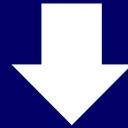


Epigenetics Ltd

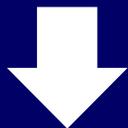
**Annual Update
2012**

Neurotransmitters and Perception

Awareness



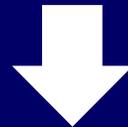
Consciousness



Subconscious



Chemistry



Physical

All must be in perfect harmony or balance for perfect health.

Diagnostic entries into a persons state of well being

Body types via coloured acetates

State of Being

Energy (ATP) levels

Hormones

Neurotransmitters

Regeneration / Degeneration

The development of **quantum physics** in the 1920's changed the world we see and thought we understood from a material world to one of energy. Atoms were discovered to be bundles of energy and not solid matter as previously thought.

As all three aspects of a **State of Being** should be in harmony, disharmony would mean an imbalance in the person's energy fields i.e. their meridian system. Chi equates to prana (breath, life, vitality of the spirit) or vital energy. Meridians are energy channels that flow in specific and predictable patterns.

We can measure **meridian imbalances at specific acupuncture points.**

Meridians are waves of energy.

Energy is composed of both wavelengths and frequency.

Thus each meridian has a specific colour associated with it (wavelength) and a specific sound associated with it (frequency).

**How hormones change the mind
and how the mind changes
hormones**

The endocrine system carries out a wide variety of physiological processes through chemical messengers called "hormones."

This system is a collection of glands that produces these hormones, which are necessary for normal bodily functions.

The hormones regulate **metabolism, body shape, growth, and sexual development.**

These glands release the hormones directly into the bloodstream, where they are transported to organs and tissues throughout the entire body.

Body types Hormones and Colour

Light or so called “white light” is composed of an equal blend of **RED**, **GREEN** and **BLUE** components of the visible spectrum.

These 3 colours are also the sensitivities of the human trichromate cones.

Human cones are off-set to

619nm Orange / Red

550nm Yellow / Green

440nm Violet / Blue

Visual challenge

Challenge against the BLACK acetate. Indicates low vital energy. If weakens use therapies that increase vitality such as light therapy, cranial, VEP spray, aromatherapy.



Visual challenge

**If the BLACK acetate does not
weaken challenge against**

The CONE acetates

RED

GREEN

BLUE

Strong muscle will weaken to one of the **cone acetate** colours.

Then challenge each eye individually for any less dominant colour.

RED/RED **RED/GREEN** **RED/BLUE**

GREEN/GREEN **GREEN/RED** **GREEN/BLUE**

BLUE/BLUE **BLUE/RED** **BLUE/GREEN**

**The three coloured acetates and
their relationship to body types
and the endocrine glands.**

RED Thyroid Endomorph Kapha

Morphology

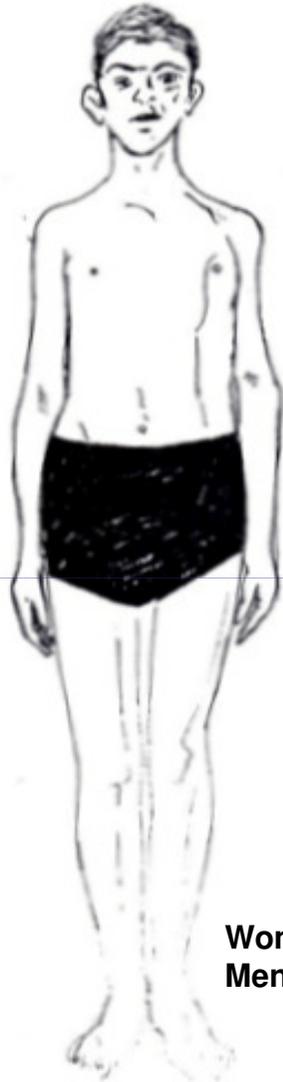
Key is leanness. The thyroid elevates metabolism. Hands are long with thin straight fingers often with knuckles. Nails are hard and moons pronounced. Lots of eye brows often meeting above the nose. Fine hair and small white teeth.

Long bones and thin. Thyroid is stimulated by anything that raises blood glucose thus they crave sweets, coffee, chocolate, juices and alcohol. Do best on high protein, moderate in fat and low in carbohydrates. Breakfast is the most important meal. Tendency to arthritis and skin problems.

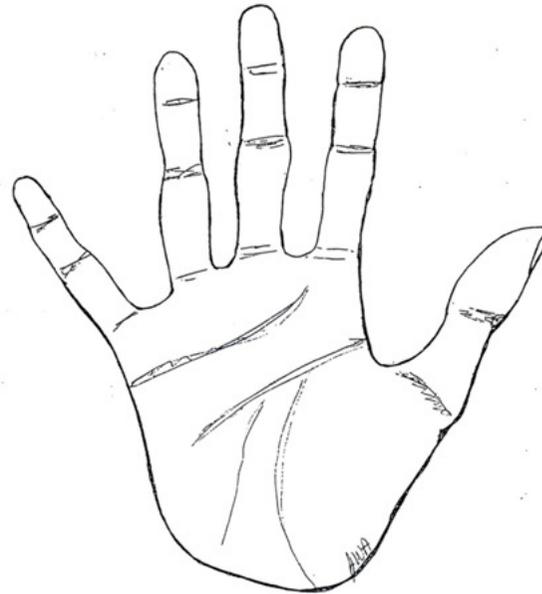
Emotions

Tend towards depression. Regular ups and downs in energy and temperament. They tend to be intuitive.

Do best on an early to bed and early to rise sleep pattern.



Morphology



**Long thin fingers.
Palm length equal or
longer than fingers.
Overall appearance is
lean and possibly moist.**

**Women 5ft5-5ft-7
Men 5ft6-5ft8**

RED THYROID TYPE



Weight gain

RED Thyroid Endomorph Kapha

Affinity to Aluminium

Homocysteine

**Low Methyl tetrahydrofolate so
increased risk of heart attacks.**

+ve to APOE4

Cholesterol and Triglycerides

**Require hypoiodite by their immune
systems**

Natural carnivores React to wheat lectin

Avoid broccoli as ↓Thyroid

Diet

High protein – red meat and fish

Moderate fats

Low carbohydrates

Breakfast most important meal.

Avoid wheat

Avoid broccoli but cabbage ok

Supplements

Vitamins – to be taken in water 3x a day with meals

Vitamin B2 (Riboflavin)

Vitamin B6 (Pyridoxine)

Folic acid

Vitamin B12 (Hydroxycobalamin)

Inositol

Vitamin C

Minerals – to be taken in water 3x a day with meals

Iodides-magnesium and potassium

Manganese

Molybdenum

Selenium

Silica

Zinc

**Oils all organic and cold pressed.
To be taken with the evening meal.**

Flax

Hemp

Olive

Pumpkin

Herbs and Spices as beverage. All organic. To be taken in hot water 3x a day between meals.

HERBS

**Coriander
Oregano
Rosemary**

SPICES

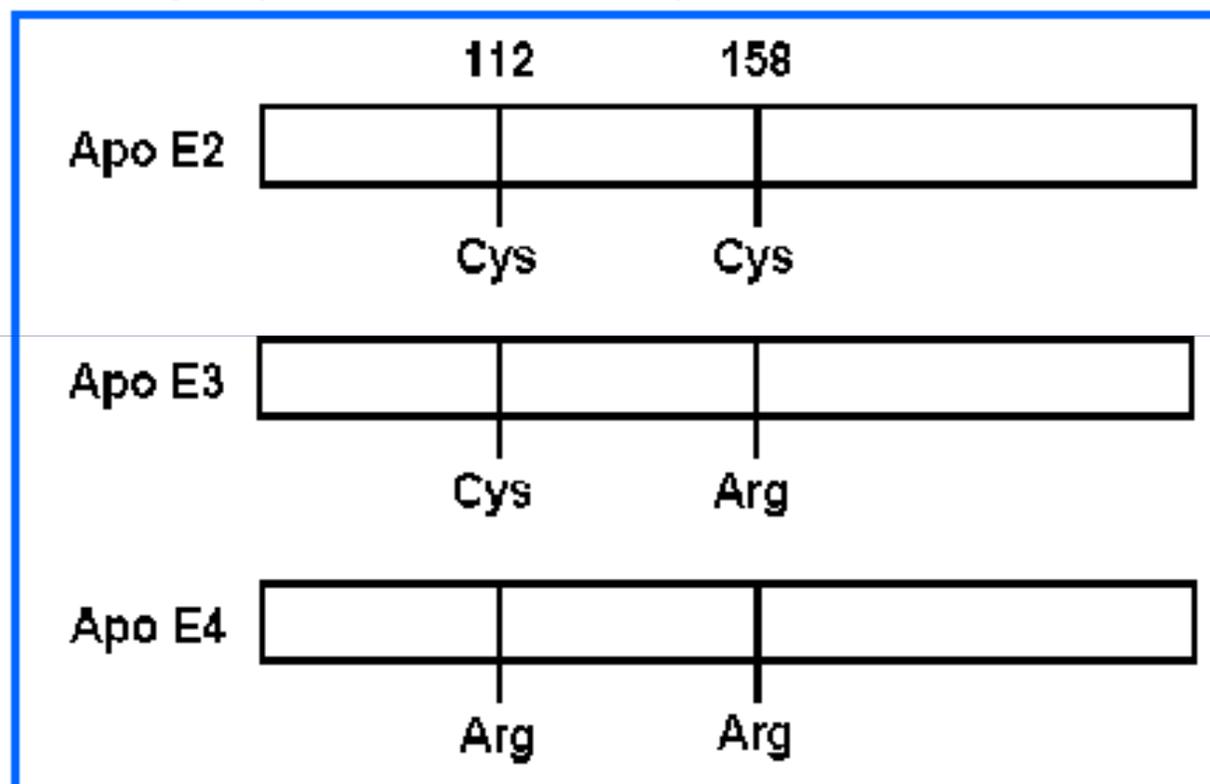
**Cumin
Fenugreek
Ginger
Mace**

Probiotics

To be taken last thing at night. Put powder into a glass and then add room temperature mineral water. Stir well and drink.

L. Plantarium

Substitution of Arginine for Cysteine in Apo E3 and Apo E4 at Positions 112 and 158 Results in Loss of Potential Binding Sites for Sulfhydryl Reactive Heavy Metals such as Mercury



APO E4 and the Cone Acetates

RED cone denotes APO E4 allele

GREEN cone denotes APO E2 allele

BLUE cone denotes APO E3 allele

GREEN Adrenal cortex Mesomorph Pitta

The key feature is muscular development and intramuscular water retention. Tends to be taller than other types and be strongly built. Hands are square with tubular fingers about as long as the palm. The face tends to be triangular.

Good resistance to disease and get well quickly. They work and play hard. Thymus and thyroid tend to be their weakest glands and may suffer asthma and allergies. The adrenals are stimulated by sodium and cholesterol and so crave salt and salty foods and greasy foods like crisps and chips.

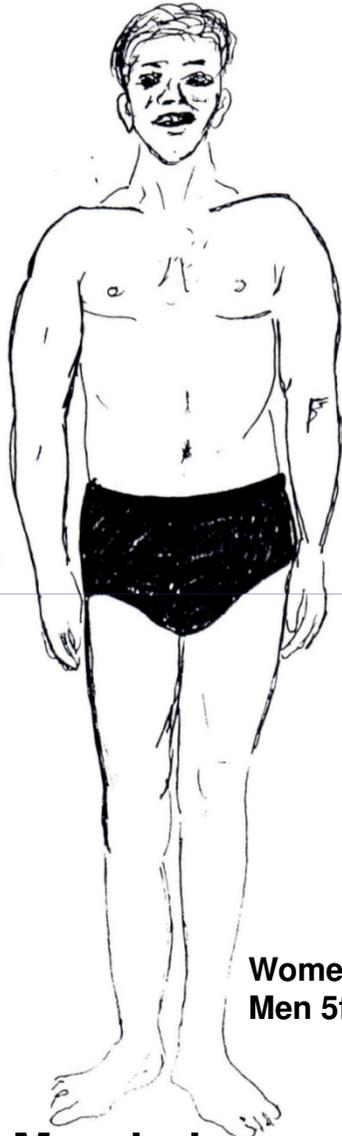
They get stronger and stronger as the day progresses and those who stimulate their adrenals tend to drink alcohol in the evenings to relax. They tend towards high blood pressure and some types of heart disease.

Diet Pritikins diet – low calorie, plenty of fruit and vegetables. Low fat.

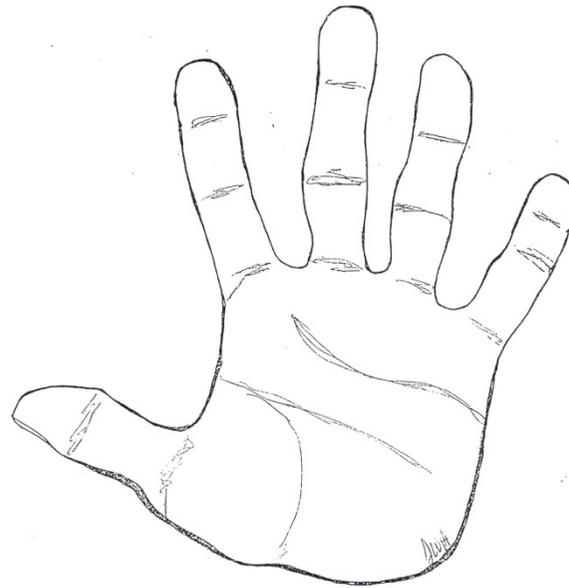
Emotions

They are hard working, intelligent and positive but very sensitive. Temperament can be explosive.

Late to bed and late to rise is the norm.



Morphology



Fingers are strong and muscular with squared tips. Palm is square and muscular. Fingers and palm lengths tend to be equal.

**Women 5ft8 and above
Men 5ft8 and above**

GREEN BODY TYPE



Weight gain

GREEN Adrenal cortex Mesomorph Pitta

Affinity to Nickel (spice tincture)

Require hypobromite (*walnuts*) **by their
immune systems**

Chemically sensitive individuals.

Alpha Solenine foods (spice tincture)

Sulfites (spice tincture)

Casein

Diet

Priritikin-Plenty of fruits, vegetables, legumes (such as black beans and pinto beans), whole grains such as brown rice, starchy vegetables like yams, lean meat, and seafood.

Avoid as much as possible potatoes, tomatoes, green peppers, chilli.

Avoid cheese especially cooked.

Supplements

Vitamins – to be taken in water 3x a day with meals

Vitamin B1 (Thiamine)

Vitamin B6 (Pyridoxine)

Folic acid

Vitamin B12 (Hydroxycobalamin)

Choline

Minerals – to be taken in water 3x a day with meals

Boron

Copper

Selenium

Silica

Zinc

**Oils all organic and cold pressed.
To be taken with the evening meal.**

Grape seed

Hazelnut

Peanut

Sesame

Herbs and Spices as beverage. All organic. To be taken in hot water 3x a day between meals.

HERBS

**Rosemary
Lemon balm**

SPICES

**Cumin
Ginger
Star anise**

Probiotics

To be taken last thing at night. Put powder into a glass and then add room temperature mineral water. Stir well and drink.

