



# The BodyTalk System

## Consciousness Healing

with

## The BodyTalk System

**Holly Steflik, MEd**

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BodyTalk Access Trainer

Certified BodyTalk Instructor

Licensed Massage Therapist

Advanced Certified BodyTalk Practitioner



Language of Health



# Dr John Veltheim

John Veltheim is a chiropractor, traditional acupuncturist, philosopher, and teacher.

John ran a very successful acupuncture and chiropractic clinic in Brisbane, Australia for 15 years.

He also served as the Principal of the Brisbane College of Acupuncture and Natural Therapies for five years.

His post graduate studies include:

Applied Kinesiology

Martial Arts

Bioenergetic Psychology

Osteopathy

Sports Medicine

Comparative Philosophy and Theology.





# Dr. John Veltheim

John Veltheim developed the BodyTalk System in 1995 since then:

- \* In 2000 the International BodyTalk Association was established in Sarasota FL
- \* There are over 3000 practitioners world wide
- \* Over 100 instructors
- \* Available in 40 countries
- \* Taught in 12 languages





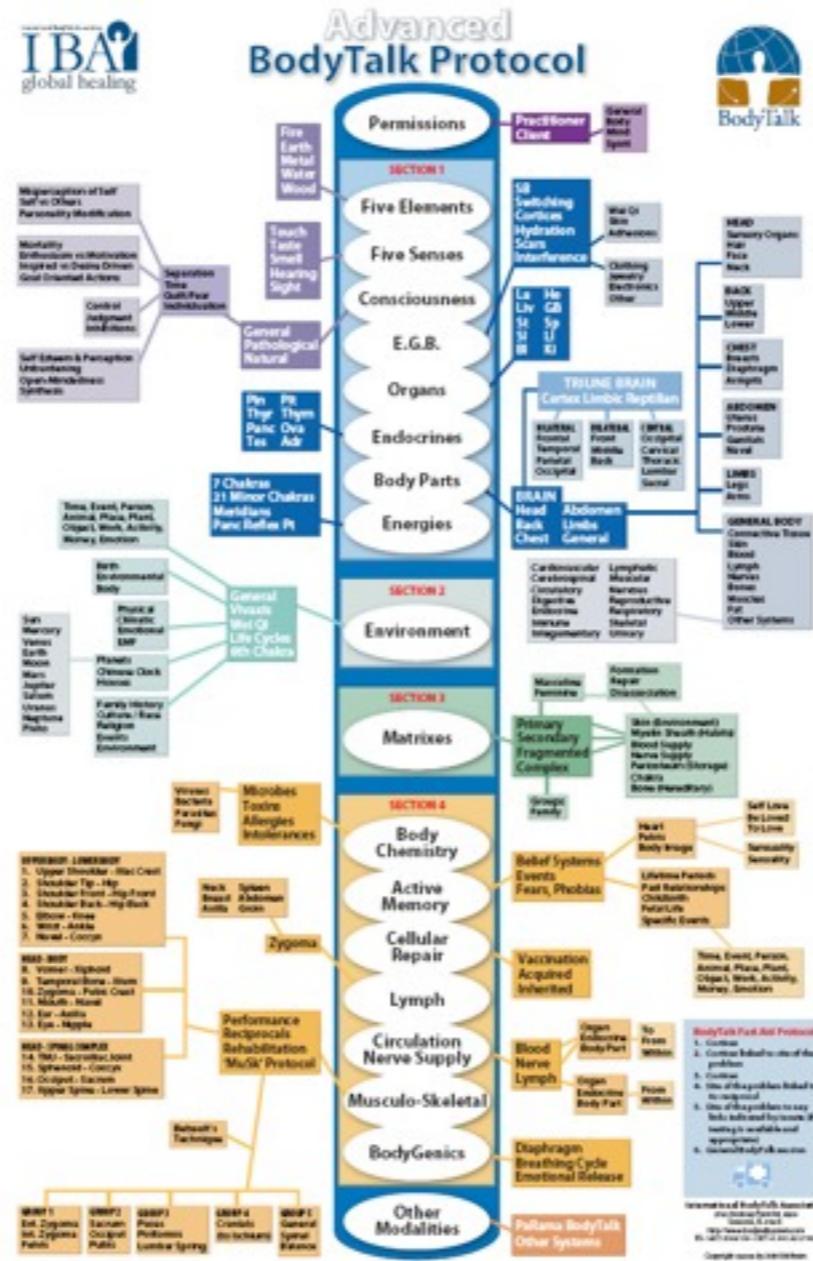
# The BodyTalk System



Language of Health



# The BodyTalk System





# THE BODYTALK SYSTEM INCORPORATES

- Wisdom of advanced yoga
- Advaita / vedanta philosophy
- Insights of modern physics and mathematics
- Energy dynamics of acupuncture, five elements and chinese medicine.
- Clinical findings of Applied Kinesiology
- Western medical expertise



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# STRESS

\*Work, Diet, Relationships, EMF, environmental influences

\*Intellectualizing stress

\*This then becomes habitual

\*The entire body can renew itself.

\*Creates a message/program in the body

*“I am a stomach ulcer” “I am an arthritic knee”*



# STRESS

**\* Our Body has two primary modes of operation:**

\*Parasympathetic = Rest and Relaxation

\*Healing and Growth





# STRESS

**\* Our Body has two primary modes of operation:**

\*Sympathetic = Fight or Flight

\*Protection and Armoring



# Western-Cartesian Model

- \*Cartesian/Newtonian Model separate parts that form a whole
- \*Find out what is “wrong” and decrease or eliminate symptoms
- \*Symptoms are used to provide a diagnosis
- \*Diagnosis does not tell us how to treat the person
- \*Alternative Modalities based on Cartesian Model  
eg: acupuncture, chiropractic, naturopathic, etc
- \*The BodyTalk System is a Consciousness Based System of Holistic Health Care



# Dynamic System Model

All parts make up the whole

Everything functions according to dynamic interactions

Eg: Digestion

