

THE HUMAN BEING IN HARMONY



An informational pamphlet about the human design and how to maintain it.

Welcome!

First of all, welcome and thank you for taking an interest in our pamphlet! We are thrilled to share our passion for health and well-being with you and hope that you might find something here that you resonate with, or that might contribute to your personal journey in self-exploration. We've compiled this pamphlet as a way to explain who we are, what we do and why we do it. As you can see, we needed quite a few pages to explain all of the essentials. However, to make things easier for you, we included a table of contents with the list of topics and their respective page numbers. So please, take your time in covering this pamphlet and feel free to read it in whatever order interests you most, or even just to focus on those aspects that you are most drawn to. This text is mainly for you to find out more about yourself and your design as a human being. So, without further ado, let us introduce you to our vision on health!



Table of Contents

I. A Brief Introduction	3
II. Natural laws, health and the human design.....	6
- Applying natural laws to the human being	6
- Uniqueness	6
- Life force	6
- The duality of nature	7
- A dynamic environment	8
- Applying natural laws to health	9
III. Choosing the adequate method for managing health	10
- Why we use dynamized preparations	10
IV. The Four Stages of restoring the vitality of our life force	12
V. The Power of Acute Conditions	13
VI. When Immune Processes Become Disharmony.....	14
VII. Benefits of Acute Care and What to Expect	16
VIII. How to Join Us	17

I. A Brief Introduction

Who are we?

We are a wellness practice and collective of mentors, students and practitioners united in the pursuit of restoring the health of our clients, sharing our knowledge and expertise with the public and creating a community of like-minded individuals around our vision. We focus on increasing your vitality and health without reducing your wholesomeness by using means that are in harmony with your design.



What do we do and how do we do it?

We have various programs available for various needs, but the essence of what we do always remains the same: **we find your unique disharmony in health and assign a plan of action to begin tuning yourself.** Below are the general steps applicable to any program:

1. We **collect all the necessary information** to begin working on your case
2. We apply the OmniRemedial method to **find the essence of your disharmony**
3. We **select the appropriate tools** from our toolkit to create a completely individual and tailor-made solution for your root issue
4. **We equip you** with:
 - a. a plan of action
 - b. all the necessary tools
5. **We manage your case** for as long as you want us to



Tools in our toolkit:

- Our Mentor's, Olga Imas', knowledge and expertise resulting from over 15 years of study, research and practice in all things health
- Interns especially trained by wellness expert Olga Imas to manage and assist your journey
- Homeopathic preparations (also known as dynamic preparations) especially selected for you from over 30,000 existing remedies
 - Please note: we do NOT align ourselves with the professional stream of Homeopathy; to find out why, please go to p. 11 of this pamphlet)
- Support, care, and ongoing management of your case

Principles of our method:

- We use strictly **non-invasive means** (i.e. nothing that harms or alters the natural processes and form of your being)
- We apply completely **individually-tailored** solutions for each client
- We have **unwavering respect for your being's natural power to restore its harmony**
- We **focus on health, not disease**: we peel away all the layers that are holding you back from being your vibrant self
- We tirelessly pursue the philosophy of **self-sustainable health** - your health is yours and none other's. It is both our blessing and our responsibility to take charge of our well-being. Although health services are today at every corner, the only people who are really capable of restoring our health is ourselves. Everything we do seeks to strengthen this built-in ability.
- We approach the journey to health with **compassion, patience, and resilience**.
- We **are not service providers**; our goal is to assist you in becoming as self-sustainable as possible with your journey in health instead; we never take your power over your health away from you.



II. Natural Laws, Health and the Human Design

i. Applying Natural Laws to the Human Being

Being a part of nature, it is only logical that human beings should be governed by the same principles that govern nature as a whole, which is summarized in the **principle of unity**. To date, humanity has not been able to come up with an all-encompassing explanation for the concept of life, but we have been able to keenly observe our surroundings and draw some conclusions. Any approach to health must incorporate into itself a deep-seated understanding of our origins as part of a whole, not as entities detached from our environment. Below, we discuss a few concepts that are relevant to understanding how and why to manage our well-being.

