

BIOMEDIS



Guidebook on «Bris» rapid test

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1. Device application.

The program allows to display in a real time, during the testing process, the visualization of the results, to view the «energetic» body of a human, the state of the spine and its connection with the changes in the internal organs, to observe changes in the recovery process.

The program will enable you to work with the client in a faster and more convenient way during the testing, it will make it possible to accurately set the test and to determine the recovery plan, there will be the opportunity of selecting and monitoring ways to restore the body, which will make your recommendations more correct and safe for the client.

The point of electropunctural test consists in measuring the conductivity parameters in biologically active points on hands, feet and head (by means of contact plates placed on legs, palms and head electrodes) which are projection-associated with different zones, organs and systems in the body. According to the quantitative characteristics of these parameters and their relation we can judge the nature of pathological processes, their cause-effect relations, the interest of various organs and systems in forming and maintaining the pathological process. At the same time, the device allows to evaluate the body's response to any kind of impact (both intended for use, or carried out) in the real time.

2. The principles laid in the device for segmental testing «Bris» rapid test

Segmental testing is a method which is based on the principle of six square leads by Voll. Due to the unique technical solutions (contact plates on the legs, and palmar electrodes and head electrode) which allows to diagnose 30 body segments. Each segment carries information about a particular organ, system and the body part, as well as the state of segmental apparatus of the spinal cord and the vegetative system. This technique allows you to get information on all the organs and systems, about their physiological state and pathological changes in them, allows to select the optimal therapeutic plan in a record time.

Bio-resonance complex consists of the common and selective programs of passive bio-resonance therapy (BRT), with automatic selection of programs. A wide range of BRT programs allows to make the most efficient and comprehensive scheme of exposure, taking into account the client's individual features. This is one of the few effective ways to control the state of the body and prevent disease.

The device can be used by specialists as a medical profile, as well as by specialists of beauty salons, therapists, etc., and also for clients» independent use at home.

2.1. The possibilities of «Bris» rapid test

The device operation is aimed at correcting the homeostasis of the human body:

- determination of the functional condition of organs and systems related to biologically active points and zones (BAP, BAZ);
- determination of the etiological agent (cause);
- individual selection of medicines, biologically active supplements, phyto-homeopathic, homotopic drugs, etc., testing allergens, foods, cosmetics, etc., without introduction of the latter into the body (a long-range action phenomenon);
- prescription and selection of bio-resonance complex modes and monitoring the effectiveness of the sessions;
- monitoring the effectiveness of drugs used as a treatment and prevention of diseases;
- testing aura, chakras;
- control over the treatment dynamics.

2.2. The method allows:

1. To gather information about the functional state of the body and its systems, visually presenting the time-dependent graphic functions, rates and evaluations in a very short time (about 5 min.).
2. To identify the functional status of the body as a whole and its parts (basic functional systems) which represents both functional changes and abnormalities in the process of self-regulation.
3. To monitor the effectiveness of any therapy.
4. To evaluate the dynamic therapeutic actions by taking measurements at the time and between therapy sessions.
5. Ability to create a database and statistical analysis.
6. Quick and easy assessment of drug effects, or any other thing or an object (jewelry, clothing, food, etc. during 1 minute).

2.3. Indications.

Testing in order to prevent chronic diseases:

- *Diseases of peripheral nervous system:*
radiculitis, plexitis, neuritis, neuralgia, polyneuritis, polyneuropathy, etc.
- *Neurological manifestations of vertebral osteochondrosis:*
reflexory muscular tonic and neurodystrophic syndromes, compressive radicular syndromes.
- *Diseases of the circulatory system:*
cardiopsychoneurosis, arterial hypo- and hypertension.
- *Respiratory diseases:*
rhinitis, tracheitis, bronchitis, pneumonia, bronchoconstriction, bronchial asthma.
- *Diseases of ENT - organs:*
sinusitis (maxillary, frontal, etc.), laryngitis, adenoid vegetation, tonsillitis.
- *Diseases of the digestive system:*
functional disorders of esophagus, stomach, intestines, gallbladder, gastritis, duodenitis, peptic ulcer of stomach and duodenum, chronic colitis, pancreatitis, cholecystitis.
- *Diseases of the genitourinary system:*
cystitis, algomenorrhea, adnexitis, prostatitis, benign tumors, etc.

2.4. Contraindications.

- idiosyncrasy of electric current;
- if the patient has an implanted pacemaker;
- pregnancy;
- acute disorders of cerebral and coronary blood flow;
- a state of acute mental excitement.

3. Conduction of segmental testing using «Bris» rapid test

The procedure of segmental and electropunctural testing is painless and does not require complex client training routines. However, it is desirable to carry out a number of requirements that would make rapid testing more informative and reliable.

For segmental testing there are used 3 pairs of electrodes: 2 on the forehead, 2 on hands, 2 on legs.

3.1. Client requirements:

1. There is required a good contact between the skin and the electrode, without increasing or reducing pressure; do not take the measurements if the skin surface on which the electrodes are fixed is irritated (ulcers, open wounds, etc.).

2. Do not use any gels in order not to change the electrolytic properties of the skin.
3. Clean the electrodes properly with a cleaner, it is better to use soap and water or antiseptic.
4. Forehead, hands and feet of the patient must be clean, remove excessive sweat and cosmetics.
5. It is desirable that at the time of diagnosis the patient is not hungry. The best time for examination is 2 hours after meal. 2-3 days before the examination it is not recommended to drink alcohol. One day before the examination you should not drink coffee, or eat hot and spicy dishes. Immediately prior to the examination you should not eat chocolate, citrus fruits, chewing gums. Intake of medications that can be stopped painlessly for the patient, is necessary to stop the day before the examination. Medications, which are taken by the patient according to vital indications, and for a long time, do not significantly affect the test (except hormonal therapy), but it should be notified before the beginning of the rapid test session which drugs, in what dosage and what time of day the client takes. Before the rapid test session, it is necessary to avoid contact with chemically active substances (polishes, varnishes, solvents). It is advisable not to smoke the day before session (if it does not cause stress for the client). For women, it is not desirable to be examined during the menstrual cycle.
6. Skin should be clean, healthy, with no signs of inflammation or mechanical damage. Do not use any medical and cosmetic creams and ointments before examination. Overly wet skin should be dried with a cloth while a dry skin should be moistened.
7. It is preferable to wear clothes made of natural fabrics, before the diagnosis it is necessary to remove all jewelry and metal objects. Turn off the cell phone, or put it at a distance of 1.5m.
8. The best time to do the examination is the first half of the day, when the client is in a «cheerful» state. However, individual biorhythms of a client should be taken into account. It is desirable to do the re-examination at the same time as the first one.
9. The device is sensitive to static electricity.

Attention!

To prevent damage of the Rapid test and to ensure the accuracy of the device:

It is not recommended to do the examination in a wool or synthetic clothing.

Before the examination remove the static electricity. To do this, touch a metal object, or wash your hands under running water.

3.2. Operator training:

1. The operator must be healthy, at least in the context of acute pathology.
2. During the session of electropunctural test (EPT), the operator should be wearing cotton gloves that should be changed after each client, during the test operator's hands must not touch the body of the client.
3. The operator must not abuse cosmetics or perfumes; before the diagnosis of all metal objects and jewelry should be removed.
4. The operator's clothing should be made of natural fabrics that do not cause electrostatic discharge. Mobile phones must be turned off or removed to a distance of at least 1.5 m from the device.
5. The operator should standardize his/her actions as much as possible and develop his/her own individual style to provide reliable repetition of measurements results.
6. It is desirable for the operator to have his/her own individual set of hardware components for the testing.
7. During the examination there should not be any third person (except for parents of children)

3.3. Requirements for the office:

1. The temperature in the room should be 21-22 C. Humidity of 60-80%.
2. Near the operator's office there should not be any high voltage power lines or powerful radio and TV antennas.
3. In the room there should not be any instruments for physiotherapy and X-ray diagnosis.

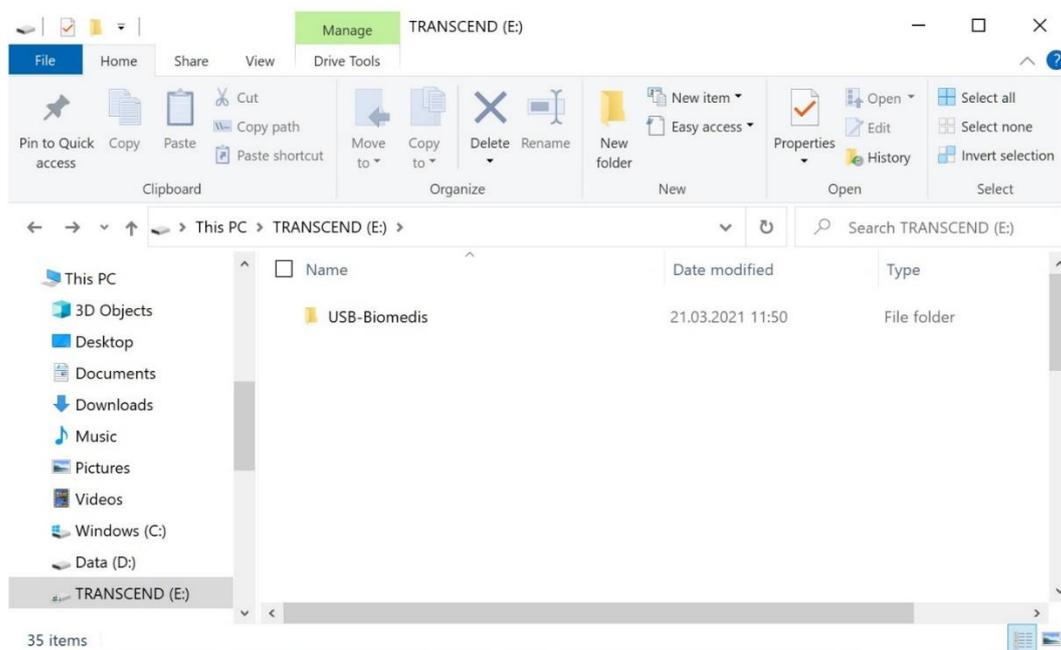
4. The room space in which the operator works must not be less than 15-16m.
5. There should not be exploited:
 - any household equipment
 - sources of electromagnetic radiation (microwave ovens, ozone generators, UV radiators, refrigerators, TVs ...) in the office.
6. During the operation, mobile phones must be switched off.
7. The distance between the Rapid test and the computer case must be not less than 0.5 m, and the distance to the patient, the monitor and the computer case no less than 1-1,5.
8. The atmosphere in the office should be neutral, not irritating the vegetative nervous system.
9. The table cover and the floor should not create static electricity.
10. Light sources, particularly fluorescent lights must be removed from the equipment at a distance of 1.5 m and must not cause the equipment heating.

Important indication. Before taking the measurements, the temperature of the electrodes should be equal to the patient's temperature. This is why, forehead electrodes must be put on no less than three minutes before taking the measurements.

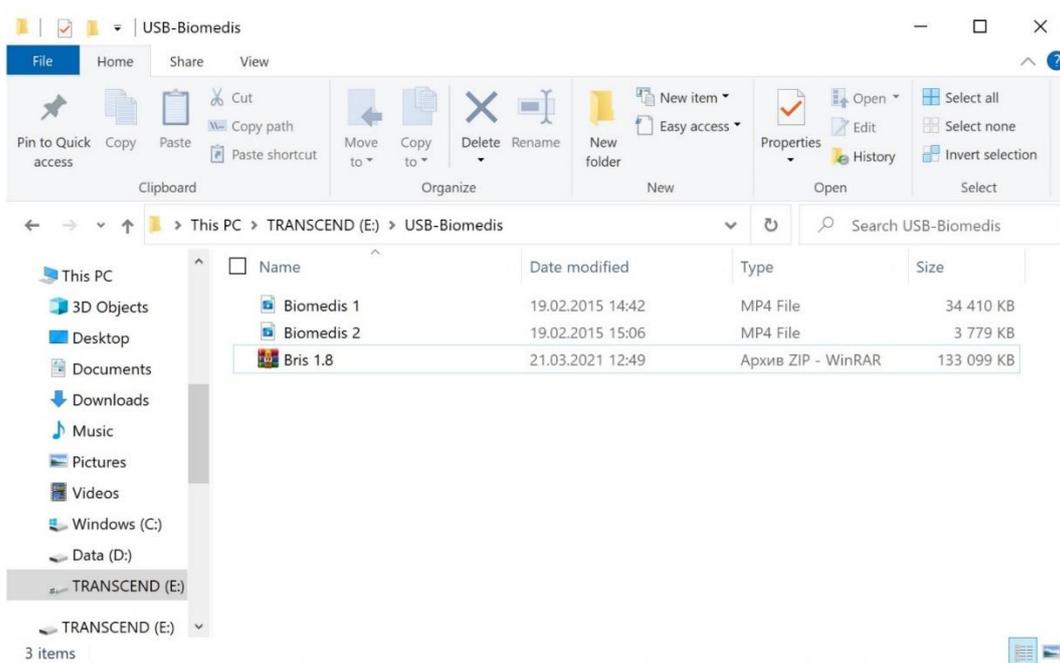
For measuring accuracy, the meridians activity time must be considered (theory Y Sin), and it is desirable to take client's measurements at the same time (if possible). It is advisable to take measurements in the morning. In the afternoon the parasympathetic division of the autonomic system begins to dominate, which leads to a performance decrease. However, at any time, the segmental analysis objectively shows the functional state of the client's organism for that time.

4. Instruction for 'BRIS' Scanner software installation on 'Windows10' computer.

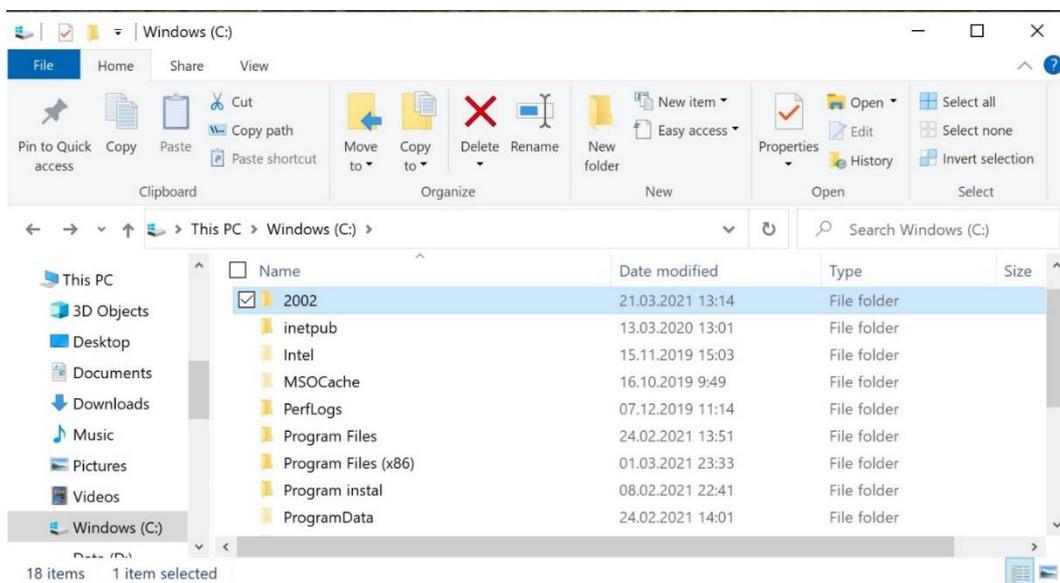
1. Insert the memory stick that comes in a kit with the scanner to the USB connector.



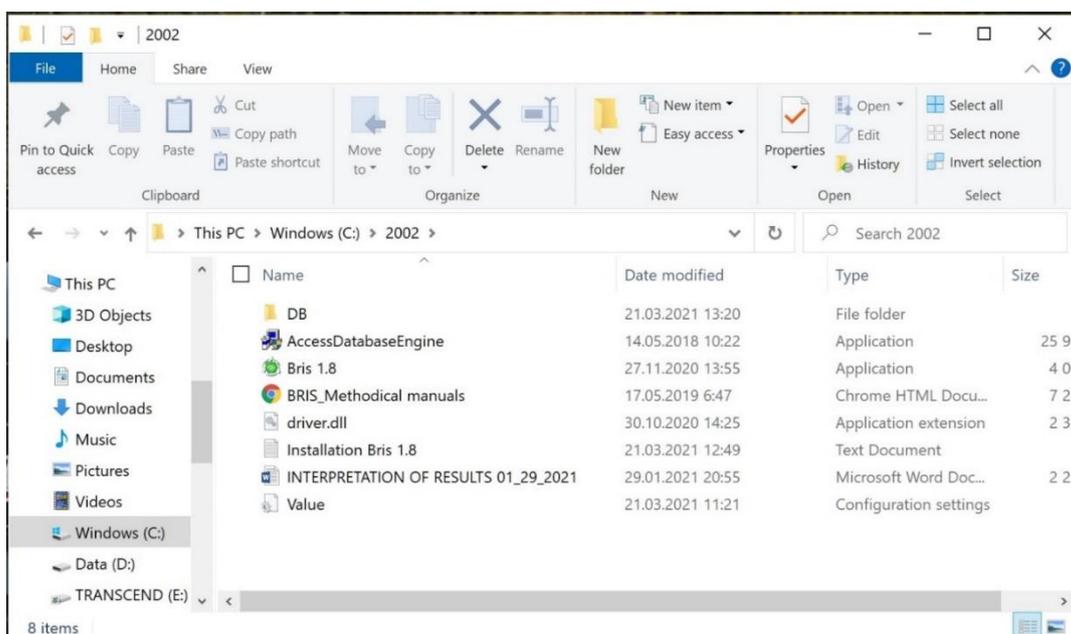
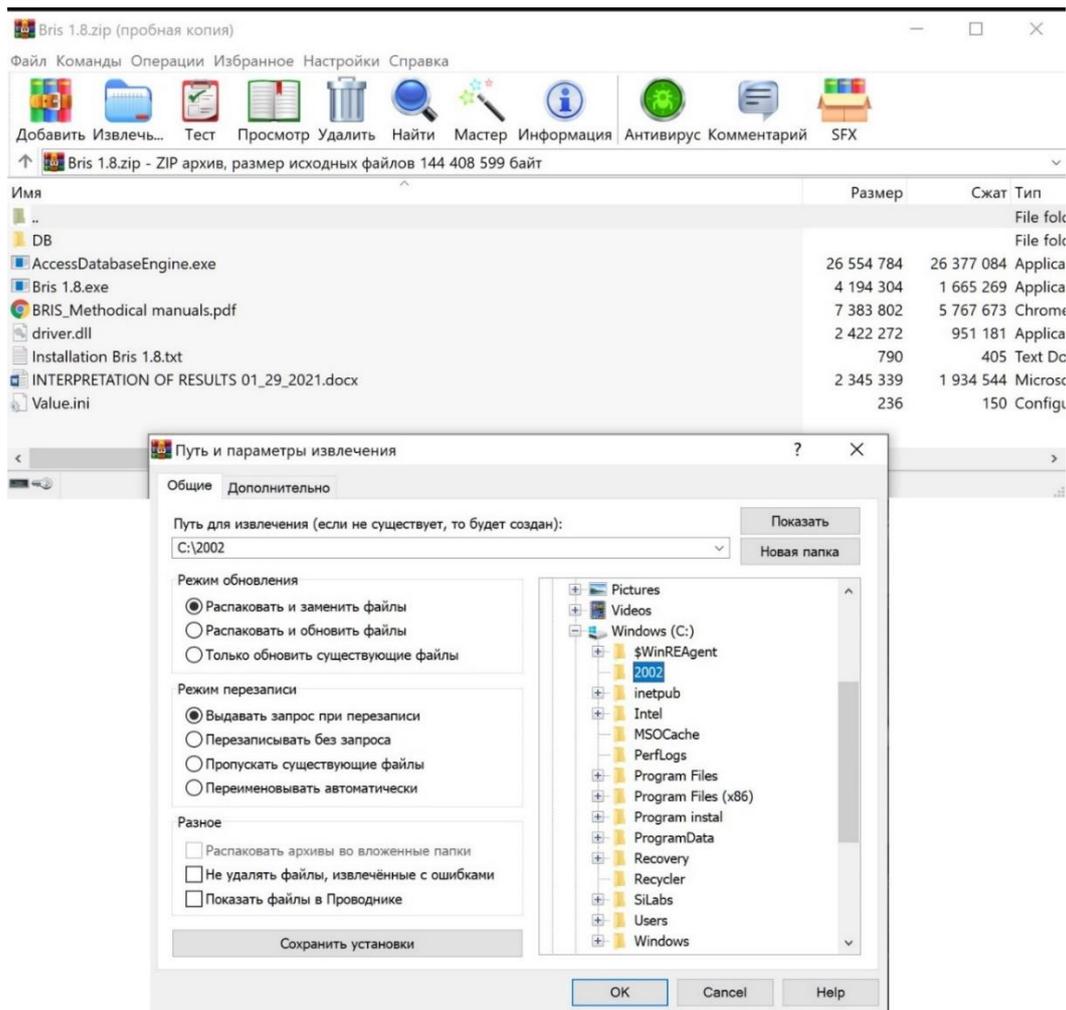
2. Open 'USB-Biomedis' folder:



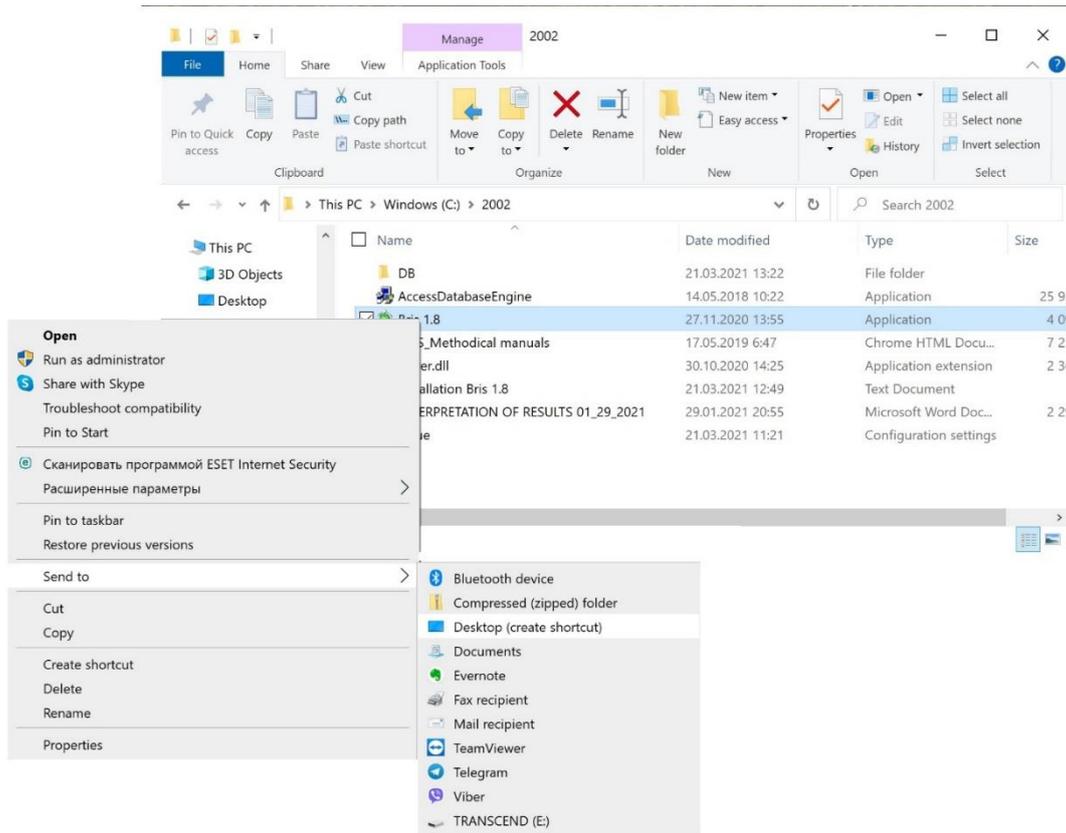
3. Create on disk C: folder 2002.



