

META-Medicine

Training – Level 1

*Consciousness that transforms
health care around the world*



with

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Certified META-Medicine Master Trainer



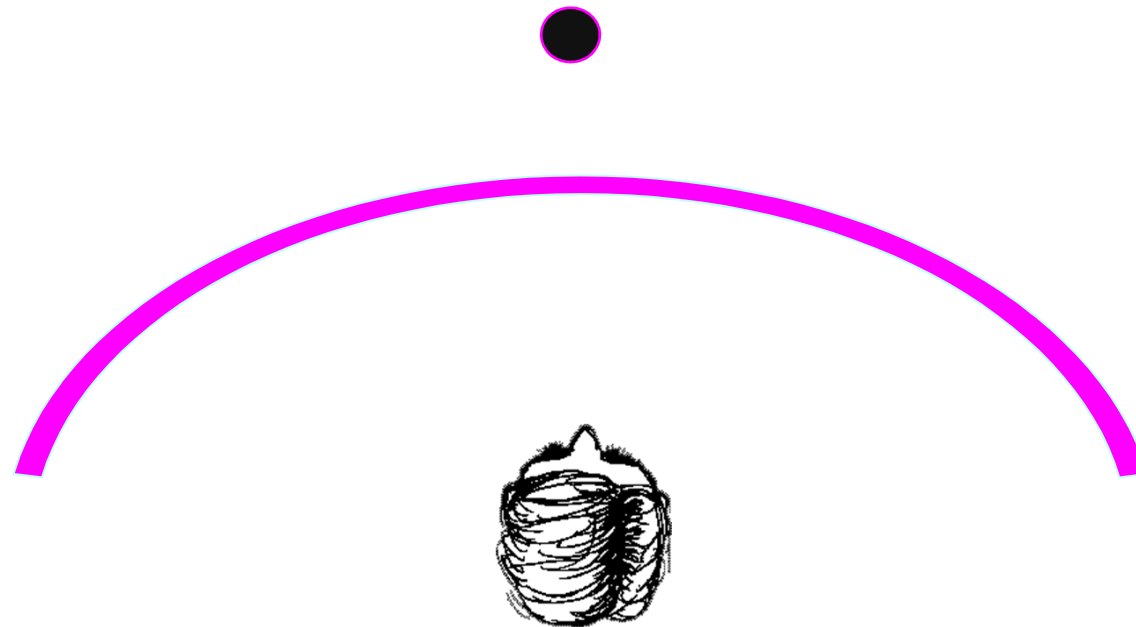
Love

REVOLUTION

EVOLUTION

Exercise: Learning State

- Focus on a fixed spot (in front and above you)
- Look relaxed at this fixed point
- Become aware of peripheral field of vision



Meta-disciplinary

META-Medicine

Over-determined, meta-disciplinary, holistic
Plattform for all methods and fields of medicine
Use a common language