Uniqueness

Although all things in nature are made up of the same type of bio-material, its organization is completely different for each thing on earth. No two flowers, no two rocks, no two people are exactly alike. Even on a single rose bush, no two roses will be exactly alike. The same applies to people: we are each an entirely unique combination of particles, unrepeatable through space and time - quite literally, one of a kind.

Life force

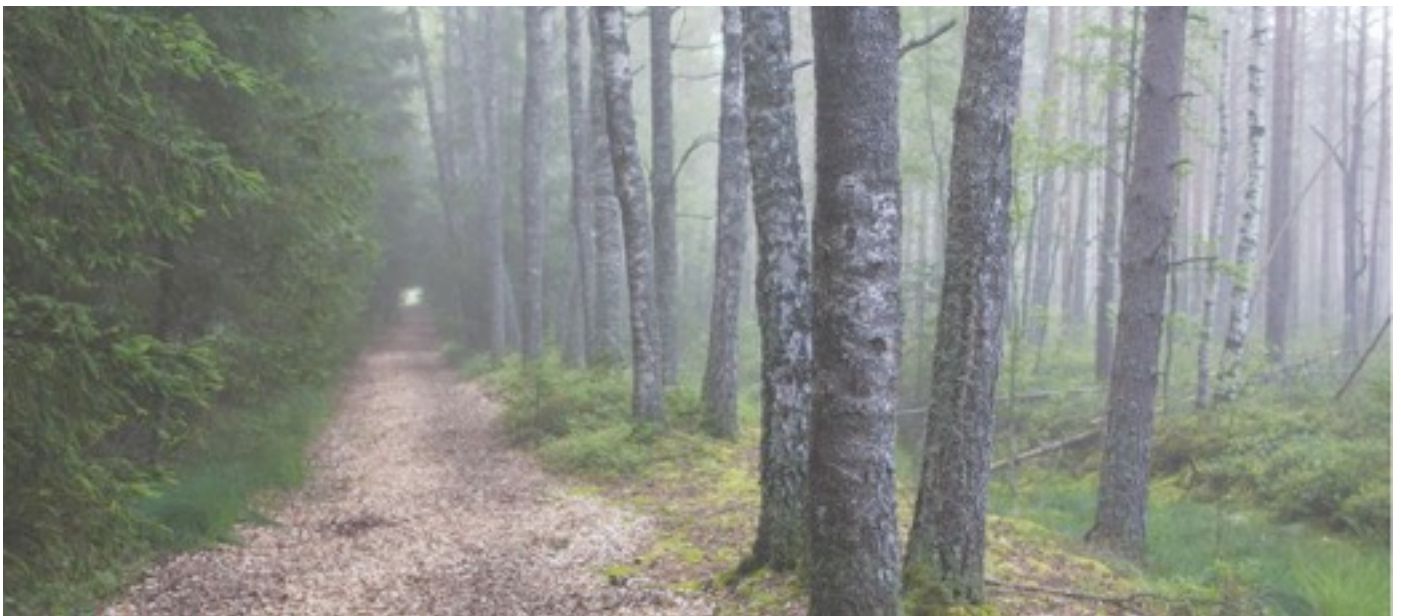
In order to produce life, matter must be animated by a life force: a dynamic energy which triggers life. This animating force has been observed across cultures and time, and been given many diverse names: *prana* (India), *qi* (China), *ruach* (Judaism), *mana* (Polynesia), *od* (Germany), and many more. Regardless of what we call it, humanity has repeatedly observed the same thing: that each living creature on earth is animated by this energy. Even by simple observation, we can always tell the difference between a dead and living creature by the mere fact that a living being is always dynamic, while a deceased being is always static. This dynamism that we observe in each living creature is created by the life force.

Another important aspect of the life force is that it determines the shape, quality and function of our physical structure. This is because our physical structure serves to contain our life force. The force is the cause and the body is the effect, not the other way around (we never see bodies being created without being animated). That being said, the state of our life force affects the state of our physical body: if our life force is not vibrant, our material form will not be healthy either. For example, if we are in a bad mood, we are likely to feel unpleasant physical sensations such as fatigue, pain, tension, and so on. On the other hand, if we are in a good mood, we find that any physical discomfort is minimized. Of course, physical processes such as exercise or food are able to affect our energetic state, but these are temporary influences. In order to affect our physical body *in a lasting manner*, we must first affect our life force.