4. Unpack the archive "C:\2002\" into the folder 2002.



5. Put the tag mark of the “Bris 1.8” program to the desktop.



6. Launch the program “Bris” by pressing the icon.



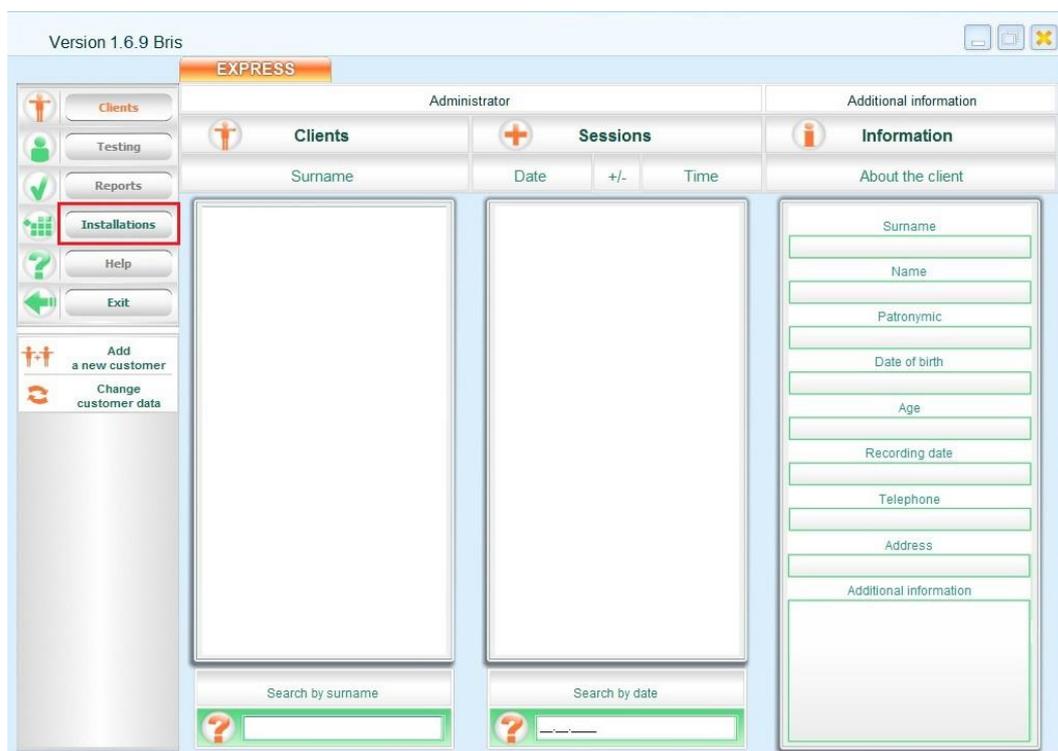
7. The window «Selection of the expert» will open.

In the «Select User» window choose «Administrator».

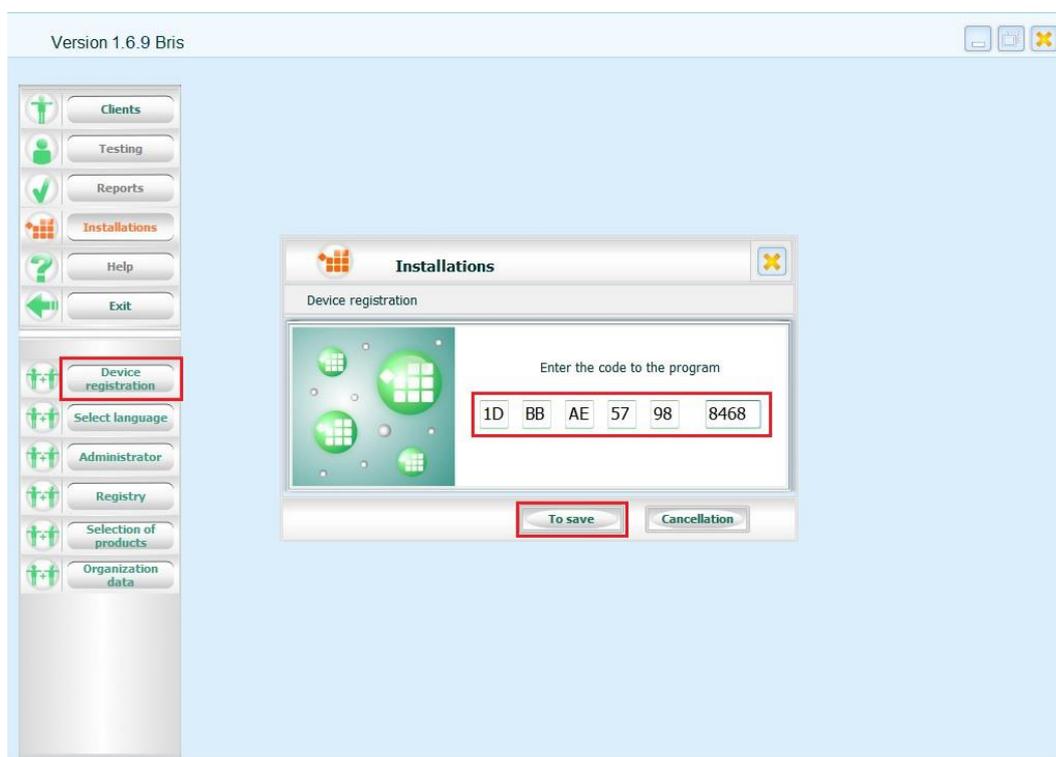
In the «User's password» window when you enter it for the first time, do not enter any passwords
Click «OK»



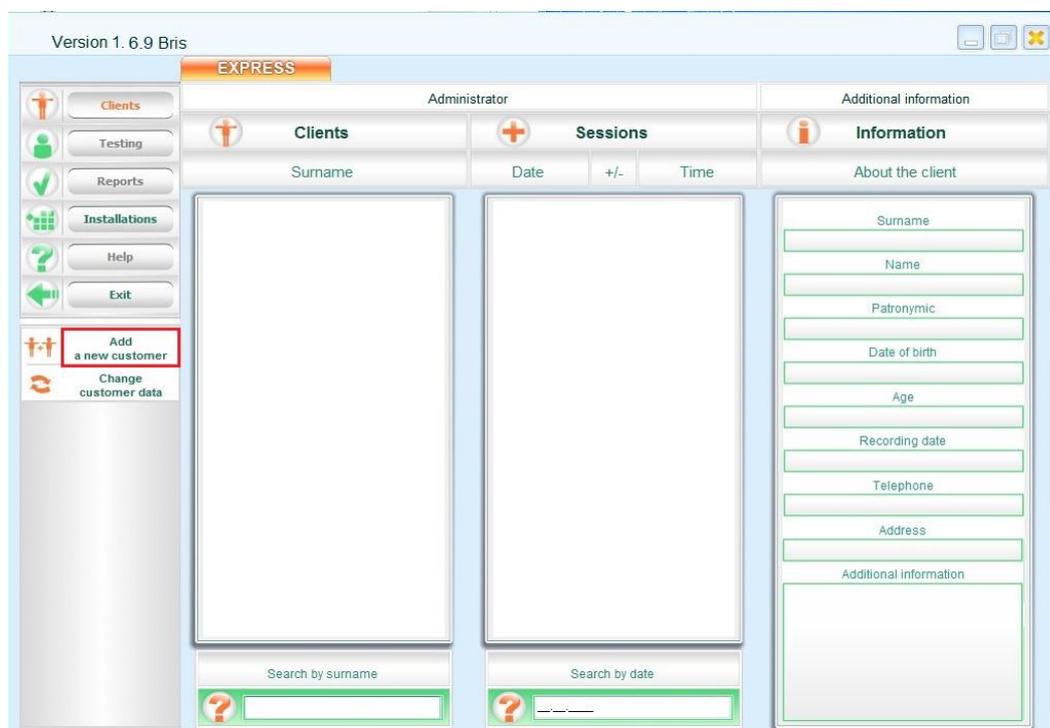
8. In the main window, click «Settings»



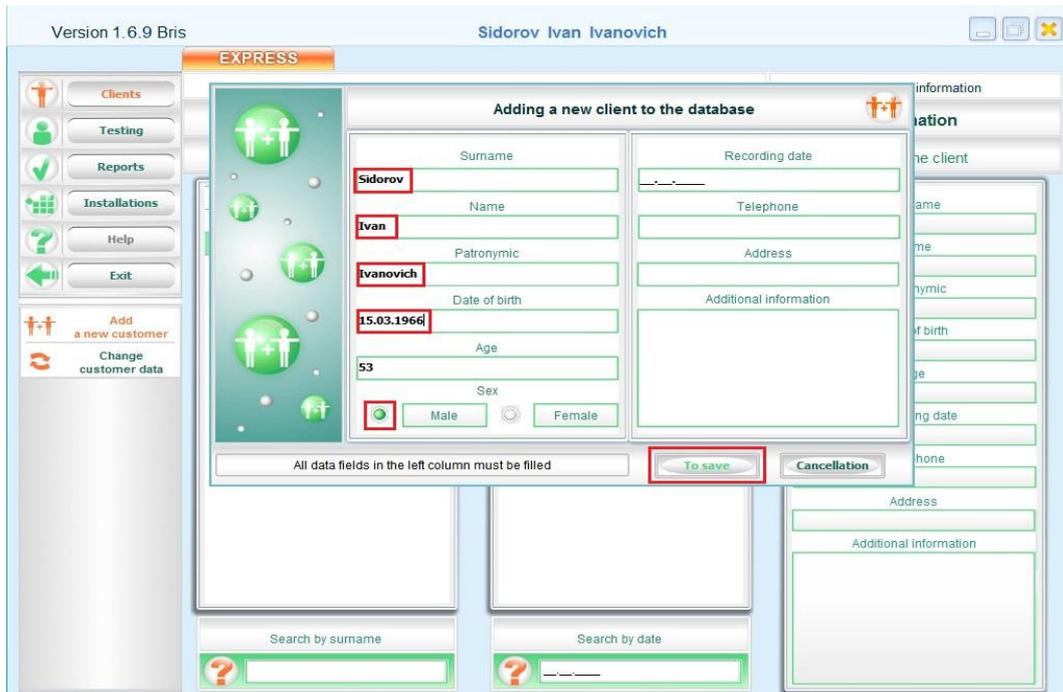
9. In the window that opens, click «Register the device», then in the «Enter the program code», enter 14 characters, registered in the passport and on the back side of the device. There will appear the window «Device Registration has passed successfully», click «OK»



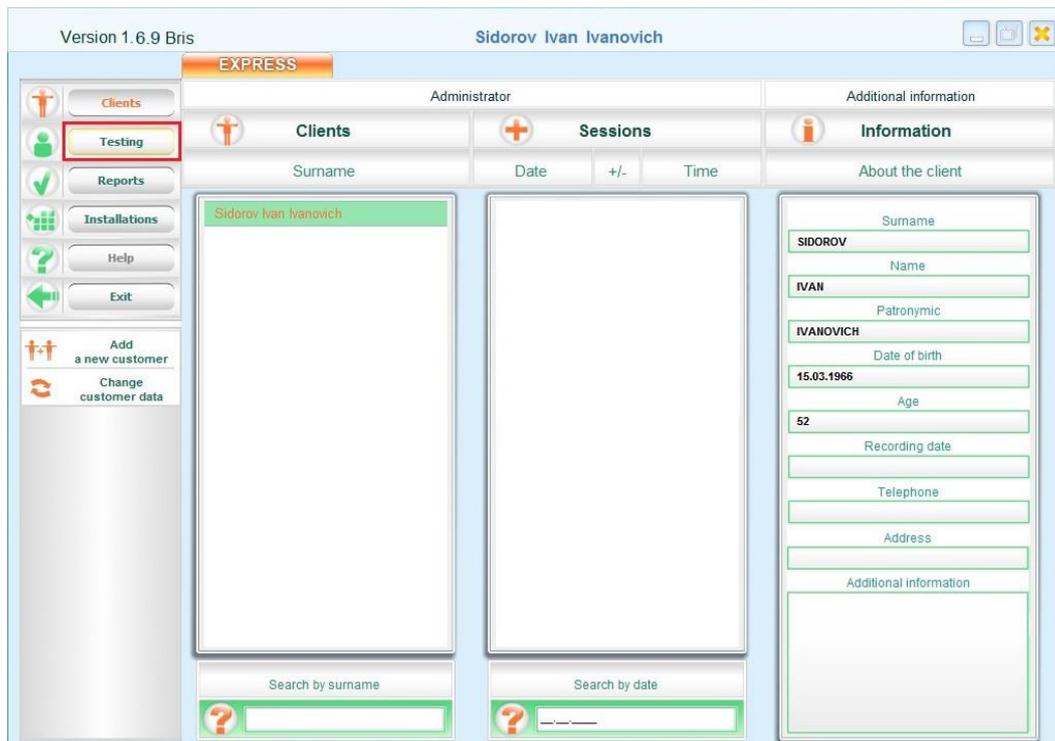
10. In the main window that opens, click «Add new Client»



11. In the «Add a new client to the database», enter the client's data and click «Save.»



12. In the main window, with a registered client, click the «Testing» button



For a quality measurement and uninterrupted operation of the equipment, perform the following steps:

Before connecting the electrodes to the client and taking measurements, it is very important to remove static electricity from the client. To do this, the client must wash hands under the water, or take the metal.

It necessary to keep in mind the rules of patient preparation mentioned above, make sure that the skin in the places of contact with the electrodes is clean and undamaged.

5. Connecting client.

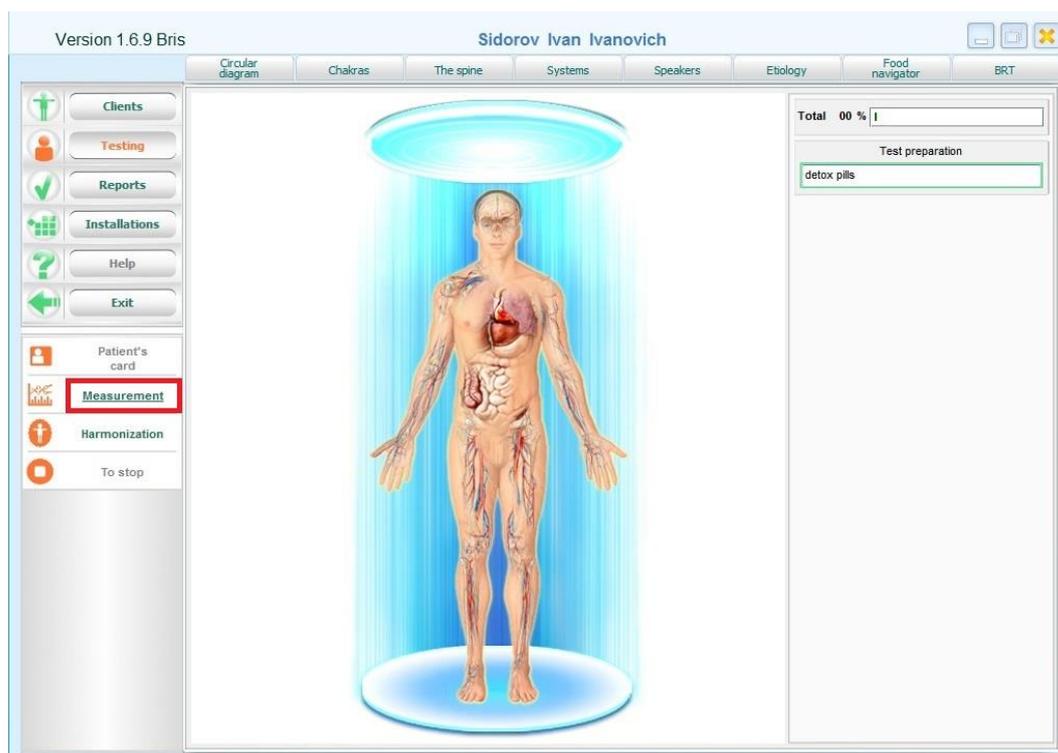
Client is connected to the electrodes using the rule:

- the right side – the red electrodes,
- the left side – the black electrodes.

The procedure of taking measurements.

Client must sit quietly during the whole test (1 minute), contact with the electrodes should be permanent; the electrodes should not touch each other.

1. In the window that appears click the «Measure»



2. After taking measurements within 1 minute there will appear «Measurement completed» window.

6. Research protocol by segmental rapid test method

6.1. Main window

Analysis of the obtained results. This feature of the program can be implemented in all forms of data visualization:

- The pie chart or energy-matrix. This section allows you to visualize all the functional problems of the patient in a single complex, both psychosomatic and physical condition. By clicking the colored circle that corresponds to a particular chart, the operator receives the information about the functional state of the particular organ, the degree and nature of pathological changes in it, the possible clinical syndromes at a given time. It allows you to draw parallels between the visceral and psychological sphere.

- Chakras. This section of the program allows to make analysis of the connection with the organs, connection with the energy bodies, manifestations of balance and imbalance.

- Spine. Allows to identify visceros - vertebral interactions. Allows to conduct segmental analysis of

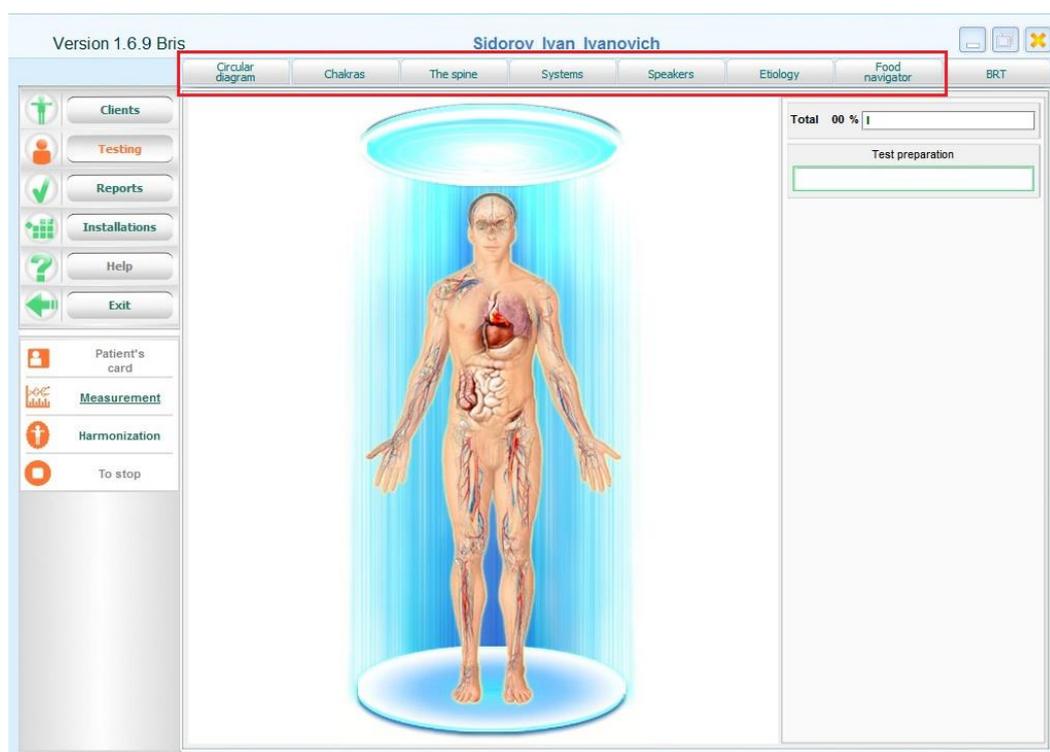
the obtained data. Clicking on a particular segment, or vertebrae, the operator can see the predictive analysis of dysfunction in this segment.

- Systems. Allow to make analysis of the functional state of the main body systems. Deviations from the physiological processes in the direction of hypo or hyperfunction of the system are illustrated by the corresponding color and percentage ratio with the corresponding «+» sign – hyperactivity of the system or subsystem, or «-» sign – hypofunction.

- Dynamics. This section of the program allows to visualize the state of the main organs and systems in the form of charts and graphs, to contrast two diagnostic sessions, defining the reactivity of each of the systems.

- Etiology. One of the main functions of the express method are - *reports on the test results*, which consist of three kinds: etiologic factor (the percentage of parasites in the body), the functional state and burdened organs and systems. Due to this, you will be able to more accurately use the Rapid test data.

- Food Navigator. According to the results of the test it allows to carry out an automatic selection of:
- individual diet food,
- functional food (dietary supplements)
- program complex for bio-resonance devices.



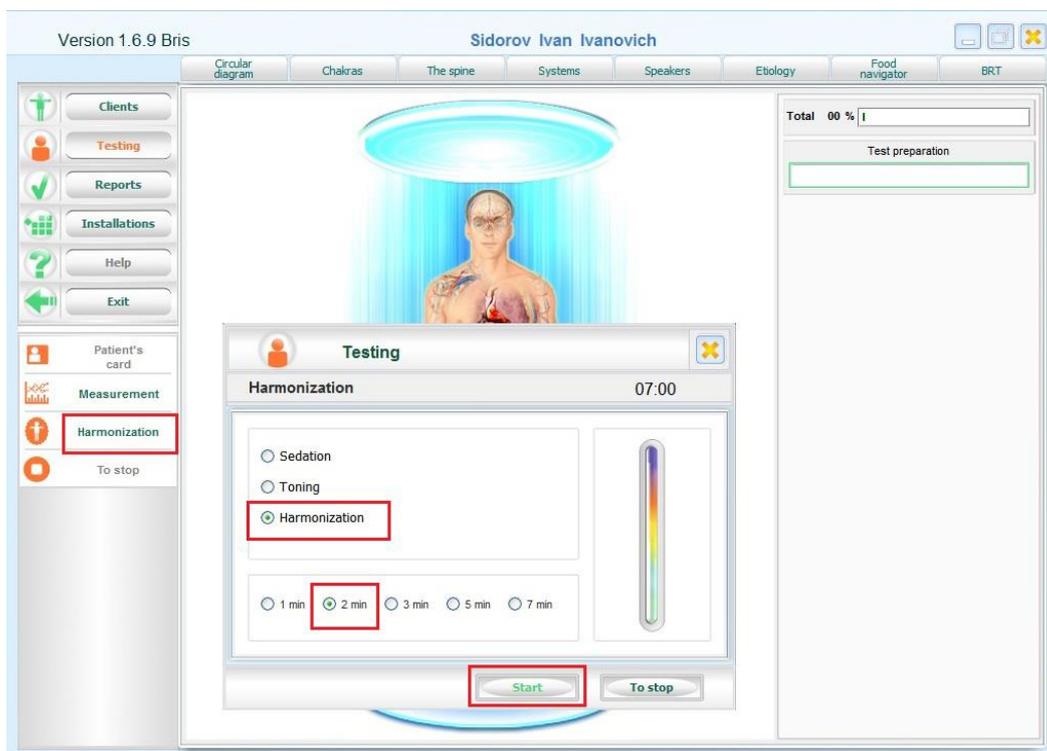
Analysis of functional lability. After the analysis of the first measurement data it is necessary to carry out correction of the client's state using the function - harmonization or BRT.

