



WHAT IS
Body Talk

[click here to find out more](#)

NAVIGATION

[WHAT IS BODYTALK](#)

[WHAT CAN
BODYTALK ADDRESS](#)

[WHAT CAN I EXPECT FROM
A BODYTALK SESSION](#)

[DISTANCE SESSIONS](#)

[FREQUENTLY ASKED
QUESTIONS](#)

[THE CORTICES TECHNIQUE](#)

[BODYTALK AS A CAREER](#)

[MORE INFORMATION](#)



WHAT IS *BodyTalk* HEALTHCARE DESIGNED BY YOUR BODY

BodyTalk is WholeHealthcare™

The BodyTalk System seeks to address the “whole person”. This means that no aspect of the human psyche can be overlooked, be it emotional, physical or environmental. In BodyTalk, we have developed a whole-healthcare system that supports and promotes the wellbeing of any person, animal, or plant. As WholeHealthcare™, BodyTalk understands the profound influence the psychology of the body has on our health. Instead of focusing on the symptom, BodyTalk finds the underlying causes of illness by addressing the whole-person and their whole-story.

BodyTalk looks at the big picture

Health challenges arise for a variety of reasons. When a practitioner is trained to look at the whole-person, emotional, physical and environmental influences – the true underlying causes of dis-ease can be revealed. Every choice, and every experience in your life, has contributed to your current state of health. Each scar, laugh line and injury has a unique story and a history. BodyTalk takes into consideration your whole-story. Your lifestyle, genetics and history are all drawn upon to establish a personalized approach to Healthcare that brings about lasting changes.

I Am Your Body

The body can be addressed in many different ways. One effective approach taken in The BodyTalk System is to understand the functions of the body according to the discoveries of Traditional Chinese Medicine and Bioenergetic Psychology. These systems developed an understanding of the relationships of physical wellbeing and psychological wellbeing.

The study of all this is fascinating. If you truly understand the energetic psychological makeup of the body, you then start to appreciate how dis-ease develops and why it is maintained. Ultimately, the bodymind knows best how to heal itself in a holistic way. Any interference by way of treating symptoms is only a compromise, for the real power of healing lies innately within the BodyTalk system.



SOME OF THE THINGS

Body Talk

CAN ADDRESS



STRESS



TRAUMA



ALLERGIES



HEADACHES



ARTHRITIS



PERFORMANCE



ADHD



IMMUNE
FUNCTION



DIGESTIVE
ISSUES



INJURY
RECOVERY



WHAT TO EXPECT FROM A *BodyTalk* SESSION

Tailored Just for You

BodyTalk sessions are easy, safe and comfortable. A BodyTalk session usually lasts between 15 and 45 minutes. The length of a session is not indicative of the quality of the session or the results that occur; as even the simplest sessions can be quite profound. The bodymind knows just how many changes and corrections it is ready to initiate in any given session and will therefore indicate when the session is complete and may even establish a time when you may need to return for a follow-up session.

Background and Communication

You and your BodyTalk Practitioner often begin your session by discussing your health status and whatever other personal issues you may wish to address. Then, you will either relax in a chair or on a treatment table while the practitioner, positioned at your side, will gently use your arm in such a manner to establish Yes/No communication. This Yes/No communication is also called neuromuscular biofeedback, which is like Applied Kinesiology. By understanding that your body has an inherent knowledge of itself, the BodyTalk Practitioner can quickly and easily ask your body what communication circuits have become compromised and in which order these lines of communication need to be re-established for the fastest possible healing process to occur.

Tap to Synchronize and Balance

Tapping on the body to get it to focus on healing has been used by some indigenous holistic systems for centuries. For BodyTalk specifically, tapping on the head tells the brain to “fix” the faulty communication circuit, the heart to “store” the fix and the intestinal area or enteric brain to “integrate” the fix. This activates the brain and helps to facilitate the body’s own ability to restore and maintain its optimum health. For every malfunctioning energy circuit or formula found, you or your practitioner may hold the corresponding “points” with your hands, in order to help provide focus. You may also breathe deeply, as this helps your brain scan the body to locate the imbalances. The practitioner then lightly taps you on the top of the head, which stimulates your brain and causes it to initiate corrections to the broken circuits. Your practitioner then taps you on the sternum to “save” the corrected energy circuit in the heart centre and to share this information with every single cell in the body. Tapping is then done on the intestinal area which serves to integrate and distribute the changes.