The duality of nature

The balance between structure and movement

Everything in nature is dual: every living creature is always composed of both structure and movement, strength and flexibility. Flexibility is required to adapt to the inevitable change that the experience of life entails. Strength is required to be able to withstand change without being swept off course. In order for any creature to successfully navigate through life, there must be harmony between their flexibility and their strength, their ability to move and to suspend movement at the same time. For example, if you take a look at a cheetah climbing a tree, you will see how its strength and flexibility work in tandem as it jumps from one branch to the other with incredible balance and agility. For animals, these abilities are natural, built-in mechanisms that are present within them throughout life because they are essential to their survival in an ever-changing environment. Without these attributes, they simply wouldn't be able to



remain in their environments for long. Where we differ with animals is that although these mechanisms are also innate to us, the nature of our existence requires that we develop and maintain them in order to easily move through life. For this, we need tools that are capable of tuning up both strength and flexibility on all levels of our existence (physical, mental, emotional, spiritual).

The unison of matter and energy

Another expression of duality in nature is the splintering of life into both the physical and energetic dimensions. Every substance on earth is always composed of both matter and energetic fields, or frequency. The two always go together. Every chemical element, every tree, even every rock has its own unique energetic field. In the case of human beings, our life force is the expression of our energetic field, while our body is our material expression. As mentioned above, in order to incite changes in matter, we must incite changes in energy.



A dynamic environment

Any environment is in the constant process of change and movement - nothing in nature ever remains the same. For example, if we lay down in the grass and observe the clouds, we'll find that even within the timespan of five minutes, the landscape of the sky will have changed completely and the same composition as we saw in the beginning will never repeat itself. It may be easier to see when observing crude natural processes such as this, but in reality, any environment that any living thing finds itself in will always be subject to continuous change. Even if we look into our internal environment - our inner state of being - we will find that within a single day, the state we woke up in and the state we go to bed in will be completely different. This dynamic process within us is a reflection of the dynamic process without us. As creatures of nature, we must be able to adapt to and withstand an ever-changing environment.

ii. Applying Natural Laws to the Health

Now that we've understood our natural design as human beings, how can we apply that knowledge to health? Taking into account all of the principles we discussed, **health is being able to maintain harmony between both strength and flexibility in our physical and energetic expressions as we go through the dynamic process of life in an ever-changing environment.**

If we dissect this idea, it comes down to some very basic principles. Our life force is dynamic because it is designed to exist in a dynamic environment. In order for the life force to flow freely within our bodies, our physical matter must also be in a state of vitality and flexibility. For example, as babies newly arrived to life, we are usually much more flexible than in later stages of life in every way. A baby has a flexible and supple body, a baby finds joy easily, a baby does not dwell on life events. This is our natural state. Even our physical design is created to guarantee strength and flexibility: in their healthy state, our immune, endocrine and nervous systems are extremely responsive and agile, immediately detecting and responding to any threat or signal. However, as we go on through life, most of us end up hardening both internally and externally. As we harden, it becomes more and more difficult for our life force to move freely and to vibrate strongly because it needs a vessel to resonate in. For example, a dried up, cracked violin won't be able to produce the same vibration of sound as one that is wholesome and well-cared for. We too must be able to be adequate instruments for our life force to resonate in.

In most cases, the hardening, weakening or damage to our flesh occurs first on the level of the life force through changes in the perception of life, decisions, thoughts, emotions, patterns of reaction and so on (except for cases such as injury, operations or other direct physical invasions). This process occurs in accordance with the principle that our life force determines our physical being. So, in order to restore the vitality of our physical expression, we must first restore the vitality of our life force. For this, we need to use means that are capable of affecting our life force.

III. Choosing the Adequate Method to Manage Health

Any method that does not focus on affecting the life force is incapable of restoring health because it does not take into account our design and thus cannot influence us in an organic manner. Other methods can and do alleviate unpleasant sensations and provide a certain level of comfort, but unfortunately this comfort does not last long because it needs to be constantly maintained by the same means, which makes it unsustainable in the long term.

