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www.metamedicine.info

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The Intl. Meta-Medicine Association wants to thank all researchers and participants for making Meta-Medicine a reality.
Through the process of modelling, we have found 10 important principles, which form the basis of Meta-Medicine and the Meta-Medicine diagnosis and therapy model. Apply the following understanding in your work with clients.

1. **Synchronicity of body, mind, spirit, environment**

   There is no separation between body, mind, spirit embedded in the environment. The process and development of a disease process is synchronous at all levels (organ, brain, biofield, mind, etc.). Because all levels are synchronous and in phase with each other, we can use the data of one level to conclude the other levels. Every change at one level simultaneously affects and is visible on all other levels.

2. **Beginning of an illness**

   A disease process originates from a Significant Emotional Event, which we experience as unexpected, dramatic and isolative, simultaneously at all levels of our organism. The way we unconsciously react and associate a conflict experience determines which disease process (which organ and brain relay) is affected. The emotional intensity, conflict length and the tracks (Anchor) determine conflict mass and therefore the process of the disease process.

3. **Subjective perception: Our body as feedback**

   Our perception is a projection. Every person perceives the environment through the senses as a subjective reality. Our environment and our body are
mirrors of our inner reality. Self responsibility and active changing our inner and outer reality are important aspects of any healing process.

4. Disease as a process

Every illness goes through two phases, the 1st conflict active phase and the ensuing 2nd phase. A complete progression from the beginning of a disease through the healing is described as a disease process. The typical symptoms of an illness, such as muscle pain, headache, running nose, ulcer, cancer or leukaemia are not the illnesses per se but a partial aspect of a comprehensive disease program. The major points and phases of a disease process can be found using the synchronous unity of body, mind, spirit, environment and specific questioning techniques.

5. Brain: The over determined relay system

The brain works as an over determined relay system of all functions of our organism. Each organ with conflict content can be assigned based on the germ layers connection to a specific brain relay. The cerebral changes in a brain relay, during a disease process, can be measured by using a brain CT or MRI.

6. Germ Layer: Organized by organs

Our organism and diseases are not organized by symptoms, rather by organs and germ layer. Based on embryology and ontogenesis we can assign all organs to one of the three germ layers (from which our complete body has developed as an embryo). Each organ reacts based on it’s germ layer connection and the twophases with these organ reactions: cell and tissue plus or minus, over activity or under activity, loss of function or increase function.

7. Microbes: Biological helpers

Microbes are not the primary originator of a disease; rather they are biological, meaningful helpers and part of a complex disease process. Viruses, bacteria, myco bacteria and fungi are organized by germ layer and brain relay and are active in the regeneration phase.

8. Meaningful process: Disease as a journey

Nature does not make errors or mistakes. Our organism is a highly intelligent, orderly and sophisticated system with biological meaningful reactions which we have labelled diseases or illness. Rather every disease process can be understood as a biological, spiritual meaningful event of nature with the goal of survival, resolution and awareness of a conflict, evolution and the self healing of our organism.
9. Self healing: Responsibility, vitality

Our self healing qualities can be influenced by eliminating factors aiding disease and supporting factors aiding healing. A strong immune system, high life force and vitality are essential aspects of this healing process. Especially during the conflict phase and the regeneration phase additional energy and nutrients are needed. The biological, meaningful disease process can be supported by therapeutic measures at all levels of our organism.

10. Spirit: Health through knowledge and awareness

Each disease is a meaningful and intelligent process. Becoming aware of the conflict and the emotions and transforming them through forgiveness, letting go, love and consciousness are essential aspects of every healing, our personal growth and evolution. Life is evolution!
**Two Phases of Disease and Health – Overview**

1. **Health - Balance**  
   "Equilibrium - harmonious interaction between day-activity and night-regeneration."

   Natural rhythm between day-activity and night-relaxation; balance between sympathetic and parasympathetic nervous system.

   High vitality and life energy are important for strong immune system and self-healing response.

2. **Conflict Shock Experience**  
   "A significant emotional experience - unexpected, highly dramatic, isolated."

   Simultaneously on all levels organ-brain-psyche; is an unconscious process, bypassing our conscious thinking or awareness. Typical conflicts relate to survival, territory, self-worth, fear of death, separation, etc.

   - **Conflict shock**  
     (unconscious snapshot of event)

   - **subjective association**  
     (conflict content and emotion)

   - **organ-brain-psyche**  
     (can be measured at all levels)

3. **1. Conflict Phase:**  
   "Sympathetic, conflict active, stress phase - energy is used for fight, flight and conflict resolution."

   Typical physical-psychological symptoms are: cold hands and feet, low temperature, reduced appetite, low digestive activity, increased heart and breathing rate, contracted blood vessels, compulsive thinking, emotional stress, change of personality, inner pressure and tightness due to ongoing sympathetic stress.

4. **Conflict Resolution**  
   "Change from 1. sympathetic, conflict active to 2. vagotonic, conflict passive phase."

   The conflict resolution can be an unconscious process (change of life circumstances, avoidance of conflict) or a conscious choice (psychological or spiritual resolution).

5. **2. Regeneration Phase**  
   "Parasympathetic, conflict passive phase - energy used for regeneration and healing."

   Typical physical-psychological symptoms are: warm hands and feet, body requires time and energy to regenerate, sleep and relaxation, slow heart and breathing rate, dilated blood vessels, elevated temperature, strong appetite and digestive activity, mentally relaxed, compulsive problem thinking is gone.

6. **Healing crisis**  
   "Short return to sympathetic state with symptoms of 1. phase."