6.2. Harmonization

In the harmonization section it is necessary to choose the nature of the impact:

- Sedation - with the general tendency to systems hyperfunction, sympathicotonia (orange - red segments dominate)
- Toning - with the general tendency to systems hypofunction, parasympathicotonia (light blue and blue segments dominate)

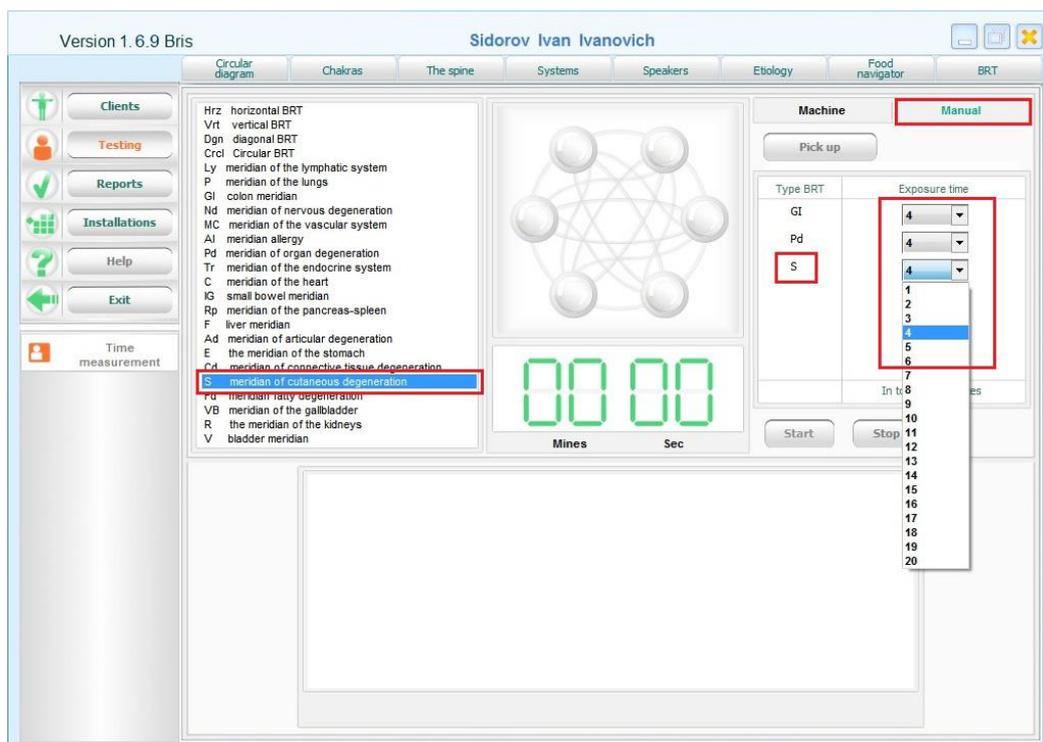
- Harmonization with the partial hyper- or hypofunction, without any general tendencies (harmonization session is conducted from 1 to 7 minutes, with the possible repetition of several sessions in a row for achieving stable result)



6.3. BRT selection of programs.

In BRT section it is recommended to carry out «Automatic» selection of the BRT programs, using the corresponding function, embedded in the program or select a program in the «Manual» mode, according to the general recommendations in the Chapter BRT.

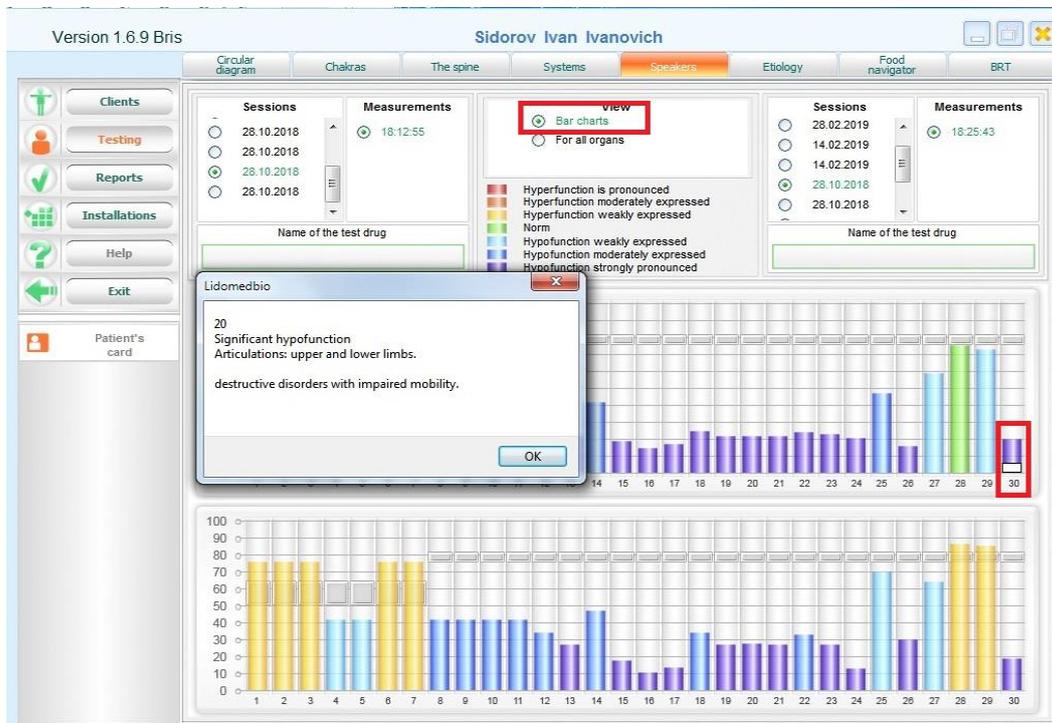
Duration of BRT procedure, between the first and second measurement procedures, may be within 5 - 10 minutes for all of the selected programs.



Analysis of the obtained results after repeated measurement procedure.
It is recommended to compare two measurements in the mode – dynamics.

6.4. The process of comparing 2 dimensions

In the process of comparing two measurements, you can evaluate both the lack of dynamics in the corresponding segments, and the nature of this dynamics. Dynamics options:



Lack of dynamics in the organ or system is an indicator of the chronically running processes with the adaptation reserves deterioration.

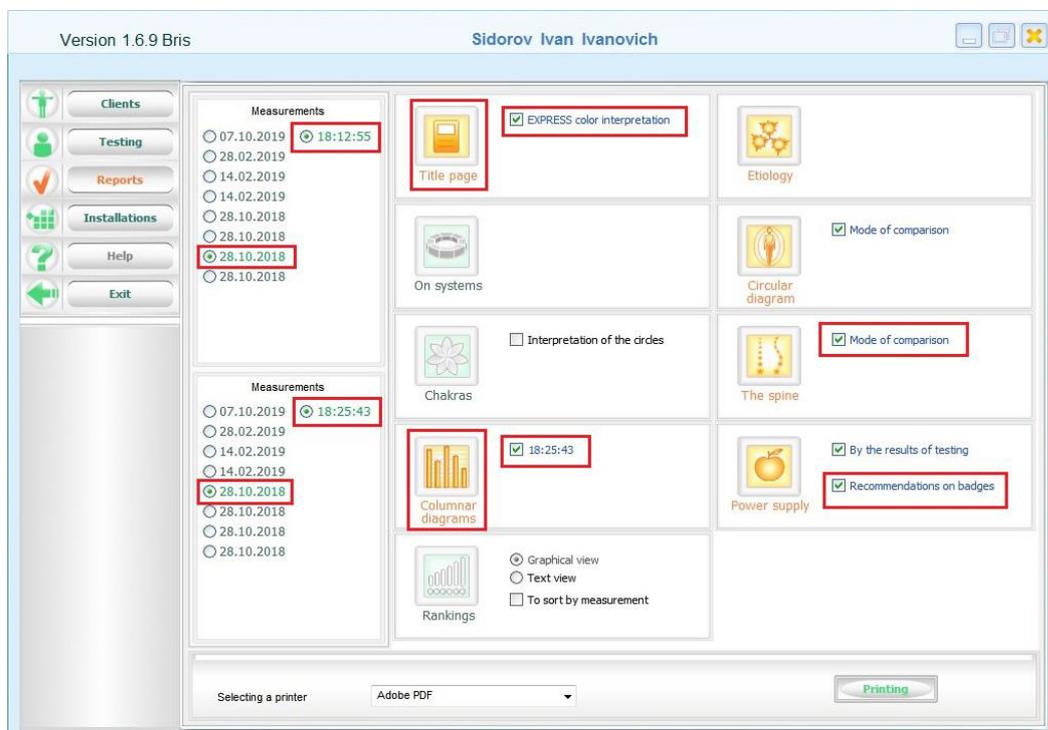
Negative dynamics of the measures shows drastically decreased functional activity of the organ or system, breakdown of adaptation mechanisms or accentuated decrease of adaptation reserves.

Positive dynamics is a functional norm upon condition that with the secondary measurement the

rates increase within normal values. If in the second measurement after impact the rates rise above normal values, it is an indicator of subacute disease with a tendency towards aggravation or unstable remission of the pathological process. Adaptation reserves are normal.

6.5. Reports formation.

For Express test there are available various variants of reports visualization that are described above.



7. Informational-functional relationship of the leads with the organs and systems.

Leads	Informational-functional relationships
Forehead from the left – Hand from the left	CNS, left eye, left ear, left frontal and maxillary sinus, cervical vertebrae, tonsils, upper jaw teeth, left compartments of heart, superior lobe of left lung, nerves, vessels and joints of the left hand
Forehead from the right – Forehead from the left	CNS, cervical spine, frontal sinus, upper jaw teeth, tonsils
Hand from the right – Forehead from the right	Lower jaw teeth, tonsils, right ear, right eye, cervical vertebrae, right compartments of heart, superior lobe of the right lung, nerves, vessels and joints of right hand, CNS
Hand from the left – Head from the right	Heart, lungs, alimentary canal, thyroid gland, cervicothoracic spinal junction, stomach, diaphragm
Foot from the left – Hand from the left	Left kidney, heart, left lung, thoracic spine, alimentary canal, stomach, pancreas, sigma, descending colon
Foot from the right – Hand from the left	Urogenital organs, straight intestine, sacral spine
Hand from the right - Foot from the right	Hepatobiliary system, appendix, right kidney, ascending colon, lumbar spine, stomach, pancreas, small intestine

The possibilities of «Bris» rapid test allow to carry out a differentiated analysis of the indicators of the main segments and 30 major organs and systems. The obtained indicators characterize the functional state of the main organs and systems at the time of testing procedures, as well as illustrate their dynamics during various influences or manipulations when connecting objects through biocontour (medical test). If suddenly Express test gives you a «electrodes break» message- this means that the patient's skin is dry, and it is necessary to moisten it.

8. List of organs and systems

- 01 Cerebral circulation R.
- 02 Cerebral circulation L.
- 03 Basal gland, Hypothalamus.
- 04 Visual organs, acoustic organs R.
- 05 Visual organs, acoustic organs L.
- 06 Antrum of Highmore R.
- 07 Antrum of Highmore L.
- 08 Mammary glands R.
- 09 Mammary glands L.
- 10 Pharyngeal lymphoid ring R.
- 11 Pharyngeal lymphoid ring L.
- 12 Cervical and mediastinum lymph nodes R.
- 13 Cervical and mediastinum lymph nodes L.
- 14 Arterial system, systemic heart
- 15 Venous circulation, venous heart
- 16 Thoracic duct flow, thymus gland.
- 17 Larynx, trachea.
- 18 Thyroid gland, parathyroid glands R.
- 19 Thyroid gland, parathyroid glands L.
- 20 Bronchi R.
- 21 Bronchi L.
- 22 Lungs R.
- 23 Lungs L.
- 24 Stomach, pancreas, spleen.
- 25 Liver, gall bladder
- 26 Intestinal canal: small and large.
- 27 Urinary bladder, prostate, Testes
- 28 Kidney, adrenal gland, ureter R.
- 29 Kidney, adrenal gland, ureter L.
- 30 Articulations: upper and lower limbs.

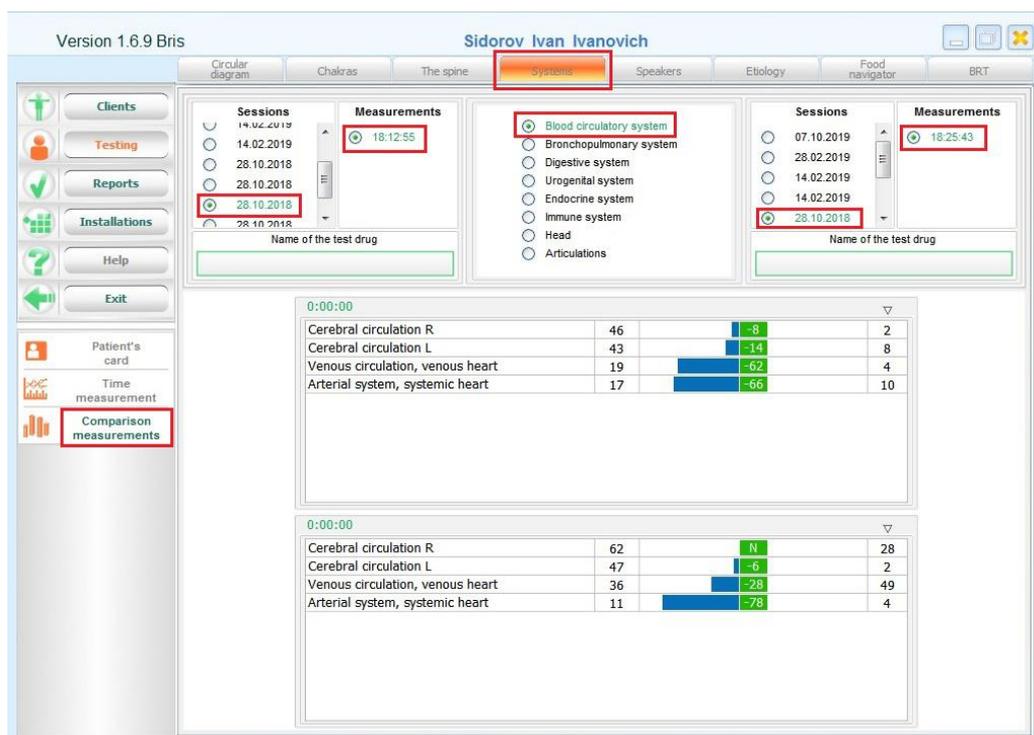
9. Interpretation of segmental test values

To do this, enter the «System» section, select the desired system - «Circulatory system» and click on the organ description. This function is provided in the section – «Reports» for printing on paper and saving electronically.



9.1. Comparison of «System» measurements

To do this, enter the «System» section, then select «Compare measurements», in the left and right windows select «Sessions» and «Measurements». To exit the «Comparison of measurements» you should click on this section.



It describes the functional and energy state of organs in the system.

9.2. Color Interpretation Table

Table of interpretation of color and frequencies corridor from -100 to +100 c.u.:

Abbreviated scale of organ corridors from 1 to 7 columns in "Dynamics"		Abbreviated color scale "Systems"
-100~49	Hypofunction	blue - left
50~65	Norm	N or OT -100 до +100
66~100	Hyperfunction	red - right

Abbreviated scale of organ corridors from 8 to 30 columns in "Dynamics"		Abbreviated color scale "Systems"
-100~74	Hypofunction	blue - left
75~82	Norm	N or OT -100 до +100
83~100	Hyperfunction	red - right

The numbers in the first column (values from 0 to 100 c.u.) indicate the degree of risk for the given system (subsystem). Conditional norm when measured is considered (values from -29 to +30 c.u.)

The numbers in the second column (values from -100 to +100 c.u.), in green rectangles, represent pathological changes in the body.

Numbers in the third column (from 2 to 20 or more c.u.) denote the IDP (Indicator drop phenomenon by Voll).

Firstly, we estimate the segment with the highest IDP.

IDP on the segment is illustrated in the form of white cap and has the same meaning as in segmental diagnostics, as in Voll diagnostics.

IDP – indicator drop phenomenon – is always an indicator of the pathological changes. Their nature and severity are reflected in the depth of the IDP and in its dynamics.

If IDP is more than 2 c.u. it should be taken into account when evaluating the results. IDP from 2 to 5 c.u. is a compensated process (the body can cope by itself). From 5 to 10 c.u. means latent, chronic, subcompensated processes (help is needed). 11-20 c.u. means decompensation (pronounced pathological process). More than 20 c.u. means a full breakdown of compensation mechanisms, irreversible destructive changes in the body.

The drop depth is a relatively significant measure which characterizes the reversibility of the pathological changes in the body. If the drop has stopped at the border of normal values, then the process can be reversed, if the indicator drop continued below normal values, then the process is more or less not reversible.

Secondarily we estimate the LDA – lateral differential difference between the right and left sides of the organ (right and left lung or descending and ascending colon. It indicates the presence of unilateral problems in paired organs, evaluated only when they are more than 5 c.u.

Total leads:

14 paired (01-02,04-05,06-07,08-09,10-11,12-13,18-19,20-21,22-23,27,28-29,30)

16 unpaired (03,14,15,16,17,24,25,26,27)

Those segments where LDA is higher are selected.

Thirdly, we estimate the lowest value of all the segmental leads located in the hypofunction corridor (below the norm in a blue and violet range).

Then we estimate segmental lead with the highest value of the hyperfunction corridor (red - orange range).

Absence of functional lability after the conducted exposure (BRT, harmonization) may indicate the

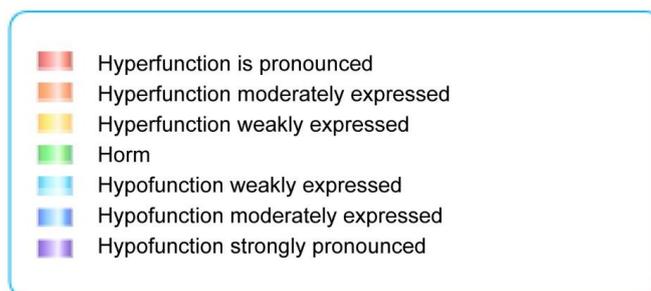
presence of morphological changes in the organ, and reduction of adaptation reserves.

The first measurement is the correct one, the second measurement 3-5 minutes after the harmonization procedure (toning, sedation or harmonization depending on the overall level of indicators) shows functional lability of adaptation systems.

During all the measurements the patient must sit still and not move fingers and limbs, as it can cause false values.

It should be noted that for solid organs, with lobulation, such as liver, pancreas, spleen, kidneys, prostate, thyroid, lungs - within the norm there may occur some hypofunctional indicators, that can be a functional norm for these organs, while the green range in this case, may be a sign of pathological changes in them (autoimmune processes, acute inflammatory, allergic and toxic loads)

The period of maximum activity of the organ should also be taken into account, during this period its function will be physiologically increased.



Scale color values		Interpretation of values
Red range	- strongly pronounced hyperfunction, - pronounced hyperfunction	Autoimmune processes (rheumatoid, reactive) allergic processes, acute toxic load (of exo- or endogenous origin with helminthiasis, bacterial processes, candidiasis of internal organs) acute inflammatory process of bacterial and fungal origin (yeast flora)
Orange range	- moderate hypofunction	
Yellow range	- mild hyperfunction	Functional tension, mild pathological processes
Green range	- norm	Normal values (for hollow organs)
Light blue range	- mild hypofunction	Functional exhaustion, mild pathological processes
Blue range	- moderate hypofunction, expressed hypofunction	Chronic inflammatory processes, chronic intoxication (helminthiasis, systemic diseases such as diabetes, metabolic syndrome, chronic liver and kidney diseases), viral and fungal processes (mold group of fungi)
Violet range	- pronounced hypofunction	

10. Resonance testing allows to determine the patient's general condition at the moment, ie.:

- insult, heart attack, hypertension, etc.
- hidden psychological causes of diseases (uncertainty, fear, resentment, low self-esteem,

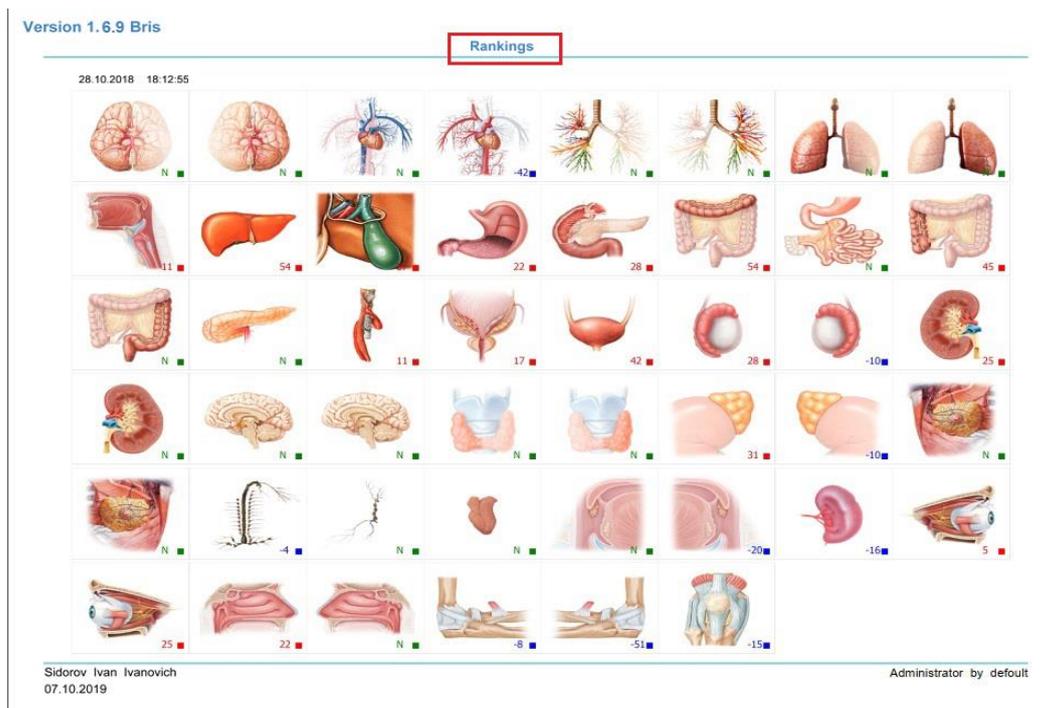
depression, stress, etc.)

- the initial stage of any disease process at preclinical level of the disease manifestation, when its symptoms are not expressed or absent
- state of the immune and nervous systems, blood, lymph, etc.
- state of endocrine system, allows to correct it without use of hormonal agents
- presence of any kind of viruses, bacteria, fungi, worms in the body, their location and degree of activity
- lack of vitamins, minerals, enzymes in the body
- availability cystic, fibrotic processes, et al. Tumor
- to identify disorders in the spine and changes in the organs that are connected with the vertebrae
- to identify the primarily affected organ, most affected organ, to identify the whole pathological chain
- to check whether particular foods are suitable for a particular person, as well as denture and prosthetic materials, cosmetics and jewelry, amulets, stones, etc.
- presence of congenital or acquired intoxication, and the degree of adverse impact on the body of different pathogenic agents: heavy metals, pesticides, herbicides, nitrates, etc.
- to define the type of allergy, to identify its cause and to test any kind of allergens
- toxic load, psychosomatic load
- level of efficiency and compatibility of all the medications, food supplements, vitamins being taken, as well as the possibility of their side effects without introducing them into the body.
- to identify not only the presence of benign and malignant tumors, but a predisposition to their formation;
- to define hidden allergic reaction and to find specific allergens
- to select effective and well tolerated drug;
- to evaluate mental state and level of physical overload of a person;
- to find out the level of intoxication of the organism (people drink chlorinated water, eat food with pesticides, etc.);
- to choose foods that are suitable for this particular person;
- to create a complex individual medication on the basis of the diagnostic data.

