

For Whom is Psychosomatic Energetics Best Suited?

Advantages and disadvantages of the method¹

Dr. Reimar Banis

Portrait of the method

Psychosomatic Energetics (PSE) is a naturopathic diagnostic and therapeutic procedure that, with the aid of a test device, quantitatively tests a patient's subtle-energy system (see Fig. 1). Humans have four subtle energy levels whose charge (like a battery's charge) is a reliable indication of overall well-being and health. Whoever has a lot of energy feels good; whoever has low energy is or will become sick. As with Yoga and Traditional Chinese Medicine, PSE considers harmonious and robust life energy to be crucial to maintaining good health. Sick and mentally or physically weak people tend to have subnormal energy readings, while healthy persons have normal ones.



Fig. 1 Typical PSE test situation – kinesiological arm-length test (supine) to test out the four subtle energy levels.

From the viewpoint of PSE, the causes of low energy readings are usually emotional conflicts acting as energy thieves. With the aid of specific homeopathic compound remedies (Emvita®), these can be detected and eliminated by the administration of the tested remedies. The resulting normalization of energy readings initiates emotional and physical self-healing processes. Briefly put, PSE can be designated as “psychotherapy with homeopathic drops”, but besides its psychological effect, it is also effective for physical ailments.

Because PSE is generally still fairly unknown in alternative-medicine circles, and could certainly be employed as a valuable standard method in many more naturopathically-oriented practices, I would like to briefly present the method's conditions. PSE is polarizing, being the most important method in many practices, whereas in others it withers on the vine. It seems to me that the reason for this has to do with the uniquely individual character of the method, which one should be aware of. In the meantime, roughly 15 years of practical experience have built up a large body of knowledge which can be used to properly evaluate the pros and cons of PSE and, for those interested, describe what they need to bring to a successful application of the method.

Like any alternative-medicine method, PSE has pluses and minuses which therapists should be aware of. Normally, beginners don't know anything about the minuses and so must first gain some experience which – after some years of applying the technique with some healing

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successes as well as disappointments and other effects – enables them to arrive at a definitive conclusion. However, it would be nice to know all that right at the beginning, since experience has shown that PSE is not suitable for every practice or every patient. The application of PSE calls for certain specific individual requirements and qualities, which will understandably seem like a downside of PSE to those who don't have them. Because of the individualized nature of PSE, advice from experienced colleagues can hardly help one along, so that one needs to draw up one's own picture if interested in PSE. It is my hope that this article can make a contribution to the process.

Conditions for PSE

I should begin by mentioning that every method has its weak points. For example, classical homeopathy and classical acupuncture are considered to be extremely time-consuming and hard to learn, as well as being difficult to apply in actual practice. PSE does not have these disadvantages, since it is easy to learn and easy to apply. However, PSE has other preconditions that need to be kept in mind. The testability of energy-medicine tests depends on an innate talent, and roughly a third of the population can be considered to be very talented in this respect, the next third averagely so and trainable, but the final third are unsuitable. This is fairly easy to find out, e.g. at a weekend kinesiology course, and if deficient in talent, one should turn to other methods.

One can train and improve testing ability in a restricted environment. The important thing here is to calibrate one's testing against objectively verifiable facts as well as other experienced and reliable testers, and also to be constantly refining and training them. Testing well requires constant training, mental and physical self-discipline, plus the ability to concentrate mentally² as well as the discipline to lead a healthy and balanced life so as to be in good shape energetically. Those who have little energy, and even have energy blocks of their own, make poor testers, and experience has shown that the better the tester's energy system, the fewer the errors. In addition, testing is negatively affected by external stress factors such as another person's energy field in the testing area, electrosmog, unstable weather conditions with warm mountain winds, noise and disturbances at the testing site.