Eg: Chinese Medicine ~ balance on Yin -Yang  
5 elements ~ Sheng and Ko Cycles

Every atom, cell, system and organ is in constant communication with every other atom, cell, organ and system  
**AT ALL TIMES**

Consciousness

Awareness

Thoughts

Emotions

Chakras

Meridians

Endocrines

Nerves

Blood/Lymph

Organs

Muscles/Tendons

Connective Tissue/

Fascia

Bones





# Holographic Paradigm

- \*The Body Mind is Holographic in nature
- \*Holograms ~ every single part of it contains the information of the whole
- \*The Universe and everything in it is Holographic in nature
- \* DNA in every cell ~
- \*Holographic Paradigm ~ every microscopic part of our body knows what every other part is doing and responds accordingly.
- \*The BodyMind is an interrelated web of concepts.



# Consciousness

- \* “Consciousness is all there is.” ~ Ramesh Balsekar
- \* “Consciousness is the ground substance of manifestation.”  
~ Dr. Amit Goswami ~ Theoretical Physicist





# Consciousness

What is Human Consciousness?

How far do our bodies extend?

Is there Quantum Process inside us?

The Involvement of the Observer.

Reality is unfinished as we know it at the smallest quantum level/particle.

All possibilities exist all at the same time.

The only time it turns into a set something is when a scientist observes it

Quantum World is unset Jello and our involvement get this Jello to set





# Consciousness

- \*BodyTalk is based on the principals of Consciousness.
- \* We are communicating with Consciousness through our Filters
- \*Consciousness get distorted thru the conditioning of our Five Senses.
- \*Our Senses are NOT reliable.
- \*In BodyTalk we work at the levels Consciousness.





# Consciousness & Innate Wisdom

- \*We think of Consciousness as Localized Innate Wisdom.
- \*Innate is the Conductor ~ always trying to maintain Homeostasis.
- \* In BodyTalk we are reestablishing the Synchronization and Communication within the BodyMind through the Priority of Innate.
- \*Infinite possibilities exist and our genes and nervous systems are not fixed and can change!







# Consciousness & Innate Wisdom

- \*Our Innate wisdom is always giving us feedback. Sometimes it is physical and sometimes it is more subtle at the intuitive level.
- \*Innate wisdom is the inborn tendency for self regulation and self healing with in the bodymind.
- \*The role of the BodyTalk Practitioner is to act as an intermediary between the client and his/her Innate wisdom.
- \*The BodyTalk practitioner uses their own Innate wisdom which facilitates the cooperation of the left and right brain thinking that is the foundation of structured intuition.