Segmental diagnostics, as a universal method, is based on the following:

- no organ in the human body exceeds skin in different physiological processes that is why no organ can better than skin represent the dynamic changes in the regulation of the internal environment;
- due to the embryogenetic and evolutionary informational-functional connections between certain biological active zones of the skin, on the one hand, and internal systems and organs, on the other hand, it is possible to evaluate biochemical, bioelectric and other processes using the internal electrical signals coming to these zones;
- numerous empirical studies confirm a correlation between the change in the electrical parameters in certain skin areas, and change of the state of internal organs and systems;
- various informational-functional connections between organs and systems: in addition to all of this are reflected in the development of various psycho-emotional states of people that occur during the increase or decrease in the function of organs and systems. These connections can be used to evaluate the condition of the body from the perspective of medical cybernetics.

The analytical system of «Bris» rapid test allows to set the level of certain pathological changes in any organ or system in percentage terms, as well as to rank the obtained parameters, i.e. to sort organs and systems according to the severity of the pathological changes in them with the sign «+» or «-□».



Analytical abilities of the program allow to carry out the systematic analysis of abnormalities, to identify the least and most affected system, to determine the nature of the autonomic regulation, the state of the central nervous system, to set the imbalance ratio of the acid-base balance, the allergic background, to see the psychosomatic condition of the person.

The program provides the possibility of the dynamic comparison of the testing results to analyze the effectiveness of the therapeutic intervention, as well as to determine the functional lability of the main systems by overlaying the graphs of two sessions, where the operator can see the dynamics of changes according to the graphs direction, as well as the dynamics of the bar charts.

10.1. Comparison of measurements «For all organs and systems.»

To do this, it is necessary to enter the «Dynamics» section, then select «For all organs» and in the left and right windows select «Sessions» and «Measurements».

After clicking on any organ image, there will appear an information window.

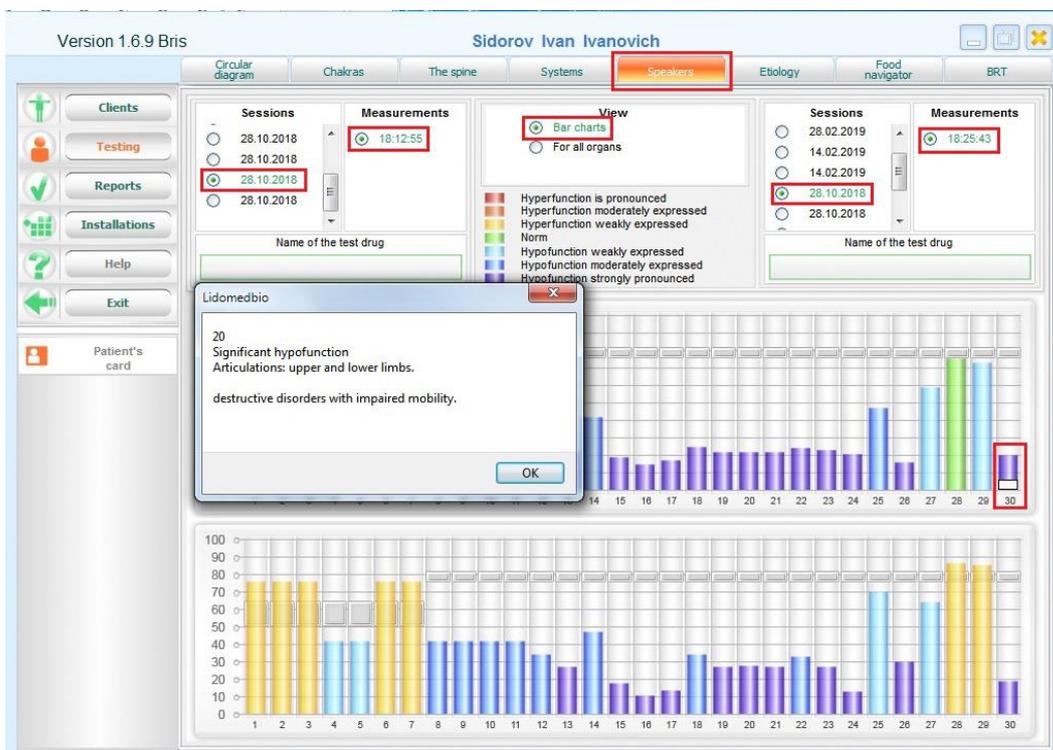
This function is provided in the section – «Reports» for printing on paper and for saving in electronic format.



10.2. Comparison of Column Chart measurements.

To do this it is necessary to enter the «Dynamics» section, then select «Bar charts» and in the left and the right windows select «Sessions» and «Measurements».

After clicking on any column, there will appear an information window.



10.3. Interpretation of bar graph values

It describes the functional and energy state of the organs. When clicking on a column, we see an organ and the corresponding changes in it. The number indicates the degree of hypo- or hyperfunction.

The interpretation table of color and frequencies corridor ranging from -100 to +100 c.u.:

Scale of organ corridors from 1 to 7 columns "Dynamics"		color scale "Dynamics"
91~100	Severe hyperfunction	red
81~90	Moderate hyperfunction	Orange
66~80	Mild hyperfunction	yellow
50~65	Norm	green
41~49	Weak hypofunction	light blue
31~40	Moderate hypofunction	blue
1~30	Severe hypofunction	purple

For other organs:

Scale of organ corridors from 8 to 30 columns "Dynamics"		color scale "Dynamics"
95~100	Severe hyperfunction	red
89~94	Moderate hyperfunction	orange
83~88	Mild hyperfunction	yellow
75~82	Norm	green
51~74	Weak hypofunction	light blue
31~50	Moderate hypofunction	blue
1~30	Severe hypofunction	purple

11. Vertebratal segments

Hippocrates called spine a life core of a man while Avicenna called it a trunk, which, like leaves on a tree, bears all the organs, and that means that it may be a key structure that reflects our experiences. Body posture, in this context, is very important, as it is the external projection of our self-esteem, personal psychological type, indicator of reaction to slings and arrows of life.

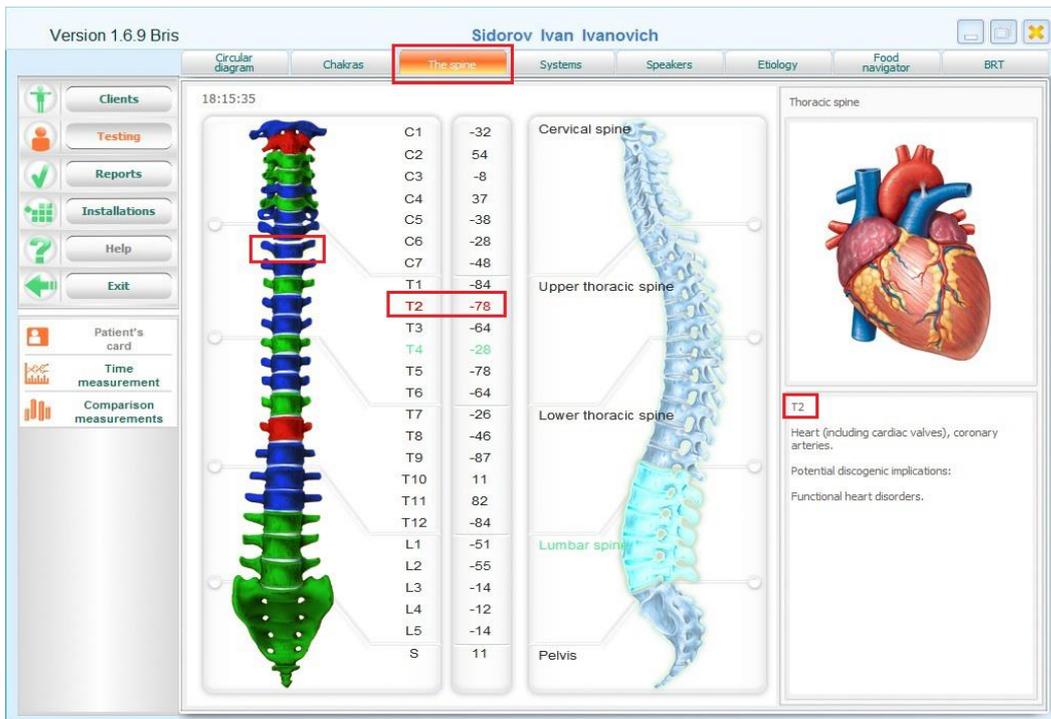
The program allows to visualize the state of the segmental apparatus of the spine, illustrates viscero-vertebral connections that facilitates to diagnose a number of pathologies of internal organs and spinal column, and also allows to analyze the nature of pathological interactions.

For example: a common cause of reactive discopathy is autoimmune process caused by pathogenic flora in the corresponding to this spinal segment organ - Ureaplasma, Chlamydia Prostatitis, Streptococcal Pyelonephritis usually cause structural changes in the intervertebral discs of the lumbar spine, while streptococcal tonsillitis or sinusitis - in disks of the cervical spine.

11.1.«Spine» section

To do this, you need to enter in the «Spine» section, click on any segment of the spine on the left, or select the necessary region of spine on the right.

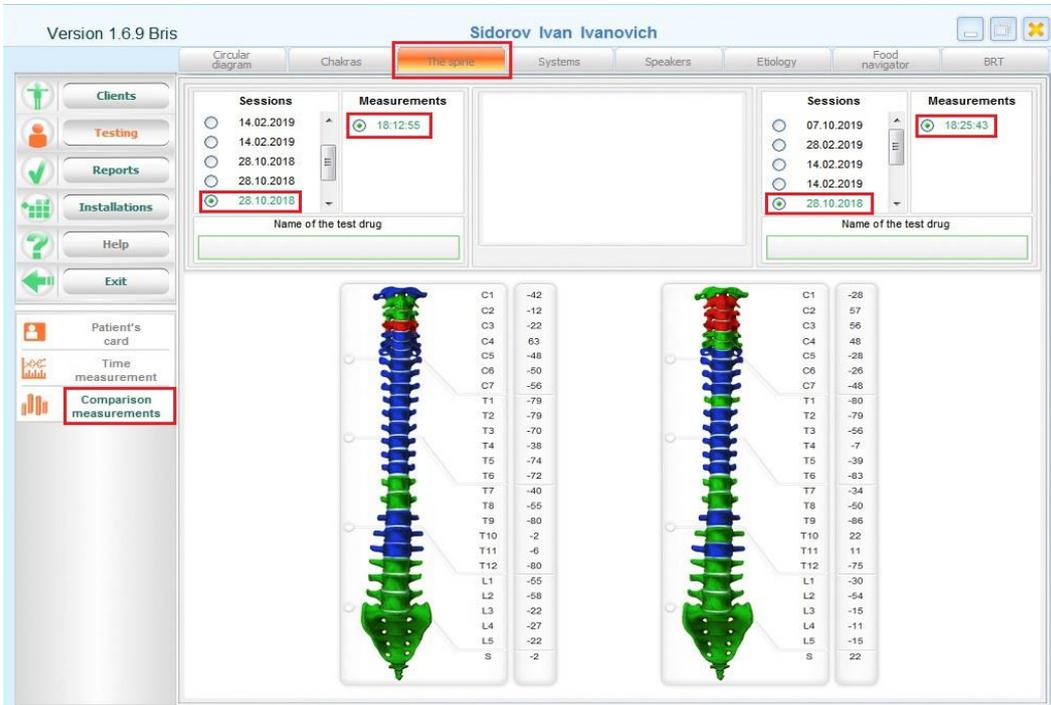
This function is provided in the section – «Reports» for printing on paper and for saving in electronic format.



11.2 Comparison of measurements «Spine».

To do this, you need to enter the «Spine» section, then select «Comparison of measurements» and in the left and right windows select «Sessions» and «Measurements».

To exit the «Comparison of measurements» mode you need to click on this section.



11.3 Interpretation of the «Spine» values

Interpretation table of color and frequencies corridor ranging from -100 to +100 c.u.:

Abbreviated scale of organ corridors from C1 to S vertebrae	Reduced color scale "Spine"
Hypofunction	blue colour
Norm	green color
Hyperfunction	red color

The norm when measuring are considered the values in the range of -30 to +40 units that show voltage without organic alterations (possible expression of concomitant symptoms).

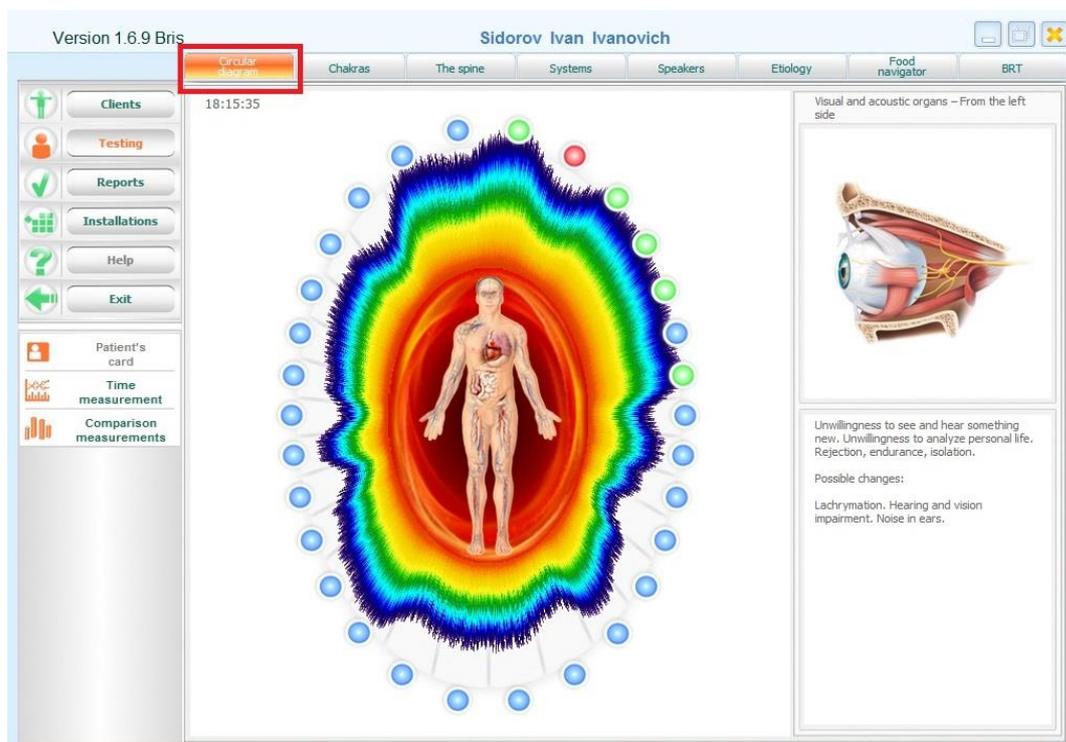
The higher the number - the greater the pathology of a vertebra,

> 65 – Expressed pathological process or focal changes, see Segmental connection.

12. Aura or energy-informational field.

One of the creative forms of visualization of the functional state of the organism is aura or energy-informational field divided into individual segments, in correspondence with the projection of organ or system indicating the degree of damage of an organ in a percentage terms that in some cases allows the specialist to more quickly evaluate projection areas of pathological conditions.

To do this, it is necessary to enter the «Pie chart» section, click on any circle around the aura. This function is provided in the section – «Reports» for printing on paper and for saving in electronic format.

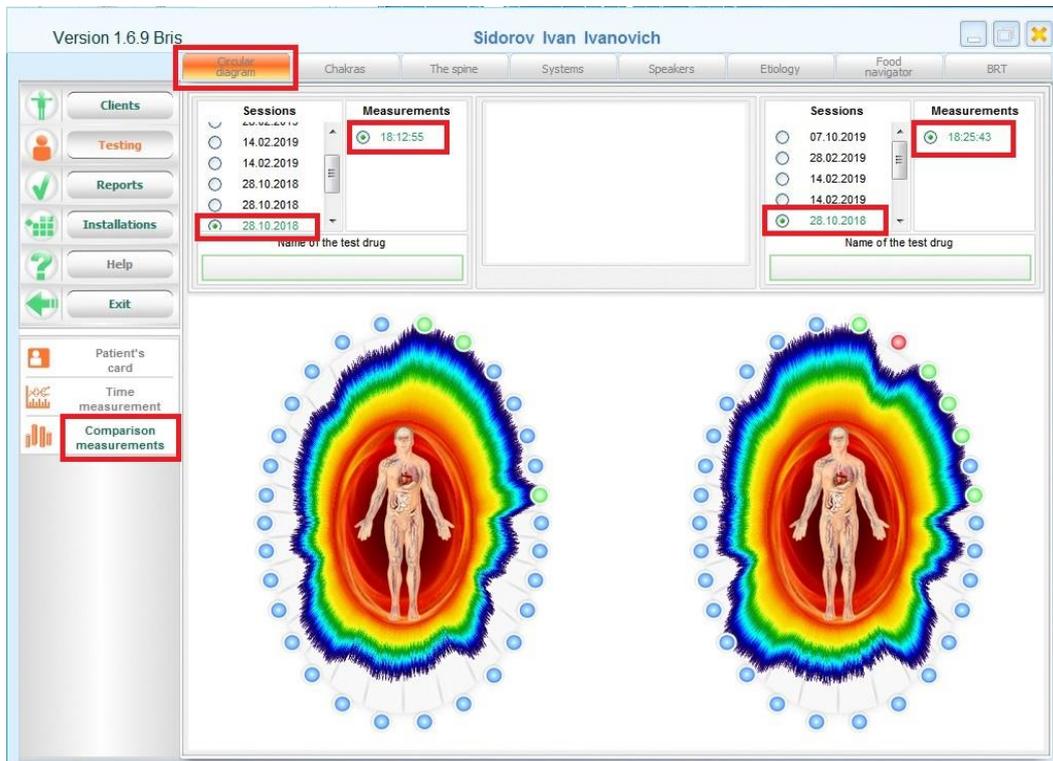


On information panel in the bottom right corner of the screen the user can see the sections of psycho-emotional and physical state (functional abnormalities that can occur when the specific segment or organ is damaged).

12.1. Comparison of «Pie Chart» measurements.

To do this, you need to enter «Pie chart», then select «Comparison of measurements» and in the left and right windows select «Sessions» and «Measurements».

To exit the «Comparison of measurements» you need to click on this section again.



12.2. Psychosomatic analysis or chakra diagnostics.

Psychological problems are not always hidden inside. The most times we can observe their manifestation in the form of a specific disease or pathology of some body part. Professionally speaking, there is a so-called somatization of problems. Somatization is a reflection of psychological problems in the form of diseases. If you are experiencing negative emotions, consciously or not, for a long time, or having them very bad, the problem finds its way out in the form of deterioration of your health (and not necessarily mental). Headache, lower back pain, pain in joints, stomach, heart, or pressure jumping. Our own body can be a vital tool in solving psychological problems, an accurate indicator of our consciousness state.

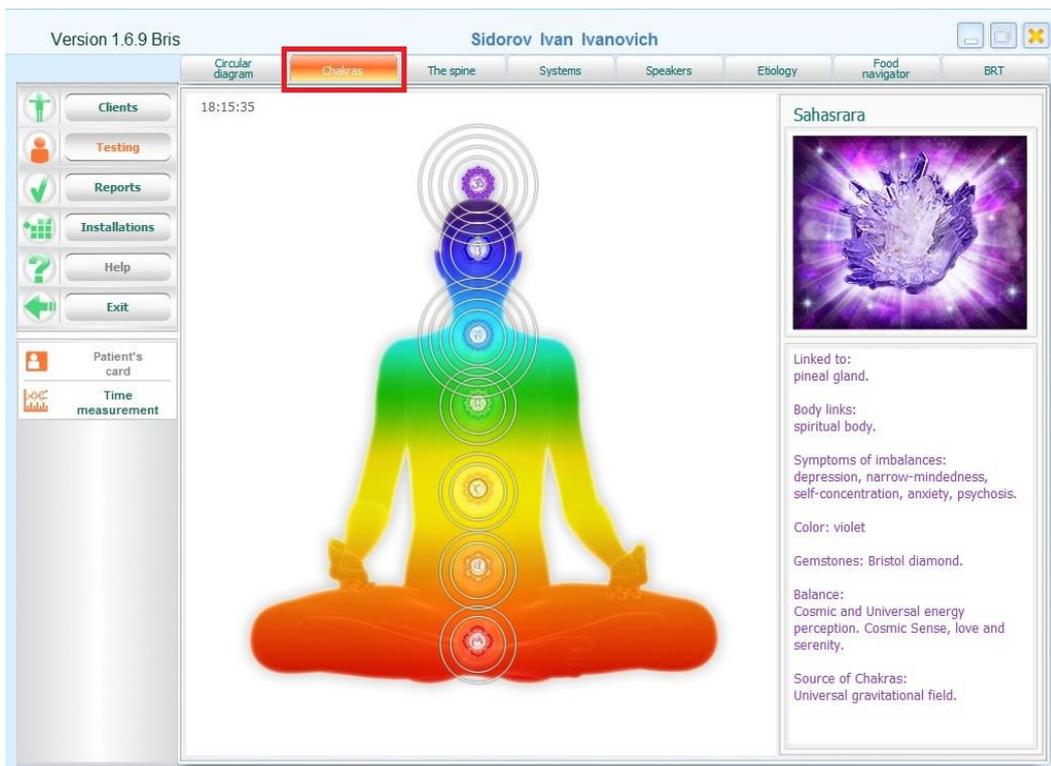
Let's try to find a link between emotional - characterological personality type using the ancient system of knowledge about the energy centers - chakras.

Chakras are energy centers of a human through which he participates in various energy processes, both individual and of universal scale. Chakras are defined in a number of Hindu treatises, some researchers believe that the doctrine of the chakras is very ancient, referring to the global knowledge of primogenitors which were connected with space much more closely than modern humanity.

Altogether there are 7 points, 7 chakras, they are located in the astral body (emotional body), but they have an impact on the mental body or the body of consciousness through a system of energy meridians, corresponding to the internal organs or systems.

12.3. Chakras

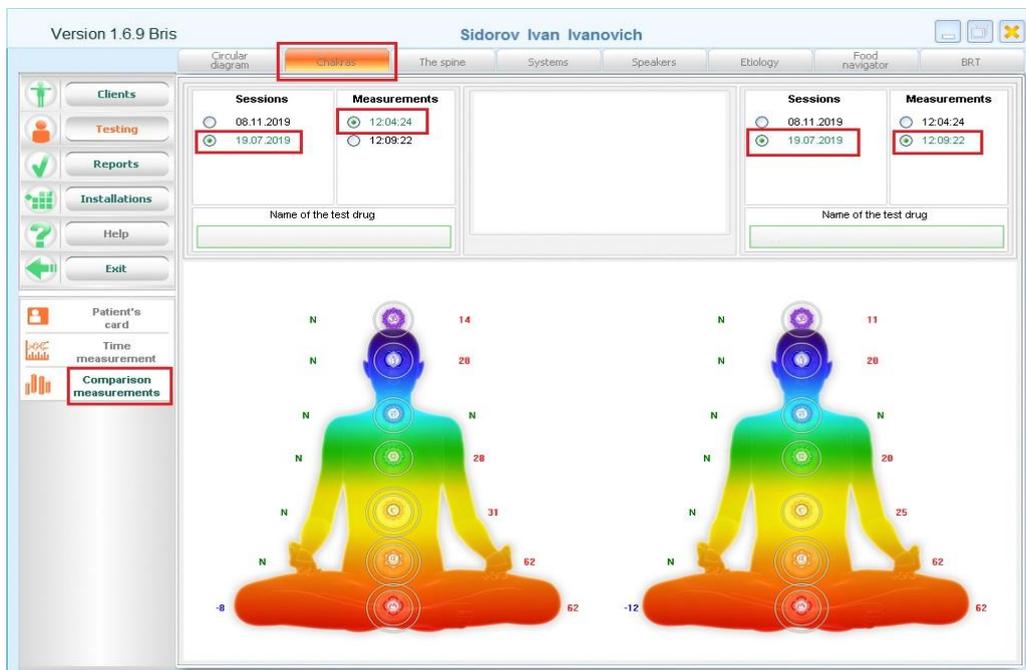
To do this, please enter the «Chakras» section, then click on any of the 7 chakras. This function is provided in the section – «Reports» for printing on paper and for saving in electronic format.