L. Rhamnosis

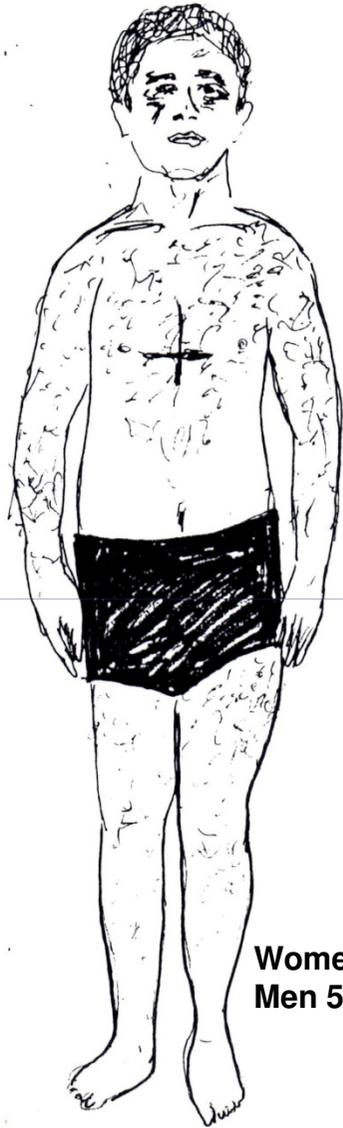
BLUE Gonads Ectomorph Vata

The key feature is short and sexual development. Classically far eastern body shape. Men tend to be short and stouter with softer musculature than the green person but with ample body hair often on the back. Small hands with tapered fingers which are shorter than the palm. Hair is usually thick and course.

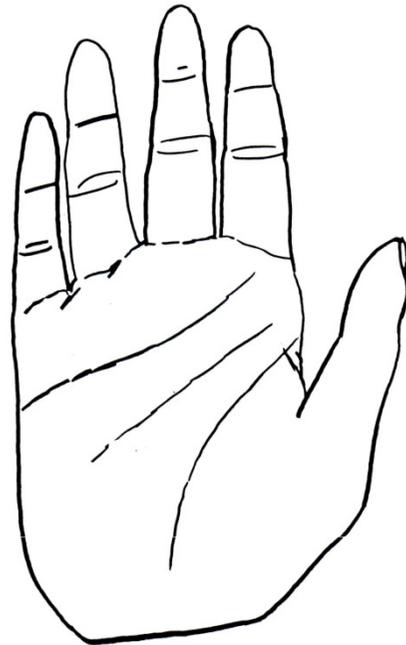
Skin tends to be smooth and elastic. Consistent physical fight with weight gain.

Emotions

Tend to be even tempered and cool down quickly if angered. Tend to be positive and helpful people. Are capable, industrious and loyal.



Morphology



Small hand with tapered fingers



Weight gain

Women 5ft5-5 and below
Men 5ft6 and below

BLUE BODY TYPE

BLUE Gonads Ectomorph Vata

Affinity to Mercury. (spice tincture)

**Low Methylene tetrahydrofolate so
increased risk of cancer. B12** (spinach)

**Require hypochlorite by their
immune systems.** (seafood)

Natural vegetarians.

React to milk lactose. (milk contains IGF1)

Alcohol intolerant. Tyramine sensitive

Pesticides (estrogen mimics, spice tincture)

Diet

Low animal protein.

Plenty of fruit and vegetables.

No cow's milk or lactose products.

Beware of old or aging cheese, avocados, bananas, chocolate and other tyramine foods.

Avoid Aspartame and MSG.

Limit alcohol

Supplements

Vitamins – to be taken in water 3x a day with meals

Vitamin B1 (Thiamine)

Folic acid

Vitamin B12 (Hydroxycobalamin)

Choline

Minerals – to be taken in water 3x a day with meals

Boron

Magnesium

Selenium

Sulphur

Zinc

**Oils all organic and cold pressed.
To be taken with the evening meal.**

Flax seed

Pumpkin

Walnut

Herbs and Spices as beverage. All organic. To be taken in hot water 3x a day between meals.

HERBS

Basil

Coriander

Dill

SPICES

Chilli

Cinnamon

Paprika

Probiotics

To be taken last thing at night. Put powder into a glass and then add room temperature mineral water. Stir well and drink.

L. Casei

Complementary colours

A person is at their best when using the person's complementary coloured acetates.

Use always when testing for adverse substances such as toiletries cosmetics and food allergy / intolerances.

Both the weakening acetates and the complementary acetates appear to function clinically more powerfully over the **Frontal eminences.**

This brain region has been implicated in planning complex cognitive behaviour, personality expression, decision making and moderating social behaviour.

The basic activity of this brain region is considered to be orchestration of thoughts and actions in accordance with internal goals.

The most typical psychological term for functions carried out by the prefrontal cortex area is executive function.

Executive function relates to abilities to differentiate among conflicting thoughts, determine good and bad, better and best, same and different, future consequences of current activities, working toward a defined goal, prediction of outcomes, expectation based on actions, and social "control."

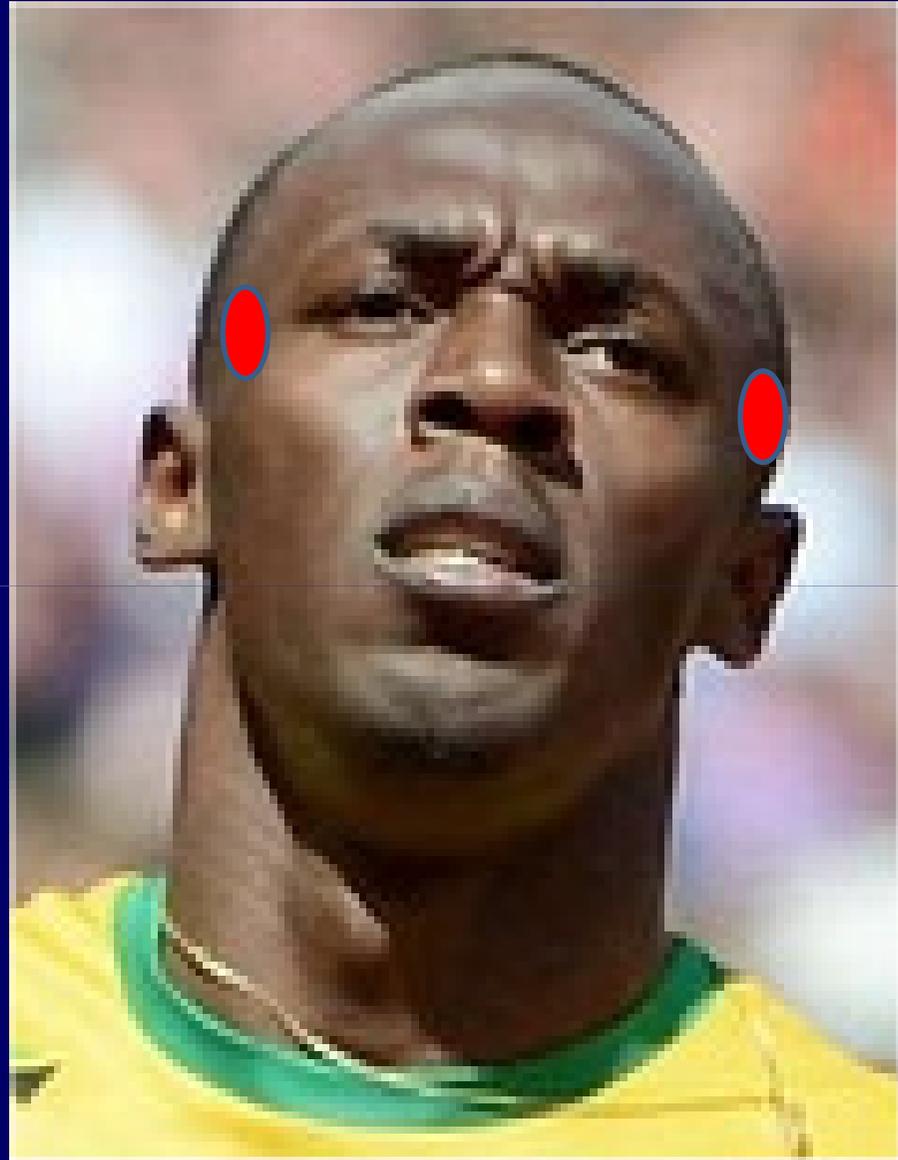
What to do when a person shows to different colours in each eye or body structure does not fit with the weakening colour(s).

1. Challenge for a subconscious emotion using the amygdala points.

Amygdala

Therapy

localise to the greater wing of the right and then left sphenoid. Then reverse therapy localisation.



2. Whilst maintaining the positive therapy localisation administer 1 minute of Miron glass light therapy through the umbilicus.

3. Subconscious emotion challenge will now be negated + the true constitution will now be displayed.

Miron Violet glass blocks the complete spectrum of visible light with the exception of the violet part.

At the same time it allows a certain part to be permeable for radiation in the spectral range of UV-A, and infra red light. This unique combination offers optimal protection against the ageing processes that are released by visible light, thus lengthening durability and potency of products.

Optimising Neuronal membranes

Lipids are classified as

1. Simple lipids – oils and fats

2. Complex lipids

a) Phospholipids

b) Glycosphingolipids

**containing a fatty acid,
sphingosine and a CHO**

c) Lipoproteins

Simple lipids are

a) Saturated (no double bonds)



b) Unsaturated (mono or poly double bonds)



(Methyl (w) end Carboxyl end)

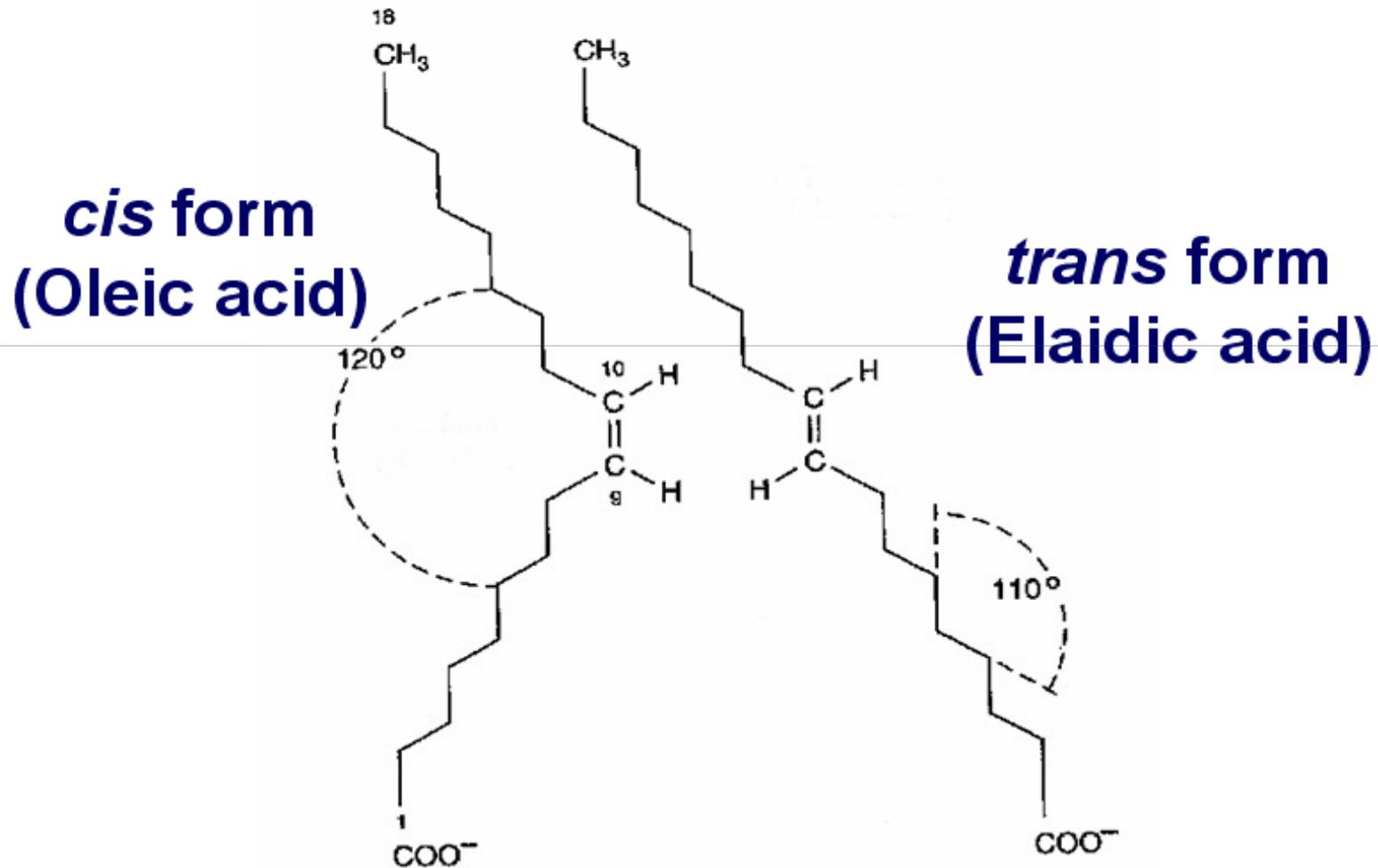
Saturated fatty acids



Name	Number	
Formic	1	Bee stings
Acetic	2	Rumen fermentation
Propionic	3	Rumen fermentation
Butyric	4 (-8°C)	Rumen fermentation
Valeric	5	Rumen fermentation
Caproic	6 (-3°C)	Coconut

Caprylic	8 (17 °)	Coconut
Nonanoic	9	Licorice root
Capric	10 (32 °)	Coconut
Undecanoic	11	Castor bean oil
Lauric	12 (44 °)	Breast milk, Coconut
Myristic	14 (54 °)	Nutmegs, Coconut
Palmitic	16 (63 °)	Animal and plant fats
Stearic	18 (70 °)	Animal and plant fats
Arachidic	20 (75 °)	Peanuts
Behenic	22 (80 °)	Seeds
Lignoceric	24 (84 °)	Cerebrosides, Peanuts

Unsaturated fatty acids can be in either *cis* or *trans* forms



Monoenoic acid (one double bond)

Number	Series	Common Name	Systematic Name	Source
16:1:9	w7	Palmitoleic	Cis-9-hexadecenoic	All fats
18:1:9	w9	Oleic	Cis-9-Octadecenoic	Olive
18:1:9	w9	Elaidic	Trans-9-Octadecenoic	Hydrogenated fats
22:1:13	w9	Erucic	Cis-13-Docosenoic	Rapeseed
24:1:15	w9	Nervonic	Cis-15-Tetracosenoic	Cerebrosides Honesty seed

Dienoic acids (two double bonds)

18:2:9,12	w6	Linoleic	all-cis-9,12-Octadenoic	Corn, peanut, soybean
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Trienoic acids (three double bonds)

18:3:6,9,12	w6	γ -Linolenic	all-cis-6,9,12-Octadecatrienoic	EPO, BSO, Borage
18:3:9,12,15	w3	α -Linolenic	all-cis-8,12,15-Octadecatrienoic	Flax, walnut, pumpkin

Tetraenoic acids (four double bonds)

20:4:5,8,11,14	w6	Arachidonic	all-cis-5,8,11,14-Eicotetraenoic	Peanut
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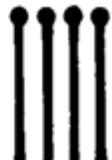
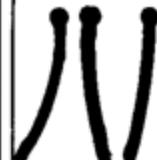
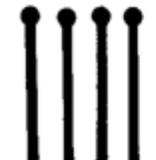
Pentaenoic acids (five double bonds)

20:5:5,8,11,14,17	w3	Timnodonic (EPA)	all--cis-5,8,11,14,17-Eicosapentaenoic	Fish oil, Canola, Eggs
22:5:7,10,13,16,19	w3	Clupanodonic (DPA)	all-cis-7,10,13,16,19, Docosapenaenoic	Fish oil

