Interpretation of Test Elements MindLINK TEST Software

Please note: Only the final tested test elements are relevant for the interpretation. The main and subcategories were only created for faster testing.

The terms should not be taken too literally; the definitions always depend upon the connections in the system. Sometimes you will have to be creative with your interpretations.

Self-explanatory elements haven´t been recognized.

Save this information manual on your PC or notebook to quickly search for a term:

- Click on "*Help*" in the bar in the upper-right corner – a dropdown menu will appear:

- Open the document "*Interpretation help for test elements*".

- Using your mouse, right-click on the opened document and select
- "*Save as*". It is best to save the document (as a PDF file) on your PC or notebook. You can rename the document.

- When you require the explanation of a specific test element, you can easily open the document; you can then search for the term using the "*search* function" in the upper-right corner.

Description of test elements

Setup Harmonization

This test element activates classical music, and it is used if a client does not react correctly during the pretest, when s/he experiences switching. For the procedure on how to harmonize a client, see Chapter 13 MindREFLEX of the user manual.

Setup Surrogate Test

This test element is used for the surrogate test. With the surrogate test, one can test an absent client. For details on how to perform a surrogate test, see Chapter 14 of the user manual.

Blockage of Physical Dynamic

This test element pertains to a physical background of emotional blockage that was locked in. If the physical blockages are treated will full recovery, then the psycho emotional blockage (Setup) is possible. If more information is needed, switch to the PrevenTEST Software for detailed information on the systemic connections associated with the physical blockage.

Blockage of Regeneration

Geopathic stress

A strain that is caused by geological structures, such as the outer and inner magnetic field of the Earth.

Hartmann grid / Global Grid

Hartmann-Global grid or first grid 2.50-2.00 m in length, perpendicular to the cardinal points. The Hartmann grid features a degenerative effect of polarization on the left, and a blocking and degenerative effect at the right. At right, polarization is biologically enhancing.

Water vein

Microwave radiation from the inner layers of the Earth that has a negative biological influence through the braking of flowing water.

Cancer point (Hartmann)

Geopathic definition of a "cancer point".

Also see Geopathy

1. Radiation from below: Crossing of two left polarizing water veins.
2. Radiation from above: Crossing of two left polarizing lines of the first or second grid.

All geopathic stress zones: these are only shown in a test if the client stays in these areas for a few hours each day or night. In order to determine where these stress points are (home, workspace, etc.), one has to consult a specialist. If this is not possible, s/he can try balancing this stress with the MindLINK HARMONY (i.e., harmonizing music is played through a MindLINK device).

Infection

The client might have, or could have had, an infection. For more detail on this test element, switch to PrevenTEST®.

Viruses

The client might have, or could have had, a virus. For more detail on this test element, switch to PrevenTEST®.

Bacteria

The client might have, or could have had, a bacterial infection. For more detail on this test element, switch to PrevenTEST®.

Fungi

The client might have, or could have had, a fungus. For more detail on this test element, switch to PrevenTEST®.

Parasites

The client might have, or could have had, parasites. For more detail on this test element, switch to PrevenTEST®.

Deficiency: Vitamins & Minerals

This test element points to a lack of vitamins and/or minerals. For more detail on this test element, switch to PrevenTEST®.

Constitution

Genetically caused deep linking.

Dental interference fields

The client can have a dental or jaw interference field. For more detail on how to locate this disturbance field, switch to PrevenTEST®.

Movement

The client has not had enough exercise, or the wrong type of exercise.

Strain

Permanent inner strain/stress.

Relaxation

Unable to regenerate through relaxation.

Wi-Fi

There could be stress caused by Wi-Fi. For more detail on this test element, switch to PrevenTEST®.

E-Smog

E-Smog is a stressor. For more detail on this test element, change to PrevenTEST®. E-Smog pollution can be balanced through periodic use of the MindLINK WALL, SPACE, etc.

Injuries

Known or unknown physical and/or emotional injuries.

Accident

Non-processed physical and/or emotional consequences of an accident, or a sudden life-changing and unwanted event.

Medical intervention

Non-processed implications of a medical or another type of outside intervention.

Scars

Non-processed consequences of scars. Scars can disturb the energy flow in the meridians.

Wound healing disorder

In this case, something in one's psycho-emotional background hinders optimal healing.

Blockage of the nervous system

The optimal regulation of the organism through nerve impulses is constricted.

Separation of brain hemispheres

The left and right hemispheres of the brain are not cooperating optimally, and they can reduce stress resistance and recovery.

Blockage of ganglia

Disturbance in ganglia function and signal transfer on a physical or emotional level (pesticides, vaccination intoxication, etc.)

Blockage of plexus

Disturbance of the plexus function.

Neuro-hormonal blockage

Disturbance in hormone regulation, especially of the stress hormones.

Metabolism blockage

Allergies

This can refer to physical allergies, or if the client is allergic to someone.

Toxins

This can point to physical intoxication or someone/something that is "toxic" for the client. For physical intoxication, we recommend performing additional tests to obtain more detail and to make changes to PrevenTEST® (dental toxins, environmental toxins, lymph toxins). This should also be checked for an actual or earlier toxic burden.

Essential imbalance

The client could have, or has had, an imbalance in vitamin/minerals. For more detail on this test element, change to the PrevenTEST® software.

With the test elements (vitamins, enzymes, insulin, amino acids, minerals), the client could have an actual or an earlier imbalance. Change to the PrevenTEST® software for more detail.

Neurotransmitters

There is an imbalance in the neurotransmitters. Known neurotransmitters are noradrenalin, acetylcholine, dopamine, and serotonin.

Heavy metals, cytokines, hormones, essential fatty acids, electrolytes, water, food, carbohydrates, protein, fat, coffee, or alcohol.
With these test elements, the client either had an earlier or actual burden or Imbalance. For more detail on this test element, change to PrevenTEST®.

Joint blockage, cranial blockage, TMJ blockage, blockage of the atlas.
If these test elements have resonance, they can be a cause of blockage:

While treating these blockages, we recommend, playing the tested affirmations via your MindLINK device (wall, space, point, etc.)

Indices

Anxiety index, Endurance index, Stress index, Energy index, Relaxation index, Nutrition index, Stimulant index, Weight index, Psycho-emotional index, Congestion index, Pain index, Wound healing disorder index

This can:

a)   identify the presence of a blockage or a disturbance;

      or

b)   be used as a shortcut at the beginning of the test for a specific Setup. The indices allow for fast and precise access to specific topics.

Blockage of Personality

Personality constitutes the foundation of a client's emotions.

I am (=ego), I can, I want, I may, I was (=past), I must, I shall, I will (=development), I act, I feel, or I think

If one or more of this test elements show resonance, it means, that there are blockages in the client's personality = how the client sees, how s/he acts, thinks, feels, etc.

If this main category has resonance, check all test elements one by one and store them in test window 2. Then, create a new Setup (locking in via the XY Line) with ALL stored test elements of the "Personality" category at the same time.

Freud´s Approach

The following approach has been adapted from psychoanalysis:

Super-Ego

In Freud's structural model, the ego can simply be seen as the moral compass or conscience, and is the counterpart of the elementary lust drive. The ego is formed in early childhood (until the 6th year), and it contains the moral norms and inner ideals of the cultural environment where the client grows up (especially the parents). The ego develops when the person adapts to others; this process is called introjection.

If this test element shows resonance, the ego is too accentuated.

Procedure: Lock in ONLY this single test element and check which affirmations balance this over control. These are BASIC/MAIN blockages. If this blockage is treated, minor blockages are balanced simultaneously. Only if these blockages are treated successfully is further effective work with the client possible.

Ego

In the Freud's model, the "Ego" is the element that correlates with conscious thinking in everyday life and self-confidence. It communicates between the id, ego, and social environment with the aim of constructively resolving emotional and social conflicts. The mature and emotionally healthy individual replaces the principles of lust and desire with the principle of reality.

If this test element shows resonance, the ego is too accentuated.

Procedure: Lock in ONLY this single test element and check which affirmations balance this over control. These are BASIC blockages. If this blockage is treated, minor blockages are balanced simultaneously. Only if these blockages are treated successfully is further effective work with the client possible.

Id

In Sigmund Freud's psychoanalytic theory, this is one of the three areas of the human psyche. Freud named this the subconscious and libidinal part of the individual, especially the area of sexual ambitions, but also aggressive impulses. In the teachings of Freud, these topics are mostly biological in nature (i.e., mostly congenital). But, according to Freud, aggressions can arise secondarily as well.

If this test element shows resonance, the ego is too accentuated.

Procedure: Lock in ONLY this single test element and check which affirmations balance this over control. These are BASIC/MAIN blockages. If this blockage is treated, minor blockages are balanced simultaneously. Only if these blockages are treated successfully is further effective work with the client possible.

Blockage of emotional dynamics

Negative Emotion Blockages

This refers to how the client sees himself. How is he perceived by others? What bothers others about him? What is the client missing or is not strongly pronounced? etc.

