



Enthalpy Discs®-Overview

Disc	Physical body	Energetic level	Mental level	Other effects
A	- strengthens muscles	- enhances vitality & life force → ideal for physical exercise and sports activities → relieves cramps - activates Kundalini energy → put on your coccyx	—	—
B	—	—	- creates ideal conditions for spiritual and creative work - enhances concentration and inspiration	- balancing effect and helps you to find your inner self → ideal for meditating and visualizing
C	- healing and supporting energy healing → protects the therapist → ideal against pain	- healing and supporting energy healing	—	—
D	- cleans and harmonizes lungs and respiratory system	—	- helps you to escape from your obsessions and live your dreams → selfrealization - creates freedom, joy, peace, ease, relaxation and tranquility → supports the inner child when put on heart chakra → ideal against depressions	—
E	- harmonizes bladder	- equalizes disorders and distributes energy in the body → put on the belly button	—	- helps us to achieve our aims → wealth and integrity on a physical, material and spiritual level
F (=CD4)	- strengthens the energy of the bones - repairs DNA	- vitalizing - strengthens grounding	- creates mental clarity and awareness - supports strength and precision when doing sports activities	- purifies and vitalizes food and water - suppression of interfering fields
G (=CD10)	- facilitates functioning of joints - cleanses liver and supports functioning of the spleen → put on your liver various times a day - cleanses blood	—	- basic sense of trust (= joy of life)	—
H	- harmonizes lymphatic system	- harmonizes meridians → supports energy flow in your body - cleanses and expands your prana tube (2 H-dics)	—	—

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CD1	<ul style="list-style-type: none"> - healing and supporting energy healing - Relief from stress symptoms - strengthens nervous system, immune system and circulation 	<ul style="list-style-type: none"> - healing and supporting energy healing 	—	—
CD2	<ul style="list-style-type: none"> - regulates functioning of the intestines, movement of the intestines → may have laxative effect, e.g. in case of constipation - harmonizes intestinal walls → ideal for polyps and diverticula 	—	<ul style="list-style-type: none"> - connects us with our inner beauty 	—
CD3	<ul style="list-style-type: none"> - Purification and detoxing of kidneys and ureter → promotes uresis → ideal for kidney stones - harmonizes adrenals - DNA repair 	<ul style="list-style-type: none"> - harmonizes meridian system 	—	—
CD5	<ul style="list-style-type: none"> - Cleanses and regulates function of the colon → increases regular bowel movements → calms down excessive bowel movements 	—	<ul style="list-style-type: none"> - enhances intuition, gut feeling" 	<ul style="list-style-type: none"> - connects us with „mother earth“ and „father sky“ → „awareness of unity „
CD6	<ul style="list-style-type: none"> - red blood cells - enhances a correct composition of your blood, according to blood cells needed 	—	—	—
CD7	<ul style="list-style-type: none"> - connects with other worlds → on your „third eye“ I - harmonizes your eyes, and the other senses → 2x small discs / donuts Balancing physical activity and passivity 	—	<ul style="list-style-type: none"> - enhances intuition and clairvoyance 	<ul style="list-style-type: none"> - opens door to other realities - cleanses „channel of communication“ - connects you with other worlds
CD8	<ul style="list-style-type: none"> - DNA repair 	—	<ul style="list-style-type: none"> - cleanses mental body from old convictions/beliefs - balances your thoughts → good for people with mental disorders and for victims of abuse 	<ul style="list-style-type: none"> - transmission of information
CD9	—	<ul style="list-style-type: none"> - meridian system 	—	<ul style="list-style-type: none"> - creates admission to infos from other galaxies - access to higher knowledge, opens consciousness und helps to get access to „old knowledge“ - excellent for transmission of information

