



GO DEEP
FIND BLOCKS
FEEL LIFE ENERGY

PSYCHOSOMATIC ENERGETICS PRACTITIONER'S GUIDE

EMVITA® , CHAVITA® , ANXIOVITA® , NEUROVITA® ,
SIMVITA® , PARAVITA® , GEOVITA®

® REGISTERED TRADEMARKS

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NOTE The medications presented here are part of the therapeutic orientation of Psychosomatic Energetics, which, according to mainstream medicine, are not scientifically accepted. In particular, scientifically-oriented mainstream medicine disputes the existence of subtle energy, the so-called energy levels and the disturbances arising therefrom, e.g. the Chakras or human geopathic stress burdens. The following indications correspond to the homeopathic medication picture. All statements made here, in particular regarding the named indications, are based exclusively on the theories of the therapeutic methods of psychosomatic energetics. The information in this brochure relies on complementary health experiences of various health care practitioners, but has not been evaluated by the FDA and Health Canada.	

WHAT IS PSYCHOSOMATIC ENERGETICS?

Psychosomatic Energetics (PSE: psyche = soul, soma = body, energetics = energy) is a method developed by the German general practitioner Dr. Reimar Banis.

PSE arose out of the realization that many complaints and serious illnesses are based on mental disturbances manifested in the body and the subtle energy field. After years of observation and research, the method was first presented in 1997. Today, PSE is being applied in more than 20 countries worldwide, and is considered to be one of the leading complementary-medicine procedures. It is taught as ongoing education according to a standardized system subject to quality control. The training course culminates in the title of „Certified Energy Therapist“

In the view of PSE, an adequately strong and harmonious flow of life energy is essential to the maintenance of health and overall well-being. Repressed emotional traumas (conflicts) store away a lot of life energy, thereby hindering the normal flow of life energy.

With the RebaPad - Test Device and the energy test performed with it, general (Vital), Emotional, Mental, and intuitive (Causal) energy can be tested and thereby made perceptible. The goal of the application is normalization of the patient's energy levels by eliminating the energy blocks which are to a great extent caused by the emotional conflicts

PSE subdivides the emotional injuries into 28 themes designated as „Conflicts“. Every person's history includes personal injuries – whether remembered or not. Many traumas are only partially processed, and they continue to exist more or less subconsciously. They influence our behavior, put a brake on our growth and/or impose a burden on our health.

Homeopathic compound remedies are used in the diagnosis and therapy of these conflicts. The complexes consist of mineral and plant substances, as well as animal organ parts, in homeopathic form. In the experience of PSE, these remedies are able to free from the subconscious the unavailable energy which the unconscious emotional conflicts have stored away, and to eliminate the conflicts energetically within weeks or months. In this manner, the bound energy is once more at the patient's disposal.

Since the complexes are completely absorbed vibrationally by the conflict, by the way, there are no homeopathic drug



pictures. This is thus a special form of homeopathy subject to a different set of rules and regularities. The particularly high potentiations of the PSE complexes are necessary to address the various conflict levels energetically and to dissolve them through resonance.

TESTING AND THERAPEUTIC AGENTS OF PSE

Chavita® 1 to 7 = Chakra remedies

Emvita® 1 to 28 = Emotional remedies

Acute remedies = Anxiovita®, Neurovita®, Simvita®, Paravita®

Geovita® = Geopathy remedy

Overall energy (Vital) corresponds to a person's physical and regenerative powers. Patients with a low Vital reading are usually tired and don't recover adequately during sleep from their daily work and tasks.

Emotional energy corresponds to a patient's mood and mental resilience. Patients with a low Emotional reading feel sad, irritable, lacking in drive and emotionally exhausted. An Emotional reading of 30% or less is often associated with depression.

Mental energy corresponds to a person's mental presence, which enables a person to take care of daily work efficiently, purposefully and effectively, maintaining good concentration. Patients with low Mental readings have trouble concentrating, are easily distracted and not very centered. Very low Mental readings, e.g. less than 30%, can indicate the presence of contextual mental disorders.

The highest-vibrating intuitive energy (Causal) corresponds to intuition and a person's inner sensitivity. The higher a person's Causal reading, the more sensitive and intuitive that person is, and the more connected to the world and other people.



THE 28 CONFLICTS OF PSYCHOSOMATIC ENERGETICS

CONFLICTS IN THE FIRST CHAKRA

The first energy center in the lower pelvis connects a person to the ground through the legs, just as it stands emotionally for grounding and independence. A disturbed first Chakra is associated with insufficient grounding, disrupted self-confidence, identity problems and a lack of basic trust.

CONFlict 1 – INDEPENDENCE

A feeling of „not being good enough”, feelings of inferiority, disrupted basic trust, often puberty conflicts

One feels not good enough, have identity problems. Primary emotional orientation, in the sense of sufficient self-confidence is lacking. Basic trust has been lost or was never there. A frequent tendency to melancholy. The world is experienced as bad. Frequent among children with early-childhood shocks such as divorce, death of a parent, neglect, unplanned child. An unhappy childhood, when, for example, a daughter was born when the parents were actually hoping for a son and heir.

A lack of inner strength with which to deal with externally-imposed stresses. Incapable of perceiving one's own strength. One feels smaller than one is and has a tendency to close oneself off from others and not to enter into meaningful relationships.