Loneliness, depression (or depressive tendencies), impatience, apathy, boredom, envy

Guilt, regret, inadequacy, greed, hatred, criticism, shame

Despair, self-pity, seriousness, rejection, doubt, insincerity cynicism

Fear, resignation (giving up), frustration, overanxiousness, annoyance, fear, trouble

Uncertainty, weakness, prejudice, violation, excitement, pride, indecision, vulnerability

Infidelity, jealousy, being unloved, being abandoned, abuse (emotional, physical, and/or sexual), submission, destruction, affair, bitterness, insinuation, neglect, Intellectual infidelity, executed infidelity

Protest, dogmatism, persecution mania, quarrelsomeness, desire, rejection

Psychological segmentation

(Sometimes a topic/trauma can be too great to handle. In order to process something, the psyche segments a problem = splitting it).

Dealing with the inner self

The client is in conflict with himself and his actions.

Withdrawal

Reduction or avoidance of social relations: withdrawal behavior in private or at work, etc.

Attack

This indicates assaults/attacks – one must differentiate if this is more verbally or physically felt or executed, or if the client tends to attack. This has to be clarified in subsequent counseling.

Discrimination

Discriminatory behavior is the term used for inadequate behavior towards individuals or groups solely due to their membership in a social group, or based on their looks, sex, etc. The difference in treatment is thus exerted not only by individuals, but also by institutions. The practices of discrimination range from verbal abuse and insults to the use of physical force, boycotting shops, curtailing rights in marriage, unequal pay for equal work, etc.

Humiliation

Here the topic is public humiliation. The client either suffers from a humiliating experience, or s/he applies this to others.

Cheating

This type of fraud is meant in the sense of falsehood - it can be queried whether this pertains to emotions, lies, or dishonesty in. The client feels betrayed or is betraying someone – this feeling is so strong that it is blocking.

Shamelessness

Shame and shamelessness as the ego-ideal is a result of certain conditions from one's education/cultural background. This also applies to the alleged shamelessness due to nudity, conduct, etc.

Thoughtlessness

The client does not think before he acts. Often he is not aware of his actions.

Lack of feeling

Feelings for other people are missing. Empathy and sympathy are not perceived.

Confusion

Uncertainty in acting and feeling.

Stubbornness

People who insist strictly on their position.

Personal revenge

Revenge is a form of retaliation and it is an emotion that features the aim of compensating for suffered emotional injuries and a wounded sense of honor. Revenge fantasies are a sign of unresolved conflicts.

Central psychological conflict

This basic conflict describes a "central" conflict in the development of human life. The term was coined by Sigmund Freud.

To cope with such a conflict, it is necessary to decide between one of two goals that are mutually exclusive and contradict each other. Since the basic premise of these conflicts is always about picking one side of the conflict, they are also called "ambivalence conflicts".

Emotional block

An emotional blockage may be the reason that, in spite of knowing better, one acts and feels differently than one might realize.

Core emotion

Paul Ekman identified four core emotions: fear, anger, sadness, and happiness. In this case, the therapist must select which of the 4 core present emotions is primary.

Self-limitation

Self-sabotage

Also known as "psychological reversal": one prefers the known bad instead of opening up to the unknown good. This usually happens unconsciously.

Self-punishment

From the perspective of psychoanalysis, self-punishment is a defense mechanism, e.g., punishing oneself for an unconscious desire. It is also a form of auto-aggression: self-harm is a form of self-punishment or self-discharge, whereby the client wants to make their guilty insight so clear, thus reducing the pressure of the Super-ego.

Cautionary inhibition

Special anxiety in dealing with new situations; excessive caution.

Self-destabilization

Ego is in a state of imbalance (depressive tendencies).

Emotional guilt

This term stems from regression therapy and refers to reincarnation: It means that past negative actions from our former lives have to be removed. A repatriation for a better understanding of the actions could be helpful.

Anger

This is associated with increased autonomic arousal and it exhibits a characteristic endocrinological profile. Anger is triggered primarily by aversive, unpleasant experiences or frustrations.

Rage

An aggressive emotion, e.g., due to emotional injury or disappointment.

Internal perception

Problems with projecting inwards: (problems are not solved, but repressed).

External perception

Problems with projecting outward: (problems are carried out, e.g., are passed on to another person).

Dysfunctional self-protection

Self-protection is important and is normally always present. In this case, this protective mechanism does not work properly.

Self-harming (physically/mentally)

To punish himself for a given action, the client injures himself (physically/mentally).

Attention: Differential diagnosis – Borderline!
Note: In this case, it is necessary to refer the client to a psychologist or psychiatrist!

Self-rejection

Rejection directed against himself.

Self-relation

The way in which one perceives and accepts himself in the totality of the personality.

Self-abandonment

Client resigns. Loses the will to live and his life force.

Dismantling self-esteem

Reduced or lost self-esteem.

Thoughts   Reduced or lost self-esteem from within.

Behavior   Reduced or lost self-esteem from without.

Lifestyle

This refers to one's way of life.

Excess

This is characterized by a lack of a sense of proportion. Everything is made to be too much or too little.

Gluttony

Either food addiction (among experts: insatiable cravings apply as the most common eating disorder) or the vices of a person, which leads to a dissolute and intemperate life.

Lie

The client suffers from lying. Whether he's lying, or if he suffers from lies in his environment, must be clarified (family dynamics).

Boasting

The client suffers from showing off. Whether he himself reports engaging in this behavior, or whether he suffers from showing off in his environment, must be clarified.

Envy

Envy is an issue, whether felt or perceived, and it must be clarified.

Greed

Wanting something violently and excessively, asking for something full of greed, extreme lust after something.

Wastefulness

This lacks the feeling for normal handling: e.g., of money, food, one's own energy, feelings, etc.

Lack of punctuality

The client suffers from a lack of punctuality. Whether the client himself is not on time, or whether he is suffering from a lack of punctuality in the environment, must be clarified

Indecision

The client cannot commit himself. Decision making is difficult.

Unstableness

The client cannot commit himself. When he finally makes a decision, he revokes it again.

Disorientation

There is no goal.

Life plan

This refers to the idea and implementation of life planning.

Nutrition

The client's diet is a problem that impacts the psycho-emotional level.

Partnership

A collaborative relationship (including friendships, employee / supervisor relationships) is a problem.

Career

The client's job or work/school/professional relationship is a problem.

Money

The client has a problem with money (spending, managing, accepting, etc.).

Family

The family environment/family planning/education patterns etc. are a problem.

Social status

The past/desired/existing social status poses a problem.

Goals

Example: setting unrealistic goals or placing demands on himself that are too high.

Priorities

Unable to set priorities. Past/desired/existing priority is a problem.

Mental block

Instead of addressing a problem, it is ignored, or its significance is played down.

Mentally induced illness

Physical illnesses and symptoms caused by the psyche.

Primary profit of illness

The subjective advantage achieved by the client's disease; for example, if the student is sick, he cannot write a test.

Mentally blocked therapy

The success of therapy is blocked by the psyche.

Mentally blocked recovery

Recovery is blocked by the psyche.

Secondary profit of illness

The subjective advantage achieved by the patient's disease; for example,
Increased attention from family and friends.

Tertiary profit of illness

The advantage that the nurse draws from the disease of her patient.

Emotion in utero

This is about the emotions that have been transmitted from mother to child in
utero.

Astral programs

Astrological background.

Abuse

This is not necessarily only about sexual abuse!

Due to the media coverage primarily about abuse, sexual abuse of children is intended. If this element is tested, extreme caution must be taken! Clients react very sensitively and often feel wrongly accused. This is a highly variable concept.

Physical

This test element is about physical abuse. A slap from the parents may belong to this category, but this also includes hitting among children. This is about all forms of physical violence, in which the weaker individual feels exposed to the stronger individual.

Emotional

This is about emotional abuse. Even parents' threat of withdrawal of love can belong in this category, but it also includes turning away one's attention, not talking or listening to the individual, which may be emotional abuse. This is about all forms of emotional violence, in which the weaker individual feels exposed to the stronger individual.

Verbal

This is about verbal abuse. Insults and verbal attacks, debates that are completely unfounded, and also cries that are perceived as stressful. This is about every form of verbal violence, in which the weaker individual feels exposed to the stronger individual.

Abuse committed as perpetrator

Someone has been attacked directly or indirectly. The client perceives this attack as stressful and blocking. The client feels it as an attack; the "assaulted" individual must not have perceived it as attack (physically, mentally, or verbally).

Abuse experienced as victim

The client has, for example, experienced an attack/assault and has perceived it as such. The "attacker" must not have planned his action as an attack (physically, mentally, or verbally).

Inner compulsion

One feels obliged to do something specific.

Moral judgments

The "morality" is a system of ideas about what "right" and "good" or what is "false" and "bad". This client severely judges or convicts under this code.

Numbness

No feelings will be admitted - neither positive or negative.

Basic trust

Following E. H. Erikson, a child in the first few months of life experiences a basic feeling: whether it can rely on the most important people in his environment or not. Basic trust is the basis for further steps in dealing with the social environment.

Emotional impairment

Anxiety

Fear is a basic emotion, which manifests itself as a concern and displeasure; for instance, excitement is perceived as threatening in specific situations. In this way, triggers can be expected threats about the physical integrity of one's self-esteem or self-image. Conceptually, there is a distinction between vague fear and property-related fear. The sense of fear is often inexplicable. We do not realize the danger that seems to lurk somewhere in us, or we see a reason for it.

Fear of commitment

The client is afraid of letting go and completely trusting a person or situation.

