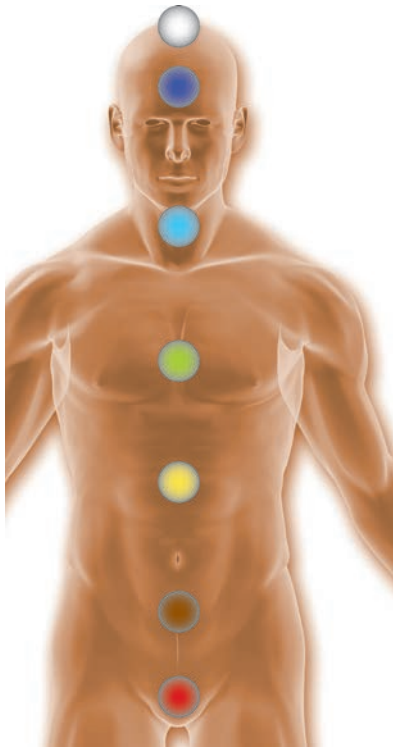


Psychosomatic Energetics

Patient Information



© Dr. med. Reimar Banis

With the collaboration of Dr. Birgitt Holschuh-Lorang,
physicians in general medicine and naturopathy

DISCLAIMER: The information in this brochure relies on complementary health experiences of various health care practitioners, but has not been evaluated by the FDA and Health Canada..

What is Psychosomatic Energetics?

Psychosomatic Energetics (PSE: Psyche = mind, Soma = body, Energetics = energy) is a complementary-medicine method developed by the German general-medicine physician Dr. Reimar Banis.



PSE arose from the realization that many complaints and serious illnesses are due to subconscious emotional disorders which manifest themselves in the body and in the subtle energy field. After many years of observation and research, the method was introduced in 1997. PSE is now being applied in more than 20 countries around the world, and is considered to be one of the leading complementary-medicine procedures.

According to Indian Yoga and Chinese acupuncture, an adequate strong and harmonious flow of life energy is crucial for the maintenance of health and for overall well-being. With the aid of the REBA® Test Device which performs energy testing, overall (Vital), Emotional, Mental and intuitive (Causal) energy can be tested and thereby made visible. The goal of the technique is to normalize the patient's energy levels by dissolving the energy blocks which are largely caused by emotional conflicts.

The PSE viewpoint is, primarily, that repressed emotional traumas (conflicts) store away much life energy and thereby hinder its flow. In PSE, the emotional injuries are subdivided into 28 themes designated as conflicts. All people have suffered personal injury at some point in their lives – whether they remember it or not. Many traumas have only been partially processed, and some of them live on more or less subconsciously. They influence our behavior, put a brake on our growth and/or are a burden on our health.