Elucidating PSE test results calls for a great deal of professional experience, tact and sensitivity on the part of the therapist, so it's no wonder that PSE is often very popular with experienced professional colleagues. A therapist needs a full measure of life experience as

² Energetic testability is easily influenced mentally. Good testers can empty the mind of assumptions and expectations. Testers who are plagued with self-doubt get unclear results. But there is yet another reason why criticism is bad for energy testers: when, namely, their testing ability is being scrutinized in the context of a scientific investigation. This is subconsciously perceived by testers as "outside criticism" and leads, in the overwhelming majority of cases, to test results that are no better than random, whereas reliable results are obtained when they are not being subjected to scientific scrutiny. Therefore, the big disadvantage of all energy-medicine tests is their great vulnerability to internal and external criticism, which destroys testability. Hopefully, modern brain research will be able to make a contribution in this area by uncovering the reasons for this and eliminating or neutralizing this tricky situation.

well as some psychological aptitude in order to do superior work in PSE. PSE holds up to the patient an accurate emotional mirror which reveals negative personal characteristics that are not always pleasant to contemplate. For instance, overweight patients with a depressive exhaustion find out that they have a subconscious conflict with the theme "Frustration". Not every patient is emotionally mature and honest enough to recognize their self-inflicted fate and go on to make productive use of the insight. Thus, PSE is not suitable for all patients and can, for many people, represent quite an emotional challenge.

Distinguishing advantages of PSE

Many of the diagnostic and therapeutic characteristics of PSE are unique and cannot be fully duplicated by any other naturopathic method. The outstanding advantages of PSE include:

1. It can generate a kind of "X-Ray" of the subtle-energy system. Conventional subtle-energy test procedures cannot test the energy system to the extent that PSE can – above all, not quantitatively and with the same degree of discrimination of the different subtle-energy levels.
2. PSE provides reliable quantitative test readings of the four energy levels in percent. The normal value is 100% Vital, 100% Emotional, 100% Mental, 40% Causal. The four energy levels have differing qualities and mental/physical functions, such that there's no point in testing them individually.
3. Healthy and sick people can be clearly differentiated. As we know, many naturopathic diagnostic procedures have the problem that they brand nearly everybody as sick, which is not the case for PSE, i.e. the method is realistic.

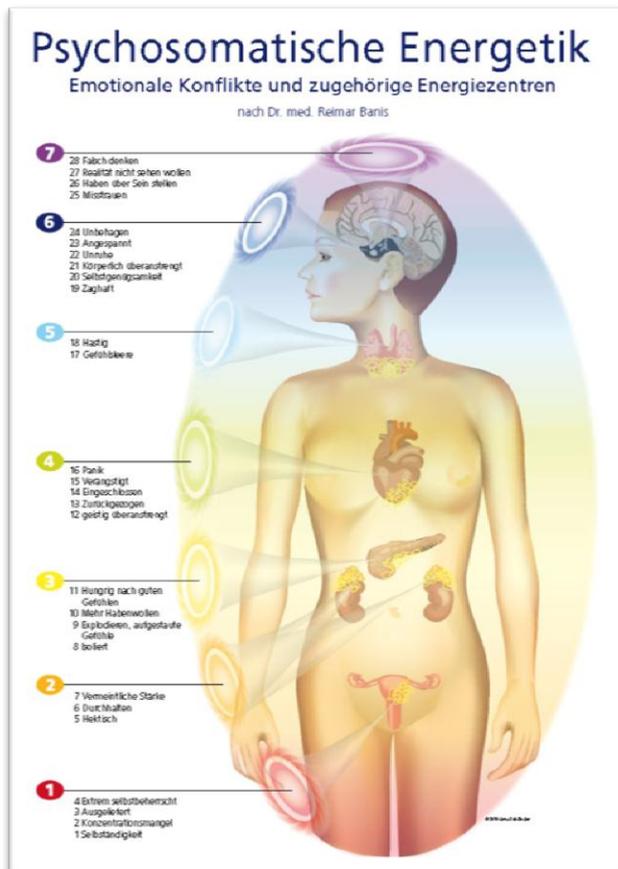


Fig. 2 – The 28 PSE conflict themes and their relationship to the seven energy centers.

