



# THE PERELANDRA ESSENCES

*A Revolution in Our Understanding  
and Approach to Illness and Health*



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JEFFERSONTON  VIRGINIA

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## Chapter 8

# Trauma and ETS Plus (Perelandra Emergency Trauma Solution)

**T**RAUMA WITHIN THE HUMAN SYSTEM occurs on all four PEMS levels when we experience a sudden and shocking situation or event. The key words with trauma are “sudden and shocking.” Let’s say a man has a car accident and is injured. He has several broken bones, cuts that will require a lot of stitches, torn muscles and severe bruising. This is the list of what has happened to his body as a result of the accident. It’s not the trauma. The trauma is the immediate reaction on his PEMS levels from having just experienced the shock of an accident and from the sudden assault on his body and his life. The trauma comes from the sounds and sights of the accident as it’s happening. It comes from seeing glass fly all over the place. It comes from seeing blood. It comes from hearing people shout as they run toward him to help. It comes from the sudden awareness that he is in trouble and could possibly die. And it comes from knowing that his life, which was scheduled and orderly just two seconds ago, is now turned upside down and in total chaos. These reactions are part of what constitutes trauma. They are not the injuries themselves. Although directly related to the cause of the trauma, the injuries are the *result* of the accident, not the immediate *reaction* to the accident.

Our unfortunate fellow and his body are now dealing with two separate and distinct situations: (1) His immediate reaction to the accident that’s triggering the trauma, and (2) the injuries that are the result of the accident. His electric system is also dealing with two separate and distinct situations: (1) The circuits connected with each of the injury areas have suffered considerable damage and are in need of repair. (2) The damaged circuits related to the trauma he experienced at the onset of the accident need repair *before* the body can activate the full healing process to deal with the injuries.

Reacting to a sudden and shocking event is normal. We each have a PEMS unit of circuits that fully supports this activity. When the trauma response circuits hold their balance, we react well to a shock and are still able to think, ask and answer questions coherently, and make good decisions. When these circuits are balanced and functioning well, they automatically activate at the onset of a traumatic event and deactivate once the body has stabilized and the trauma period has passed. At that point, the body's electric system is able to fully activate the circuits that support the healing process for each injury. The trauma circuits and the healing process circuits are two different units of circuitry within our electric system that support two different operations in our body. When dealing with a traumatic event and its damaging impact on the human system, the body responds best when these two units of circuits remain separate.

But just like any other circuits, the trauma circuits may need balancing, stabilizing and repair following the impact of a sudden and severe situation. When those circuits are damaged, we are seen as someone who is suffering from shock or said to be in a state of shock. The body and mind are fully focused on the trauma and a person's actions and reactions reflect the damage in those circuits: He is listless, dazed, his face is drained of color, he's unable to speak clearly or answer questions, he slides in and out of consciousness . . .

That first twenty minutes is a critical window when dealing with trauma. During this time, the trauma symptoms and the injury symptoms remain separate electrically, making the trauma circuits easier to isolate and repair. However, when damaged trauma circuits aren't addressed in the first twenty minutes, they do not deactivate. Instead they begin to overlay, connect to and weave with the damaged circuits connected to the area that has been injured, thus complicating the injury. It's not a "clean" injury any more. Now it's an injury that carries with it the damaged trauma circuits and its symptoms. This impedes the normal healing process, and it is more difficult for the body to recover. Instead of dealing with two separate and distinct situations, each with its own set of circuits, we are now dealing with one larger and more complex situation made up of the damaged circuits connected with the trauma response and damaged circuits that are in the body area that has been injured. A more extensive healing process and medical approach are now needed and there is a greater chance for complications to occur.

So what I'm suggesting (in a not too subtle way) is that it's important to take ETS Plus, the Perelandra solution that was developed to repair damaged trauma circuits,

and address trauma's symptoms within the first twenty minutes. At first blush, this seems insane even to consider. For example, our unfortunate accident victim is sitting in his wrecked car reeling from the impact of the accident and feeling a lot of pain from the injuries. At the very least it's rude to tell him to pull himself together and find the Essence bottles that are now rolling around the car floor just so he can do an Essence test. That's not going to work. This is where the Perelandra Emergency Trauma Solution (ETS Plus) comes in. It is just one bottle with a pre-mixed solution that requires no testing, and it was specifically developed to balance, stabilize and repair trauma circuits. He doesn't have to dink around with testing fifty-one Essence bottles. He only needs to reach in his pocket or that special spot in the car where he's stored his ETS Plus bottle for just such an emergency, unscrew the cap and take one dropperful of the ETS solution. He's going to feel the stabilizing effects immediately. While waiting for the emergency response team, he'll take two or three more doses of ETS Plus approximately five minutes apart. He has now spent that critical twenty minutes stabilizing himself and repairing the damaged trauma circuits. This will prevent those damaged circuits from linking with and complicating the injury circuits.

I know you're still thinking that what I'm suggesting for a trauma victim is crazy. And if I didn't have years of stories from people using ETS Plus right after an accident or other shocking event, I would have agreed with you. But here's the deal. Included in the PEMS circuits for emergency reaction are the circuits that support the human drive to do whatever he can to help himself in an emergency. It's all part of our reactions when suddenly faced with a crisis. We call it names like "the survival instinct" and "the fight or flight instinct." When we're not actually in trouble, we grossly undersell our ability to act when faced with a crisis. We tend not to understand just how much we are capable of at these times. Think little, ninety-pound grandmothers lifting the family SUV off their grandson's legs with no help. Let me give you some examples of what I mean.