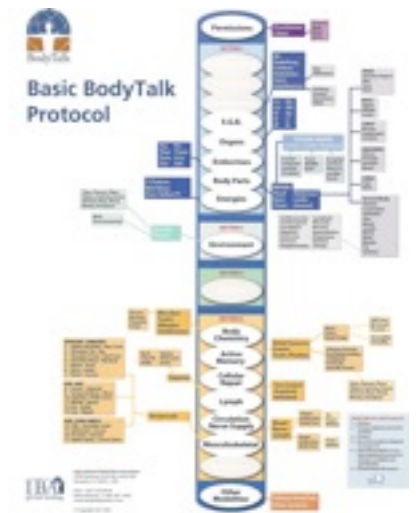


# Innate Wisdom

## Consciousness localized as Innate Wisdom

\*The BodyTalk practitioner uses the left brain information of the protocol and procedure which in turn allows clarity to access right brain intuited information

\*The BodyTalk practitioner Innate wisdom interfaces with the clients Innate wisdom to collect information about the breakdown in communication within the clients bodymind.



## Priority vs Problem

- \*We all have lots of problems that are not necessarily priorities.
- \*We are not treating problems as this follows the agenda based, cartesian model and often a ready made plan.
- \*Treating out of order = Health Crisis





# Innate Wisdom

## Working Deeper than Symptoms

The BodyTalk System consults Innate Wisdom and reestablishes communication and synchronizes the Bodymind frequencies.

Consciousness

Awareness

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Emotions

Chakras

Meridians

Endocrines

Nerves

Blood/Lymph

Organs

Muscles/Tendons

Connective Tissue/Fascia

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Language of Health



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## Biofeedback ~ Yes/No Responses





# Key Concepts

## The BodyTalk System:

- \* Uses the **Innate Wisdom** so the body can heal itself.
- \* Uses **muscle checking** to ask “*yes/no*” questions of the Innate Wisdom.
- \* Uses a **priority protocol system** to determine the imbalances, and the order of balancing.
- \* Uses **tapping the Head and Heart** to implement the necessary changes.



## Establishing Priorities

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# Innate Wisdom



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# Innate Wisdom

Drawing attention or focus to areas that need better balance or synchronization. We are reminding it of a better way to function. We are offering it a new possibility.



Language of Health





# Innate Wisdom

Drawing attention or focus to areas that need better balance or synchronization. We are reminding it of a better way to function. We are offering it a new possibility.

Healing is enabled by restoring awareness and hence communication within the bodymind.





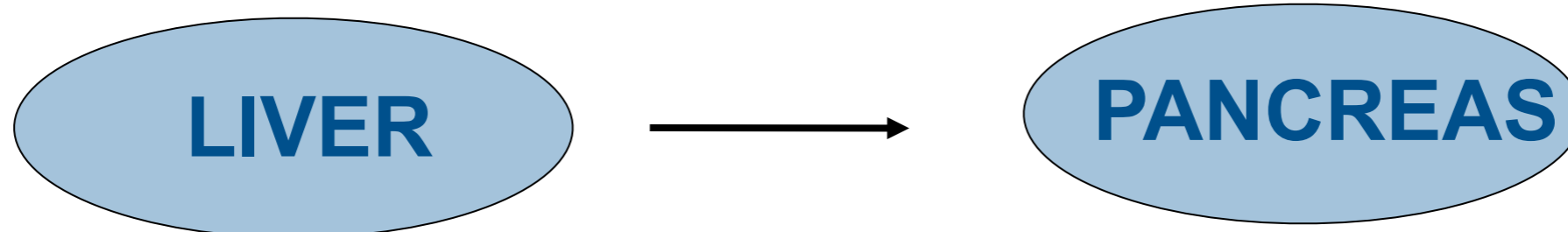
# A simple link

## Linking



# A simple link

## Linking



DEFINED BY BALANCING BLOOD SUGAR

# Reestablishing Communication



## Tapping the Head (Brain)



We are getting the brain attention and asking to to send the resources to the links that have been highlighted by INNATE.





# Key Concepts

## Tapping the Heart

The heart is the central governor and energy organizer in the body ~ the heart influences the entire bodymind complex. We asking the Heart to store the information and communicate it with the rest of the body.