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CD11	<ul style="list-style-type: none"> - harmonizes sleep/wake rhythm - helps with skin problems - activates tendons/ sinews - affects respiratory system and lungs 	<ul style="list-style-type: none"> - activates pineal gland → „third eye“ - meridian system 	—	—
CD13	<ul style="list-style-type: none"> - repairs and improves DNA, by enlarging it - harmonizes digestive system from the mouth to the stomach → regulates gastric juices 	—	<ul style="list-style-type: none"> - to understand der quantum mechanics/ -physics 	—
CD15	<ul style="list-style-type: none"> - regulates metabolism → improve impaired nutrient intake → for disorder of iron/ copper metabolism 	—	—	—
CD16	<ul style="list-style-type: none"> - hormone system → e.g. solar plexus or a corresponding glands - brain 	—	—	—
CD17	<ul style="list-style-type: none"> - hormone system → e.g. solar plexus or a corresponding glands - brain (<i>not as strong as CD16</i>) 	<ul style="list-style-type: none"> - harmonizes the electromagnetic field of our body 	<ul style="list-style-type: none"> - helps to calm down mentally → ideal sleep disorders, revolving thoughts 	—
CD18	<ul style="list-style-type: none"> - repairs and improves the structure of DNA 	<ul style="list-style-type: none"> - strong grounding 	—	<ul style="list-style-type: none"> - excellent for transmission of information → strong like a transformer → enhances the effects of other discs
CD19	<ul style="list-style-type: none"> - physical flexibility and mobility 	—	<ul style="list-style-type: none"> - loneliness and depression - opens the heart, in order to give and receive love 	<ul style="list-style-type: none"> - reminds us that we are part of something bigger → „cosmic awareness“
CD20	<ul style="list-style-type: none"> - frees cicatrisation - supports healing of broken bones and harmonizes ill-adjusted fractures 	<ul style="list-style-type: none"> - helps with „separation“ and abandoning between people - harmonizes meridian system 	<ul style="list-style-type: none"> - helps with „separation“ between people 	—
CD21	<ul style="list-style-type: none"> - harmonizes hormone system → e.g. put on solar plexus or any other corresponding gland 	<ul style="list-style-type: none"> - activates „light-enhancing therapies“ → crown chakra 	<ul style="list-style-type: none"> - creates freedom, joy, peace, ease, relaxation and tranquility → supports inner child/sweetnes of life, put on your pancreas → ideal for hard times in your life 	<ul style="list-style-type: none"> - activates old initiations from past lives
CD22	<ul style="list-style-type: none"> - harmonizes heart and blood circulation → start with putting it for some minutes on your heart (test individual compatibility) → caution with cardiac pacemakers! 	—	—	<ul style="list-style-type: none"> - connects us with the centre of the earth and mother nature

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CD 23 & 24	—	—	- helps you to create visions and to realise them - helps you to express your own creativity	→ the „female principle“, the passive principle (→ be your own creator)
	—	—	- helps to find solutions for problems - answers your questions → brings knowledge/ideas into matter	→ the „male principle“, the active principle (→ inspiration)
CD25	- supports the physical effect of the other discs through the subtle effects of the herbs contained → ideal for emergencies of any kind , especially for children, combines well with C/CD1-disc	—	—	—
CD27	- takes away the trauma , the shock and the ensuing drama of a situation or an accident and erases the cell memory of this event → put on the corresponding part of your body, e.g. your head in case of whiplash injury		- harmonizes sleep and dreams - lets you see the sunny side of life	- connects us to All That Is → „consciousness of oneness“ → put on your belly button
CD28	—	- strong energy clearing - cleanses the aura and dissolves energy blocks - has the effect of a strong battery which charges you again	—	—
CD30	—	- very strong grounding!!! → ideal for first aid , to calm down people	→ If somebody has returned to being grounded or has very strong grounding from a start this disc may lead to depression when used for too long	—
B1	- supports the liver with detoxing - cleanses blood - helps with regeneration of destroyed cells	—	- helps to dissolve accumulated blockades	—
E4	—	- downloads „ cosmic therapies “	—	- reminds us that we are part of something bigger → „cosmic awareness“ - helps us to get access again to our own extraterrestrial/ cosmic knowledge → especially for extraterrestrial souls
F3 NEW	—	—	- For interstellar communication with extraterrestrial intelligence and mental travelling to other stars, planets and solarsystems → put on Third Eye	

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G1	—	- enhances clairaudibility → put on ear chakra (= above the ears)	—	- increases access to more subtle energy levels of nature beings and elementals
K5	—	- gives us access to morphogenetic fields	—	- connects us to All That Is → consciousness of oneness, that is of oneness with the creation → put on solar plexus - connects us with the creator → consciousness of oneness, that is of oneness with the creator → put on heart chakra
L5	- harmonizes bladder, urethra and ureter → ideal for weakness of bladder	→ has effects on the first three chakras, try out individually → put on second chakra in case of abuse, be careful, as the issue may resurface in order to be worked on	- helps to work on and process „ female issues “: e.g. mother issues, birth issues, abuse issues (especially when you are more attracted to your own sex as a consequence of the trauma) - enhances the development from girl to woman	- enhances living out your own femininity