



**PETER MANDEL
FASCINATION
CRYSTAL TEMPLE**



ESOGETICS
heilkraft der farben

This brochure was prepared with the greatest possible diligence to provide accurate information. Many of our therapeutic protocols and their effects are exclusively based on the empirical knowledge of naturopathic medicine. Medical diagnosis and treatment progression, in particular the methods of treatment and their effects, are extremely individual and variable. Hence the success of a treatment cannot be foreseen or guaranteed. Thus we are taking the precaution to point out that we are using the conditional tense in the presentation of our content to underline that point. The word “can” therefore hints at a mere possibility, in the sense of an assumption or conjecture, yet its existence is uncertain and can be paraphrased by the words “perhaps” or “potentially”. On that score we advise you to not take these terms as a promise of cure, as far as a possible treatment success or the appropriateness of a therapy are concerned.

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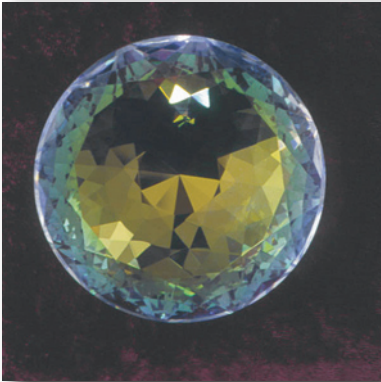
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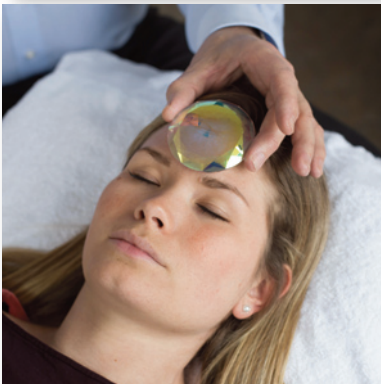


The idea for the Crystal Temple emerged many years ago, when Peter Mandel developed the crystal activator.



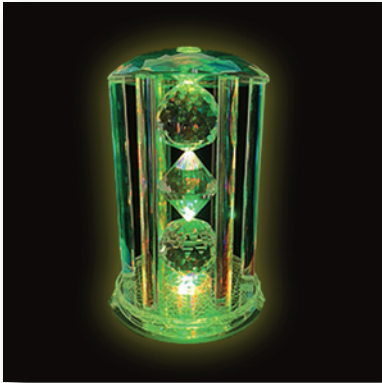
The fascination of the play of light of the more than 400 engraved facets and the deep sense of rest that people were experiencing when it was positioned on their forehead, seeded the idea for this temple in Peter Mandel's mind. The crystal activator was designed to be its roof.

In 2003 the multi-media artist André Heller and Peter Mandel developed a crystal space in the Swarovski crystal worlds in Wattens, Tirol, that was based on the facets of the crystal activator.



From that Peter Mandel derived the model of such a temple. Through a device that the temple was situated on and that was creating light effects, a very pleasant atmosphere was created in the space. The effect seemed to be originating from the turning temple. Sensitive people and especially those sensitive to radiation stated that the light was entering the space coming out of the temple in waves and thus created the beneficial atmosphere.





We have observed that the use of the temple with the crystal activator had a more intense effect on the body due to the charge of light and colors during the application.

Meanwhile this has developed into a very profound option of reaching the implicit spaces in our internal life. It is remarkable how healthy as well as sick people are reacting to this. They all report an internal openness and sense of well-being, which is lasting for several hours. Used on a daily basis this could be supportive in the recovery process of sick people.

We do not know at the moment, whether this effect is a result of the radiation of the light charge in the temple or due to its construction.

METHOD OF APPLICATION OF THE CRYSTAL TEMPLE

The treatments with the crystal temple should take place once a day, if possible. The best time for a treatment is in the evening.

All treatment protocols are similar:

Sit calmly and quietly in front of the Crystal temple, which is turning in the light and colors (it has to be turning to the right) and keep breathing rhythmically for about five minutes.

Afterwards the temple is placed on each of the positions of the basic treatment 1,2 or 3 in the shown sequence for about a a minute.

The flat plate at the base is placed on the body.

After the application the Crystal Temple is once again placed on the turning device, and its play of light is contemplated calmly and in the rhythm of the breath for another five minutes.



