conscious body cells, a mobilization of the last strength before the collapse, which would be expressed in the depressive, grey, cold Yin condition.

### **The Cold Phase**

A chronic energy deficiency shows when the biofeedback curve is in the frequency area of red to grey, with relatively straight lines and very few fluctuations. This is the cold, chronic Yin phase. Such an energy deficiency is mostly evident through unsolved, long lasting and consuming psychical conflicts. The fire of the life energy has been weakened through time and now flickers weakly. In therapy is it quite difficult to replenish these energetic weak spots with vitality. In addition to the toxic weakening of the organs like the colon, liver and kidneys, often an additional chronic self-poisoning condition exists.

The following therapeutic measures can help chronic weakening:

Ayurvedic cleansing and build-up treatment, Chinese acupuncture; herbal tonics; nutrition and constitution therapy; homeopathy; water, massage and oxygen treatments;

psycho-therapy; psychical change through the positive thoughts and images; biofeedback training, etc.

### **Causes of the Energy Congestion**

- **Determined through Stress**

An energetic enrichment of the human energy system can be brought on through stress. Man himself and his organs run in high gear to meet the demand of daily life. The aura shines in turquoise and royal blue. The person feels good, is productive and can cope with stress. The life energy is steered towards the organ zones, which are challenged. The nervous system works harder due to the energy increase, and the hormonal secretion output rises. The skin resistance of the reflex-zones, which is related to the congested organs, also changes. The reflex-zones become sweatier. One can see that the endocrine glands like the thyroid gland, pancreas and adrenal gland are working hard as they are a little above the harmony line in the indigo area. Because one feels powerful, one does not observe this permanent overtaxing hyper-function. Sooner or later this overtaxing and permanent stress will have negative consequences, because the system will become exhausted and a hypo-function will develop.

- **Determined through a certain psychological conflict**

When one constantly thinks of certain psychical conflicts, the problem begins to eat you up inside. Then a lot of energy is directed towards it (sympathetic phase). The spiritual theme begins in the coarse material body and also in the finer material body—energy enrichment is reflected in the following network switch points: 1. In certain brain areas, 2. In a certain organs, 3. In certain meridians, 4. On the ether, emotional and mental plane of the aura, 5. In certain chakras.

Each high frequency aura colour indicates an energetic congestion and also a psychical overreaction or hyper-function. A possible solution to the energy congestion would be that for the therapist to address the problem and suggest a solution. Through the communication of the problem the “filled” air (high energy) is blown away and the problem dispersed. This relaxation (Para-sympathetic phase) through the talk-therapy shows on the biofeedback right away through a harmonizing of the organ values.

- **Determined through scars**

As previously mentioned, scars block the Chi-flow in the meridians. Energy above the scar accumulates and below the scar deficient energy prevails. This type of blockage expresses itself in tension pain.



## The Chakras

The chakras are also located in the aura. This word *chakra* comes is Sanskrit and means "energy wheel." The chakras are fine material, invisible energy transformers, which have settled on the different aura planes. They coordinate the interaction of energy that is produced by the consciousness. This is a complex and complicated management of vibrations. The chakras have a similar function as an electrical power station. They are transformers, which process the incoming energies from the higher dimensions and then transform down to the lower astral planes.

The chakras are pure light energies. Similarly, a flower possesses a chakra—a nucleus—out of which pours pulsating light beams. Because of the Kundalini flow the chakra spins and is always in action. The petals are the spokes that the different energies in the ether transform and pass forward to the corresponding aura planes.

The lower chakras like the root chakra or sexual chakra are more simply structured in their construction and their function. They possess less petals than the higher chakras; however, the higher chakras have to carry out a manifold of more complicated functions and therefore possess more spokes. The crown chakra, which is located above the head, is also called the 1000-petalled Lotus since it must perform thousand different functions (see table 3).

### The Functions of a Chakra are:

- to hold the control over the energy flow;
- to attract certain energies;
- to block the negative energies that can pour into the chakra.

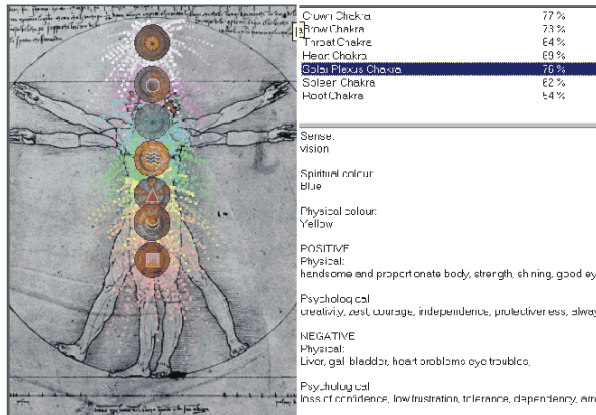
▪ **All aura and chakra blockages mean physical and psychical problems in the life of a person.**

The respective chakras are the domicile for the five elements (earth, water, fire, air, ether), out of which the physical body and also the various psychical bodies exist. If an imbalance reigns in the elements, then bodily and psychical sicknesses can develop. The Eastern medicine systems are anxious to balance the elements, which consist of fine matter materials.

In the Biopulsar<sup>®</sup> software program not only are the chakras animated, but the dynamic total values of the single chakras and their interpretation according to Vedic criterion are also represented.

