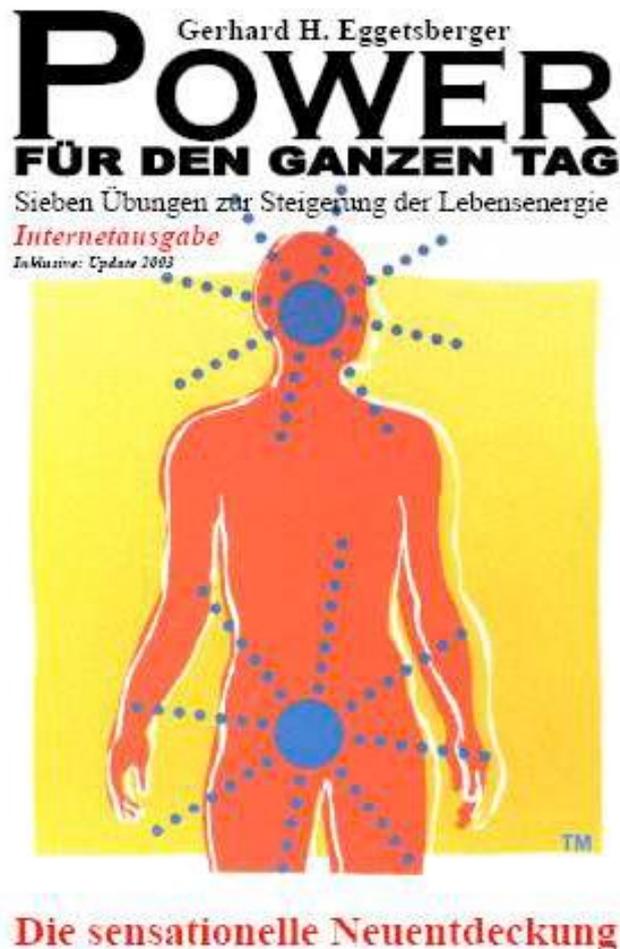


Gerhard H. Eggetsberger <http://www.eggetsberger.net>

"Power für den ganzen Tag" (Power for Every Hour)

Seven exercises for increasing your vital energy



[Book-Cover] 112 pages (Vienna: Orac, 1995) ISBN 3-7015-0350-8

Free Download: <http://eggetsberger.net/FOR/powerbuch.pdf> (German)

Subject of the book:

Who is not in the need of it - vital power lasting "forever", day in - day out, especially nowadays where everybody has to appear young, dynamic and successful? And when we aren't young anymore, we still long to be at least dynamic, and in any case successful. Nobody can turn an old farm-horse into a race-horse. But the new PCE-training described in this book can reactivate everybody that is burnt out by everyday routine, and it can make true what many

elixirs of life only promise: each person's inherent vital dynamo is recharged. There are measuring instruments which succeed in documenting these miracles. Tests were taken on persons of both sex, any age and from various social backgrounds. After mastering the exercises all volunteers were amazed not only by the regained power they felt but also by its measurability, evidentness and distinctness. The exercises are most simple. The author, G.H. Eggetsberger discovered that the mere contraction of the PC-muscle located in the lower pelvis, if performed in an upright position, at the right point and length of time, engenders a rapid increase of our vital energy. The raising of sexual energy is a pleasant side effect.

Well! If you feel weak, desperate, unenthusiastic, bored: read and study this book. It may well be that you get the surprise of your life because Gerhard Eggetsberger's method restores exhausted energy right away.

A novel training method for increasing vital energy

A new method for the controlled regeneration of the brain enables us to widen our consciousness deliberately. PC-energy training (short PCE-training) enjoys great popularity among top-ranking athletes, managers, artists and last but not least among those interested in esoteric issues. This special training is based on stimulating energy through the pubococcygeus-muscle (short the PC-muscle) located in the lower pelvis, and on expanding this energy in the nervous system, mainly in the brain. By means of seven simple exercises we provide our brain cells with more energy and activate the hypophysis gland. Many neglected brain areas are invigorated by this new training program. It consists of six selected germanic runic exercises which serve as the basis for the "Power-Exercise". They render the inherent tissue and nerve cords conductive for the rising energy. The "Power-Exercise" activates our proper "energy dynamo" which causes the vital energy ("Kundalini", "Chi",...) to rise straight along the spinal cord. A meditation technique included in the book rounds off the PCE training. The PCE-training can be practiced separately, but it can easily be incorporated into any other energy-increasing training program.