BASIC TREATMENT 1

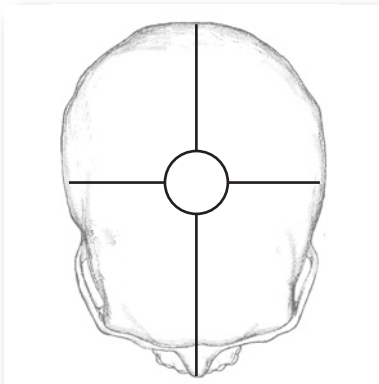
Indication:

The mechanism of action is related to inner calm and relaxation for all the following positions. This is extremely important in case of disease. We have observed that complaints gradually decrease and we believe it is related to the increasing calmness in the internal vital realms.

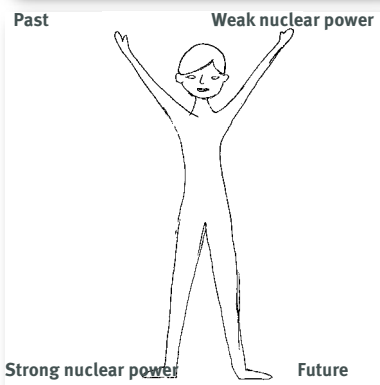
The positions shown are quite effective in so-called minor nuisances, when they are originating from the common daily stress. In case of an existing condition this 'ritual' may also be helpful and gives a better chance to overcome the disease.

These are the positions on the body. The duration of application is 1 minute on each zone.

1. MIDDLE OF THE TOP OF THE SKULL



In mythology it was common knowledge that the middle of the top of the skull is the antenna to the higher worlds. Supposedly the incoming weak core current from above is reaching the human being at this location. On the other pole we find the strong core current radiating from the earth into our feet. A good way to imagine that might be this diagram.



The human being is standing with spread legs on the earth, the arms extending towards the heavens. The information from the past is coming from above and according to the newest insights it is turning towards the right. The strong core current coming into us from below supposedly turns towards the left. This force that is coming from the bottom carries the individual human program, which wants to manifest during this lifetime.

Hier folgt der nächste Schritt.

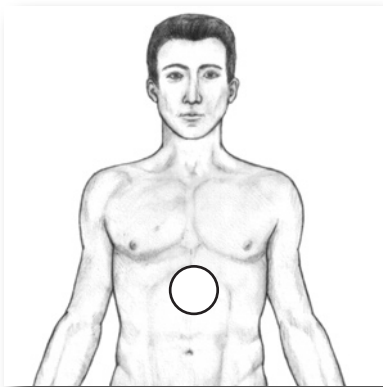


2. THE POSITIONS ON THE SOLES OF BOTH FEET



The positions are located exactly in the center of the sole of the foot and we are starting on the left side.

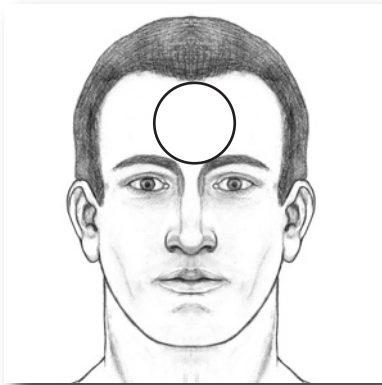
3. POSITION BELOW THE TIP OF THE STERNUM



The third position for the application of the Crystal temple is located 3 fingerwidths below the tip of the sternum. Our observations confirm that this is where we find the core of the human being, who we truly are. This zone is also the transformer station for the vital forces coming from above and below. The relaxation of this zone communicates itself throughout the body and the psyche.



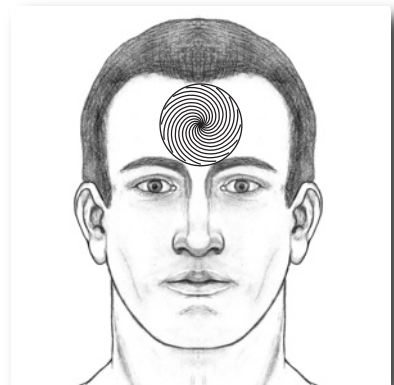
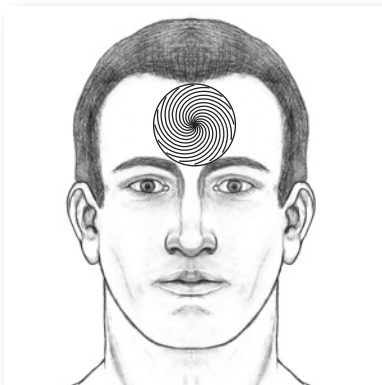
4. THE HUMAN FOREHEAD



The last position for the application of the Crystal Temple is in the middle of the forehead.

The human forehead has turned out to be a powerful area for therapy over the last 40 years. Many different reflex zones have been found there. That presupposes of course a holographic structure of the skin. We were also able to observe that there is a zone here that turns to the left and one that turns to the right.