A woman told me that after being put into an ambulance after a car accident, she realized she was clutching her bottle of ETS Plus. She did not know how she got it out of the glove compartment, but there the bottle was in her hand so she began taking the oral doses in the ambulance. By the time she got to the hospital, she was alert, comfortable, and able to answer questions and make clear decisions.

## *Trauma and ETS Plus*



**BASIC ETS PLUS DOSAGE.** Within the first twenty minutes of experiencing a trauma, take three to four doses (one dropperful or ten to twelve drops each dose), waiting five minutes between each dose.

Another woman reported that she was mowing the lawn and cut a finger completely off when she accidentally put her hand near the blade. She remembered sitting down on the lawn in shock. Then she got up, went into the house and got her ETS Plus. She took one dose and went back outside to pick up her finger and wrap it in a paper towel. She took the other three doses while driving herself to the hospital. She said she remained alert and conscious the whole time, and was able to present her finger to the doctors for reattachment. She was told she would probably never feel anything in that finger and that her range of movement would be very limited. She moved through the recuperation period testing the Essences for the finger. In about six months, most of the feeling had returned and she was now able to play the piano again. (Honest. This isn't a joke. She really played piano.)

Here's the rest of why it's important to take ETS Plus. *The body must balance, stabilize and repair the trauma circuits before it can address any injuries.* The healing process cannot adequately begin until those trauma circuits are balanced, and the body "knows" this. When we're talking about the body's healing process, the natural sequence of the electric system is to fully focus on the trauma circuits first. As long as the trauma circuits are in need of repair, the body is unable to draw crucial white blood cells into the areas surrounding the injuries. The healing process is dramatically slowed down, even delayed, and auxiliary conditions connected to the injuries continue to develop. For example, there's more swelling, continued bleeding and deeper bruising. When we take ETS Plus, we repair those circuits and prevent the complications caused by trauma. The healing process for the injuries can begin and the injuries can be addressed right away.

We don't realize how much damaged trauma circuits interfere with the healing process until we repair them within that early twenty-minute window and experience the dramatic differences in the body's natural healing response. Remove the trauma complications and the healing process can commence unfettered. An uncompromised healing process is truly a proverbial sight to behold.

*I use ETS Plus for any ouch situation and it seems to start healing immediately, such as when I burn myself or cut a finger. I take the dropperful of ETS Plus and stick my finger under cold water if I've burned myself. When I remove the finger, there is no sign of a burn. It heals very quickly in a day*

*or two. I always keep ETS Plus within reach. After falling and breaking my wrist I took it on the way to the hospital, asking the ambulance person to hold the bottle as I used the dropper with my one good hand. I also used a homeopathic solution for healing. After three weeks, I was at the doctor's office. Two X-ray technicians were walking by with the X-rays, and since I was the only one in the waiting room I knew they were talking about my X-rays. I heard one insist, "It can't happen, a bone healing this fast." The doctor confirmed he couldn't understand how I could have healed so fast, but he was going to keep me in the cast for three more weeks anyway! . . .*

— F.H., Morris, NY

#### QUICK THINKING, QUICK HEALING

*Earlier this year, in the dark of winter, on my way to feed the horses, I stepped off the middle step and fell into space. It was a spectacular fall onto concrete. I skidded across the floor and ended up with my lips smashed against the old coffee can I carry the feed in and with my head against the dog door. I was terrified that I had truly injured myself this time. I picked myself up and immediately went inside.*

*I shakily grabbed the ETS Plus . . . and took stock of my injuries. My knee was throbbing and beginning to swell. My ribs hurt where my elbow had smashed into them. My neck and back muscles were already beginning to tighten up. My thumb and wrist were scraped, purple and already swelling. And my upper lip was ballooning up.*

*I was so scared I felt like crying. I knew I was going to be sore and stiff enough that it would be almost impossible to care for the horses in the bad weather. (I needed to carry five-gallon buckets of water up the hill for them twice a day.) I worried that I would miss work, as well. What happened was astonishing. Almost immediately upon taking the ETS Plus, the bruised places stopped swelling and actually began clearing up. I became calm. My lip, which I fully expected to balloon up terribly, stopped swelling. Twenty-four hours later there was only a thin blue bruise and a hard lump under the skin—nothing like what you would have expected a smashed lip to look like. There was a bruise on my knee cap, only about the size of a quarter or so. And that very morning, I was able to care for the horses and go to work as if nothing happened!*

*I had stepped off into space a foot and a half above the concrete floor with no warning, hitting the floor with full force. I should have been soaking in*

*a hot tub, lying around with hot and cold packs on my neck, back, knee and lip for at least a couple of days, maybe longer. I am 54 years old, overweight—not in great physical shape—and I realize not so smart. At least now I turn the lights on if it is still dark when I leave for the barn!*