Traditional Medicine

Allopathy,
Chirurgie
Psychology,
Chemotherapy
Neurology

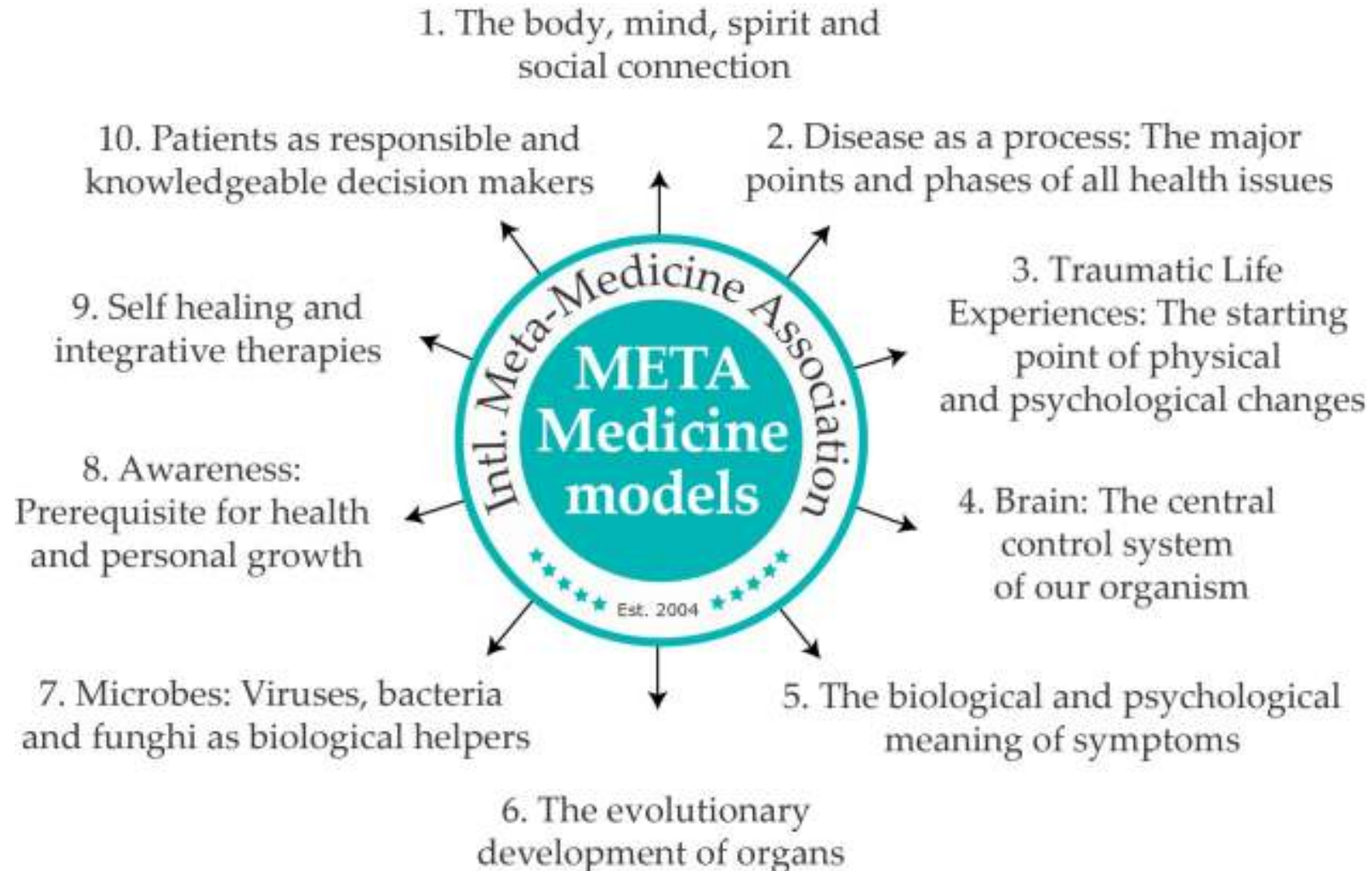
Complementary Medicine

Homeopathy,
Chinese Medicine,
Chiropractik,
Natural Medicine

Alternative Medicine

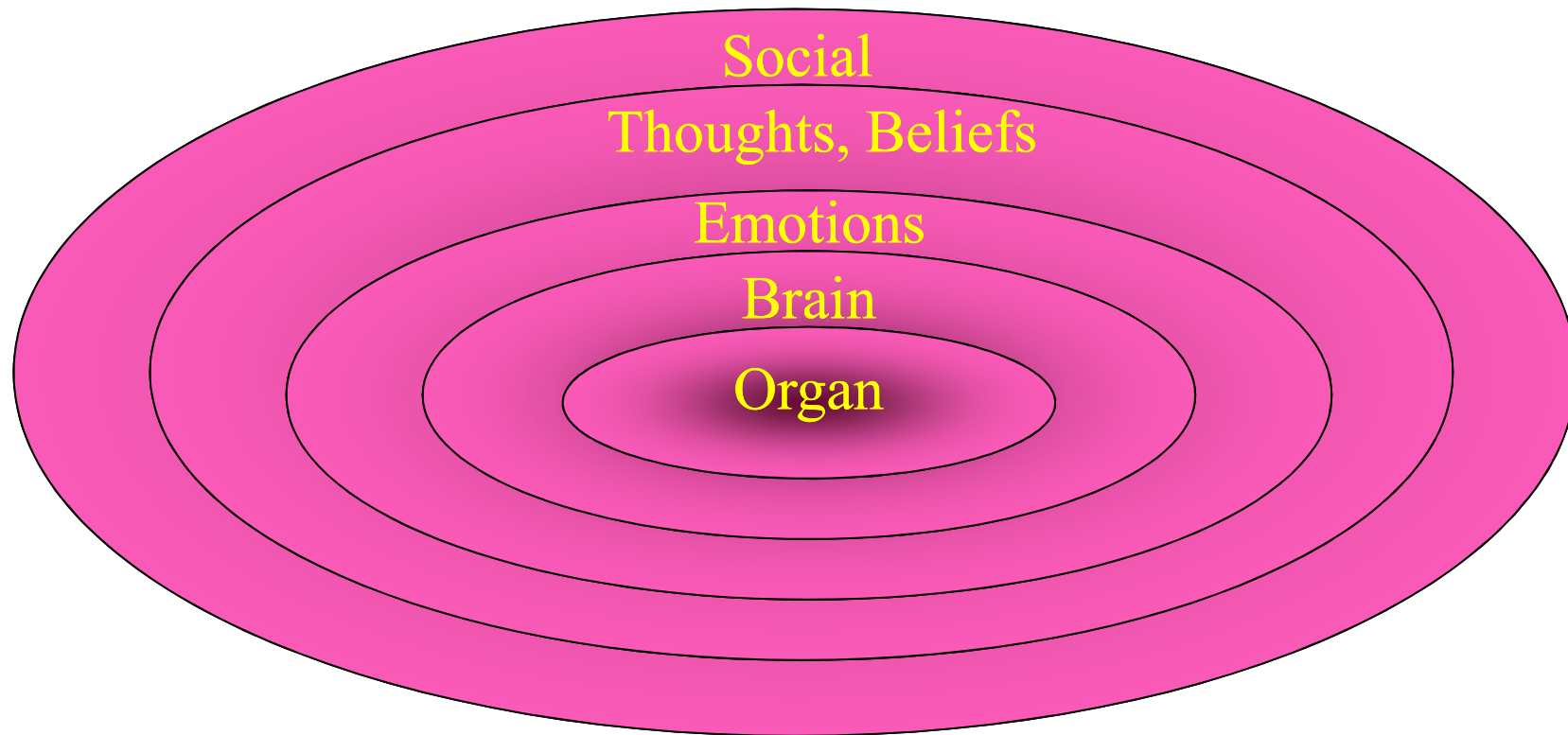
Energy Medicine,
BIT, Reiki,
Spiritual Healing,
Biofeedback