Here are some illustrations for clarification.



After the application to the middle of the forehead the Basic Treatment 1, addressing the three levels of our existence, body, mind, spirit, is complete.

This sequence can be repeated daily.

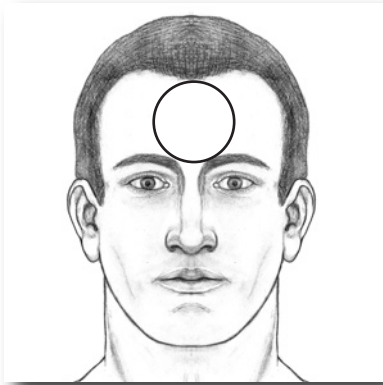


BASIC TREATMENT 2

Indication:

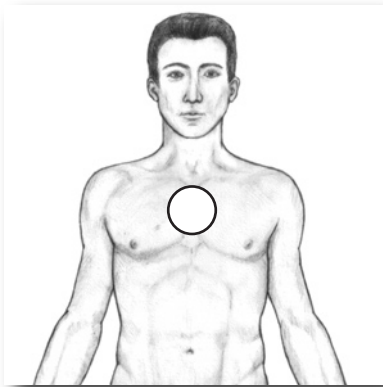
If we or our patients are already showing symptoms or diseases, it is worthwhile to alternate the following positions with the Basic Treatment 1. The 5 minutes of rest and meditation before and after the applications are the same as previously mentioned.

1. THE HUMAN FOREHEAD



The application of the Crystal Temple starts at the individual's forehead.

2. MIDDLE OF THE STERNUM

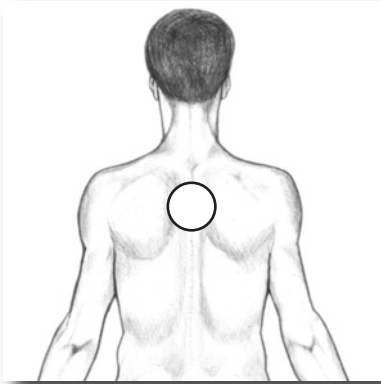


The symbol of this zone is a person's inner and outer freedom.

Many people are complaining about different degrees of symptoms like tension, compression and even shortness of breath without any relevant medical findings. For us it reflects the loss of personal freedom. The application of the temple in this area can provide relief and sometimes even a release from the symptoms.

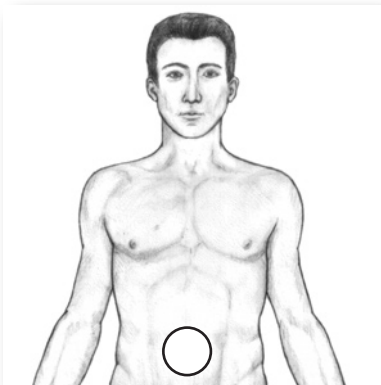


3. THE ZONE BETWEEN THE SHOULDERBLADES ON THE SPINE



In Esogetic Medicine this zone is named the zone of the destructive. Strains of the spine and the joints can be resolved through the application of the temple. In many of the Esogetic therapies that we are using this is an important area in the treatment of sick people.

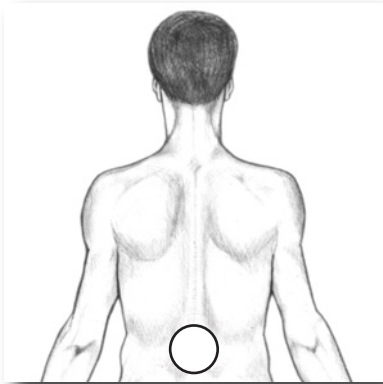
4. ZONE DIRECTLY AT THE NAVEL



This zone corresponds to a person's feelings in his individuality.



5. ZONE DIRECTLY OPPOSITE THE NAVEL ON THE SPINE



This zone we are labelling the zone of frozen feelings. That means the person has suppressed or had to suppress his innermost feelings for perhaps the entire lifetime. Over time that results in an inner rigidity and aggressions that are directed particularly against the self. This zone could also be called the zone of self-destruction, because the people in question keep running around in the same circles. The application of the temple can lead us back to ourselves, so that we are able to recognize the burdens that we are taking on voluntarily.

Basic treatment 2 is a wonderful opportunity to treat ourselves and to open up new worlds and vistas inside.