From the chakra values one can see right away, which chakras in relation to the entire system, are blocked. Then one is able to apply therapy to the blocked chakra. Because the chakras are a complex regulation system network that control bodily, psychical and

spiritual functions, they function best when they are working together in harmony. The corresponding body aura would then be in the area of green-turquoise in all zones. The opening degree of a well-balanced body chakra lies between 55 and 60%. In the area of the head chakra the optimal energy is between 80 to 100%.



The chakra evaluation must especially be watched to what degree the single chakras deviate from the harmony spectrum (55 - 60%). The chakra system can be compared with the wheel system of a clock mechanism.

Even if one chakra (wheel) is blocked, then the whole mechanism is affected and the clock does not run right.

Chakras can be evaluated according to the following criteria:

- Over-activity or under-activity.
- Difference between the lower and upper chakras.
- Strong variations in the course of a chakra measuring.

#### Over-Activity and Under-Activity of a Chakra

With over-activity (more than 65%) one can see immediately with which life subject a person is acutely occupied and which life aspect consumes too much energy and cannot flow freely, therefore creating a blockage.

If a chakra has a value of over 65 then a lot of energy has accumulated in this zone. Strong chakra energy is necessary for the processing of a certain psychical subject. However, if the life energy does not flow right and is missing in other areas, this causes tension and leads a body area to overreact, inflame and congest. Quite often, one can also see the primary colour of the overactive chakra in the head aura.

An under-active chakra constitutes an energy blockage in the psychical or spiritual aspect. The greater the values are below 55, the stronger the energy deficiency. Values around thirty point to chronic weakness. This means that the conflict is older, possibly unconscious, depleted of strength and in the meantime is not being adequately treated.

#### Differences between the lower and upper chakras

The following energy patterns are frequently seen on the Biopulsar®

The lower chakras (root- to solar plexus chakras) refer more to the physical body and are proportional weaker (below 45%) whereas, the upper chakras (heart to crown

chakras) are stronger (over 60%). This means that the person is not very grounded and rather stands out mentally. This shows in life, that s/he does not pay attention to material affairs, physical health, finances etc., but is more concerned about intellectual subjects. This type of chakra flow suggests that the relationship to the reality is weak, because the person lives prefers to live in a fantasy world.

### **Strong fluctuations in the chakra during the measuring**

This points to an acute conflict phase, strong instability and repression of problems.

## **Where Do the Dark Spots in our Energy Field Come From?**

We do not only inherit the good things from our parents, but also physical and psychical problems. For instance, the inclination for depression or diabetes can be transmitted through genetics. From past lives there is maybe also a debt, a negative karma (Sanskrit = destiny/fate), which has not been repaid. A negative karma means a shortage of light in the aura and the unconscious wish for grief.

We are also on the path of perfection and we go through different development phases during the course of our life. We pass through processes, which sometimes appear problematic. Our life problems show us that we have distanced ourselves, to a certain degree, away from the divine light—the omnipotent source of strength. A problem also means that there is the existence of an energy deficiency. E.g. The aura shows dark spots where there is lack of energy and a resonance with the problem. Where there is a "light shortage" the aura is open and unprotected, and negativity (like pathogens or negative thought patterns of other people) can easily invade the energy body from the outside and manifest itself in time.

Dark aura spots also show our still imperfect aspects. They make us aware of the lesson, which the psyche connects to the consciousness, in order to help us find our way back to the whole (God). The suffering and the energy deficiency lasts till the problem has been mastered. The mastering of the problem brings light into our consciousness, into our aura and our chakras. The energy can flow free again, the aura gets lighter, the chakras shine, and body and spirit are replenished with life energy. Contentment, happiness and harmony are the result.

- **Therefore, dark spots in the aura can be seen as positive, because they are the sign to perfection.**

Every so-called problem and every difficult life situation offers us the chance of a lifetime to grow. Every life experience, no matter if we perceive it as negative or positive, has meaning. Every soul receives from life exactly the experiences necessary, which most brings her/him forward in her/his development.

No bad or good aura exists, only the momentary energy situation. This can be balanced or disharmonic. But we can influence this anytime with our consciousness and change. As soon as we know that we can change our selves and our environment, we accept our own responsibility and decide—on the strength of our free will—on a conscious, self-determined, and influenced life.

## The Brain

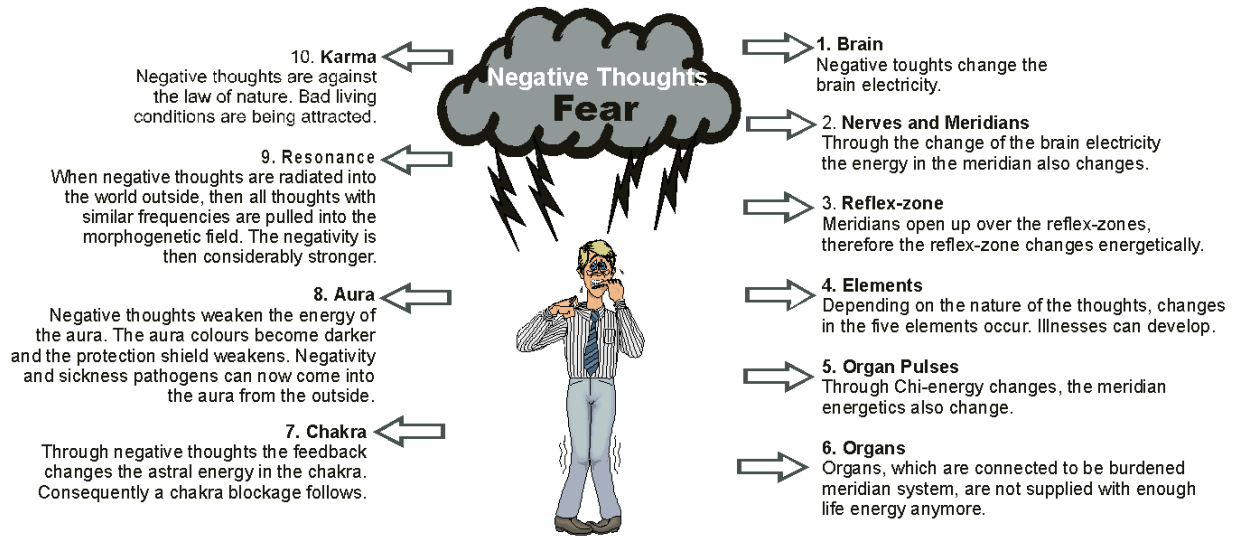
The physical brain is the so-called head hardware. Without a brain the body and the person as a whole could not function. It can be compared to a computer. The purity of the chips (hard disc) decides, which programs (software) should be stored.

