

The 8 circuits of consciousness in naturopathy



*A story of consciousness
& holistic health*

FREE ONLINE BOOKLET

www.8cc-holistic-care.com

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Foreword

Talking about this work and introducing it requires presenting the context of the 8 circuits model, its history as well as its scope and the links made with naturopathy. This is the objective of this open access booklet.

This work was born from my dissertation on the application of the model in naturopathy. It was carried out in 2 phases: a theoretical study as well as a practical study with individualized follow-up.

The steps of this work are presented on my website "Vie en harmonie" here:

<https://vie-en-harmonie.fr/memoire-de-recherche-sur-la-naturopathie-et-les-8-circuits-de-conscience>

In addition to this booklet, videos will be available soon on my Youtube channel.

Do not hesitate to subscribe to the newsletter on my original site to be aware of the latest news: <https://vie-en-harmonie.fr/contact>

For more information on this work and to order the published dissertation, please visit my dedicated website :

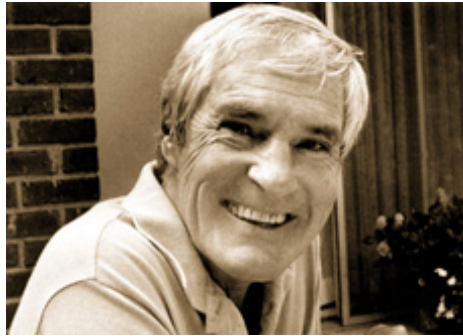
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History of the 8CC model

A story in search of our totality and our hidden potential

The model theorist: Timothy LEARY (1920-1996).



Brilliant psycho-philo-spiritualo-influencer of the 60s in the USA, a time full of inner revolutions: it is the awakening of consciences and the psychedelic years. This era is marked as the period of discovery of altered states of consciousness.

The existence of other levels of consciousness is what will motivate Timothy Leary to continue his research and inspire people to open their minds and transcend social norms.

Inspiration from the Hindu model of chakras

Following the visit of a professor of Indian origin to the university where he worked, Timothy Leary learns more about the model of the 7 chakras and this is what will inspire him at the beginning of his theory of the circuits of consciousness.



Model of the 8CC in staircase or pyramid

The 8CC model is first seen as a staircase or pyramid system by progressive steps or stadiums.

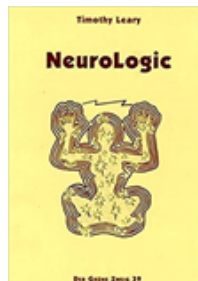
Each circuit can be opened or closed. Some are accessible only through a specific work or a desire for openness.

The first circuits open and are modeled during the development of the individual.

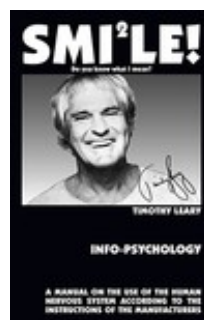
Timothy Leary makes a parallel with the evolution of the individual and life evolution on Earth through this model.

His literary references on the model :

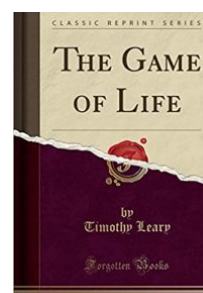
Neurologic - 1973



Infopsychology - 1976



The game of life - 1979



The continuators of the model

The revolutionary work of T. Leary inspires many people including well-known authors who will each bring new elements to the model, thus improving its scope and dimension.

Robert Anton WILSON (1932-2007)

Writer and thinker. Yoga practitioner



Friend and contemporary of T. Leary, he is the first to propose real awareness exercises inspired by the model in his book on the 8 circuits :

Prometheus Rising - 1983



We are still in this same search for awareness and emancipation of the individual that R. A. Wilson will considerably develop not only in this work but in others as well.

It should be noted that he begins to make a connection between the first circuits and the character or the so-called Hippocratic temperaments: lymphatic, bilious, nervous, sanguine. Cognitive biases are also extensively studied by R. A. Wilson.

We can summarize their impact by modeling the reality perceived through our thoughts, an important concept to understand the impact of limiting thoughts.

Antero ALLI

Writer, director, astrologer and tarologist

Inventor of the "paratheater" (experimental)



He is the first to propose a complete work program based on the model of the 8 circuits of consciousness.