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# BodyTalk Access



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# BodyTalk Access



## The Brain Cortices Switching



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# BodyTalk Access



The Brain  
Cortices  
Switching

The Immune System  
Body Chemistry



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# BodyTalk Access



## The Brain

Cortices  
Switching

## The Immune System

Body Chemistry

## The Physical Body Parts

Hydration  
Reciprocals



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# The BodyTalk Access Class

## FastAid Technique:

- \* Minor Emergency Situations
  - \* Burns
  - \* Cuts
  - \* Bruises
  - \* Sports Injuries
  - \* Shock/Seizure
- \* Major Emergency Situations
  - \* Accidents
  - \* Heart Attack
  - \* Stroke





# The BodyTalk Access Class

## Body Talk Access Class

at

BodyTalk Global Healing  
Chapel Hill, NC

**Saturday Dec 3, 2011**  
9 am to 4 pm

6.5 CEU for following:  
NCBTMB, NCCAOM, ACEP,  
NCSW, AHNA

Sign up at  
[www.bodytalksystem.com](http://www.bodytalksystem.com)



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# The BodyTalk Fundamentals

## Body Talk Fundamentals Class

at

BodyTalk Global Healing  
Chapel Hill, NC

**Nov 12-15, 2011**

9 am to 6 pm

32 CEU for following:  
NCBTMB, NCCAOM, ACEP,  
NCSW, AHNA

Sign up at  
[WWW.bodytalksystem.com](http://WWW.bodytalksystem.com)



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# Cortices





# Cortices

## Coma Phenomenon 1

Anne Baguhn, CBP - Hamburg, Germany



Several years ago, I took my first BodyTalk class with Dr. Marita Kufe in Hanover, Germany. When I returned to my home in Hamburg, I right away decided I must try to use some of the BodyTalk techniques that I had just learned on my patients. (I am an occupational therapist and was working at the time in a coma ward at a hospital in Hamburg - Bramfeld.) I didn't know quite where to begin, so I decided to do only the Cortices technique on 10 of the patients. I then went home at the end of my shift. The next day when I arrived back, there was a terrific commotion because six patients had awakened from their comas! These were diabetes patients and accident victims, some of whom had been in comas for many months. They still had diabetes and they still needed a great deal of recovery from their injuries – but they came out of their comas and were immediately transferred off my wing for further treatment.