CONFlict 2 – LACK OF CONCENTRATION

Distracted, lost in thought, wistful, ungrounded

The person affected yearns to be somewhere else entirely. One is not really here, doesn't know one's purpose in life. This conflict also applies in the case of an inner resistance, of unwillingly having to be in this world. One lives one's life halfheartedly, lacking complete conviction. One doesn't trust oneself to show one's capabilities. In stress situations and when one's abilities and strengths would be put to the test, one tends to retreat. Inclination to postpone things or do them reluctantly.

A person like this often feels unapproachable and flat in human encounters. One is not aware of one's strengths. Only a fraction of one's inner possibilities are realized. Deep inside, one is stubbornly stuck in a kind of passive resistance.

CONFlict 3 – AT THE MERCY OF, HELPLESS

Weak-willed, helpless as a child, bedwetting, encopresis, incontinence

One feels helpless and in every way paralyzed. The stronger the demands, the more unable one feels to arrive at any kind of solution. Life is experienced as a never-ending struggle. In the past, especially during childhood, one was seldom allowed to be oneself and always felt completely dependent upon others. One has never been seen as what one truly is. In a social environment, one only feels accepted when living up to role expectations.

One tends to live as a puppet and a willing tool for others. One has learned from experience that exercising one's talents, strengths and needs will be punished; therefore, one underrates oneself totally.

One tends to lethargy and immobility, has the tendency to dither, be undecided, play for time, leave things up in the air, postpone everything to the last minute or, in the extreme case, give up altogether.

CONFlict 4 – EXTREMELY SELF-CONTROLLED

Numbness, suppression of joie de vivre, exaggerated sense of duty and responsibility. In the extreme, destructive aggressiveness, perversions, psychopathic (extreme form).

One does not allow oneself to grow and live one's own life. One was held back from the normal childhood joy of expansion and was possibly too rigidly disciplined. There are often problems with sexual identity. One would like to salvage a destroyed family environment by being well-behaved. One is governed by discipline which was applied too early and too much, and even as a child one acts like an adult. One tends to suppress feelings and impulses. One blocks one's emotions or those of others.

Only compulsion, rationality and good behavior have top priority. One expects one's own strict view of life from others as well. One is afraid of yielding to spontaneity, freedom and joy in life, because this is associated with great danger to oneself and others.

The second Chakra has to do with the realization of one's own interests in a social context. Should one fight or flee, invest more or less energy to attain one's goals? Whoever does not know this becomes restless and disoriented, fights things out convulsively or compensates weakness with a show of strength.



CONFLICTS IN THE SECOND CHAKRA

CONFLICT 5 – HECTIC, NERVOUS

Hectic, hyperkinetic symptoms, upset, nervous, driven and restless.

Nervousness and drivenness, upset and restless. High physical tension with a tendency to react with physical symptoms (somatization) to inner stress. One engages in hypernormal activity, is ambitious and often hyperactive. Tendency to obsessive perfection.

One has the depressing impression of never properly coping and hardly ever being able to finish anything properly. One courts the approval of others, because one sets one's internal bar too high. One feels responsible for the lives of others. One believes in only having a right to live by pushing oneself to peak performance. If one doesn't stay in harness and alert, one fears losing control. Incapable of rest and relaxation. One wants to be everywhere at once so as not to miss anything and in order to extract the most out of life.

CONFLICT 6 – PERSEVERANCE

Wanting to be self-controlled and show no weakness despite a feeling of helplessness; tendency to express anxiety through physical symptoms.

Tendency to clothe anxiety in physical symptoms (somatization). From the outside, one seems calm and controlled, yet is apprehensive inside. One worries about inner security, but does not want to admit it. One must act strong and courageous toward oneself and others. Feeling of constant overexertion, despite basically feeling much weaker and constantly exceeding one's limits.

One is incapable of saying no to new demands, and therefore winds up being saddled with more than one can manage. One is too weak to get rid of the overload and grant oneself the necessary rest and relaxation. One is convinced of only being loved and appreciated when one fulfills one's duties. One believes that only strong and capable persons have any right to live. Showing weakness and being disheartened means having no right to live.

CONFLICT 7 – SHOW OF STRENGTH, STUBBORN

Goes beyond one's limits; always showing strength despite secretly feeling inferior; obstinate, arrogant, cocky.

One's actual existence does not match up with one's self-image. Secretly, one feels uncertain and inferior, but conceals it behind a façade of strong self-confidence. One does not let the outside world see what it's like inside.

The actual symptoms and problems remain in the dark, as one confuses and deceives others. One gets oneself tangled up in contradictions. There is a constant alternation between feelings of strength and weakness, thereby seeming erratic and obscure to others. A possible variation of this behavior consists in cutting others down to size in order to magnify oneself. The large external stresses and actual inner strength contrast sharply

CONFLICTS IN THE THIRD CHAKRA

The third Chakra has to do with becoming sated and satisfied by absorbing the outside world; one is nourished materially and emotionally from outside and thereby satisfied. One takes what one needs, asserting one's will and getting one's way. When the third Chakra is disturbed, it leads to aggression inhibition and frustration. One withdraws from the outside world and constantly wants more than one gets.

CONFLICT 8 – ISOLATED

Joyless, feeling abandoned, unhappy, self-pitying.

Emotionally, one lives on an island, as it were, surrounded by strangers. One would like to make contact but cannot get close to the others. One feels isolated, like an outcast, although there are many people all around. One lacks the capability to communicate with others in a satisfactory manner. The resulting feeling of isolation leads to inner paralysis and lethargy.

Therefore, one does not even begin to rebel against the intolerable state of affairs. One becomes emotionally very quiet and lifeless.