T. Leary will be acquainted with his first book on the subject and will highlight how remarkable his work was. Antero Alli includes the problems of circuit malfunction (mechanical problems) and opening.

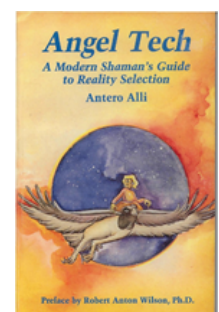
It also introduces the notion of lateral pairs of circuits (1/5, 2/6, 3/7, 4/8).

The model thus becomes a practical and symbolic tool that one can live and experience for oneself. His online program is still available, to find out more :

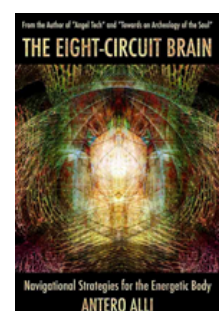
verticalpool.com/8circuitbrain1

His books on this topic :

Angel tech, a modern Shaman's guide to reality selection - 1985

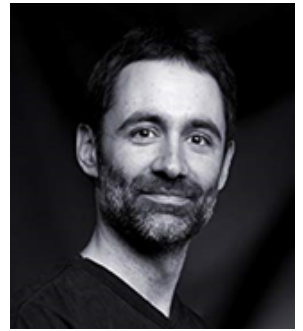


The 8 circuits brain, navigationnal strategies for the energetic body - 2009



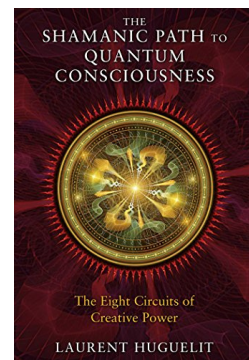
Laurent HUGUELIT

Writer, yoga and shamanic teacher



He wrote the only book we have in French on the model, which is a real revolution in the world of the practice of shamanism :

The Shamanic Path to Quantum Consciousness: The Eight Circuits of Creative Power – 2013



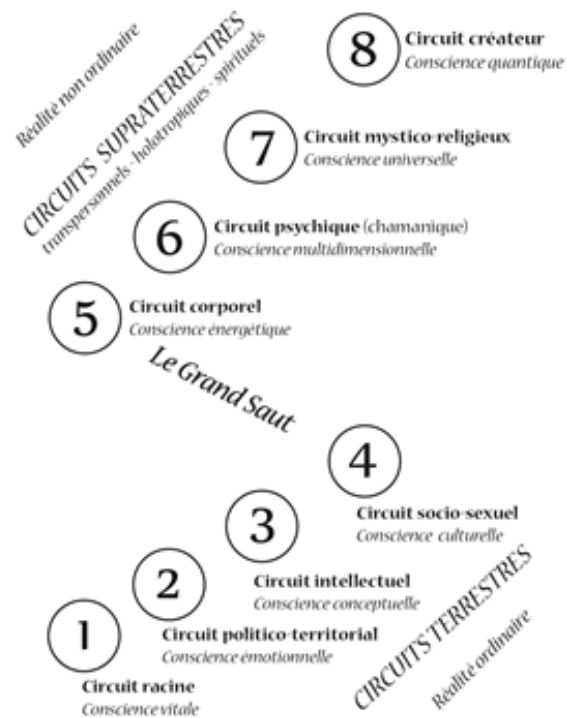
This book makes known the model of the 8 circuits in France.

L. Huguelit includes in the model cybernetics, modeling, the notions of sub-regime or over-regime by circuit and reality tunnel. It introduces the practice of shamanism and develops the creative (or co-creative) aspect of reality.

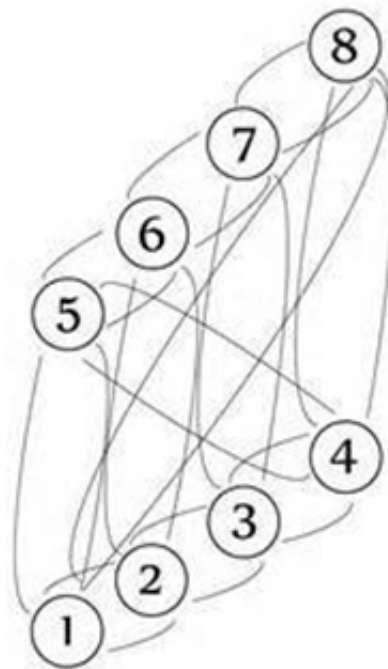
This considerable work inspired me to propose an application in the naturopathic field. Indeed, an essential notion is emphasized by all the authors: the importance of taking care of one's body.