12.4. Comparison of measurements «Chakras».

To do this, you need to enter the «Chakras» section, then select «Comparison of measurements» and in the left and right windows select «Sessions» and «Measurements».

To exit the «Comparison of measurements» mode you need to click on this section.



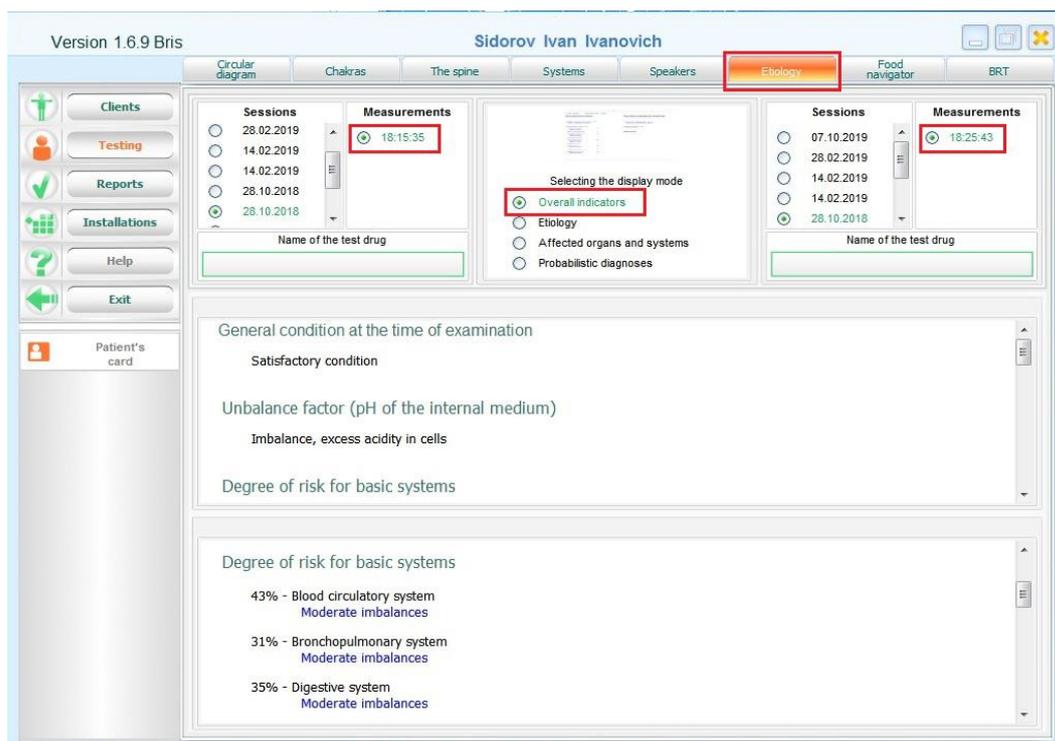
13. Etiology

Etiological factor (the percentage of parasites in the body), «General parameters», «Functional state» and «Burdened organs and systems».

13.1. «General indicators»

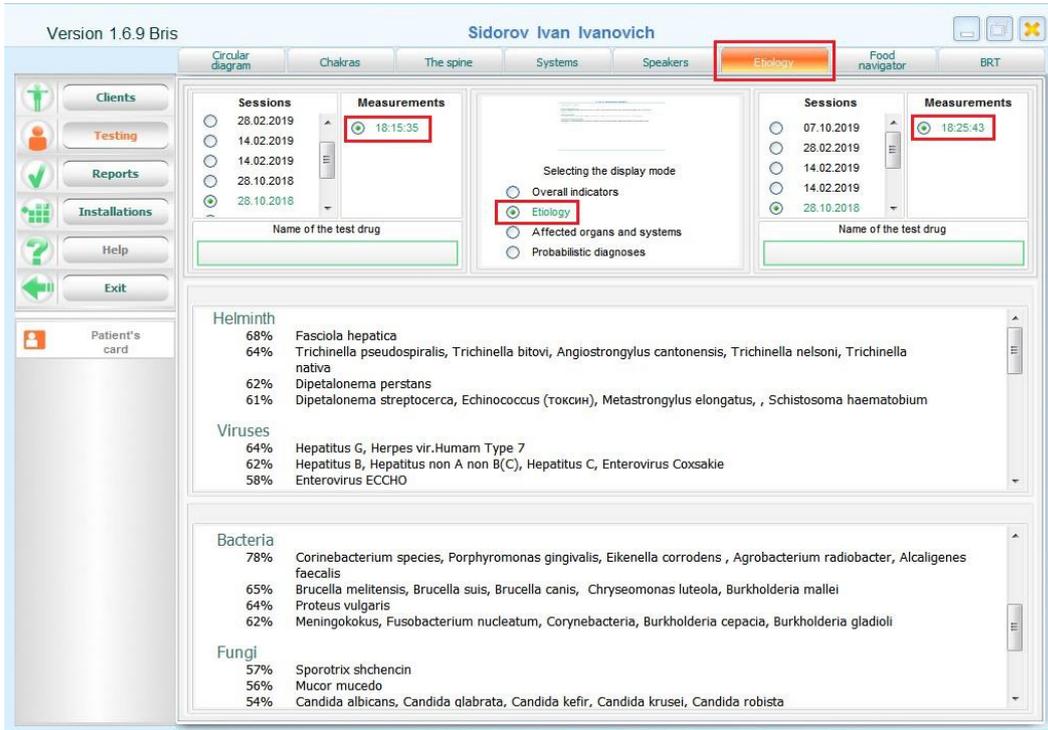
To do this, enter the «Etiology» section, then select «General parameters», in the left and the right windows select «Sessions» and «Measurements».

This function is provided in the section – «Reports» for printing on paper and for saving in electronic format.



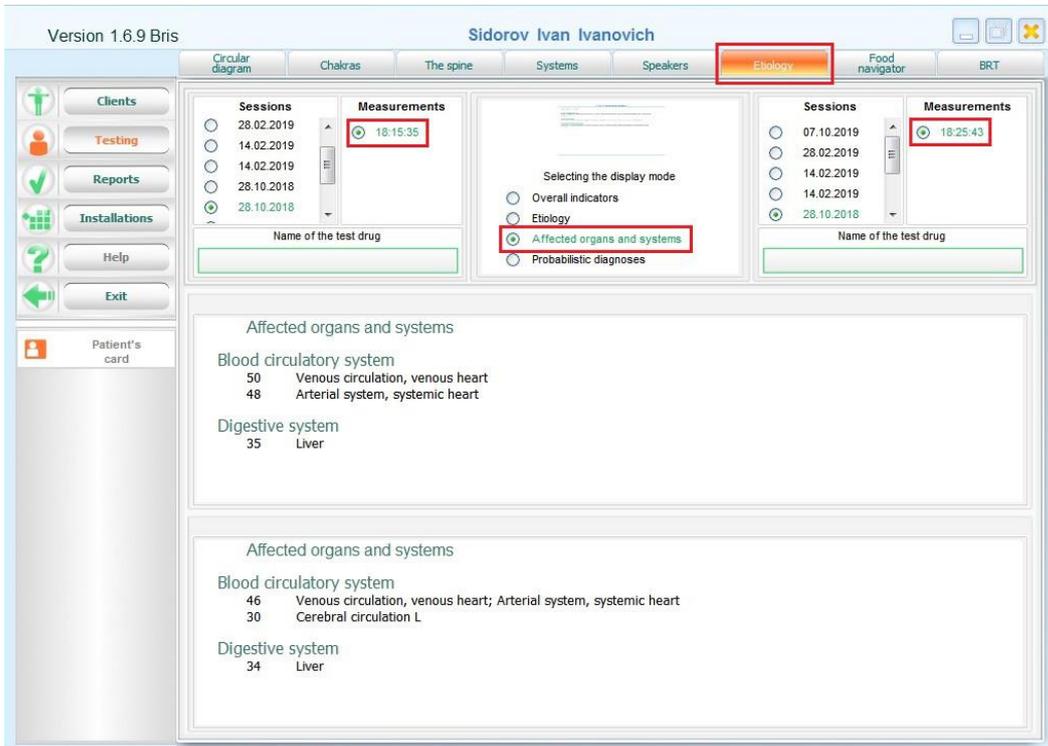
13.2. «Etiology»

To do this, you need to enter the «Etiology» section, then select «Etiology», and in the left and right windows select «Sessions» and «Measurements».



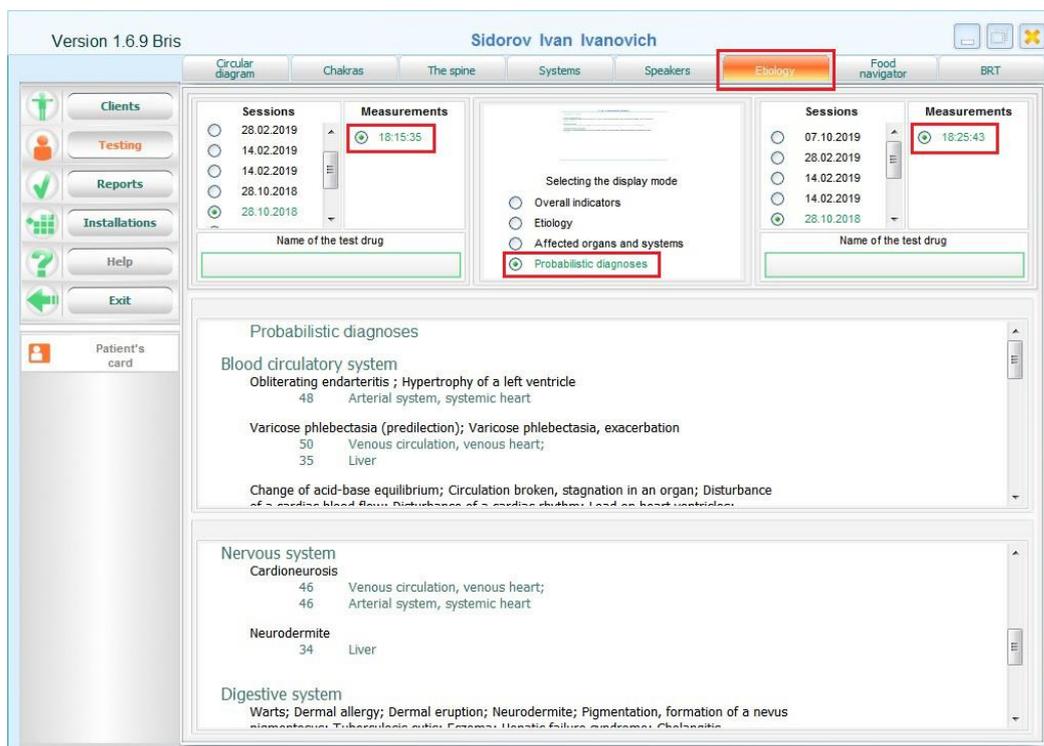
13.3. «Functional state»

To do this, you need to enter the «Etiology» section, then select «Functional state» and in the left and right windows select «Sessions» and «Measurements».



13.4. «Loaded organs and systems».

To do this, you need to enter the «Etiology» section, then select «Loaded organs and systems», and in the left and right windows select «Sessions» and «Measurements».



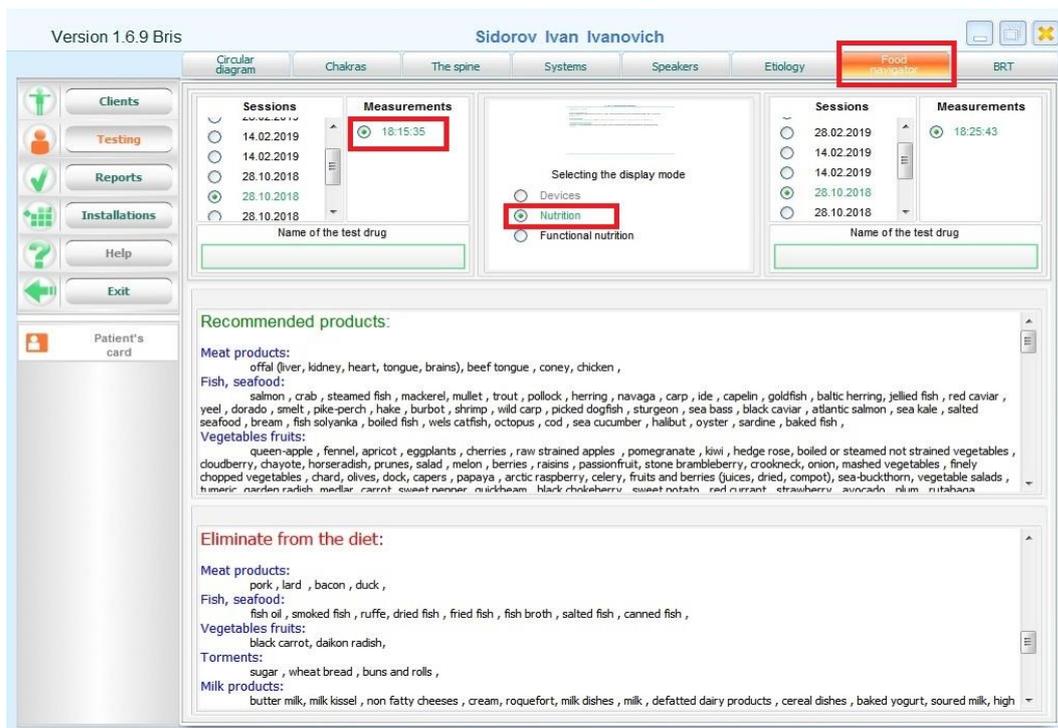
14. Food navigator

«Food Navigator» allows to automatically select an individual diet according to the results of the test.

«Nutrition»

To do this, please enter the «Food Navigator» section, then select «Nutrition» and in the left and right windows select «Sessions» and «Measurements».

This function is provided in the section – «Reports» for printing on paper and for saving in electronic format.



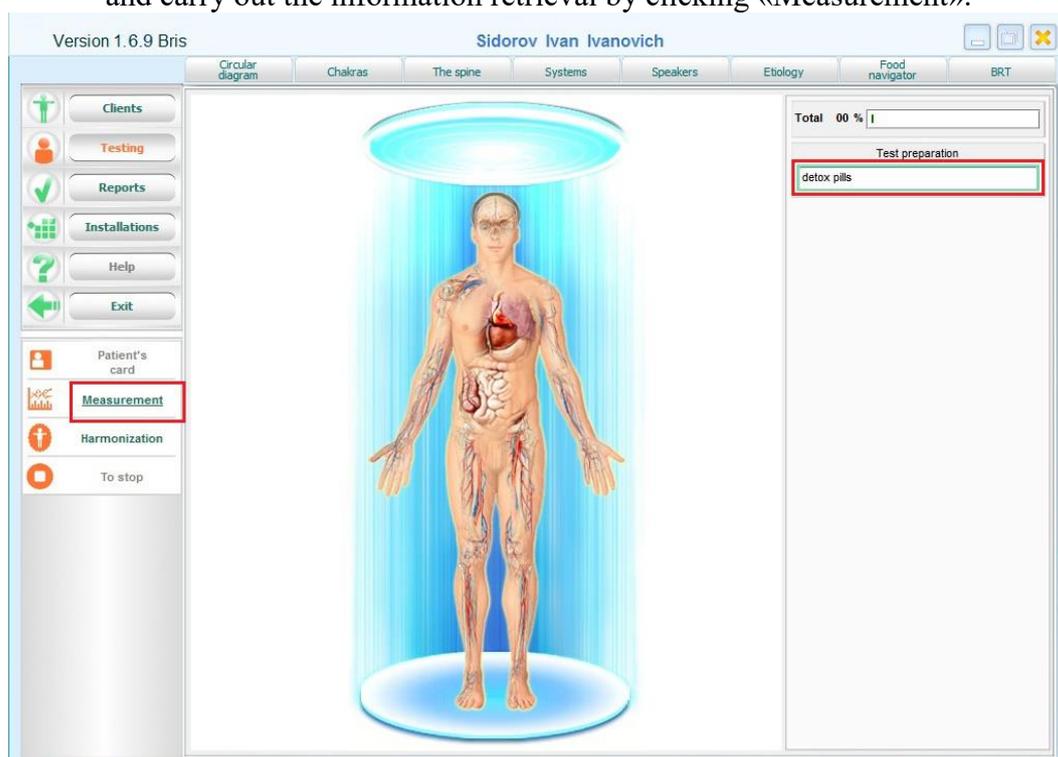
«Functional Food»

To do this, please enter the «Food Navigator» section, then select «Functional Food», and in the left and right windows select «Sessions» and «Measurements».

«Food Navigator» allows to automatically select functional food (dietary supplements, BADS) of different manufacturers, according to the test results.

15. Conducting of external medicine test including the trial medicine from the resonance pad into the biocontour (upper panel of the device).

To do this, please enter the «Testing» section, then in the «Trial medicine» window enter the name and carry out the information retrieval by clicking «Measurement».



This test in the Rapid test has its own characteristics.

Two quality levels

A positive test

- when the body recognizes the frequency or demonstrates a positive dynamic pattern.

Evaluation criteria:

- The medicine is suitable if all the indicators line up and are moving into the «green corridor»;

- A negative test

- there is no reaction for this frequency on the part of the body or it is negative.

Evaluation criteria:

- Is ill-suitable if there are blue bars;
- Is not suitable if there are red and dark blue colors.

The principle of medicine testing is based on secondary measurements including the frequency under study into the measurement circuit. During the segmental diagnosis, this method is implemented through the connection of the medicine we are interested in through the resonance pad.

The first measurement may show the previous test results, especially if the interval was not maintained (sometimes when testing the objects from the resonating chamber it is necessary to wait for the organism to have time to react to the new medicine).

If a person takes the medicine inside, we can see the effect of the medicine on the body over time: 5, 10, 15, 25 minutes of taking measurements.

With a one-time readout, the testing occurs within the maximum action (according to pharmacodynamics). When selecting the dose, it is necessary to consider the rules of the medicine dosage, i.e., to test a single dose of the medicine.

To carry out the testing the segments with pathological values are selected. When measuring, all segments resonate, but the analysis is carried out on those where there were abnormalities according to the degree of importance. At the same time, the indicators that are in the hypofunction corridor with a positive test must resonate at 10 c.u. towards the norm and indicators that are in the hyperfunction corridor will have to give at least 4 c.u. towards the norm that will be interpreted as a positive test.

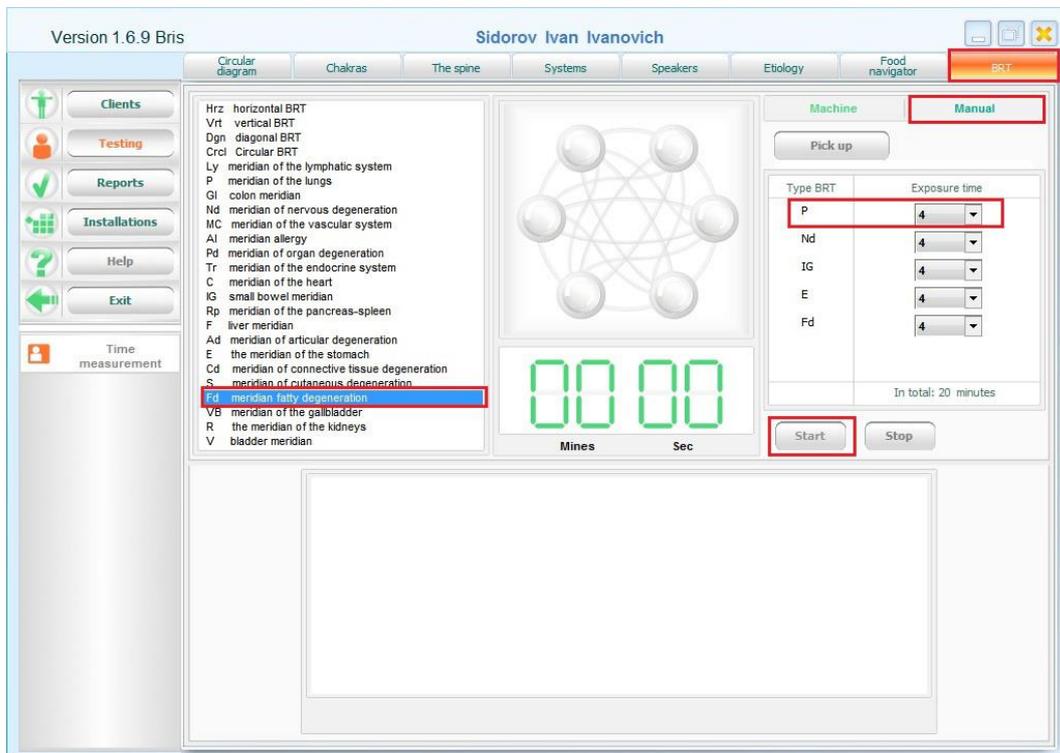
With the absence of body's reaction or effect to the given medicine, the segmental diagnostic indicators will not show positive dynamics (towards the norm corridor) or there will be negative dynamics away from the norm corridor (increase of hyper - or hypofunction of the body), that will be a sign of the adverse effects of this medicine's effect on the given system or organ.

15.1. Testing rules

1. In the box there should not be any other medicine or substances, or their smells or traces.
2. Before testing, the medicine must be packaged properly.
3. The materials that are suitable for the packaging of the tested object are: transparent cellophane, white plain paper, transparent thin glass, gelatin capsules, foil without paper, food grade plastic or containers made of it.
4. Not suitable: foil paper, dark paper or colored glass.
5. It is possible to carry out both single testing, connecting the drugs in sequence through biocontour, and complex testing of a drug group.

16. BRT

To do this, you need to enter the «BRT» section, then select «Functional Food», and in the left and right windows select «Sessions» and «Measurements».



This section of the program contains programs for endogenous or passive bioresonance therapy.

BRT section of «Bris» rapid test contains a full set of BRT programs described below.

For user convenience, there is provided an automatic selection of BRT programs as well as manual creation of BRT prescription, where time per program can be set manually on the basis of the total time per session - 20 minutes. If you launch a prescription, the program automatically switches the installed programs with after completion of therapy, as well as carries out a constant control of treatment process displayed on the panel at the bottom of the screen. The total time of BRT session is limited to 20 minutes, but if necessary it is possible to carry out two or three cycles of treatment, changing the BRT prescription before each cycle. The time of session duration is displayed in the timer window, and the current therapy program is displayed in the center of the Wu Xing star.

17. Endogenous or passive bioresonance therapy

17.1. Software features of «Bris» rapid test

The end of the XX century is characterized by the emergence of fundamentally new methods of diagnosis and treatment, using the latest advances of science and technology. In combination with the ancient and proven over the millennia knowledge of traditional Oriental medicine, these methods allow to approach to the treatment process in an entirely new way. One of such promising methods is bioresonance therapy.

Bioresonance therapy was invented in Germany by Dr. F. Morel and engineer E. Rasche in 1976. Its idea is in total harmony with the concept of a human as an integral self-regulating system, when working with which one must take into account the presence of many interconnections

between its cells, tissues, organs and systems. Besides the basis of the body functioning are the processes of energy-information exchange.

The organism as a self-organizing system has everything needed to maintain its homeostasis. That is why the task of energy-informational medicine, to which the bioresonance therapy belongs, is to activate the natural mechanisms aimed at restoring and maintaining health.