How to activate your "vital dynamo"

In Austria and Germany he is already fairly well known from TV and many magazines – the biochemical engineer Gerhard H. Eggetsberger. He is director of the "Institute for Applied Biocybernetics and Feedback-Research" in Vienna. One of the subjects of his work is the body's capacity to regulate, to regenerate and to activate its cells. At his institute Eggetsberger examined the healing effect low-voltage current fields have on the human organism, and he developed new therapies out of his investigations. Already in 1973 the American Physician Dr. Robert Becker had discovered in his animal tests that artificial weak current fields assisted the body's self-healing capacities considerably. Eggetsberger later arrived at two fascinating conclusions:

1. Such current fields can be used also to stimulate healing processes in human beings. They cause an energy assimilation in the cells that is up to 40% higher than normally, and the activation of the T-lymphatic cells in the immune system is increased by 70%.

2. The same or similar effects can be achieved by practicing a combination of ancient Asian and European exercises, which were supposed to have rejuvenating effects on the organism. The exercises were selected and further developed in accordance with the latest scientific findings to form the new PCE-training. It activates the PC-muscle (the bladder and anal sphincter muscle), which - according to the hypothesis - works like a battery. This battery stimulates brain areas which are apparently able to launch an electrization of the whole body. Another object is the awakening of the so-called Kundalini, a psychic power which according to ancient Tantric conception rests coiled up at the bottom of the spine. Traditional Yoga instruction also recommends activating the pelvic plexus in order to arouse this specific power. In recent times the PC-muscle has been much talked about as being beneficial to an increase of sexual enjoyment. But the PC muscle's capacities can go far beyond this: According to modern biofeedback-research we have to visualize the PC-muscle as a sort of dynamo for setting in motion electric potentials and leading them upwards from the pelvis to the brain. These potentials seem to "switch on" brain areas which change the body's state of tension completely. That is the explanation for the mentioned healing- and regenerational effects.

Keeping the inner power permanently activated towards the brain - that is what Eggetsberger promises us with his PCE-training. Into this training program he has integrated a set of physical exercises which imitate six ancient runic letters. Interesting is the fact that in modern times these runic letters have often been compared to antennas or electric circuit diagrams. Along with the PC-muscle-training they form a power package with both rapid and lasting effect. The only requirement is that we perform the complete round with all individual exercises twice a day and on a regular basis.

Seven "Power-Exercises" for a fresh start:

Exercise 1: posture of the "U"

Stand erect, facing westward, feet parallel, knees slightly bent. Raise the arms slowly over the head; inhale and exhale deeply. While you exhale bend forward and downward until your upper body is in a horizontal position with your arms and fingertips pointing to the ground. Keep this position while taking 10 long breaths.



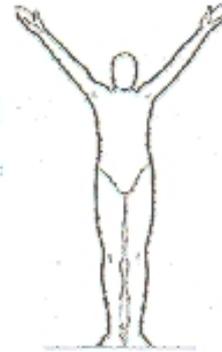
Exercise 2: posture of the "I"

Starting from the final position of ex. 1, inhale while raising your body and lift your arms above your head, with your palms facing each other, and keep them separated by about 20 cm. Stay in this position and take 10 long, deep breaths.



Exercise 3: posture of the "Y"

Without a break, change from the previous position to this one by spreading and lowering your arms until your body and arms form a "Y". Your palms should be flat and point upwards. Keep this position until you have taken 10 deep, relaxed breaths.



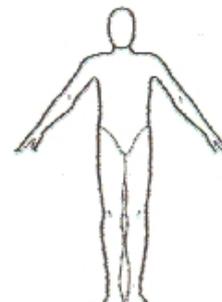
Exercise 4: posture of the "F"

Change direct from the former position into the new one by stretching both arms in front of you, the left one placed about 10 cm higher than the right one. With the fingers of your hands form the following figure: Gently place the tips of your thumb and middle finger together, the remaining fingers pointing straight in front of you, westward. Now stay in this position for 10 long breaths and don't forget to inhale and exhale deeply and regularly.



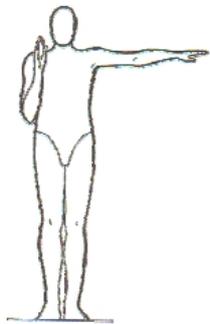
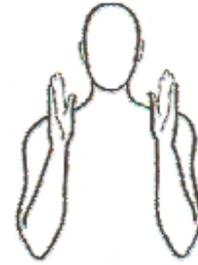
Exercise 5: posture of the "T"

From the previous position move your arms side- and downwards until they resemble two stretched wings and you form a T-like figure. Your palms are directed to the ground, while you take 10 deep and relaxed breaths.