L. Huguelit puts a lot of emphasis on lifestyle practices. It offers a set of seminars on the practice of the model through drum shamanism: 8circuits.org

Some maps of the model made by L. HUGUELIT :



The circuits are now part of a cybernetic system where they are all connected together including for example the 8th circuit, which is not the "ultimate stage", but also a dimension requiring a return to the 1st circuit.



Resource : 8circuits.org

Présentation of the circuits

Towards an overview of our individual totality

Circuits are "meta-systems", i.e. systems of systems.

They help us symbolize and create links between the different dimensions that compose us.

No circuit is more important than the other. All circuits are co-dependent.

The 4 material circuits

Circuit 1 : Circuit de base ou de survie alimentation/sécurité



It represents the vital functions of our organism, the digestive and respiratory systems. It allows us to rest and regenerate. It is the circuit of anchoring to the Earth.

Some key words of the circuit: sleep, eat, tranquility, assimilation
of vital elements

This circuit is essential because it is the most neglected of the
material circuits in our modern society.

Circuit 2 : emotional or expansion movement & territoriality



It is related to the musculoskeletal system and emotions. It is the engine, the source of what is called vital energy. It allows you to undertake, act and move.

Some key words of the circuit: Move, explore, confront, undertake

Circuit 3 : symbolic or intellectual conceptualization & abstraction



It allows the use of language and tools. This is the circuit of higher cognitive functions. It processes information, it analyzes, classifies, conceptualizes.

Some key words of the circuit: Conceptualize, logic, use tools,
language, science

Circuit 4 : Socio-sexual circuit social life/reproduction



It corresponds to the social context. It is the circuit that makes it possible to organize the group and society as a whole, in particular by setting moral rules. It is related to empowerment and family life.

Some key words of the circuit: Socialization, social function, work, family, responsibility, culture

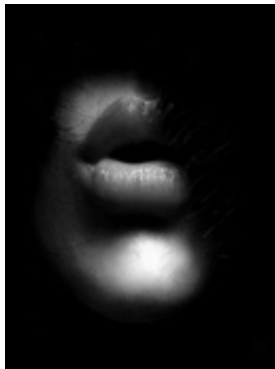
We are coming to the end of the strictly "material" dimension. This 4th circuit allows other future "1st circuits" to come into the world and start their own development loop.

The sequence of circuits is part of the non-material dimension. It is experienced when the individual has gone through different phases of life or experiences that have led him to go beyond his individual perception. Any initiatory phenomenon, existential crisis, or various traumas can really reactivate in a significant way the following 4 other circuits.

These 4 other circuits are related to the first 4. They constitute the non-visible or superior counterpart of the reality we know through these 4 material circuits.

The 4 non-material or transpersonal circuits

Circuit 5 : Neuro-somatic circuit – dimension of the body & dimension of energies and pleasure



It allows you to become aware of your body, emotions and energies: magnetism, Qi, ki or prana. It is also the circuit of the symbolic language of the body that expresses itself and seeks to enjoy its existence.

Some key words of the circuit : Awareness of my body, awareness of my emotions, feelings, energies, empathy

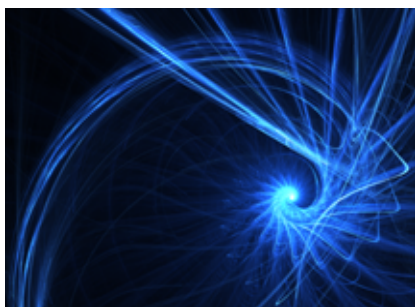
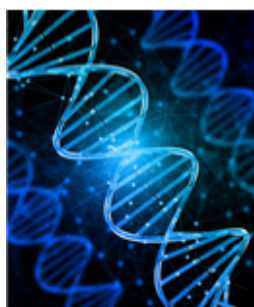
Circuit 6 : Neuroelectric circuit – dimension of the brain, the psyche & notion of reality



The activation of this circuit makes it possible to become aware of the faculties of our nervous system and therefore of the brain. It is the gateway to the psyche.