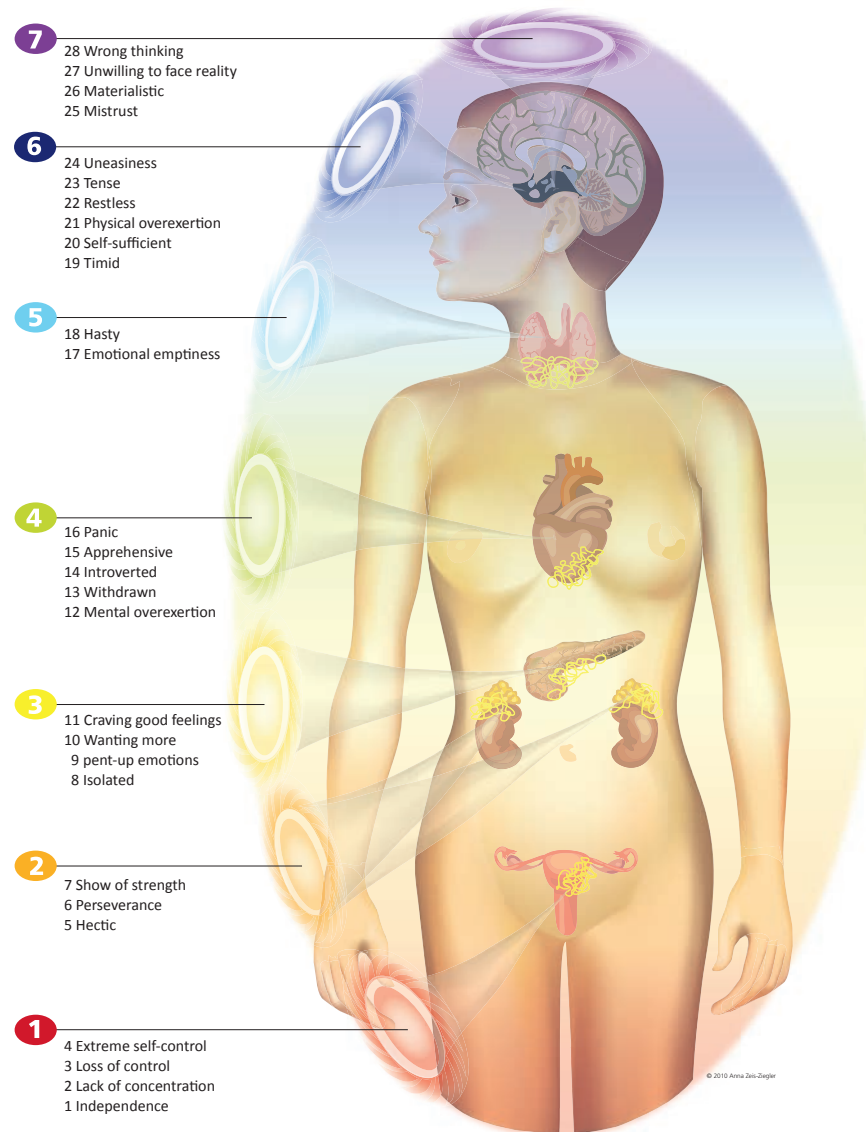
Homeopathic compound remedies are used to diagnose and treat the conflicts. The compounds consist of mineral and vegetable substances, as well as animal organ components in homeopathic form. In the experience of PSE, these remedies are able to release energies which the subconscious emotional conflicts have stored in the subconscious and are thus no longer accessible, and, over a period of weeks and months, to dissolve them. In this manner, the bound-up energy is once again available to the patient.

PSE is a special form of homeopathy, which is why the homeopathic vibrations of the PSE medications work differently than classical homeopathy. The high potentiations of the PSE compounds are necessary in order to address the various conflict levels energetically and dissolve them through resonance. Since the homeopathic compounds of the PSE medications are completely frequency absorbed by the conflict, no homeopathic drug pictures are generated by their use in PSE.

Psychosomatic Energetics

Emotional Conflicts and Associated Energy Centers

from Dr. Reimar Banis



Energy Centers and Emotional Conflicts

In PSE, seven energy centers in the human body play a central role, because particular emotional states of defined body segments stand empirically in a direct relationship to each other. This traditional knowledge is aptly illustrated in expressions such as "a fire in the belly" or "heartbreaking sorrow". Certain emotional states are thus found energetically in specific body segments. With the seven Chakra remedies (Chavita®) of PSE, these can be diagnostically detected and then treated.

The Chakras and Energy Levels



Disturbed body segments are associated with disturbed vegetative functions. The body has many functions which cannot be influenced by the will, such as sleep, defecation, blood pressure, skin temperature. These "automatic" regulatory subsystems are known as the vegetative (autonomous) nervous system. Its tendrils are present in every cell of the body. The commands of vegetative regulation are bundled together in neural nodes (vegetative plexus). The most important vegetative plexus are found in the pelvic region, lower abdomen, upper abdomen, heart region, neck, cerebellum and brainstem. Each of this plexus commands a particular body segment and corresponds, in the subtle-energy realm, to the Indian "Chakras" (energy centers). If all the vegetative levels are functioning well and harmoniously with one another, the person feels healthy and vital – but tired, tense, restless and unwell if the vegetative functions are disturbed.