Exercise 6: posture of the "W"

To perform the last of the runic exercises bend your arms, put them in front of your body, place your hands at a level with the lower part of your face, with the palms facing each other at a distance of about 35 to 40 cm. Along with a vigorous exhalation through the nose move your right arm and the edge of your right hand abruptly to the side, so that they end up in a straight horizontal position. Parallel to an equally strong and rapid inhalation through the nose you return your arm back to its original position. Then perform the same movements and breathing sequence with your left arm, until you have carried it out ten times with each hand.



You should increase the number of rounds by one breath each day until you reach the ideal quantity of 30 breaths per exercise. The six runic exercises can easily be adapted to suit persons having individual physical problems. If anybody finds it difficult to perform the exercises in a standing position, he or she should practice it whilst sitting on a chair, keeping the spine straight.

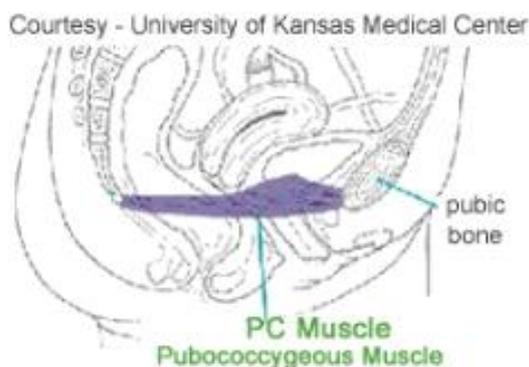
The PC-training - preliminary exercise:

Sit down on a chair or on a cushion with your spine perfectly erect. Contract the PC-muscle for about three seconds. You can do this by contracting the sphincter muscle around the perineum and the anus. If you do it correctly, you get a feeling as if the floor of the pelvis is drawn upwards. Inhale smoothly while contracting the PC-muscle. Afterwards you exhale and relax the PC-muscle completely for as long as you had contracted it. If you feel that three seconds of contraction are too long for you at the beginning, start with one or two seconds. Increase the time of contraction and following relaxation of the PC-muscle gradually, until you can keep it for ten seconds each. First repeat this sequence ten times, later you can extend your training sessions, but do not practice for more than five minutes at a time. After a few weeks of training you can add a second round of PC-muscle exercises, but this time try to contract your PC-muscle ten times in rapid successions. Make a pause of at least one minute before you repeat the first part of the PC-muscle-activation exercise: 10 times of PC-muscle contraction while counting from 1 to 10, each followed by an equally long and deliberate

relaxation. After 5 minutes of training and another pause of one minute add 10 more rapid PC-muscle contractions. Repeat the complete round of exercises a third and last time. With each day of practice your PC-muscle will get stronger and your awareness of whether it is contracted or not will improve. Some men may feel a light twinge in the pelvis. There is nothing to worry about, it is just an indication that the PC-muscle starts to react.

Exercise 7: The "Power-Exercise"

When you have strengthened your PC-muscle through a few weeks of regular practice of the preliminary PC-exercise, you can incorporate the "Power-Exercise" into the PCE-training program (following the six runic exercises).



Part I: Slow Power-Exercise

Sit with your back straight, just as described above. Be sure that your spine is perfectly erect to ensure the free flow of energy. Close your eyes and focus them on a point between your eyebrows without twinkling or frowning. Your tongue rests gently on the palate. This posture should be maintained throughout the whole exercise. If at any time during the exercise your eyes begin to wander or your tongue no longer touches the palate, don't worry, just gently but firmly correct your position. Now contract your PC-muscle while counting till 10. At the same time inhale slowly. When your lungs are full, retain your breath and keep the contraction until you have finished counting. Then exhale and release the PC-muscle. When your lungs are empty, wait until you have finished counting till 10 before you start with the next contraction and inhalation. A complete, deliberate release of tension is imperative. Otherwise the next inhalation would set in motion little energy. Each relaxation regenerates your vital dynamo. Repeat this sequence 20 to 30 times. With practice your PC-muscle gets stronger and you need fewer rounds in order to raise sufficient energy up to the brain.