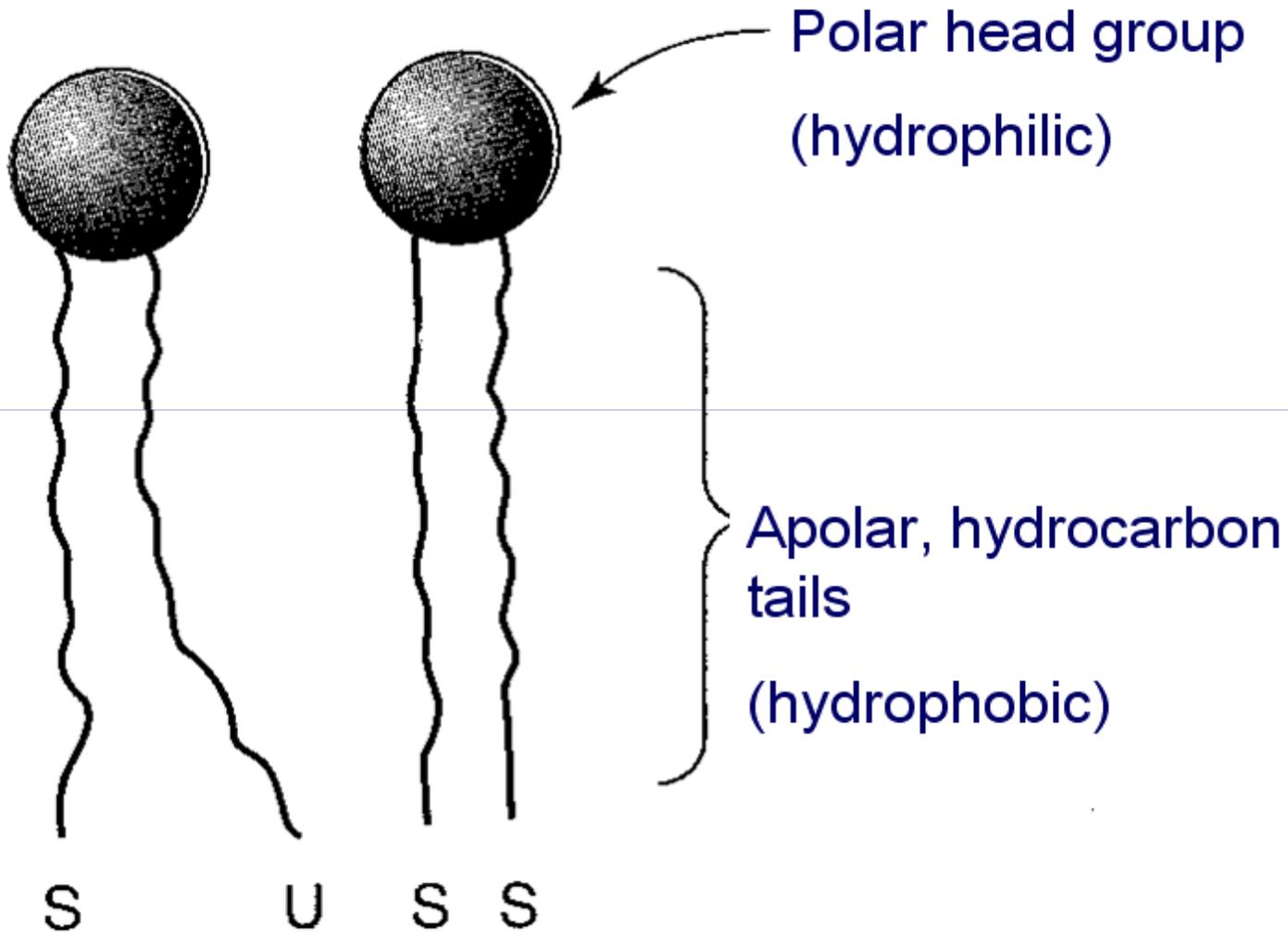
Hexaenoic acids (six double bonds)

22:6:4,7,10,13,16,19	w3	Cervonic (DHA)	all-cis-4,7,10,13,16,19-Docosahexaenoic	Fish oil Algae, Eggs
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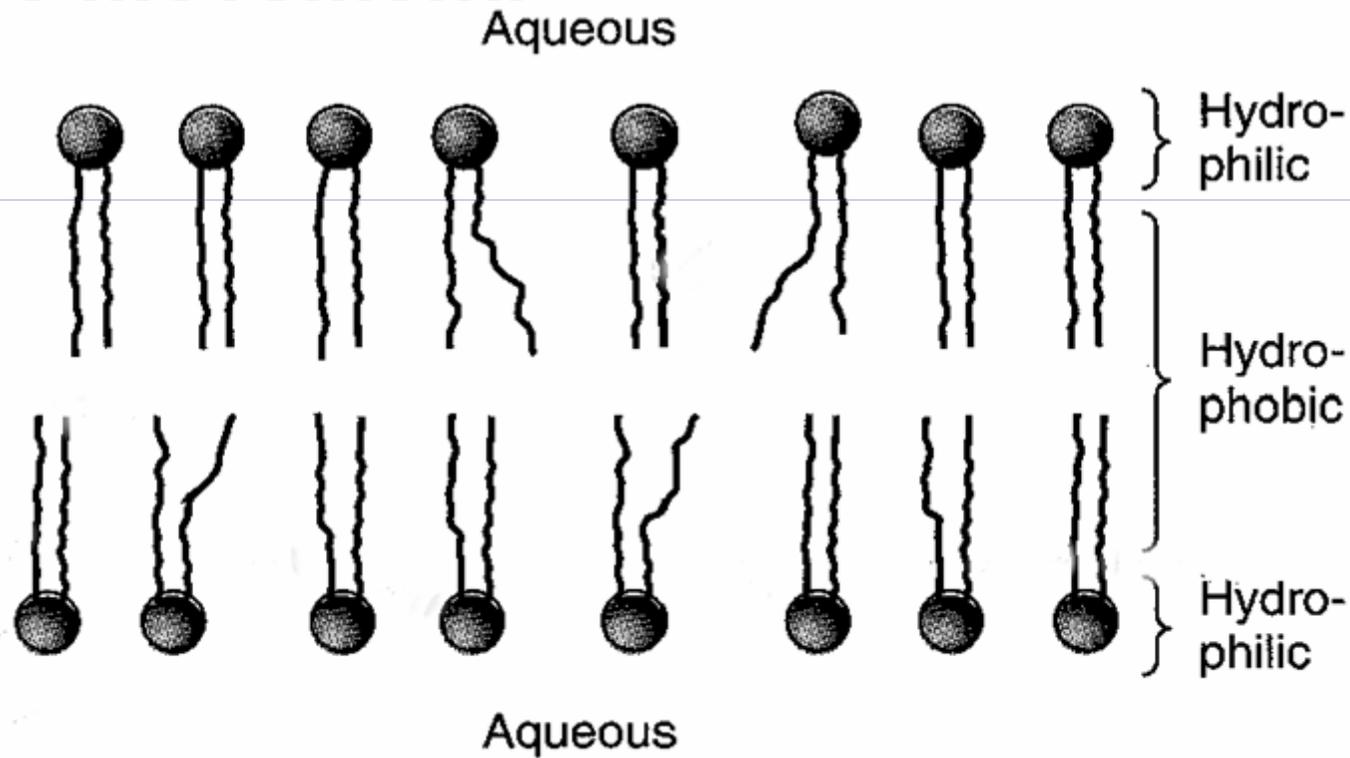
Fatty Acid Properties

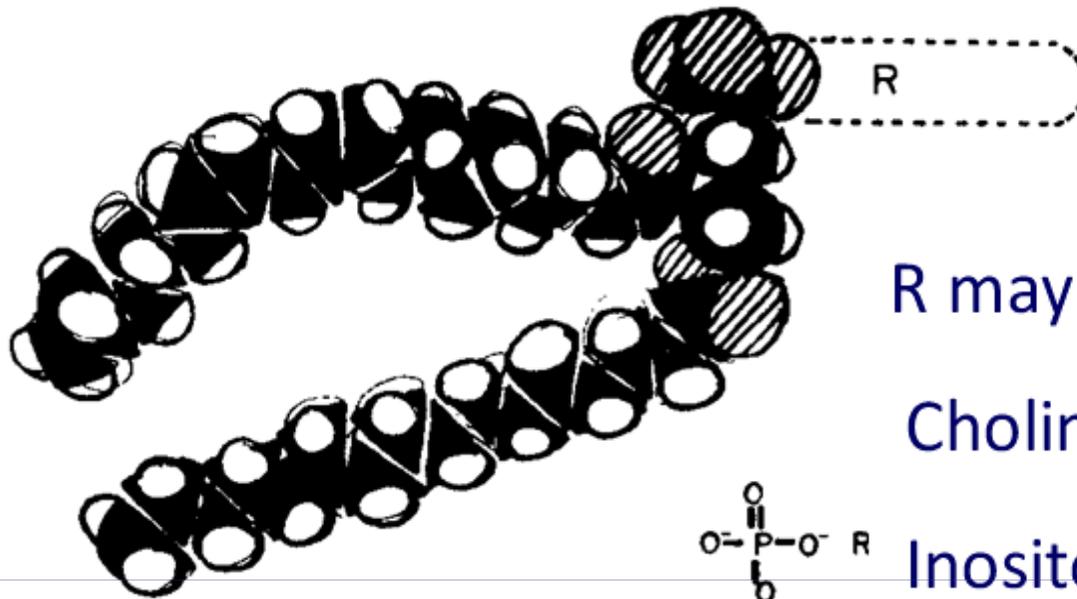
	18:0	18:1 w 9 c	18:1 w 9 t	18:2 w 6 c,c	18:3 w 3 c,c,c
Stacking	<p>acid end</p>  <p>fatty end</p>				
Saturation	Saturated	Unsaturated 1 double bond cis-configuration	Unsaturated 1 double bond trans-	Unsaturated 2 double bonds cis, cis-	Unsaturated 3 double bonds cis, cis, cis-
Melting Point	70°C sfa sticky	13°C cis-single slightly anti-sticky	44°C trans-single slightly sticky	-5°C cis, cis-double anti-sticky	-12°C cis, cis, cis-triple very anti-sticky
Repelling Charges	no charge	1 neg. charge	1 neg. charge	2 neg. charges	3 neg. charges

A Phospholipid



The unsaturated fatty acid tails are kinked and lead to more spacing between the polar heads and hence more movement.