Some key words of the circuit : Awareness of my thoughts, psychic senses, control of emotions

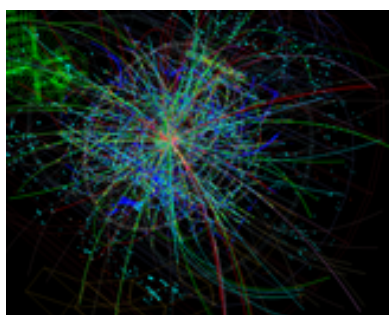
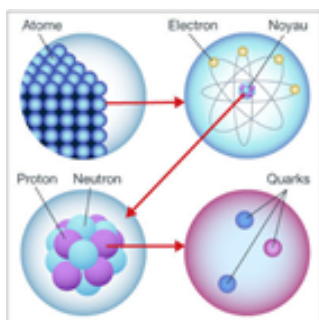
Circuit 7 : Neuro-genetic circuit – global consciousness, collective unconscious, genetic memory and therefore DNA (family, groupal) and archetypes



It has an organizing function through DNA, great universal principles, archetypes and a transcendental function. It is the circuit of wisdom that activates when we meditate.

Some key words of the circuit : Collective memory, wisdom, meditation, spirituality

Circuit 8 : Circuit 8: Neuro-atomic circuit – not localized, integrates quantum laws including the law of attraction and co-creation

