

# **The 12-Minute Family Feeling Self-Healthcare System**

A presentation of the BodyTalk Access system

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## **The Body Chemistry Technique**



***Whole Health for a Whole World***

This PDF is a “Learn More” document designed to offer more depth of understanding of the BodyTalk **Body Chemistry Technique** that is presented as the second video of the 7-video series, **The 12-Minute Family Feeling Self-Healthcare System**. The reader is advised to consider this document as supplemental, not required. But I strongly encourage you to read this material.

First and more importantly, focus should be placed on gaining mastery in performing the Body Chemistry Technique. To gain that mastery, click the “**ENTIRE TECHNIQUE PERFORMED**” time indication in the Description area under the Video. It is assumed, of course, that you have already viewed the entire video and that you use the “**ENTIRE TECHNIQUE PERFORMED**” part of the video as review of how to perform the technique itself.

General concepts that apply to all five BodyTalk Access techniques will not be repeated here. To learn about those concepts, access *The Cortices Technique PDF* and read the information there.

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## General Concepts for The Body Chemistry Technique

The Body Chemistry Technique addresses imbalances/disease within the bodymind complex that occur due to invasionary factors such as Microbes (viruses, bacteria, parasites, fungi), toxins, allergies and intolerances that can compromise the immune system. Of the various factors that are involved in the contraction of disease, the following four seem to represent a *hierarchy* of disease contraction, with Consciousness at the top of that hierarchy, and symptoms at the bottom

Consciousness  
Belief systems  
Emotions  
Symptoms

The quantum physics idea that “consciousness creates reality” will have to be beyond the scope of this discussion. Though the basic notions of consciousness *are* digestible, the *range* of discussion that can occur surrounding consciousness is endless. There are the notions of universal consciousness; innate wisdom; morphogenic fields; the top-down conceptualization of **how reality is created**; the holographic nature of the universe; the Bootstrap Theory; probability waves; the idea of particles as concepts[!!!], etc.

I would hope that, if you become interested in becoming a BodyTalk practitioner, you *not* concern yourself, too much, with what I just said in the above paragraph. Fundamental BodyTalk instruction is digestible to *anyone*. What’s great about BodyTalk is that—and I’ll use an expression that I invented to describe BodyTalk as a consciousness-based healthcare modality—BodyTalk, as I’ve experienced it, falls under a category that I call *Applied Consciousness*. In short, BodyTalk produces *tangible results*. So, when you think about consciousness, there’s no need to think about high-level physics or any such thing like that.

Once you’re trained (and after taking only two courses) as a BodyTalk practitioner and start conducting BodyTalk sessions with clients, the remarkable thing is that those heavy concepts of consciousness unfold before your eyes, without your having to read a PhD dissertation on consciousness, during your sessions with clients, in the form of *items of priority* that are revealed to you by the Innate Wisdom of the client; formulas that are composed of those items of priority; and, more importantly, by your client’s healing.

Certainly your thirst for and quest of knowledge should never end. But, I have discovered that the best way to understand the higher concepts of consciousness is to have sessions with clients. There are “Ah ha!” moments that occur during which the most difficult concepts become manifested in the *simplest* ways—and right before your eyes! BodyTalk Fundamentals 1 and 2 *are not* overladen with incomprehensible explanations. Discussion about consciousness, energy, etc., are offered in simple terms so that you can have a *general* idea of what consciousness means with respect to BodyTalk as a consciousness-based healthcare system. Then, when you have sessions with clients, the higher concepts are revealed during the sessions.

Anyway, I’ll skip the top two items—consciousness and belief systems—in what I’ve called a hierarchy of disease contraction, and talk a little bit about emotions as they relate to the Limbic brain, or the Limbic system, as it’s also called, and the immune system. There is no need to talk about symptoms, the last item in that hierarchy, because we *all* very-well know what symptoms are, since we’ve all experienced them!

### **Emotions; the Limbic System; the Immune System**

*“We do not treat viruses. We do not treat anything, in fact, we don’t treat anything in BodyTalk. We simply highlight the potential presence of whatever it is, to the body.” (Dr. Mary Shields, Advanced Certified BodyTalk Instructor: BodyTalk Fundamentals lecture at Arlington Heights, Illinois, October 2014)*

In The Cortices Technique PDF, on page 4, I mentioned that,

**“Your own bodymind complex, watched over by your Head-Brain, is your Primary Healthcare Practitioner!!”**

BodyTalk is designed to *help* the bodymind complex *heal itself*.

- For microbe invasions we’re asking the body to focus more efficiently on dealing with the external pathogen
- For toxins, we’re asking the body to focus more effectively on elimination of the toxic substance.
- For allergies and intolerances we’re asking the body to stop over-reacting to common environmental factors.