The functioning of the vegetative nervous system is disrupted by "unresolved" emotions, which act like sand in the works of this fine mechanism. Concealed emotional problems disturb the course of vegetative functions and cause energy congestion which, due to undersupply of the cells, leads to feeling unwell, pains and susceptibility to illness.

PSE's Remedies

As soon as one or more of these plexus are disturbed in their function, it can lead to disturbances in the associated body segment. Energy blocks in a body segment – such as the pelvis or upper abdomen – can be detected and dissolved with special homeopathic compound remedies (Chakra remedies – Chavita®).

The Emotional remedies (Emvita®) help dissolve hidden emotional conflicts. By means of this "psychotherapy with drops", the patient's energy can be more quickly restored.

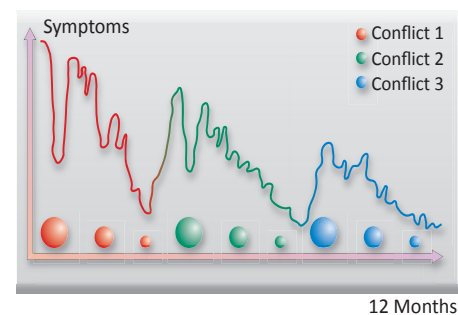
For faster follow-up treatment of geopathic disruptions, a homeopathic compound remedy called in Geovita® is used. After the bed has been moved away from the disturbance zone, it helps the body rebalance its energy more quickly, as well as better overcoming electrosmog.

Anxivita® serves to more quickly eliminate anxiety, restlessness and exhaustion; Simvita® is used for nervousness and inner tension; Paravita® (5-5-0 drops daily) dissolves cramps and improves exhaustion states; Neurovita® can be used for pain states and tension conditions.

The aforementioned medications are available by prescription in 50ml dropper vials (in violet glass for better preservation).

Conditions for Therapy, Cost, Duration

PSE is applied as an adjuvant (supplement) to standard mainstream medicine and psychology. Therefore, it cannot replace these proven procedures diagnostically nor therapeutically. A prior or parallel thorough clarification of symptoms with the aid of conventional methods (lab tests, x-rays etc.) is absolutely recommended. Necessary mainstream-medicine therapies can be continued during PSE therapy.



The patient needs to be patient, since PSE therapy takes 8 to 12 months or more of treatment time in over 90% of cases. The medication costs run to about \$200-\$250 yearly. PSE medications cannot be resonated with other carriers nor be computerized. The therapy cannot be accelerated, since the subconsciously unfolding emotional maturation steps take time.

Certified Energy Therapists

PSE is performed by specially trained "Certified Energy Therapists", including physicians from various specialties such as dentists, naturopaths, naturopathic physicians, psychologists and pharmacists. These therapists have had years of intensive in-service training and have committed to continuing training. One should allow oneself to be treated as a patient only by these well-trained experts in PSE.

A regional listing of all such therapists can be found at www.rubimed.com.

Exactly How is Therapy Performed?

The REBA® Test Device will find an energy deficiency in most people who have been feeling sick and unwell for a while. With the aid of special test tubules, one determines kinesiologically where the energy deficiency originates. The tubules contain special homeopathic compound remedies which resonate with hidden emotional states such as frustration, annoyance, disappointment etc. – to the extent that a person harbors the respective emotional states. Other test substances contain constituents and compound remedies for other stress burdens, such as intestinal flora disorders, chronic inflammation processes and the like, which can also be tracked down in this manner.