Loss of self

This blockage occurs in ego identification.

Dependency

Fear of physical or emotional dependence.

Fear of:

Panic

Panic is the irrational reaction that occurs in response to a sudden real or imagined danger. The fear response is accompanied by physical and psychological changes that are perceived, etc. This leads to a fast build-up (positive feedback process) with increasing panic. This cycle can be repeated several times and usually runs very quickly.

Phobia

Phobia or anxiety disorder (also known as phobic disorder) is a collective term for mental disorders in which anxiety (either nonspecific or specific fear of an object or a situation) exists. Panic disorder, whereby fears result in panic attacks, is a type of anxiety disorder. All anxiety disorders are similar in that those affected by them have excessively strong fears of things and situations. The affected persons may temporarily recognize that their fear is excessive or unfounded.

Examples: fear of water, darkness, animals. Hematophobia (blood phobia), fear of tight spaces (claustrophobia), fear of heights acrophobia), fear of urinating in public bathrooms (paruresis), fear of flying, fear of dentists (dental phobia), etc.

Mourning

Grief is an emotional reaction to drastic personal losses. While in mental pain, the client can commemorate a property or person and with which he now needs to disconnect. For example, one can mourn for the ideals of youth, or one can mourn the loss of material goods, etc.

Traumatic mourning

During ordinary bereavement, the mourners engage in social rituals. For the processing of grief after traumatic events, there are no customs, and this can lead to traumatic mourning.

Distorted mourning

Grief reactions are understandable, although they are painful responses in one's life that usually disappear after a reasonable amount of time. It is different when the mourning "derails", i.e., the mourner is overwhelmed in his ability to mourn (e.g., through additional loads). In these cases, as well as their extent and duration, can differ significantly from the norm. A "disturbed" grief process is distorted grief. The distorted grief reaction can also occurs years later or immediately after the loss. Instead of sadness, increased somatic complaints (insomnia, headache, loss of appetite, etc.) can occur.

Chronic mourning

Chronic sadness or persistent sadness usually occurs when the mourner feels guilty for the loss. This can lead to persistent depression. Particularly affected by chronic sadness are mothers who have lost a child. Sometimes they can mourn for a lifetime.

Delayed mourning

In delayed grief reaction, the mourning will be deferred and can occur long after the loss of the loved one. Long after the loss, the grief can occur in such a way that is suddenly unfounded; this manifests as depressive symptomatology.

Absence of mourning

If grief is completely missing, it can be assumed that there is an absence of mourning. This condition is not considered morbidly when the loss was foreseeable long before it occurred, and when it was, for example, already processed in the context of a previous illness and care history.

Emptiness inside

Emptiness is an unpleasant condition. It is a diffuse feeling of sorrow and anguish. There is a tendency to want to cram something into an void from within, so as not to have to feel this void. The void mostly consists of different feelings, especially of pain and partly fear.

Trauma

Trauma is a lasting emotional wound. For example, an exceptionally negative experience creates a trauma in the form of recurrent memories and anxiety. Typical traumatic events include experiencing physical, emotional, and sexual violence or the loss of beloved caregivers (especially among children).

Painful memories

Sleep can help to overcome and process painful memories . Painful memories are similar to traumas.

Traumatic experiences

A shock-like experience that has left lasting emotional harm.

Sudden shock

A sudden, threatening experience that shakes up the client's physical and/or mental state. The purely psychological impact of a disaster, an accident, an impression during the war, or a first loss or serious impairment in one's sense of self can constitute a trauma. Shock experiences often make deep inroads in physiological processes, and they can lead to disorders of the respiratory tract, circulation, and digestion, among others. Mentally, shock can cause a change in attitude.

Multiple trauma

Polytrauma is known in medicine if several injuries of different parts of the body occur at the same time, and if at least one injury, or a combination of injuries, is life threatening *(Definition of Tscherne).*

Moods

As a sentiment, this is an emotional state which, unlike affect, lasts for a long time and comes from different areas and emotional impulses.

Self-reflection

Self-reflection is defined as a person's ability to think about his/her own situation. Reflections of external or internal observations can be considered as opportunities to identify issues and starting points for change.

Somber moods

This is a state of feeling where, unlike affect, it lasts for a long time and comes from different areas of feelings. This pertains to negative and stressful moods.

.

Circular thinking

These are sweeping, circular thoughts that occur over and over again, particularly during periods of relaxation; before falling asleep, in the morning, or while relaxing, the internal dialogue always starts, and one relives a conversation or situation again and again.

Mental restlessness

Inner unrest. For example, one cannot concentrate on anything specific and is irritated, distracted, and frustrated.

Meaning of life

The meaning of life is a moral concept. Interpretations are offered by society, culture, and traditions and can be very different. In this case, the client has problems in finding the meaning of his life.

Depressive feelings

Depressed mood manifests itself in thoughts, within the body, in feelings, and in behavior. During a conversation, the therapist should whether the client could possibly have depression.

Note: *In this case, it is necessary to refer the client to a psychologist or psychiatrist!*

Apathy

Apathy occurs, particularly in combination with exhausting diseases or in states of depression. In apathy, everything seems indifferent, void, and unrelated. Sometimes, it seems to offer a sense of peace and makes one feel inviolable. But it means that one feels unimportant and that life seems meaningless. Occasionally, apathy can be replaced by more hectic, "manic" activity. In counseling, the therapist should assess whether the client could possibly have depression.

Note: *In this case, it is necessary to refer the client to a psychologist or psychiatrist!*

Depression

This is, for example, a state of mental depression that is present occasionally or permanently.

Note: *At best, it is necessary to recommend the client to a psychologist.*

Lack of drive

This involves listlessness or even drive reduction, deficiency, inhibition, a lack of activity and dynamism, a lack of initiative and spontaneity, and apathy, and it is often combined with a depletion of facial expressions and gestures, and slightly modulated speech. The client has no motivation. Many things are postponed or not started.

Listlessness

Lack of desires and needs.

Lethargy

Everything seems indifferent, void, and meaningless.

Indecision

May feature exaggerated pedantry as a cause. Suspicion, doubt, excessive caution, and control mean that one cannot bring himself to any decision.

Despair

A loss of the ability to feel joy or sorrow; a lack of understanding that life goes on, and that stressful situations may change.

Lack of prospects

Client sees no prospects, is hopeless.

Pessimism

Pessimism is an outlook on life with no positive attitude, without expectations and hopes.

Blockage in the spiritual dynamic

Remote control

A certain behavior that does not come from the client himself. Actions feels "foreign controlled". These can be triggered from the outside, but also from the inside by a special inner attitude.

Obsession

The client is obsessed with something or someone and cannot stop thinking about it or believing in it; the original programs of the "I" are superimposed by a foreign power.

Example: obsession with a target, a person, an idea.

Entanglements

The client has restrictive mental compounds from which he cannot free himself instantly; they can act mentally, emotionally, and physically.

Entities/dark forces

Blockages or behavior changes, influenced or caused from the outside

Curse

There is an intentional/unintentional negative influence from outside, like being "cursed". Someone has generated a negative thought field/curse.

Accumulation of negative energy

Accumulation of negative energy in the energy field.

From an elevated level

The client feels superior to others. He positions himself as too high in his social self-assessment.

In a lower area of the environment

This client is suffering from a feeling that he is seen in a lower social position.
He feels inferior to his environment.

In a higher area of the environment

The client allows reviews about himself in a higher social position than he
deserves .

From myself

The instantaneous situational self-assessment.

Blockage in the personality dynamic

Dependency

A distinction has to be made between partial and complete dependence.

This is natural in the child's relationship, but it is often found in adults when holding on to a specific person (fixing). A partner in such dependent relationship believes that he is no longer able to live without the other partner, and therefore is doing everything possible to maintain the relationship, even if he feels humiliated and tortured (bondage).

This morbid dependence must be distinguished from justifiable, interdependencies among adults (between partners or between employers and workers).

One must also distinguish between dependency on substances and behavior.

Emotional/physical

Dependent on something or someone emotionally or physically.

Substance dependency

There are likely to be drugs, medicines, or alcohol, etc., involved
***Note:** In this case, it is necessary to refer the client to a psychologist or psychiatrist!*

Addictive behavior

This is a dependence on, e.g., working, shopping, media, gaming, sex, sports, religion, food, collecting, etc.
***Note:** In this case, it is necessary to refer the client to a psychologist or psychiatrist!*

Ego-power

The ego (I) is overemphasized and is in the foreground.

Ego-dreams

The ideas of what happens if my ego (I) has more power and what might happen.

Conception of man

The idea how people are or are intended to be is disturbed.

Conception of the world

The notion of how the world is or should be is disturbed.

Omnipotence

The idea of having a limitless abundance of power, unlimited power.

Ambition

Strong or exaggerated morbid pursuit of success.

Sabotage from outside

Either I am mentally hurt, or there is something/someone I pity.

Money power

Strong or exaggerated idea of being able to exercise power with money.

Spirit power

Strong or exaggerated idea that being able to exercise intellectual knowledge is power.

Superior strength

The idea of being stronger and more determined in all areas of life.

Resistance

Compulsive opposition or opposition to others, ideas, suggestions, situations, etc., regardless of pragmatic solutions.

