

The BodyTalk System™

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The idea of bodymind connection has a wide range of acceptance among people today. No longer do most assume that all illness is simply a physical phenomenon. On the contrary we see, in fact, that our dis-eases are a combination of many factors including the realization that unresolved emotions, and events with strong emotions attached, get stored in our body, blocking the necessary energy channels that are the basis of health.

While for many this bodymind connection has been a long-time knowing, others have taken time to convince. The fact that scientific research has shown the dynamic linking network of bodymind has been enormously helpful in breaking down the resistance among those factions who want more hardcore intellectual proof. And so, to feed those who demand the scientific data, let's take a look at a couple of brilliant examples of widely published authors in this field of the bodymind connection.

Dr. Candace Pert is a renowned Neuroscientist in the Department of Physiology and Biophysics at prestigious Georgetown University Medical Center in Washington, D.C. Following her unveiling of endorphins, one among several valuable discoveries, she established the breakthrough work of showing the bimolecular basis for our feelings. In her book Molecules of Emotion she maps her route in the discovery of neuropeptides as the storage bin of our emotions and life events. Although these neuropeptides are really brain material, they are found throughout every human body, mainly in the fascia.

Another valued academic, Norm Shealy, M.D., Ph.D., an internationally acknowledged Neurosurgeon at Harvard Medical School prior to turning to Complementary Medicine, shows, in his work, the many ways in which we can achieve health and well-being, without drugs or other medical treatments.

Dr. Shealy's professional partner is Caroline Myss, Ph.D. Dr. Myss is the world famous medical intuitive who has the capacity to read a person, their state of health, any disease process and the basis of that disease. She does this without ever needing to see the person, having only their name and age as data for her viewing. One might like to readily dismiss such a talent except for the fact that Dr. Shealy, who insists on hard-core scientific validation, has shown Dr. Myss to be over 95% accurate in her diagnosis! Traditional medicine would be elated if they could claim 80% accuracy in diagnosis, and that would be through the use of the latest high tech diagnostic equipment! Dr. Myss points out, in her books

and conferences, how certain types of dis-eases are related to specific life experiences and the holding of the emotions associated with these. She also shows how certain emotions prefer certain areas of the body for the dis-ease process.

Dean Ornish, M.D. is a physician whose work, primarily with heart disease, has shown the irrefutable impact that stored emotions have on the body. And, as a final example, I would like to add (just to feed all the "heads" who want more!) the work of Deepak Chopra, M.D.. Dr. Chopra, a well-known Endocrinologist who used to be with a major medical center in the eastern U.S. and who now has his own health center in San Diego, has shown through his many books how there is absolutely no question of the bodymindspirit connection in the health and disease states.

As a confirmation of much of the material contributed by these notable people, the recently revealed map of the human genome, which represents a dynamic breakthrough in Human Genetics, shows there are actual genes for emotions and behavior patterns! So I guess we can't deny it any longer, can we? This literally means that we inherit not only our physical attributes but also emotions, belief systems and life issues. To add fuel to the emotional and behavior genetic transmission, this recent gene map has also shown that the genetic material of a human being, previously considered to be unchangeable, is indeed largely changeable! Using a helpful analogy, if you were to stretch out the DNA/RNA of an individual to a length of 6 feet, only 1/2 inch of that length would be non-changeable!! Think about the implications of this and you will realize that everything you've heard or learned about genetics in the past is no longer true. Just based on this you can no longer look at your body in the same way.

Now that we've established scientific research basis for what follows, let me **talk to your body**. I want to start by asking you, what happens when you cut yourself? A healing process occurs that you have nothing to do with. Isn't that right? Absolutely! You are not in charge of the process that sends platelets to the wound sight, and has the fibrinogen "weave" new skin over the wound. What keeps your heart running, your blood flowing and your liver participating in your sugar metabolism? All of these bodily functionings that happen despite and in spite of you, are your body's capacity to heal itself. **You are able to heal yourself!!**

We can use the analogy of a symphony to speak of the body. Each system within our body must communicate with all of the other systems in order for there to be beautiful music. When communication becomes weakened or cut, through life happenings such as stress, trauma, and other body holdings, then the symphony is not so pleasing. The music doesn't flow as it is meant to. In energy terms, the circuits have a malfunction which results in a reduced performance. Modern western medicine knows a great deal about the body, of course. They do not, however, know the micro operations that are behind the macro. Even given our current state of technology, it is still not possible to build a human being--it remains a feat far beyond our capacity.

