



How does BodyTalk work? |

The premise behind BodyTalk is that disease comes about due to breakdowns in communication between different 'parts' of our bodies. Those 'parts' may be organs, endocrine glands, parts of the brain, cells, or any of the different systems, which make up the human body. BodyTalk highlights the areas which have 'blown a circuit' – due to stress, injury or accident & re-establishes the lines of communication between these parts.

These 'links' may be physiological, biochemical, circulatory, nervous, emotional, and/or energetic; it doesn't matter which, once communication is re-established between 'non-communicating' parts of the body, the body is able to function properly once more & the client will see improvements in their condition.

Balancing the bodymind |

Every individual is made up of constantly interacting elements; we are holistic beings. We're not just a body containing separate cells, organs, & glands, which don't ever interact with each other, or can live independently of each other. The bodymind complex, is the interrelated part that represents the body, mind & spirit. The physical body needs to be in constant communication & in synchronicity with all of its components to achieve health & to maintain a feeling of wellbeing.

Every second, there are trillions of interactions going on throughout the body. Our brain is in constant interaction with every cell of the body, every organ & gland, every muscle & sinew.

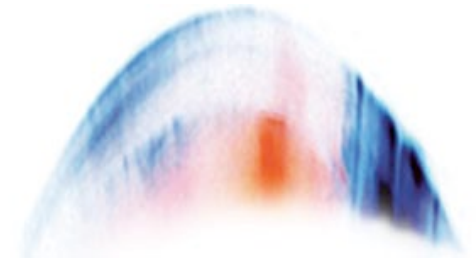
Since we are holistic, a knee injury for example, may not be simply a physical symptom - which can be removed, or treated as an isolated event. It may stem from a multitude of causes, which may be mental, emotional, physical or spiritual. The practitioner is able to establish & pinpoint exactly (down to the DNA level) which 'circuits' have been blown in the body- causing this knee injury -and get these systems 'talking' again. Poor health is seen as an indication that the body's innate wisdom to heal & maintain synchronicity within itself, is in need of enhancing.

Essentially, BodyTalk enhances & awakens the body's own healing power by re-establishing its synchronicity. Balancing the body; balances the mind... & vice versa.

Innate Wisdom |

Innate wisdom is the body's inborn ability to heal itself on all levels. The innate wisdom is what orchestrates the body's natural healing mechanisms. When we injure ourselves; our body immediately initiates processes to start healing at all levels: physical, mental, emotional, and spiritual.

Our innate wisdom encompasses all the systems of the body and ensures that they are working in synchronicity. In BodyTalk, we use the body's innate guidance to identify the weakened lines of communication within the bodymind complex, and to direct the practitioner to the individual parts, which need to be linked to one another.



Healing Priorities |

The client's innate wisdom indicates its priorities in bringing about enhanced health. This is where BT is truly unique; the practitioner asks the innate wisdom for priorities necessary for the clients healing. There is no diagnosis by the practitioner. The practitioner acts very much as a facilitator – carrying out the healing techniques, which are specifically asked for by the clients innate wisdom, in an exact sequence. This is unique to BodyTalk; with no diagnosis- the practitioner listens to what the body's priorities for healing are, & addresses those priorities in the specific sequence indicated by the body. This is important, since for example: the client may need A,B,C,D balancing within their bodymind complex; however - they may need that balancing carried out in the sequence B,A,D,C, to facilitate optimum healing. The practitioner simply deals with the priorities presented by the client's innate wisdom & keeps working until the innate wisdom indicates that the client has received enough treatment for that session. This is also important; the client receives just the right amount of balancing in each session.

Also, since the bodymind complex is holistic, balancing one part of the body may result in balancing & healing of a seemingly unrelated part. A client may have back pain, however this may not come up as a priority. Whatever comes up as a priority is treated first. However, since the body, mind & energetic structure are all interlinked, creating a link for the initial priority, may well result in the client getting better immediately- even though the priority may seem unrelated to the clients problem. (For example, the client may have back pain, which may not come up as a priority, but –“environmental stress due to work, linked to the pituitary gland” -may come up as a priority, & when this item has been balanced – the client finds their back pain is diminished or alleviated entirely.) With BodyTalk we help the body to return itself to balance, the way that it would prefer to be returned to balance. The practitioner then addresses the links by lightly holding them herself, or by asking the client to hold them. While the links are being held, the practitioner uses a technique, which entails tapping gently on the head, & then over the heart complex, in order to re-establish communication between these 'parts'.

BodyTalk techniques |

BodyTalk employs a series of tapping techniques to re-establish balance within linked parts of the bodymind complex. The act of tapping on the head enables the clients' innate wisdom to register these links in the brain, enhancing the overall integral functioning and intercommunication within the body. BodyTalk 'tapping' is based on an old Hatha Yoga technique and experiments with biofeedback apparatus show that when this tapping occurs, while specific parts are being touched there is a major increase in brain activity in relation to those parts.

The act of tapping over the heart complex enables the innate wisdom to store the memory of these links, which ensures that the new balance is held in deep memory and is, therefore, lasting. In this way, the innate wisdom & healing function inherent in the body is enhanced on all levels- physical, mental, emotional & spiritual. This process guarantees that the mechanisms of the body can function & operate at optimal levels, which in turn accelerates the healing process. Thus preventing future imbalances within those highlighted areas.