

## The Body Talk System — Tapping Into the Body's Healing Power

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### By Cherie Carpenter, CBP

A woman recently brought her 11 year-old son to me because he was being expelled from school for severe anger management issues. She was at her wits' end with his constant lashing out, and family members and teachers were becoming increasingly afraid to be with him. The school had placed him in counseling, but the angry behaviour was still escalating and nothing seemed to be working. After just two sessions of BodyTalk, this boy showed remarkable improvements in anger management. He is no longer in counseling and has a normal healthy expression of emotions.

The BodyTalk System was created by Dr. John Veltheim, an Australian chiropractor, acupuncturist, philosopher, reiki master, teacher and author. Veltheim also has extensive post graduate studies in applied kinesiology, bio-energetic psychology, osteopathy, sports medicine, counseling, comparative philosophy and theology.

The main premise of BodyTalk is that the body has an innate wisdom to heal itself. It is a health care system complex enough to incorporate the latest in western medical research, and the best from many other health systems, yet it is also as simple as ABC's — Ask the Body, Balance and Communication.

**ASK** – The body can indicate its specific health needs by alternating between tensing and relaxing the muscles. These actions establish a yes / no communication between the practitioner and client. The body can then instruct the practitioner what its balancing priorities are, and in what sequence. This is the body's natural neuromuscular biofeedback system. When the response is a "NO" the body tends to tighten up or 'hold', and when the body says "YES", it relaxes, indicating 'less holding'.

BodyTalk practitioners are trained to listen when questions are asked. Those questions are indicated by a comprehensive protocol and procedure chart, which is the foundation of the BodyTalk System. This chart is extremely detailed and incorporates Western, Eastern and Ayurvedic Medicine as well as many other modern health care systems that are used to re-synchronize and balance the body.

**BALANCE** – BodyTalk is based on the principle that the body is capable of healing itself at all levels — as evidenced by the healing process that is automatically initiated when a person cuts their finger or twists their ankle. The stress of daily living can compromise this innate healing and lead to degeneration and illness. BodyTalk serves to remind the body/mind to direct its healing attention to these neglected or compromised areas.

Balance is achieved by using a tapping procedure, one of the most important developments in the BodyTalk System. Tapping on the body to get it to focus on healing has been used for centuries by holistic systems such as yoga. Tapping on the client's head sends a signal to the brain making it fully activated to 'synchronize this formula now'; while tapping on the sternum sends a signal to the heart to 'store this formula now to anchor the balance'. Exaggerated breathing is often used to help the body locate and target the corrections. Inhaling scans the higher frequencies of the body/mind including thoughts and emotions, while exhaling scans the denser frequencies — tissue, muscle and bone. In this way the innate wisdom of the body is not obstructed by misaligned communication

**COMMUNICATION** – Linking the identified areas is a key to the new paradigm of BodyTalk sessions. Good health is predicated on optimum communication among all the systems of the body. The practitioner asks the body what organs, endocrines, or body parts need to be linked in order to re-establish good communication and facilitate healing. The human mind is an unbelievable, amazing and complex computer that has the capability to restore its own systems.

### **Why We Need the BodyTalk System**

The reasons for illness are many. Wherever we live on the planet today, most of us are routinely exposed to complex causes for ill health:

- The physical stresses of day-to-day life and physical injuries;
- Emotional traumas and issues that arise from time to time (e.g. anger, fear, worry, sadness, grief, guilt or jealousy that we experience but cannot process and release effectively);

- Disempowering and false belief systems;
- Chemical substances contained in the food we eat, the water we drink, and the air that we breathe;
- Exposure to artificial energy fields that permeate our environment and electronic devices that we use on a daily basis (e.g. power plants, overhead electrical wires, phones and cell phones, pagers, computers, TVs, VCRs, stereo equipment, microwave ovens, lights, clock radios, electrical appliances).

These factors compromise the communication networks or energy circuits of the body. 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 within the electrical circuitry of the body, the circuits are once again able to "talk" to each other. The body is then capable of healing itself very rapidly and effectively.

### ***The Language of Success***

Because BodyTalk has the ability to connect to the unique requirements of the individual, people are seeing dramatic results, as indicated by the following real life success stories.

"I have been doing the Access Techniques as taught for just over five months. It now takes me about 15 to 20 min per week, spread over three alternating days. I have lost over 35 lbs — I am not craving comfort foods any more! I feel more energized and sleep better than I have in years. And I feel taller." C.A.S., Innisfill

"I have not had a migraine headache since I tapped out "fast aid" to the spot in my head where the pain starts. Nor are my monthly excruciating cramps happening, it is the first time I have been pain free in 15 years." KM, Thornhill

"I have been doing Access religiously now for one month and can't believe the results I am getting. Everyone that knows me remarks how energetic I look. It is the mental clarity and calmness that I am enjoying the most. My children and I are benefiting tremendously. Thanks for your assistance." D.H., Montreal

There are a number of factors contributing to the success of the BodyTalk System. Although designed to be used as a stand-alone system, it can be seamlessly integrated into other health practices increasing their effectiveness. It is non-invasive, safe, and clinically verified to be effective. It facilitates the well being of body and mind, and creates an energy balance that induces the body's own innate restorative powers. The BodyTalk System does not diagnose or prescribe, nor does it address disease symptomatically. It has several levels of application that meet the needs of professional practitioners or lay people wishing to help themselves (and/or others) regain, and retain, a healthier balance within body, mind and spirit.

The BodyTalk System is constantly evolving, as evidenced by the recent availability of BodyTalk Access. This simplified version of the more elaborate BodyTalk protocol makes some of the most powerful and beneficial BodyTalk techniques accessible to families and lay practitioners around the globe. It is providing many people with their first access to the benefits of BodyTalk — in households, schools, clinics, and many other settings. Now lay people can learn basic balancing techniques that make a huge difference in fast aid situations, and with such issues as restoring mental focus and boosting immune system response. Of course, these BodyTalk techniques are not intended to take the place of traditional medical care, but rather to augment the body's ability to heal itself. Thus the BodyTalk Access technician can learn, in a one-day training seminar, to safely apply several communication techniques that the body can utilize as needed to restore balance.

If we think about it, our bodies are constantly talking to us; telling us when to take in fluids, when to eat, rest, and when something is not working right. The symptoms we experience are the body's many cries for help! Key to an effective preventative health program is to the ability to listen more acutely to what our bodies are trying to tell us. This is where a certified BodyTalk practitioner can help. BodyTalk is truly bridging the gap between conventional medicine, alternative modalities, and the energy medicine of the future, creating a new paradigm in healing. BodyTalk is "the language of health".

**For more information on the BodyTalk system, attend a public lecture or check out the web sites linked around the globe from [www.bodytalkcentral.com](http://www.bodytalkcentral.com). For a list of local practitioners, check the website for their bio and contact information**

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