Human is infinitely huge and at the same time infinitely small system of electromagnetic waves. Fluctuations originate in space, in the solar system, in small and large galaxies in organs and tissues, in cells, molecules, atoms, protons and electrons. And human lives in this huge vibrational spectrum. Moreover, life without these electromagnetic waves, would probably be impossible. That is why the regulation of all body functions is based on the electromagnetic vibrations both generated by the body and coming from outside.

Basic principles of bioresonance therapy are based on the fact that any living organism and all its functioning systems are sources of extremely weak electromagnetic vibrations of a wide spectrum of frequencies which, for its part, covers a wide range of waves of different length, from super long to very short. These oscillations inherent in the body are called physiological or harmonic oscillations. When introducing disease-producing agents or with the occurrence of a disease, new so-called pathological or disharmonious sources of electromagnetic waves are formed in the body, that violate its physiological balance. The body gets sick in case if it was not able to maintain a dynamic balance between physiological and pathological oscillations and was not capable of neutralizing the pathological fluctuations and reducing them to an acceptable level. That is why, the aim of bioresonance therapy is «purification» of the body from harmful vibrations and additional «recharge» of its physiologic frequencies.

Since the oscillations (signals) inherent in human have electromagnetic nature, it became possible to transfer them to special equipment. After passing a special processing and filtering in the device the oscillations return to the patient. The electromagnetic field of the patient immediately reacts to these therapeutic signals, and the corrected oscillations are sent again to the device, etc.

Thus, in the process of therapy, the patient and the device form a closed loop of adaptive regulation, as the processed oscillations return to the patient again and again.

Resonant frequencies, characteristic of the normal evolutionary development of the organism, but repressed by pathological factors during the disease are a priority for the organism and that is why they get digested quickly and restore its normal functioning. This occurs due to the therapeutic impacts being repeated within a short period of time and constantly corrected. The energy component of these impacts is very small, but their high efficiency is conditioned by the exact matching of physiological frequency and amplitude characteristics of a living organism, that is, in fact, an informational impact.

This is the basic principle of the healing effect of bio-resonance therapy. However, it can be successfully complemented with multi resonance therapy in the form of electropuncture, magnetic, laser, or other therapy. This is especially applicable in situations where the body as a result of illness or some external influence has lost or has the information about normal physiological oscillations, and it can be given to it by a low-power generators of electromagnetic signals. Modulation of these signals specific to the organism makes it possible to perceive information by only those organs and tissues for which these oscillations are resonant.

With the help of the above described method, bioresonance therapy weakens and blocks harmful oscillations and saturates the body with physiologic oscillations. And since pathological electromagnetic oscillations lie behind all the biochemical morphological abnormalities in the body, the applied therapy, in fact, «destroys», «removes» from the body all that is the cause of the diseases.

It should be noted that our country is at the forefront not only in the application and use of bio-resonance therapy. We have developed and modified different directions of this method, while the equipment and hardware-software complexes of diagnostic and therapeutic application of bio-resonance therapy are known far beyond the borders of our country.

It must be said that the energy-informational therapy is perfectly combined with the therapeutic

methods of classical medicine. In particular, it allows to control various ways of physiotherapeutic or medicated treatment, i.e. to determine the dosage, frequency and tolerance of any impact. Bioresonance therapy can bring a substantial aid to medical treatment also by reducing side effects from taking medicines, optimizing their selection and dosing.

The importance of energy-informational therapy to enhance the adaptive capacity of the organism and its adaptation to adverse environmental conditions is undoubted. In particular, bioresonance therapy allows to produce specific drugs that enhance elimination of toxic substances characteristic for the area or for a particular production.

The developed unique technology also makes it possible to record normal (physiological) for a given patient range of electromagnetic waves to different information carriers (water, homeopathic medicines, physiological saline, etc.), subsequently used for ingestion in the interval between sessions of bioresonance therapy.

The efficiency of application of bioresonance therapy, according to various sources, is from 75 to 85%. Now it is used in the treatment of a wide range of diseases in various fields of medicine.

18. Assigning BRT modes of «Bris» rapid test

Assignment of BRT modes is determined by the parameters of functional-segmental test (Express), the stage of the underlying disease, co-morbidities.

BRT is carried out in 4 general and 20 selective modes. The average duration of a treatment session is 20 minutes and is determined individually based on the state of a patient at this stage of treatment. The optimal is the combination of general and selective modes.

General mode

General mode is preferred:

- in the initial stages of chronic diseases treatment;
- in acute condition.

Hrt horizontal mode

- acute and spastic pains;
- bronchopulmonary diseases;
- vertebral and joint pains;
- with an absolute predominance of the sympathetic division of the NS. (All figures in red);
- in the presence of lateral differential difference of more than 5 c.u. in paired segments.

Dgn diagonal mode

- the most «soft», harmonizing mode;
- pain syndrome in the region of the heart;
- hypertension syndrome;
- dystonic indicators

Vrt vertical mode

- vegetative-vascular dystonia of hypotonic type;
- predominance of the parasympathetic division of the NS. (all indicators are light blue-blue);
- depression of upper parts of the sympathetic NS and expression of the lower ones (organs above the diaphragm - blue indicators, organs below the diaphragm – red indicators).

Crcl circular mode

- lack of regularity in the change of indicators (presence of LDD (lateral differential difference), different degrees of tissues reactivity);
- skin diseases and reactions (itching, rashes).

Selective modes of bio-resonance therapy

Assignment of selective modes is determined by the amount of organs and tissues included in the pathological process. With the lesion of less than three organs, there can be used selective modes of the meridians of these organs. With the involvement of more organs and systems in the pathological process (chronic long-existing pathology) there is used the principle of «star» (Wu Xing) to select the mode. Meridians of heart, liver, kidney, are used for no more than 3 minutes.

We do not recommend their use in severe conditions associated with the pathology of the given organ.

19. Meridians:

Lymphatic meridian (paired kidney meridian) Ly

Used in exogenous and endogenous lymphatic load:

- chronic inflammatory processes;
- helminth, protozoal infections;
- viral infections;
- virus carriage;
- immunodeficiency;
- edema syndrome;
- metabolic disorders;
- diseases of the respiratory tract of gynecological diseases;
- ENT pathology.

Lungs (paired meridian – large intestine) P

Organs and tissue systems associated with the lungs meridian:

- central nervous system and peripheral nervous system: hindbrain, cerebellum, brain bridge, tactile sensitivity;
- organs of vision: macula, central fovea, cornea, sclera;
- organs of hearing: Eustachian tubes;
- nose sinuses: ethmoid;
- tonsils: tubal;
- joints: shoulder, ulnar wrist;
- skeletal system: parietal and temporal bones of the skull, bones of the upper extremities;
- cardiovascular system: blood vessels of the upper extremities;
- upper respiratory tract and bronchopulmonary system: trachea, central bronchi, left upper and right middle lobes of the lungs;
- muscles: muscles of the upper extremities;
- endocrine glands: adrenal glands;
- teeth 5 4 4 5
7 6 6 7
- gastrointestinal tract: oral mucosa, pyloric canal, large intestine;
- pancreas: pancreatic small ducts;
- hepatobiliary system: lobar bile ducts and cystic duct;
- organs of hemo and immunogenesis: plasma cells and fixed macrophages, skin;
- organs of the urinary system: renal pelvis and its diverticles, the lower part of the bladder;
- female genital organs: cervix, the left breast and B-segments of lacteal glands
- male genital organs: Cowper glands

Is used for no more than 3-5 minutes.

Indications for use:

- all diseases of the lungs and upper respiratory tract, accompanied by cough, dyspnea, suffocation,
- sputum production and other symptoms;
- diseases of the cardiovascular system with congestion phenomena;
- allergic diseases;
- skin diseases;
- kidney diseases;
- neuroses;
- the after effects of a stroke;
- pain along the meridian;
- teeth, gums diseases.

The large intestine (paired meridian - lungs) GI

Organs and tissue systems associated with the meridian of the large intestine:

- central nervous system and peripheral nervous system: hindbrain, cerebellum, brain bridge, tactile sensitivity;
- organs of vision: the vitreous humor, cornea, sclera;
- organs of hearing: Eustachian tubes;
- nose sinuses: ethmoid, the nasal cavity;
- tonsils: tubal, laryngeal, pharyngeal;
- joints: shoulder, elbow, wrist;
- skeletal system: the parietal and temporal bones of the skull, bones of the upper extremities;
- cardiovascular system: blood vessels of the upper extremities;
- upper respiratory tracts and bronchopulmonary system: trachea, central bronchi, left upper and right middle lobes of the lungs;
- muscles: muscles of the upper extremities;
- endocrine glands: the adrenal glands;
- teeth 5 4 4 5
7 6 6 7
- gastrointestinal tract: gums, pyloric canal, large intestine;
- pancreas: pancreatic small ducts;
- hepatobiliary system: lobar bile ducts and cystic duct;
- organs of hemo and immunogenesis: plasma cells and fixed macrophages, skin;
- organs of the urinary system: renal pelvis and its diverticles, the lower part of the bladder;
- female genital organs: the cervix, breast, and left in the segments of the mammary glands;
- male genital organs: Cowper gland.

It is used to treat:

- diseases of the large intestine and other departments of gastrointestinal tract, accompanied by flatulence, diarrhea, gastralgia;
- disease of peptic ulcer and duodenum;
- pathologies of the urinary tract;
- gynecological diseases;
- chronic colitis (constipation);
- diseases of the nasal mucosa and the paranasal sinuses;
- bronchopulmonary pathology;
- detoxification (endogenous, with renal disease, diathesis, allergy, dermatitis);
- skin diseases: rash, dermatitis;
- headache;
- noise in ears;
- trigeminal neuralgia;

- neuritis of the facial nerve.

Nerve degeneration (paired meridian - stomach) Nd

It is used to treat:

- vegetative dystonia;
- hypothalamic syndrome;
- diabetes mellitus of I and II type;
- migraine;
- the state of stress;
- sleep disorders;
- stomach diseases;
- spasmodic pains
- psychosomatic pathology;
- reflux esophagitis;
- circulatory encephalopathy;
- polyneuropathy;
- arrhythmia syndrome;
- joint pains (spondylarthritis);
- sweating;
- polyuria;
- flatulence.

Vascular Meridian (pericardium) - paired meridian - heart MC

Organs and tissue systems associated with the pericardium meridian:

- central nervous system and peripheral nervous system: brain olfactory field, globus pallidus, corpus striatum, VIII pair of cranial nerves (skull brain nerves);
- organs of vision: choroid;
- organs of hearing: the outer ear and ear canal;
- nose sinuses: sphenoid sinus;
- tonsils: lingual;
- joints: shoulder, elbow, wrist,
- skeletal system: the parietal and temporal bones of the skull, bones of the upper extremities;
- cardio-vascular system: arteries, blood vessels of the upper extremities;
- upper respiratory tract and bronchopulmonary system: bronchial tubes, the upper lobes of the lungs;
- muscles: muscles of the upper extremities;
- endocrine gland: the anterior lobe of the pituitary gland, thyroid gland;
- teeth: 8 8
- gastrointestinal tract: tongue, the bottom and the antral part of the stomach, duodenum, bile papilla, small intestine, ascending colon; pancreas: pancreatic tail;
- hepatobiliary system: hepatic lobes, gall bladder vault;
- organs of hemo and immunogenesis: Peyer's patches;
- urinary tract organs: medulla – cones of kidneys, the lower part of the ureter;
- female genital organs: the uterus horn, the right breast and the E-segments of the breast;
- male genital organs: seminal vesicles.

Indications:

- vegetative-vascular dystonia;
- circulatory and posttraumatic encephalopathy;
- consequences of a cerebrovascular disturbance;

- diabetes mellitus of I and II type;
- headaches;
- arterial hypertension;
- kidney diseases;
- vascular pathology of sight, hearing;
- chronic infections;
- sweating;
- polyuria;
- diseases of veins;
- asthenia, anxiety and mania;
- emotional lability;
- neuroses;
- asthma, laryngitis;
- gastralgia;
- menstrual irregularities;
- impotence.

Meridian of allergy (paired meridian - bladder) Al

Indications:

- skin diseases (rash, dermatitis);
- migraine syndrome;
- vegetative dystonia;
- sweating;
- psoriasis;
-
- pathology of the urogenital sphere;
- respiratory allergosis;
- food allergies;
- capillaropathy

Meridian of vascular parenchymal epithelial degeneration (paired meridian - pancreas - spleen)

Indications:

- psychosomatic pathology;
- degenerative diseases of mucous membranes;
- chronic diseases of parenchymatous organs (cell phase);
- chronic tonsillitis, adenoid vegetations, polyps of paranasal sinuses;
- inflammation processes of the endocrine system organs (tiroidin, pancreatitis).

Endocrine meridian (paired meridian - small intestine) Tr

Organs and tissue systems associated with the meridian of the endocrine system:

- central nervous system and peripheral nervous system: neocortex and somatic sensory cortex, the brain septum, hypothalamus, hippocampus, spinal cord and the somatic nervous system in general, cervical ganglia, VII and IX pair of cranial nerves;
- organs of vision: retina, the anterior chamber and the sclera;
- organs of hearing: the middle and inner ear, labyrinth
Cochlea, peri- and endolymphatic ducts;
- joints: maxillotemporal joint
- skeletal system: frontal bones;

- muscles: muscles of the neck and back;
 - cardiovascular system: blood vessels of the head;
 - upper respiratory tract and bronchopulmonary system: the alveoli;
 - endocrine glands: endocrine system (as a whole);
 - teeth: 1 1
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- gastrointestinal tract: the bottom and the cardiac part of the stomach, duodenum and the horizontal colon;
 - pancreas: the tail of the pancreas;
 - hepatobiliary system: hepatocytes, the upper part of the gall bladder;
 - organs of hemo and immunogenesis: red pulp, thymus;
 - organs of the urinary system: hilum, sinus and renal cortex;
 - female genital organs: fundus uteri, right breast and F-segments of the lacteal glands;
 - male genital organs: prostate.

Indications:

- cardiopsychoneurosis;
- circulatory and posttraumatic encephalopathy;
- consequences of a cerebrovascular disturbance;
- hypothalamic syndrome;
- dysfunction of the thyroid gland (hypothyroidism, hyperthyroidism);
- psoriasis;
- diseases and metabolic disorders (obesity, atherosclerosis);
- cystic ovaries processes;
- diabetes mellitus of I and II type;
- alcoholism;
- chronic infections;
- premenstrual syndrome;
- neuritis of the auditory nerve, hearing impairment;
- diseases of the joints along the meridian.

Heart Meridian (paired meridian - the pericardium) C

Organs and tissue systems associated with the heart meridian:

- central nervous system and peripheral nervous system: brain olfactory areas, globus pallidus, corpus striatum;
- organs of vision: choroid;
- nose sinuses: sphenoid sinus;
- tonsils: lingual;
- joints: shoulder, elbow, wrist;
- skeletal system: the parietal and temporal bones of the skull, bones of the upper extremities;
- cardio-vascular system: arteries, blood vessels of the upper extremities;
- upper respiratory tracts and bronchopulmonary system: bronchial tubes, upper lobes of the lungs;
- muscles: muscles of the upper extremities;
- endocrine gland: the anterior lobe of the hypophysis, the thyroid gland;
- teeth: 8 8
8 8
- gastrointestinal tract: the tongue, the bottom and the antral part of the stomach, duodenum, bile papilla, small intestine, ascending colon;
- pancreas: the tail of the pancreas;
- hepatobiliary system: hepatic lobes, gall bladder vault;
- organs of hemo and immunogenesis: Peyer's patches;

- urinary system organs: medulla of kidney pyramid, the lower part of the renal ducts;
- female genital organs: the uterus horns, the right breast and E segments of the lacteal gland
- male genital organs: seminal vesicles.

Is used for no more than 1-2 minutes. May be used with diseases of:

- pancreas;
- small intestine;
- nasal mucous membranes, oral cavity, paranasal sinuses;
- nervous system accompanied by emotional lability.

Meridian of the small intestine

Organs and tissue systems associated with the meridian of the small intestine:

- central nervous system and peripheral nervous system: brain olfactory areas, globus pallidus, corpus striatum, VIII pair of cranial nerves (skull brain nerves);
- organs of vision: choroid;
- organs of hearing: the outer ear and ear canal;
- nose sinuses: sphenoid sinus;
- tonsils: lingual;
- joints: shoulder, elbow, wrist,
- skeletal system: the parietal and temporal bones of the skull, bones of the upper extremities;
- cardio-vascular system: arteries, blood vessels of the upper extremities;
- upper respiratory tracts and bronchopulmonary system: bronchial tubes, the upper lobes of the lungs;
- muscles: muscles of the upper extremities;
- endocrine gland: the anterior lobe of the pituitary gland, thyroid gland;
- teeth: 8 8
8 8

gastrointestinal tract: the tongue, the bottom and the antral part of the stomach, duodenum, bile papilla, small intestine, ascending colon, pancreas: the tail of the pancreas;

- hepatobiliary system: hepatic lobes, gall bladder vault;
- organs of hemo and immunogenesis: Peyer's patches;
- urinary tract organs: medulla of kidney pyramid, the lower part of the renal ducts;
- female genital organs: the uterus horn, the right breast and the E-segments of the lacteal gland;
- male genital organs: seminal vesicles.

Indications:

- diseases of liver, gallbladder;
- pancreas;
- pathologies of the stomach (gastritis, peptic ulcer disease, acid disturbance);
- small intestine diseases;
- immunodeficiency states
- diseases of the auditory nerve
- diseases of the paranasal sinuses (sphenoid)
- diseases of: shoulder, elbow, wrist joints
- diseases of external ear;
- dyspepsia;
- dysfunctions of the thyroid gland (hypothyroidism, hyperthyroidism);
- heart diseases;
- pathology of absorption, fermentopathy;
- psoriasis, eczema, atopic dermatitis; allergic dermatitis, rashes diathesis
- prevention of diseases of skin appendages (hair, nails, teeth);

Meridian of pancreas and spleen RP

Organs and tissue systems associated with the meridian of the spleen and pancreas:

- central nervous system and peripheral nervous system: the midbrain, the lower and the superior colliculus, the X pair of cranial nerves;
- organs of vision: the ciliary body;
- nose sinuses: maxillary, nasopharynx!
- tonsils: laryngeal;
- joints: temporomandibular, hip, knee, ankle;
- skeletal system: the facial bones of the skull;
- cardiovascular system: the veins of the abdominal cavity;
- upper respiratory tracts and bronchopulmonary system: medium bronchi, upper and lower lobes of the right lung;
- muscles: muscles of the neck and shoulder girdle;
- endocrine glands: thyroid, parathyroid, thymus;
- teeth and oral cavity organs: pharynx, sublingual gland, parotid gland, oropharynx, submandibular gland;
- gastrointestinal tract: salivary glands, tongue, esophagus, antral part of the stomach, body of the stomach, descending colon;
- pancreas: acinar tissue of the pancreas head;
- hepatobiliary system: segmental bile ducts, gall bladder neck;
- organs of hemo and immunogenesis: spleen;
- organs of the urinary system: renal pelvises, the middle part of the bladder;
- female genital organs: body of the uterus, ovaries, A-segments of the lacteal glands;
- male genital organs: testis, ejaculatory duct.

Indications:

- chronic inflammation processes of organs and tissues;
- immunodeficiency;
- heart diseases;
- diabetes mellitus of I and II type;
- diseases of the stomach (gastritis, peptic ulcer disease, acid disturbance);
- diseases and metabolic disorders (obesity, atherosclerosis);
- osteochondrosis, spondyloarthrosis;
- myofascial syndrome;
- psoriasis;
- detoxification of exo- and endotoxins;
- alcoholism;
- eye diseases;
- gynecological diseases;
- menstrual irregularities;
- diencephalic syndrome.

Meridian of liver F

Organs and tissue systems associated with the liver meridian:

- central nervous system and peripheral nervous system: the thalamus, the hypothalamus;
- organs of vision: cornea, iris, eye muscles;
- paranasal sinuses: cavernous sinus;
- tonsils: palatine;
- joints: ankle, knee;
- skeletal system: the frontal bones;

- muscles: the lower limb muscles, smooth muscles;
- cardio-vascular system: arteries and veins of the lower extremities;
- upper respiratory tracts and bronchopulmonary system: small bronchi, middle right and lower left lobes of the lungs;
- endocrine glands: the thymus;
- teeth and oral cavity organs: oropharynx, lips,

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3 3

- gastrointestinal tract: esophagus, body and fundus of the stomach, cecum, appendix;
- pancreas: acinar pancreatic tissue of the pancreas body;
- hepatobiliary system: liver, interlobular bile ducts, the body of the gallbladder;
- organs of hemo and immunogenesis: spleen, thymus;
- organs of the urinary system: renal sinuses, upper ureter;
- female genital organs: fallopian tubes, ovaries, D-segments of lacteal glands;
- male genital organs: testicles, seminal ducts

Not recommended for intensive use.

Possible assignment with pathology of:

- gallbladder;
- detoxification of exo- and endotoxins;
- alcoholism;
- adipose degeneration of the liver;
- allergic dermatitis, diathesis (rashes, itching);
- deficiency of vital energy;
- the predominance of the parasympathetic division of the nervous system (all indicators are blue);
- heart diseases;
- pancreatic pathologies, fermentopathy;
- gynecological diseases;
- menstrual irregularities;
- diencephalic syndrome.

Meridian of articular degeneration (paired meridian - the gall bladder) Ad

Used for the treatment of:

viral hepatitis
 pancreatitis;
 gallbladder diseases;
 diseases of the urogenital system;
 inflammatory and degenerative joint diseases;
 osteochondrosis and spondylarthritis.

Meridian of the stomach (paired meridian - pancreas -spleen) E

Organs and tissue systems associated with the meridian of the stomach:

- central nervous system and peripheral nervous system: the midbrain, the lower and the superior colliculus, the X pair of cranial nerves;
- organs of vision: the vitreous body and the eye lens;
- nose sinuses: maxillary, nasopharynx;
- tonsils: glottal, lingual, palatal;
- joints: temporomandibular, hip, knee, ankle;
- skeletal system: the facial bones of the skull;
- cardiovascular system: abdominal veins, common carotid artery, the arteries of the lower

extremities;

- upper respiratory tracts and bronchopulmonary system: medium bronchi, upper and lower lobes of the right lung;

- muscles: muscles of the neck and shoulder girdle;

- endocrine glands: thyroid, parathyroid, thymus;

teeth and oral cavity organs: pharynx, sublingual gland, parotid gland, oropharynx, submandibular gland;

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- gastrointestinal tract: salivary glands, tongue, esophagus, antral part of the stomach (pyloric cave), gastric body, descending colon;

- pancreas: acinar tissue of the pancreas head;

- hepatobiliary system: segmental bile ducts, gall bladder neck;

- organs of hemo and immunogenesis: thymus;

- organs of the urinary system: renal pelvis, the middle part of the bladder;

- female genital organs, body of the uterus, ovaries, A-segments of lacteal glands;

- male genital glands: testis, ejaculatory duct.

Indications:

- ulcerative processes of stomach and duodenum;

- chronic hypoacid gastritis;

- chronic tonsillitis;

- mastopathy;

- pancreatic diseases;

- thyroid diseases;

- large intestine diseases;

- obliterating endarteritis;

- biliary dyskinesia;

- chronic cholecystitis;

- adrenal dysfunction;

- vegetative-vascular dystonia;

- chronic colitis;

- dysfunction of lymph efflux of the lower extremities.

Meridian of connective degeneration (paired meridian - lungs) Cd

Used in diseases of:

- lungs;

- adhesive processes of any localization;

- autoimmune processes;

- postoperative conditions;

- benign tumors;

- adenoids;

- polyps, papilloma;

- rheumatoid processes;

- tonsillogenic polyarthritis.