META-Medicine Models



Organ-Brain-Psyche Connection

The Synchronicity of Organ-Brain-Psyche Connection



The Starting Point

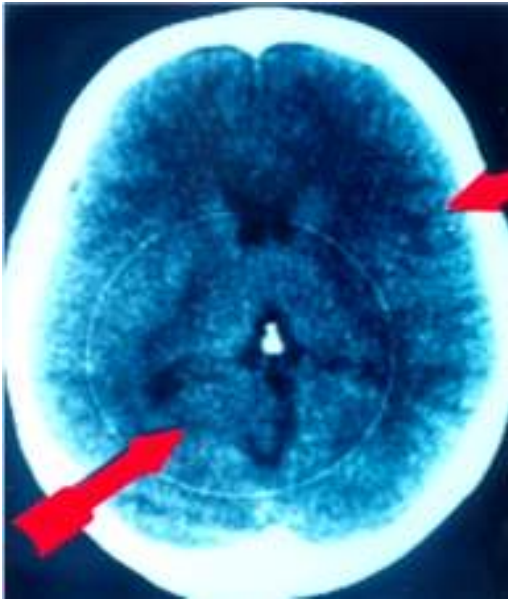


Traumatic Life Event – UDIN moment

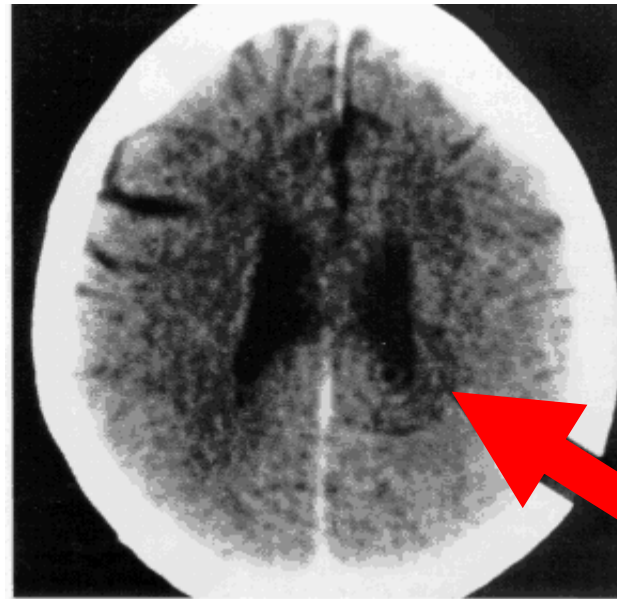
- **U**nexpected
- **D**ramatic
- **I**ntensive
- **N**o Strategy