The physical brain cells have to be properly energized, so they can function optimally. Then it is possible to reach the higher state of existence—known from yoga—where one can find absolute contentment and spiritual freedom (Nirvana). For instance, if the brain cells (hardware) were destroyed by an accident then the best life program (software) cannot run faultlessly anymore. In reverse, when mistakes have crept in the software program, like doubt and lies (poor programming), then the most capable grey cells are of not much use. This will cause the life program to crash.

The life programming can be taken from one life to another. This means that the soul can take its aura and chakra blockages into the next incarnation. However, if one works on one's weaknesses and dissolves them, then the negative life program will also be extinguished. The future will then be happier. Intuition (the knowledge from within) is to understand one's own programs. The intuition comes from the real self—the so-called "higher self." Because the different brain areas process various energies, these are also brain centres, which are responsible for metaphysical experiences. Modern science knows very little about this.

Most sicknesses start in the mental body and manifest themselves after a certain time in the physical body. The great enemies of the brain are arrogance, greed, unrealizable wishes, annoyance and jealousy. These negative thoughts cause friction heat, which destroys brain cells. The creativity is made weaker and program viruses like lies and doubt can invade the brain.

## Multidimensional Energetic Network and Feedback



## The Power of Thought Can Now be Proven

There exists a metaphysical law which states, energy follows the thoughts. Through mental concentration a specific energy quality is guided to a certain topic. The Biopulsar-Reflexograph<sup>®</sup> can graphically show the interaction of thought's power with the body energetics. Unconscious or conscious negative thoughts weaken the vitality, which shows at once in the changes of the skin resistance, muscular system and the pulse. The lie detector, kinesiology and the RAC testing are also applying this principle.

- Negative thoughts weaken the life energy, lowers the aura frequency and the organ pulses drop.
- Positive thoughts strengthen the vitality and the aura frequency rises and harmonizes.

Have you ever noticed how many conscious or unconscious negative thoughts the brain produces day and night, and how much precious life-energy is being lost that way?

- In the biofeedback training for mental performance increase, this fact is of great importance.

**RAC-Test according to Nogier:**

Put the index, middle and ring fingers of the right hand on the radial pulse of the left

hand. The ring finger should rest on the wrist below the thumb. Now think of a negative event. You will feel the pulse get weaker and you soon feel it nearly disappear. Now think of a positive event or a person you love. The pulse will get stronger again.

**Biopulsar® Mental Training:**

You can try the same with the Biopulsar® Biofeedback program. Think of a positive situation and you see that the biofeedback graphs of certain hand reflex-zones goes lightly upwards; therefore, proving that energy is carried through the power of thought and into the consciousness of the body.

Now think of a negative situation and you will see that the biofeedback graph of specific reflex-zones goes downward. Energy gets lost and the respective body zones, which are in resonance with the thought, are weakened through the negative thought.

- **This is the proof that the thought (head) consciousness is present in each body cell and influences the cell vitality.**

## **Meridians and the Influence on the Aura**

In our body we not only have blood and lymph vessels, but also a network of vessels that lie in the invisible spectrum. These are the so-called meridians, which play a big part in Chinese and Indian medicine.

In the blood vessels the blood flows and the organs are supplied with nutrients. Similarly, the so-called Chi-energy flows vitality into the fine matter vessels. This Chi-energy can be influenced through the power of thoughts and feelings. Negative thoughts can weaken the Chi's flow into the meridians and therefore cannot supply the organs sufficiently with life energy. A shortage of life energy leads finally to sickness.

- **The meridian energy is reflected in the various reflex-zones on the skin surface.**
- **Certain thoughts and feelings structures are in resonance with specific meridians and organs.**

The meridians contain the five cosmic elements of which the physical and psychical body of the person is built.

**Liver and Gallbladder Meridians** are responsible for the building of sinew and muscles in the body. They open over the eyes. The emotions rage, anger and annoyance reduce the Chi-flow in this meridian system. Chi disturbances in the liver and gallbladder meridian produce sinew, muscle and eye problems.

**Heart and Small Intestine Meridians** are responsible for the building of vessels and blood vessels. They open over the sense organ of the tongue and steer the taste. Desire and pleasure activate the Chi-flow in this meridian system. Chi disturbances in the heart and small intestines meridian produce heart, blood, small intestine and also taste disturbances.

**Spleen and Stomach Meridian** are responsible for the building of the flesh and they steer the elements that determine the body form. They open over the mouth's sense organ. Too much thinking and anxiety reduce the Chi-energy in this meridian system.