Part II: Fast Power-Exercise

The second part of the "Power-Exercise" closes the PCE-training program and should be performed immediately after Part I, without any pause. Start from the same posture as for the Slow Power-Exercise, controlling the position of your eyes and your tongue. Now contract your PC-muscle rapidly while you inhale through your nose. Both the contraction and the inhalation should not take more than one or two seconds. Go on without any pause, release your PC-muscle and exhale forcibly through the nose, again within one or two seconds at the most. You should repeat this sequence of rapid contractions in combination with forced inhalations and exhalations at least 30 times. Advanced PCE-practicians can do up to 60 rounds of the Fast Power-Exercise.

After completing your training session remain seated at least for one minute, then calmly remove your tongue from the palate, open your eyes after changing them into their normal position and take a deep breath. Rub your palms and slowly stand up. The energy activated by the PCE-training will continue to circulate through your nervous system, thus rejuvenating all your cells and giving extra power to your brain. Each complete PCE training-session guarantees energy and "Power" for twelve hours. By practicing twice daily you can distribute your energy regularly over 24 hours. In the morning, before going to work in order to gain strength for the daily routine; in the evening as a peaceful conclusion to your working-day, to safeguard once more the free and intensified flow of energy which leads to a deep regeneration and reactivation of each individual cell. If during the day there seems to be some energy deficiency, as in the case of increased personal strain, all you need to do is contract the PC-muscle ten times and you will notice an immediate boost of extra energy.

Summarily one should keep in mind that the aim of the PCE-training is to raise our vital energy in a relaxed and stressfree body, and to bring this energy straight into our brain.

PCE-training, facts and figures:

Of all persons tested in the computer lab 100% succeeded in learning the PCE-training. About 92% of them needed no more than five minutes of instruction to be able to activate their vital energy spontaneously and to lead it along the spinal cord into their brain. Eight percent of the subjects acquired the method after one to three days' training at the most. Those eight percent first had to learn how to reduce their energy-blocking muscle tensions in the pelvic and cervical areas by means of the six runic exercises of the PCE-training program.

Tests were taken on more than 500 volunteers including children and aged persons.

General results:

- Undefinable symptoms such as constant fatigue and/or insomnia disappeared completely.
- After some weeks of PCE-training the average time of sleep decreased.
- Nervous depressions evaporated.
- Stress tension was reduced by at least two thirds.
- Muscle coordination improved by 15%, complicated movements could be performed quicker and easier after practicing the exercises.
- The amount of biochemical energy generated by the ATP-synthesis rose by up to 500%.
- Neglected brain cells and -areas were activated.
- All test persons perceived an increase of their concentration and memory faculties by 30 to 50%.
- Learning capacities were improved already after a short training period.
- Creativity and widened perception was improved to a vast degree after only a few weeks' training.
- An increased release of the relaxing substances endorphine, serotonin and endovalium was observed. On the other hand also dopamine and noradrenaline, causing the opposite effect, are released. The result of these antagonistic influences is a prompt balance of the nervous vegetative system leading to wellness and altered states of consciousness.
- Due to an increased release of endorphines the trainees noted a feeling of emotional exaltation which affected all domains of human life.
- The efficiency of medicine increased.
- The vital energy contributes to an acceleration of healing processes and thus brings new vigour and strength into our life. In case of injuries the healing process was precipitated to one or two thirds below the average time of recovery.

Results of PCE-tests with special regard to women of any age:

- The natural production of estradiol in women was measurably intensified, which resulted in a massive alleviation of menstrual pains and the ensuing changes of mood (nervous depression).
- Extremely violent bleedings were relieved and pains such as migraine were reduced to a minimum.
- For women in their menopause these exercises are highly beneficial. Many unpleasant symptoms such as insomnia, constant fatigue, hot flushes, low sexual desire, were largely alleviated.
- Sexual disorders such as frigidity could be overcome in up to 95% of the cases.

