

Detecting and Healing Emotional Conflicts in the Energy Field

by Dr. Reimar Banis

Tracking down the underlying causes

According to psychoanalytic theory, subconscious conflicts play a significant role in the genesis of many physical ailments and mental disorders. Since the conflicts in question are suppressed and hidden away in the subconscious, they tend not to be detected by conventional medicine and consequently not treated. Also, when it comes to behavioral disorders, problem children and many other psychological problems, subconscious conflicts should be taken into consideration as possible causes. This is particularly true of somatoform disorders and therapy-resistant clinical pictures such as chronic pain or exhaustion with no objective cause, in which experience has shown that subconscious conflicts can be found.

The experience of Psychosomatic Energetics (PSE) is that conflicts often act as energy blocks that deprive patients of a great deal of energy (see Fig. 1). Energy blocks thus constitute obstacles to healing whose detection and elimination often restarts natural healing processes. Many times, a preexistent resistance to therapy disappears, and many treatments become much more effective. Keep in mind that it's not just healing an ailment here, but also people as a whole being positively transformed, usually feeling more energetic and often having more *joie de vivre*. Afterwards, they report that they have their life much more in order and have developed greater self-esteem; such statements show that this kind of therapeutic approach has holistic and above all psychotherapeutic effects.

Psychosomatic Energetics

Psychosomatic Energetics (PSE) is an alternative-medicine diagnostic and therapeutic system which I developed about 10 years ago. With it, one can first test out a person's energy situation and then their emotional conflicts, afterwards treating them with specific homeopathic compound remedies. The examination with the REBA® test device and special ampoules is simple and easy to learn. With the aid of the device, the therapist determines the percentage charge of life energy, differentiating between the various levels of the subtle aura: vital, emotional, mental, and causal. Each of the energy levels has different physical as well as psychic attributes. The test results empirically mirror the overall life-feeling and usually agree with clinical diagnoses. Thus, physically exhausted people usually exhibit a low vital reading; depressive patients usually have a reduced emotional reading; and patients with psychoses exhibit relatively low readings on the mental level.

By testing the four subtle energy levels, the therapist ascertains, in just a few minutes, what you might call “blood pressure readings” for the subtle energy levels. The tested-out readings have proven to be very reliable when one compares the test results of different examiners, and they are not subject to momentary fluctuation. The REBA® test device works with precisely defined measurement signals which enter into resonance with the brain waves. The test results are reproducible, i.e. different investigators measure identical values on the same patient. To learn the testing method, therapists must first have their own conflicts treated, and then undergo thorough training.

In the second step, we find out why the patient has too little energy, which is usually due to the aforementioned conflicts. In order to identify the conflicts, the therapist uses ampoules containing homeopathic agents and first checks the seven energy centers (Chakras) for blockages. If the patient exhibits a reaction at a particular Chakra/ampoule then there is a disturbance in the corresponding energy center.