Brain CT markings

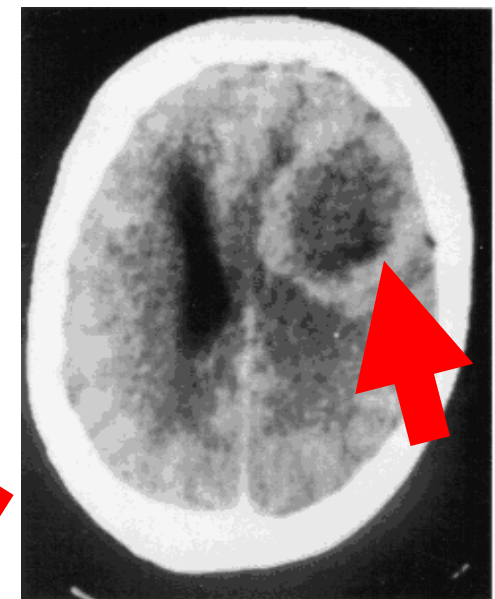
Typical markings in a brain CT



Conflict phase



Conflict phase



Regeneration phase

Subjective association in the conflict moment

Self
devaluation
conflict

Loss
conflict

Worry
argument
conflict

Conflict content
(unconscious, biological association)

Biological
Conflict
Shock

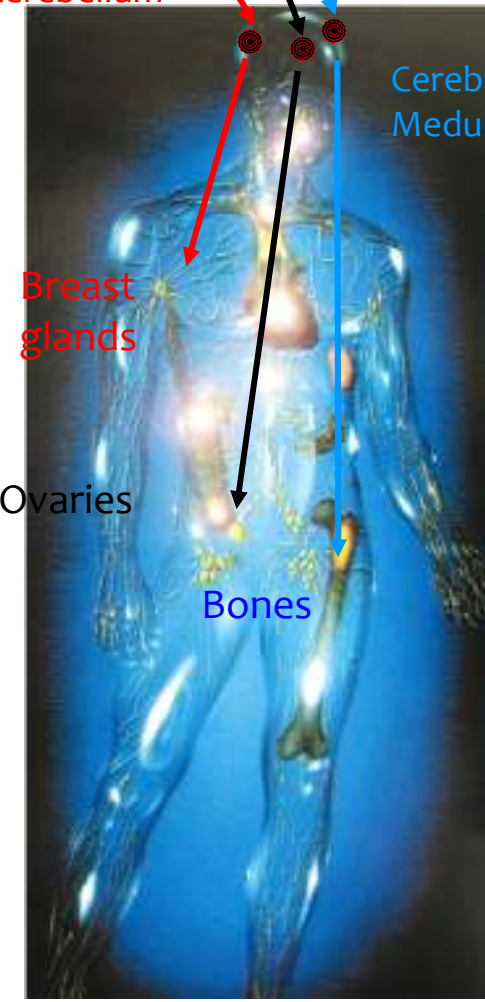
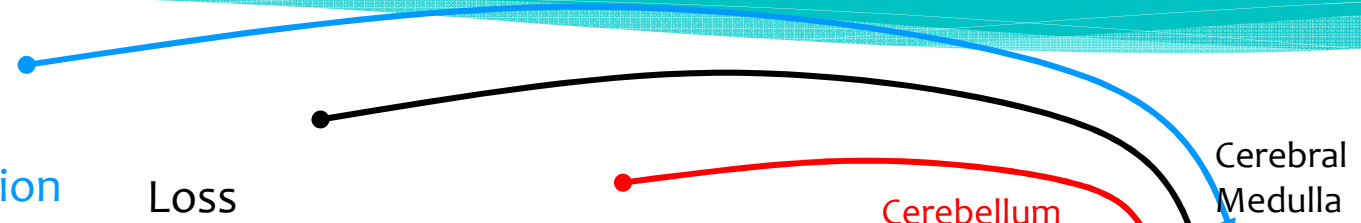
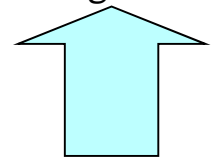
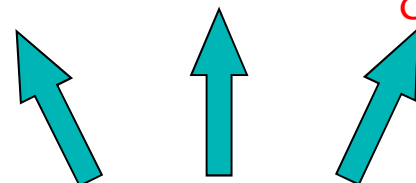
Cerebellum
Cerebral
Medulla