R maybe

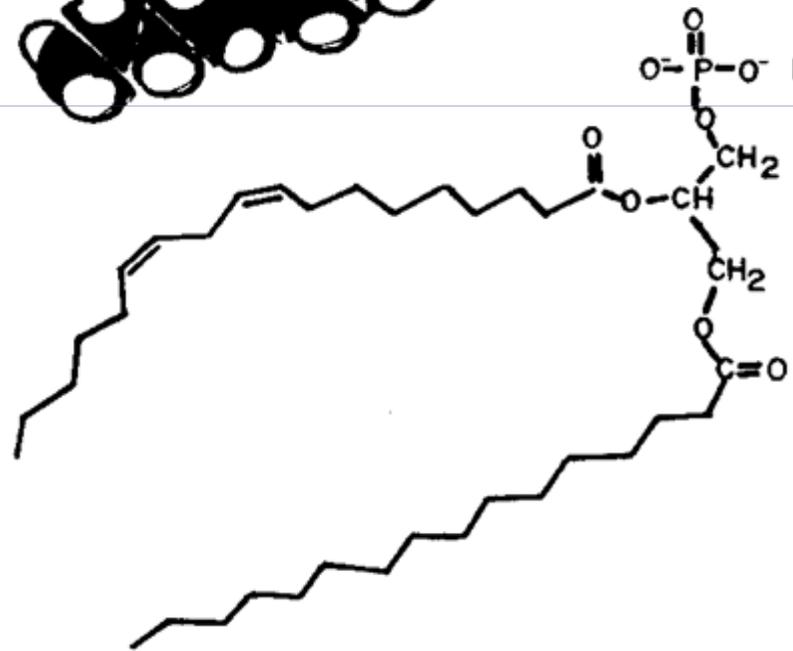
Choline

Inositol

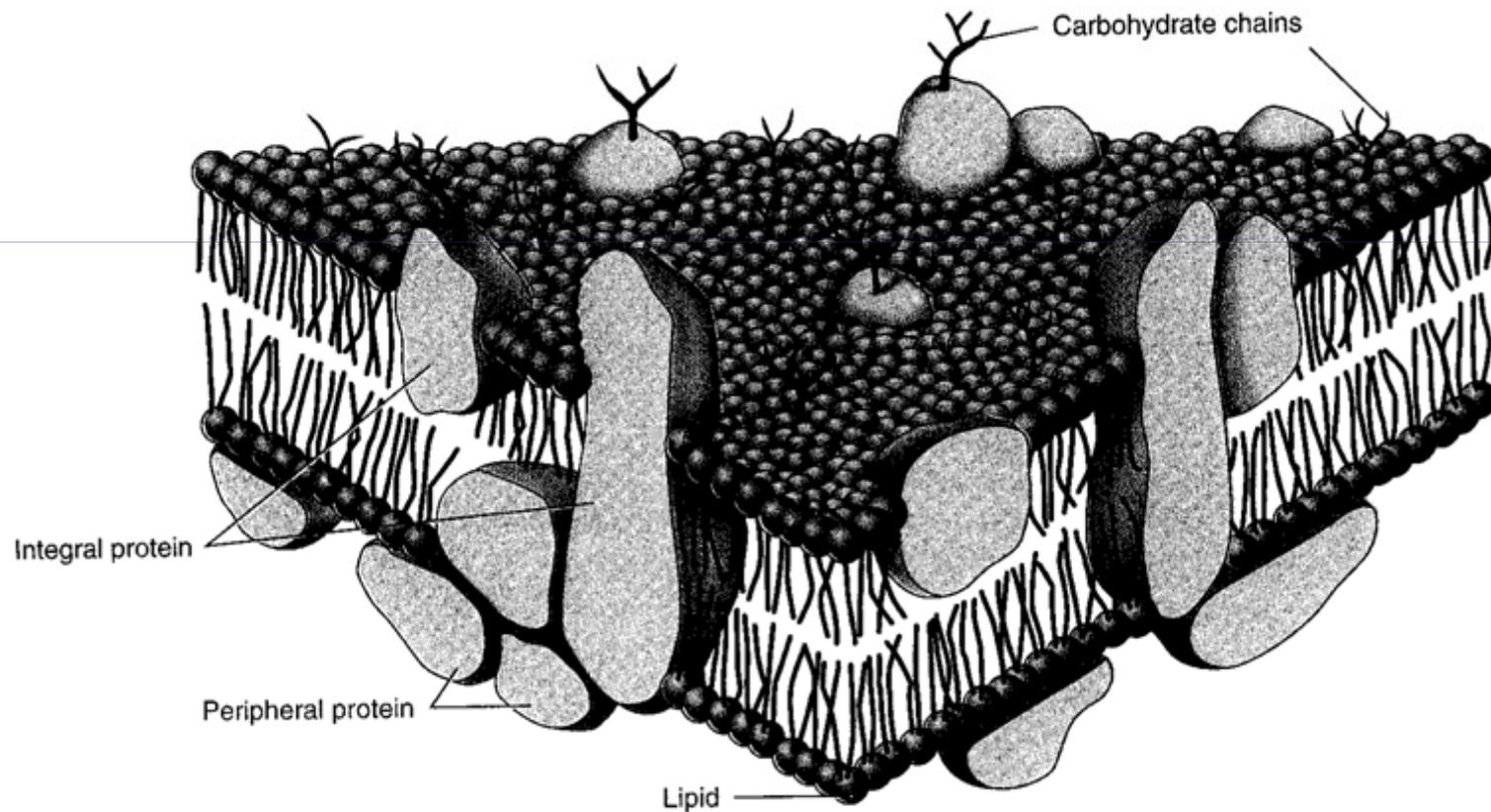
Ethanolamine

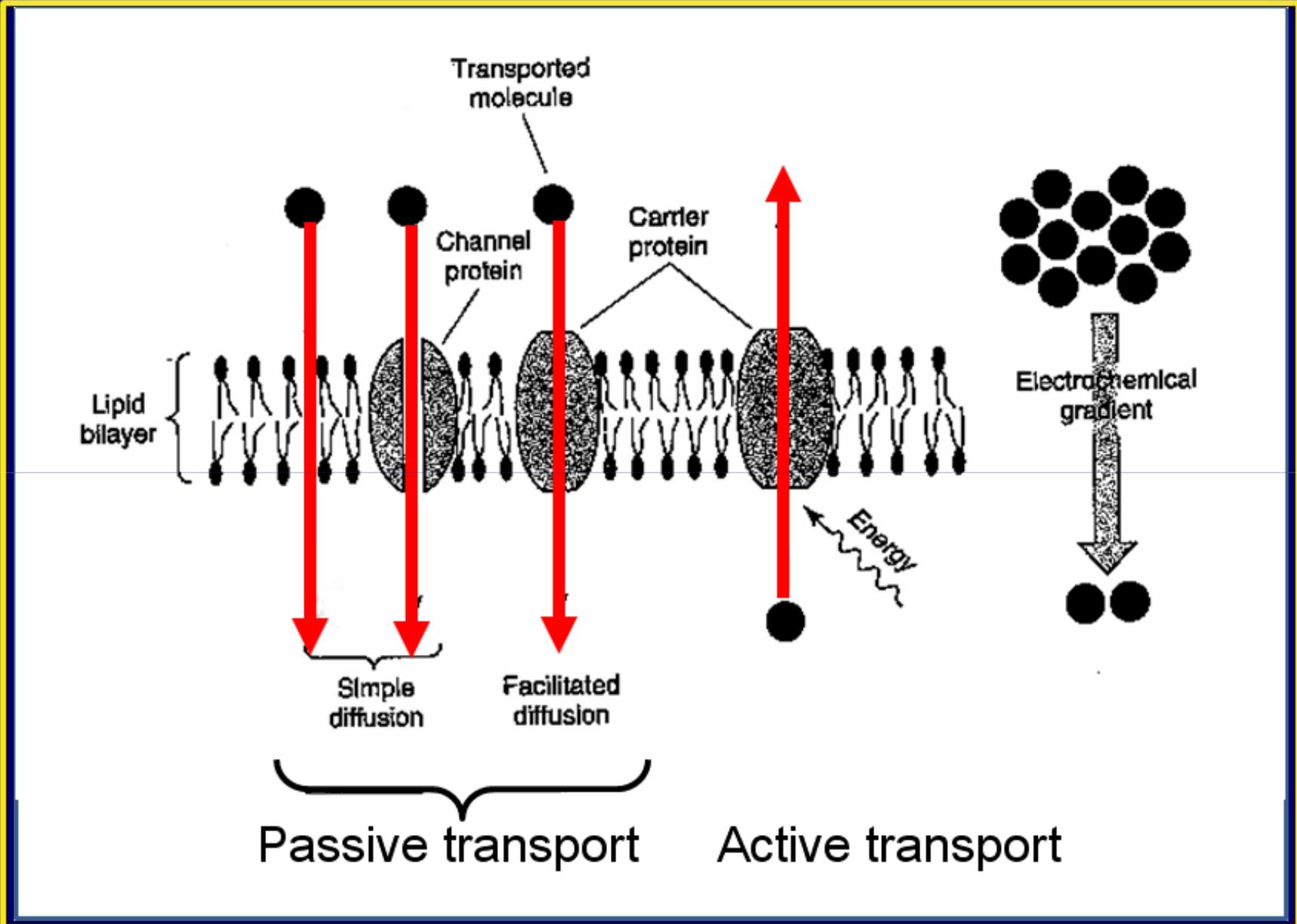
Serine

Threonine



Cell Membranes



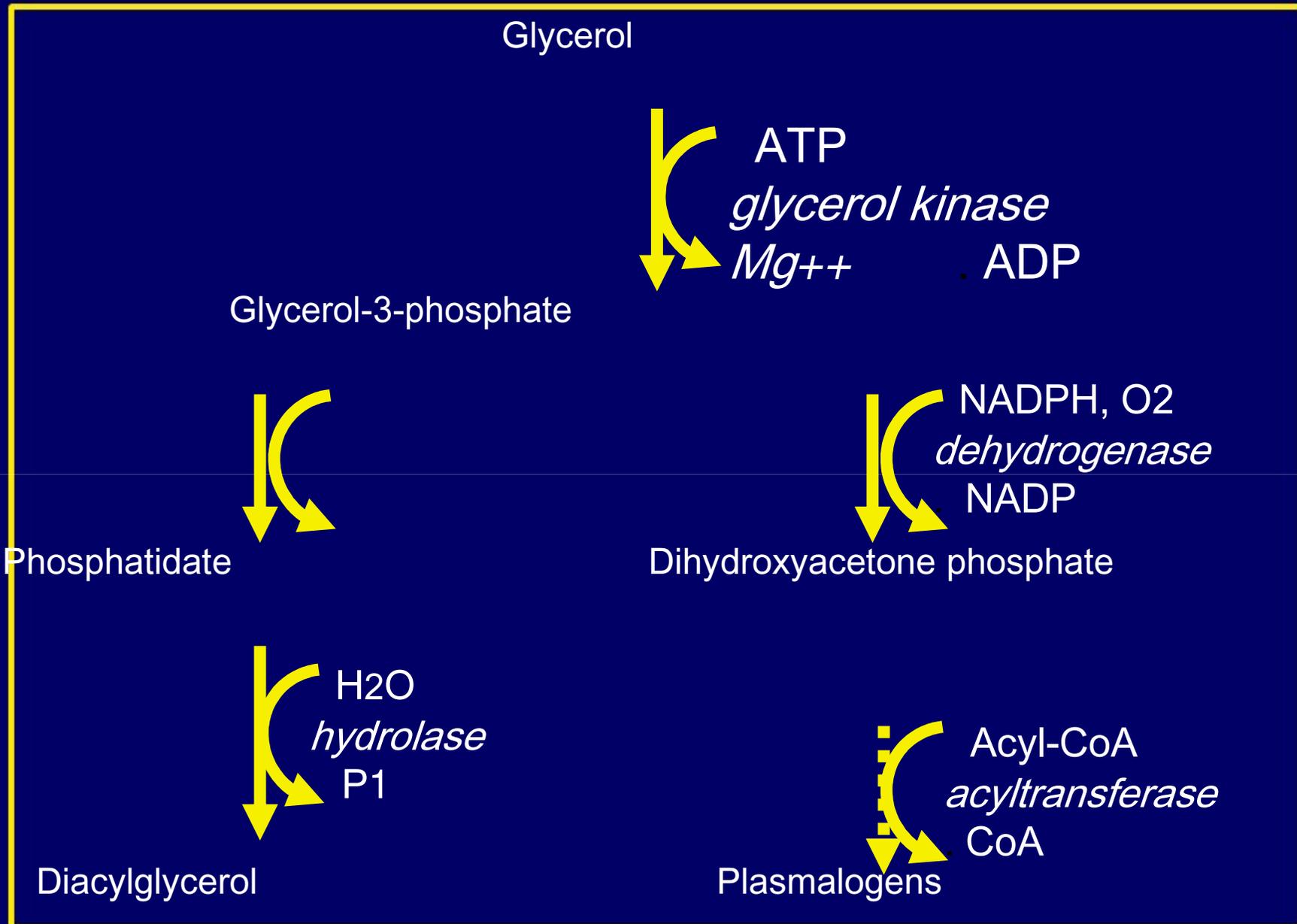


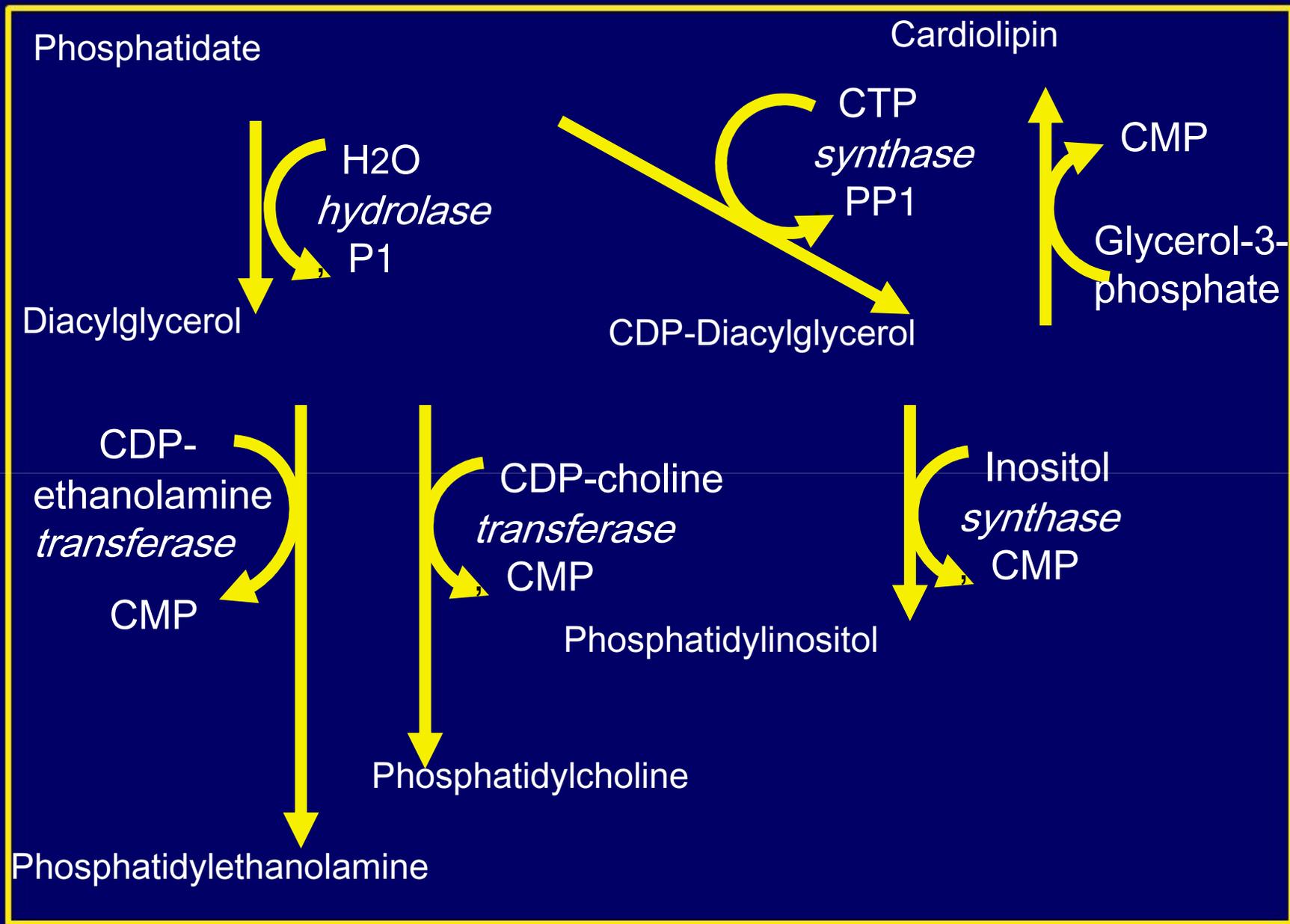
Neuronal cell membranes

Glial cells – the C1 position is taken by a saturated fatty acid and C2 by an unsaturated fatty acid

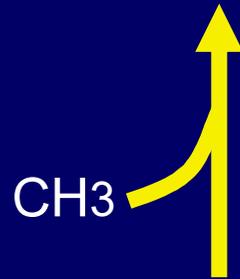
Neurones – in many neurones the C1 position is taken by Arachidonic acid and C2 by DHA.

Retina – both C1 and C2 positions are taken by DHA.





Phosphatidylcholine



Phosphatidylethanolamine



Phosphatidylserine

Phosphatidylinositol



Phosphatidylinositol -4-phosphate



Phosphatidylinositol-4,5-bisphosphate

Key nutrients for synthesising the phospholipids

Acetyl CoA (Vit B5)

NAD, NADPH (Vit B3)

Mg, Zn, SAM (Mg, B6, Folates, B12)