BodyTalk is Cumulative

Because your body stores the changes made by the brain during the tapping process, this means that every formula or circuit that is corrected builds on the one before. Your body remembers the BodyTalk sessions it receives, and your healing process will continue with each additional session you have.



BodyTalk

DISTANCE SESSIONS

Distance Sessions are conducted similarly to in-person sessions and afford many benefits. They afford accessibility and reduce the need for travel, which is particularly valuable for clients who are physically too unwell to travel, small children or for those who are lacking transportation. Distance sessions allow for world-wide access. The client is able to relax in the comfort of their own home while the session is being completed. Distance session results are often noted by clients to be more powerful, in comparison to in person sessions.

HOW DO DISTANCE SESSIONS WORK?

Distance sessions work the exact same way in-person sessions do. Simply put, Quantum Physics tells us that every body part and every cell knows exactly what every other part or cell is doing. Further, it tells us that there is a deep interconnection and interdependence between every atom in the universe and therefore every human being in the universe. When we communicate with the bodymind we simply use our brain to focus in on the priority area which the BodyTalk Protocol tells us, needs balancing. This ability is enhanced by using a mental workshop, used by many BodyTalk Practitioner's, called Mindscape. Much like a cell phone can quickly connect around the globe without a physical connection, BodyTalkers can use MindScape to accurately tune in to their clients without having to use physical contact.

As explained by BodyTalk System Founder John Veltheim....

The Magic of Distance Sessions

For many, it may seem odd to say that a healing session can be conducted at a distance. On the surface, it sounds like something assigned to trained mystics with specific dress and accoutrements, surrounded by a haze of incense. It just seems too "out there" to respectfully be explained scientifically.

Except that, it can.

Although there is no one answer to why distant healing works, quantum physics, which is the application of the philosophy of consciousness, provides a solid one. Since BodyTalk is a consciousness-based method of health care, we can effectively conduct techniques within the practice remotely. A practitioner mentally focuses on the client's holographic information, with the understanding that time and space are not barriers to effect change in that very hologram. The potential effect of distant healing is even more profound if you consider how modern technology has further bridged the time-space continuum. Communications are instantaneous, and in so many different forms. A heart-felt text message, for example, telling someone that they are loved, can potentially avert a depressed state from otherwise devolving into an act of self-harm.

The effect of distant healing often begins when a decision is made to engage in such. The commitment is often followed by a sense of excitement, a movement in the right direction towards healing and growth. Synchronicities, or what Carl Jung coined as "meaningful coincidences," may abound, as you arrive at the moment of your session.

You are like a radio antenna receiver in the holographic field, and something is ready to shift.

FREQUENTLY ASKED QUESTION & ANSWERS

Why do I need BodyTalk?

The body has built-in mechanisms to initiate the healing process. If we cut ourselves, the body immediately sets up a process to start healing the wound. This occurs at several levels - physical, emotional, and mental. Although this is obvious to every one of us, most people do not fully realize just how wonderful the human healing mechanism actually is. So why do we get sick? The problem facing the body is in the way our lifestyles interfere with the natural processes of the body.

Today, most people in society are routinely exposed to the following:

- The physical stresses of day to day life including physical injuries.
- Emotional traumas and issues that arise from time to time (e.g. extreme anger, fear, worry, sadness, grief, guilt or jealousy that we experience but cannot process and release effectively).
- Chemical substances contained in the food we eat, the water we drink, and the air that we breathe.
- Exposure to artificial energy fields that exist within our society and the electronic devices that we use on a daily basis (e.g., power plants, overhead electrical wires, phones and cell phones, pagers, computers, TVs, DVD Players, stereo equipment, microwave ovens, lights, clock radios, other electrical appliances).

These factors compromise the communication networks or energy circuits of the body. It is critical that these systems be perfectly balanced for the body to effectively coordinate the billions of synchronized activities per second that are necessary to maintain optimum health.

The body only fails in its job because its communication systems have been severely compromised through the external stresses of life. In essence, the energy circuits are “blown” in a similar manner to electrical circuits in our house that “blow” when they are overloaded. By re-establishing good communication between the various parts of the body, they once again are able to “talk” to each other. The body is then capable of healing itself very rapidly and effectively.

Does BodyTalk only help the physical body?

BodyTalk may help with any situation that comes about in a person's lifetime, whether it's physical, mental or emotional symptoms or pain, mood swings, blocks experienced in the work environment, unbalanced relationships, disappointments, reoccurring situations, difficulties with learning, Depression and the list goes on.

Is BodyTalk Safe?