When teaching this phenomenal new healing modality, **TheBodyTalkSystem™ I**, as a certified BodyTalkSystem Instructor, show you how to communicate with this **innate wisdom of the body**. As a BodyTalkSystem™ Practitioner, using neuromuscular biofeedback to define a "yes" and "no" response, I establish communication with your innate wisdom. Now that there is communication, I ask questions of your body, using the comprehensive protocol established by the founder of BodyTalk System™, Dr. John Veltheim. In this manner, I move through your body systems, establishing exactly what balancing the body needs in order to harmonize bodymind function. This involves finding out which organs, endocrines, or body parts need to be connected in order to heal communication between them at the physiological, biochemical, circulatory, nervous, emotional and/or energy levels. Clinical results have shown how once the communications systems of the body have been reestablished and the bodymind complex synchronized, **the body is capable of healing itself at a deep and lasting level.**

The BodyTalk System™ practitioner must ask the questions without any agenda. This is not about diagnosis, prognosis or any type of prescription. The innate wisdom knows what is to be balanced, and in what order. With the BodyTalkSystem™ we are asking the body, rather than telling it and this is an important point. I have a client, for example, who came to me 18 months ago with cancer that had metastasized to the bone, in several locations on her spine. She was in pain and unable to sleep. Contrary to what one might expect, cancer was not addressed until her fourth BodyTalk session. However, after her first session the pain was gone and she was able to sleep! Her innate led me to the balancing that her body required prior to working with her cancer.

The BodyTalk System™ is a safe, non-invasive and very effective system of health care. The incredible healing power of a 'balanced' body can be seen in the results. Through the BodyTalk System™ the functions of every part of the body and mind are improved. This means that the immune system will start to eliminate chronic and acute viruses, bacteria, parasites, and toxins. Reestablishing of the mind/body balance reduces allergies, emotional and psychological disorders. It also

improves posture and coordination, digestion and elimination, brain functions, learning disorders, and states of distorted consciousness in the form of negative belief systems and attitudes.

Connecting in this way to one's healing capacity, to one's innate wisdom is, for me, the new paradigm for healing. The BodyTalk System™ now has several physicians who have become instructors and for whom the BodyTalk System™ dominates their medical practice. The BodyTalk System™ is used by these medical people, for example, to determine if surgery is a priority. It seems that when the innate wisdom indicates surgery, and the BodyTalk System™ is used before and after surgery, the surgery will be successful, there will be no post-op complications, healing of tissue will be markedly better and faster, and their hospital stay and recovery time will be 3-4 times faster.

Along with the increasing number of physicians and specialists who are now BodyTalk System™ practitioners, graduates include acupuncturists, chiropractors, psychologists, naturopaths, physical therapists, osteopaths, nurses, licensed massage therapists, many others in various modalities, and a wide range of lay people. Most importantly, the BodyTalkSystem™ does not require any skill or knowledge in order to become an efficient practitioner. This is a system anyone can successfully use!

As the BodyTalk System™ only came into being in late 1995, and into North America in 1998, the extent to where it has spread is quite remarkable. Further information on the BodyTalk System™ including case histories, seminars and other information can be found on the internet at the website www.bodytalksystem.com. The very active professional organization is the International BodyTalk Association (IBA).

To find out about or to arrange for seminars in your area, or for a BodyTalk System™ lecture, or to book an appointment, please contact **BEVERLY LUTZ**, Certified BodyTalk System Instructor at 403-245-3175, 1-877-616-6646, or email at beverly7@telus.net