Cerebral
Medulla

Breast
glands

Ovaries

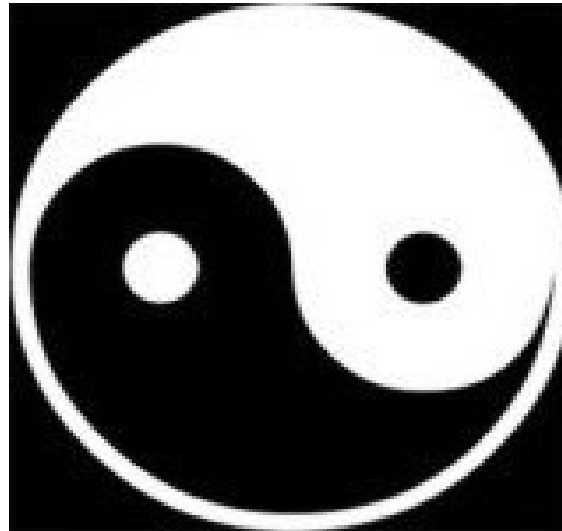
Bones



Disease as a process

Life is Polarity (Yin – Yang)

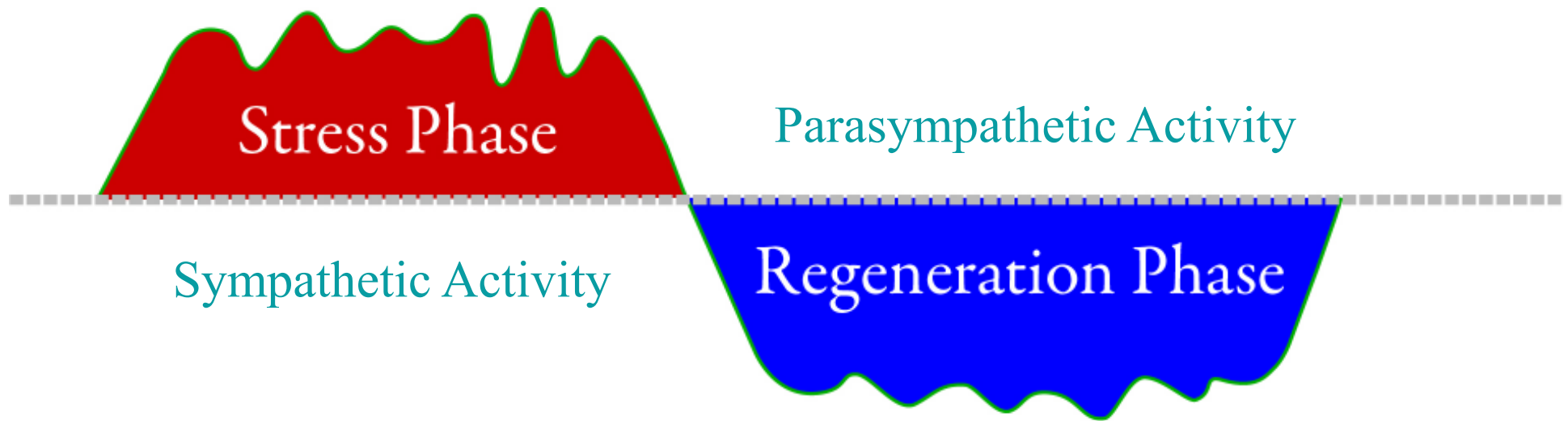
Day - Night
Light - Dark
Outside - Inside
Right - Left
Warm - Cold



Breath in - Breath out
Plus - Minus
Male - Female
Active - Passive
Positive - Negative

The rhythm between the poles mark life, nature and our cosmos.

The Two Phases of Healing



Sympathetic Nervous System



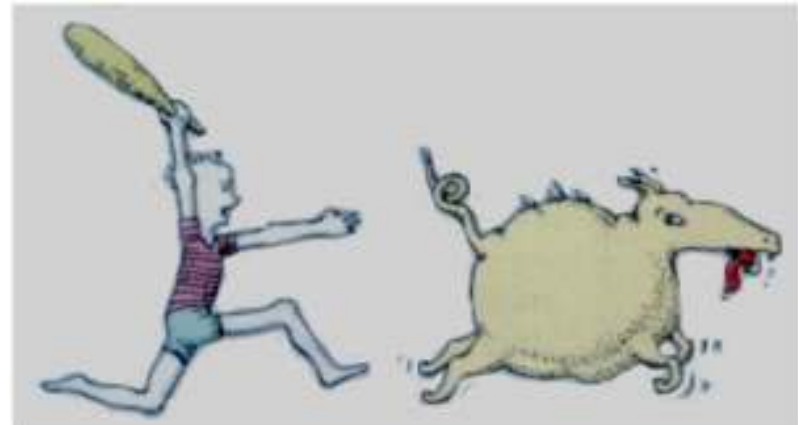
Fight or Flight or Freeze

Activity, work, stress, fight and/or flight response

Organs: all working organs such as heart, muscles and brain

Time: active between 6 a.m. to 8 p.m.