CONFLICT 9 – PENT-UP EMOTIONS

Extremely pent-up destructive rage, all too ready to conform and sacrifice, in the extreme sudden outbursts of rage, going berserk.

One tries to win the sympathy and affection of others with an especially pleasant and obliging personality. One constantly adapts oneself to the needs of others and tries to satisfy their desires. In the process, one denies one's own goals, which leads to subliminal resentment and, in time, to a mountain of unfulfilled desires.

What others think of one is extremely important. One's victim role irresistibly attracts victimizers. One unwittingly manages to get others to behave egotistically towards counterparts. One tends to exceed one's limits and overtax oneself. One dreams about being richly rewarded for this sometime in the future, but this never happens in reality and simply provokes more disappointment. One suffers from a nagging feeling of dissatisfaction and great rage. One is quick to get annoyed and angry, one's frustration limit is quite low. Thus, one often remains stuck in anger instead of daring to try a new approach.

CONFLICT 10 – WANTING MORE

Insatiable due to a nagging feeling of dissatisfaction and greed, constantly dissatisfied, co-opting, extremely obsessed with power, dictatorial, ruthless, driven, overly aggressive.

Due to a nagging feeling of dissatisfaction and a lack of happy feelings, one constantly wants more out of life. At bottom, one feels desperately poor and needy. In one's experience, everything in life has to be worked hard for; if one has something and wants to become something in life, then nothing comes free. What one has or has achieved, however, is never enough, so one is forced to always take more. Good fortune is presumably lurking just beyond the next turn in the road, which is why one is driven to keep going.

One's self image tries to conceal the inner hunger from oneself and others by projecting the exact opposite outward. The hunger for more life can consist of the piling up of material or nonmaterial objects and energies. There is also often the desire for more depth and intensity in life, but this is never really satisfied.

CONFLICT 11 – CRAVING GOOD FEELINGS

Deeply dissatisfied, frustrated, profoundly unhappy, in the extreme addiction, anorexia, bulimia.

One is deeply dissatisfied and empty. The unhappiness of frustration easily gives rise to a counterreaction which consists of refusing to notice one's frustration and to act carefree and lighthearted. The feeling of constant emotional hunger develops into unreal fantasies and a nagging feeling of drivenness. Without being aware of it, one tends to bring about situations which repeat frustrating experiences and, for instance, lead to rejection.

Many lapse into a subservient role so as to experience satisfaction indirectly via the satisfaction of others, but that's not truly fulfilling, so that one becomes even more unhappy. Sometimes tendency to addiction and dependencies of various kinds.

CONFLICTS IN THE FOURTH CHAKRA

The heart represents the energetic center of the „Self“, an emotional core of individual perception and personal development, having to do with loving trust, mental power and playful-spontaneous self-realization. When the heart center is disturbed, it leads to a feeling of total retreat, of being captive, and of crippling and (over the longer term) strenuous lack of orientation, behind which are concealed great fears of being hurt or completely destroyed.

CONFLICT 12 – MENTAL OVEREXERTION

Because trust is disrupted, constant thoughts of problems and failure; difficulty gathering one's thoughts.

One thinks that an effort of will can bring all moods and emotions under control. The need for control is a higher priority than the spontaneous expression of emotions. However, due to the fact that over 80% of human communication is nonverbal – i.e. takes place subconsciously – one overburdens oneself constantly and cannot maintain control over the multitude of one's own impulses.

One tires easily and has the feeling that one is no longer able to concentrate at all. One suspects that one has taken on what is „actually an impossible task“ and tends to flee inward. This tendency has a paralyzing effect and leads to the inability to keep the mind fully focused on a subject. Thoughts of problems or failure predominate, and there is a lack of trust in oneself and others.



CONFLICT 13 – WITHDRAWN, DEEPLY INJURED

Gutshot, deeply injured and withdrawn, uninterested, self-involved, in the extreme autistically egocentric, bad regression.

One feels deeply offended and believes that one can never again get over a severe injury and offense. Rejection by another person, who does not reciprocate these feelings, has been a severe blow. One not only feels injured but also humiliated and ridiculed. One withdraws anxiously from other people because one expects nothing good to come of it. One begins to put up walls around one's tender soul, and pulls in like a snail into its shell.

CONFLICT 14 – INTROVERTED, COMPULSIVE

Cramped and tense; fear of going crazy; difficulty breathing, inability to take a deep breath; wounded and withdrawn, feeling of isolation behind walls of hopelessness.

One has isolated oneself from the outside world and feels trapped behind walls, hopeless. One's thoughts go around in circles and one feels more and more miserable. The isolation from others does not feel protective; instead one feels under overwhelming compulsion and permanent pressure. One's mental freedom of motion is extremely restricted, such that one feels suspicious and fearful. The suffocating feeling can be felt physically, emotionally or mentally. Often, the cause of the emotional withdrawal is a huge emotional shock which, at the time, feels insurmountable and too frightening. One then walls oneself into an emotional fortress – which, however, over the longer term is not experienced as protection but rather as compulsion.

CONFLICT 15 – APPREHENSIVE

Eerie-frightful, abandoned, extremely anxious, phobias, woebegone and full of worries, fear of abandonment, timorous.

One feels abandoned in a threatening-feeling world. Deep inside, one feels timorous and would desperately like to slink away. The threat can consist of a great worry which goes too much to heart and whose consequences cripple self-initiative. Because of one's weakness, one thinks that the heart might stop beating at any moment. One is uptight and constantly under tension.