Your body is weakened by your thoughts, beliefs and **emotions** that *then* weaken the **immune system**, thus causing you to be more susceptible to disease. The **Limbic System**, also called the Limbic Brain, is responsible for processing emotions, and its *major* function is to assure the survival of the bodymind complex.

Recall that when you performed the Cortices Technique, in the first video of the 7-video series, the last part of the Head-Brain that you placed your hands on (and thus communicated with) was the Temporal area at the sides of your head. Recall also that, in holding the two temporal lobes, you were *not only* communicating with those lobes, and their functions, you were *also* communicating with the Limbic Brain and its functions, one of which, as I stated in the previous paragraph, was the processing of emotions.

Recall that when you performed the Body Chemistry Technique, in the second video of the 7-video series, **before** you “tapped out” a section of the cortex of the Head-Brain, you *first* placed your hands on the Temporals for a few seconds. Then you released your hands from your Temporals. Next, you placed one hand

on a section of the brain, such as the section at the back of the head called the Occipital Lobe. Then, with the other hand, you performed the tapping routine. Next, **before** moving the placement hand up to the next section, you placed your hands on the Temporals again for a few seconds. **Then** you moved your hand up one hand's length to the next section, and performed the tapping routine. You continued in this way, for each section of your brain, **first** placing your hands on the Temporals for a few seconds; then moving one hand's length up to the next section; then performing the tapping routine. You repeated this all the way up to the eyebrows.

Now, the reason that, for each section, you placed your hands on the Temporals *first* before "tapping out" each section of the cortex, is to communicate with the Limbic Brain. Because, the Limbic Brain processes emotions, and emotions can weaken the immune system, thus making you more susceptible to microbes, allergies, toxins, and intolerances. By placing the hands on the Temporals *before* performing the tap-out routine for a given part of the cortex, you're communicating to the Head-Brain that the Limbic system be checked and corrected for any malfunction in the processing of emotions. This is a vital part of the Body Chemistry technique that helps tremendously in the healing process. But, there is another part of the technique that is *also* vital: the placement of a saliva-soaked swab in your navel.

### **The Navel**

From Dr. Mary Shields:

"We use saliva to represent the current internal state of body chemistry. In 2008 research showed that our saliva is better to do tests with than blood. We have all the markers for all our diseases in our saliva, and the tests using saliva are far more accurate than the ones using blood. Your saliva contains a snap shot picture of the internal state of your body chemistry right now. Blood [samples], though, can be as much as two weeks old...

"You have all of the antibodies in your saliva to heal from anything. Babies and animals know instinctively: first thing they do is lick a wound. This puts the antibodies right there on the wound to start the healing process." (*Dr. Mary Shields, Advanced Certified BodyTalk Instructor: BodyTalk Fundamentals lecture at Arlington Heights, Illinois, October 2014*)

When you watched the demonstration of the Body Chemistry Technique in the second video of the 7-video series, you saw me place a saliva-soaked Q-Tip cotton swab in my navel. This is, again, *another* form of **communication** that tells your Head-Brain to check for any markers in the saliva that indicate that some form of disease is present, particularly anything related to microbes [**viruses**, bacteria, parasites, fungi], toxins, allergies or intolerances. The navel gives your Head-Brain a good read on what's happening in the bodymind complex. The navel is a high energy center of the bodymind complex, from which your innate wisdom can "read" the required information needed to address dysfunctions.

Here are some important things **to consider** [The information on the following page is **not** a prescription, nor is it to be considered a substitution for consulting a qualified healthcare practitioner. It is a sharing of information]:

**(See next page)**

## What **I** do when I sense a cold or **something else** coming on.

If I feel a cold coming on, I do the following:

1. Perform all five Access techniques: Cortices, Body Chemistry, Hydration, Switching, Reciprocals.
2. Then I perform the Body Chemistry Technique every two hours.
3. I go to sleep at a **proper time and get 8 hours of sleep**.

If I suspect that some *other* thing is coming on, such as a flu virus, I do the following:

1. Perform all five Access techniques: Cortices, Body Chemistry, Hydration, Switching, Reciprocals.
2. Next, I perform the Body Chemistry Technique **every 15 minutes** (because viruses mutate frequently) for the next two hours.
3. Next, I perform all five Access techniques **again**.
4. Next, I perform the Body Chemistry Technique every two hours for the next 24 hours, **but I go to sleep at the proper time, and I get 8 hours of sleep**.
5. When I wake up, I do Access again
6. Next, I perform the Body Chemistry Technique.

DISCLAIMER: The above-mentioned routines are routines that were suggested by Dr. Mary Shields, PhD, and **are not** suggested as substitutes for consulting a professional healthcare practitioner or using meditations, herbs, or other therapies, whether allopathic or alternative.