Choline

Ethanolamine

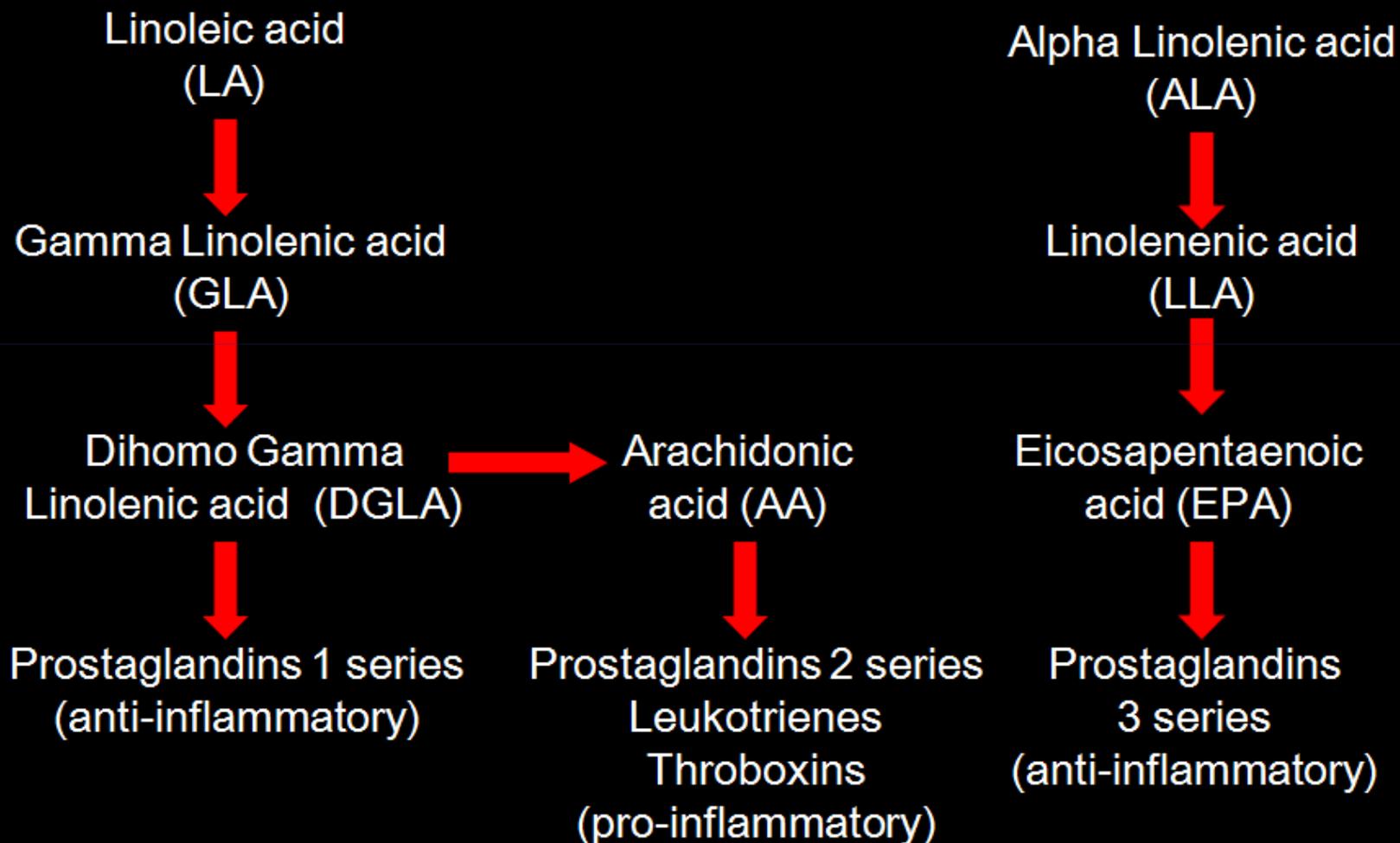
Serine

Inositol

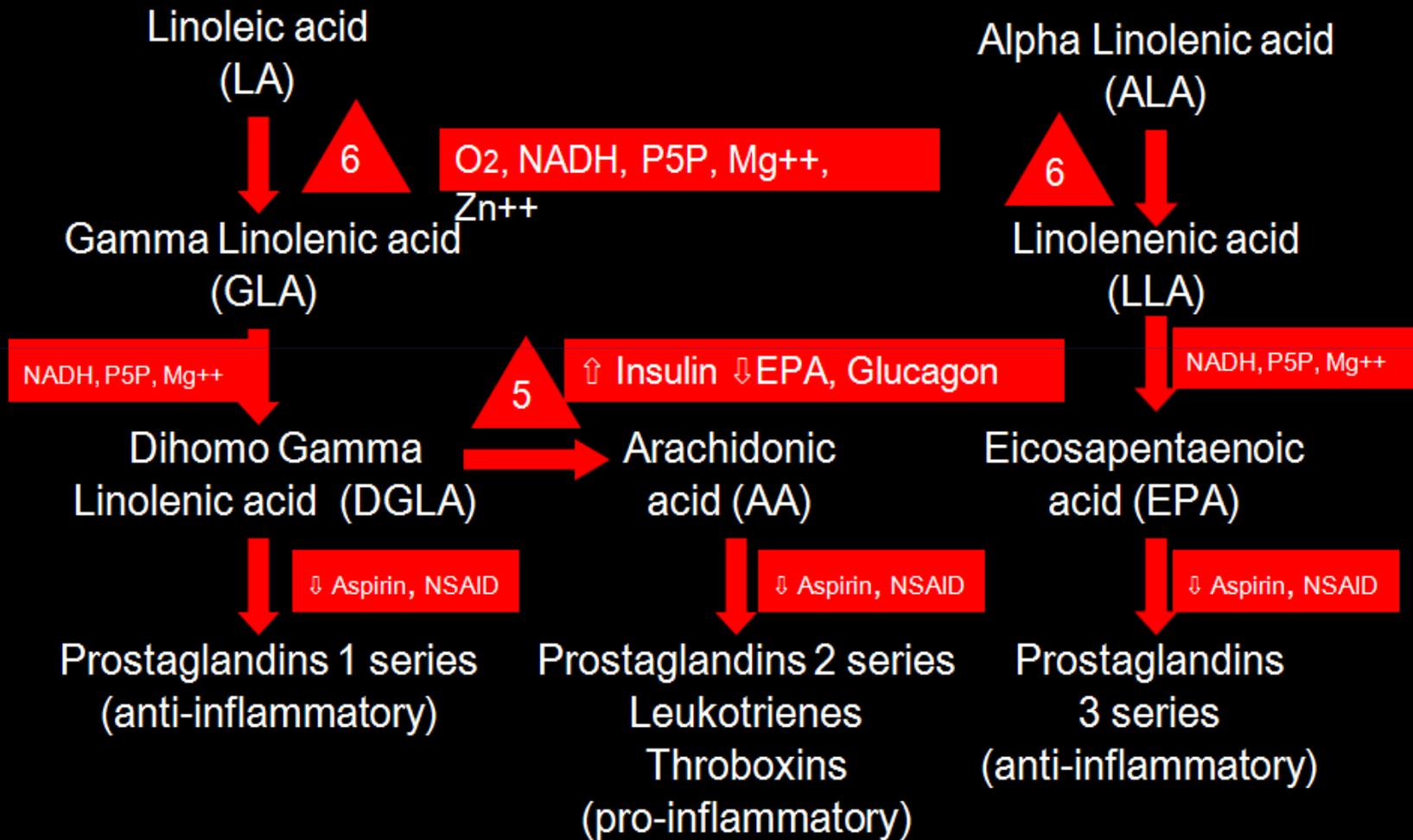
Saturated fatty acids C16-18 (palmitic – stearic)

Unsaturated fatty acids C18-24

Eicosanoids



Eicosanoids



Eicosanoids



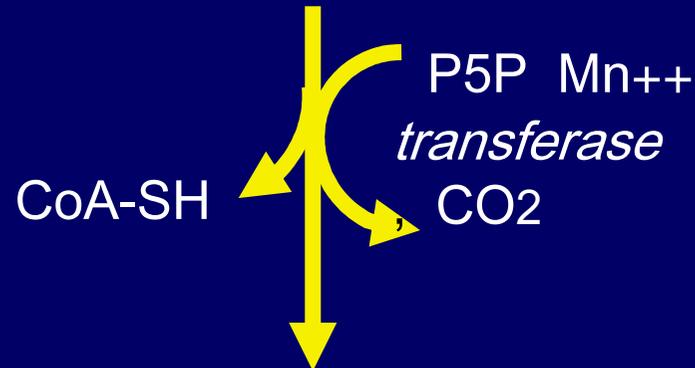
Gangliosides_s

SPHINGLOMYELINS

CoA + Palmitic Acid

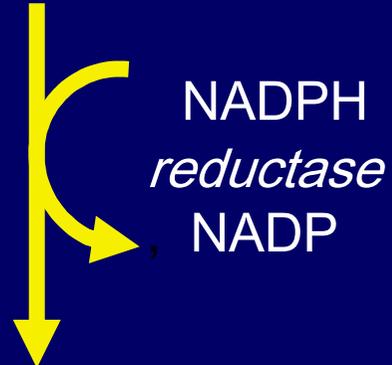


Palmitoyl CoA + Serine



3-Ketosphinganine

3-Ketosphinganine



Dihydrosphingosine



Sphingosine

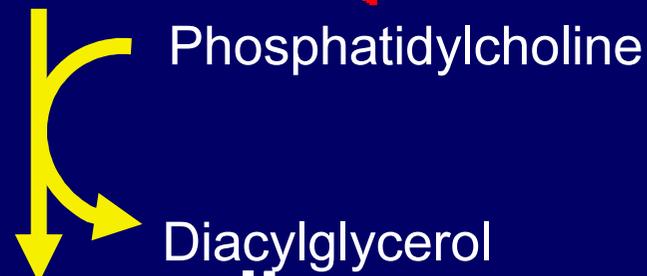
Sphingosine + Palmitic Acid



Dihydroceramide



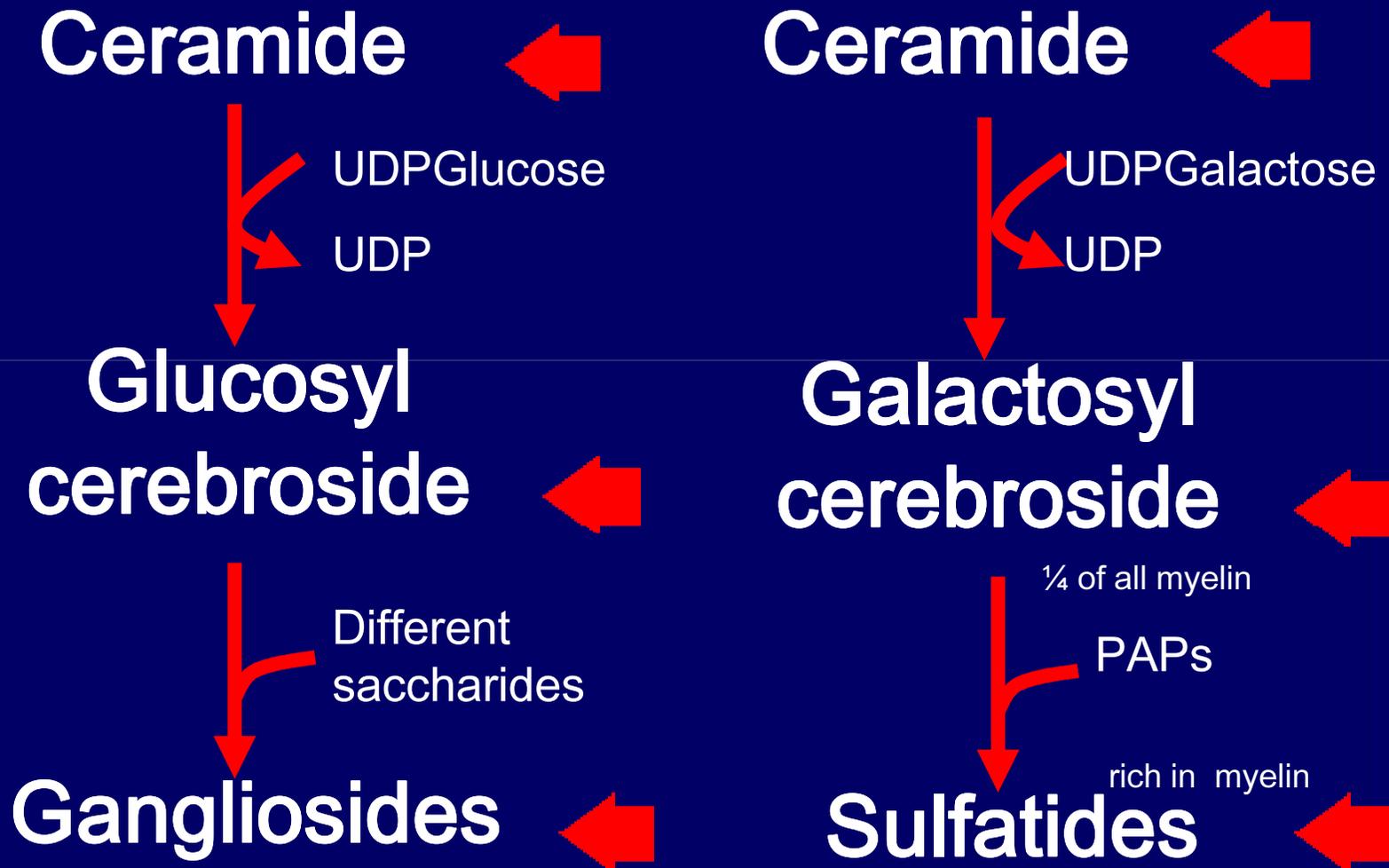
Ceramide



Sphingomyelin



GLYCOSPHINGOLIPIDS



Gangliosides

The fatty acid maybe Palmitic, Stearic, Behenic or Lignoceric acids or a monounsaturated fatty acid such as Nervonic acid

Ganglioside GM3

Sphingosine +

Fatty acid +

Glucose +

Galactose+

N.A.Neuraminic

Ganglioside GM2

Sphingosine +

Fatty acid +

Glucose +

Galactose+

N.A.Neuraminic +

N.A.Galactosamine

Ganglioside GM1

Sphingosine +

Fatty acid +

Glucose +

Galactose+

N.A.Neuraminic +

N.A.Galactosamine +

Galactose

Saccharides are attached by UDP and CMP carriers

The level of **gangliosides** in myelin is low but Ganglioside GM1 prevails. Specific binding has been proven for many kinds of gangliosides. When administered parenterally, gangliosides:

1. Circulate in the bloodstream continuously.
2. Do not express toxicity.
3. Pass through blood-brain barrier.
4. Incorporate themselves into neuronal membranes.

Ganglioside GM1

1. Restores **dopaminergic** neurons after damage to nigro-striatal system, enhances uptake of dopamine and activity of tyrosine hydroxylase.

2. Restores **cholinergic** neurons after damage to the hippocampus, enhances activity of choline acetyl transferase and AChesterase.

3. Restores high-affinity uptake of **choline** in the cortex after injuries of the forebrain.

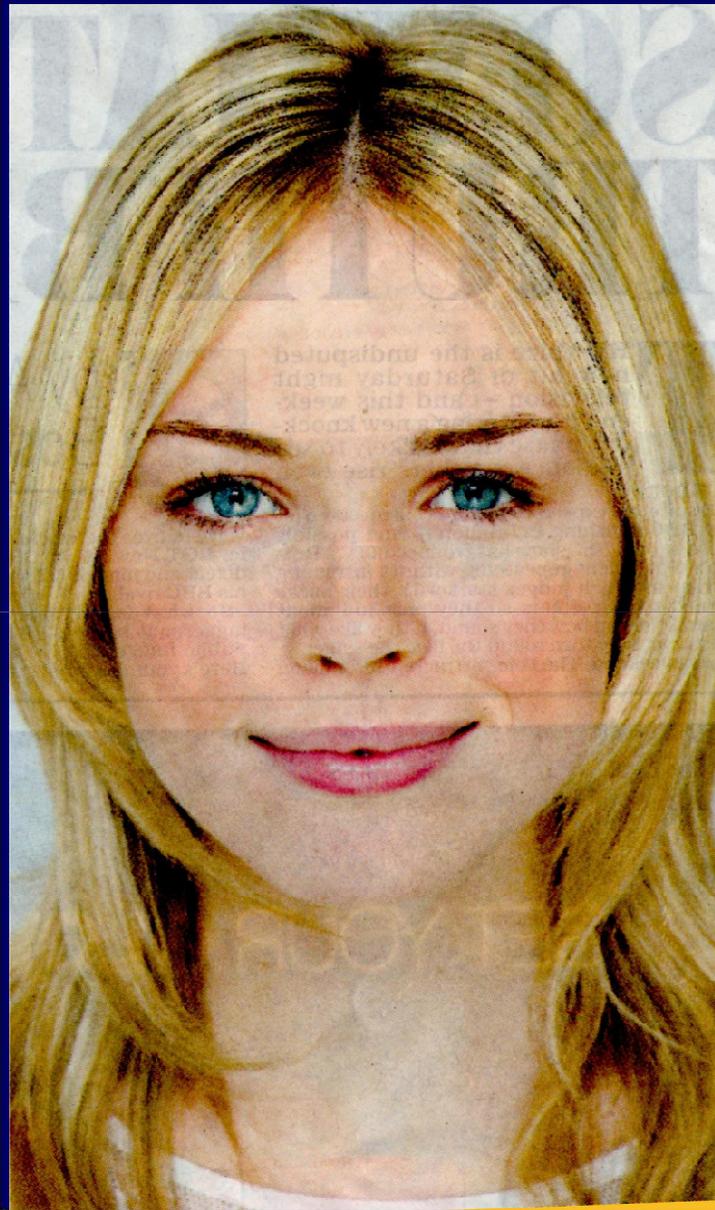
4. Protects **serotonin and noradrenergic** neurons from neurotoxin-induced degeneration.