## Coma Phenomenon 2

Marci Hettich - Minot, North Dakota, USA



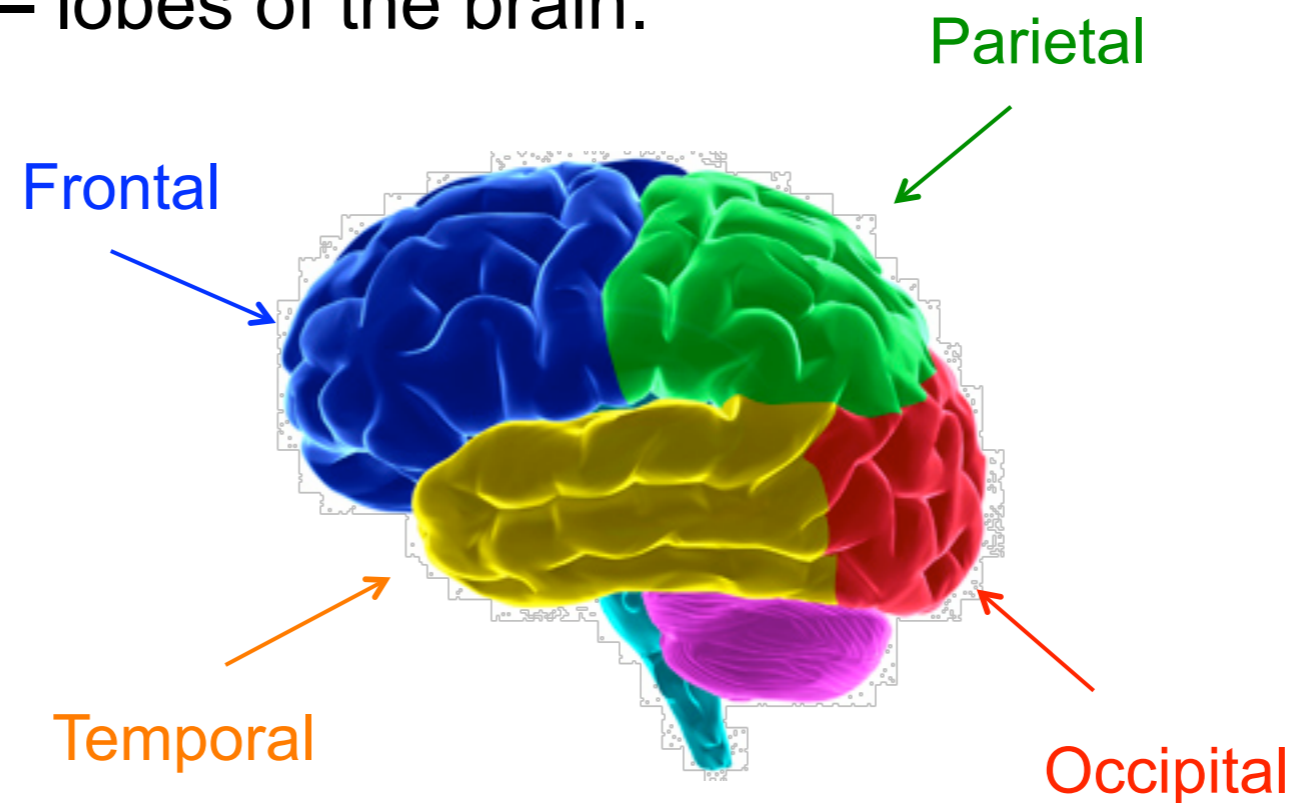
I had finished my first BodyTalk class and wanted more "proof" that BodyTalk works. I had read about the German nurse whose coma patients had regained consciousness after receiving Cortices, so I decided to do the technique on the coma patients I see in the ICU at the hospital where I work as an occupational therapist. Over the next seven months, I did Cortices on ten coma patients, and nine of them regained consciousness that same day or the next.

The results have been so amazing that I continue to do Cortices on neuro patients, such as stroke, head injury and coma victims. I have observed that if Cortices is done on patients as soon as possible, they recover more quickly and require less rehabilitation. I have seen severe stroke patients regain function; and in many cases I am convinced that, without Cortices, they would have been going to a nursing home instead of back home to their families.



# Cortices

**Anatomy – lobes of the brain.**





# Cortices

## BALANCING THE CORTICES



Language of Health



## BALANCING THE CORTICES



## BALANCING THE CORTICES

\*Relaxation



## BALANCING THE CORTICES

\*Relaxation

\*Stress Reduction



## BALANCING THE CORTICES

- \*Relaxation
- \*Stress Reduction
- \*Shock



## BALANCING THE CORTICES

- \*Relaxation
- \*Stress Reduction
- \*Shock
- \* Dyslexia/Learning Disorders





## BALANCING THE CORTICES

- \*Relaxation
- \*Stress Reduction
- \*Shock
- \* Dyslexia/Learning Disorders
- \*Updates the brain of changes made anywhere in body



## BALANCING THE CORTICES



- \*Relaxation
- \*Stress Reduction
- \*Shock
- \* Dyslexia/Learning Disorders
- \*Updates the brain of changes made anywhere in body
- \* Can potentially address ANY dysfunction on any level



# Balancing the Cortices

**Focus:** Connect all points of the right brain hemisphere to the left brain hemisphere. Highlight cold spots to eliminate.

**Note:** The number of hand positions depends on - the size of the practitioner's hands and the size of the client's head.



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**Note:** The number of hand positions depends on - the size of the practitioner's hands and the size of the client's head.



**Reminder:** Take at least two full breaths with each hand position. Alternate the tapping on the head and heart.



# BodyTalk is Energy Medicine

- *“BodyTalk is perhaps the easiest and most powerful method you can learn to keep your family healthy. This applies to everyone, whether you are a medical doctor, an athlete, a mother, a kindergarten pupil a therapist or any kind of a Ph.D. candidate.”*



## James Oschman

Ph.D., Biophysicist, Advisor to BodyTalk, and author of *Energy Medicine in Therapeutic and Human Performance*.