- Stress, tense body
- Obsessive thinking
- Sleeplessness
- Absence of Appetite
- Loss of weight
- Cold body and extremities
- High blood pressure
- Palpitation
- Contracted blood vessels
- Nervous and cold perspiration



- Blood is directed from digestive tract to muscles and vital organs
- High output of glucose
- Increased secretion of adrenaline making faster reaction possible

Parasympathetic Nervous System

Eat and Sleep and Regenerate

Serves metabolism, regeneration and build-up of resources.

Organs: all digestive organs, such as stomach, bowel, liver

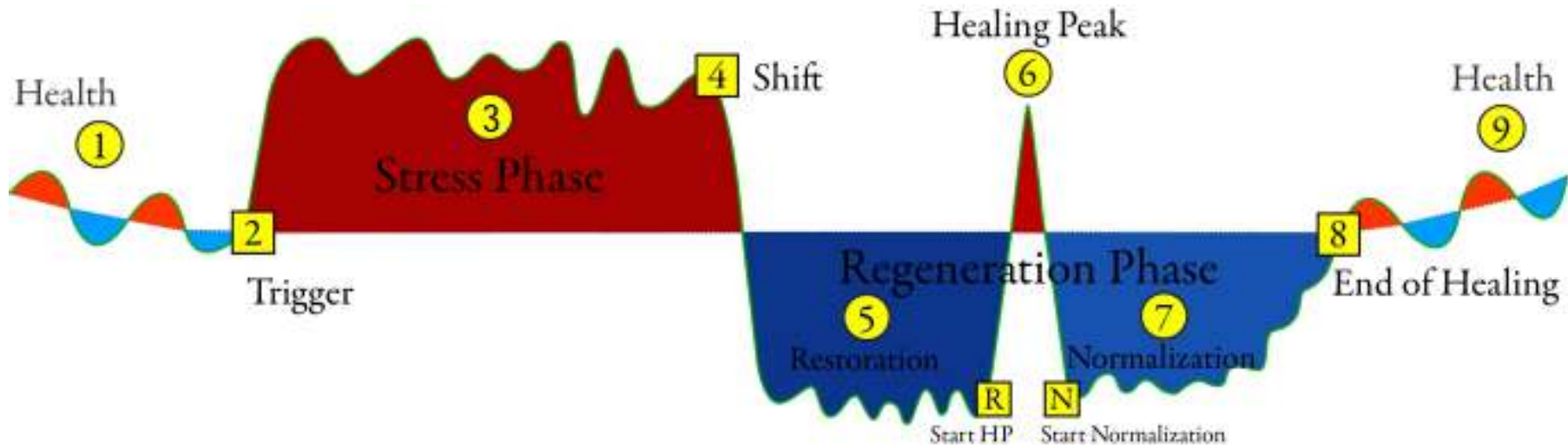
Activity: Mainly between 8pm and 6am

- Fatigue and tiredness
- Good appetite
- Weight gain
- Warm body and extremities
- Low blood pressure
- Slow heart rate
- Wide blood vessels
- Digestive organs get much blood
- Perspiration, hot skin and body
- Fever



- All digestive and elimination activities are amplified
- Build up of reserves and energy for the next day

9 Major Point and Phases



- 1) **Health:** Normal day activity and night relaxation
- 2) **Trigger:** Trauma (UDIN) or memory of trauma
- 3) **Stress phase:** Cold, sympathetic, active
- 4) **Resolution:** Reversal via real-life resolution or soul-ution
- 5) **Regeneration phase A:** Restoration, warm, parasympathic
- 6) **Healing Peak(s):** Short return(s) to sympathetic stress phase
- 7) **Regeneration Phase B:** Normalization, excretion
- 8) **End of Healing:** Return to normal day activity and night relaxation
- 9) **Health:** Normal day activity and night relaxation