**Lung and Colon Meridian** are responsible for the building of the skin and body hair. They open over the sense organ of the nose. Sorrow and sadness reduce the Chi-energy in this meridian system. Lung, colon, skin, hair and nose problems, and also depression, sorrow and sadness, point to disturbances in the area of lung and colon.

**Kidney and Bladder Meridian** steer the water element, which is also responsible for the emotional body. They are responsible for the building of bones, bone marrow and open over the ears. Fear and anxiety weakens this meridian system.

## **Sense Organs and Psyche**

The sense organs can react to the consciousness, because the consciousness stretches over the psyche. They enlarge to perceive much more or to reduce the perception.

With the ears we do not only hear physically, but also psychically. For example, if someone lived in an environment where s/he was criticized and scolded over and over again, it is then possible that the psychical ear at some time no longer wanted to hear it anymore. On the physical level this can develop into hearing disorders. A low frequency aura colour like red in the area of the ears could mean that the topics, which the ear had to hear, caused the ear to get inflamed. Ultimately, this type of situation can ignite an ear infection.

Red is the colour of aggression. A negative red is an intensified life energy, but armed with a vitality shortage. Aggression is dammed-up life energy—a scream to be noticed and to express its displeasure. On the physical level this shows an inflamed, hot condition with hyper-secretion (tears of rage). The acupuncturist would diagnose this as a surplus of heated Yang energy.

If this screaming is not being heard then at some time or another exhaustion and a lack of energy strikes. One is resigned and gets depressed. In this weak energy condition a coldness dominates. The aura colours of the exhaustion and coldness are dark blue to grey. The acupuncturist would diagnose this as a surplus of cold Yin energy.

When the aura colours of certain body zones falls from the middle and goes into indigo blue, white or violet, it means that in this organ area a very high vibration exists. In the German vernacular the organ language is sometimes a figure of speech. For instance, if one is tired of a subject and it gets on one's nerves, then one says "I have a nose full." In the Biopulsar's biofeedback this condition shows by the graph line of the nose organ running on the upper line (between 80 and 100); indicating the energy of the nose is energetically filled and congested. Physically this often shows as a cold and a runny nose.

The vernacular leads us also in the area of the liver. "My gallbladder runs over" means that the liver is full of energy. The biofeedback graph of the liver reflex-zone runs at the 100 mark. The vibration of rage resonates with the liver meridian and has filled it with dammed-up Chi, which is running over. Physically this can express itself through hepatitis.

It gets more complicated when it is in an area like the face, and in different parts of the face varying aura colours–vibrations–exist. Various sense organ pulsating differently, would not then vibrate in unison. This can be determined through a corresponding consciousness behaviour.

Eyes that do not want to look anymore at certain stressful situations. Ears, which do not want to hear any more criticism and complaining. However, it also can be reversed that the physical and psychical disturbances are being created when the life energy is reduced in these zones. Injuries, scars, chemical substances (creams) and medicinal influences can weaken the life energy on certain reflex-zones. Naturally, this would also have a feedback effect on the internal organs.

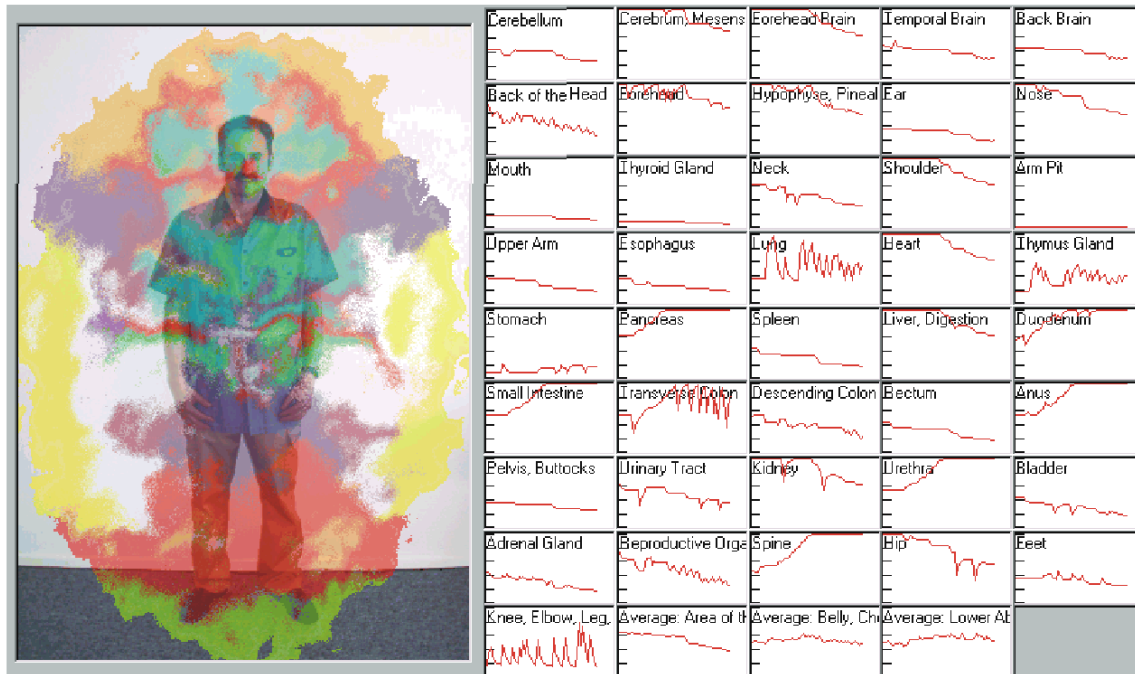
A loss of life energy can also be brought forth through wrong actions, like poor nutrition or too little sleep. When in the mouth area the vibration is low, then one does not like to express certain feelings and thoughts. In the area of communication an energy blockage develops, which expresses itself in low frequency aura colours, like dark red, brown, dark blue or grey.