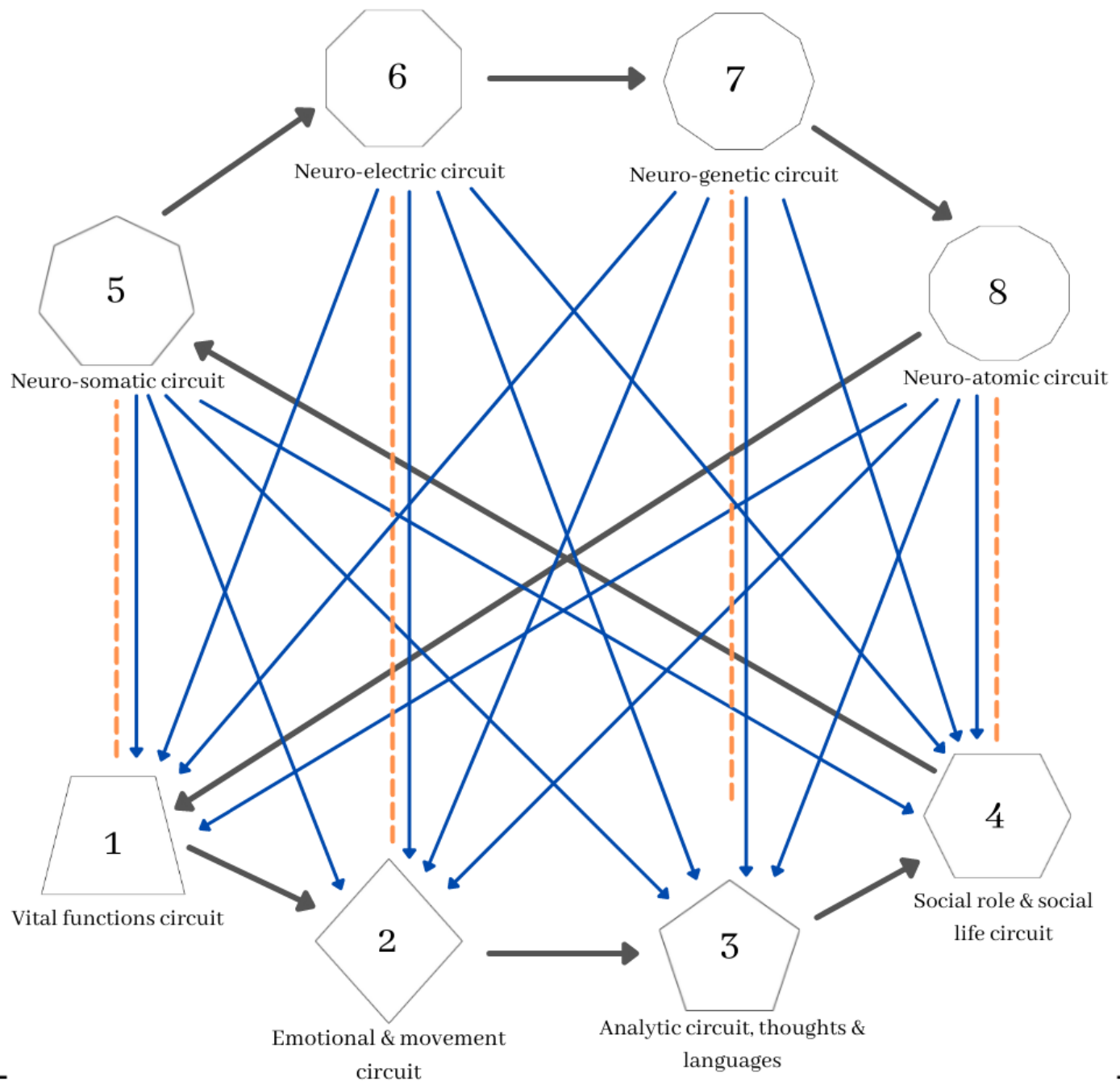


It allows us to co-create reality outside the nervous system. This is the creative circuit. By extension, it is related to dreamlike activities and also to death and the Hereafter.

Some key words of the circuit: Co-creation of our reality, inventiveness, creative genius, individuation, The Beyond, dream, "self-realization", "Void is full"

The loop of the 8 circuits

A representation of the circuits and flows connecting them:



Horizontal support
by binomial class

Development cycle

Information flow from top circuits
to material circuits

8 circuits diagram

Rapprochement with naturopathy

Pillars and principles in osmosis

The founding principles of naturopathy, this true hygienist philosophy of life whose origins date back to antiquity, merge into this model of the 8 circuits of consciousness on many levels.

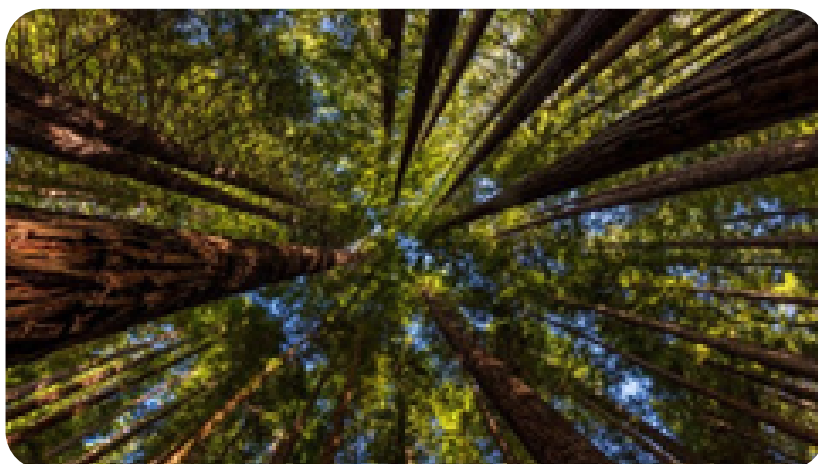
Vitalism : existence of an intelligent energy declined in its different aspects through each circuit.

Humorism : taking into consideration the temperament of a person in connection with the functioning of his circuits.

Causalism : the search not for the cause but for multiple causes because of the entanglement between each circuit and system.

Hygienism : the strict use of so-called natural elements, that is to say present spontaneously in any individual or in his living environment.