Self-determination

Limited ability to determine one's own life through decisions.

Self-control

Limited ability to design a life course of his own, and to materialize it emotionally and/or physically.

Mission

The client is involved in an alleged task that blocks him.

Vision

The client is involved in a supposed notion/idea that blocks him.

Values

The client is involved in exaggerated and important values that block him.

Brilliance

The client possesses an alleged exaggerated creative disposition, which serves as a block.

Grousing

The client tends to engage in compulsive whining or complaining and is hard to please.

Perfectionism

The client has, for example, a compulsive urge for order or feels pressure to succeed, and always wants to do everything perfectly.

Self-responsibility

The client accepts no responsibility for himself and his actions.

Responsibility for others

The client is not willing to take responsibility for others.

Staunchness

The client has a very steadfast nature or there is a lack of fortitude.

Assertion of territory

The client's privacy is exaggerated and extremely important; this area is defended with unreasonable effort.

Prejudices

The client tends to condemn people, things, or situations without examining objective facts.

Gender

The client has an exaggerated view of the effect of his own gender identity.

Powerlessness of ego

The ego (I) is weak and is in the background.

Inability to forgive

The client cannot or does not want to forgive and holds on to the past.

Inability to forget

The client cannot or does not want to forget. The past is repeatedly addressed.

Inability to lose

It is important to always be the winner - not only in games, but even in everyday life. To be inferior is a real problem.

Indifference

The client's weak ego is responsible for indifference, indifferent behavior, disinterest, and his inner being uninvolved.

Powerlessness

Feeling of being unable to do anything, of being paralyzed, of having no power.

Sluggishness

The client's weak ego is responsible for a lack of buoyancy and ambition or persistence in a situation.

Indifference

There is no interest in any subject.

Prejudice

The client tends quickly to have an opinion of people/things/situations without examining objective facts.

Carelessness

This client has an extreme problem with sloppiness or is sloppy.

Behavior

The client's weak ego is responsible for unmatched behavior in certain situations/environments. He has no sense of what is adequate.

Irresponsibility

The client has no sense of responsibility, or does not assume any responsibility, either for himself, or for others, for situations, or his actions.

Self-reproaches

One makes accusations that he might have been acting differently, a situation is never perfect, and that there is always something that could be changed or improved.

Persecution mania

This is about a client's feeling of not being free in his actions, that he is always observed or criticized.

Intimacy

The client's weak ego is responsible for ensuring that he cannot deal with intimacy. He therefore bears no familiar/intimate action, situation, or conversation.

Embarrassment

A very strongly pronounced state of feeling embarrassed (i.e., everything is embarrassing), or a lack thereof.

Infringement of territory

The client's privacy is violated by the actions of third parties; limits (mental or physical) were not met or exceeded.

Inability to accept

For example, this client cannot accept help and support; this is sufficient when a client "cannot accept" direct gifts, but also when accepting non-modifiable situations is difficult.

Suicidal intent

Intent that is <u>not necessarily currently present</u>. Can also be a blockage from the past.

Note: *Check carefully with the client! In this case, it is necessary to refer the client to a psychologist or psychiatrist!*

Gender identity

The client's weak ego manifests itself in a lack of acceptance of his own sex; helplessness and disorientation in his own gender role.

Dramatization

The client's weak ego is responsible for negative and pessimistic hyperbole; everything is seen much worse than it actually is.

Defense mechanism

Underlying a human being's defense mechanism is a non-observable process of thinking, acting, and feeling, whereby the "Ego" is trying to avoid or reduce any possible fears. It is, so to speak, a defense mechanism – a "pressure valve" - that prevents or reduces potential conflicts.

Displacement

In-depth psychological "displacement" is the process by which we forget what we do not want to admit because it interferes with our sense of self. It saves us from addressing problems and experiencing difficulties when consciously making a decision during a dilemma. As such, the conflict remains unresolved.

Reality denial

Shift is another tool in consciousness. This usually serves to create a sense of security within ambivalent relations. Feelings, impulses, and fantasies that could jeopardize the relationship will no longer be associated with the relationship, but they will be moved to safe areas. Reality denial often leads to the development of phobias.

Projection

When projecting, one attributes to others his own ideas and characteristics that he does not want to admit having. Projections can be recognized by the generality of its judgments.

Reaction formation

Underlying reaction formation is an impulse that an individual fears, and which is covered up by its opposite behavior.

As with other defense mechanisms, there are also flowing transitions between conscious intention and automated habit. If one insistently covers up his/her impulses by engaging in its opposite action, then that individual displaces the impulse into the unconscious. The "friendly" one knows nothing of his anger, the "cool one" nothing of his desire, and the "pious" one nothing of his wickedness.

Sublimation

Sublimation is considered the most mature defense mechanism. According to Freud, it is basis for culture. This involves using (and not merely repressing) Unacceptable impulses to obtain greater value.

Sexual or aggressive impulses are usually sublimated, if their implementation could be dangerous. However, sublimation is a creative way of dealing with frustrated needs.

Idealization

Describes behavior in which objects, groups, etc., or even oneself, are raise to an unrealistic and inflated ideal.

Split

E.g., split personality or split opinion, being split of something/someone:
Note: *In this case, it is necessary to refer the client to a psychologist or psychiatrist!*

Intellectualization

Emotions and feelings are reduced to pure logic.

Resistance

This is a fundamental concept in psychoanalysis. It is related to displacement. Conflicts that were seen as dangerous or embarrassing, for example, were forced into the unconscious; if they are not somehow addressed, resistance ensures that these conflicts do not fully kick back into consciousness and unsettle in a new way.

Rationalization

Experiences or observations are attributed to rational explanations. These explanations must never really be the cause of the experience, but they are often designed and colored through the client's personality.

Regression

Unconscious retreat to an earlier stage of personality development. Examples of regressive processes are: tearfulness, withdrawal, and escape into illness.

Conversion

Unbearable psychological conflicts or fears manifest themselves as physical symptoms and are thus displaced.

Profession

This pertains to issues that are related to the current main task.

Adult: career/work; child: school, university, or training.

Overload

One feels overloaded and everything is too much.

Exploitation

This involves an imbalance. There is an unhealthy disproportion between what one is willing to do and what is expected.

Competition

There is, for example, competition at work and one feels burdened.

Rivalry

This is when there is competition with one or more persons with respect to a possession or success.

Distrust

From the perspective of psychoanalysis, distrust is a type of confidence that results from the parent-child relationship in early childhood. Frustrations, threats, and the experience of unreliability build distrust. The resulting distrust remains significant for the entire lifespan.

Trust

Trust is the belief that one can rely on the protection of his fellow men or even on his/her own strengths, as well as the help of fate. It is this "basic trust" that a child acquires in the first few months of life. If trust cannot develop, or if the child is disappointed, it is difficult or even impossible to enter into new relationships.

Hostility

An emotion that is related to anger, and which contributes to the emergence of conflicts. The client is prone to a negative evaluation by others.

Time management

Dealing with time is difficult. Either it is not important or it is very important.

Money management

Dealing with money is difficult. Either it is not important or very important.

Management of emotions

Every relationship and every conversation is controlled by feelings in one's private life, as well as at work. The management of emotions involves specifically influencing those feelings that are experienced as destructive and debilitating. The conscious handling of emotions, from fear to doubt, is not optimal.

Strength with weakening effect

Good features are so exaggerated that they become a weakness. Example: someone is very accurate and precise. Through exaggerated accuracy, one is picky and gets caught up in details. This is a good feature that blocks.

Recognition of weakness

One does not objectively see his/her own weaknesses.

Weakness with fortification

Decreased characteristics and abilities are amplified by the client; these are characteristics/abilities that he can perform, but he indicates that less should be expected from him. He thus profits from this. Example: "I cannot".

Existential fear

This means the "fear of the existence of" and generally refers to professional/social existence. Existential fear occurs when a person is threatened to lose his accustomed living standards. Primarily, this is about financial security and protection.

Comparing

The client compares himself with others constantly (comparison combat).

Pressure to perform

Performance is an effort that is focused on a specific goal and culminates to success. Success and performance are things that are required of us. This requirement and its purpose differs from playing or from the liberal arts. With this type of performance, we do something for others for money; even if the fee for this is in our own interests, we need to recognize our work for our self-confidence. The stress to provide a certain amount of work and forced productivity often causes mental disorders.

Focus

The client has trouble concentrating on the essentials.

Disappointment

Non-fulfillment of a hope or expectation that leaves the client dissatisfied.

Self-doubt

Uncertainty to achieve certain goals/aims or being uncertain of having a positive effect on people.

Hopelessness

The client sees no prospects in life (hopelessness).

Wild behavior

The client tends to act in an uncontrolled manner or is suffering from the lack of control of another person.

Letting go

The client cannot forget the past or prior experiences.

Aims

Aims and goals are what people are trying to achieve on their own or from other specifications. Aims and goals direct the action, and control the selection and use of physical and mental performance, which are necessary to achieve these objectives. They also affect one's persistence to pursue that objective. Personal goals are indicators of motivation.

Money inflows

The client either regards having money as extremely important, or he is afraid of receiving money.

Money outflows

Either spending money is extremely important for the client, or the client does not considered whether there is enough money available for spending.