4. The resulting test readings usually agree both with the patient's subjective feeling as well as with clinical diagnoses. Thus, one sees low Emotional readings in depression cases and low Mental readings for psychoses. As the clinical picture improves, so do the test readings, thereby enabling monitoring of the course of treatment.
5. The standardized REBA® Test Device and testing procedure make the results obtained by different testers roughly comparable and stable even across larger time spans.

Additional outstanding advantages of PSE include determination of the disturbed energy center and identification of the acute emotional conflict and its size. The currently disturbed energy center (Chakra or autonomous segment) is first identified with the aid of PSE. The disturbed segment often corresponds to the location of the current maximum symptoms or to a diseased organ. The cause of the current segmental stress is identified next. These are usually acute emotional conflicts, of which there are 28 in PSE (see Fig. 2). The homeopathic complexes used to track down the conflicts contain high potentiations which correspond to the respective emotional main problem and therefore respond in the energy test.

The patient almost always confirms that it is the right conflict. These are “pre-conscious” conflicts of which the patient may be subliminally aware, but is normally not consciously aware due to their nonverbal contents, which means that they cannot be put into words. The patient can almost always relate to the conflict contents and recognize in it a currently central emotional theme. This often deeply moving *Aha!* experience has a favorable effect in many respects on the therapeutic relationship: patients feel, deep in their souls, that they

Psychosomatic Energetics

Emotional conflicts and associated energy centers

By Dr. Reimar Banis

- (7)
 - 28 Wrong thinking
 - 27 Unwilling to face reality
 - 26 Materialistic
 - 25 Mistrust
- (6)
 - 24 Discomfort
 - 23 Uneasy, tense
 - 22 Restless
 - 21 Physical overexertion
 - 20 Self-sufficient
 - 19 Faint-hearted
- (5)
 - 18 Hasty, victim of circumstance
 - 17 Emotional emptiness
- (4)
 - 16 Panic
 - 15 Apprehensive
 - 14 Introverted
 - 13 Withdrawn
 - 12 Mental overexertion
- (3)
 - 11 Craving good feelings
 - 10 Wanting more
 - 9 Pent-up emotions
 - 8 Isolated
- (2)
 - 7 Show of strength
 - 6 Perseverance, somatized fears
 - 5 Hectic
- (1)
 - 4 Extreme self-control
 - 3 At the mercy of, helpless
 - 2 Lack of concentration
 - 1 Independence

have been correctly diagnosed and understood and are grateful for this; likewise, the entire relationship with the therapist is experienced as being deeper and more significant. For the therapist – and of course for the patient as well – it is usually very worthwhile and important to investigate the impact of the subconscious conflict on the patient's life, and to draw the right conclusions therefrom.

The advantages of PSE also include determining the magnitude of an acute emotional conflict. One thus learns how much energy the conflict has taken from the patient, how conscious the conflict is, as well as empirically how long it will take to treat it. Precise determination of the size of the conflict also permits monitoring progress – something not as accurately possible with other comparable procedures – whereby one can clearly see, during the course of several months of treatment, whether or not the patient is taking the medications regularly, or whether they are having any therapeutic effect. Sometimes, patients don't store the medications properly (i.e. in the vicinity of a strong magnetic field) and they quickly become useless. Testing allows all this to be checked quickly and reliably, avoiding months of continuing on with what might turn out to be ineffective therapy.

In addition, PSE can reliably determine a patient's character type. Normally, the determination of personality involves intensive and long-lasting depth-psychological investigations, but PSE can do it very quickly. PSE utilizes the four character types of ancient times (Melancholic, Choleric, Phlegmatic and Sanguinic). Since different characters have different talents, preferences and dislikes, knowing the character type facilitates the derivation of appropriate lifestyle counseling. Knowing the character type also means that one can develop a greater understanding of one's fellow humans – who are, after all, “not cut from the same cloth” as oneself.