— J.H., Paxico, KS

I stated that the key words for trauma are “sudden and shocking.” But the wild card with ETS Plus is an individual’s definition of trauma. In my years of working with ETS Plus and watching how others successfully use it, I’ve come to the conclusion that we underestimate what constitutes trauma. Added to this is the human element when trying to define trauma. It is literally a matter of personal opinion. It’s easy for us to recognize that someone in a bad car accident, falling out a window, or getting hit by a bus has experienced a sudden and shocking event. But “sudden and shocking” covers a wide range of situations. At one end of the spectrum there’s the person who has been smashed by a bus and at the other end of the spectrum we include all those times we feel a slight kick in the gut or wince or quietly gasp. Plus something can be traumatic for one person and not traumatic at all for another. Some people can respond well to some crises without suffering damage to their trauma circuits, and others have blown circuits flying around all over the place. Some people just know how to navigate through trauma. Still others have developed none of these skills. I’ve decided the best way to use ETS Plus is to take it for any incident or event, large or small, and let the body’s circuits sort it out. ETS Plus contains 153 electrical patterns that are combined to specifically address the full range of trauma-circuit damage. If circuits need repair, they’ve got the ETS Plus to do it with. If they are fine, there’s no foul and no harm.



## WHEN TO TAKE ETS PLUS

*Trauma and  
ETS Plus*

- ACCIDENTS AND ATTACKS (serious and small). Cuts, burns (including tongue burns from hot food or beverages), sprains, falls, bites, sports injuries, spinal cord injuries, car accidents and near accidents, heart attacks, strokes, seizures, asthma or allergy attacks, insect stings, equipment/tool accidents, severed limbs/fingers, broken bones, sexual assault . . .
- ILLNESS. Food poisoning, radiation sickness, reaction from medication, sudden appearance of a rash, an allergic reaction from an insect sting, allergies (food and others), sudden craving, sudden nausea/pain/exhaustion, heat stroke or heat exhaustion, feeling faint/light-headed/dizzy . . .
- SITUATIONS. After hospital visits and/or visits to a sick friend resulting in exposure to disease-causing viruses, fungi and bacteria; exposure to industrial and home chemicals, cleaners, insecticides, herbicides, fertilizers and pesticides; exposure to high levels of air or water pollution; right after taking serious or strong medications (whether you have had a reaction or not); after receiving difficult, scary or invasive medical treatments, either in a physician's office or in the hospital, including vaccinations or shots, radiation and chemotherapy treatments, receiving stitches; dental appointments; after getting a sunburn; after each counseling/therapeutic session; after physical therapy sessions; during and immediately after a PTSD attack; when experiencing fears or phobias; after a difficult family visit or discussion/argument; grief; the anniversary of a personal crisis or the death of a loved one . . . If you are a parent, you will want to have ETS Plus available for your child for the countless accidents and illnesses he/she goes through, as well as for yourself for getting through the trauma of dealing with your child's accidents and illnesses.
- SHOCKING PERSONAL, LOCAL AND GLOBAL NEWS. You've just heard someone you know has died or been killed, another terrorist attack has occurred, war is breaking out, people (especially children) are suffering from famine and starving to death, a natural disaster has destroyed everything in its path and killed many, a nuclear reactor is damaged and could result in a meltdown . . . You've just been fired, failed a test, received bad news about a family member or friend, received a call from a bill collector or the bank, been told you have a serious illness or disease, been told your spouse wants a divorce, your car has been stolen, you've been robbed, you've just been told you've been exposed to something toxic . . .

#### TRAUMAS WITHIN TRAUMAS.

Take the basic ETS Plus dosage within the first twenty minutes of each new trauma.

- **TRAUMAS WITHIN TRAUMAS.** Example: You had an accident or illness for which you took your ETS Plus during the first twenty minutes. The ETS Plus stabilized you well. And now it's a day later or weeks later and you are recuperating from that injury or illness. You wake up one morning and realize that you have taken a step backward in your recuperation process and are feeling ill or pain. Or you suddenly feel awful during the day. Assume you have experienced another trauma that is impacting your healing process and take ETS Plus again three or four times within the first twenty minutes of experiencing the new discomfort.

ANOTHER EXAMPLE: We have the same scenario as described above. Only this time you are not near your ETS Plus bottle for hours. If you still experience the new discomfort once you have access to ETS Plus again, consider that your first twenty minutes of the trauma within a trauma begins at that point and take ETS Plus three or four times within the next twenty minutes.

*Even though it was six hours after the initial injury, once I took the ETS Plus, the pain, which had continued to be pretty strong, almost immediately went away. Not only that, I was able to let go of my exaggerated fears (Oh no, what if I broke my toe? Should I go to the ER?) and move into a very positive mental/emotional space where I could at last begin to clearly visualize a positive outcome and very tangibly feel my own powerful healing energies “come online” and begin moving throughout my body.*

—K.G., Bend, OR

#### DAILY DOSES OF ETS PLUS.

Take three or more doses throughout the day, including one dose at bedtime.

- **DAILY DOSES OF ETS PLUS.** If your workplace or home are regularly exposed to chemicals, biological agents, cleaners, insecticides, herbicides, fertilizers, pesticides or radiation, take three or more doses of ETS Plus (ten to twelve drops) throughout the day, including one dose in the evening before bedtime. You would also take these daily doses any day(s) your area has high levels of air pollution or if you are exposed to water pollution on a regular basis. And if you work in a “sick building,” you will also benefit from taking ETS Plus three or more times a day, including at bedtime. Should you experience stress or unusual difficulty in your job or home situation (e.g., fears and concerns about a member of the military who is deployed in a war zone, a family member is an alcoholic or is taking drugs, or you are taking care of a chronically ill or elderly person . . .), your health and well-being will benefit from several doses of ETS Plus throughout your day, including one dose at bedtime. People who work in high-intensity jobs such as EMT response, trauma care, hospital

emergency rooms, police, firefighters, 911 operators, suicide hot line operators . . . These kinds of jobs have trauma built into them.