Sex

The client defines himself too much based on sex and/or sexual experiences. The subject of sex has an unnatural priority, or the topic of sex and sexuality is a problem.

Eroticism

Eroticism is the refined, spiritualized, or influenced form of sexuality that is influenced by culture. Here, "erotic" is understood as something very far away from physicality, instinct, and sensuality; this client has a more intellectual dealing with sexuality.

Experience

The client has an exaggerated need to "experience" something.

Security

The client has an imbalance in safety awareness. There may be too much security and the client thus feels limited, or he can put himself at risk by lacking a sense of security.

Safety

This is an important issue, so important that it strongly influences one's life and actions.

Recognition

The client has an exaggerated need "to identify/understand" something certainly in principle, from a positive, spiritual, and intellectual sense.

Inspiration

The client excessively demands to be "inspired", and he focuses too much on this influence.

Knowledge

The client has an excessive demand for "rational knowledge", and he builds too much on this "knowledge edge".

Conditioning

The client has been influenced by people, but also through books or ideas, and therefore blocks part of his self-directed thinking and action.

![MindLINK — Praktizierte Bewusstseinsmedizin]

Teachings

One can be too influenced and impressed. Irrespective of what is said or written, everything is accepted uncritically without examining one's own tendencies, thoughts, or experiences.

Guru

From India, this is a derived term for a teacher or master. Many primary Asian lessons (yoga, Buddhist meditation) can only be acquired through personal instruction from a guru. The client is strongly dependent on a guru in a negative way.

Teacher

The client uncritically believes what he hears from a "teacher".

Priest

The client uncritically believes what he hears from a "priest" and he is influenced by it.

Books

Books have an exaggerated impact. What is written is believed to be correct. The messages in books are favored above everything and they are accepted without criticism.

Master

A master is like a Guru, to whom the spiritual guide is left. Again, the relationship is disturbed. A master is uncritically followed and credited infallibly.

Conflict resolution / strategies

How one deals with conflict with another, and with which problem. This is what happens when problems occur. Which strategy is selected to either avoid or solve a conflict?

Compensation strategies

One expresses the desire to forcefully enforce his position against the resistance of others. Pursuing a "win-lose" strategy means avoiding conflict and that the situation remains unchanged. In this situation, it is likely that both sides lose ("lose-lose"). Yielding represents a position where the conflict is resolved, but where the individual has lost ("lose-win"). These strategies are frequently paired with coercive strategies. Working together is the best way to achieve "win-win" results because both sides/positions can fully contribute toward and determine a specific result.

Indirect expression of wishes

E.g., requests are not expressed directly.

Swallow unpleasant feelings

Supposedly unpleasant feelings are not pronounced.

Sit out

Problems and conflicts are not addressed for a long time, until they take care of themselves.

Distraction

This is the deliberate deflection of a conflict, issue, or situation.

Change the subject

The theme is easily changed and the actual conflict is no longer addressed.

Bribery

Through direct or indirect bribery, one is trying to come to a solution.

Accommodating

The conflict is not resolved, but it is easy discharged.

Ignoring reality/hushing up

The conflict is not discharged and the situation remains unchanged. The existence of the conflict is displaced.

To be offended

This is a state when one feels offended or attacked. The aim is to show how much one is injured. Thus, the conflict is not resolved.

Reproaches

Generalization

This is when one part is reflected upon as the whole, or when one case or situation is applied to all similar situations or objects.

Exaggeration

The client tends to exaggerate when describing what he can, does, or owns, his obligations, etc.

Negative description of qualities

The client is pessimistic, tends to see everything negatively, or puts himself down.

Negative interpretation

Something negative is interpreted into everything; even in the good, something bad is seen.

Blame

This is when one makes someone else responsible for anything and deflects responsibility.

Devaluation

Devaluation is a psychological defense mechanism. It is one of the primitive defense mechanisms and forms the antithesis to idealization. As a protective mechanism, devaluation is used to stabilize one's self-esteem; it is also used to ward off feelings of envy, loss, and dependency fears.

Insult

An insult is a violation of one's personal honor by someone else. The insult is the proclamation of abuse or disrespect of another person. By the person concerned, the affront is felt and generally considered as offensive.

Extenuation

Client tends to trivialize everything.

Hurtful remarks

This is the deliberate deviation from the real issue at hand, and it involves reminding someone of embarrassing episodes in order to weaken that person's position.

Threats

This involves threatening someone, not only with physical violence, but also with other consequences.

Dramatization

Problems and situations are shown to be exaggerated.

Impressing

Expression and behavior characteristics to impress others.

Irony

Conflicts are carried out with a sense of irony. Either a situation is ridiculed, or the client makes fun of it.

Sarcasm

Biting mockery is expressed by a direct statement of what is meant or by means of irony.

Justification

This occurs when a particular action can be explained by two or more causes. An attempt is made to explain the motives of his actions.

Pseudo-questions

With pseudo-questions, interest is hypocritical.

Spurious suggestions

Fake proposals are used in conflict situations to propose seemingly constructive solutions.

To rationalize

To rationalize means that one ignores or undervalues someone else's feelings that could influence a decision-making process. Only rational actions are considered, and these are shown as motives of action.

To regress

During regression, a retreat to an earlier stage of development of the ego function, which takes place unconsciously, occurs. The cause can be a traumatic experience.

Communication

Interpersonal communication and understanding. This also depends on one's ability to express his desires and feelings, as well as to incorporate expression and interpretation. Communication is either plain and intelligible, or veiled and indirect.

Unable to listen

One cannot listen; the interlocutor never has the time to express what he wants to say.

Unable to speak

One cannot express what moves him. Providing a direct description of his problems and desires is not possible.

Inability to communicate properly

Open communication is not possible. Wishes and requests are communicated in a hidden manner.

Expression of observations

Open communication is not possible. Observations are not communicated directly.

Expression of feelings

Open communication is not possible. Feelings and emotions cannot be expressed clearly. One cannot deal with it.

Expression of needs

Open communication is not possible. Needs are not communicated clearly and directly.

Expression of requests

Open communication is not possible. Requests are not communicated clearly and directly.

Unclear

Unclear communication can lead to misunderstandings.

Incongruent

This is a message in which the transmitted signals do not match; they may even contradict in extreme cases.

Reproachful

To protect oneself, other people or the circumstances are attacked or accused.

Punishing

Appeasers pretend to be complacent, which is much appreciated in most cultures and families. One appeases at the expense of his/her own value.

Indirect expression of wishes

No direct statements are made as to what one wants or what goals and desires one has.

Reproaches

Communication is always associated with allegations. This type never can be pleased.

Restrictive beliefs

Prevents one from really BEING.

Restrictive beliefs

False aims/ideals

Goals/ideals include what one is trying to achieve with his/her own actions or with alternate specifications. Personal goals/ideals are indicators of people's motivations.

Someone hurts me

This pertains to physical or emotional injuries that were inflicted by related parties, family members, and friends.

Helper syndrome

The role of the aide is chosen to fight off fears of dependency and to be an ideal parent figure for their own protégés that was sorely missed in their own childhood. It can also lead to a tertiary gain from illness.

Need for care

he desire to be supplied with (material & idealistic) care is so great, that much is accepted.

Inner peace

A salutary state of silence or rest.

Self-acceptance

The way in which one perceives oneself in the totality of his/her personality and accepts key features in the constitution of his/her ego identity; it is an important criterion for one's psycho-emotional well-being, personal autonomy, and happiness.

Doubts

Constant insecurity surrounding whether one did the right thing, made the right decision, etc.

Emotional self-management

Emotions are the basis for everyday experiences. Since our brain prioritizes emotions, our emotions determine, to a large extent, our perceptions, behaviors, and actions. In addition to the positive functions that emotions have in everyday life, they can also limit and cause stress. Here, the constructive approach to emotions is blocked.

Dysfunctional cognition

An individual tries everything he experiences to classify, identify, and evaluate his past experiences and interpretations. Cognitions never reflect the objective reality; rather, they are always influenced by the selection and interpretation processes!

In this context, dysfunction means that these cognitions are unfavorable, inappropriate, and disabling. A situation is considered to be exaggerated, dangerous, and threatening, even though it is not objective.

Dysfunctional dogmas

An belief is dysfunctional when it contains sabotaging thoughts, self-reproach, foreign accusations, false expectations, and limiting family loyalties, and it therefore endangers one's self-esteem.
An example of a dysfunctional belief : "I do not deserve to be happy."

Capacity for self-care

Either the client tends to look only after himself, or self-care is, for this client, extremely difficult.

Blockage in the dynamic of partner choice

Family of origin

This is about the current family to which one belongs, consisting of one's father, mother, siblings, stepchildren, and half-siblings. It does not matter whether the father/mother are known or are still alive. The siblings also play an important role, even if one consciously has no siblings. Sometimes, this can involve miscarriages without noticing the pregnancy. These children also play a role in the consideration of the family of origin.

Father image

The idea of how a father should be was not met.

Mother image

The idea of how a mother should be was not met.

Paternal energy

There was little or no paternal energy (Yang).

Maternal energy

There was little or no maternal energy (Yin).

Family secrets

A family secret charges. The client feels that something is concealed.

Unfulfilled desire for children

This is the test element during the Setup of the test pertaining to the client's psycho-emotional background; this assesses why the desire to have children has not been met.