   Important biological process as part of regeneration to test organism and return to normality. Typical healing crisis are epileptic crisis, heart attack, seizures.

7. **Health - Normality**  
   "Return to a healthy state of body, mind and spirit."

   Natural rhythm between day-activity and night-relaxation; feeling well again.
The connections between brain stem and organ are not crossed. Right-Left handedness is not relevant.

lower small intestines (ileum) (indigestable-chunk-conflict)
large ascending intestine (coecum) (indigestable-anger-conflict)
large descending intestine (coecum) (indigestable-anger-conflict)
Rectum (Sigma) (ugly-elimination-conflict)
Kern N. Acusticus left
rectum (submucosa) (ugly-elimination-conflict)
bladder (trigonum) (ugly-conflict)
pharynx left (inability-to-get-chuck-out-conflict)
pharynx right (inability-getting-chuck-out-conflict)
left side of brain
right side of brain
left
right

kidney left & right (collecting tubules) (abandonment-isolation-conflict)
upper small intestines (jejenum) (indigestable-chunk-conflict)
duodenum (indigestable-anger-conflict)
pancreas (anger-fight-conflict)
liver (parenchyma) (starvation-existence-conflict)
stomach (inability-to-digest-chunk-conflict)
Kern N. Acusticus right
gullet (esophagus) (inability-to-swallow-chunk-conflict)
lungs (alveoli) (fear-of-death-conflict)
uterus (mucosa), uterine tube, prostate (half-genital-conflict)

1. phase: stress, conflict active
2. phase: regeneration, conflict passive

Brainstem inner germ layer endoderm

1. phase: 
   cell and tissue plus, tumor growth

2. phase: 
   cell and tissue minus, tumor decomposition, microbes: fungi, mycobacteria, tb
The connections between cerebellum and organ are crossed, meaning the left side of the body is represented in the right side of the brain and visa versa. Right-Left handedness is relevant.
The connections between cerebral medulla and organ are crossed (except myocard and kidneys), meaning the left side of the body is represented in the right side of the brain and visa versa. Right-Left handedness is relevant.
The connections between cerebral medulla and organ are crossed, meaning the left side of the body is represented in the right side of the brain and visa versa. Right-Left handedness is relevant.
Before any therapy, it is essential to elicit a detailed holistic diagnosis and have a good understanding of the current state of body, mind, spirit of the patient. One of the goals with the Meta-Medicine Diagnostics process is to find the major 35 points and phases of a disease process and confirm it on the main 5 levels of our organism.

### 7 major points and phases of a disease process

1. Health
2. Conflict shock (SEE)
3. Stress phase
4. Conflict resolution
5. Regeneration phase
6. Healing crisis
7. Health

### 5 main levels of our organism

1. Organ
2. Psyche
3. Brain
4. Autonomous nervous system
5. Environment

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**Meta-Medicine models**

To find these major points and phases of a disease, you would use concepts like:

- Organ Psyche Brain Connection
- known conflict content for each organ
- Brain relay, germ layer connection
- twophases of a disease
- handedness of a patient
- vitality
- specific questioning techniques
- and more ...

Naturally you can use all available diagnostics methods, traditional and alternative, to get as much clinical data. The more data you have the easier it is to find above major points and phases and the easier it is to design a therapy plan.
Meta-Medicine Script: Handedness

1. Place your hands on your knees?
2. Very quickly clap your hands like applauding someone?
3. Stop!
4. Which hand is on top? = Handedness

Tips (if no clear result):

- Many left-handed people think they are right-handed.
- Clap both ways - which side feels more natural? (look for leading hand, more natural posture)

Meta-Medicine Script: Finding major points and phases

1. What is the health issue? Symptoms?
   Review Meta-Medicine Directory (learn about the details of the disease program, like organ reaction, symptoms conflict, phases)

2. When exactly did the symptoms appear first?
   Note exact time of the first (acute) or last cycle (chronic)

3. Did you feel stressed, hyper, active, ..... ?
   Or did you feel tired, exhausted, ..... during this time?
   to confirm if in 1st Stress Phase or 2nd Regeneration Phase

4. Just before the symptoms began, did you have to deal with ......................? Did your thinking, feelings change?
   without suggesting: ask specific questions to find conflict resolution or shock

5. Repeat above steps until you found all major points in timeline (conflict shock, resolution, symptom of phases)
   Double check on all levels: organ, psyche, brain, environment ...

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The body

Organs
Is treatment necessary?
Are there any alternative treatments to support the symptoms?
Immune system = Vitality = Life energy
What can I do to improve my life energy?
It is extremely important to support the body and replenish it with energy so it will be able to cope and restore itself.

Fitness
What can I do to strengthen the body and keep it strong and vital?

Mind

Solve the conflict.
Identify the conflict. How can I solve the conflict? Who could help me do it?
Find the trigger.
If we are talking about a chronic process it is very important to answer the question: What actually starts this conflict over and over again?

Emotional balance
What can I do to release feelings and create an emotional balance in my life?

Spirit

Consciousness and understanding
In what way is this condition perfect for me?
What is the higher purpose of what I am going through right now?
Assume responsibility for the situation and for your own health.
What will I see, hear and feel when I am enjoying good health? What are my health goals?
What positive changes can I make?

The environment/surroundings

Real biological conflict resolve
What kind of changes do I need to make in my environment in order to solve the conflict and the triggers?
Create an environment supportive to healing and health.
Would my surroundings be able to support me in my healing process?
Do I need to make any changes?