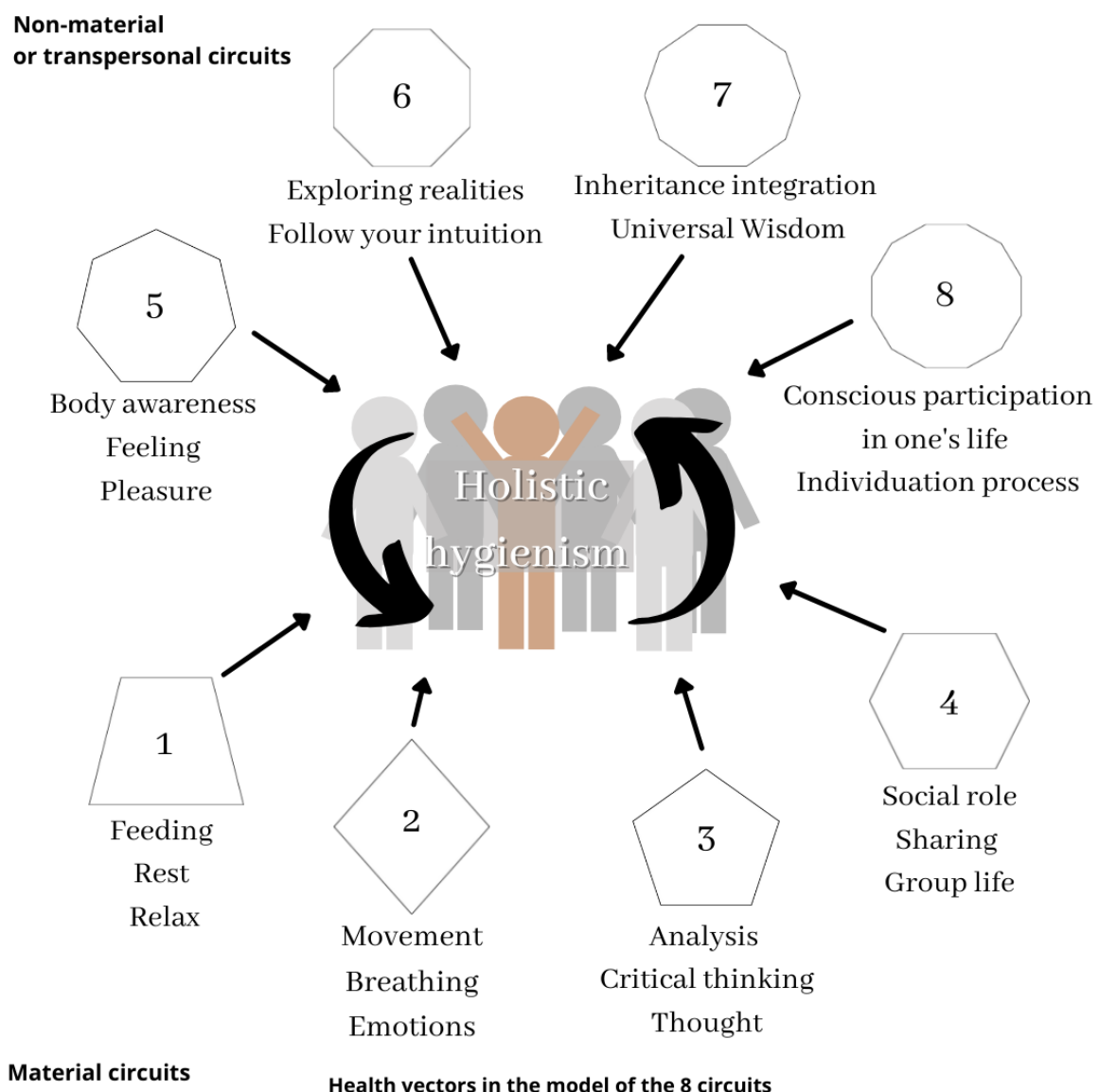
Holism : the central search, that of an overview of a whole that starts from the quator body-emotion-mental-social to go towards the non-material aspect but inherent in each of these elements.



One might think that naturopathy is mainly, within the framework of this model, on the couple 1st circuit and 5th circuit and this is quite accurate.

This binomial represents the basic framework and structure of our whole being which, when it is too fragile, jeopardizes our balance. However, to neglect the other dimensions is also to compromise this balance because it is essential that this vital dimension does not obliterate the others.

Each circuit must therefore be the subject of special attention. It is the role of the naturopath using this model not to neglect any detail to establish the right conclusions with the consultant.



The nourishing and healing plant

In this research context of regulation and balance, the central objective of naturopathy, the place of plants is essential. Plants nourish us and can heal us on all levels thanks to their nature as a complex and fascinating chemical factory.