But it can also be that the mouth aura is weakened through bad teeth, festering gums, different metal in the fillings that generate an electrical current in the mouth, or the harmful amalgam.



## Example of a Biofeedback-Interpretation

Upon viewing the head aura of the demo-person one notices that she vibrates in blue turquoise, yellow and orange-brown energy colours. On this occasion the frequencies change very much and are extremely unstable. One can also see these vibrations in the biofeedback.



2-minute biofeedback measurements with the Biopulsar-Reflexograph. The demo person in the picture is adjusted and not identical with the biofeedback measurements.

Turquoise in the head area stands for harmonic endeavour and the inability to differentiate oneself from others. To say “no” is very difficult for a turquoise person. The orange-red points to energy deficiency, exhaustion and emotional excitement. In our example we can see very well in the course of the biofeedback graph that the brain vibrations are getting lower, ergo the brain loses energy. The reason for this could be negative thoughts, irritation and rage. If the person with her/his consciousness behaves against the law of nature (to strive for love and harmony) then s/he removes her/himself even more from the omnipotent, divine energy source and loses on all levels energy (physical, psychical and spiritual).

Again we can see very clearly on the biofeedback. The graphs of the various brain reflex-zones lose energy. In these zones the energy decreases and the cell activity gets weaker. Similarly, this is also known from kinesiological muscle tests. Through the loss of life energy the consciousness no longer has the optimal energy at its disposal and is unable to form any positive ideas. Because thoughts are superior to feelings, the energy

of any feelings will also be reduced. The result is aggression, annoyance and rage, and in our example it shows up as a red aura colour.

Now we look at the **biofeedback of lung and bowel organs**. Traditional Chinese medicine teaches that the lung and colon meridian are an energetic unity (see table I). In our example, one can see that in the area of the lung and colon meridian, their respective hand reflex-zones instabilities have arisen. The hectic and unstable swings between 50 and 100 on the graph, is a sign of nervousness, imbalance in a critical and stressful situations and a heightened disposition for energy loss in these zones.

Now we look more closely at the **lung**. Through breathing not only oxygen but also the small invisible vitality balls that are coupled to the oxygen atom, energy enters into our body. This vital energy distributes itself to all organs. Hectic, unstable, intensely swaying biofeedback parameters of the lung organ signify that the breathing has weakened and the absorption of the life energy been reduced. When a person is afraid then s/he breathes hectic and shallow, and through insufficient energy absorption the bronchi can become cramped. If this tense condition continues for a long time in the area of the heart chakra, then can this lead to bronchial asthma and heart rhythm disorders. The vibrations of fear, depression and sorrow, to be at someone's mercy, all stay in resonance with the energetic spectrum of the lung.

In the aura picture we see a reddish colour in the area of the heart chakra (in the lungs, thymus and heart). Furious, aggressive reddish energy clouds collect in the area of the lungs and weaken their life energy. Heat consists of the cosmic fire element, which when in the aura of the lung shows an accumulation that can cause disturbances. Heat in this area can lead to inflammation. Inflammation heightens the outpouring of cell secretion. In the area of the lungs an inflammatory tendency on the physical level can point to a collection of mucus and difficulty breathing.

On the energetic level we see the following picture:

The aggressive (red) energy the person is confronted with, is from the outside; however, it brings him out of balance and takes increased energy from the area of the lungs. He feels helpless, at the mercy of others and restless, which shows in the changed hectic and turbulent breathing activity. Because the lungs and colon are reacting with similar energetic behaviour pattern, one can assume that in these zones a disposition for this exists. These zones will react to rage and annoyance similarly and are inclined therefore to **chronic instability**.

Now we look at the area of the **indigestion**. The stomach organ registers in the area plus/minus 20 and reacts nervously, although not as unstable as the energy zones of lungs and bowel. There seems to be a chronic exhaustion in the stomach region. This shows in the dark blue-grey colour energy. However, the reflex-zone energy of the liver lies in the area of 100 but falls slowly to 60. The pulses of the stomach and liver vibrate in the green harmony area, but not uniformly. The organs have strayed "from their middle" and no longer communicate in harmony with each other. The energy of the liver

is very high and congested. This shows in the aura as white-violet colour. The stomach reflex-zone is very weak, which shows in the dark blue-grey aura.

Due to the discrepancy of the vibrations on the physical level, a digestion disorder can manifest. The gallbladder runs over and the liver is sour and annoyed. We know that the disposition "rage" in the liver meridian reduces the Chi-energy. However, the stomach has little energy and has too little digestion fire to digest the rage. Probably its owner has already swallowed rage and annoyance for a long period of time and is now totally exhausted.

The acupuncturist could now derive the following suggestion from this information: From the liver energy should be withdrawn, so that the congestion can dissolve and s/he comes back again to her "green middle." Energy to the stomach should be supplied, so that it is energetically up lifted and that it can swing again in its centre. Then both would pulsate again in harmony and work in unison together. The fluid secretion would be in balance again and the digestion would be in good order.

