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# THE GAMMA PROGRAMS OF THE INDUCTION THERAPY

## GAMMA LONG, GAMMA SHORT, GAMMA 40

The justified question many therapists are asking is why Esoteric medicine is using several Gamma programs for treatments.

The answer is that we have been discerning multiple options for a reaction in our patients in the frequency range of Gamma (30 - 100 Hz).

Even then we have perceived movement and oscillation of the inherent body frequencies as well as those generated by the brain as those waves, which are mirroring our brain wave pattern and thus our state of consciousness.

The Gamma waves occupy a special place in this.

We now know through a long time of Gamma program application that this induction therapy may mean a reversal of fortune, but primarily bring relief to an individual's suffering.

### 1. THE PROGRAM GAMMA LONG

More than 10 years ago Peter Mandel had already collected quite a bit of experience with the programs of induction therapy that he had developed and applied. He was pondering how to integrate the newly discovered brain wave "Gamma" into the therapy protocols. First trials with those high frequencies were successful and over time the rhythmic patterns of the Gamma long program came into being.

They are designed to transmit compassion, care and a sense of happiness, all qualities that tend to be rather scarce these days. There is also a connection to peak achievements, a high flow rate of information and transcendental experiences.

The duration of the Gamma long program is 42 minutes.

## 2. THE PROGRAM GAMMA SHORT

The Gamma short program has a similar and slightly shorter rhythm pattern compared to the Gamma long. This program is used in selected reflex areas (zones and points) that are related to a person's disease. We have been able to observe a very good effect of the Gamma waves. The duration of application of such an induction should not exceed 10 minutes.

## 3. THE PROGRAM GAMMA 40

Peter Mandel has authored a brief booklet about this program. In it he is describing the developments that have given rise to this program.

The new insight was that the gamma frequencies (around 40 Hz) should be combined with the alpha and theta frequencies. Therefore this program has very specific indications, like for instance an activation of the limbic system, especially the hippocampus and the amygdala, which presently also are the focus of the neurological sciences. For us it means that an induction with the Gamma 40 program may be applied at appropriately assigned zones and points. I just want to mention the thalamus reflex areas or the familiar coordination areas, which are all assigned to specific reflex zones.

We are presently exploring further possibilities of the gamma frequencies and shall report about it at a given time.