There is a very fundamental fear that can be directed at real objects, and yet is also experienced diffusely and quite generally. In this context, many people develop a fear of fear, which can be seen as a kind of emotional „echo“ with an amplifying effect.

CONFLICT 16 – PANIC

My heart is breaking, as if overrun by a dreadful huge wave, panic attacks, fear of death.

One feels overwhelmed by an overpowering fear of death like a gigantic tidal wave. One cannot put up any resistance whatsoever to this powerful fear, but rather feels totally paralyzed. It feels like the final hour has come and everything is conclusively over, so that one can no longer gather any clear thoughts. One seems incapable of escaping the inevitable catastrophe. In one's imagination, the fear takes on monstrous dimensions.

CONFLICTS IN THE FIFTH CHAKRA

The neck, as control center in the confrontation between reason and emotion, rational and irrational, duty and desire, has, as an energy center, two conflicts which are, from a content standpoint, quite contrary. If the confrontation tends toward the rational pole, then a conflict forms with an overexcited hyperactivity; if it tends toward the emotional pole, it gives rise to a conflict with a great inner emptiness and rigidity.

CONFLICT 17 – EMOTIONAL EMPTINESS

Empty of thoughts and feelings, no initiative, indifferent, emotional emptiness, uncaring, emotions feel frozen.

The neck, the „gateway to feelings“, can choke off rising emotions in such a manner as to bring about a condition of complete emotional rigidity. One is then completely dominated and guided by the head, as if nothing really affected one anymore – almost like a robot. However, the reality is that the suppressed feelings have simply been deep-frozen and have not really gone away. Often the rising feelings are bound up with emotional shocks and strong inner terror, so that the emotional play-dead reflex instinctively guarantees survival.

With this kind of emotional block, one has very limited access to one's feelings, while rationality seems to continue working undisturbed. This can lead to someone reporting on terrible events in a very indifferent manner, such that listeners get the impression that the reporter is not affected by the events. But the thing is that he is in an emotional state of shock which splits off emotion from reason, giving rise to a false impression. Many patients with this conflict feel a great inner emptiness that can have a very depressive feeling-tone and last for a very long time.



CONFLICT 18 – RUSHED

Impulsive, overexcited, stuttering; the feeling of living a life that is false at its core; thoughts outrunning actions, thereby causing misunderstandings on the communications level.

In the neck region (gateway to emotions) strong impulses and drives can build up like a torrent, so that a frightened feeling rises up and one feels literally overrun. Since too many intense impulses and contradictory desires are all active at the same time, one comes across to others as hasty, overexcited and ill-organized.

Many compensate their inner anxieties with exertion, perfectionism and control in the form of compulsions. Those affected suffer from not being able to make themselves clearly understood. They keep trying to make others finally grasp what it's actually all about, talking ever faster. There also often arises an inner restlessness which is not noticed on the outside. People with the theme „Rushed“ therefore often seen from the outside to be very cool and collected, because they're good at covering up their restlessness.

CONFLICTS IN THE SIXTH CHAKRA

In the sixth energy Center, a person's individual needs are coordinated with the outside world. As in the second Chakra, this involves a complex regulatory system and, ultimately, the „fight or flight“ decision. When this harmonious equilibrium breaks down, it gives rise to the typical conflicts of the sixth Chakra: restlessness, tension, discomfort, timidity, egotism or, as compensation, subservience.

CONFLICT 19 – TIMID, FAINT-HEARTED

Not wanting to see things clearly, diplomatic, undecided, poor decision-making ability; fear of making a mistake, unwilling to see things clearly.

The actual underlying causes of indecisiveness are, one, the fear of making mistakes and, two, the hope that there might be a better option. Maneuvering and indecision are based on the inability to weigh with a clear view the advantages of various possibilities relative to each other. One timidly attempts to do right by everyone and avoid any confrontation. One expends a lot of effort to behave diplomatically, while not noticing that one is suppressing one's own impulses and desires. One goes around in circles without making any real progress.

CONFLICT 20 – SELF-SUFFICIENT

One's thoughts revolve exclusively around oneself and one's own issues; unassuming, obsequious, false pride, enormous self-love, self-uncertain, mood swings with a lack of self-control; in the extreme stuck-up and conceited, revolving only about oneself, narcissism.

One views the outside world exclusively as an extension of oneself and therefore above all revolves around one's own issues and desires. One believes that one can do everything by oneself best of all. One's self-satisfaction can degenerate into narcissism, yet also be concealed by a display of modesty.

Deep inside, one is unsure of oneself and feels unloved, which one tries to compensate with exaggerated self-love. Some people with this conflict suffer from severe mood swings and are irritable because of the resulting intense emotional tension.

CONFLICT 21 – PHYSICAL OVEREXERTION

Restlessly tense; chewing fingernails; sympathicotonically overdriven, irritable; unable to relax; physically restless, constantly overburdened.

One feels rushed and exhausted because one is overstressed. One constantly exceeds one's limits to a harmful degree. One has the feeling of always having to be on one's toes and of not daring to grant oneself very much rest and relaxation. One suppresses one's own needs and goes to great lengths to be the best.

way down deep, one feels unloved and worthless, so that one has to make an effort to be of service to others. One has a tendency to be too driven and tense, which in the extreme case can lead to auto-aggressive displacement activity. Sometimes there are long-lasting pain states and other alarm signals in the form of somatization or behavioral disorders which point to permanent emotional overstress.