How a conflict arises

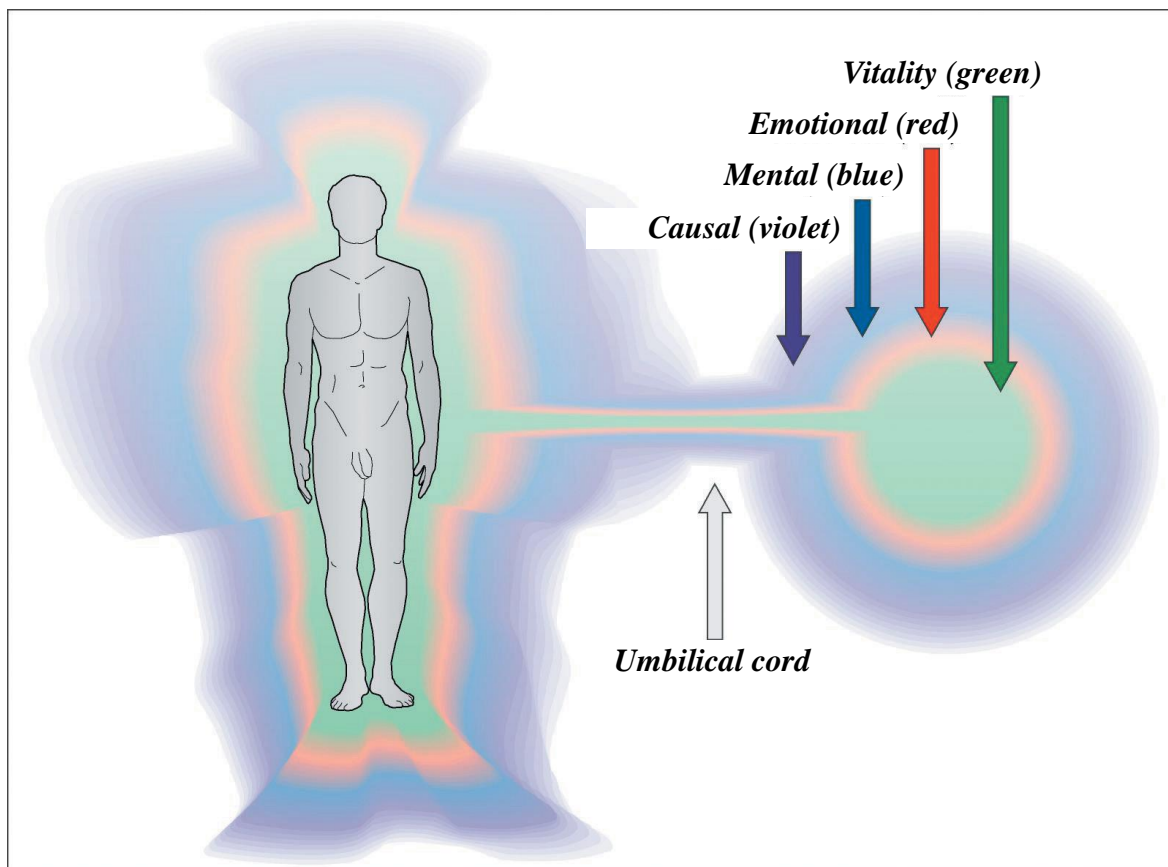


Fig. 1 – The conflict is an appendage of the aura, connected to the conflict host via an “umbilical cord” and living parasitically off the host’s energy

Emotional conflicts as energy blocks have been known about historically for ages. Aboriginal shamans talk about invisible demons and fiends residing in the sick person's energy field. In a shamanistic trance, they are visualized as poisonous snakes, spiders and the like, and are said to steal life energy from the sick one. The patient can only begin to heal after the medicine man has driven out the demons. These days, we don't talk about demons anymore, but rather about conflicts. Conflicts arise from traumatic experiences that are so threatening that they are very nearly intolerable emotionally. They are therefore exiled without further ado by the organism as a whole (see Fig. 1). This is the same phenomenon that psychology calls *repression*. In order to survive emotionally, the topic is banned from consciousness.

Now, the conflict also carries a subtle-energy charge which leads, on the energetic plane, to it being externalized, which in turn leads to a loss of life energy. Like a vampire, the conflict then clamps onto the patient's subtle-energy body and lives off the life energy. Therefore, if somebody constantly feels tired and wrung out, one usually finds that conflicts are the actual subtle-energy cause. Logically, only conflict resolution can lead to true recovery and replenishment of energy reserves, i.e. it is only in this manner that the energy loss can be causally treated and permanently eliminated.

The traumatic contents of the conflicts vary widely: rage, sadness, fear of failure and other negative feelings. There is therefore not just one conflict, but rather various different traumatic "feeling packets". The content depends primarily on the situation in which the conflict arose. For instance, if a person was so enraged that the organism was at risk of outright exploding, then a *Rage* conflict was created. If one was helpless and afraid of being annihilated, then a conflict would be created with the theme *Helpless*.