In terms of herbal medicine, the different forms can be used :

- Whole plants in extracts or infusions
- Essential oils
- Hydrosols
- Floral elixirs (Bach flowers and other elixirs)
- Bud macerates

Plants are the vector of action that will support the expression of the internal forces of the person.

They have a preponderant place in the therapeutic approach in naturopathy.

In practice in the consultation area

The consultation follow-up is carried out with specific sheets dedicated to each circuit. A series of questions makes it possible to evaluate with the person the state of each circuit and to understand the reasons.

Annexe C : Fiche de suivi 12		
Evaluation comparative des circuits maternels	Echelle de valeur 1 ^{ère} eds	Evaluation 2 ^{ème} eds
2. Circuit émotionnel/territorial Circuit du mouvement, de l'expansion		
Sous-circuit :		
Développement : rapport image de soi	+ - 0 2 0 0 + - 0 0 + -	
Valeurs personnelles	+ - 0 2 0 0 + - 0 0 + -	
Affirmation de soi	+ - 0 2 0 0 + - 0 0 + -	
Esprit autistique	+ - 0 2 0 0 + - 0 0 + -	
Activité physique	+ - 0 2 0 0 + - 0 0 + -	
Défense de son territoire, point de l'adulte	+ - 0 2 0 0 + - 0 0 + -	
Energie physique	+ - 0 2 0 0 + - 0 0 + -	
Charge musculaire	+ - 0 2 0 0 + - 0 0 + -	
Evaluation 2^{ème} étape morphologique		
Expression latéral du visage	+ - 0 2 0 0 + - 0 0 + -	
Touche physique	+ - 0 2 0 0 + - 0 0 + -	
Moyenne in-circuit	+ - 0 2 0 0 + - 0 0 + -	
Evaluation générale du circuit	+ - 0 2 0 0 + - 0 0 + -	+ - 0 2 0 0 + - 0 0 + -
Notes : 1 ^{er} circuit en sous-origine : anamnèse de naissance, point de l'adulte Ou 2 ^{ème} circuit en sous-origine : sous-estimation de la pensée, de la réflexion Ou 3 ^{ème} circuit en sous-origine : sous-estimation de la force du groupe, besoin de se différencier		
En fonctionnement optimal : capacité à se mettre en action, à se garder ses limites et contact positif avec valeurs maternelles		

Annexe D : Fiche de suivi 13		
Evaluation comparative des circuits maternels	Echelle de valeur 1 ^{ère} eds	Evaluation 2 ^{ème} eds
3. Circuit symbolique/intellectuel Circuit de la pensée, du raisonnement logique		
Sous-circuit :		
Pensée, analyse	+ - 0 2 0 0 + - 0 0 + -	
Apprentissage émotionnel	+ - 0 2 0 0 + - 0 0 + -	
Propriété mentale	+ - 0 2 0 0 + - 0 0 + -	
Symbolique	+ - 0 2 0 0 + - 0 0 + -	
Energie mentale	+ - 0 2 0 0 + - 0 0 + -	
Energie sur-venue	+ - 0 2 0 0 + - 0 0 + -	
Charge mentale	+ - 0 2 0 0 + - 0 0 + -	
Evaluation 2^{ème} étape morphologique supérieure		
Extraction visage et corps	+ - 0 2 0 0 + - 0 0 + -	
Extraction visage et corps	+ - 0 2 0 0 + - 0 0 + -	
Moyenne in-circuit	+ - 0 2 0 0 + - 0 0 + -	
Evaluation générale du circuit	+ - 0 2 0 0 + - 0 0 + -	+ - 0 2 0 0 + - 0 0 + -
Notes : difficulté à s'inscrire d'analyse, sous-estimation du système cognitif, système sur-venue sur actif		
1^{er} circuit en sous-origine : désengagement du corps, rapport négatif à l'alimentation Ou 2 ^{ème} circuit en sous-origine : sous-estimation de l'action ou du mouvement (et donc survalorisation de l'intellect) Ou 3 ^{ème} circuit en sous-origine : sous-estimation de l'intelligence collective, besoin de préserver son individualité		
En fonctionnement optimal : capacité de réflexion jointe, mise en question des pensées et auto-analyse		

Excerpt from the brief – Appendices C&D ©

The consultation integrates the naturopathic approach with the classic physiological anamnesis.

