



A BRIEF BODYTALK™ PHILOSOPHY AND ORIENTATION

You are about to embark on a healing journey unlike anything you have ever experienced before.

Please recognize that you **may or may not** notice anything obvious in the first few sessions. BodyTalk™ can be very subtle, but you definitely are building the foundation for your body to heal. Eliminating the response of “We’ll see...” or “It must be (something else...)” when you DO notice that you are feeling better allows you access to strongly re-claim your power in the healing process.

It is MOST IMPORTANT to realize that what the body needs first may NOT be what WE THINK it needs! Whatever occurs will happen in the *appropriately prioritized sequence* to rebalance and heal the symptoms you are experiencing now. Also, please be aware that BodyTalk™ practitioners DO NOT heal you, and neither does BodyTalk™; it is a non-diagnostic catalyst for your *body to heal itself*. Healing is about going to the ROOT CAUSE of an imbalance, NOT just alleviating symptoms.

As BodyTalk™ Practitioner, I establish a healing environment—in the physical setting as well as interactively—so you are comfortable, positive and relaxed enough to focus on the healing techniques. Receiving a BodyTalk™ session is relaxing, pleasant and as educational as it is interesting: you may learn how your body handles balancing mind, body and spirit for optimal health. Generally between 5 – 10 sessions are needed to obtain very positive results, but this varies according to how open and focused you are during the session, how ready you are to be well, and how “embedded” your challenge is.

At the conclusion of your session, although it is not necessary to talk, I recommend if you are comfortable sharing what you have felt or noticed that you do so. I have seen that the more someone can release, the quicker the healing progresses. You always have a choice whether to continue a session or not, and any discussion is always confidential.

It is my privilege to facilitate your BodyTalk™ sessions, and I appreciate having the opportunity to honor your faith, courage and determination on your healing journey.



Foundations for BodyTalk™ To Maximize Your Results

KEY FOUNDATION PRINCIPLE:

You do not have to understand BodyTalk™ to benefit greatly.

1. You **WILL** need an attitude of openness, trust and believe that you can get better.
2. It is important that you are willing to explore and understand the differences between relief, healing, cure, and no symptoms.
3. Recognize that change is part of healing, and true healing takes time. To be fair to yourself, allow a **MINIMUM** of 5 sessions.
4. Dehydration will definitely slow your progress in any health program, and it is **ESSENTIAL** to learn to breathe deeply to help the body process changes.
5. Recognize the following are typical issues that must be resolved or they will adversely affect your healing progress.
 - a. Fear of Losing “Sickness Identity” i.e., concern that when you are better or get well you will get less attention and/or sympathy, feel “less loved” or lose “perceived” covert power in relationships.
 - b. Being overly-analytical about how healing occurs. This, usually the “Ego’s Last Stand”, can create a “mind block” that acts as a barrier to your being present to - - and achieving benefits - - from your session.
 - c. Understand that failing to honor the new messages your body sends will reinforce old illness patterns that in turn will return you to that illness.

- d. Fear of failing at BodyTalk™ and self-healing, impatience at time needed, or lack of trust in the process.
 - e. Self-sabotage by forgetting appointments, inattention, allowing money issues, “lack of” time, caretaking, and other people’s opinions to stop you from reaching your healing goals.
6. Be aware that detrimental results are likely to occur if these areas are not addressed:
- a. Not keeping appointments - - in BodyTalk™, these are determined during the course of your session, so they are established to match your healing priorities.
 - b. Harboring feelings of frustration or unhappiness regarding your progress or the healing process.

Specific Goals of BodyTalk™:

To improve the communication between your mind and your body.

To enhance your ability to strengthen yourself at the cellular level.

To heal yourself at the your mind and body’s unique and appropriate pace.

To potentially regain access to abilities you “used to have” and allow you to develop talents or abilities you haven’t yet discovered, so you can create a life that will be better than what it was before you were challenged by illness or trauma.

To connect with your dreams and aspirations with your inner wisdom as your guide.

To provide you greater access to your highest potential in all areas of your life.

For those who need more information or still want to understand BodyTalk™, these are additional resources:

The BodyTalk™ System Book by Dr. John Veltheim.

The BodyTalk™ System Video by Dr. John Veltheim.

“The BodyTalk™ System” brochure.

The Holographic Universe by Michael Talbot

(This one especially provides conceptual insights regarding quantum physics.)

Other authors whose work may provide related concepts and ideas:
Dr. Larry Dossey, M.D.; Dr. Albert Einstein, Ph.D.; Dr. Carolyn Myss, Ph.D.; and Dr. Gary Null, Ph.D.

Related References by Topics:

Acupuncture, Chinese medicine and Energy Meridians

Advanced Yoga Science

Bioenergetic Psychology

Dynamic Systems Theories

Quantum Physics

I would like to share a pertinent quote from Anthony Robbins,
Someone I admire who overcame the
“predictable progression” of his life and career:

“You don’t have to understand the concept of electricity
to flip the light switch and get the light.”