CONFLICT 22 – RESTLESS, MENTALLY HYPERACTIVE

Constant worry without letup, mental nervousness, restlessness due to constant drivenness and a torrent of thoughts, worries and uncertainty make it hard to breathe.

Inside, it's like being in a heavy current, whereby one's thoughts flow constantly and uncontrollably. Thoughts whirl nonstop through one's head, leading to a condition of inner unrest and drivenness, because one has too many worries and apprehensions. One would really like to deal with everything at once. One worries about missing something crucial. One has a constant feeling of uncertainty and great worrying, is irritable and feels driven.



CONFLICT 23 – TENSE

Completely tensed up, helpless, impulsive, thoughts race ahead of actions, tics, inner tension due to high demands on oneself, subconscious fear of failure.

One feels constantly tensed up and incapable of relaxing. This can manifest itself in the form of involuntary tics, writer's cramp or muscle tension (e.g. of the cervical vertebrae) but also in a cramped speaking style, gnashing one's teeth and intestinal cramps. Sometimes, the tension manifests itself as overdone discipline and diligence.

From the outside, such people often seem especially friendly and well-adjusted. The emotional background of the tension is due to an overly strict Superego. In many cases, an age-inappropriate degree of correctness and self-discipline was expected of one as a child. As with the other similar conflicts of the Brow Chakra, the tension is actually based on a fear of making mistakes. Basically, one is too unforgiving and strict with oneself even before any errors have been committed.

CONFLICT 24 – UNEASINESS, DISCOMFORT

Disturbing malaise on the somatic level, hopelessness, depressive tendency.

One feels unwell in one's own body, as if having to wear the wrong clothing, uncomfortable and annoying, which pinches and presses everywhere. The body is felt to be the source of indisposition, and in the extreme case, even of pain and suffering. There can be all manner of possible disruptive discomforts, such as feeling that the head or hands are too large, the neck muscles way too heavy, or the spinal column deformed. The prevailing mood varies from hopelessness all the way to distinct depression. One feels unbalanced, since everything is unpleasant and most of the body hurts.

Due to the predominant somatic symptoms, the underlying depressive basic mood is often overlooked. Nevertheless, it is the psychological malaise that generates the physiological symptoms. The basis of the discomfort is a deep-seated feeling of emotional frustration. One is dissatisfied or even hopeless. Deep inside, one feels unloved or even unlovable.

CONFLICTS IN THE SEVENTH CHAKRA

The seventh Chakra presents a very accurate portrayal of the world, depicting one's own place in the world sensibly and true to scale. Via this energy center, the content of attitudes and feelings are properly balanced out, so that everything is realistically represented. Disturbances of the seventh Chakra lead to misperceptions of reality in the form of imaginary and unreal idealizations, and unacknowledged pain that the world is much worse than one had thought. Acquisitiveness and mistrust are typical emotions of the seventh Chakra: one prioritizes the façade of possessions above reality and basically thinks the worst of everyone.

CONFLICT 25 – MISTRUST

Withdrawn, grim, unwilling to give, lack of basic trust, obstinate, questioning everything, sometimes being too guileless and trusting.

Because of disappointing experiences, one believes that other people basically have it in for one. One imagines oneself surrounded by a hostile environment whose only goal is to inflict harm. In this process, one overlooks one's own part, projecting everything negative outward. People with this conflict sometimes put on an act of conspicuous innocence and are not careful enough, which makes it easier for them to be disappointed by others, which then simply reinforces the mistrust.

The insoluble problem of mistrust is well pointed out by the American billionaire Paul Getty: „If you can trust a person, then no contract is necessary. If you cannot trust him, then the contract is useless.”

If one is too mistrustful, then (as in the case of the useless contract) one is, deep in one's heart, truly hopeless and disappointed. One can often observe, in people with deep-seated mistrust, a fundamental lack of basic trust – everything is called into question (including the presence of this conflict!); everything is analyzed with a critical eye and dissected into its component parts. Inside, one refuses to open oneself up emotionally, as if this would then put one at the complete mercy of someone or something.



CONFLICT 26 – MATERIALISTIC

Wanting everything for oneself, hard-nosed assertiveness, acquisitiveness, miserliness, hypochondria, poverty obsession, thinking about possessions, egotism; sees life as a permanent struggle for survival.

People with this conflict often have a great fear of change. They find it very difficult to let go of things and modes of behavior, or to give anything away. This possessiveness can also apply to „having“ certain convictions, such as living in the belief that they are among the few who really „know what's what“. One can amass knowledge or spiritual values or good deeds as possessions, but deep inside a nagging sense of frustration persists.

One is constantly seeking and, way down deep, not really satisfied. There is often an extreme tendency to prioritize external relationships and the maintenance of a façade over inner values. In the worst case, it can even lead to an obsession with poverty as well as to acquisitiveness, miserliness and hard-nosed assertiveness.

CONFLICT 27 – UNWILLING TO FACE REALITY

Imagining things (visual, acoustic, olfactory); incapable of clear sensory perception; drugs, hallucinations, flight into dream worlds because reality is felt to be intolerable.

One cannot tolerate reality and therefore removes it from perception. One behaves like a good actor, seducing the audience into a strange, marvelously beautiful world, helping them to forget their own unhappiness – except that here audience and actor are one and the same. This is imagination running wild. Editing out reality can encompass some aspects of the real world, for example when one over- or underestimates the importance of another person. But one can also consider one's entire reality, including its negative aspects, to be so unpleasant that one flees into a dream world.