The starting point can be a particular physiological or emotional problem, or one can carry out what is called a vitality assessment without a specific reason.

The follow-up on the 8 circuits requires at least 3 sessions, spaced according to the needs. Between these assessment sessions it is quite possible and sometimes even strongly recommended to integrate individual practices or in session with a practitioner.

These can be bodily, energetic or psychic techniques. During and at the end of the sessions, many tips are given in lifestyle, diet, phytotherapy, physical, emotional or mental practice.

In summary, the objectives

What are the possibilities with this type of support?

- Réguler son terrain et favoriser la guérison
- Get to know each ourselves better
- Doing prevention in holistic health
- Learn new tools to help work on your circuits
- Moving towards autonomy with a holistic health program

[illegible]

Holistic health program ©

The model allows both to be a support for the therapist and a tool of self-knowledge for the consultant.

Some elements on the study thesis

Soon available in English, Holistic naturopathy in the 8 circuits model :

**"NATUROPATHIE HOLISTIQUE DES 8 CIRCUITS"
EST DISPONIBLE**



Naturopathie holistique des 8 circuits
Patrick Laubscher

La santé est depuis toujours une question centrale mais elle doit être placée dans un contexte plus large qu'elle ne l'est habituellement.

Qui n'a jamais rêvé de trouver un moyen d'explorer les différentes dimensions qui nous composent?

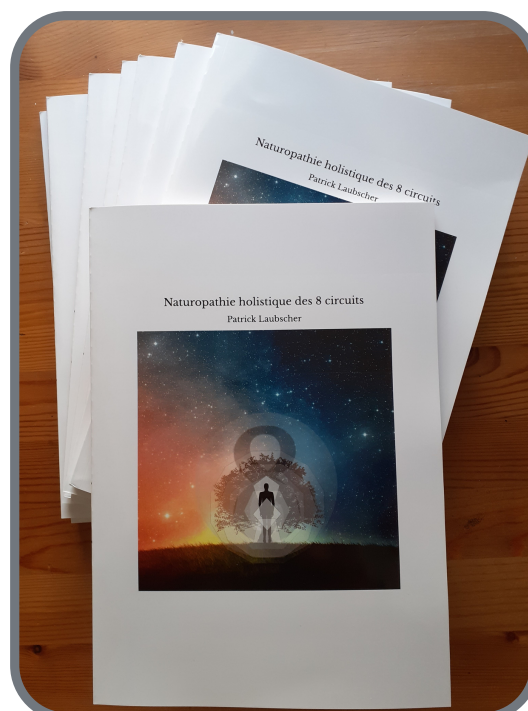
Et si ce moyen existait déjà mais qu'il n'avait pas encore été appliqué dans ce contexte?

Le modèle des 8 circuits de conscience pourrait être la clé pour voyager dans la complexité de l'individu et comprendre ce qu'est véritablement la santé holistique.

Ce modèle a complètement changé ma vie et mon approche de travail en tant que thérapeute ce qui m'a poussé d'y consacrer mon mémoire de fin d'études en naturopathie.

Le livre est une adaptation illustrée de ce travail de plusieurs années.

SOON AVAILABLE IN ENGLISH



Contents of the book-memoir

- A pre-study was carried out before the implementation of the follow-up sheets.
- The study itself was carried out with 8 people over 3 sessions + 1 session to complete the questionnaire.
- The reading and study of all available resources was done for several months in advance.
- The model was very well received by people who found it rich and dense.
- Involvement is necessary in order to achieve the desired results.

The integration of specific techniques works very well. It is even necessary for the therapist to have a complete holistic approach.

It is because I practice energetic techniques, change of states of consciousness, meditation and I am interested in ancient philosophy as well as the psychology of the depths for years that I have been able to understand the links between their specific fields of action.

All of these areas are important and necessary for our overall balance.



Contact and information about the author



"Before being a therapist, I was passionate and eternally curious about issues of healing and the search for harmony in our lives. It is this momentum that has led me to apply on myself everything I have learned and to want to benefit others through my consultations, my research and workshops."

For any questions or requests for information :

laubscherpatrick@gmail.com



My other websites (in French only) :



www.vie-en-harmonie.fr



www.patrick-laubscher.fr