Meridian of skin degeneration (paired meridian – large intestine) S

Is used to treat diseases of:

- lungs;

- large intestine;

- pancreas;
- allergies;
- edema syndrome;
- skin rashes, itching, etc.;
- neuropathy.

Meridian of adipose degeneration (paired meridian - liver) Fd

Is used to treat diseases of:

- liver and bile ducts;
- Alzheimer's disease;
- migraine;
- diseases of the pancreas, fermentopathy.
- atherosclerosis
- disorders of adipose and cholesterol metabolism

Meridian of gallbladder VB

Organs and tissue systems associated with the meridian of the gallbladder

- central nervous system and peripheral nervous system: thalamus, diencephalon, midbrain, reticular formation, cerebral peduncle, II and V pairs of cranial nerves, central parts of the sympathetic nervous system;
- organs of vision: iris, retina, choroid;
- paranasal sinuses: cavernous sinus;
- tonsils: palatine;
- joints: hip, knee;
- skeletal system: the frontal bones;
- muscles: the lower limbs muscles, striated muscle;
- cardio-vascular system: arteries and veins of the lower extremities;
- upper respiratory tracts and bronchopulmonary system: small bronchi, middle right and lower left lobes of the left lung;
- endocrine gland: the thymus;
- teeth and oral cavity organs: oropharynx, lips;
- 3 3
- 3 3
- gastrointestinal tract: esophagus, body and fundus of the stomach, cecum, appendix;
- pancreas: acinar tissue of the pancreas body;
- hepatobiliary system: liver, interlobular bile ducts, the body of the gallbladder;
- organs of hemo- and immunogenesis: spleen, thymus;
- organs of the urinary system: renal sinuses, upper ureter;
- female genital organs: fallopian tubes, ovaries, D-segments of lacteal glands
- male genital organs: testicles, seminal ducts.

Indications:

- CNS diseases;
- eye diseases;
- pathology of the stomach;
- articular pathology;
- sleep disorders;
- vegetative-vascular dystonia;
- pancreatic pathology;
- liver diseases;

- biliary dyskinesia.

Kidney meridian (paired meridian - bladder) R

Organs and tissue systems associated with the kidney meridian:

- central nervous system and peripheral nervous system: the medulla oblongata;
- organs of vision: eye lens, conjunctiva;
- organs of hearing in general;
- nose sinuses: frontal sinuses;
- tonsils: pharyngeal;
- joints: sternal joint;
- skeletal system: occipital bone, ribs, bones of the lower extremities;
- cardiovascular system: blood vessels of the lower extremities;
- upper respiratory tracts and bronchopulmonary system: the lower lobes of the lungs;
- muscles: muscles of the lower extremities;
- endocrine glands: pineal gland, the parathyroid glands;
- teeth 2 1 1 2
2 1 1 2
- gastrointestinal tract: pyloric part of the stomach, sphincter of duodenum, rectum, anus;
- pancreas: the main excretory duct of the pancreas;
- hepatobiliary system: the common hepatic and bile ducts, Oddi's sphincter and bile papilla;
- organs of hemo- and immunogenesis: erythropoietin kidney substance;
- organs of the urinary system: kidneys in general, ureteral stoma, bladder, urethra;
- female genital organs: the left ovary, uterine tube, vagina, vulva, C - segments of the breast
- male genital organs: the right lobe of the prostate, testis, epididymis, seminal ducts, the corpora cavernosa, penis.

Is used to treat:

- kidney pathologies;
- metabolic disorders;
- pathology of the adrenal glands;
- urinary tract diseases;
- hair loss;
- diseases of the rectum;
- pathology of the lumbar spine;
- vegetative-vascular dystonia;
- edema syndrome;
- detoxification of exo- and endotoxins.

Bladder meridian (paired meridian - kidneys) V

Organs and tissue systems associated with the meridian of the bladder:

- central nervous system and peripheral nervous system: the medulla oblongata, the brainstem, I, and XI pairs of cranial nerves, the nerves of the lower extremities;
- organs of vision: eye lens, conjunctiva;
- organs of hearing in general;
- nose sinuses: frontal;
- tonsils: pharyngeal;
- joints: knee, ankle;
- skeletal system: occipital, rib bone, lower limbs;
- cardiovascular system: blood vessels of the lower extremities;
- upper respiratory tracts and bronchopulmonary system: the lower lobes of the lungs;
- muscles: muscles of the lower extremities;

- endocrine glands: pineal gland, the parathyroid glands;
- teeth 2 1 1 2
2 1 1 2
- gastrointestinal tract: pyloric part of the stomach, sphincter of duodenum, rectum, anus;
- pancreas: the main excretory duct of the pancreas;
- hepatobiliary system: the common hepatic and bile ducts, Oddi's sphincter and bile papilla;
- organs of hemo- and immunogenesis: erythropoietin kidney substance;
- organs of the urinary system: kidneys in general, ureteral stoma, bladder, urethra;
- female genital organs in general, C-segments of the lacteal glands;
- male genital organs in general.

Used in the treatment of pathologies of:

- CNS;
- paranasal sinuses (frontal);
- genitourinary system;
- endocrine system;
- vegetative-vascular dystonia;
- edema syndrome;
- detoxification of exo- and endotoxins;
- lumbosacral spine;
- stomach;
- osteochondrosis, spondyloarthrosis.

20. «Chakras» description

Muladhara chakra, root, coccyx

The first chakra «Muladhara» is the source of our existence; it closely connects our body with the Earth.

Located at the base of the spinal column muladhara gives a person a sense of security and comfort. The Sanskrit name for this chakra is «support».

In fact, chakra provides a person with resilience and fills with energy.

On the emotional level, it forms the courage and perseverance,

on a sensitive level it is responsible for olfaction and has a significant effect on teeth, bones and nails.

This chakra has a decisive role in the struggle for the survival of human. Lack of muladhara's energy potential makes people nervous and deprives them of a sense of self-confidence.

During such periods, there is a sense of fear occurring in the chakra. And vice versa, the excessive stimulation of the chakra provokes arrogance, self-centeredness, greed and lust. Every person has a body and animal nature. It is obvious for everyone that the animal nature is a vital part of our existence.

Primary motor association with this chakra is survival. The first chakra is the most instinctive. Food, clothing, shelter, protection, territory - that's what it is responsible for. Sex as a means of reproduction and procreation also applies to motor functions of this chakra.

The prospect of survival. The first chakra is located at the very bottom, where the process of origin of personality begins. Perceiving the reality from this level is very simple, because everyone has an innate survival instinct. It's a part of our being that operates on the law of the jungle: «Do not trust anyone!».

The unbalanced state of the first chakra. Sense of danger is the first sign of imbalance of the first chakra. If you cannot get yourself the necessary amount of food, clothing, find shelter, this chakra begins to manifest itself so much that you will not manage to concentrate on anything else.

The difficulty in identifying these needs lies in the fact that they are very different for different people. You have to determine what you need in order to feel safe.

If your first chakra is not balanced, then your perception is dominated by the fear of lack of necessary things. As a result, you find yourself in a vicious circle – you feel vulnerable and lead the life of the victim, and consequently find more and more reasons for fear.

When the needs of the first the chakras are not balanced, you see the world through the prism of fear. Everyone knows this sense. Imbalance can manifest itself as a real lack of anything in the material world that is a reflection of internal imbalance.

Color: red.

Element: earth.

Feeling: olfaction.

Desire: physical contact.

Objective: to think before acting.

Keyword: material.

The driving force - is connected to Earth.

Stones: ruby, garnet, obsidian

Location: base of spine

Perspective: survival

Spine - lumbosacral.

Meridians - small and large intestines and kidneys.

Symptoms - Pain in the lower back, radiculitis.

Connection with internal organs - the kidneys, adrenal glands, small and large intestines, rectum.

Function - health, safety

Emotions - fear for material well-being. Lack of financial support. What will happen to me tomorrow!?

Psychotherapeutic formula - I trust life. I always get everything I need from life in sufficient quantities. I am confident in the future.

Swadhisthana, just below the belly-button

The second chakra «Svadhithana» - the main driving force of this center is to find pleasure.

It is located on the level of the sacrum, about five centimeters below the belly-button, this chakra corresponds to the element of water and, accordingly, is connected with «flowing» body functions. It represents sexuality, creative activity and emotional balance.

In Sanskrit «svadhithana» means «abode of the vital force». Chakra fills a person with optimism and hope on an emotional level and determines the sense of taste.

As a rule, communicative people have a well-balanced sacral chakra. In case of the energy imbalance there may occur such diseases as arthritis in this area.

Disease is often preceded by symptoms of insufficient energy abundance of Svadhithana: irritability, depression, resentment. Excessive stimulation of the chakra leads to manifestations of aggression, tyranny and despotism.

Prospect of pleasure. The second Chakra craves for all things that can bring pleasure. It is very easy to get used to this feeling. Sex, alcohol, tobacco, chocolate, drugs - all this is about the second chakra, and all this is easy to get used to. Dependence on the habit absorbs a person trapped in this chakra, and the thought of pleasure drives all other thoughts away. When you are in the state driven by the influence of the center, you aim to recreate the pleasure experienced before. It does not lead to the fulfillment of the desire, because there is no immediacy, spontaneity. You are turning from the present to the past. Trying to resist the habit, as a rule, also comes to nothing. The harder you fight, the stronger the desire. Accepting pleasure, realizing the need for it - that's the antidote.

Color: orange.

Element: water.

Feeling: the taste.

Desire: respect, recognition.

Objective: to love and serve others.

Keyword: social.

Stone: carnelian, amber

Location: pelvis

Perspective: satisfaction, pleasure

Function - emotions, cheerfulness

Spine - lumbar

Complaints – lower back pain

Meridians - the bladder, spleen and pancreas, large intestine

Organs - the urogenital area, pancreas and spleen, large intestine

Emotions - The desire for love and pleasure. Uncertainty and fear of love. Childhood resentments.

Psychotherapeutic formula - I am open to all the pleasures of life and give them to others. The universe in all its manifestations loves and supports me.

Manipura chakra, the solar plexus

The third chakra «Manipura» is a source of confidence, awareness of your own forces, ability to move away from the influence of the outside world and at the same time to have an impact on the world. It is this center that is responsible for the formation of your principles, ethical precepts and beliefs for which you are willing to stand up.

The chakra is located in the solar plexus. Its name literally means «navel jewel».

It broadcasts self-esteem and self-satisfaction to the person. The chakra extends its influence into two spheres - vision and digestive organs. It is not surprising that when a person is happy and satisfied with everything, he sees the world «through different eyes.»

Equally the chakra determines a person's sensitivity, but on an emotional level it conveys a sense of confidence, self-esteem and optimism. However, unrighteous life can lead to the accumulation of aggressiveness and negative emotions in the chakra.

Excessive stimulation of manipura leads to the fact that a person spends all the power on work, becomes fussy and too demanding. In case of insufficient energy abundance of the chakra, a person loses confidence, becomes timid and indecisive.

The third Chakra helps you say «no» when you do not agree, and «yes» if you agree. All these properties are reflected in the intellect. As a result, you can direct your will wherever you need and avoid what you do not need. The ability to choose is the most important property of the third chakra. This energy center leads to the improvement of the skills in different forms of expression. It is responsible for self-control, self-restrain and self-discipline. And if you do not have self-control as far as is necessary, then, there are small and not very small energy conflicts constantly arising around you.

The third Chakra gives you understanding of what is right in the outside world and what is not. That it gives you the strength to stand up for your beliefs and confront the strokes of fate hitting you.

The third chakra generates a kind of code of honor in a person. The intelligence is introduced into the perspective of the third chakra through differentiation. You have a very good understanding of what is really important to you and what is not.

The proper use of will will lead to differentiation. Not to the suppression and denial, but particularly to differentiation. You need to know how to win your own battle. You should know that you take to fighting over the beliefs that are really important to you, not just because of the fact that people around you expect this from you.

If for the first Chakra a simple survival is enough, for the second - a constant search for pleasure, the third chakra requires a continually evolving self-control. Discernment is the main characteristic of a healthy third chakra. You have to know when to stop, when to give up the pleasure - it's all part of self-control. It must be directed not only to the outside world, but inside

you. This is the proper use of your own will.

The main signs of imbalance of the third Chakra in case of excessive abandonment of you will are the following: sense of guilt that covers you when you are forced to deny someone, flattering others, the constant feeling of being in the role of victim. Inability to stand up for yourself and a sense of helplessness are the additional symptoms of such imbalance. All of these behaviors arise from low self-esteem and lack of self-confidence, which lead to imbalance.

This imbalance of behavior is also quite easy to spot. If there is a frustrated, unhappy person near you who constantly does not do what he wants - there is an obvious unbalance of the third chakra. The life of such a person is controlled by the desires of others, rather than the needs of his own heart. The sense of guilt and shame keeps him from being able to protest and stand up for himself. He tries to be «good», and the only way that he sees for this is to meet the expectations of others.

This type of behavior cannot be called «serving», but rather «being attendant». The words «serve» and «be attendant» are pretty similar, but in fact they have quite different meanings. To serve means to do good, to help people. When you are attendant, then you do what is expected and required from you. By being attendant to others, you belittle yourself. The prospect of the third chakra helps you feel the line between serving and attendance and choose the right type of behavior.

The unbalance of the third chakra may be caused by the imbalance of the first two chakras. If you do not feel safe, if you cannot enjoy life, the hierarchical system of life becomes your reality. In your life there appears someone superior, you take his view of life and immediately bristle up if something contradicts this view.

If small energy conflicts are constantly arising around you, you need to first analyze whether your sense of security is fulfilled and if you are able to truly and fully enjoy the world around you.

The state of volitional balance gives your life flexibility, you start looking for cooperation in others and not competition. The strength of your will is large enough, and you know that you are able to make a decision when a situation requires your attention and participation. You are safe enough, so if everything goes well, you can afford to relax and enjoy the harmony. Your life is fairly mobile and flexible, you can achieve a huge success, because there are no more conflicts arising around you. You effectively interact with others.

«To make your life calm and harmonious, give up the need to be right» - this is the perfect description of the balanced third chakra. However, do not associate the solar plexus chakra with passivity. This is an energetic and volitional center, and when it is in balance, the will can be used most effectively for yourself, without prejudicing the interests of others.

As you develop the ability to effectively use the power of the will, you will inevitably have conflicts with those who are committed to the fight against vanity. After awakening the third chakra, you will begin to attract problems. The will is committed to the will, and if your will is awakened, you will begin to attract people who are also working on their will. Only you decide – whether to avoid unnecessary conflict or come to grips with all the power, if the question is really important to you.

Color: yellow

Element: Fire.

Sense: vision.

Desires: the desire to understand.

Objective: to establish smooth relations with close people.

Keyword: intelligence.

Stones: Amber, yellow tourmaline, citrine and topaz

Location: solar plexus

Perspective: willpower

Function - power, career, freedom

Spine - the thoracolumbar junction.

Complaints of pain in the corresponding region of the back

Meridians - liver, gall bladder, stomach,

Organs - liver, bile ducts, stomach

Emotions - anger, irritability, lack of confidence, desire to control others, a strong need for control or subordination, prejudice, categoricalness.

Psychotherapeutic formula - life is a priceless gift, its every moment is filled with joy, my mind is pure and free from clichés, I meet new things with happiness and love, I am protected.

Anahata chakra, heart – is involved in all the processes of human life.

The fourth chakra «Anahata» – «The path of heart» is a contact with the eternal source of love. This is not a strategy of life, not a life plan, but pure joy. It allows you to live your life while staying at this level of consciousness, and influence the material world.

The chakra is located on the level of the heart, in the center of the chest. It is responsible for love, harmony in relationships, compassion and controls the sense of touch.

When someone is important to you, the heart «opens» to meet this person. In the Far East this chakra is called the «Temple of Love». «Anahata» is translated as «invincible».

On an emotional level the chakra is responsible for compassion, self-esteem and respect for other people. People who have a dominant influence of anahata, are sympathetic and caring both in relation to themselves and to others.

People with some sort of «heart failure» can be determined at first glance. They are too sensitive, compassionate and in an effort to please others, even reach self-denial. Often, they feel pity for themselves, and are at the mercy of various fears. Most of dependents and hangers-on have energetically weak anahata.

In case of excessive stimulation of this chakra people become picky, capricious, imperious. Triad. Three upper chakras are conventionally called a triad. Compared with the four lower ones, they vibrate at a higher level. In astrology they meet the cardinal, fixed and mutable signs of the Zodiac, respectively.

Cardinal signs (Aries, Cancer, Libra and Capricorn) are considered excellent, energetic and expressive. Fixed signs (Taurus, Leo, Scorpio and Aquarius) are hard, persistent and stubborn. Mutable signs (Gemini, Virgo, Sagittarius and Pisces) are able to adapt to emerging circumstances.

We are accustomed to the fact that life is a struggle, and we consider it necessary to develop a plan for the defense, protection and self-sufficiency. This point of view arises from a mentality based on fear - fear of deprivation. If you choose the path of the heart, there is no room for fear in your mind. You have to believe that being in the space of magnetic attraction, you can count on abundance and be sure that you will have a happy and secure life.

The more you love, the more objects and opportunities for love there are in your life. It's very simple. Perhaps even too simple for modern people - we are suspicious of everything that is simple or affordable. "You get only what you pay for" - such an approach deprives us of many simple and affordable pleasures of life. Awakening of the heart - that's the most important life goal. You do not have to pay or sacrifice anything to achieve this, you will need only one thing - faith. You have to believe that life will not break you, if you remove the protection. And everything will happen exactly like this: remove the protective cover so that the flow of life could freely bathe you. And believe, that love is the main driving force of the universe.

Each of us is born alone. At birth, we gain a physical body, mind, habits, character and ego. All this defines us as a separate personality, distinct from the others. The first three chakras are connected with the preservation of this uniqueness, separateness. With the awakening of the fourth chakra, we distance ourselves from the uniqueness and begin to feel the unity of life.

The purpose of the fourth Chakra is the feeling of love, personal and universal. You have to feel, if not love, then at least the harmonious relationship that blurs the distinction between you and other people. It is the only way to satisfy the heart chakra – through the fourth chakra you reach the collective levels of the reality. The three lower chakras operate with personal energy, separate you from the others. The three higher chakras are the collective aspects of the «I», enhancing the connection with the universal energy. The heart chakra is a place where the personal and the

collective aspects of your inner «I» meet and separate from each other.

The prospect of love. The first awakening of the heart chakra is felt as good deeds that you do in the rare, fleeting moments, when you feel total harmony inside yourself. Everything is in balance, you do not have to worry about anything. You are happy for myself, the lower chakras are balanced, you can be satisfied with the small pleasures of life to the full extent. Being in this state, you can think about how to perceive the world not only in terms of survival and competition. If you learn to listen to your heart, it will become a habit.

From this point of view, you can see yourself reflected in the people you meet. You will no longer defend against them and compete with them. Your heart encourages you for cooperation and not for coercion. The need to be right pushes you back to the lower chakras with their competitive prospects. At the level of the fourth chakra there is no place for the defense, joy arises from the total acceptance of life and other people.

The transition from the third to the fourth chakra is very important, since it requires a radical revision of life perception. At the level of the fourth chakra there is no place for the sense of competition, as you begin to communicate with others through the heart. On the level of the heart chakra only path of cooperation is possible. This perspective is accompanied by the feeling of abundance, you begin to realize that the world has enough of everything and for everyone. Compassion awakens, as it is now clear to you that good is what is good for everyone. We are inseparable, we are interconnected.

After awakening the fourth chakra, you begin to look at life through the lens of love. Love caused by the three lower chakras, always has an ulterior motive - safety, sex or power. But the love bestowed by the fourth chakra is the love in the name of love. It does not meet any requirements. You do not need anything in return. You are filled with the feeling and you want to share it with others.

From the perspective of the fourth chakra love has no conditions. You do not care how other people live, how they affect your life. It is obvious that in the relationship, based on the fourth chakra, there is more peace and harmony, because you no longer defend yourself from others and do not judge them.

Unbalanced state of the fourth chakra. Sentimentality is the main manifestation of the unbalanced fourth chakra. «Broken heart» is unable to distinguish its problems from the problems of others, so the connection of the person with the others is unhealthy and painful. As a rule, the result of such an approach to life is the desire to do something for others in the hope of a good attitude on their part.

Color: green.

Element: air.

Sense: sense touch.

Desires: to love and be loved.

Objective: To gain confidence in yourself.

Keyword: emotion.

Stones: Aventurine, Rose Quartz

Location: heart

Perspective: love

Function – love, compassion

Spine - thoracic

Pain in the thoracic spine

Meridians - heart, lungs, gallbladder

Organs - heart, lungs, gall bladder

Emotions - joy deficit, belief in the need to stress, hardheartedness, competition, neglect of joy for the sake of money, career, control over feelings of love, distrust, inability to be happy and enjoy life, inability to forgive, depression.

Psychotherapeutic formula - I accept life with love and joy, I am free to enjoy every moment of it, I fully commit myself to it.

Vishuddha, the throat

The fifth chakra «Vishuddha» - in the open state teaches to correctly perceive your own originality, no matter how it is manifested.

The chakra is located on the level of the throat. «Vishuddha» is translated from Sanskrit as «clean». This energy center is a kind of guide of thoughts and ideas from the upper chakra to the four lower ones.

The chakra is responsible for the sound and is the speech center that controls communication and self-expression. On an emotional level, it contributes to the emergence of new ideas, love and understanding between people.

The balanced chakra calms the mind, develops a sense of time and strengthens faith. Excessive stimulation of the chakra makes a person self-opinioned, arrogant, dogmatic and imperious.

Lack of stimulation of this chakra makes a person weak, the deceitful and unreliable.

The fifth Chakra encourages you to express yourself creatively. This is creativity at the highest level of the mind. When some personality traits collide and interact with collective intelligence, the creativity is born. We think of the throat and speech, but self-expression is much more important, because this level of creativity is not limited to the conversation. Writing, painting, dancing, music, meditation and countless other forms of creative expression become available due to the fifth chakra.

Seeing yourself from the perspective of the fifth chakra is significantly harder than from the third. The third chakra is associated with self-control, strategic self-knowledge, which in combination with the force of will form a method of perception of yourself. Self-knowledge at the level of the fifth chakra is opening of tendencies of your development.

When you manage to balance the fifth chakra, you will gain new knowledge because you will begin to look at life in a new way. If you are an artist, your work will be original, born on the spur of the moment. When it comes to any relationship, then the received discernment will make this relationship alive and developing. If you do business, then you will have new ideas that for sure will bring you success. Whichever area of life and activity this business is about, a fresh perspective and a sense of reality will help you get the most benefits.

This feeling arises only when you balance your creative personality, that is, you will gain the ability to use it as you wish, the ability to resist conventional wisdom, if the situation requires it. You should be able to take your mind off the logical aspect of life, allow yourself to see the abstract connections between events completely unrelated at first sight. Philosophy, politics and religion raise you above the others. You can freely discuss your ideas with others, even if they do not agree with your point of view. But at the same time, you do not seem all-knowing, someone who is not interested in the opinion of others and who has nothing to learn from them.

Color: [blue](#)

Sense: sound.

Desire: finding inner peace.

Objective: to risk.

Keyword: ideas.

Stones: Celestine, aquamarine, chrysoprase

Location: Neck

Perspective: creation

Functions – communication, creativity, harmony

Spine - thoracocervical

Complaints about numbness in the hands, pain in the cervical spine, restraints in the neck rotations

Meridians - the endocrine system, liver, small intestine

Organs – thyroid gland, immune system (thymus), larynx and trachea, liver, lymphatic apparatus of small intestine.

Emotions - feelings of helplessness and hopelessness, I never will do what I want, I am not noticed,

control of emotions of anger

Psychotherapeutic formula - I go beyond all limits, I am happy and love to express myself, I accept myself as I am, I love and appreciate myself, I know my own value.