Moreover, methods that do not take the life force into consideration are not capable of restoring health because their aim simply isn't to restore health. Their aim is to eliminate disease. Unfortunately, the approach of working to eliminate disease is contrary to nature because it considers the particular (disease) and not the whole (our being), and focuses on destruction (of disease) and not restoration (of the whole). By eliminating just one factor that causes discomfort, the relief we temporarily feel is greatly outweighed by the damage that we create to the whole. In order for a method to be able to *restore health*, not simply create temporary relief, it must stir shifts at the core which is on the level of our life force.

Why we use dynamized preparations

One of the few methods that are capable of affecting our life force are homeopathic preparations, otherwise known as dynamized preparations. Dynamized preparations are created by combining the dilution and the acceleration of the movement of particles in a substance in order to extract its pure vibrational signal. Essentially, dynamized preparations are waves of energy carried by molecules of water. These preparations are carried in molecules of water for two reasons. Firstly, because our bodies consist mostly of water and therefore our design responds best to subtle signals carried through this substance. Also, because water happens to be the most perfect substance for conducting energetic waves, just like our nervous system is the most perfect conductor of electricity in our body.

Another reason to use dynamized preparations is that each one of us has a unique energetic blueprint contained in our water system which contributes to our unique experience of life. For example, your energetic blueprint determines your appearance, what you are naturally drawn to and determines certain tendencies that you experience throughout your life. The vast array of dynamized substances (there are over 30,000) allows us to select the one that perfectly matches the current state of your unique energetic blueprint. In order to arrive at the appropriate choice of substance, we are guided by your mental, emotional, physical and spiritual sensations. This is because our sensations are the only reliable indicators of what's happening in our being since they communicate our direct experience of life and not

the practitioner's conclusion or interpretation. Sensations are our raw, unaltered and uninterpreted experience of life.

Our method aims to tune the life force by analyzing these sensations and regularly sending the life force appropriate signals through the intake of dynamized preparations. The more your life force receives the proper signal, the more it is capable of recalibrating itself, and thus bringing about positive and lasting changes in your physical processes.

Since you use homeopathic preparations, you must be Homeopaths, right?

Although that is a logical train of thought, no, we do not align ourselves with homeopathy. The reason for this is that the aim of homeopathy is the treatment of disease and not the restoration of health. We do not treat disease. We restore the wholeness of health. Although we use the same tools as homeopathy, our approach to health, to the human being and to how these tools should be used is completely different.



IV. The Four Stages to Restoring Health

As we discussed earlier, the loss of our natural response mechanisms occurs over time. So too, when we start to move in the direction of restoring these mechanisms, it takes time. Depending on the damage received, each one of us will have a different path and timespan of getting there. In total, there are four general steps that we usually offer on the way to health restoration:

- 1) **Acute Care:** dealing with acute conditions such as colds and flu;
- 2) **Acute of Chronic:** dealing with temporary conditions resulting from a deeper, chronic issue: for example, a long lasting and recurring cough;
- 3) **Chronic:** dealing with chronic and persisting issues; for example, disharmonies having reached the status of medical diagnoses, such as diabetes, arthritis, etc. Just as a reminder: we do not treat the disease and we do not see your disharmony through the prism of diagnosis. We only use these examples as a way of making it easier to understand the severity of the issues we're referring to;
- 4) **Complications of chronic:** dealing with chronic issues that are at a very serious and life-threatening level.

Although chronic care is applicable to practically everyone, another path requiring less commitment and time is Acute Care. Especially, this is for people with mild chronic issues or for healthy individuals wishing to maintain and strengthen their health.



COPYRIGHT© OMNIREMEDIAL 2018

V. The Power of Acute Conditions

It is the observation of over 20 years of experience in our practice that if we can restore our being's defensive mechanisms through acute conditions (such as colds, flu, runny nose, sore throat, injuries, burns, sunstrokes and so on), then over time, we can not only restore everything else, including chronic disharmonies, but also improve our overall state of health. The explanation behind this phenomenon is very simple: practice makes perfect. Every acute condition is a mini chronic condition and the way we handle the more superficial disharmonies tells our bodies how to handle more serious ones.