5. Diminishes cerebral **oedema** and restores ionic balance after cerebral traumas.

6. Stimulates regeneration of the **optic nerve.**

7. Possibly restores **melatonin** uptake.

Digital Computer Diagnostics



Daily Mail, Saturday, April 21, 2012

Behind the chip shop counter, Britain's most beautiful face



Girl 2 Epigenetics
01 August 2012



Right Face

Left Face



RL S80

R80 S80 H=65 (INT_J) SI_C	R70 S80 H=70 SI_B	R60 S80 H=75 (IST_J) SI_A	RL S80 H=80	L60 S80 H=75 (ENT_J) Ht_A	L70 S80 H=70 Ht_B	L80 S80 H=65 (EST_J) Ht_C
R80 S70 H=60 St_C	R70 S70 H=60 St_B	R60 S70 H=65 St_A	RL S70 H=70	L60 S70 H=65 Sp_A	L70 S70 H=60 Sp_B	L80 S70 H=60 Sp_C
R80 S60 H=55 (INT_P) TW_C	R70 S60 H=55 TW_B	R60 S60 H=55 (IST_P) TW_A	RL S60 H=60	L60 S60 H=55 (ENT_P) Cx_A	L70 S60 H=55 Cx_B	L80 S60 H=55 (EST_P) Cx_C
R80 SD H=50 CV_C	R70 SD H=50 CV_B	R60 SD H=50 CV_A	RL SD H=50	L60 SD H=50 GV_A	L70 SD H=50 GV_B	L80 SD H=50 GV_C
R80 D60 H=45 (INF_J) LI_C	R70 D60 H=45 LI_B	R60 D60 H=45 (ISF_J) LI_A	RL D60 H=40	L60 D60 H=45 (ENF_J) Lu_A	L70 D60 H=45 Lu_B	L80 D60 H=45 (ESF_J) Lu_C
R80 D70 H=40 GB_C	R70 D70 H=40 GB_B	R60 D70 H=40 GB_A	RL D70 H=30	L60 D70 H=35 Liv_A	L70 D70 H=40 Liv_B	L80 D70 H=40 Liv_C
R80 D80 H=35 (INF_P) BI_C	R70 D80 H=30 BI_B	R60 D80 H=25 (ISF_P) BI_A	RL D80 H=20	L60 D80 H=25 (ENF_P) Kid_A	L70 D80 H=30 Kid_B	L80 D80 H=35 (ESF_P) Kid_C

What makes the perfect face? Just ask Miss Average

By **Fiona MacRae**
Science Reporter

BEING described as Miss Average is not usually regarded as a compliment.

But that may be about to change after scientists calculated the ratios of the perfect face - and found they correspond to the typical woman.

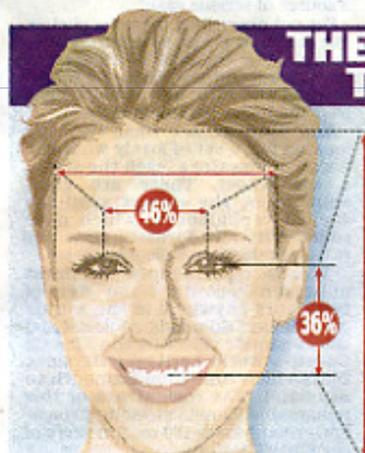
Beauty, researchers say, can be measured according to how close together a woman's eyes are and the distance between her eyes and mouth.

They found the ideal measurements, as a proportion of the overall size of a female face, were close to the average of all female profiles.

The study is one of several in recent months to have boosted the stock of real women.

Other scientists have concluded that men prefer partners with a few curves to those who are fashionably thin and, apparently, they don't hanker after girls with long legs.

To get the latest findings, researchers asked a panel to rate the attractiveness of women in photos. All were head shots of the same



THE PROPORTIONS TO LOOK FOR

1 Width ratio

Distance from pupil to pupil is 46 per cent of overall width of face, from inside edge of ear to inside edge of ear.

2 Length ratio

Distance from midpoint of eyes to midpoint of mouth is 36 per cent overall length of face, from hairline to chin



Jessica Alba: A classic beauty

person with different distances from eyes to mouth or between the eyes.

She was at her most attractive when the space between her pupils was just under half, or 46 per cent, of the width of her face from ear to ear.

The other perfect dimension was when the distance between her eyes and mouth was just over a third, or 36 per cent, of the overall length of

her face from hairline to chin. Celebrities whose faces are in perfect proportion include Jessica Alba, Liz Hurley and Shania Twain.

More importantly, the ratios correspond to those of an average female face, the journal *Vision Research* reports.

Professor Kang Lee, of the University of Toronto, said: 'We already

know that different facial features make a female face attractive - large eyes, for example, or full lips.

'Our study proves that the structure of faces also contributes to our perception of facial attractiveness.'

However, it isn't clear if striking features carry more weight - for instance, sultry eyes may contribute more to beauty than per-

fect proportions. The importance of the distances from hairline to jaw and ear to ear may also explain why a new hair cut can radically improve a woman's looks.

Professor Kang Lee said: 'Sometimes an attractive person looks unattractive or vice versa after a haircut, because hairdos change the ratios.'

fmacrae@dailymail.co.uk

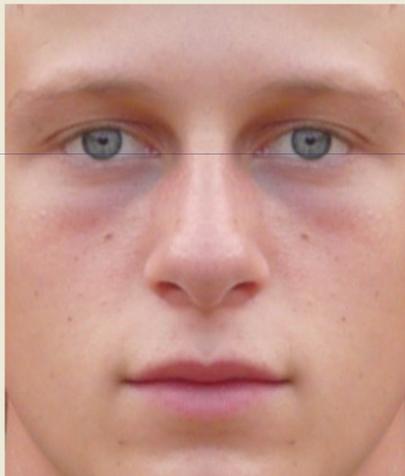
Charlie Kite

charlie kite
29 August 2012



Right Face

Left Face



R60 S70 - Acceptance and Forgiveness

R60 S80 H=65 (INT_J) SI_C	R70 S80 H=70 SI_B	R60 S80 H=75 (IST_J) SI_A	RL S80 H=80	L60 S80 H=75 (ENT_J) Ht_A	L70 S80 H=70 Ht_B	L80 S80 H=65 (EST_J) Ht_C
R80 S70 H=60 St_C	R70 S70 H=60 St_B	R60 S70 H=65 St_A	RL S70 H=70	L60 S70 H=65 Sp_A	L70 S70 H=60 Sp_B	L80 S70 H=60 Sp_C
R80 S60 H=55 (INT_P) TW_C	R70 S60 H=55 TW_B	R60 S60 H=55 (IST_P) TW_A	RL S60 H=60	L60 S60 H=55 (ENT_P) Cx_A	L70 S60 H=55 Cx_B	L80 S60 H=55 (EST_P) Cx_C
R80 SD H=50 CV_C	R70 SD H=50 CV_B	R60 SD H=50 CV_A	RL SD H=50	L60 SD H=50 GV_A	L70 SD H=50 GV_B	L80 SD H=50 GV_C
R80 D60 H=45 (INF_J) LI_C	R70 D60 H=45 LI_B	R60 D60 H=45 (ISF_J) LI_A	RL D60 H=40	L60 D60 H=45 (ENF_J) Lu_A	L70 D60 H=45 Lu_B	L80 D60 H=45 (ESF_J) Lu_C
R80 D70 H=40 GB_C	R70 D70 H=40 GB_B	R60 D70 H=40 GB_A	RL D70 H=30	L60 D70 H=35 Liv_A	L70 D70 H=40 Liv_B	L80 D70 H=40 Liv_C
R80 D80 H=35 (INF_P) BI_C	R70 D80 H=30 BI_B	R60 D80 H=25 (ISF_P) BI_A	RL D80 H=20	L60 D80 H=25 (ENF_P) Kid_A	L70 D80 H=30 Kid_B	L80 D80 H=35 (ESF_P) Kid_C

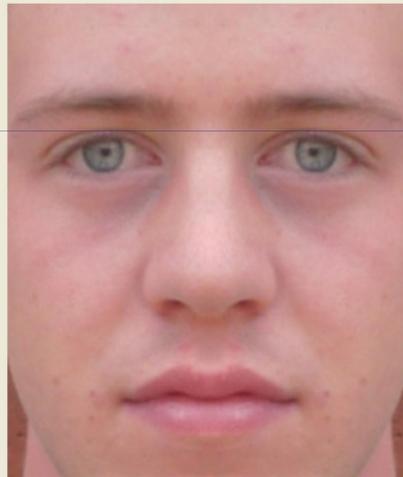
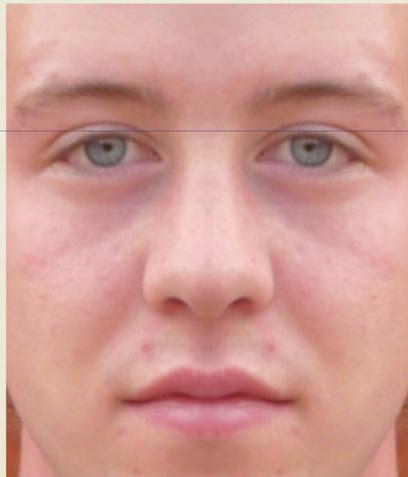
George Kite

george Kite
29 August 2012



Right Face

Left Face



RL S70

R80 S80 H=65 (INT_J) SI_C	R70 S80 H=70 SI_B	R60 S80 H=75 (IST_J) SI_A	RL S80 H=80	L60 S80 H=75 (ENT_J) Ht_A	L70 S80 H=70 Ht_B	L80 S80 H=65 (EST_J) Ht_C
R80 S70 H=60 St_C	R70 S70 H=60 St_B	R60 S70 H=65 St_A	RL S70 H=70	L60 S70 H=65 Sp_A	L70 S70 H=60 Sp_B	L80 S70 H=60 Sp_C
R80 S60 H=55 (INT_P) TW_C	R70 S60 H=55 TW_B	R60 S60 H=55 (IST_P) TW_A	RL S60 H=60	L60 S60 H=55 Cx_A	L70 S60 H=55 Cx_B	L80 S60 H=55 (EST_P) Cx_C
R80 SD H=50 CV_C	R70 SD H=50 CV_B	R60 SD H=50 CV_A	RL SD H=50	L60 SD H=50 OV_A	L70 SD H=50 OV_B	L80 SD H=50 OV_C
R80 D60 H=45 (INF_J) LI_C	R70 D60 H=45 LI_B	R60 D60 H=45 (ISF_J) LI_A	RL D60 H=40	L60 D60 H=45 (ENF_J) Lu_A	L70 D60 H=45 Lu_B	L80 D60 H=45 (ESF_J) Lu_C
R80 D70 H=40 GB_C	R70 D70 H=40 GB_B	R60 D70 H=40 GB_A	RL D70 H=30	L60 D70 H=35 Liv_A	L70 D70 H=40 Liv_B	L80 D70 H=40 Liv_C
R80 D80 H=35 (INF_P) BI_C	R70 D80 H=30 BI_B	R60 D80 H=25 (ISF_P) BI_A	RL D80 H=20	L60 D80 H=25 (ENF_P) Kid_A	L70 D80 H=30 Kid_B	L80 D80 H=35 (ESF_P) Kid_C

In the words of
William Shakespeare
in "As You Like it,"
Act 2, Scene 7, 1-39).



“All the World's a stage
And all the men and women merely players.
They have their exits and their entrances
and one man in his time plays many parts.”

The human brain generates waves of electro-magnetic phenomena.

The **two hemispheres are considered as two independent generators.**

The two hemispheres carry out various functions. The **left hemisphere** answers for consciousness, logic, basically for the realised mental activity. Logic is understood as realized mental, practical mind, concrete thinking, ability of information perception (recognition) besides censorship of the super-consciousness,

allowing quickly and easily to distinguish the quantitative characteristics and details of the environmental world, to carry out differentiated analysis of a situation, to show refinement, ingenuity and resourcefulness (relation to extraversion). By logic, a man creates a strategy of behaviour.

Besides the logic allows the man to realize intuitively perceived images of the real world and to describe them clearly for other people. The logic provides a survival of the man in the physical environment, therefore it is conditionally possible to name it as mind consciousness.

The **right hemisphere** answers for super-consciousness, intuition, basically for the non-realized mental activity. Intuition is shown as super-consciousness, figurative thinking, non-realised communication with the regular basis of nature, general spirit, joint knowledge and also – as ability of a situation recognition as a whole

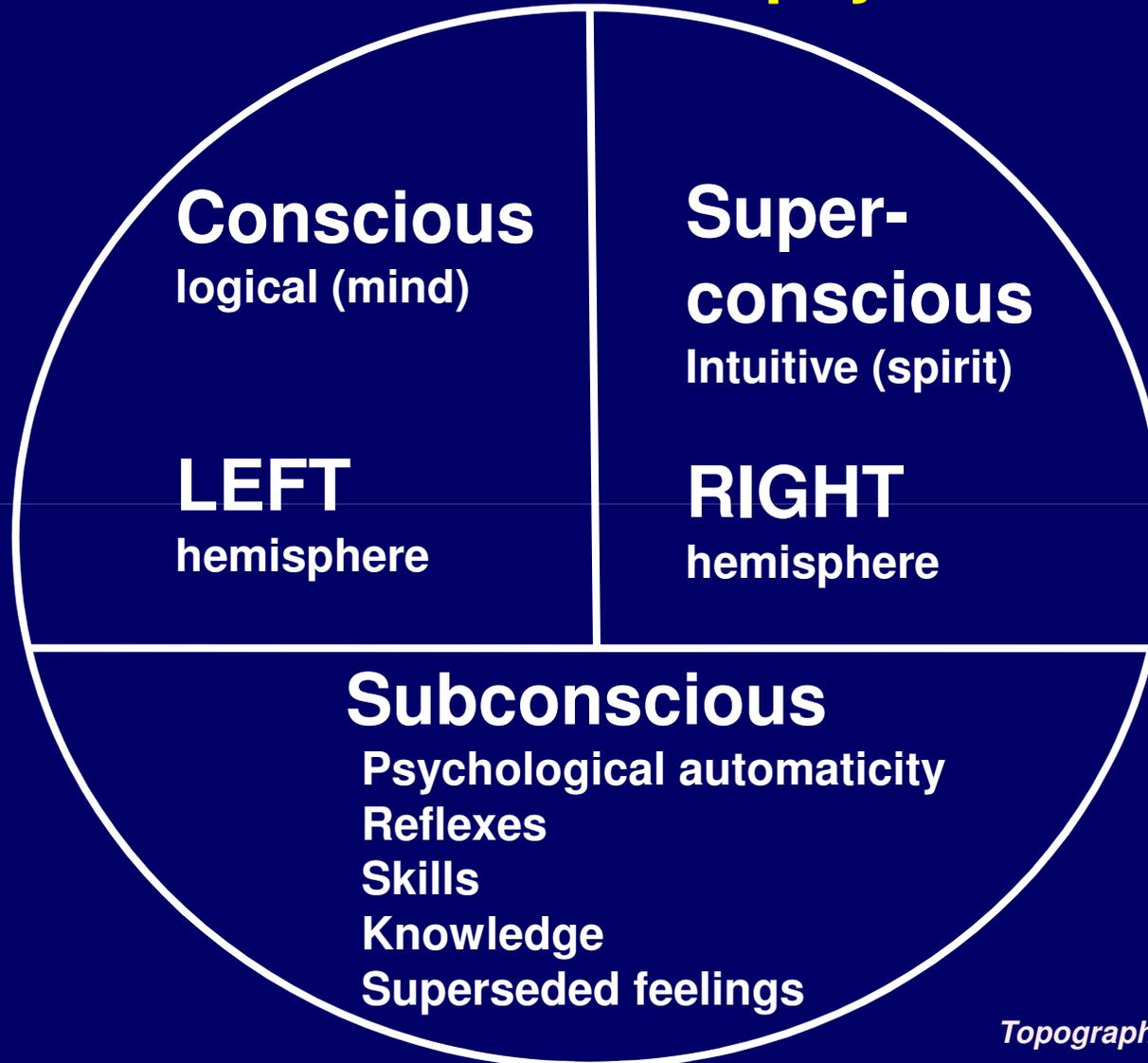
**without the analysis of details,
ability of recognition of quality of
the environmental world without
differentiated analysis, through
itself (relation with introversion).
Intuition provides a survival of the
man in the spiritual environment,
therefore it is conditionally
possible to name it as spirit.**

The **subconscious** concerns non-realized mental and is the function of both hemispheres. The subconscious unloads consciousness and is a storehouse of the unnecessary and intolerable information. In the subconscious there is that which was earlier realized and has turned to psychological automatisms -

skills, reflexes and what became intolerable for mentality and was superseded in the subconscious. The mental traumas superseded in the subconscious, represent the latent feelings, fears , which the man does not experience in the direct sensations,