Many people edit out parts of their inner or outer reality and flee into ersatz dream worlds. Underlying this are emotional misery and intolerable frustration which generate a gloomy and joyless fundamental feeling-tone in the overall emotional situation, from which one tries to escape for reasons of sheer survival. However, this does not change the basic problem, just one's viewpoint, as one pretends, in part, to exist in a different reality. In trying to flee from the pain which is inseparably bound up with being alive, one winds up applying a tourniquet to one's own liveliness. It is necessary to realize that the pain only constitutes a limited part of reality, and that life is much larger than the pain.

CONFLICT 28 – WRONG THINKING

Obsessive, exaggerated mental fantasies, psychoses, false dogmas and overly rigid beliefs, deep-seated self-esteem problems.

Correct thinking leads to a consciousness in harmony both with outer and inner reality. On the other hand, if one cultivates erroneous thoughts which are condemned by the inner voice (the conscience of the true self), then one inevitably betrays oneself. The same thing happens when external reality is denied. The basic problem of wrong thinking is based on the refusal to acknowledge reality as such, in order to derive from it truthful and sensible laws of consciousness. One tends to think dogmatically and is preoccupied with particular convictions. One is not prepared to deviate from one's own opinion, even if that means having to put up with limitations and disadvantages.



COMPOSITION OF THE 28 EMVITA® EMOTIONAL REMEDIES

Conflict naming and prescribing the complexes, Swiss name, drops and suppositories

CHAKRA 1

EMVITA® 1: Independence



Composition:	
Naja Naja	21X
Pulsatilla	21X
Oophorinum	21X
Orchitimum	21X
Lachesis mutus	18LM
Kalium carbonicum	800C
Calcarea carbonica	16 LM

EMVITA® 4: Extremely self-controlled



Composition:	
Apis melifica	21X
Orchitimum	21X
Oophorinum	21X
Petroleum	16LM
Platinum metallicum	800C
Stramonium	18LM

EMVITA® 2: Lack of Concentration



Composition:	
Calcarea phosphorica	800C
Cuprum metallicum	18LM
Oophorinum	21X
Orchitimum	21X
Veratrum álbum	16LM
Vipera berus	21X

CHAKRA 2

EMVITA® 5: Hectic, nervous



Composition:	
Apis mellifica	21X
Orchitimum	21X
Oophorinum	21X
Petroleum	16LM
Platinum metallicum	800C
Stramonium	18LM

EMVITA® 3: At the mercy of, helpless



Composition:	
Apis melifica	800C
Bovista	21X
Conium maculatum	18LM
Hepar sulph. calc.	16LM
Oophorinum	21X
Orchitimum	21X

EMVITA® 6: Perseverance



Composition:	
Arsenicum album	18LM
Glandula suprarenalis	21X
Lachesis mutus	21X
Phosphorus	800C
Secale cornutum	16LM



EMVITA® 7: Show of strength, stubborn



Composition:	
Anacardium occidentale	18LM
Glandula suprarenalis	21X
Lachesis mutus	800C
Lycopodium	16LM
Phosphorus	21X

CHAKRA 3

EMVITA® 8: Isolated



Composition:	
Ammonium carbonicum	800C
Calcarea carbonica	21X
Chininum arsenicosum	18LM
Eschscholtzia	21X
Graphites	16LM
Pancreas	21X

EMVITA® 9: Pent-up emotions



Composition:	
Hepar sulph. Calc.	21X
Lycopodium	800C
Pancreas	21X
Sulphur	18LM
Tarentula hispana	16LM

EMVITA® 10: Wanting more



Composition:	
Agnus castus	21X
Arum triphyllum	18LM
Hepar sulph. calc.	800C
Lachesis	LM16
Pancreas	21X
Petroleum	21X

EMVITA® 11: Craving good feelings



Composition:	
Cuprum metallicum	21X
Ferrum metallicum	800C
Ignatia amara	18LM
Pancreas	21X
Secale cornutum	21X

CHAKRA 4

EMVITA® 12: Mental overexertion



Composition:	
Apis mellifica	800C
Baryta carbonicum	18LM
Eschscholtzia	21X
Graphites	21X
Ignatia	16LM
Naja Naja	800C
Thymus gland	21X

EMVITA® 13: Withdrawn, deeply injured



Composition:	
Anacardium occidentale	21X
Bothrops	800C
Calcium carbonicum	16LM
Graphites	18LM
Thymus gland	21X

EMVITA® 14: Introverted, compulsive



Composition:	
Calcium carbonicum	21X
Hyoscyamus niger	21X
Moschus	16LM
Plumbum metallicum	21X
Stramonium	800C
Sulphur	18LM
Thymus gland	21X



EMVITA® 15: Apprehensive



Composition:	
Apis mellifica	800C
Lachesis mutus	18LM
Phosphorus	21X
Thymus gland	21X
Zincum metallicum	16LM

EMVITA® 16: Panic



Composition:	
Aconitum napellus	800C
Ambra grisea	18LM
Eschscholtzia	16LM
Secale cornutum	21X
Thymus gland	21X
Zincum metallicum	21X

CHAKRA 5

EMVITA® 17: Emotional emptiness



Composition:	
Baryta carbonicum	21X
Chininum arsenicosum	800C
Graphites	18LM
Pulsatilla	21X
Thyroidinum	21X

EMVITA® 18: Rushed



Composition:	
Agaricus muscarius	800C
Bufo rana	21X
Cuprum metallicum	18LM
Thyroidinum	21X
Iodium	21X