I have come up with 28 different conflict themes, which can be tested using the remedy test (see Fig. 2) along with specific homeopathic complexes, the so-called "Emotional Remedies" Emvita©.

Conflicts occupy a fixed hierarchy and can be directly associated with specific Chakras (see Table 1). They are located at very specific locations in the energy system, depending on the respective conflict contents. The conflict *Rage*, for example, is always found in the upper abdominal region (third Chakra), whereas feelings of *Helplessness* (first Chakra) are situated in the pelvic region.

Table 1 The 7 Chakras and their associated conflicts

Chakra 1:

1. Emotional remedy (Emvita® 1): Independence
2. Emotional remedy (Emvita® 2): Lack of concentration
3. Emotional remedy (Emvita® 3): Loss of control / helpless
4. Emotional remedy (Emvita® 4): Extremely self-controlled

Chakra 2:

5. Emotional remedy (Emvita® 5): Hectic, nervous
6. Emotional remedy (Emvita® 6): Perseverance, somatized fears
7. Emotional remedy (Emvita® 7): Show of strength, contrary

Chakra 3:

8. Emotional remedy (Emvita® 8): Isolated
9. Emotional remedy (Emvita® 9): pent-up emotions
10. Emotional remedy (Emvita® 10): Wanting more
11. Emotional remedy (Emvita® 11): Craving good feelings

Chakra 4:

12. Emotional remedy (Emvita® 12): Mental overexertion
13. Emotional remedy (Emvita® 13): Withdrawn, deeply wounded
15. Emotional remedy (Emvita® 15): Apprehensive
16. Emotional remedy (Emvita® 16): Panic

Chakra 5:

17. Emotional remedy (Emvita® 17): Emotional emptiness
18. Emotional remedy (Emvita® 18): Rushed, victim of circumstances

Chakra 6:

19. Emotional remedy (Emvita® 19): Faint-hearted
20. Emotional remedy (Emvita® 20): Self-sufficient
21. Emotional remedy (Emvita® 21): Physical overexertion
22. Emotional remedy (Emvita® 22): Restless, mentally hyperactive
23. Emotional remedy (Emvita® 23): Tense
24. Emotional remedy (Emvita® 24): Uneasiness, discomfort

Chakra 7:

25. Emotional remedy (Emvita® 25): Mistrust
26. Emotional remedy (Emvita® 26): Materialistic (having over being)
27. Emotional remedy (Emvita® 27): Unwilling to face reality
28. Emotional remedy (Emvita® 28): Wrong thinking

The significance of the Central Conflict

Since conflicts are subtle-energy in nature, their size can be measured using specific test substances. I have discovered some special substances which briefly enlarge



Fig. 2 – Typical PSE test situation with kinesiological arm-length test while recumbent

the conflict, as if looking at it through a magnifying glass. For example, if testing has detected a conflict with the *Rage* theme, then the test substance belladonna is brought into the patient's energy field. Now, the four energy levels of the *Rage* conflict can be measured with the REBA© test device, and then the therapist knows how much vital and emotional charge the conflict has, how conscious it is (mental charge)

and how stubbornly its contents are reiterated (causal charge). The conflict size indicates the significance of the conflict for the patient. The largest of all conflicts present is thus clearly identified. It has a causal reading of over 80% along with very high vital and emotional readings. I call it the *Central Conflict* because it is of central importance for the patient's metabolic system, and personality as well. The Chakra with which the Central Conflict is associated is thereby crucial to the patient's personality type: sanguinic (hysteric), phlegmatic (obsessive-compulsive), choleric (depressive) or melancholic (schizoid).