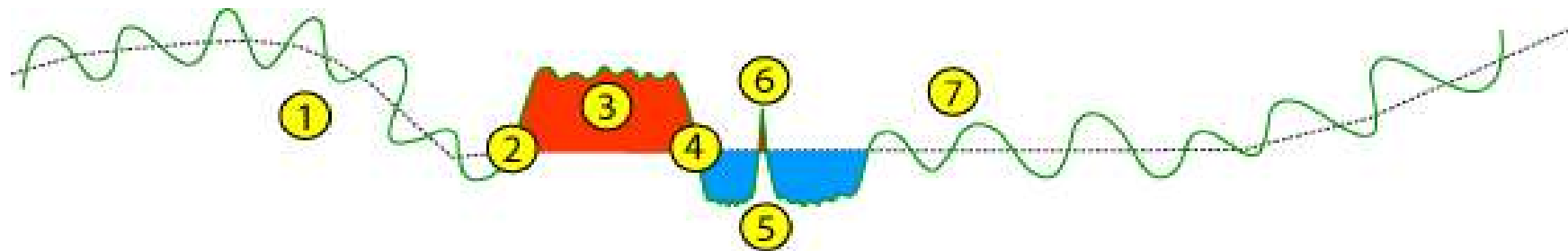
5 Levels

Organ
Mind
Brain
Nervous System
Social

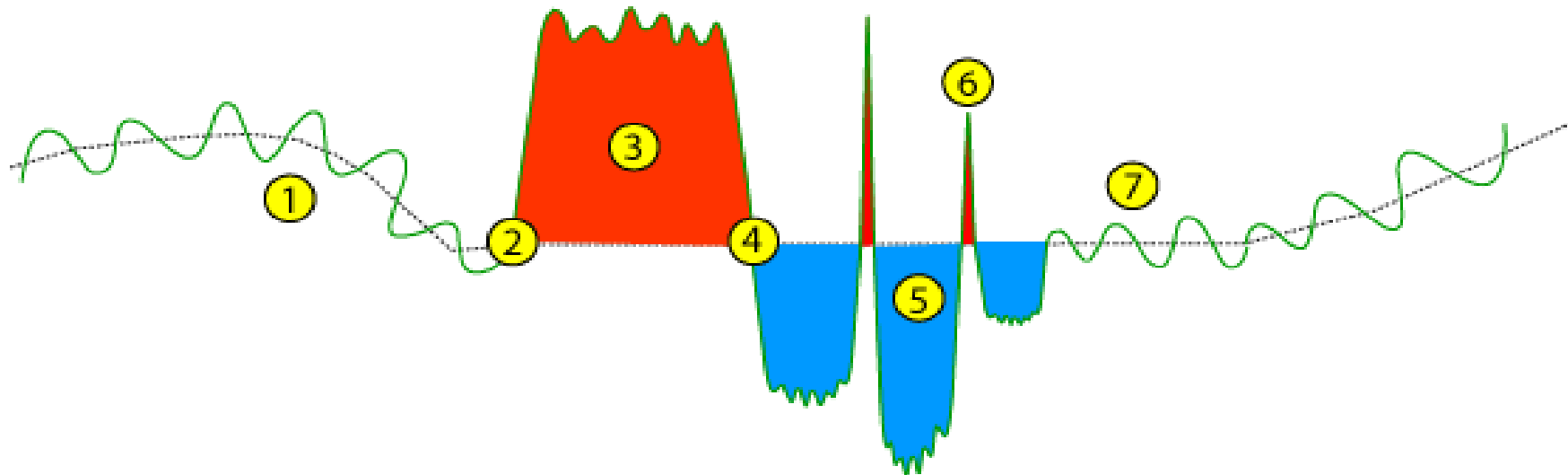
45+ possible points
and phases

Acute Disease Process

One healing cycle from Trigger (2) to Health (7)