The main system responsible for defending our bodies is the immune system. The immune system is organized similarly to an army: it has several layers of defence that are activated in a certain sequence that is always the same. In total, there are seven general processes that our immune system is capable of, ranging from the simplest and most superficial to the deepest and most complex:

- 1. Fever**
- 2. Exudation**
- 3. Inflammation**
- 4. Allergy**
- 5. Cancer cell formation**
- 6. Auto-immune control**
- 7. Necrosis (decay of tissue)**

In an army, if the first line of defence is capable of defeating the opponent, there's no need to activate any of the other ones. Similarly, if our external layer, the fever, is completely healthy, we never resort to using the deeper layers. Our immune system is organized in a very efficient and energy-conserving way. The more superficial the layer, the simpler its reactive mechanism and the less energy it requires our bodies to use. These layers are organized from most superficial to deepest so that our body always always invokes the least energy-consuming one first. However, when we damage the exterior layers, increasingly deeper layers have to be activated. This process greatly depletes our organism because instead of just a small part of our body reacting to a threat, our whole being is activated even if we are subject to a simple irritating agent. We become weaker, more susceptible to external threats and increasingly less capable of restoring our power. So, vitality of our immune system healthy is essential to maintaining and restoring health.

When we restore our health with dynamized substances, we increase the vitality of our life force and give it the essential energetic resources it requires in order to start rebuilding damaged mechanisms. Our disabled immune system layers are restored from deepest to most superficial until we reach a state when we again use minimal energy to respond to any kind of threat, or in simpler terms, when the fever becomes our first response to any kind of threat.

VI. When Immune Processes Become Disharmony

If we go back to the seven layers of immune reactions listed in the previous section, we will find processes that are mostly perceived as signs of disease although they are actually natural mechanisms constantly operating within us. So what causes our in-built mechanisms to be perceived negatively? When these processes begin to work out of control (for example, if they become exaggerated, or on the contrary, if they stop working altogether), we begin to develop disharmony, also known as disease.

In order to maintain health, it is important not to stop or break these processes, but to direct them in a way that maintains them within their normal function - neither over, nor under-developing them. Here, we can refer back to the balance between strength and flexibility. When we handle acute conditions correctly, we make sure that our mechanisms retain their responsiveness (flexibility), and strength of response without allowing them to be exaggerated in either aspect.

When these processes are active beyond or below norm, we experience unpleasant sensations such as pain, tension, runny noses, coughs, as well as ones that are more severe. These sensations are the language that our body uses to inform us that something isn't quite right and that it is in the process of trying to harmonize itself. Although we have been accustomed to view such sensations as negative imposters which need to be eliminated as soon as possible, they are actually what ensures our ability to survive. Imagine if you were no longer capable of feeling pain - this would mean that you could get your arm cut off without even realizing it: you would no longer have the tools necessary to maintain your wholesomeness.

Similarly, all of the sensations that we experience when we get colds, flus, and other acute conditions are signs that our body still has tools to survive. If we attempt to eliminate these sensations, we are breaking the defensive mechanism which produces them. For example, when we get a fever, we are experiencing the process of our bodies trying to burn out a toxic agent. It is merely a response mechanism. If we put a blunt stop to this process, the toxin is never eliminated and is instead chronically stored within us. Moreover, we damage the defence mechanism by preventing it from fulfilling its natural response cycle. The more we damage these mechanisms, the less responsive they are to threats. Eventually, if we continue to use means that paralyze these processes, after an accumulated experience, they will be chronically dysfunctional, meaning that not only will they be unable to respond, but they won't even be able to detect the threat. Our immune systems will begin to function inadequately. Eventually, this breakage of our defence system always leads to chronic problems. However, this doesn't have to happen if we treat our bodily processes with the understanding and respect they require.

As discussed earlier, the driving force behind any mental, emotional or bodily processes is always the life force. So, in order to affect the physical, we must always first affect this force. This also implies that no process is purely physical, mental, emotional or spiritual: every experience we have resonates on all of those dimensions. Acute conditions such as colds and flus are no exception. These are just miniature and temporary versions of a disharmony in our life force. What we need to do is to quite literally send our life force signals that correspond to the physical sensations that we are experiencing. This way, we direct the physiological processes within us through the life force, in a way that corresponds to our design and restores harmony. As an analogy, we essentially need to keep the river of energy in the riverbed so that it can continue to flow normally. A river may flood, it may experience drought, it may experience pollution, etc., all of which disrupt its harmony and current. Our job is to use the appropriate measures to restore the flow. In our case, we deal with the restoration of the flow of our life force.