CHAKRA 6

EMVITA® 19: Timid, faint-hearted



Composition:	
Calcarea carbonica	21X
Hypophysis	21X
Magnesium carbonicum	800C
Zincum metallicum	18LM

CHAKRA 5

EMVITA® 20: Self-sufficient



Composition:	
Apis mellifica	18LM
Belladonna	800C
Cantharis	21X
Hypophysis	21X
Ignatia amara	16LM
Magnesium carbonicum	21X
Phosphorus	21X
Pulsatilla	21X



CHAKRA 7

EMVITA® 21: Physical overexertion



Composition:	
Arsenicum album	21X
Chamomilla	18LM
Hypophysis	21X
Lachesis mutus	800C
Magnesium carbonicum	21X

EMVITA® 22: Restless, mentally hyperactive



Composition:	
Ambra grisea	21X
Anacardium occidentale	18LM
Chamomilla	800C
Crotalus horridus	21X
Hypophysis	21X
Iodium	16LM
Phosphorus	21X

EMVITA® 23: Tense



Composition:	
Agaricus muscarius	21X
Cuprum metallicum	800C
Hypophysis	21X
Rhus toxicodendron	18LM

EMVITA® 24: Uneasiness, discomfort



Composition:	
Chamomilla	18LM
Crotalus horridus	800C
Hypophysis	21X
Ignatia amara	21X
Phosphorus	16LM

EMVITA® 25: Mistrust



Composition:	
Cerebrum	21X
Conium	800C
Lobelia inflata	18LM
Lycopodium	21X
Magnesium carbonicum	16LM
Plumbum metallicum	21X

EMVITA® 26: Materialistic (putting having before being)



Composition:	
Arsenicum album	800C
Cerebrum	21X
Lycopodium	16LM
Millefolium	21X
Plumbum metallicum	18LM

EMVITA® 27: Unwilling to face reality



Composition:	
Anacardium occidentale	18LM
Calcarea carbonica	21X
Cerebrum	21X
Helleborus niger	800C
Mandragora	16LM

EMVITA® 28: Wrong thinking



Composition:	
Cerebrum	21X
Helleborus niger	18LM
Hyoscyamus niger	21X
Mandragora	800C



COMPOSITION: THE SEVEN CHAVITA® CHAKRA REMEDIES

Swiss name, drops and suppositories

CHAVITA® 1



Composition:	
Carbo vegetabilis	50C
Olibanum	21X
Oophorinum	21X
Orchitimum	21X
Silicea	21X
Urtica urens	21X

CHAVITA® 2



Composition:	
Argentum metallicum	21X
Causticum	200C
Glandula suprarenalis	21X
Juniperus communis	21X
Lavandula angust	21X
Platinum metallicum	50C
Thuja occidentalis	21X

CHAVITA® 3



Composition:	
Argentum metallicum	21X
Chamomilla	21X
Chelidonium majus	21X
Nux vomica	50C
Pancreas suis	21X
Lycopodium	200C
Zingiber	21X

CHAVITA® 4



Composition:	
Aurum metallicum	21X
Crataegus	21X
Cetaria	21X
Eucalyptus globulus	21X
Ferrum metallicum	50C
Thymus gland	21X
Zincum valerianicum	200C

CHAVITA® 5



Composition:	
Phosphorus	21X
Thuja occidentalis	50C
Thyroidinum	21X
Viola tricolor	21X

CHAVITA® 6:



Composition:	
Cerebrum	21X
Plumbum metallicum	21X
Staphisagria	50C
Viscum album	21X

CHAVITA® 7:



Composition:	
Aurum metallicum	200C
Calcium sulfuricum	200C
Cerebrum	21X
Hypericum perforatum	21X
Lachesis mutus	21X
Millefolium	21X
Valeriana	21X



COMPOSITION AND INDICATION FOR THE FOUR ACUTE AGENTS AND GEOVITA®

In Psychosomatic Energetics, there are four homeopathic complexes which are designated as „Acute Agents”. As the term „acute” indicates, these are medications administered for acute application, which are either indicated purely symptomatically or additionally with PSE therapy, in order to better get through the difficult initial phase, say, of an anxiety disorder. In addition, there is a special mixture for exhaustion states due to geopathic stress and other causes.

ANXIOVITA®



Composition:	
Aconitum napellus	18LM
Anacardium orientale	12X
Cerebrum	200C
Hypericum perforatum	21X

Indication in the homeopathic sense: To ease anxiety and relieve tension. For all anxiety diseases, particularly as an acute agent for panic and phobias

NEUROVITA®



Composition:	
Ambra grisea	21X
Cerebrum	21X
Cinchona	50C
Cuprum aceticum	200C
Melissa officinalis	4X
Phosphorus	12LM

Indication in the homeopathic sense: For sedation and to relieve tension. In cases of severe nervous tension states, also serves as „homeopathic neuroleptic” and is also suitable for energetically caused pain states.

SIMVITA®



Composition:	
Cerebrum	21X
Chamomilla	200C
Ephedra vulgaris	30X
Secale cornutum	12X

Indication in the homeopathic sense: sympathetic conditions, acute inflammation; pathophysiological signs are mydriasis, restlessness and drivenness, skin reddening and perspiration. Simvita for harmonizing sympathetic conditions (such as diarrhea, cardiac arrhythmia, hypotonia, restlessness, perspiration).