● **EXTENDED TRAUMA TIME FRAMES.** Sometimes a “sudden and shocking” event is a trigger for something that lasts for more than a few minutes. Moving through the fallout from a trauma can require that we address a non-stop series of related traumas. For example, the period of time it takes to deal with the details and rebuild *after* you’ve lost your home to fire, foreclosure or flood; the personal and legal process one goes through *after* being told by your spouse he or she wants a divorce; the scary two weeks you spend in the hospital *after* a serious accident . . . These situations provide ongoing traumas that seem like they’ll never end. When we find ourselves in an Extended Trauma Time Frame, we’re not just taking ETS Plus the first twenty minutes. We did that when we experienced the trauma trigger—the very first sudden and shocking event. For Extended Trauma Time Frames we need to take ETS Plus differently—three to five doses daily, including one dose at bedtime. Continue taking ETS Plus daily until you feel your changed or new life has settled in for you. If you’ve miscalculated and you realize you’re not out of the Extended Trauma Time Frame yet, just go back to the three to five daily doses of ETS Plus. Your goal for taking the daily doses is to keep the constant daily barrage of challenges from crippling your ability to make the right decisions and do the right things for yourself and your family.

● **EMERGENCY FIRST RESPONSE FOR OTHERS.** I generally carry a bottle of ETS Plus with me. I never know when I’m going to do something to myself. I’m pretty creative with my own klutziness. But I also don’t know when someone I’m with or who is nearby is going to have an accident or suddenly become ill. So I carry the bottle as an emergency first response, as well. Over the years I’ve had several opportunities to offer it to people in trouble. Each time they’ve let me administer the doses to them. Each time the ETS Plus clearly helped them. And each time they were grateful for the help.

*I was on a hike when a man behind me started screaming that we had to get to the road fast because he couldn’t breathe well and his chest was hurting. Someone said he was a diabetic and needed sugar. I looked back at the white sweating face and had another opinion. I fell back to walk next to him and ask if he’d take this emergency stuff I had. He said he was hurting so bad he’d take anything to feel better. I warned him it tasted like vinegar but wouldn’t have any chemical effect. I administered the first dropperful to him and five minutes later asked him to take the second, which he did.*

## Trauma and ETS Plus

### EXTENDED TRAUMA TIME FRAMES.

Take three to five doses of ETS Plus daily, including one dose at bedtime.

### EMERGENCY FIRST RESPONSE FOR OTHERS.

First, take one dose of ETS Plus for yourself.

Then administer the basic ETS Plus dosage within the first twenty minutes upon your arrival.

*After that when I tried to give him the third, he said he thought he was okay. His color had returned and he had stopped sweating. I suggested, but didn't push the third and fourth dosage. We finally got to the road where others had called ahead for the ambulance. It was later confirmed that he had had a heart attack.*

*Two weeks later, the man was in the parking lot where we gather for our hike. When he saw me, he walked over and said, "It was you who gave me that stuff, wasn't it?" I smiled and said "yes," and he smiled. It made me feel very special to have been able to help him with the ETS Plus. That week he wasn't hiking—he just wanted to see the group, and I feel he wanted to acknowledge to me that he and I knew what had stopped the heart attack. I tell people about ETS Plus and have given many bottles away. Sometimes someone will tell me they took it and it seemed to help. I know it does but it sounds strange to others, so now I wait until I see the right opportunity to pass the message.*

— F.H., Morris, NY

#### TRAUMA CARE, ETC.

Administer the basic ETS Plus dosage within the first twenty minutes upon your arrival.

● TRAUMA CARE / EMERGENCY ROOM RESPONSE / EMT RESPONSE / BATTLEFIELD TRIAGE. I urge those of you who work in these kinds of emergency areas to administer ETS Plus to patients in these extreme situations. I understand it is tricky trying something new in a highly regulated and overly litigated environment, but I'm hoping that some of you will figure out how to introduce ETS Plus and start using it—for the sake of the patient.

DOSAGE: Immediately upon arriving on the scene, administer one dose of ETS Plus three times, five minutes apart during the first twenty minutes.

#### ETS PLUS BATHS.

Add ¼ cup (two ounces) of ETS Plus to a full bath and soak for twenty minutes.

● ETS PLUS BATHS — THE FULL-IMMERSION EXPERIENCE. An ETS Plus bath works wonders for everything from general stress to periods of extreme stress to tired, sore or injured muscles, sunburn, heat exhaustion, recovering from surgery or illness, or just recovering from life...

For an ETS Plus bath, put ¼ cup (two ounces) ETS Plus in a full bath and soak for twenty minutes. Do not add any other bath ingredients such as bubble baths, salts, oils, etc. If you use PKTT, you can test for how many nights you would benefit from an ETS Plus bath. Everyone who has tried the bath swears by it!