Ajna chakra, the middle of the forehead

The sixth chakra «Ajna».

The chakra is located on the level of the forehead, between the eyebrows. In Sanskrit, «ajna» means «order». This chakra controls the mind and is a kind of command center in relation to other energy centers. Indeed, the thought is always ahead of the action.

Unfortunately, there are few people who are able to fully control their thoughts. On the emotional level the chakra raises the level of awareness of everyday reality and forms the spiritual structures of a person.

As was already mentioned, ajna is responsible for intuitive perception, including such minor aspects as feeling of someone else's mood or empathy. Have you ever felt completely drained after talking with the other person? If yes, then you have been affected by someone else's negative energy. In this case, the originator of the incident could even not express his negative emotions out loud, since we are all sensitive to the impact on the subconscious level.

Excessive stimulation of this chakra makes a person proud, authoritarian, imperious and dogmatic. A classic example of such a person is Hitler. Insufficient stimulation of Ajna makes people timid, shy, losers.

When a person reaches the level of the sixth chakra, or the level of the «third eye», he has the ability to change polarity. Before you awakened this center, polarity of the consciousness was perfectly normal: things are going right or wrong, good or bad. If there are two polar opinions, one of them is true and the other is not. At the sixth level of consciousness, you can rise above the polarity and see life through the larger views, which cover all aspects of life – it is a «one state of consciousness.» This approach perceives all things as manifestation the One Great Spirit. The feeling of grace permeates this perspective. Although, since your perception of life has expanded and includes all the existing points of view, such feeling is not surprising for you and does not irritate you.

Unbalance of the sixth chakra creates a distorted interpretation. The main danger on this path can be an addiction to drugs and alcohol. They create a pseudo «third eye» effect by changing your perception of the reality to the distorted one. The results of this distortion will be manifested in many different ways: from the belief that «I» is above all things, to the realization that you are destined to bear your cross, and no one can save you from that burden. In both cases, the pure experience of recognition of God in all aspects of life is imposed upon by personal perception.

What is not a part of the whole? Any exclusivity does not belong to the whole. Commitment to any religion or doctrine that lays claim to the truth in the last resort, instead of expanding our perspective, significantly limits them.

But not only drugs form a distorted interpretation of reality. Dependence on sexual fantasies certainly distorts perception – it is an example of how the unbalanced lower chakra affects the manifestation of the highest. Fantasy entirely belongs to the scope of the sixth chakra, and sexual content of these fantasies, coming from the second chakra, defines this action. Another example of the unbalanced sixth chakra is a person who is no longer able to separate the imaginary from reality. Such people impute to others the qualities that they do not possess, or fall in love with people, seeing them as they really are not.

Achieving a balanced consciousness level of the sixth chakra. If you manage to balance the sixth chakra, you become aware of the flow of reality, and being able to merge with it, you develop your own intuition. You are ready to adapt to situations that are beyond your control. Just knowing how many life events are beyond our control is an evidence of the life force that exists outside the personality. You must believe that merging with this force is your overarching aim.

Faith is strengthened as far as you can see the fruits of refusing the path of personality. All

that your «I» wanted before is easily accessible now. Your needs are met without any effort on your part, you can only immerse yourself in the awareness of the life force that exists around you. Faith is not based on the beliefs; it comes from experience. It seems that you happen to be in the right place at the right time, not planning it in advance. You just listen to the voice of your intuition and thus you can read the signs and messages that make your path easier and more understandable.

By learning to be in balance at this level of consciousness, you become a visionary. You begin to realize things that are not expressed by words, you think in images, pictures, intuition.

Rising above the polarity means to be above conflicts. A conflict arises from the commitment of the parties to their points of view, contrary to each other. Rejecting the polar view of life, you are able to see much more, to rise above conflicts and live in peace. Even being in the center of chaos and hate that pervades the modern world, the balanced state of the sixth chakra allows you to move to a different reality that is above the level of conflict.

When you gain the ability to understand the deeper meaning of each manifestation of life, the reality opens to you from a new side. You merge with your desires, you find grace, the life opens to you, and the magic comes to your life. Magic throws a veil over all your actions, at least from the others» point of view. However, nothing changes for you. You follow the course of life, and do not go your own way.

Color: [Blue](#)

Astrological correspondence: mutable.

Desires: to be in harmony with the universe.

Objective: to achieve your dreams.

Keyword: intuition.

Stones: Fluorite, indigo tourmaline

Location: the forehead, point between the eyebrows

Perspective: the desire for transcendence

Functions –intuition

Spine - cervical

Complaints about the limitation of movements in the neck, pain and stiffness in the neck.

Meridians - small intestine, liver, endocrine system

Organs - hypothalamus, hypophysis, epiphysis, organs of sight, sinuses.

Emotions - irritability, stubbornness, inflexibility

Psychotherapeutic formula - harmony and love fill me and the world around me, I have a great relationship with life and the world, I have complete faith in life and its course, I'm a part of this multifaceted universe.

Sahasrara chakra

The seventh chakra Sahasrara («1000 petals»)

The chakra, located in the parietal region of the head, controls the most powerful body vibrations. Frequently, artists make portraits of highly spiritual people, depicting them with a glowing nimb.

Catholic monks cut out tonsures to make this part of the head free of all unnecessary. In Sanskrit «Sahasrara» means «thousand» and the chakra is depicted as a lotus flower with a thousand petals.

This Chakra maintains a balance between the outer shell of a person and his inner spiritual content. Mystical interpretation of reality, awareness of the deep connections of all things is also carried out under its authority.

In this sense, rejection of your own «I» and expansion of consciousness to the universal level is extremely challenging, when realizing which a person finds his true nature.

Excessive stimulation of the chakra makes people irritable, impatient and depressed. In such cases, the probability of occurrence of severe headaches is very high. Lack of stimulation leads to feelings of loneliness, unwillingness to interact with others and loss of the joy of life.

When you move to this level of consciousness of the seventh chakra, the whole life is

perceived by you as a spiritual experience. Your life becomes a magic training game in which there are no losses and disappointments, but there is a joyful understanding of the process of learning and experience.

Unbalanced state of the seventh chakra. The unbalanced seventh chakra is a very dangerous place. This condition can lead to the fact that you begin to live in an independent reality that has nothing to do with the world around you. You can lose touch with everyday reality and lose the ability to interact with the world around you effectively.

Perhaps many psychiatric patients have achieved this highest spiritual level, but without connection with the lower chakras and their own «I». They live in a different reality, with no connection with the lower chakras.

Other imbalance at this level can be called the mentality of the «shopping list». The doctrine of the «New Era» speaks of improvisation regarding how you would like to see your own life. If you want to start a new relationship or find a new job, you have to make for yourself a list of your needs and to meditate on it for as long as your desires are fulfilled. This, of course, is quite a workable approach, at least as evidenced by those who have experienced it for themselves. However, the list is made by your ego, and when the ego intrudes into the sphere of action of higher chakras, the balance cannot be achieved. Your ego says that it knows what you need more than God. Instead of completely giving yourself to the flow of your life, you are trying to lead it. As a result, you lose that magic that could happen to you if you completely give yourself to the will of providence.

This is the main paradox. When the ego finally gives way and subordinates to the divine will, you get all that the ego aimed at and even more! You may not know this in advance, you have to truly believe that God knows best. Most people say that when they are fully subordinated to the supreme will, they got without effort what their egos were so afraid to lose before. Of course, they can get much more than what they are even able to imagine. You should not limit God's will, believing that you know best what is good for you. The task gets complicated when there are other people involved, especially if you are married and you have kids.

Color: [purple](#).

Desires: the desire to penetrate the essence of things.

Objective: acquisition of knowledge and wisdom.

Keyword: spirituality.

Stone: clear quartz, amethyst

Location: the top point of the head

Perspective: spirituality

Functions – consciousness, overcontrol

Spine - cervico-occipital junction

Complaints - headaches, vascular dystonia, vegetative disorders

Meridians - heart, gall bladder, blood circulation

Organs - cerebral cortex, brain vessels

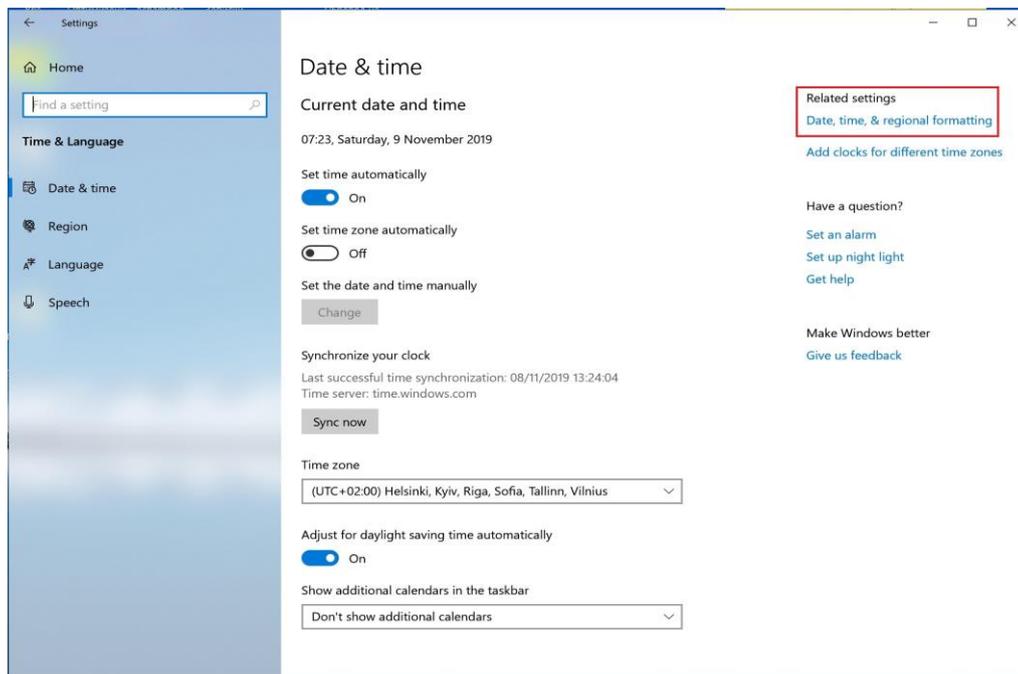
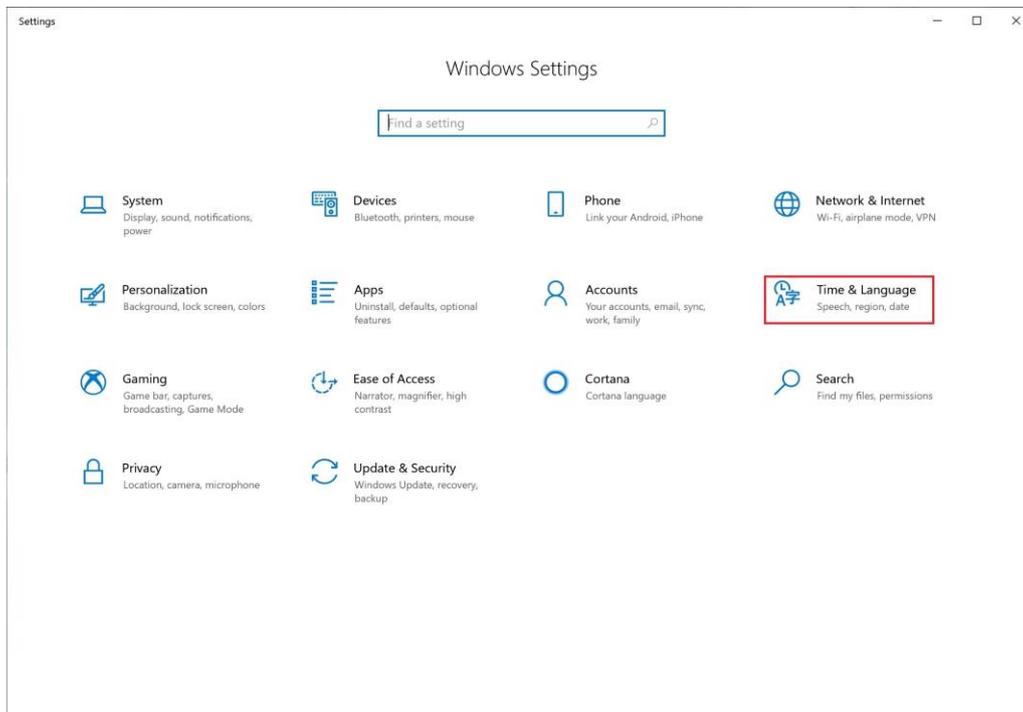
Emotions - distrust of the life process and others, pride, arrogance, guilt, desire to think everything through and to control everything and everyone, inability to express emotions positively, efforts to contain emotions.

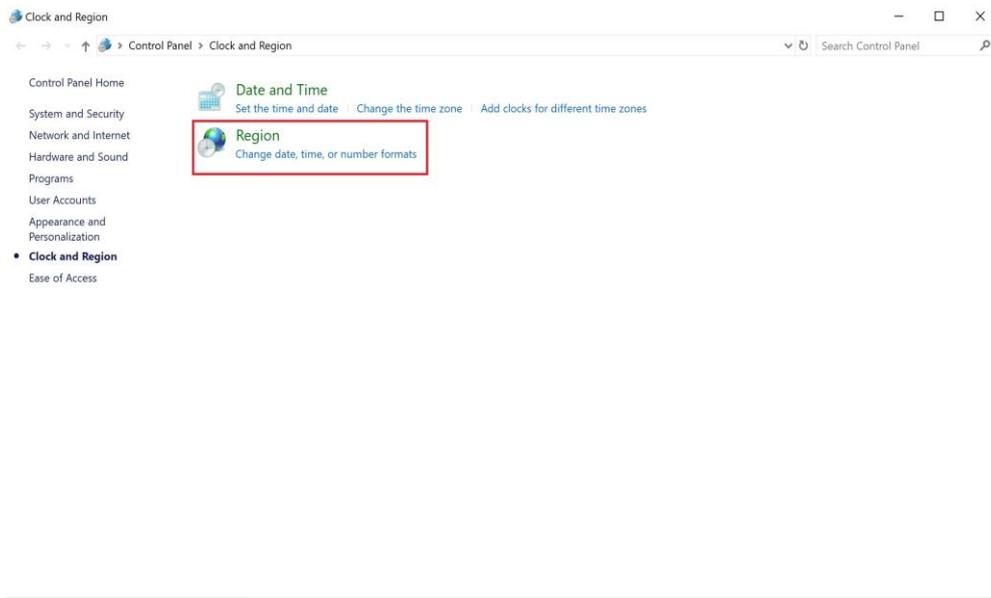
Psychotherapeutic formula - I fully trust the natural flow of life; life always provides me with everything necessary. I am a part of the universe. Everything goes well.

21. Answers to questions about installing the «Bris» program.

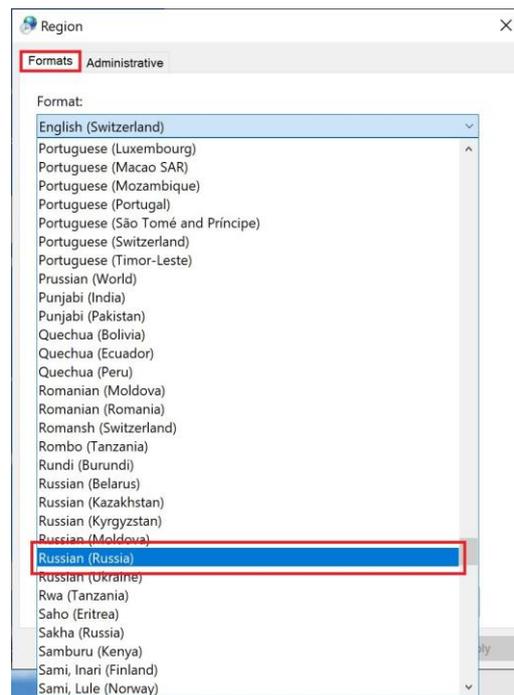
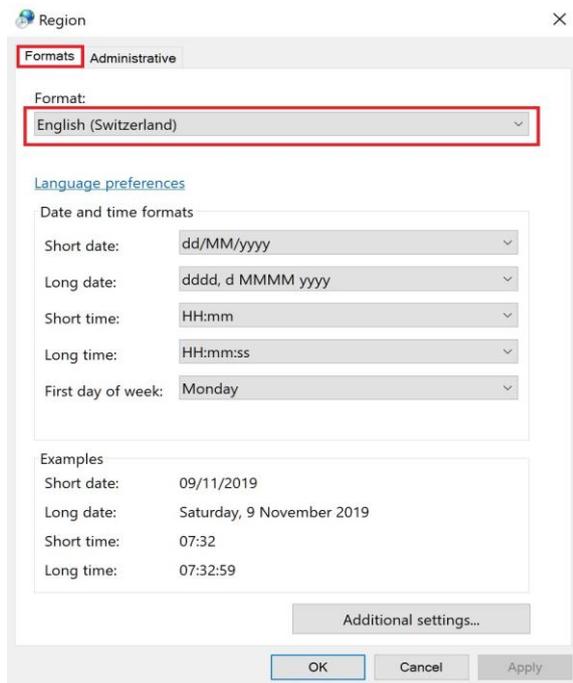
Question: when registering a new client the window «Age» is not active and the registration does not proceed.

You need to open the «Control Panel» and select the tab «Time, Language, and Region» or «Regional standards», change the tab «Format» into the Russian.

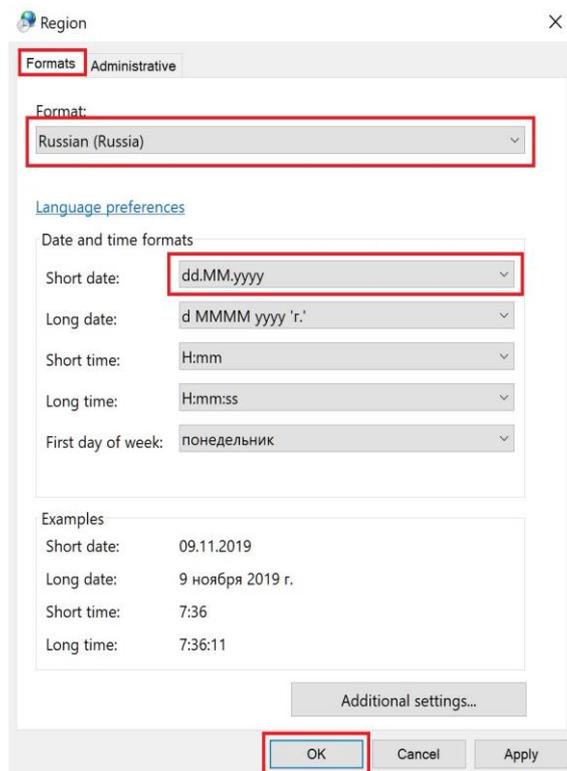




To do this, in the Format tab select in the «Russian region» and install it.

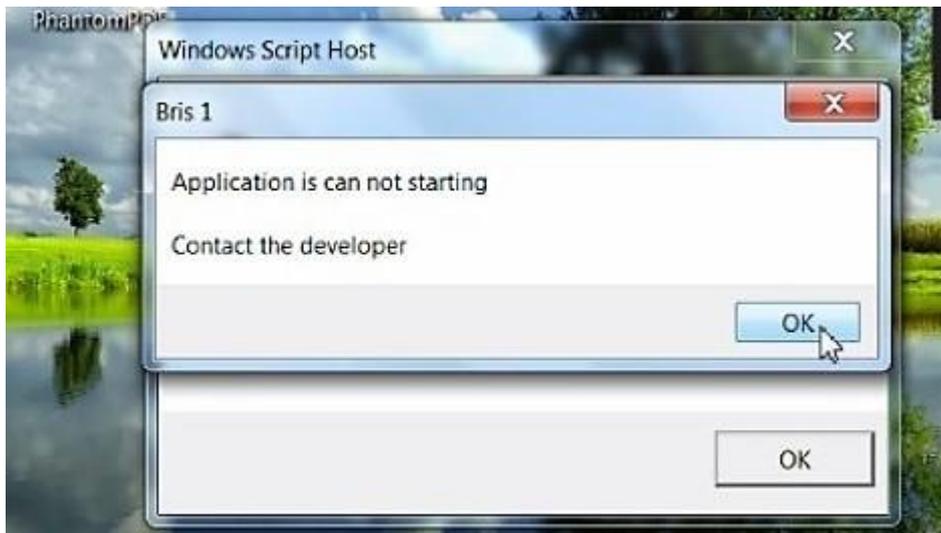


In the window «Date and Time Format» in the section «Short date» instead of: (dd / MM / yy)
select: (dd.MM.yyyy)

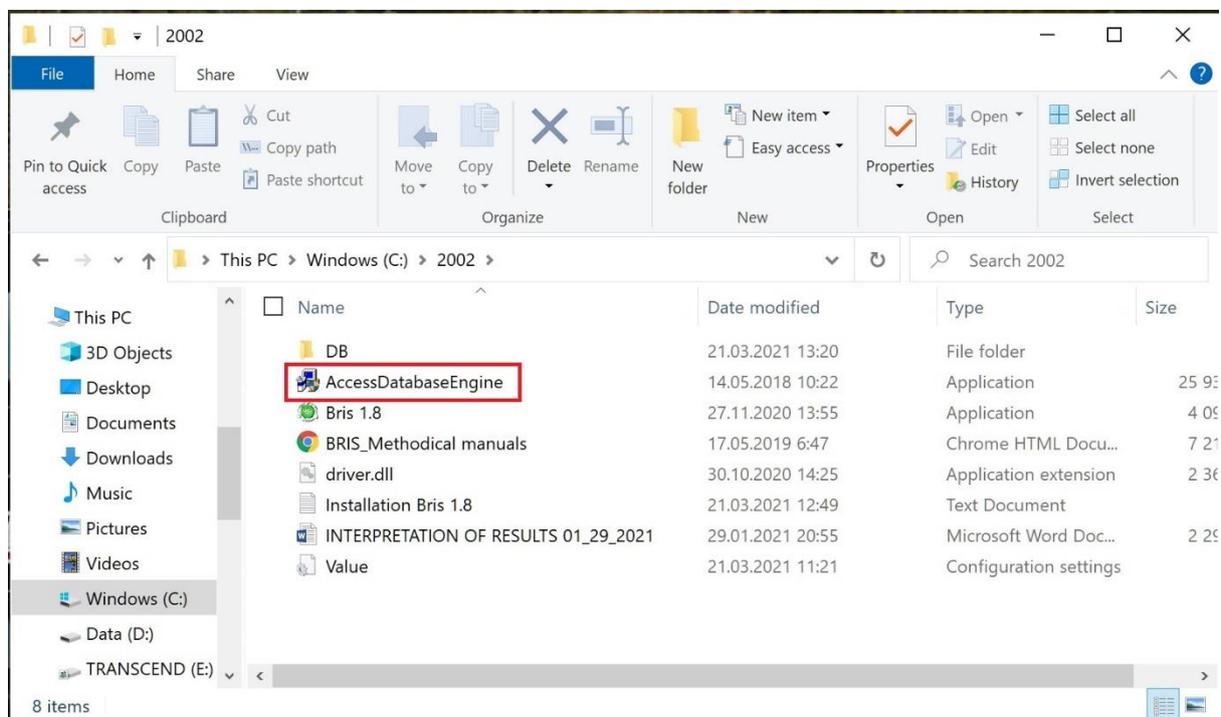


Click «Apply» and then «OK»
ON COMPUTERS when trying to enter the program there can appear the following message:





To solve this problem it is needed to open disk C, open the '2002' folder and launch the installation of the 'AccessDatabaseEngine' program.



After these steps launch the icon 'BRIS' on the desktop of your computer.



Use the program for the benefit of yourself and others!