The four types correspond to particular disease predispositions. Sanguinics, for example, tend to be hotheaded and are either "walking on air" or "down in the dumps". They experience all sensory impressions very intensively and have a tendency to debauchery and dissipation. For the sanguinic, the here and now takes top priority and long-term plans are not their strong suit. The classic prototype of this temperament is the charming playboy who enjoys life to the fullest and drowns his sorrows with "wine, women and song". All four character-types exhibit a broad spectrum of variant forms. The experienced therapist can intuit the temperament based on a particular basic theme which manifests itself in many different aspects of personality and behavior.

Appropriate counseling

Determination of type gives the therapist a valuable resource for depth-psychology counseling, because one can derive from PSE testing many subconscious personality character traits, which one could otherwise obtain only from intimate knowledge of the person in question. Knowing the temperament, the patient can be given tailor-made life counseling. Each character type has specific “vices” to be avoided and “virtues” to be encouraged. Psychic maturation is best achieved by dissolving the Central Conflict, but of course the patient must also contribute to the process, if there is to be psychic progress. When testing the character type of children, one can give the parents very precise advice on how best to raise their offspring in a manner that corresponds to their character type. When it comes to relationship problems of married couples, the most helpful advice is often how best to get along with the partner's character type, since experience has shown that specific character types get along better or worse with specific others, so that each partner type calls for a different approach.

The plain truth about therapeutic progress and duration

Measuring conflict size documents therapeutic progress in a clearly understandable manner, thus allowing the user to make reliable predictions of how long the treatment is likely to last. This is helpful both for the therapist as well as the patient, since the optimal duration of therapy can be assessed. At the end of testing, one checks with the so-called “remedy test” which individual healing agents the patient still needs, and how much he will profit therefrom. To do this, one introduces the healing agent into the patient's energy field and uses the REBA© test device to measure how much the energy readings change. Usually, the patient will need the emotional remedy (Emvita©) and Chakra remedy (Chavita©) corresponding to the respective conflict. With the REBA© test device, one can easily check out all healing agents and therapeutic procedures for their energetic efficacy. One can thus very easily predict how much each treatment will help the patient—or, on the other hand, which substances would do more harm than good, or have negative side effects.

The dissolution of conflicts

With Psychosomatic Energetics, the conflict is mainly energetically dissolved. For a number of weeks or months, the patient takes homeopathic compound remedies: the emotional and Chakra agents Emvita© and Chavita©. These enter into resonance with the conflict, gradually dissolving it. Unlike psychoanalysis, the patient does not have to directly address the stressful themes. Good healing results can be achieved even with very young children and animals, where the usual psychotherapeutic techniques cannot be applied. During the course of the healing process, there are often vivid dreams and sometimes initial short-term emotional turbulence in the form of temporarily heightened irritability—but for the great majority of patients, the healing process is largely subliminal.