The BodyTalk system has been practiced in many parts of the world now for several years. There are hundreds BodyTalk practitioners throughout the world who are now using the system on a regular basis. In all of these cases, the BodyTalk system has proven to be a totally safe and effective form of treatment.

The reason for this is that BodyTalk treatment only involves rebalancing energy systems throughout the body - there is nothing invasive or dangerous about it whatsoever.

We do advise however, that BodyTalk is not a substitute for conventional medical care and there may be times when consultation with a physician is required.

Can I claim from Medical Aid for BodyTalk?

At this time, the answer is unfortunately no. You can however retain your invoices and submit them with your Tax Return as proof of medical expenses not covered by medical aids. SARS, in the past has accepted these.

How many sessions does a person require?

As each person is unique and has arrived at a place of dis-ease via a different path, the amount of sessions required varies from person to person. Most people find relief after just one session, others take a little longer. At the end of a session, your practitioner will check in with your body to find out when the next session is appropriate.

As the body heals at its own pace, this may be within days, weeks or even months.

Why Does BodyTalk Work So Well?

With BodyTalk, the practitioner does not need to diagnose the problem with the patient.

The innate intelligence of the human body informs the practitioner which energy systems need to be rebalanced and in which particular order. In this vein, the treatment is in no way influenced by what the practitioner thinks is wrong with the patient.

When you consider that there are over a billion synchronized activities that occur in the human body every second, it's not hard to see that the conscious mind of a practitioner may have some difficulty in determining exactly what is going on inside someone's body.

This is where the BodyTalk system excels. The practitioner is relieved of this burden and the source of the problem is actually the provider of the information that is needed for the patient to heal. This is a key aspect of the BodyTalk system and one which we feel is probably the main reason why the system works so well.

What Does BodyTalk Cost?

BodyTalk fees may vary as to location. Fees for BodyTalk sessions can be higher or lower due to location and the amount of knowledge and experience a practitioner may have.

Generally, BodyTalk sessions are priced between R500 and R1500.

There are many elements which make the cost of BodyTalk a benefit.

- There are no expensive tests that go along with BodyTalk, therefore there are no additional charges for such items.
- BodyTalk sessions address the entire body rather than just one aspect at a time. Therefore, you will get comprehensive attention during one session.
- A final factor to take into consideration with regards to the pricing of BodyTalk sessions is that BodyTalk takes far fewer sessions than other health modalities to notice changes in health and generally gets to the root of the problem faster.

Therefore, the overall price of BodyTalk can be significantly lower than other health modalities. Since every BodyTalk practitioner may charge different amounts for services rendered, please see our practitioner listing and contact one in your area for specific details.

THE CORTICES TECHNIQUE

We feel that the humble Cortices Technique, one of the core techniques of The BodyTalk System (and BodyTalk Access program), is so powerful that we want to share it with everyone. The Cortices Technique benefits you greatly in that it balances the left and right hemispheres of the head brain and improves general brain function. The IBA believes that everyone should be able to balance the cortices and the results can be immediate and profound in restoring healthy balance.

TAPPING THE 3 BRAINS

Tapping on the body to get it to focus on healing has been used by some indigenous holistic systems for centuries. For BodyTalk specifically, tapping on the **head** tells the brain to “fix” the faulty communication circuit, the **heart** to “store” the fix and the **intestinal area** or enteric brain to “integrate” the fix. This activates the brain and helps to facilitate the body’s own ability to restore and maintain its optimum health.



HEAD BRAIN

The Head Brain is like a computer. It downloads information from the body and the environment and responds by running a continuous program that supports and informs all the bodily systems. The Head Brain is the control centre of the autonomic nervous system (all involuntary processes).



HEART BRAIN

The Heart Brain is the seat of consciousness of self; this is why we instinctively point to the heart centre to indicate self. The Heart Brain’s primary function is to anchor the other two brains. When the Heart Brain fully anchors the other two Brains, the whole system calms; the “fight or flight” stress response that predominates while we live in our heads resumes its natural role, engaging only when necessary.



GUT BRAIN

The Enteric Brain has several major functions. It is heavily involved in our entire defence mechanism, meaning it oversees the immune system and our body’s ability to defend itself from the outside. It is there to work with the small intestine, assisting in controlling and regulating digestion and the microbiome. The Head and Heart Brains analyse and ponder, but when it comes to the discernment of choosing between right and wrong, it is meant to be the small intestine/Enteric Brain that handles this.