TO USE ETS PLUS BEST, it's important to have a bottle within easy reach should a trauma occur. Really. It's so annoying to have to go on a search mission while we're bleeding all over the place or we've just knocked ourselves senseless. Think about the danger zones for you and your family and put a bottle of ETS Plus in each location. This would include having a bottle in the kitchen, bathroom, workshop, office, each car, bike bag, backpack, gym bag, purse and briefcase. Also include a bottle by the television and phone to use when receiving or hearing bad news. And if you're like me, you also may need to carry a bottle around in your pocket so that you'll have your ETS Plus handy at all times throughout the day.

If you hate sitting in a tub or don't have time for this, but you know you could benefit from a full immersion, put undiluted ETS Plus in a spray bottle and spray the solution over your whole body. (You need to be naked for this!) Then air dry. It should take just a few minutes. (Pour any remaining ETS Plus back into its dropper bottle each time you have finished spraying. Don't let it sit in the spray bottle.)

● **TOPICAL APPLICATIONS.** This is an ETS Plus use that has become quite popular over the years. It goes like this:

If you get a cut: Take ETS Plus orally. Then place a drop(s) or spray ETS Plus directly on the cut and let it air dry.

If you burn yourself: Take ETS Plus orally. Then place a drop(s) or spray ETS Plus directly on the burn and let it air dry.

If you sprain a muscle: Take ETS Plus orally. Then place a drop(s) or spray ETS Plus directly on the damaged muscle area and let it air dry.

If you get an insect sting or bite: Take ETS Plus orally. Then place a drop(s) or spray ETS Plus directly on the bite or sting and let it air dry.

Get the rhythm? This two-prong application of ETS Plus helps reduce pain more quickly and speeds the healing process even more. NOTE: If you set up an ETS Plus spray bottle, don't leave the plastic pipette submerged in the bottle once you are finished applying the ETS Plus. Remove the spray cap and replace it with a spare dropper cap with the glass pipette until you need to spray ETS Plus again.

JUST TO MAKE SURE WE'RE CLEAR ABOUT THIS: ETS Plus does not take the place of needed and qualified medical attention such as having a broken bone set, receiving stitches or taking needed medications. In such cases, take ETS Plus immediately after the trauma, then call for help.

## USING ETS PLUS AND THE PERELANDRA ESSENCES

ETS Plus and the Perelandra Essences function extremely well together. When something happens, take ETS Plus first. Dealing with the simplicity of a single, pre-mixed bottle while our eyes are crossed and we're screaming with pain makes life quite a bit simpler. As I've said, ETS Plus takes care of trauma circuit damage. Once that's done, we can address the injury or health issue and facilitate the body's healing process by working with the Perelandra Essences. Because you've already stabilized the trauma circuits, you'll need fewer Essences.

Before I introduced ETS Plus, I had to provide Essence protocols for a bunch of different scenarios for you to use that were complex enough to make Rube Goldberg smile. Lordy, have mercy on us all. Then along came ETS Plus and life's complexities got reduced to a beautiful simplicity. Here's a list of some different situations we might face. To give you a sense of how to approach them, I've included the sequence for addressing them with ETS Plus and the Perelandra Essences.

- INJURIES

1. ETS Plus—Take three or four doses during the first twenty minutes.
2. Do the Basic Telegraph Test.

- INJURIES NEEDING MEDICAL ATTENTION

1. ETS Plus—Take three or four doses during the first twenty minutes.
2. Call for help immediately.\* Go to the hospital.
3. If you are incapacitated, take ETS Plus daily until you are able to test. If you can do a little testing; do a daily Basic Essence Test (no dosage testing needed).
4. Once you can resume full testing; do the Basic Telegraph Test for the injuries.

\* Immediately after taking the first dose of ETS Plus, call for help. Don't wait until after the full twenty minutes to seek assistance.

- SERIOUS OR COMPLEX INJURIES

1. ETS Plus—Take three or four doses during the first twenty minutes.
2. Do the Basic Telegraph Test.

*If the injury includes seizures or attacks:*

1. ETS Plus—Take three or four doses as soon as you feel a seizure/attack coming on.
2. ETS Plus—Take three or four doses right after a seizure/attack.
3. Do the Basic Telegraph Test. Should a related injury occur, add it to your BTT checklist and telegraph test this new injury right away and do all the follow-up testing. It is now a regular part of your BTT checklist.

- MISALIGNMENTS AND CHIROPRACTIC WORK. By “misalignment” I mean something like a vertebra that is not seated or anything in the rest of the skeletal system that has been knocked, pulled, banged or emoted out of its correct alignment.

1. Take three or four doses of ETS Plus during the first twenty minutes when the problem occurs or when you first recognize the problem.
2. Make a chiropractor appointment as soon as possible, if needed.

Sometimes a misalignment will automatically adjust on its own if treated with ETS Plus and Essences right away. In this case a chiropractor appointment is not needed.

3. While waiting for the appointment day, do daily Basic Essence Tests.

4. Immediately after the appointment, take three or four doses of ETS Plus during the first twenty minutes.

5. Post-appointment, do the Basic Telegraph Test for the misalignment.

● PHYSICAL THERAPY SESSIONS

1. Use ETS Plus during the session whenever there is unusual difficulty, stress or pain. Take one dose only.

2. Use ETS Plus immediately after the session. Take three or four doses during the first twenty minutes.

3. Consider including the Perelandra Essences in your daily regimen for whatever is causing the need for physical therapy. Look at the Basic Essence Test, the Basic Telegraph Test and Telegraph Testing for Chronic Illness and decide which testing approach best suits your situation.