When we use dynamic preparations, we do not stop our life force from organically handling the disruption of the stream. The mechanisms stay intact and continue to act. All we do is give proper direction. Moreover, on a physical level, using dynamic preparations allows us to restore and to strengthen the response mechanisms of our immune system. Usually, most of us have either damaged or disabled surface layers of response. When we use dynamic preparations, because we allow for the system to respond adequately without stopping the natural resolution of the situation, we enable the immune system to rebuild its layers by giving it the life force the support it needs. The more we approach our immune system with subtle, non-invasive means, the more we strengthen it and train its autonomy. Just like the accumulation of unresolved acute conditions causes chronic disharmony, the accumulation of properly resolved acute conditions allows to reduce and even eliminate chronic problems over time. As we said in the beginning of this chapter, practice makes perfect.

VII. Benefits of Acute Care and What to Expect

Acute Care is a very efficient and reliable way of restoring your health. However, as we mentioned above, it is also a process so improvements result from consistent practice. In Western society, we are accustomed to and even rely on quick fixes due to our busy lives and schedules. Unfortunately, this kind of approach wrecks havoc on your health. So, if you are interested in restoring your health in an organic way, you must cultivate a different mindset when it comes to your well-being. You will need patience and consistency, but over time (for some, it might happen quite quickly), you will experience benefits such as:

- Increased energy
- Fewer colds and flus
- Reduction of chronic issues
- Better state of mind, body and spirit
- More confidence in your inbuilt power to jump back to health
- And much more

Each person has a different experience. If you are someone who is generally very weak, fatigued and subject to poor states of health and energy, you will need more time to feel results than those with a more vital constitution. As an example, someone with a chronic cough will require more time to restore normal processes than someone who experiences sudden high fever when they have an acute condition. In fact, if a person very quickly develops a fever when they have a cold or flu, this is a sign of vibrant health because their system responds quickly and powerfully. Although such cases are quite rare, the perfect response mechanism is when someone develops a high fever, then sleeps for a few hours and wakes up in a state of norm. If such people use acute care, their recovery time will simply be shorter than normal. Such scenarios do happen and are not unrealistic, but are quite uncommon in Western countries due to the inherent health culture. In other places of the world where ancient healing traditions are still prevalent (such as China, India, Tibet and many “third world countries”), such responses are a lot more common because their approaches to health are more aligned with our being’s design.

Scenarios that are more prevalent in the West are those with subdued and persisting discomforts. For example, when someone claims not to have any acute problems, but instead experiences chronic fatigue, low spirits and a lack of adaptability to life. Of course, this absolutely does not mean that they are healthy. Actually, this means that their problems are deeper, that their outer defence layers are more damaged, and that their life force is dulled. However, have no fear, your being’s design is so resilient that just by starting to train it in the right direction, you can already feel stronger, more energetic and happier.

Please keep in mind that in the process of training your system, you might experience unpleasant and unwanted sensations such as a runny nose, an ongoing cough, excretion and other processes that drag on for longer than you would like them to. These are indications that your body's sensitivity and vitality are bouncing back to life. As we discussed above, every person is completely unique and has had their own experiences, so understand where you are coming from. Instead of viewing these sensations in a negative light, embrace the fact that your body is working to restore harmony and that it is equipped with such amazing abilities. All you need to do is give it the help that it needs to reach the goal on its own. But just as you wouldn't expect to be able to run a marathon if you've never jogged in your life, it would be unrealistic to expect that if you've been numbing your natural response mechanisms for most of your life, your being's mechanisms will work smoothly. Give it time, patience, consistency, respect and most importantly, enjoy your journey in the restoration of health.

VIII. How to Join Us

Thank you for taking the time to read this pamphlet. We hope that you found it informative!

If you are interested in starting your journey to the restoration of health today, please send us an e-mail at omniremedial@gmail.com and we will respond as soon as possible with all the necessary information. If you were referred to us through one of our interns (all of whom are listed on our website), please include the name of the intern in your e-mail.

Wishing you a harmonious day!



COPYRIGHT© OMNIREMEDIAL 2018