HAND POSITIONS



1. Place one hand, with fingers together, at the base of your skull, so that it straddles both sides of your head and covers the top of the neck and the bottom of the skull. While holding this position, lightly tap the head, then the sternum, then the navel with your other hand, alternating for two full breath cycles.



2. Now move your hand up onto your head just above the position you just held. (You are going to systematically cover the whole head one hand-width at a time.) In the new position, tap out your head, sternum and navel, alternating for two full breaths.



3. Repeat this procedure until you have covered the whole midline of the head from the base of your skull to just above your eyebrows, making sure that the entire brain is covered. Your hand positions may overlap to ensure that no areas are left untouched.



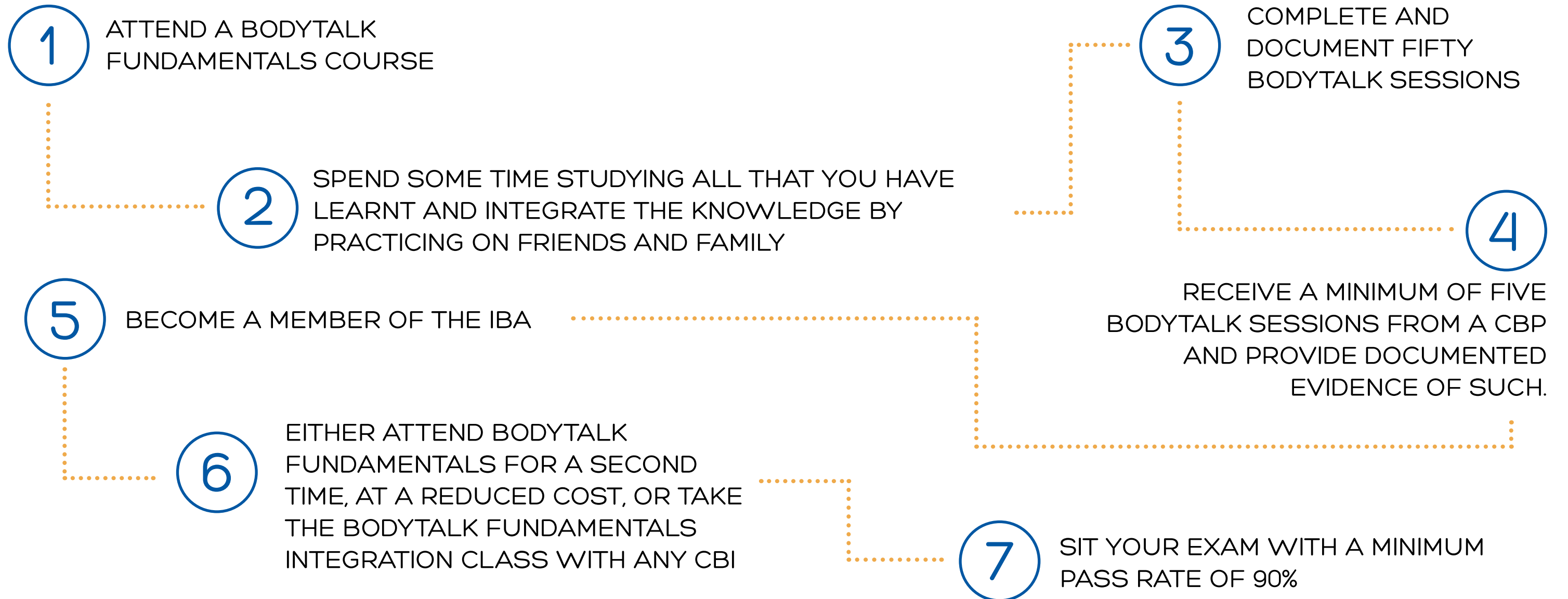
4. Remember to maintain deep (but not forced) breathing throughout this entire procedure. Just getting more oxygen into the body can improve health on its own. Oxygen is vital to every cell producing energy for all biochemical processes.



5 - 6. Now cover the sides of your head to balance the temporal lobes of your brain. After holding both sides of your head for a few seconds, let go with one hand; and while still holding one side of your head, use your other hand to tap on your head, sternum, and navel. After each head-sternum-navel tapping, place your tapping hand back onto the side of your head for a few seconds. Continue this process for at least two full breath cycles.



STEPS TO FOLLOW IN BECOMING A CERTIFIED BODYTALK PRACTITIONER



FOR INFORMATION ON THE NEXT FUNDAMENTALS COURSE VISIT
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