

## Mental-Emotional-Energetic Correction System

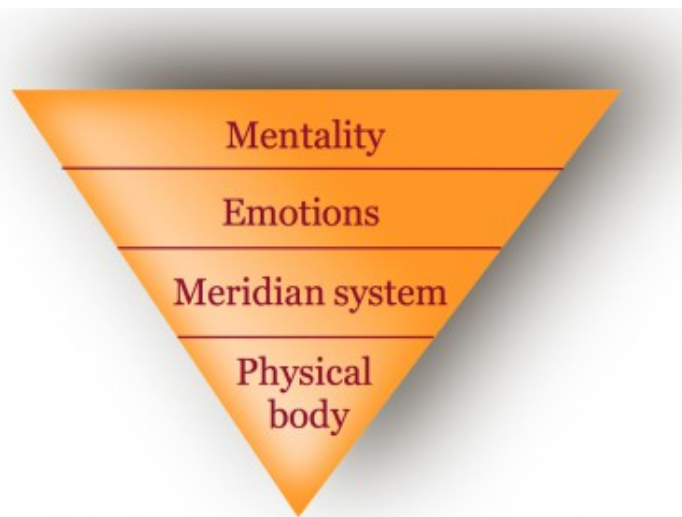
*Turhaan on pyytää Jupiterilta apua, kun kähryt juuttuivat liejuun;  
jos et ota lapiota itse, Taivas ei raahaa sinut ulos.  
Auta itseään niin Jumalakin sinua auttaa.  
Eliphas Lévi*

Mental—Emotional—Energetical Correction System (**MEECS**) is a multilevel, comprehensive method of treatment of many physical, psychosomatic diseases and mental disorders such as:

- Diseases of internal organs
- Neuroses
- Depression
- Anxiety disorders
- Fears
- Panic attack
- Obsessive-compulsive disorder
- Sleep disturbance.

There are two main components that each person has — the Human body and the Psyche. Because of this, the human life is provided at two levels, i.e. the biological and the mental ones. In its turn, these two main components are divided into four secondary sublevels of the human body functioning.

- The body consists of the physical body and the energy meridians.
- The Psyche consists of emotions and mentality.



Each of these levels is a part of a multidimensional system of healing a person. The method is based on a premise that almost every physical or mental illness is caused by mental grounds. In other words, initially a disease begins at the mental level, and then, passing through the emotional and the energetic ones, it's realized on the physical level. In case of the disease's occurrence at the physical level (diseases of the human body), there are always some disfunctions at the other three levels. A disease penetrates inside completely, and it reveals itself differently at each level. If there is no an appropriate treatment of a person at all levels at the same time, the disease won't disappear. In this case, the disease will reappear, or even more, it will become chronic. If a cause of the disease isn't eliminated at any of the three levels, it will be manifested again under favorable circumstances, as a sprout breaks through the asphalt.

Each person has a specific set of needs, which are divided into three main groups: innate (i.e. biological), social and personal needs. At the mental level, many of them are presented as the essentials, conscious and unconscious desires, and necessities. If any need isn't satisfied, then stress increases in the body, that will be immediately expressed through some negative emotions. Emotions are direct indicators of mental needs. Unexpressed negative emotions tend to accumulate in the psyche, forming a kind of an ammunition depot. Such people are often called those who sit on a tinderbox. The larger that tinderbox, the more its owner is a threat not only for himself or herself but also for others. There is a huge consumption of energy resources of the human body, if any stress remains. As a result, it leads to the exhaustion of the human body. Stress causes spasms and blockages in the body; it suspends a sufficient supply of oxygen and nutrients to tissues and organs, thereby slowing down their functioning. Eventually, it causes suffering. At some point, the body will move from a state of «withstand and resist» to a state of «give up and fall ill». Thus, long-lasting dissatisfaction with the human needs inevitably turns into diseases.

The main purpose is to detect unsatisfied needs that cause negative emotions, loss of strength, nervous exhaustion, loss of interest in life or loss of life meaning. Satisfying needs in an adequate way, a person has a chance to recover fully. Identification of main unmet needs makes it possible to correctly develop the entire algorithm of treatment at all levels.

Needs, worldview and world perception are inseparably linked. By changing own worldview as well as increasing the level of emotional intelligence, people are able to influence an original cause of a disease, and remove it with its root. Mental actions change the structure, functions and chemistry of the brain, that trigger the mechanism of transformation throughout the body. That's the reason why a correction of the mental level is the main direction to work with by the method MEECS. This is the core and the cornerstone of MEECS.

Certain diagnostic and therapeutic methods of work are developed for each level.

#### **The Mental-Emotional level**

- Knowledge provision to raise people's awareness of challenges and issues they face;
- Rational Therapy;

- Emotional response;
- Music therapy;
- Art-therapy;
- Color therapy;
- Aromatherapy;
- Astropsychology.

#### **The Energetical level**

- Alternative medicine (Su Jok Therapy);
- Breathing practice;
- Gymnastics to restore energy flows in the human body.

#### **The Physical level**

- Herbal therapy: herbs and spices.

#### **The following tasks are being solved in the course of correction**

- Diagnostics and detection of causes of diseases;
- Identification of unmet needs;
- Detection of key conscious and unconscious attitudes that have caused a disease;
- Identification of a disease, as well as provision of relevant information to a client;
- Development of alternative treatment options; subsequent use of the most appropriate method or a set of them, which correspond to client's needs;
- Bringing the treatment to a successful conclusion; further improvement of the results.

#### **The outcome**

- Full awareness of a client of causes of his or her current health condition;
- Improvement of the physical and the mental state of health;
- Achieving remission in chronic diseases;
- Client's awareness of own nature and hidden needs, desires, and intentions;
- Self-identification;
- Finding ways of self-realization;
- Finding ways of selfexpression.

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