● COUNSELING SESSIONS

1. Use ETS Plus during the session whenever there is unusual emotional difficulty or pain. Take one dose only.

2. Use ETS Plus immediately after the session. Take three or four doses during the first twenty minutes.

3. Consider including the Perelandra Essences in your daily regimen for whatever is causing you to need counseling. Look at the Basic Essence Test and the Basic Telegraph Test and decide which approach best suits your situation.

● ANY SITUATION OR EVENT THAT MADE YOU GRAB YOUR ETS PLUS

1. ETS Plus: Take three or four doses during the first twenty minutes.

2. As soon as possible (*within twenty-four hours*) and if needed, follow up with the appropriate Essence testing. A lot of times ETS Plus will take care of a problem and nothing more is needed. However, for the situations that go beyond the initial trauma and require more attention, decide which Essence testing is best for you to use. If you're not sure if a follow-up is needed, do a Basic Essence Test about an hour after taking the ETS Plus doses. If ETS Plus took care of it, the Basic Essence Test will test clear and no Essences are needed. If you did not test clear, take the Essences that tested positive. Then decide which Essence testing best addresses the situation and either switch to the Basic Telegraph Test or continue doing the Basic Essence Test (daily or with dosage testing) until you test clear.

# ADDITIONAL PERELANDRA PROCESSES THAT HAVE BEEN STREAMLINED BY ETS PLUS

*Trauma and  
ETS Plus*

## ETS Plus Birth-Stabilizing Process\*

We can now greatly expand the range of support for both mother and child during the birthing process by taking ETS Plus.

- **LABOR AND BIRTH.** As soon as contractions begin, take two doses (ten to twelve drops per dose) of ETS Plus. Focus on yourself for the first dose and on the baby for the second dose. If labor proceeds naturally and without any problems, this initial dose of ETS Plus is all you and the baby will need. However, should a problem arise or should you feel overly stressed or panicked during labor, take another dose of ETS Plus immediately for yourself and a second dose for the baby.
- **TELL DAD** (or whoever is assisting or coaching you) to take a dose of ETS Plus once labor begins so that he can be more helpful during the process and less annoying. Should he faint or become overwhelmed at any time during the process, he's to take another dose.
- **AS SOON AS POSSIBLE AFTER THE BIRTH**
  - **MOM.** Take one dose of ETS Plus for your part of the birthing process. If you received stitches or experienced any other problem during the birthing process and you work with the Perelandra Essences, plan to telegraph test using the surgery guidelines\*\* once you are up to testing the Essences again.
  - **BABY.** Tell someone to place ten drops of ETS Plus on your forehead and gently rub the drops into the skin. (It would help if they held the bottle in their hands to warm the solution before putting the drops on your forehead. After all, you're brand new to this life and deserve a little extra TLC.) Then tell them to let your forehead air dry. Finally, tell them to cuddle you like crazy and tell you how perfect you are. (If they don't say any of this to you, throw up on them.)
  - **DAD.** Take one dose of ETS Plus to balance out the intensity of your own experience during the birthing process and the shock of realizing the baby is finally here and is actually lying there and staring at you.

\* Formerly known as the Cauliflower Essence Birth-Stabilizing Process.

SEE APPENDIX A for updated information on the following Essence processes:

- Calibration Process
- Miasm Process
- Restabilizing Process for the Perelandra Essences
- Past Problems
- Peeling Process
- Two-Week Essence Process

SEE CHAPTER 17 for the updated Post-Death Essence Process.

\*\* See chapter 10 for the surgery guidelines.

\* See chapter 15,  
*Surrogate Testing Children.*

At some point the baby will get sick. They like to do this because it makes their mom and dad crazy. When they get sick, treat them first with a dose of ETS Plus, then do a Basic Essence Test or a Telegraph Test, whichever process is best for the situation. Be sure to follow the guidelines for testing infants.\* Up to nine months of age you can place ETS Plus and Essence drops on the baby's forehead and gently massage them into the skin. After that point, they will need to take all drops orally.

### Extreme-Trauma Repair Process\*\*

\*\* Formerly known as the  
Body/Soul Fusion Process.

In chapter 3, I describe how the circuits on each of the PEMS levels connect and support one another. The soul level is connected electrically with each of the other three levels. When the body's circuits are balanced and operating well, the dynamics and information that are unique to the soul level flow into and support the other three levels. Our overall balance as a human being depends on the soul-level information that provides the range and scope of what constitutes balanced activity on all our levels.

But we are talking about biological electric circuits and these can become damaged. If the flow from the soul level is impeded, the consequences are significant and the person will experience problems on all PEMS levels. Circuit damage that impedes the currents and flow from the soul level are caused in two ways: (1) The circuits have irregularities or mechanical damage that need repairing, or (2) a person experiences a trauma that is so severe, so shocking that it has significantly damaged the circuits that fuse, connect and seat the soul level with the emotions, mental and physical levels. This intense level of trauma is so great that, as part of the trauma response, a person will desperately attempt to withdraw or disconnect from the event to protect himself, resulting in even greater damage to his trauma circuits. The kinds of trauma an adult or child may experience that can cause such extreme damage include incest; child abuse; adult abuse; dealing with an alcoholic or drug addicted parent, child or spouse; rape; the sudden loss of a child; a sudden injury that has left the person severely injured or paralyzed; a horrific accident in which someone was killed or witnessed someone dying.