PARAVITA®



Composition:	
Cerebrum	21X
Formica rufa	12X
Sulphur	200C
Vespa crabro	30X

Indication in the homeopathic sense: parasympathetic conditions, chronic inflammation; pathophysiological signs are miosis, cramps, fatigue and exhaustion, dry pale skin. Paravita for vagotonia (e.g. constipation, cramps, hypotonia, upper abdominal symptoms and shivering).

GEOVITA®



Composition:	
Cerebrum	21X
Cuprum metallicum	21X
Ferrum metallicum	6X
Formicum acidum	21X
Silicea	12X

Indication in the homeopathic sense: chronic exhaustion states, especially in cases of geopathic stress burden, to avoid relocation reactions, electrosmog.



Dosage

The medications are all available in drop form, 50ml droplet vials in blue glass, prescription only.

Unless otherwise prescribed: 2 x daily 12 drops placed directly on the tongue; for sensitive patients, mix the daily dosage in a bottle of water and drink throughout the day. For children, the usual dosage is 2 x daily 6 drops; for small children, one drop for every year of age.

In the suppository form, exactly as many suppositories are taken as the drop count.

Acute remedies and Geovita® : 2 x 12 drops; for acute symptoms 5 drops several times per day, even more if necessary.

General Information:

It is strongly recommended that the remedies not be tried haphazardly, on the off-chance that they might work. The experience of Psychosomatic Energetics is that it has to do with harmonization on all subtle energy levels – Vital, Emotional, Mental and Causal.

There are thus far no known side effects. Four mental ailments, the Emotional remedies do not replace any medical or psychotherapeutic care, and in particular when it comes to serious psychiatric illness, they do not replace proper therapy.

Placing Orders – Therapists

Please contact our distributor Privia Naturals for USA and Canada. All our remedies and the following accessories are available there:

Rebepad®-Test Device, in portable hard-shell case, for energy testing of psychosomatic disturbances.
Basic Test Kit (40 ampoules)
Reba® Test Kit (50 ampoules)
Organ Test Kit (35 ampoules)
Supplementary Test Kit (contains 3 each of Brunler-Bovis, 3 Geovita, 1Phos. D12 ampoule)
Character Type Test Kit (5 test ampoules)
Empty Test Kit for 40 or 75 ampoules
Patient information (to be handed out to patients)
PSE pamphlet (to be handed out to patients)
Patient pamphlet with Mini-DVD

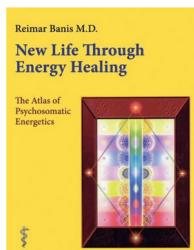
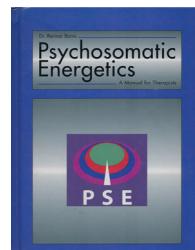
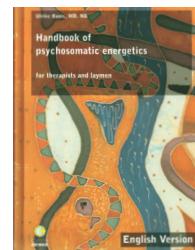
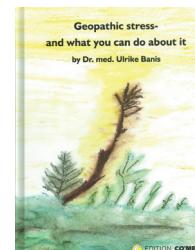


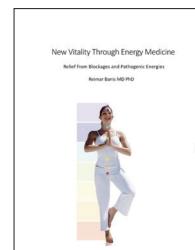
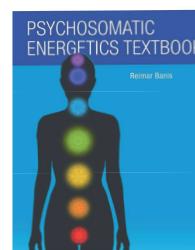
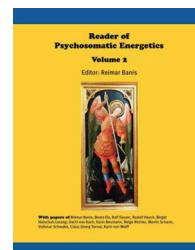
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A. New Life Through Energy Healing: The Atlas of Psychosomatic Energetics

By Dr. Reimar Banis, M.D.

This book enlightens us with information on life energy, the aura and chakras and their exceptional significance for health and finding meaning in life. In addition, in depth details on emotional conflicts, character typing, Psychosomatic Energetics (PSE) and Rubimed therapy are discussed.

B. Psychosomatic Energetics: A Manual for Therapists

By Dr. Reimar Banis, M.D.

An essential manual for therapists with detailed information on Rubimed therapy, Psychosomatic Energetics and the Reba® device. Both theoretical and therapeutic perspectives are discussed.

C. Handbook of Psychosomatic Energetics

By Dr. Ulrike Banis, M.D.

An introduction to Rubimed therapy and Psychosomatic Energetics, with multiple case examples for all of the Rubimed remedies.

D. Geopathic Stress and What You Can Do About It

By Dr. Ulrike Banis, M.D.

Details what geopathic stress is, the impact of geopathic stress on our health and how to resolve it.

E. Rubimed Patient Guide

The Rubimed Patient Guide is designed for patient use. It contains an explanation of the basic concepts of Rubimed therapy and summarizes each the Rubimed remedies with associated positive affirmations.

F. New Vitality Through Energy Medicine

By Dr. Reimar Banis, M.D.

Relief from Blockages and Pathogenic Energies
Also available as an ebook from Books on Demand (<https://www.bod.de/buchshop/>)

G. Psychosomatic Energetics Textbook

By Dr. Reimar Banis, M.D.

Also available as an ebook from Books on Demand (<https://www.bod.de/buchshop/>)

H. Reader of Psychosomatic Energetics Volume 2

By Dr. Reimar Banis, M.D.

Also available as an ebook from Books on Demand (<https://www.bod.de/buchshop/>)



PSYCHOSOMATIC ENERGETICS

Emotional Conflicts and Associated Energy Centers

from Dr. Reimar Banis



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