However, the digestion belongs the bowel functions. In our demo the **duodenum and small intestine** register very high, in the area of the white aura colour. Therefore, a very high concentrated energy is in this zone. The reflex-zone of the intestine functions unstable similar to the lungs, colon, and rectum. The pulses of the different intestines do not beat together. On the physical level digestion problems like flatulence can develop. On the psychological level one can say that the intestines cannot digest certain thoughts and situations. He is annoyed and that is why he loses life energy. Flatulence and constipation or diarrhea can result (also because of the high small intestines value).

We see in the area of the **anus** that the energy is very high. One says in the vernacular, that during difficulties one clenches their buttock cheeks together. It seems that our demo-person, at the time of the measurements, is in a precarious situation. The heart beats faster, the breathing is shallow and hectic. The buttock cheeks are tense and the **bladder** loses energy. Here as well the vernacular has a psychosomatic behaviour recognized, namely "to pee in one's pants in fear."

**The Mouth and Thyroid Gland** connect to the throat chakra, and also to the communication. Both show a low biofeedback and this shows our demo-person did not learn to express his anger, anxieties and desires, because the communication area lies in the area of the energetic weakening ( an emptiness).

Now we turn to the area that governs our capacity to function. We act with the **arms and hands**. The aura colour in this area varies between red and grey. The anger would like to be expressed. He would like to strike, but he holds himself in check. Therefore the aura gets grey. He is paralyzed in his action. The biofeedback graph registers on the arm and leg zones very strong swings similar to that of the lung and bowel zone. The demo person would like to do something, but in his situation at the moment, namely place of work, there no elbow room. Therefore he has to swallow his anger.

In the area of the legs we see in which direction we walk in life. Our stressed out demo-person would love to take off and escape from his difficult situation. In the area of the leg red is the predominant colour (red = aggressive energy). However, he cannot run away, because as manager he is caught in his daily office routine and has to face difficult situations. On the physical level mostly circulatory disturbances exist, possibly from sitting cramped at his desk.

The person that this biofeedback measurement was made from was a company manager, and whose company folded in the meantime. His stress, which he could not manage, shows clearly in the aura-gram. A manager encounters many difficult situations. Besides overtime, creativity and production pressure he has to deal with employees, CEO's and customers and he must endure great pressure in the difficult war of competition. This manager obviously could not cope his work pressures, because we can see very clearly how his psychical disharmony has negative effects on his body energy and finally as well on his company.

## **How can a Psychological Life-Energy-Consultation look?**

When the energetic patterns are known, then a specific consultation and consciousness training can be applied.

For our demo man it is important that he works on his consciousness. He should creatively learn to handle stress and irritation, so that negative information does not take him quickly of balance and "knock him down." If he brings his thoughts under control then is his emotional body also under control. Control means consciousness, strength and superiority.

An esoteric life law says: "energy follows thought" and this happens with lightening speed. If for instance negative thoughts continue over a long period of time then energy is permanently taken from certain organ zones. Eventually, this energy deficiency leads to sickness. Positive thoughts and prayers stay in harmony with the godly plan and this means that energy from the cosmic level is being supplied. Contentment, health, success in partnerships and in the financial area, would be the result. It is recommended to practice permanent positive thought control.

Also meditation is a good way to calm the spirit, to control the thoughts and to bring energy to the body. Through the visualization of white light around his body and the singing of the mantra "OM," a high frequency fine matter protective cover be build. Then in life's daily negativities, one is protected so that one hardly loses any life energy.

Sport is a good way to deal with aggression and rage. The legs and arms want to express themselves. (We saw this clearly on the demo man's biofeedback.) After

extensive jogging or a tennis match we should shower, go swimming or do water-meditation. Through the interaction with the water element the 2<sup>nd</sup> chakra's emotional astral body gets cleansed.

To activate the area of communication I recommend cultivating friendships and relationships. Friends are there to talk with and to listen to your problems. Then not only the communication energies, but also the heart energies and more sympathy and understanding for each other can be developed. A marked symptom for stressed managers is the heart attack (cardiac infarction). Through stress, anger and the war of competition, the heart closes. This type of energetic blockage shows in loneliness, relationship disturbances, to the physical manifestation of a heart condition. Yoga breathing exercises like Bhasrika, friendships, sympathy and understanding let the heart energy flow vigorously. This benefit's the business, colleagues, customers and family. Meditative songs and artistic activities like painting, writing, sculpturing etc., do not only reduce stress, but also helps to activate the throat chakra and promotes communication.

Life has to be digested. You are what you eat! If someone is under a lot of stress, then s/he must attach great importance to his food. Everything what we eat goes into our aura and helps to produce our thoughts and feelings. Water has the ability to store all information. The Japanese Water Researcher Emoto with his impressive water crystal pictures recently proved this. Since cooked food contains water, it can absorb all psychometric vibrations of the environment. This is why it is important that the food is cooked and eaten in a good environment. One should also know her/his constitution and balance it with the right nutrition. Ayurveda and the Eastern teachings offer an excellent guide for this.