After a person has suffered this degree of trauma, he can appear listless, unable to speak coherently, unable to cope with daily routine, flaky or depressed. He has trouble focusing and his eyes can appear glassy or distant. He shows no interest in what is positive in his life. These symptoms are severe and the person will show

no interest in lifting out of them. They are providing the person a sense of comfort and protection. We tend to say this person is in severe shock and/or depressed. The symptoms will last as long as his circuits are in need of repair. That can be a matter of weeks, months or years, depending on his body's ability to naturally repair the circuits and the person's will to re-enter life and live again.

Sometimes, depending on the nature of the extreme-trauma event, a person is able to take ETS Plus within that initial twenty-minute window. When this is possible, the damaged extreme-trauma circuits on all four PEMS levels are repaired right away, thus enabling the person to turn his attention in clear and grounded ways to the serious situation in which he now finds himself.

However, what is more likely to happen is that you will not be the victim but, rather, the one administering ETS Plus to a friend or loved one who is suffering from extreme trauma. And that initial twenty-minute trauma window will be long gone before you are able to get to his bedside. Treat this situation as an *Extended Trauma Time Frame*.

### *When Coming to a Friend's Aid*

- When you first arrive, administer the initial four doses of ETS Plus five minutes apart. If he is unconscious or otherwise unable to open his mouth, just put the drops on his lips, two or three drops at a time, until you've administered a total of ten drops (*Fig. A*). The drops will seep into his mouth and mix with his saliva. Repeat this three more times every five minutes.
- Once he has regained consciousness, have him take ETS Plus five times daily, including one dose at bedtime. The easiest way for him to take five doses each day is to add *twelve drops* of ETS Plus to a half cup of water (four to six ounces) so that he can sip it throughout the day.\* It doesn't matter if he takes more than five doses. It does matter if he takes fewer than five doses. Someone needs to make sure they stop by each day to mix the drops and water for him. You may need to organize an "ETS Plus Brigade" among family and friends to make sure each day is covered.
- He is to continue taking ETS Plus daily until he feels he can cope with the situation and begin to participate in his life. ETS Plus will provide the support and circuit pathways for him to reconnect with his life on all four PEMS levels, but it will not override his sense of timing or his feeling that he



*Fig. A*

\* This is an extreme situation and the only time a diluted ETS Plus will maintain its effectiveness. All other ETS Plus dosages are to be taken undiluted.

is not yet ready to leave the comfort of his detached state. In short, ETS Plus removes the obstacles and resets all the damaged circuits so that they will be ready for him when he wishes to reconnect to life. By repairing the damaged circuits, the time he spends in the detached state will be shortened. But when those circuits are not repaired, the wild wiring sets up an electrical environment that continues to reflect his experience of the extreme-trauma event and says to him that it's not safe to re-enter life. Plus, he doesn't have the connections and pathways to move out of the state until the circuit damage is repaired. The circuit damage literally supports and encourages him to remain in his detached state.

- When he feels he's back on track and interested in life again, he can stop taking the daily ETS Plus doses. But if he miscalculates and rushes the timing, he'll realize it pretty quickly. The feelings of detachment, listlessness and disinterest will return letting him (or those around him) know he's not out of the Extended Trauma Time Frame yet. Should this occur, he only needs to return to the five daily doses of ETS Plus.
- His goal for taking ETS Plus is to provide his damaged extreme-trauma circuits what they need to balance, stabilize and repair the hit they took from the event and to provide himself the encouragement and pathways he needs for reestablishing himself in life.
- After ETS Plus is no longer needed, you can surrogate telegraph test\* any remaining issues and symptoms. List them on the BTT checklist.

\* See chapter 13,  
*Surrogate Basic Telegraph Test.*

#### ● OLD EXTREME-TRAUMA EVENTS

If an extreme-trauma event occurred in your life years ago and you notice that you are now perpetually spacy, frightened, shy, flaky, aggressive or acting out in other ways that you know are not who you are, you could be carrying forward damaged extreme-trauma circuits that need repair right away. Not only are they causing you to act, think or feel in odd ways, but they are interfering with your overall health. Don't forget that the body's natural healing process is impaired if the trauma circuits are damaged. In this case, the original event, the memory of it and your thoughts keep adding extreme trauma on top of extreme trauma. You're in a perpetual trauma loop, and the original circuit damage has never had a chance to repair. This has caused the healing process for all other health issues to be compromised. For this situation, do the following:

- Take ETS Plus *five times daily*, including once at bedtime. Once you repair these trauma circuits, how you think about the event and how those memories impact you will change and you'll notice that the behavior that you know is not really you will be gone.
- After ETS Plus is no longer needed, you can telegraph test any remaining issues and symptoms. List them on the BTT checklist.
- Go on the vacation of your dreams to celebrate that the extreme-trauma event is no longer dominating you and use the bundle of money you save from all the therapy sessions you no longer need thanks to your newly repaired circuits to pay for that vacation.

