

## Sound codes for "Atlas in balance" for humans

The Atlas (upper cervical vertebra) is central to our work because this is where all forces converge. Nerve connections to and from the body, blood supply between head and body, body-state and even the basic emotional state, all depend on the Atlas to a greater or lesser extent.

On a subtle level, the atlas region also plays an important role in the alignment between heaven and earth. It is said that life energy also enters the body at this point. If there are problems in this area, it can lead to all kinds of complaints. The good news is: an application with **sound codes** can help!

In the 1980s, **Rene Claudius Schümperli** researched the misalignment of the atlas. He suffered from it himself and suffered both physically and psychologically. He discovered that his Atlas was enormously twisted and tilted and developed the Atlasprofilax method to correct the Atlas using an electrical device. To his great surprise, he found that not only he suffered from it, but everyone he dealt with from then on suffered from the same kind of Atlas deviation.

Our work for the Atlas is also based on his findings, where we were able to establish that the same obliquity also occurs in mammals. Unlike Atlasprofilax, our method does not work directly on the Atlas or the spine. In a very gentle, relaxing way we use chanted tone sequences, which we call **sound codes**, the whole "body, mind and soul" system is re-informed in a very gentle, relaxed way.

The body then finds its own way back to its healthy form. Tension in the neck and back is often the direct result of accidents and falls, especially if the Atlas is not stable. More information: "**Possible causes of misalignment of the Atlas**".

## Sound codes for "body in balance" for Humans

Once the Atlas has regained its healthy position under the skull rim, the body and also the energy system will begin to realign itself vertically from top to bottom.

For the whole body statics to realign vertically and horizontally, it is important, in a 2nd session, to focus on "**the sacrum and coccyx**" and in a 3rd session on "**the sternum, lower thoracic spine and upper solar plexus**".

These areas of the body are also misaligned due to the original misalignment of the atlas and need supportive information so that the body and the energy system can find their way back to their original alignment. This also has a positive effect on the flow of energy and juices in the body and can lead to mental, psychological and emotional stabilisation.

With other **sound codes**, we can ensure that also the **chakras, glands, organs, meridians and nervous system** receive the information they need to regain optimal functioning on all levels.

Also our entire energy system and all higher levels of being: the soul level, the spiritual level, the emotional level and the thought level are supported in their development and unfoldment by **sound codes**.

In our work, we always consider the inextricable connection between body, mind and soul. New impulses are given at all levels, which people can realise for themselves when they are ready. The path leads from bondage to new freedom on all levels.

At this time, we humans are subject to great changes in consciousness. From year to year, we can observe how our world is changing massively and how we perceive it differently in a broader sense. In addition, there is a huge emotional/mental pressure to which many of us are more or less permanently exposed to. Using **sound codes** makes it easier for our **Body-Mind-Soul-System** to adapt to this new era, which can and want to guide us towards greater lightness and connection with our own inherent divine source.

### The course of a sound-code session

Normally, an "Atlas in Balance" sound-code-session takes about one to one and a half hours. After an extensive preliminary conversation, the appropriate sound codes are chanted for you. If the session does not take place remotely or via Zoom, a light, non-specific touch of the chanted areas guides the process. Generally, this "chanting" is experienced as very relaxing and beneficial. There is no physical manipulation, and the client's body-mind-system responds to the respective **sound codes** in a completely natural way.

For example, the atlas may gently recover its original healthy position under the cranial rim and experience a new stability there. The whole body then begins to adjust to the healthy position. Changes may be noticeable immediately, sometimes only after some time. Every body system is unique and reacts differently.

Relief can still be felt years later.  
so that the body's fundamental change and reorientation as best it can.

It is important to do a **2nd** sound-code-session after about 2 - 3 weeks:  
Body in Balance with a focus on the sacrum and coccyx and further refinement of the atlas.  
A **3rd** sound-codes-session Body in Balance then follows about 4 weeks later for the tip of the sternum, this aims to realign the lower thoracic spine and upper solar plexus.

Accidents and falls or personally stressful situations can lead to complaints again.  
In this case, visit your **sound code practitioner** again. He/she will know what can be done.

*Our work is not intended as a targeted therapeutic approach, but as a general health promotion measure without a specific diagnosis. It is in no way a substitute for visiting doctors e/o therapists. We do not manipulate, but support the organism in a very gentle way to find its own balance in the physical, energetic and emotional-mental fields. By the way, we adhere to the instructions in the decision of the Federal Constitutional Court BVerfG, 1 BvR 784/03 of 2 March 2004 on energetic healing. Source: Elisabeth U.H. Westermann . [www.dao-tha.com](http://www.dao-tha.com)*

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## Overview of several typical Symptoms for which a tilted Atlas can (co-)cause

- ☒ Migraine and all forms of tension headaches
- ☒ metabolic complaints, constipation or diarrhoea
- ☒ Allergies and food intolerances, including lactose Intolerance
- ☒ Autoimmune reactions to Auto-immune diseases
- ☒ Back complaints of various kinds, mainly neck and lower back (LWS)
- ☒ Skoliosis, pelvic obliquity
- ☒ High blood pressure
- ☒ Dizziness, tinnitus, all types of nerve diseases, MS, ALS
- ☒ ADS, ADHS, attention disorders, inner turmoil, weak concentration  
Legasthenia, Kiss syndrome
- ☒ Tiptoeing, round back
- ☒ State of exhaustion, burnout, energy depleted
- ☒ Sleep disturbances of various kinds, daytime fatigue
- ☒ Disturbances in seeing, in hearing, collapsed limbs
- ☒ Dementia, Alzheimer's disease
- ☒ Low HB Value, serum iron value, diabetes mellitus,  
elevated cholesterol value
- ☒ Jaw problems (including teeth grinding) of various kinds
- ☒ Psychological disturbances of various kinds
- ☒ Depression, schizophrenia, psychoses, anxiety disorders