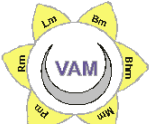





**Table 1: Meridian Function**

| Element                      | Air (Metal)   | Earth   | Fire  | Water  | Ether-Fire (Wood)                |
|------------------------------|---|---|---|--|----------------------------------|
| <b>Meridian Active Time</b>  | Lung<br>3 AM - 5 AM   | Stomach<br>7 AM - 9 AM  | Heart<br>11 AM - 1 PM   | Bladder<br>3 PM - 5 PM                             | Gallbladder<br>11 PM - 1 AM      |
| <b>Meridian Active Time</b>  | Colon<br>5 AM - 7 AM  | Spleen-Pancreas<br>9 AM - 11 AM   | Small Intestine<br>1 PM - 3 PM  | Kidney<br>5 PM - 7 PM                              | Liver<br>1 AM - 3 AM             |
| <b>Other Organs</b>          | Nose Cavity, Sinus, Bronchi, Colon                                    | Lips, Oropharynx, Mammae  | Duodenum, Jejunum, Ileum  | Male and Female Uro-genital organs                 | Liver (Hepar), Vesica fellea     |
| <b>Seasons</b>               | Autumn  | Late Summer   | Summer  | Winter   | Spring                           |
| <b>Climate</b>               | Draught   | Humidity  | Heat  | Cold   | Wind                             |
| <b>Colour</b>                | White   | Yellow  | Red   | Blue/black   | Blue/green                       |
| <b>Taste</b>                 | Hot   | Sweet   | Bitter  | Salty  | Sour                             |
| <b>Smell</b>                 | Raw Metal   | Fragrant  | Burned  | Rotten   | Sour                             |
| <b>Sense Organ</b>           | Nose  | Lips, Mouth   | Tongue, Word  | Ears   | Eyes                             |
| <b>Senses Function</b>       | Sensing   | Understanding   | Revealing Yourself  | Listen, Hearing                                    | Looking                          |
| <b>Body Tissues</b>          | Skin, Body-hair, Hair   | Connective Tissue, Flesh  | Blood, Vessels  | Bones, Skeleton                                    | Muscles, Sinews                  |
| <b>“Opener” Function</b>     | Permeability  | Contact   | Identity  | Static   | Dynamic                          |
| <b>Function</b>              | Admitting   | Closing-up  | Merge   | Stability  | Move                             |
| <b>Bodily Function</b>       | Expiration Inspiration  | Analysis, Integration   | Stimulation, Radiation  | Firmness, Stability                                | Motorize Energy                  |
| <b>Psyche ▲</b>              | Reality loss<br>Boarder Experience                                    | Materialism Fanatic   | Effusive Happiness, Universality, to be one, Identification             | Will, Strength, Security                           | Vitality, Courage                |
| <b>Psyche ►</b>              | Inspiration, Intuition, Creativity, Communication, Forming, Selection | Knowledge, Strength of Thoughts, Concentration, Analysis, Abstraction, Reason, Making Sense | Communication, Presence, inform yourself, Happiness, Joy, Deep Feelings | Self-confidence, Fulfillment, Stability, Certainty | Goal Oriented, Development       |
| <b>Psyche ▼</b>              | Sadness, Depression, insecurity                                       | Reflection, Brooding,   | Dullness  | Fear, Dread, Inferiority                           | Rage, Aggression, Anger, Emotion |
| <b>Spinal Column-Segment</b> | C5,6,7, Th 2,3,4, L4,5  | Th11,12,L1  | C8, Th5,6,7, S1,2,3   | L2,3, S4,5, Co                                     | Th8,9,10                         |
| <b>Teeth</b>                 | Praemolars, Molars  | Praemolars, Molars  | Wisdom Teeth  | Incisors   | Eye, Teeth                       |
| <b>Joints</b>                | Shoulder, Arm, Elbow  | Knee (front)  | Shoulder, Arm, Elbow  | Foot, Knee (back)                                  | Hip, Knee (front)                |
| <b>Plants</b>                | Oil Plant   | White Millet  | Beans   | Yellow Millet                                      | Wheat                            |
| <b>Direction</b>             | West  | Middle  | South   | North  | East                             |
| <b>Planets</b>               | Venus   | Saturn  | Mars  | Mercury  | Jupiter                          |

**Table 2: Organ language**

| Organ                                | Problems/Psychical counterpart   |
|--------------------------------------|--|
| <b>Kidney</b>                        | Emotional problems, fear, reaction to critic, afraid of failure, shame, partnership conflicts.   |
| <b>Ureter, Bladder</b>               | To release pressure, to cut yourself off from old ideas and fears.   |
| <b>Adrenal Gland</b>                 | Not to look after oneself, timorousness.<br>Addison Disease, Cushing Syndrome  |
| <b>Cerebellum, Medulla Oblongata</b> | Karma, old thought pattern from the past and former lives.   |
| <b>Brain</b>                         | Master switch of life.   |
| <b>Hypophyse</b>                     | Control centre for all glands (feelings).  |
| <b>Mouth</b>                         | Expression, communication, have one's way (bite).  |
| <b>Oesophagus</b>                    | To swallow a "lump" (difficulty).  |
| <b>Stomach</b>                       | Receptivity of (spiritual) nutrition, digestion of ideas and imagination, creativity, self-consciousness and self-esteem.                              |
| <b>Liver, Digestion</b>              | Place of rage, anger, irritation and primitive feelings, realization and processing of life.   |
| <b>Colon</b>                         | Assimilation of valuable matter, elimination (giving-up, to separate from) of negative energies, thoughts (old rubbish).                               |
| <b>Small Intestine</b>               | Processing, analysis, coping.  |
| <b>Anus</b>                          | Depositing of garbage (negative old thoughts).   |
| <b>Pancreas</b>                      | The sweetness of life, to accept love and being accepted.  |
| <b>Spinal Column</b>                 | The supporting column (mainstay of life), flexibility, to be flexible to changes.  |
| <b>Nose</b>                          | Self-knowledge, to be fed-up (to have the nose full) or to have a good nose for something (intuition).   |
| <b>Lung</b>                          | The ability to receive life, vitality (breath), freedom, creativity, communication.  |
| <b>Heart</b>                         | The centre of love and safety, the ability to love and to express love for others and her/himself. Soft heart (sympathy and understanding for others). |
| <b>Thymus Gland</b>                  | Most important immune gland, auto immune. system (if one feels being attacked by life).  |
| <b>Reproduction Organs</b>           | Sexuality, creative feelings, to accept her/his gender.  |
| <b>Thyroid Gland</b>                 | Communication with others (nature, universe) and with oneself (higher self), expression of creativity.   |
| <b>Spleen</b>                        | To be obsessed, to be arrested, control organ for the life energy (blood status).  |
| <b>Ear</b>                           | The ability to listen, to consider other things.   |
| <b>Neck</b>                          | Flexibility (in contrast to stubbornness, persistence), the ability to know what is behind oneself.  |
| <b>Legs</b>                          | Being rooted, how and whereto one goes forward in life.  |
| <b>Arms, Hands</b>                   | Action, capacity to act, what one wants to give to the world.  |