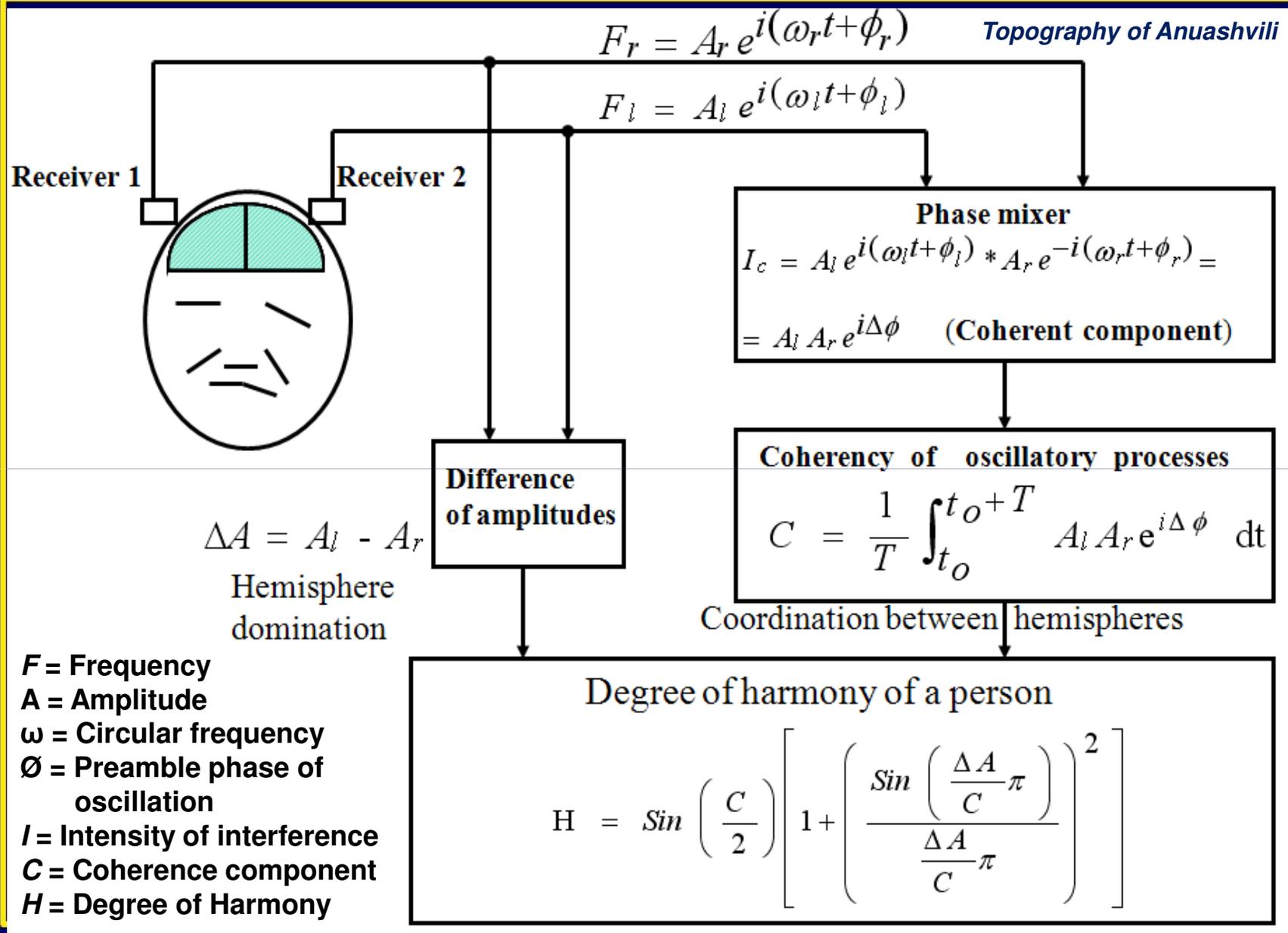
**but in an extreme situation they
operate the behaviour of the man
together with instincts and
reflexes.**

Model of a man's psyche



Topography of Anuashvili

Scientific Basis of Psychology



$$F_l = A_l e^{i(\omega_l t + \phi_l)} \quad (1)$$

$$F_r = A_r e^{i(\omega_r t + \phi_r)} \quad (2)$$

In formulas (1) and (2)

A_l and A_r - Amplitude of oscillation accordingly in left and right hemispheres,

ω_l and ω_r - circular frequency of oscillation accordingly in left and right hemispheres,

ϕ_l and ϕ_r - preamble phase of oscillation accordingly in left and right hemispheres.

Conditions of coherent intersection of oscillation processes which is shown by formulas (1) and (2)

suppose multiplication of conjugates at coincidence of frequencies: $\omega_l = \omega_r$

Temporary value of oscillatory processes coherence intersection result:

$$\begin{aligned} I_c &= A_l e^{i(\omega_l t + \phi_l)} * A_r e^{-i(\omega_r t + \phi_r)} = \\ &= A_l A_r e^{i\Delta\phi} \end{aligned} \quad (3)$$

In formula (3) $\Delta\phi = \phi_l - \phi_r$

is difference between phases of oscillation processes in left and right hemispheres.

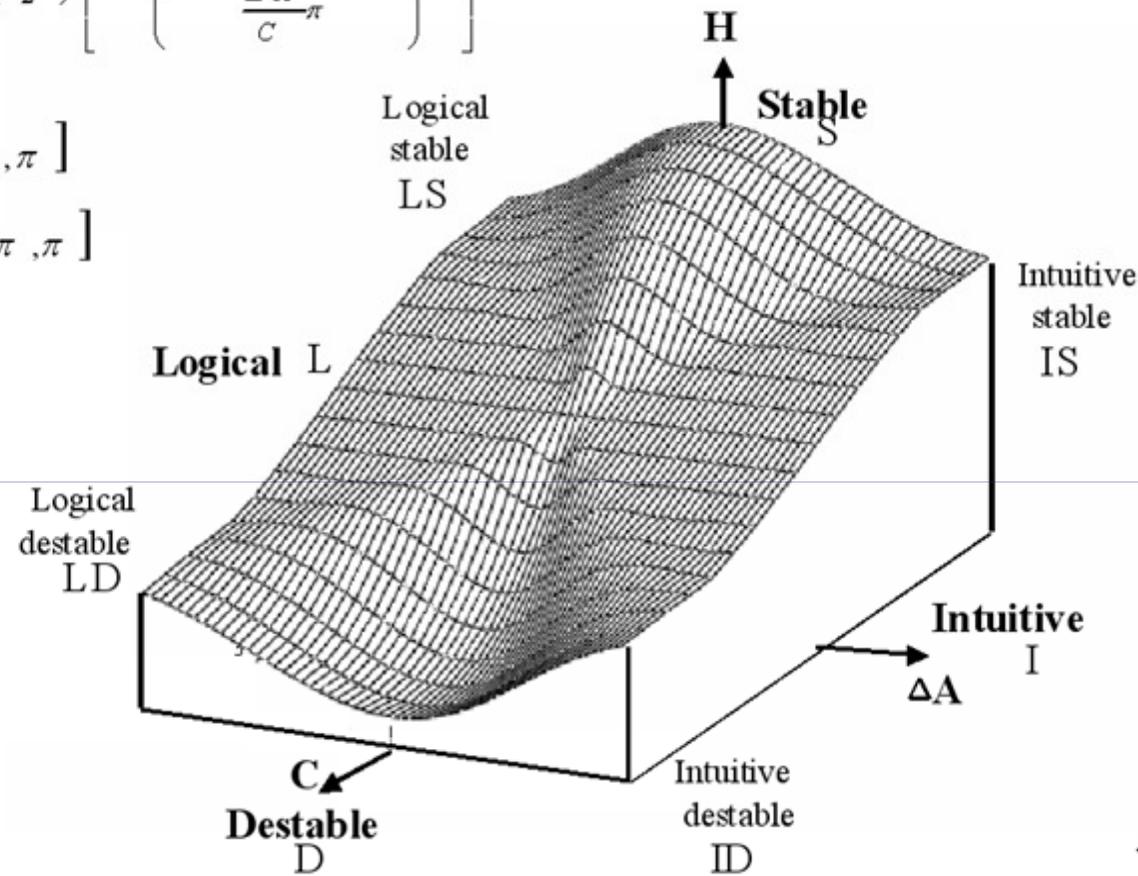
From the physical point of view during intersection of two coherence oscillations so called "still waves of intensity" appear. This waves are spatial interference structure, which creates a hologram in result of registration in sensitive media.

Domination of one hemisphere (ΔA) and the degree of coherence (coordination) of the oscillatory processes in the hemispheres (C) determines a degree of harmony of the person (H). The **greatest degree of harmony** of a person is achieved at the maximum stability of the relation between the hemispheres and equal amplitudes.

$$H = \sin \left(\frac{C}{2} \right) \left[1 + \left(\frac{\sin \left(\frac{\Delta A}{C} \pi \right)}{\frac{\Delta A}{C} \pi} \right)^2 \right]$$

$$C \in [-\pi, \pi]$$

$$\Delta A \in [-\pi, \pi]$$



Graphic dependence of the degree of harmony (H) on the domination of one hemisphere (ΔA) and the stability of the relationship between the two hemispheres. (degree of coherence C)

**REAL
WORLD**

Topography of Anuashvili

Movement of
MIND with
SPIRIT

Movement of
SPIRIT with
MIND

**Logic
(Mind)**

**Creative
(constructive)
force**

**Intuitive
(Spirit)**

Reasonable
(Preacher)

Harmonious
(Saint)

Spiritual
(Hermit)

LS stable	S stable	IS stable
L logical		I intuitive
LD	D destable	ID

Movement of
MIND without
SPIRIT

Movement of
SPIRIT
without MIND

Unspiritual
(Maniacal)

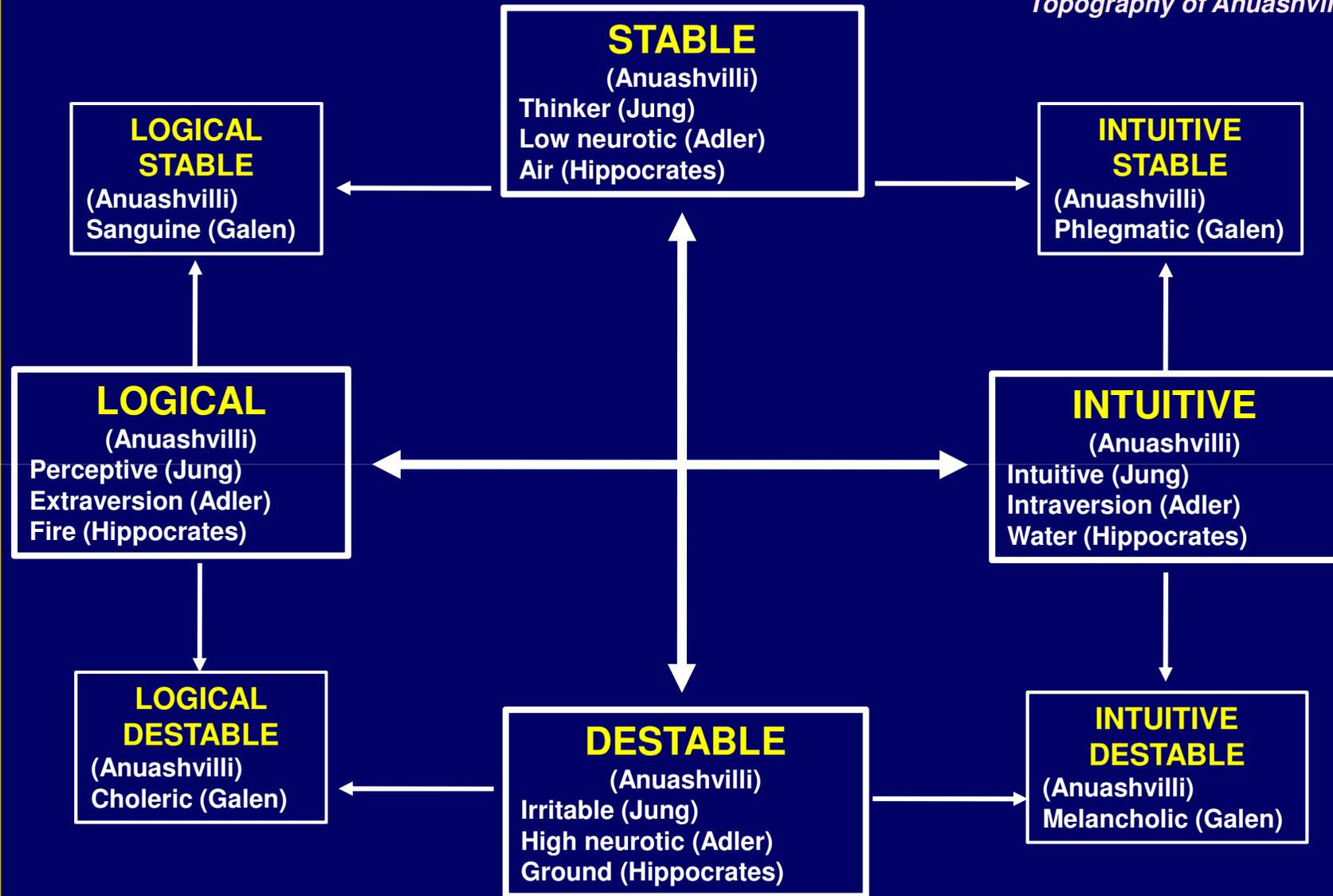
Chaotic
(Psychopath)

Unreasonable
(Depressive)

**Destructive
force**

**ILLUSORY
WORLD**

Topography of Anuashvili



The 4 basic psychological types plus derivatives

TYPOLGY on ANUASHVILI

49 types (usual people)