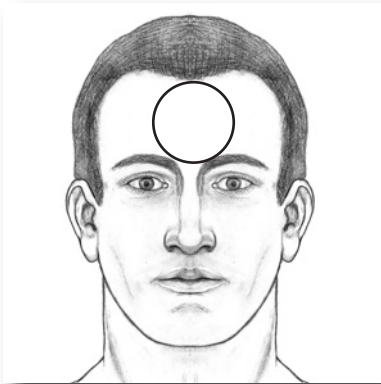
BASIC TREATMENT 3

Indication:

The third option is focusing on the collected and suppressed conflicts and emotions. The following zones show those strains of a lifetime. As long as a person does not discover a way of understanding and resolving them, he will keep running into noticeable blockages. The 5 minutes of rest and meditation before and after the application stay the same.

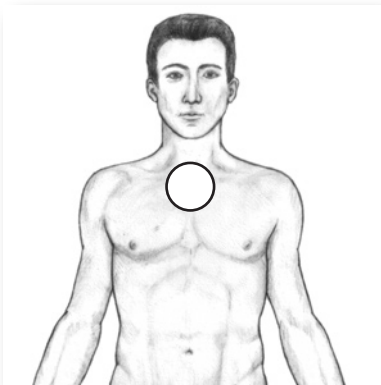
These are the positions on the body, the duration of application is again 1 minute per zone.

1. FOREHEAD



The application starts in the middle of the forehead.

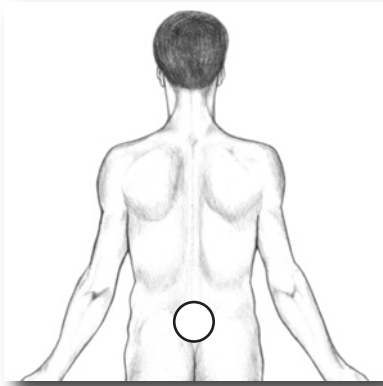
2. DAATH



The midpoint of the second zone is found 3 finger-widths below the upper edge of the sternum. That is a zone connected to the traditionally passed down Tree of Life of the Quabbalah. The name "Daath" means something like knowledge. This zone (Sephira) is supposed to stay hidden. We did recognize, however, that a stimulation here can open a person from the inside towards the outside.

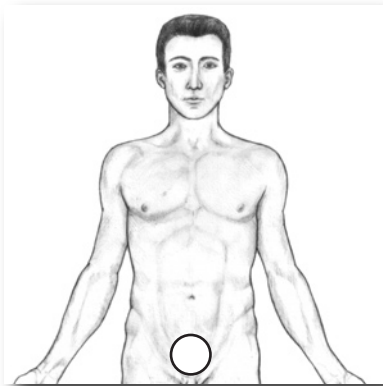


3. SHADOW OF YESOD



The next station is the center of the sacrum. Here all coordination organs are represented through reflex areas. On a supraordinate level we are dealing with the shadow of the 9th Sephira of the Tree of Life called “Yesod”.

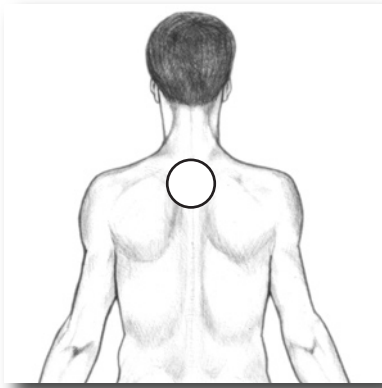
4. YESOD



Using the next position of the Sephira Yesod, we are influencing all the memories that a person has collected throughout the lifetime. It has been said that this is where the movie of life is stored that we are supposedly seeing in front of our inner eye at the moment of death. It is like a review of the life that has passed. This position is immediately above the pubic bone in the front.



5. SHADOW OF DAATH



The fifth position is located 3 fingerwidths below the 7th cervical vertebra. This is where the shadow of the earlier mentioned Sephira “Daath” is found. This is where we carry the cross of existence, which keeps increasing in weight the more we are acting in contradiction to our own program. It has been told that the negation of knowledge will trigger physical and psychoemotional complaints.

Using this protocol the treatment with the Crystal Temple can over time assist an individual in the opening up of the “inner space”.

In the beginning these three proposals for the application of the Crystal Temple together with the two periods of 5 minutes of calm and meditation can be used daily and in alternation. After a while it will become clear which sequence is the most beneficial. That is the one then that should be used preferentially without letting the others slide into oblivion.

We are wishing you a lot of success in the application and are looking forward to your feedback.



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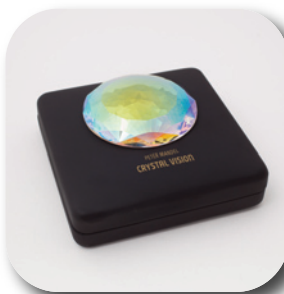
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V1.0: 12/2020