Adoption

The adoption was not emotionally processed.

Foster child

Staying in foster care may be associated with stress for the child; this involves separation from the family of origin, foreignness in the new social environment, and the associated fear of why one might have to return to the family of origin.

Neglect

In childhood, there was a lack of resources in terms of diet/nutrition, personal hygiene, health care, as well as cognitive and emotional care.

Abortion

In addition to the physical risks of an abortion, there are numerous emotional and psychosomatic consequences of abortion. Abortions still represent a taboo subject. Shortly after the abortion, some women are relieved that their problems seem solved. In the long term, however, many women develop the so-called post-abortion syndrome (PAS), which is associated with feelings of guilt and even physical symptoms.

Incest

Sexual relationship with close blood relatives are a strict taboo in all known cultures. The prohibition applies not only to the hazards of inbreeding.
In the model of the Oedipus complex, Sigmund Freud described the incest fantasy as an essential feature of unconscious dynamics. A fully coated incest is much more common than the statistics prove. The victims of incest are rarely found due to protection of the other parent.

Note: *When this test element has resonance, be very careful; the client can also have displaced experiences! In this case, it is necessary to refer the client to a psychologist or psychiatrist!*

Also, the client may not be directly affected; the client could have been in close proximity to an incident. The client could have also been molested by a family member.

Lost child

Miscarriage is the early termination of a pregnancy. In particular, this refers to a termination (abortion) before viability of the child has ever been achieved. This experience has not been processed.

Stepfamily

Staying in a stepfamily was perceived as stressful. This involves the separation or loss of the family of origin.

Extramarital relationship

While a brief affair is usually undetected by the partner, or it can be hidden successfully, long extramarital relationships rarely remain undetected. Here, the partner feels hurt and betrayed or can feel guilty due to extramarital activities.

Child of divorce

The client has experienced the parents' separation as traumatic .

Short-term consequences are often aggression, anger, sadness, confusion, depression.

Long-term consequences include an inferiority complex, distrust of others, fear of responsibility, etc., and they can emerge when the children (as adults) try to address their intimate relationships. Many children of divorce also think that it was their fault that the parents divorced.

1. Child

Many studies have shown that there are characteristics and behaviors that are more typical of first-born children. First, they have the undivided attention of their parents. No posthumous child will ever get as much attention. Often, the firstborn are very reasonable, they like to take responsibility, and they are perfectionists. The reason for this is that they can feel the fright of the parents to make everything right. They soon find out that the doubt of mother and father are closely related to their performance/services.

Dethroning conflict

When a sibling is born, this usually has consequences. The dethronement often leads to a crisis for the first-born child. The competition is particularly high in children with same-sex and those with a small age difference. If the first-born became used to the rival, he often takes on the role of protector by being particularly conscientious of and providing reliable care for the smaller sibling. He hopes to regain the top spot with their parents.

2. Child

For the so-called sandwich children who have both older and younger siblings, it is often particularly difficult for them to find their place. They have a brother or sister superior to them and behind them, followed the sweet youngest. In this position, it is not easy to attract attention. It is easier for the middle children who are the only boy or the only girl in the family. As a "prince" or "princess", they have a fairly clear position.

Denied attention

The "between kids" wear the clothes and sports equipment of their siblings, are less likely to be promoted, get less attention because the novelty has already worn off, and they follow the well-trodden paths of their predecessors. On the other hand, the expectation is not that large, which can also be a developmental advantage. The children are no longer under constant surveillance, since the parents are generally more relaxed. The children often fight, so by engaging in provocative behavior for the attention of their parents, they can be more demanding and more aggressive than their siblings. Other children show particularly closed behavior and they may have many contacts outside their home.

3. Child

The term for the nest checkmark is the youngest child, who was born last. This term refers to the child that "flies out of the nest" as last. This relationship is The descendant, enthusiastic, and all find it sweet. For these little ones, it is easy to wrap their parents and grandparents around the finger. They are often spoiled by their parents, and they often reach their goals.

Outsider stranger intruder

They are often in trouble with the older siblings, and they are small, so they enjoy certain privileges. The kids see their parents as frequently more relaxed than their siblings did. They are no longer under the strong, watchful eye of their parents. At the same time, these children often enjoy early privileges, while their older siblings fought hard for these same things. Sisters often find that this is unfair; after all, they fought too hard for this. The youngest born can enjoy the role of the "sweet little". For others, it spurs them to really show everyone what they can do: to outdo their big brothers and sisters is the highest priority, especially if they are the same sex.

Family: Father's side

Family: Mother's side

This is about the family/clan. In particular, the dynamic transfer of emotions/ ideas/fears from grandparents to grandchildren are frequently noticed. If the same family member shows up repeatedly in the MindLINK tests, it may be helpful to perform systemic family constellation work to balance these long lasting blockages.

Friends and partners

This is about the dynamics that fall within the context of friends and partners.

Relationship male-female
Relationship female-male   Interpersonal problems
Relationship male-male   at different levels
Relationship female-female

Rejection

Of course, the ego is weakened by rejection . For example, psychologists see that rejections in early childhood represent one of the strongest reasons underlying the subsequent development of psychological abnormalities.

However, a rebuff in adulthood can even strengthen the ego.

Lovesick

This is an extreme emotion. It is often the result of a separation.

Withdrawal of affection

Children can experience a withdrawal of love as an existential threat. Therefore, we are very afraid of the withdrawal of love.

Loneliness

Loneliness is an inescapable experience for every human being; however, individuals will learn from, experience, and grow out of this anthropological tension between individuality and sociability in a different way. Loneliness is a subjective phenomenon, which has a variety of objective, condition-based factors. However, it is necessary to distinguish between physical solitude and social isolation, as well as the positive experiences of being by oneself.

Abandonment

The client feels abandoned or was abandoned.

Estrangement

The impression that certain circumstances have become incomprehensible, or that they have no relation to one's own person and they do not allow anymore emotional attitudes towards them. Emotional relationships can no longer be attached. The word "alienation" is also referred to as "depersonalization", which is described as a state of distance. A client may have also experienced "depersonalization".

Feelings of inferiority

This is a phrase taken from "Individual Psychology" by Alfred Adler. The inferiority complex arises from the knowledge of physical, emotional, mental, or social defects. When it is either seen realistically, or partially suppressed and displaced, it develops into a morbid complex. The reaction is often to accomplish particularly great achievements and to show the outside world a convincing strength: that one's inferiority is overcompensated. This overcompensation is often quite strikingly associated with body defects.

Feelings of superiority

To hold a self-concept to be better than others, to rise above others.

Extroversion

Turned outwards; the extrovert type willingly accepts an external reality and looks at this reality. He can easily handle new situations

Introversion

Within oneself; this is characterized by resting, thoughtfulness, and a search for energy during periods of rest. Introverted characters observe, rather than take action, when in social groups. Typical characteristics include: being still, careful, shy, reflective, and withdrawn. Introverts must "think twice" before they speak, do, or decide on anything. Superficiality is usually contrary to them. They are the "silent thinker" and are often seen as reluctant and shy, and they usually make no "small talk".

Feeling excluded

Anyone who suffers from loneliness often feels abandoned and excluded. One has the feeling that they are no longer accepted, recognized, and needed by particular people or even all of humanity. One can feel superfluous and useless.

Mobbing

Is derived from the word "mob" (the mob) borrowed from the ethnology concept, according to which individuals are marginalized, harassed and terrorized in their social group. This phenomenon can be found in a variety of contexts, including work or at school.

Mobbing is defined by the fact that the attacks must be made repeatedly and over a longer period of time and with the intention of harming the victim. Bullying can be carried out by one or more persons, and it is directed typically to a victim who cannot defend himself (power imbalance).

Finally, mobbing can occur in two forms:
Directly - such as threats or physical attacks
Indirectly - such as exclusion from the social group.

Loss of partners

The experience of loss caused by the cutting of positive ties to a person (death, divorce, separation); are often associated with anxiety, depression, loneliness, hopelessness. The recognition and processing can take some time and is subject to a variety of strategies to deal with it.

Separation

In a dysfunctional relationship it is often threatened with separation or divorce. As long as the partners are still exploiting the fear a separation usually does not happen. Separation relates to a non-marital union. It is very important - as the separation occurs - how to deal with the crisis situation. Here one should query whether there was a separation recently , or if one has not processed a separation as a child / teenager.

Divorce

Divorce is the dissolution of a marital union. With the emotional aspects of separation also come legal elements. How the separation occurs, and how the crisis situation is dealt with are very important. Here, one should query whether there was a recent separation, or if one has not processed a separation as a child/teenager.

Grievous death

The experience of a long and painful death of a relative or friend who has been sick for a long time.

Sudden death

The sudden death of a relative or close friend is always a trauma. The experience needs to be processed. The fact that one could not say goodbye often leads to feelings of guilt.

My death

"Death" is an event that we are certain will happen, and yet it is inconceivable. Although it threatens us constantly, we refuse to accept its full consequence.

Therefore, one tends to not speak of death / his own passing. Because it is inconceivable, there is no real fear of death - just a fear of the agonies of dying that you have witnessed with others, and the separation anxiety that accompanies these absolute losses. Here ,these fears are so reat and they block the client.