PSE can reliably identify geopathic stress and electrosmog, as independent on-site investigations by experienced dowzers have shown time and again. Experience shows that so-called *geo-radiation* is an important cofactor in many ailments, either as a direct cause or as an indirect trigger. Due to habituation and a lack of sensibility or of knowledge etc., many of those affected at some point no longer notice geo-radiation stress. This also applies to a lesser degree to electrosmog, which, although it is empirically less harmful physically, can nevertheless have a very disturbing subjective effect. PSE can very clearly identify the sufferers and monitor the course of the cleansing process, which can either prevent illness or remove obstacles to healing.

Special PSE Organ Test ampoules can identify functional stresses such as intestinal flora disorders, biliary drainage and pancreas functional disorders. Empirically, they play a key role in many people with long-term feelings of ill health (fatigue, dizziness etc.), eczema, chronic pain as well as digestive disorders of unclear etiology (with nausea, irritable colon symptomatology etc.) and yet are criminally ignored by conventional medicine because it knows nothing about these hidden and hitherto hard to objectify disease causes. In addition, PSE can detect and consistently treat chronic focal stresses such as sinusitis.

With the aid of the “Filtering” test procedure, the interrelationships between different ampoules can be identified, thereby uncovering causalities among various different harmful factors. The REBA® Test Device can also test out the energetic strength of a particular stress factor, which plays an important role in determining the urgency of therapy as well as in the prognosis. In addition, the REBA® Test Device can reliably forecast the therapeutic effectiveness of many medications. Analogously, it can also determine the harmfulness of particular substances, i.e. in order to prevent side effects. In this context, I should point out that effective and individually appropriate conventional-medicine remedies test out just as strongly as homeopathics – meaning that, when it comes to effective therapy, there’s ultimately no essential difference. PSE can thus confirm the thesis that all good therapy ultimately rests on the same mechanisms, which makes it clear that orthodox medicine and complementary medicine belong together, and undoubtedly just address different regions of the organism.

Summary

Summing up, PSE confers enormous advantages which no other alternative-medicine method can offer to the same degree, which is why it is unique and has consequently come to be considered indispensable in many complementary-medicine practices. So certain important questions can only be answered and resolved by PSE. Clearly, the advantages of PSE far outweigh the disadvantages, which is why PSE is evidently indispensable in any complimentary-medicine practice.

PSE is one of the few modern complementary-medicine procedures which adheres to standardized instructional contents, is subject to external quality control and includes high-grade international standardized training culminating in a written and oral examination. Directing training is the International Society For Psychosomatic Energetics [Internationale Gesellschaft für Psychosomatische Energetik, IGPSE] with headquarters in Zürich. I will be very pleased if my article makes a few readers curious and encourages them to begin the training process to become a “Certified Energy Therapist” – because they can then impart valuable insights to their patients and offer them important therapeutic support.

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Author

Dr. Reimar Banis
General practitioner, naturopathic healing
c/o Internationale Gesellschaft für Psychosomatische Energetik (IGPSE)
Dörflistrasse 4
CH-6056 Kägiswil
SWITZERLAND



Information about Psychosomatic Energetics

Psychosomatic Energetics (PSE) is well on the way to becoming a standard method in modern complementary medicine. It combines ancient methods such as Shamanism and Indian Yoga with psychoanalysis and homeopathy into a new integrated whole. Its fundamental considerations derive from the knowledge that a harmonious energy system free of emotional traumas is important for mental and physical health, and that an appropriate therapy can initiate holistic self-healing processes.

Training as a “Certified Energy Therapist” is done on an in-service basis and consists of a number of scheduled training segments (for seminar dates see www.igpse.ch). There are now nearly 500 certified therapists in the German-speaking region. In addition, PSE is also taught in North America and other countries, and is practiced in more than 20 countries around the world.

Free informative material for therapists regarding training is available on request from:
Rubimed AG, Grossmatt 3, 6052 Hergiswil SWITZERLAND (www.rubimed.com).