The Remedy Test can then simulate whether the found causes normalize the disturbed energy. In this manner, the therapeutic outcome can be assessed. In addition, with the aid of special test ampoules, PSE can test out the conflict size, which enables one to estimate the duration of therapy. Specific large conflicts are closely related to specific personality traits, which significantly influences behavior and feelings. This enables the PSE therapist to do lifestyle counseling for occupational and marital problems, as well as for child rearing and generally for deeper self-knowledge.



The PSE remedies are usually taken mornings and evenings as 12 drops or 12 suppositories, but half that for children younger than six, or one drop/suppository per year of age. There are no particular instructions to keep in mind.

If there are strong initial reactions, which happens occasionally, as well as preventatively for sensitive persons, the daily drop dosage can be mixed into a bottle

of water which is then drunk from throughout the day (example, Chavita® 3, 24 drops and Emvita® 9, 24 drops). This makes taking the medication generally tolerable and gentle, yet still effective.

If taking the medication is interrupted for a few days or weeks, that is usually no problem, although there is no therapeutic progress at that time.

PSE medications should be stored in a dry place away from sun, electrosmog etc., at room temperature, like a sensitive computer.

Experiences During PSE Therapy

There might be vivid dreams in the initial phase. Sometimes there are increased excretory reactions such as diarrhea, sweating or skin reactions. As a rule, these phenomena are harmless and fade away on their own after a few days. Some complaints and symptoms might also be amplified for a while, particularly in the first couple of weeks of therapy. This is no reason to break off treatment. Experience with PSE has shown that this is normal and a sign that the therapy is having an effect.

How Does PSE Help?

Patients often ask which illnesses PSE can successfully be applied to. Unfortunately, German pharmaceutical law does not permit us to reveal the details of this information. Please ask your therapist about this.

Speaking generally, it may be said that PSE therapy stimulates the self-healing powers of the body, both mentally and physically. For illnesses in which the self-healing powers are overburdened, however, PSE can be of little to no help. According to PSE theory, disturbed life energy is often an important co-cause of illness and suffering, and once it again flows harmonically and unhindered thanks to PSE therapy, the body will then recover.



The 28 Conflicts of PSE

Conflicts of the first Chakra

The first energy Center in the lower pelvis connects man to the ground through the legs, just as it stands emotionally for grounding and independence. A disturbed first Chakra leads to a lack of grounding, disrupted self-confidence, identity problems and a lack of basic trust.

Emvita 1

You have the sense of feeling inferior – you think you're not good enough.

Emvita 2

You can't put your thoughts in order, feel like a leaf in the wind, with no firm roots and insufficiently centered and grounded.

Emvita 3

You feel too weak to deal with the challenges of daily life, feel helplessly at the mercy of a situation.

Emvita 4

You're extremely strict with yourself and have trouble being aware of your feelings.

Conflicts of the second Chakra

The second Chakra has to do with the realization of one's own interests in the social context. Should one fight or take flight, commit more or less energy to reach one's goals? Anyone who doesn't know this becomes uneasy and disoriented, struggling compulsively or compensating weakness with a show of strength.

Emvita 5

You feel nervous, upset and restless inside, like "butterflies in the belly".

Emvita 6

You have the feeling of no longer having any inner strength; the body reacts fearfully, the head wants to be strong.

Emvita 7

You pretend to be stronger than you are and find no inner rest. You often react obstinately and are unaware of your stress limits.

Conflicts of the third Chakra

The third Chakra has to do with being sated and satisfied by assimilating the environment, as one becomes nourished and satisfied from the outside, both materially and emotionally. One takes what is needed, asserting desires and will. When the third Chakra is disturbed, this gives rise to aggression, inhibition and frustration. One withdraws from the world and constantly wants more than one gets.

Emvita 8

You feel alone and with no contact to other people and to life, but take no steps to change this.

Emvita 9

You're enraged and annoyed, but you try to get a hold of yourself.

Emvita 10

You're not satisfied with what you have. You want more quality in life, want to experience more depth and joy.

Emvita 11

You feel frustrated and cheated out of well-being; you can sense your own yearning.