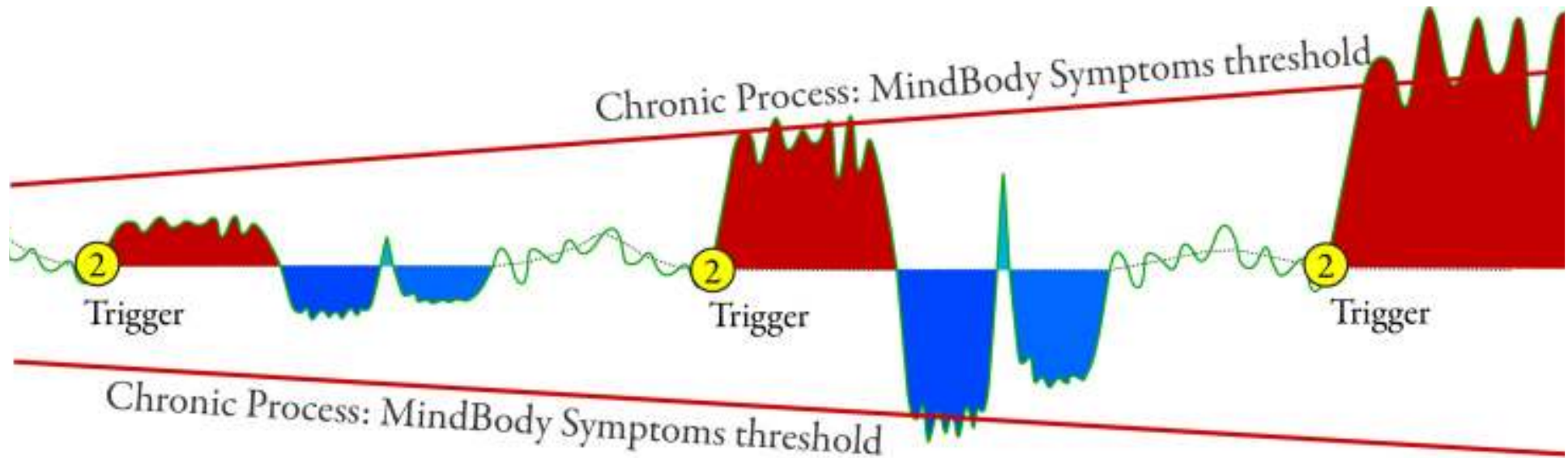


with minor symptoms and conflict mass



with minor symptoms and conflict mass

Chronic Healing Process

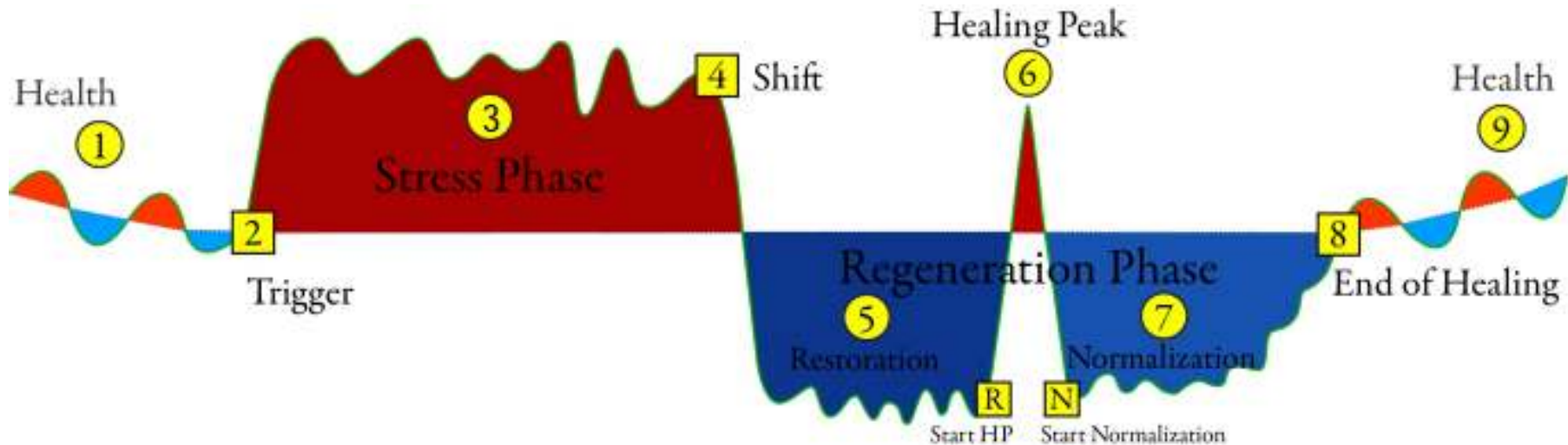


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- Relapse of a disease through VAKOGS triggers. Does not have to be UDIN (unexpected, dramatic, isolative, no strategy).
- Initial trauma could be during or before birth (hereditary, geneological)

Important: Pay attention to trigger + amplifiers (secondary gain) + vitality

Point and Phases - Clarifications



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- Trigger can be a trauma (UDIN) or a series of smaller traumas
- Traumas can be passed down from parents (hereditary).
- Resolution/Reversal/Shift and a SOUL-UTION are not the same.
- Therapeutic interventions intend to support the healing process.
- Emotional pattern & beliefs are thread