This test element can also refer to an instance when something dies emotionally (feelings), or when there is a definite final stroke (separation).

Blockage in the energy dynamic

Chakra energy

The 7 major chakras can be responsible for specific areas of physical health, as well as mental processes. Therefore, disturbances and blockages in the chakras can cause physical disorders, and they can also influence the emotional level. Here you can test which chakra(s) is/are blocked.

Root chakra

First chakra - the root chakra, is the lowest chakra and is located at the height of the coccyx. It opens downwards and connects us energetically to the earth. Color: red; the root chakra stands for: stability, will to live and survive, self preservation, grounding, and basic trust.

Sacral chakra

The second chakra, the Sacral chakra, is located about an inch below the navel. It, like all of the following chakras, opens forward; the exceptions to this are the root chakra and the crown chakra.

Color: orange; the sacral chakra stands for: sexuality, sensuality, fertility, creativity, and emotions.

Solar plexus chakra

The third chakra, the solar plexus chakra is located just above the navel at the level of the solar plexus.

Color: yellow; the solar plexus chakra stands for: willpower, self-confidence, personality, self-control, emotions, sensitivity, and assertiveness.

Heart chakra

The fourth chakra, the heart chakra, is located at the level of the heart and it represents the center of chakra system. In its purified form, it is the place of unconditional love.

Color: green; the heart chakra stands for: love, compassion, humanity, affection, security, openness, tolerance, and kindness.

Throat chakra

The fifth chakra, the throat chakra, is located at the level of the larynx. It stands for speaking the truth and communication.

Color: blue; the throat chakra stands for: word consciousness, truth, mental strength, and musicality.

Third eye chakra

The sixth chakra, the brow chakra, is the "third eye"; it is located between the eyebrows.

Color: indigo; the brow chakra represents: intuition, perception, imagination, and self-awareness.

Crown chakra

The seventh chakra, the crown or crowns chakra, is out of the gross body, above the head. It is open to the top and connects us with heaven and the divine.

Color: purple; the crown chakra represents: spirituality.

Cosmic energy

Energy that can be received from outside of the extended environment. Negative example: a prolonged stay in concrete buildings = lack of cosmic energy.

Vivid nature

Energy that can be received by the living world. Positive example: hugging a tree.

Crystals

The absence of the energy of crystals/gem stones, etc., leads to blockages.

Minerals

The lack of energy of stones/minerals leads to blockages.

Water

The element "Water" represents trust, clarity, strength, body awareness, and letting things flow. The water element gives strength, energy and spirit, basic trust, power for a new beginning, the will to keep going, and regeneration. Here, the spiritual energy of the water element is missing.

Air

The element "Air" represents movement and range of motion, flexibility, and inventiveness. The quality of the air element has to do with adaptability and with feelings of respect, recognition, tolerance, and respect. Here, the spiritual energy of the air element is missing.

Fire

The element "Fire" represents love, passion, deep feelings, joy, pleasure, change, and transformation to solve blockages, brightness, temperament, to blow up borders, and unbridled power. Here, the spiritual energy of the fire element is missing.

Wood

The element "Wood" represents growth, movement, vitality, inner freedom, and self-realization. The ability to be able to free oneself from deadlocked situations, to think in perspective, and to follow dynamic impulses and spontaneity. Here, the spiritual energy of the wood element is missing.

Earth

The element "earth" symbolizes grounding yourself and stabilizing, the ability to concentrate, understanding and responsibility, renewal, maturity, and being centered. Here, the spiritual energy of the earth element is missing.

Sun

The sun represents powerful masculine energy. The client lacks this spiritual energy from their masculine side.

Moon

The moon is the soothing counterpart to the sun and represents the feminine. The client lacks access to his feminine side.

Food

The quality, quantity, and/or the type of food itself leads to blockages.

Aura

This is the energy body that surrounds us as a form of protection. The aura consists of several layers that are closely linked to the chakras.

Metal

The "Metal" element represents the possibility of the flexibility to grow, and it promotes the ability to see prospects, focusing on the essentials, and experiencing feelings of sadness. Here, the spiritual energy of the metal element is missing.

Meridian energy

Here, the meridians of the EAV (electro-acupuncture according to Voll) system were consciously selected, and not the meridians according to TCM (traditional Chinese medicine).

Therapy: We recommend using acupuncture for the tested meridian. Particularly successful is a therapy in which the positive affirmations are simultaneously played during acupuncture. In addition, the tested affirmations can be administered via the MindLINK POINT headphone.

Lymph meridian

This meridian is associated with the following feelings: joy, love, self confidence, and fear of the future.

Lung meridian

This meridian is associated with the following emotions: intolerance, disdain, contempt, arrogance, false pride, chronic grief, sadness, no joy for life, everything is forbidden, everything is lost, arrogance, desire.

Large intestine meridian

This meridian is associated with the following emotions: guilt, inferiority, dogmatism, critical, being overly controlled, cynicism, and fear of survival.

Nerve degeneration meridian

This meridian allows for a psycho-emotional approach to degenerative developments in the nerves (e.g., Alzheimer's disease, Parkinson's disease, etc.).

Circulation meridian

This meridian is associated with the following feelings: sexual tension, regret, and disappointment in love.
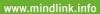
Allergy meridian

A Setup with this meridian can show the psycho - emotional background associated with existing allergies.

Organ degeneration meridian

This meridian enables a psycho-emotional approach to degenerative developments in the organs (e.g., breast/pancreas/prostate, etc.).

Triple warmer meridian

This meridian is associated with the following feeling: sadness.

Heart meridian

This meridian is associated with the following feelings: callousness, greed, lust for power, and taciturnity.

Small intestine meridian

This meridian is associated with the following emotions: sadness, grief, sorrow, lack of warmth and closeness, insecurity, and loneliness.

Spleen/pancreas meridian

This meridian is associated with the following emotions: insecurity, low self esteem, over concern, sadness, rejection, and living life through others.

Liver meridian

This meridian is associated with the following sentiments: unhappiness, irrational behavior, avoiding problems, lack of recognition, and discontent.

Joint degeneration meridian

This meridian enables a psycho-emotional approach to degenerative developments in the joints.

Stomach meridian

This meridian is associated with the following feelings: dissatisfaction, frustration, deprivation, powerlessness, resentment, stress, and hatred.

Connective tissue degeneration meridian

This meridian enables a psycho - emotional approach to degenerative developments in the connective tissue, as well as in the matrix and of the basic system.

Skin meridian

This meridian allows for a psycho – emotional approach to dysfunctions of the skin. An example is a Setup for eczema, neurodermatitis, etc., and it also can point to problems with delimitation.

Fatty degeneration meridian

This meridian allows for a psycho-emotional approach to degenerative developments in the fatty organ structures of the body (e.g., the myelin sheathing in multiple sclerosis, the brain in senile dementia, etc.).

Gallbladder meridian

This meridian is associated with the following emotions: anger, rejection, indecision, resentment, resistance, self-pity, and vindictive behavior.

Kidney meridian

This meridian is associated with the following emotions: sexual insecurity, lack of direction, unmotivated awareness, paralyzed will, and demoralization.

Bladder meridian

This meridian is associated with the following feelings: restlessness, rejection, reticence, self - pity.

Governor vessel

This meridian is associated with the following feelings: depression, despondency, listlessness.

Conception vessel

Acupuncture meridian of hormonal control.

Vitality

With this test element, one can check the vitality level of the client. The higher the percentage of negative energy, the more tired the client (i.e., there is a lack of vitality). This test element can be used for a Setup with clients who complain of fatigue and listlessness.

Color energy

The tested color(s) block the client at that moment and should thus be avoided. Color has a rational-functional property that informs or signals, and an irrational property that determines emotions. Color is vibration; color is energy. It calms or activates. Colors have a strong energetic force; the sense of sight is irritated and the mind and soul are activated. The information obtained about the senses can trigger both physiological stimuli and emotional moods.

Blockage in the health dynamic (acc. D. Klinghardt)

These test elements were developed by Dr. Dietrich Klinghardt as part of Psycho-Kinesiology. Many of these negative beliefs point to a so-called "Psychological Reversal" and the existence of self-sabotage programs. In this case, further testing is recommended to verify what the cause of the psychological reversal blockage is.

The client needs this conscious or unconscious self-sabotage and thus cannot heal emotionally. This self-sabotage can generally relate to the client, or even to certain medical conditions or symptoms of the client.

Rather me than you

There is something adopted for someone related; mother to child; spouse, family member, etc.

I follow you

Unsolicited and uncritical deeds and acts are committed.

I live my atonement

One feels that one has to be punished for something, or has some regret.

I want to be sick

The client wants to stay sick. (Also see primary and secondary gain).

I want to stay ill for a while

The subjective advantage achieved by the client's disease.

(Also see primary and secondary gain).

It is dangerous for me to become completely healthy

If the client is quite healthy, he fears that he will fall back into old patterns, and with this he is a danger to himself. For example, he exposes himself to the risks of extreme sports, smokes again, drinks, works, etc.

It is dangerous for others if I become completely healthy

The client fears that if he is quite healthy, then a vital role is removed from those around him, ultimately to his detriment.

I am not worthy to be completely healthy

The client believes that he does not deserve to be healthy.

I am not able to be completely healthy

The client does not believe that he is capable of being healthy (low self-esteem).