Conflicts of the fourth Chakra

The heart is the energy center of the "Self", an emotional core of individual perception and personal development, which has to do with loving trust, mental strength and playful/spontaneous self-realization. If the Heart center is disturbed, it leads to a feeling of complete withdrawal, of being trapped and of crippling and long-term difficult lack of orientation. There is great fear underlying this, fear of injury or complete annihilation.

Emvita 12

You feel swamped by your tasks, everything is too strenuous.

Emvita 13

You think you won't be able to get over disappointments and withdraw within yourself.

Emvita 14

You feel closed in and don't see any way out. You no longer have any hope that things will get better.

Emvita 15

You have a big problem that you "take to heart". You are afraid of being hurt again and become overly cautious.

Emvita 16

You think you'll never be able to overcome all the horror that constantly assails and frightens you.

Conflicts of the fifth Chakra

The neck, as control center in the confrontation between reason and emotion, the rational and irrational, duty and desire, has, as an energy center, two conflicts which are extremely different in terms of content. If the confrontation tends toward the rational pole, then a conflict will form with exaggerated bustling activity; if the matter tends toward the emotional pole, then a conflict will develop with great inner emptiness and rigidity.

Emvita 17

You feel hollowed out, feelings are frozen after a shock. You cannot express a lot of what bothers you.

Emvita 18

You are in the grip of tremendous inner stress. You feel you are not understood, and you have trouble saying what you think.

Conflicts of the sixth Chakra

In the sixth energy center, the individual needs of a person are coordinated with the environment. As in the second Chakra, this is a complex regulatory process, but it's ultimately once again a matter of "fight or flight". When this harmonious compensatory mechanism fails, it gives rise to the typical conflicts of the sixth Chakra such as restlessness, tension, discomfort, timidity, egotism – or, as compensation, servility.

Emvita 19

You remain undecided and don't dare go your own way.

Emvita 20

You're afraid to open up to others, have trouble judging yourself and others correctly, you're trapped within yourself.

Emvita 21

You feel driven, your body cannot rest, your nerves are under extreme tension and cause you pain.

Emvita 22

You're constantly brooding about problems, your mind never rests.

Emvita 23

You're trapped in a state of tension and cannot relax either physically or mentally.

Emvita 24

You feel joyless, perceive your own body as a painful burden, everything hurts.

Conflicts of the seventh Chakra

The seventh Chakra presents a truly faithful view of the world, rationally and accurately depicting a person's position in it. Via this energy center, attitudes and feelings are balanced out correctly and in proper context, so that everything is portrayed realistically. Disorders of the seventh Chakra lead to misperception of reality in the form of imaginary and unreal wish-fulfillment fantasies and of unacknowledged pain that the world is much worse than one had thought. Acquisitiveness and mistrust are typical emotions of the seventh Chakra: one places the façade of possessions above reality and basically thinks the worst of everyone.

Emvita 25

You do not believe in goodness and you cut yourself off. You are mistrustful and don't even trust your guardian angel enough.

Emvita 26

You think that life is hard and a constant struggle, that nothing comes easily.

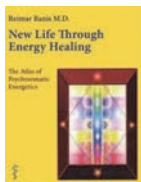
Emvita 27

You are unwilling to face and acknowledge reality, and dream of living in another world.

Emvita 28

You think that your own ideas and convictions are always correct, even when they clearly do you harm or have outlived their usefulness.

Bibliography:



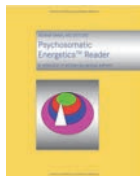
New Life Through Energy Healing

Dr. Reimar Banis MD,
Gateways Books and tapes, ca. 400 pages,
illustrations, hardcover, 1th Ed., 2009
(German, Italian, Russian editions)



Manual for Therapists Dr. Reimar Banis MD

Hardcover – Chrystyne Jackson Enterprises, Inc.
Published: 2004



Psychosomatic Energetics Reader

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