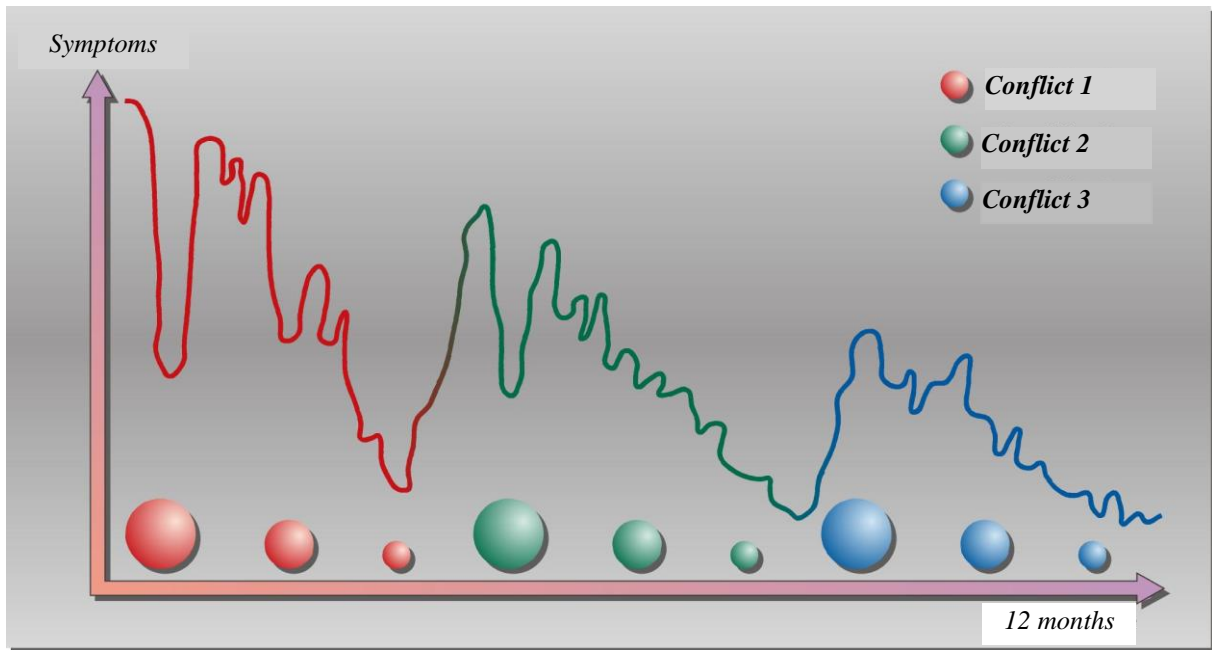


Fig. 3 – Typical course of healing for PSE

Usually, 2 to 3 conflicts need to be dissolved in order to achieve good long-lasting results (see Fig. 3). In nearly all patients, only a single conflict tests out initially, very rarely two. The dissolution of the first conflict generally lasts from 4 to 5 months, after which a new conflict theme often emerges, which once again necessitates several months of therapy. The entire process can be likened to peeling away emotional “onion skins”. This is a psychoenergetic growth process that leads, slowly and subtly—seldom dramatically—to an improvement of the patient's overall condition. For children and emotionally very open adults, the healing process can proceed much more quickly, and occasionally ends after the dissolution of a single conflict. Time and again, we have witnessed amazingly rapid healing among animals as well.

Certified Energy Therapists

The system of Psychosomatic Energetics was first presented to the medical public in 1997. It quickly developed into a standard procedure in alternative medicine. PSE is particularly widespread in German-speaking countries and, more and more, in North America. More than 2000 therapists in 20 countries currently work with this method. At this time, about 500 “energy therapists” have been specially trained and certified in the method, having completed an intensive theoretical and practical course of training and then demonstrating their knowledge by passing a final exam. All certified energy therapists have undergone treatment with PSE in order to eliminate their own energy blocks: experience has shown that this is the only way to achieve reliable test results. An intensive period of practical training rounds out the multiyear training process.

More and more therapists are discovering that, with PSE, they can not only treat emotional disorders, but that many people can benefit from the dissolution of their conflicts and the restoration of energetic equilibrium. Even stubborn somatic diseases such as venous leg ulcers or psoriasis have consistently shown good results. PSE is thus a holistic treatment method. In addition, it can serve to offer individualized life counseling and as a basis for personality development.

PSE as basic therapy

Basically, Psychosomatic Energetics can be combined with practically all current therapeutic methods. Psychotherapists in particular emphasize that, with the aid of Psychosomatic Energetics, patients more quickly “get to the point”. The consistent dissolution of conflicts proves it to be a causal naturopathic therapy, because the healing processes are targeted and usually have a long-term effect. Psychic self-healing powers are stimulated and activated by PSE and motivate people to once again take control of their own lives. It is often the case that no additional therapeutic method is needed in order to achieve complete healing, although PSE can definitely be fruitfully combined with many other healing methods. For the majority of patients, PSE can be used as the basic method.

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