I would rather stay ill before I forgive others

The disease is seen as a punishment for something. Forging ahead and letting go are the themes here.

I am separated

There are different ways to interpret this:

a) At birth, the client's separation from the mother was not processed properly.

b) Separation of the hemispheres of the brain.

c) Separation of something/someone, etc.

I am helpless

One has the feeling of being unable to do anything, either for themselves or for others. This person surrenders, or is not able to change situations.

There is not enough

The client feels that he comes up short. For the person concerned, there is never enough there; not only for things like food, money, and space, but also for emotions like love, attention, affection, etc.

I have no control

This is similar to "I am helpless": one has the feeling of being unable to do anything. Situations may not change, especially if a person has no control of those situations.

I am weak

This is about mental weakness, willpower, and discipline.

I am without a country

The client lacks the sense of belonging to someone or somewhere, and he feels uprooted.

I do not want to live

This is not necessarily to be taken literally; the client may be dissatisfied with the current situation and does not want to go on.

Note: *Ask the client about this carefully, and possibly recommend the client to a psychiatrist!*

Blockage of the dynamic of the past

Karma

Karma is the term for a spiritual concept whereby every action has good and bad consequences. These consequences do not take effect in the current life, but they can only occur in a next life.

Not every client believes in this idea of rebirth. If the client rejects this idea completely, it does not make sense to continue testing it in detail. However, a lot of clients are open to this concept. Check with the client first, before continue testing on this topic.

Perpetrator

The client feels as if he is a perpetrator, or he is actually a perpetrator.

Victim

The client feels like a victim or is a victim.

Experience as a man

The client is a man, for example, in previous lives.

The client does not feel "male" (features).

The client has a problem with men/a man.

Experience as a woman

The client is a woman, for example, in previous lives.

The client does not feel "feminine" (features).

The client has a problem with women/a woman.

Trauma in past lives

Stressful events/experiences from a past life.

Arbitrariness

A decision was made arbitrarily and without justice about someone. There was no way to defend yourself.

Injury in past lives

This pertains to an experienced injury in a previous life or in the past.

All of the test elements below can point to evidence of events in a previous life, but they can also be seen as system-linking elements.

Example: when testing the element "weapon" NOT IN THE FILE "previous life", it can be interpreted as something, someone, or a specific property is used as a weapon for self-protection.

Period of time

Procreation

The relationship with the child is important during pregnancy, and development begins at conception. How the process of procreation occurred can also be crucial for the development of one's personality (e.g., lovingly, rape, long expected, and deliberately planned by both parents, etc.).

In utero

This emotion exchange between the mother and the developing fetus through the umbilical cord is divided into four possible "scenarios."

Lake termed the **first "scenario"** of umbilical exchange "positive and ideal". He described it as most preferable, as the fetus has an almost perfect environment in the womb. This blissful state reflects the current domestic environment of his mother and even her own fetal experience in her mother's lap.

The **second "scenario"** is less than ideal and is "negative but tolerable" because the fetus is able to adequately come to terms with the conditions that are transmitted to him through the umbilical cord and the uterine environment. Dr. Lake defines it as a period of "influx of maternal distress", or as a period which may be less of an "essential need for recognition and caring attention". Lake writes that the fetus already understands enough to cope with some incomprehensible interruptions in its mother's composure. In this environment, the fetus is sufficiently long taught loving trust, so that he can accept - without losing his confidence - bearing days when his mother's attention and is bound by concerns in the outside world. The damage is not serious. [Quoted in Maret, op. Cit., Pp. 165, 168]

In the **third "scenario"**, the life in the womb is described as "negative and hostile, an environment With many obstacles" which, in this case, is "in the face of serious, too long and unremitting deficiency of maternal recognition or because of the sensation of 'negative umbilical emotion' which looks like a great suffering from a nail or dagger or overwhelming power pierced the fetus at the navel "(Maret, op. cit., p 168). This scenario consists of dark maternal feelings. If the negative feelings of the mother are turned off or reduced, the fetus can sufficiently recover (e.g., during the night).

It is the **fourth "scenario"** that is the most traumatic. This condition describes Lake as "very negative with transmarginal stress". Through the "umbilical affect" .... "Is the pain, which the family has accumulated, funneled by the mother into the fetus." Lake writes that the fetus "is marinated in the agony of the mother." (Quoted in Maret, op . cit., p 172)

Birth

Birth is a life-threatening situation. It is associated with pre- and perinatal feelings of death and dying: intrauterine trauma, birth trauma, and transmarginal stress. These provide a description of the extreme change from hopeful expectations of survival to the desire for non-existence.

These opposing mental states experience the fetus with increased stress levels. Children with traumatic birth experiences have an increased risk of early and behavioral disorders or developmental delays.

Supraparadoxical response patterns

The fetus develops paradoxical and supraparadoxical reaction patterns in which "the self 'against the' own - 'I' and uses its own destruction, his own death will." [Lake, Studies in Constricted Confusion, C68]. The attitude of the fetus changes from the affirmation of life to a death wish.

Transmarginal stress:

This is when physical and/or emotional suffering, and the mental/emotional level exceeds the limits or the level of what the fetus/infant can still endure.

Causes of intrauterine transmarginal pain may include:

• attempted abortions;
• vehemently unwanted child; or
• subsequent physical and/or emotionally traumatic birth.

This may strengthen the intra-uterine trauma.

Social matrix

According to Lake, it seems to be a fact that when suffering at birth, as dictated by transmarginal pain, this necessarily expresses itself in the social matrix as an avoidance of commitment, bond, or social inclusion.

Postnatal

These include: postnatal trauma for the child, such as immediate separation from the mother, insulated survival in the incubator, no emotional resonance by the mother, etc.

Caesarean section

The Cesarean section is a negative experience due to sudden changes.

Development stages

The model of development phases has shaped psychological and

psychiatric thinking over a long period of. Almost all psychiatric disorders are interpreted in terms of development by Freud. The Freudian model was taken up by other psychologists, and they were modified and further developed. For example, the psychologist Erik Erikson postulated the stages of psycho-social development (as per Freud's model), which are currently being used in education today   (2006), and with great response.

Oral stage

The oral phase characterizes the first six months of development. The mouth is the reference institution with which the infant can gain satisfaction and engage in tension reduction. This can be accomplished by sucking the thumb (sucking his thumb is a substitute form of satisfaction that is used by the infant as soon as he realizes that he cannot satisfy his immediate instinct for food), eating, or drinking. This establishes his first relationship to the environment.

Anal stage

The anal phase spans from the 2nd and 3rd years. The resignation to and compliance with feces (continence) is pleasurably occupied. The child learns to control his bodily functions and must adapt to the requirements of the environment with respect to cleanliness.

Phallic stage

The phallic phase (4 to 5 years) is characterized by a desire to cast the genitals. The child recognizes the differences in the opposite sex. In the relationship with the same-sex parent, there is a conflict: the boy courts his mother and competes with his father. In this context, one also speaks of the Oedipal conflict. In the phallic stage, gender behaviors are adopted and sexual desire is suppressed.

Latency stage

In the latent phase (6 to 12 years) there is a temporary standstill in the sexual development of the child. Sexual thoughts of the opposite sex are pushed into the background. One's circle of friends is same-emphasized ("boys find girls stupid"). The latent phase is mainly characterized by an adaptation to the demands of the environment.

Genital Stage

From the age of 13 years, the genital phase expires. During this period, there is an awakening of sexual development and its associated conflicts . There is a slow approach to the opposite sex, while quick physical and mental development are at the forefront.

Adolescence

This is the time after puberty when young people mature and become adults. Depending on the culture, this is (more or less) a difficult phase of becoming independent.

When one of the test elements (infant, child, school child, adolescent, young adult) is being tested, it means that during these stages of life, certain experiences have occurred or blockages have consolidated.

Blockage of burnout

Burnout

One burns out, for example, when he feels he is overwhelmed, or when there is an imbalance between performance and success. This is a state of total exhaustion that makes it considerably more difficult or impossible to cope with everyday life. Both body and/or soul can be concerned.

Exhaustion (mentally, physically)

There is a mental/physical exhaustion.

Excessive demands (mentally, physically)

This is a mental and/or physical overtaxing of the client and/or his organs.

Overstimulation

There are too many simultaneously occurring external stimuli. This triggers subsequent problems.

Chronic stress

Physical/mental or inner/outer stress factors, to which the client is exposed over a prolonged period of time.

Other stress factors are:

Chronic conflicts in the relationship, a lack of time, deadlines, noise, a lack of money, poverty, debt, a lack of interest in work and in leisure time, great responsibility, mobbing in the workplace or at school, shift work (this causes a disturbance in sleep rhythms and is associated with health problems), constant focus on one's work (for example, in assembly-line work), fear of failure, perfectionism (excessive demands on themselves and on others), social isolation, contempt and neglect, sleep deprivation, overstimulation, diseases and pain (their own and those of relatives), emotional problems, subliminal conflicts, serious events (for example, a burglary, a surgery, or a test), as well as lower demands, boredom and lethargy, and excessive demands by new technological developments, etc.

End of blockages

This test element is used to determine whether the current session has tested all of the relevant blockages, or whether there is still something within the subconscious mind that should also be uncovered.