**Table 3: Chakras and their Function**

|   |  |
|---|--|
| <p>1st Chakra<br/>Mooladhara</p>         | <p>It is located at the end of the spinal column. It activates the caecum, the sex organs, testicles and ovaries. It is responsible for elimination of solid waste material, production and reproduction of cells and produces the fundamental vitality.<br/>Mental functions: Stability, receptivity, differentiation strength and logic.<br/>Mantra: LAM<br/>Yantra: Golden/yellow rectangle<br/>Element: Earth<br/>Sense-function: Smelling</p> |
| <p>2nd Chakra<br/>Swadhistan</p>         | <p>Rules the kidneys, lower abdomen and adrenal glands. It is responsible for the elimination of fluids and toxins, as well as stress management.<br/>Mental function: Adaptability, equilibrium, tolerance and emotional stability.<br/>Mantra: VAM<br/>Yantra: Silver-white half moon<br/>Element: Water<br/>Sense-function: Tasting</p>   |
| <p>3rd Chakra<br/>Manipura</p>           | <p>Rules the pancreas, liver, appendix, small intestine and epigastria. It is responsible for the digestion and the transformation process of coarse and fine energy forms.<br/>Mental functions: Creativity, to accept challenges, courage, modesty, trust, energy (drive), personality awareness, determination and dignity.<br/>Mantra: RAM<br/>Yantra: Fire-red triangle<br/>Element: Fire<br/>Sense-function: Seeing</p>                      |
| <p>4th Chakra<br/>Anahata</p>          | <p>Rules the heart, lung, breast and thymus. It is responsible for the maintenance of the body rhythms and the charging of all particles with life energy.<br/>Mental function: Love, receptivity, sympathy, emotion, social consciousness.<br/>Mantra: YAM<br/>Yantra: Green-grey moving smoke<br/>Element: Air<br/>Sense-function: Touching, moving</p>  |
| <p>5th Chakra<br/>Vishuddha</p>        | <p>Rules throat, neck and thyroid gland. It is responsible for the control and release of energy and steers the mental and physical growth.<br/>Mental functions: Verbal and creative expression, communication and exchange with other and higher beings (prayer). Active sympathy with all beings. Creativity, fantasy and understanding.<br/>Mantra: ---<br/>Yantra: ---<br/>Element: Ether<br/>Sense-function: Hearing</p>                     |
| <p>6th Chakra<br/>Ajina</p>            | <p>Rules the face, sense organs, eyes and hypophyse (pituitary gland). It is responsible for the regulation of the nervous and hormonal systems.<br/>Mental functions: Intuition, willpower, insight, devotion, interaction, wisdom and ego-consciousness.<br/>Mantra: HAM-KSHAM<br/>Yantra: Deep-blue circle<br/>Element: Space<br/>Sense-function: Clairvoyance - being aware</p>  |
| <p>7th Chakra<br/>Sasradala Padma</p>  | <p>Rules the brain and pineal gland. The pineal gland represents the non-material aspect of the sexuality. Sensitivity to light. Most of the functions of this gland are not known.<br/>Mental functions: Enlightenment, multidimensional awareness, balance and elation.<br/>Mantra: OM, AUM<br/>Yantra: White-gold light<br/>Element: Light</p>  |



## Conclusion

Please consider by all conclusions from the work with the Biopulsar® / Aurastar 200® the following:

The Biopulsar® / Aurastar® does not include an interpretation of the measuring results. You can allocate to the measuring data any text you like and therefore produce a personal repertoire. You have to refer to this by translation or other delegation.

If you, on the basis of the measuring results, do consultations, can you only rely on your personal judgement ability. In case of doubt you should always get a second opinion. At measuring and interpretation you should always be very careful. If for instance the demand for the optimal contact of the hand on the measuring electrodes, according to the handbook, is not fulfilled, so can mistakes occur by the data investigation. The data collection should in case of doubt if necessary be repeated a few more times. You should also consider the possible effect of the announcement of the measuring results to people who are sensible.

The Biopulsar® / Aurastar® can and shall neither replace medical consultation or the use of medicaments. The use of the Biopulsar® / Aurastar® is also not a substitute of therapeutic training and confers not abilities to heal. For instance, even if you as Doctor or Naturopath have the authorization for the healing treatment, should you, by suspicion of pathological bodily changes, always take into consideration the employment of other diagnostic methods.