● NEWBORNS AND INFANTS UP TO NINE MONTHS

If your child seems detached and/or developmentally slow, she may have suffered mechanical circuit issues that occurred in utero as the electric system developed or circuit damage that occurred during the birth process. She may also have shifted into an extreme-trauma protection mode that damaged circuits if she sensed she was about to enter a jarring, violent, loud world caused by a troubled, addicted or angry parent, or a hostile family situation. (She may have been in utero, but she could still hear and she could sense the environment that was immediately outside and surrounding Mom's body.) In either case, she's born with damaged trauma circuits. If she has been given ETS Plus when her mother went into labor and again right after birth, the trauma damage will be taken care of. If she hasn't had this benefit:

- Apply ten drops of ETS Plus on her forehead, gently massage in and allow her forehead to air dry (*Fig. B*).
- Repeat this routine *once daily* for the next four days.
- After four days, the trauma circuits will be repaired and she'll have the pathways she needs to fully integrate into her life on all PEMS levels.
- Do whatever is necessary to make her environment baby friendly. If you don't, she may need doses of ETS Plus on a regular basis just to survive the unfriendly home situation.

● FOR TODDLERS AND CHILDREN UNDER AGE TWELVE

I'll give you an example of identifying possible trauma circuit damage in toddlers and older children. A mother took her seven-year-old daughter to a practitioner who offered the Body/Soul Fusion Process (the old version) as part of her service. The



*Fig. B*

daughter had never spoken—not to her family and not to her friends. She had been examined by many specialists and given a bunch of tests, but they could find nothing physically wrong with her hearing or her ability to speak. She just wasn't speaking. The practitioner felt the Body/Soul Fusion Process was worth a shot and put her through the steps right then. Immediately after the process was completed, the daughter looked at her mother (something she hadn't done very often) and calmly stated, "This is boring. Let's go home." Then she got up and started toward the door, leaving Mom and the practitioner sitting in shocked amazement. According to the practitioner who told me this story, the daughter never stopped talking again.

We can say that this child was just stubborn or uninterested in verbal communication. Or we can say she either was born with damaged trauma circuits or she developed a problem early on after birth that, when finally repaired, immediately supported her ability and desire to communicate verbally. Throughout the seven years, she had shown no signs of being defiant or playing games with her parents or the doctors. She also showed no signs of being mentally disabled. She was one of those patients who caused the doctors to scratch their collective heads and mumble, "I don't know."



After birth, children may experience extreme-trauma circuit damage in any number of ways. Frequent screaming at a child, physical and mental abuse, threatening physical or mental abuse, a traumatizing adoption situation . . . anything that would over-activate the child's trauma and self-protection circuits. For these children, do the following:

- Administer *two doses* of ETS Plus daily, including once at bedtime.
- Treat this as an Extended Trauma Time Frame and continue the daily ETS Plus doses until the damaged trauma-circuit symptoms are gone. This may take a matter of days or a few weeks—or it can happen right away.
- After ETS Plus is no longer needed, you can do a surrogate Basic Essence Test,\* including all the follow-up testing for addressing any residual electric system damage.
- Straighten out the home, your life and the child's situation so that she doesn't have to experience trauma and need to function with damaged circuits. Really, enough is enough.

\* See chapter 12, *Surrogate Basic Essence Test*.

- FOR CHILDREN AND YOUNG ADULTS TWELVE TO EIGHTEEN
  - Have them take *four doses* of ETS Plus daily, including once at bedtime.
  - Treat this as an Extended Trauma Time Frame and continue the daily ETS Plus doses until the damaged trauma-circuit symptoms are gone. This may take a few weeks or a few months.
  - After ETS Plus is no longer needed, you can do a surrogate Basic Essence Test, including all the follow-up testing for addressing any residual electric system damage.
  - This still applies: Straighten out the home, your life and the child's situation so that she doesn't have to experience trauma and need to function with damaged circuits.

NOTE: When a child is experiencing trauma-circuit damage, you will need to focus first on repairing those circuits. For this, you will be using ETS Plus only. Once the Extended Trauma Time Frame is over and you wish to address any lingering symptoms, set up to do a surrogate Basic Essence Test first and do all the follow-up testing until the child tests clear. For any persistent symptoms, set up a surrogate Basic Telegraph Test and include each remaining symptom on the BTT checklist.\*

\* See chapter 15,  
*Surrogate Testing Children*  
for information and steps.

### *Coping with the Adolescence from Hell*

If your son or daughter is experiencing the adolescence from hell, try an ETS Plus regimen following the guidelines for children twelve to eighteen. If your child's adolescence has caused you to beat your head against a wall more than three times, you might need ETS Plus for yourself as well. Plan to take doses three or more times daily until you feel you can cope comfortably and nonviolently. Anytime the old urges come up again for you, resume the daily ETS Plus dosages.



## Primary Electric System Repair Package

By this point, you have learned the tools in the Primary Electric System Repair Package:

Basic Essence Test  
Basic Telegraph Test  
ETS Plus

You will be using the information and testing processes from those three chapters (chapters 6, 7 and 8) for nearly all your health needs throughout the rest of your life. You can stop right here and concentrate on working with the Primary Electric System Repair Package for as long as you wish.

The next two chapters (chapters 9 and 10) address Essence testing for special situations: chronic illness, surgery, active scars, amputation and phantom limb syndrome. You don't have to deal with the information contained in chapters 9 and 10 unless you need to address one of these special situations. Be sure you are comfortable with the testing and information in the Primary Electric System Repair Package before moving on to the information and testing for those special situations.

You may want to read Part Four: *Surrogate Testing* sooner rather than later. I've already mentioned this testing several times and if you wish to offer the Perelandra Essences and their health benefits to family and friends, you'll need to learn surrogate testing.