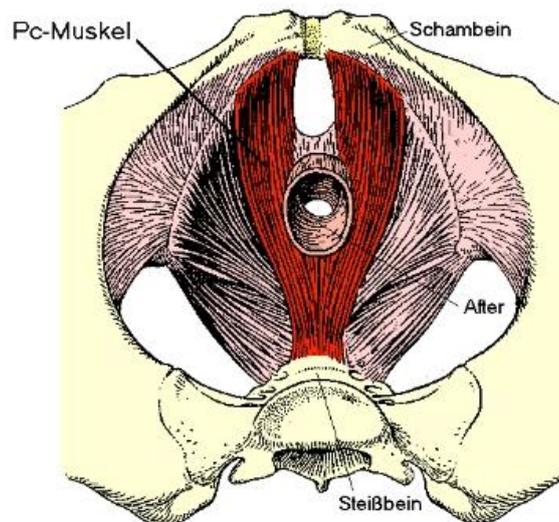
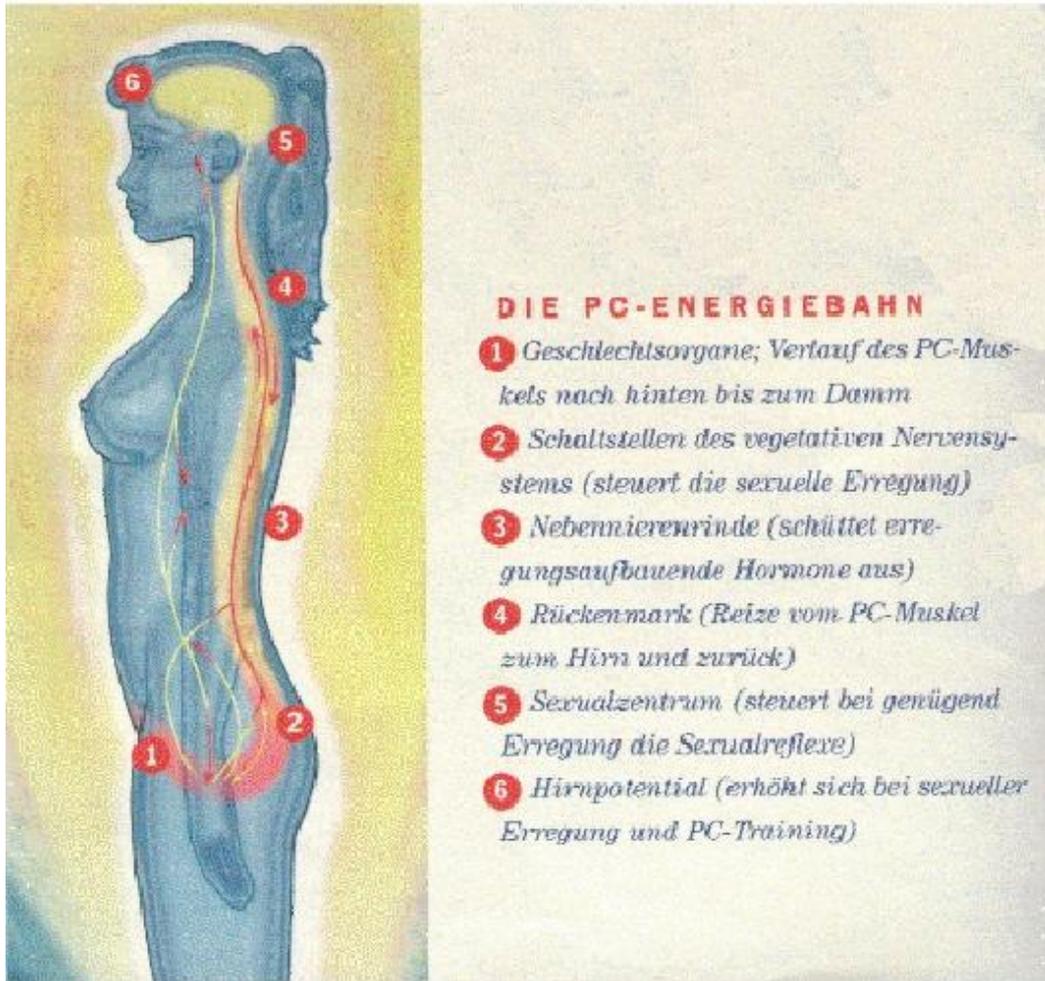
Results of PCE-training with special regard to men of any age:

- Sexual disturbances such as impotence could be eliminated in 95% of the cases.
- Special tests on men proved that the rhythmic contraction of the pubococcygeus – muscle stimulates also the prostate gland and that endorphines as well as male sexual hormones are released. This leads to a sense of elation and to a raising of sexual capacities.

The book "Power für den ganzen Tag", published by Orac, is based on the newest technologies of medical measurements which enabled the author and his team to prove and demonstrate for the first time the rising vital energy by scientific methods. This new technology was developed at the "Institute for Applied Biocybernetics and Feedback-Research" and was presented to the scientific community along with the publication of this book. The author is ready to answer any further questions at the "Eggetsberger-Net", A-1080 Vienna, Tigergasse 19, <http://www.eggetsberger.net>.

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Beckenboden von oben gesehen