The numbers mean - %

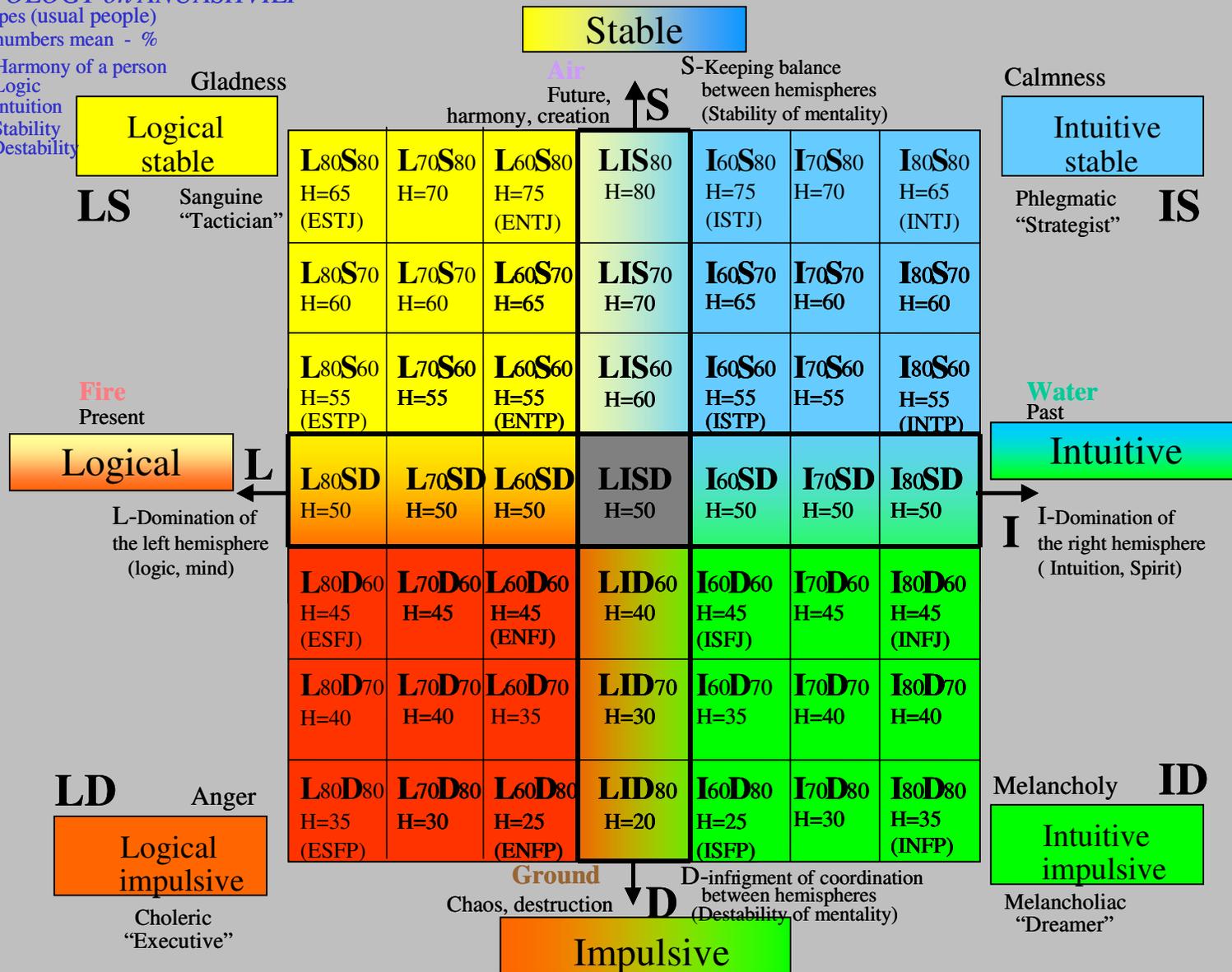
H - Harmony of a person

L - Logic

I - Intuition

S - Stability

D - Destability

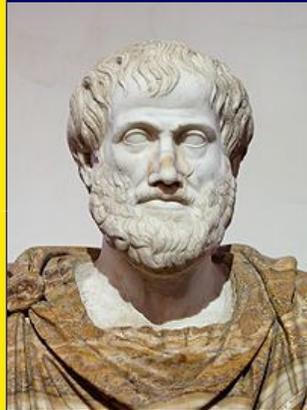


Hellenic physics - Aristotle

Air

wet

Water



hot

L80S80 H=65 (ESTJ)	L70S80 H=70	L60S80 H=75 (ENTJ)	LIS80 H=80	I60S80 H=75 (ISTJ)	I70S80 H=70	I80S80 H=65 (INTJ)
L80S70 H=60	L70S70 H=60	L60S70 H=65	LIS70 H=70	I60S70 H=65	I70S70 H=60	I80S70 H=60
L80S60 H=55 (ESTP)	L70S60 H=55	L60S60 H=55 (ENTP)	LIS60 H=60	I60S60 H=55 (ISTP)	I70S60 H=55	I80S60 H=55 (INTP)
L80SD H=50	L70SD H=50	L60SD H=50	LISD H=50	I60SD H=50	I70SD H=50	I80SD H=50
L80D60 H=45 (ESFJ)	L70D60 H=45	L60D60 H=45 (ENFJ)	LID60 H=40	I60D60 H=45 (ISFJ)	I70D60 H=45	I80D60 H=45 (INFJ)
L80D70 H=40	L70D70 H=40	L60D70 H=35	LID70 H=30	I60D70 H=35	I70D70 H=40	I80D70 H=40
L80D80 H=35 (ESFP)	L70D80 H=30	L60D80 H=25 (ENFP)	LID80 H=20	I60D80 H=25 (ISFP)	I70D80 H=30	I80D80 H=35 (INFP)

cold

Fire

dry

Earth

Hellenic physics - Threophrastus

Spring

Winter

wet



L80S80 H=65 (ESTJ)	L70S80 H=70	L60S80 H=75 (ENTJ)	LIS80 H=80	I60S80 H=75 (ISTJ)	I70S80 H=70	I80S80 H=65 (INTJ)
L80S70 H=60	L70S70 H=60	L60S70 H=65	LIS70 H=70	I60S70 H=65	I70S70 H=60	I80S70 H=60
L80S60 H=55 (ESTP)	L70S60 H=55	L60S60 H=55 (ENTP)	LIS60 H=60	I60S60 H=55 (ISTP)	I70S60 H=55	I80S60 H=55 (INTP)
L80SD H=50	L70SD H=50	L60SD H=50	LISD H=50	I60SD H=50	I70SD H=50	I80SD H=50
L80D60 H=45 (ESFJ)	L70D60 H=45	L60D60 H=45 (ENFJ)	LID60 H=40	I60D60 H=45 (ISFJ)	I70D60 H=45	I80D60 H=45 (INFJ)
L80D70 H=40	L70D70 H=40	L60D70 H=35	LID70 H=30	I60D70 H=35	I70D70 H=40	I80D70 H=40
L80D80 H=35 (ESFP)	L70D80 H=30	L60D80 H=25 (ENFP)	LID80 H=20	I60D80 H=25 (ISFP)	I70D80 H=30	I80D80 H=35 (INFP)

hot

cold

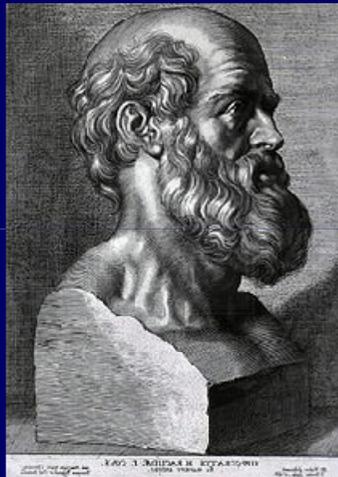
Summer

dry

Autumn

Four Humors of Hippocrates

↑ Blood



↑ Yellow bile

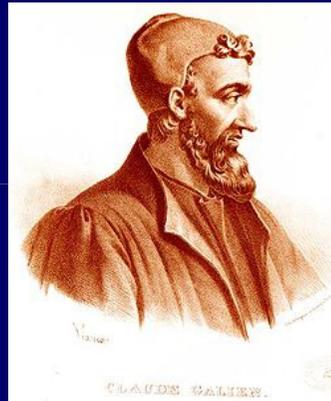
L80S80 H=65 (ESTJ)	L70S80 H=70	L60S80 H=75 (ENTJ)	LIS80 H=80	I60S80 H=75 (ISTJ)	I70S80 H=70	I80S80 H=65 (INTJ)
L80S70 H=60	L70S70 H=60	L60S70 H=65	LIS70 H=70	I60S70 H=65	I70S70 H=60	I80S70 H=60
L80S60 H=55 (ESTP)	L70S60 H=55	L60S60 H=55 (ENTP)	LIS60 H=60	I60S60 H=55 (ISTP)	I70S60 H=55	I80S60 H=55 (INTP)
L80SD H=50	L70SD H=50	L60SD H=50	LISD H=50	I60SD H=50	I70SD H=50	I80SD H=50
L80D60 H=45 (ESFJ)	L70D60 H=45	L60D60 H=45 (ENFJ)	LID60 H=40	I60D60 H=45 (ISFJ)	I70D60 H=45	I80D60 H=45 (INFJ)
L80D70 H=40	L70D70 H=40	L60D70 H=35	LID70 H=30	I60D70 H=35	I70D70 H=40	I80D70 H=40
L80D80 H=35 (ESFP)	L70D80 H=30	L60D80 H=25 (ENFP)	LID80 H=20	I60D80 H=25 (ISFP)	I70D80 H=30	I80D80 H=35 (INFP)

↑ Phlegm

↑ Black bile

Four characteristics of Galen

Sanguine
 courageous,
 hopeful,
 amorous



Choleric
 easily angered,
 bad tempered

L80S80 H=65 (ESTJ)	L70S80 H=70	L60S80 H=75 (ENTJ)	LIS80 H=80	I60S80 H=75 (ISTJ)	I70S80 H=70	I80S80 H=65 (INTJ)
L80S70 H=60	L70S70 H=60	L60S70 H=65	LIS70 H=70	I60S70 H=65	I70S70 H=60	I80S70 H=60
L80S60 H=55 (ESTP)	L70S60 H=55	L60S60 H=55 (ENTP)	LIS60 H=60	I60S60 H=55 (ISTP)	I70S60 H=55	I80S60 H=55 (INTP)
L80SD H=50	L70SD H=50	L60SD H=50	LISD H=50	I60SD H=50	I70SD H=50	I80SD H=50
L80D60 H=45 (ESFJ)	L70D60 H=45	L60D60 H=45 (ENFJ)	LID60 H=40	I60D60 H=45 (ISFJ)	I70D60 H=45	I80D60 H=45 (INFJ)
L80D70 H=40	L70D70 H=40	L60D70 H=35	LID70 H=30	I60D70 H=35	I70D70 H=40	I80D70 H=40
L80D80 H=35 (ESFP)	L70D80 H=30	L60D80 H=25 (ENFP)	LID80 H=20	I60D80 H=25 (ISFP)	I70D80 H=30	I80D80 H=35 (INFP)

Phlegmatic
 calm,
 unemotional

Melancholy
 despondent,
 sleepless, irritable

Four characteristics of Galen

Sanguine



Phlegmatic



L80S80 H=65 (ESTJ)	L70S80 H=70	L60S80 H=75 (ENTJ)	LIS80 H=80	I60S80 H=75 (ISTJ)	I70S80 H=70	I80S80 H=65 (INTJ)
L80S70 H=60	L70S70 H=60	L60S70 H=65	LIS70 H=70	I60S70 H=65	I70S70 H=60	I80S70 H=60
L80S60 H=55 (ESTP)	L70S60 H=55	L60S60 H=55 (ENTP)	LIS60 H=60	I60S60 H=55 (ISTP)	I70S60 H=55	I80S60 H=55 (INTP)
L80SD H=50	L70SD H=50	L60SD H=50	LISD H=50	I60SD H=50	I70SD H=50	I80SD H=50
L80D60 H=45 (ESFJ)	L70D60 H=45	L60D60 H=45 (ENFJ)	LID60 H=40	I60D60 H=45 (ISFJ)	I70D60 H=45	I80D60 H=45 (INFJ)
L80D70 H=40	L70D70 H=40	L60D70 H=35	LID70 H=30	I60D70 H=35	I70D70 H=40	I80D70 H=40
L80D80 H=35 (ESFP)	L70D80 H=30	L60D80 H=25 (ENFP)	LID80 H=20	I60D80 H=25 (ISFP)	I70D80 H=30	I80D80 H=35 (INFP)

Choleric



Melancholy

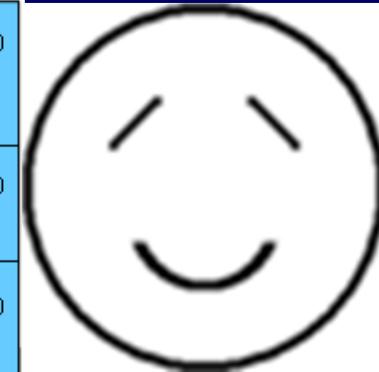


Four characteristics of Galen

Sanguine



Phlegmatic



L80S80 H=65 (ESTJ)	L70S80 H=70	L60S80 H=75 (ENTJ)	LIS80 H=80	I60S80 H=75 (ISTJ)	I70S80 H=70	I80S80 H=65 (INTJ)
L80S70 H=60	L70S70 H=60	L60S70 H=65	LIS70 H=70	I60S70 H=65	I70S70 H=60	I80S70 H=60
L80S60 H=55 (ESTP)	L70S60 H=55	L60S60 H=55 (ENTP)	LIS60 H=60	I60S60 H=55 (ISTP)	I70S60 H=55	I80S60 H=55 (INTP)
L80SD H=50	L70SD H=50	L60SD H=50	LISD H=50	I60SD H=50	I70SD H=50	I80SD H=50
L80D60 H=45 (ESFJ)	L70D60 H=45	L60D60 H=45 (ENFJ)	LID60 H=40	I60D60 H=45 (ISFJ)	I70D60 H=45	I80D60 H=45 (INFJ)
L80D70 H=40	L70D70 H=40	L60D70 H=35	LID70 H=30	I60D70 H=35	I70D70 H=40	I80D70 H=40
L80D80 H=35 (ESFP)	L70D80 H=30	L60D80 H=25 (ENFP)	LID80 H=20	I60D80 H=25 (ISFP)	I70D80 H=30	I80D80 H=35 (INFP)

Choleric



Melancholy



The four temperament types

Each of the four types of humours corresponded to a different personality type.

Sanguine

A person who is sanguine is generally light-hearted, fun loving, a people person, loves to entertain, spontaneous, and confident. However they can be arrogant, cocky, and indulgent. He/She can be day-dreamy and off-task to the point of not accomplishing anything and can be impulsive, possibly acting on whims in an unpredictable fashion.

Choleric

A person who is choleric is a doer. They have a lot of ambition, energy, and passion, and try to instill it in others. They can dominate people of other temperaments, especially phlegmatic types. Many great charismatic military and political figures were choleric.

Melancholic

A person who is a thoughtful ponderer has a *melancholic* disposition. Often very kind and considerate, melancholics can be highly creative – as in poetry and art - but also can become overly pre-occupied with the tragedy and cruelty in the world, thus becoming depressed. A *melancholic* is also often a perfectionist, being very particular about what they want and how they want it in some cases. This often results in being dissatisfied with one's own artistic or creative works and always pointing out to themselves what could and should be improved. They are often loners and most times choose to stay alone and reflect.

Phlegmatic

While phlegmatic are generally self-content and kind, their shy personality can often inhibit enthusiasm in others and make themselves lazy and resistant to change. They are very consistent, relaxed, rational, curious, and observant, making them good administrators and diplomats. Like the sanguine personality, the phlegmatic has many friends. However the phlegmatic is more reliable and compassionate; these characteristics typically make the phlegmatic a more dependable friend.

Phlegmatic



Rudolf Steiner

Thinking about perception is natural science

L80S80 H=65 (ESTJ)	L70S80 H=70	L60S80 H=75 (ENTJ)	LIS80 H=80	I60S80 H=75 (ISTJ)	I70S80 H=70	I80S80 H=65 (INTJ)
L80S70 H=60	L70S70 H=60	L60S70 H=65	LIS70 H=70	I60S70 H=65	I70S70 H=60	I80S70 H=60
L80S60 H=55 (ESTP)	L70S60 H=55	L60S60 H=55 (ENTP)	LIS60 H=60	I60S60 H=55 (ISTP)	I70S60 H=55	I80S60 H=55 (INTP)
L80SD H=50	L70SD H=50	L60SD H=50	LISD H=50	I60SD H=50	I70SD H=50	I80SD H=50
L80D60 H=45 (ESFJ)	L70D60 H=45	L60D60 H=45 (ENFJ)	LID60 H=40	I60D60 H=45 (ISFJ)	I70D60 H=45	I80D60 H=45 (INFJ)
L80D70 H=40	L70D70 H=40	L60D70 H=35	LID70 H=30	I60D70 H=35	I70D70 H=40	I80D70 H=40
L80D80 H=35 (ESFP)	L70D80 H=30	L60D80 H=25 (ENFP)	LID80 H=20	I60D80 H=25 (ISFP)	I70D80 H=30	I80D80 H=35 (INFP)

Knowledge
Natural
world
Perception

Faith
Spiritual
world
Thinking

Perceiving the process of thinking is the path of spiritual training),