

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

A presentation of the BodyTalk Access system

by R.D. Chism

## **The Cortices Technique**



*Whole Health for a Whole World*

This PDF is a “Learn More” document designed to offer more depth of understanding of the BodyTalk **Cortices Technique** that is presented as the first 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 Cortices 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.

There are two parts to this PDF. The first part discusses general concepts that apply to all five BodyTalk Access techniques. The second part discusses concepts that apply more specifically to The Cortices Technique.

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## I. General Concepts for all Access Techniques

### Tapping

The practice of tapping is not new to BodyTalk. A visit to Amazon.com reveals that there are a lot of books available on Tapping, a practice that had been used, for centuries, by people from all over the world, and is now making a very dramatic comeback.

What is unique to the BodyTalk healthcare system is its particular, *superior method* of tapping that was created by Dr. John Veiltheim, the creator of BodyTalk. In the five techniques of the BodyTalk Access system, which are presented in **The 12-Minute Family Feeling Self-Healthcare System**, three parts of the body are tapped to effect the positive changes to be made that help to either *restore* the bodymind complex to health, or *maintain* the bodymind complex’s health, especially if the techniques are done regularly:

The head, for the “Head-Brain”  
The chest, for the “Heart-Brain”  
The stomach, for the “Gut Brain”

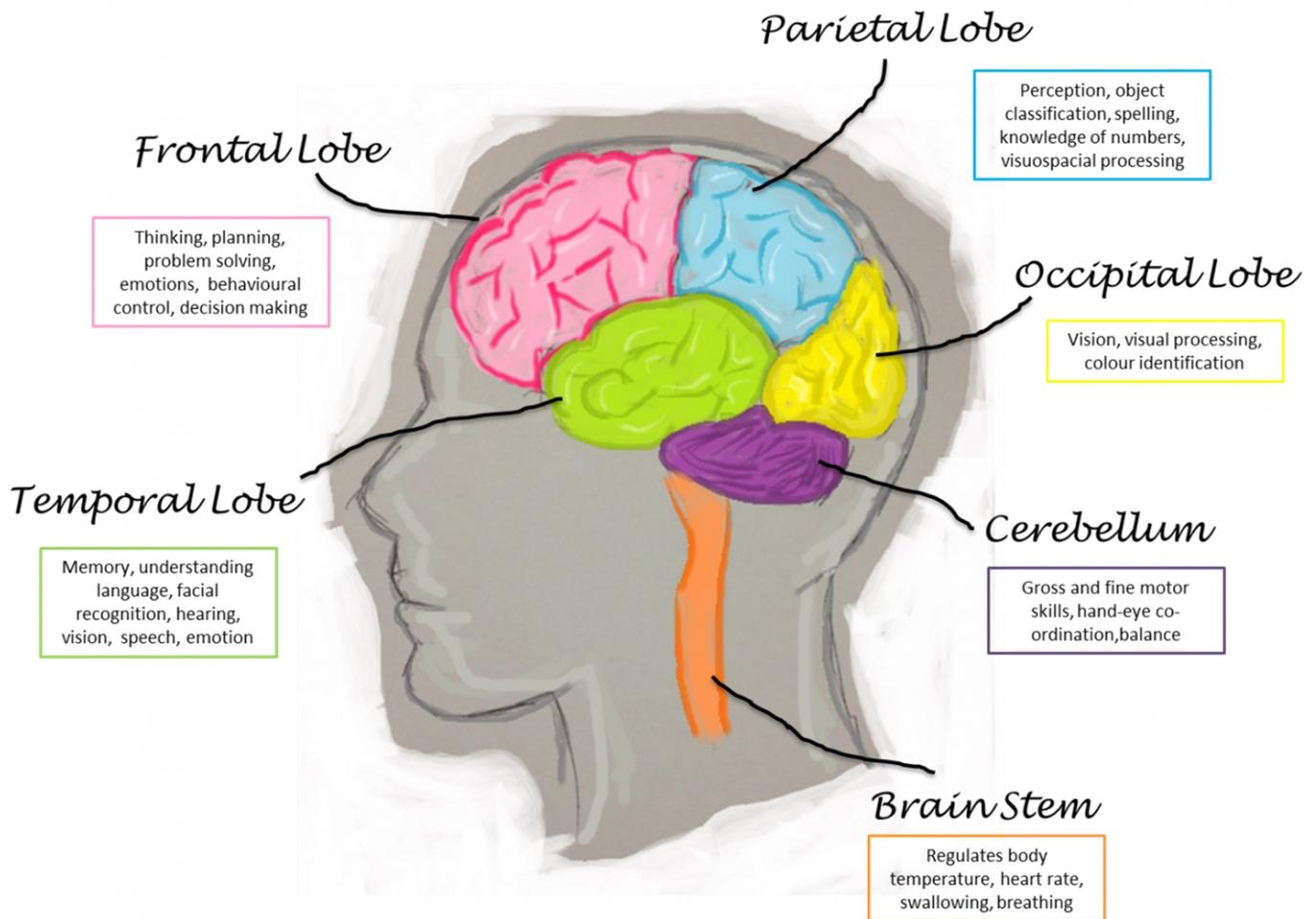
Before continuing, incidentally, in the BodyTalk healthcare system, there are *other* techniques aside from the five techniques of the BodyTalk Access system that you are learning. While applying those other techniques to a client, the BodyTalk practitioner will sometimes tap other parts of the body, such as the area of the body where the Pancreas, Liver, Kidneys, or some other body part is located.

Now, as regards the “three brains” concept, if you are new to the idea that the human bodymind complex has *three* brains, instead of one, you might find that concept a bit strange, or hard to believe. So, let’s quickly discuss the three brains of the human bodymind complex.

## Tapping (Continued)

### The Head-Brain

The “Head-Brain,” is that structure in our heads that is the Master Controller of all of our bodymind functions. Each lobe of the Head-Brain, as well as the *inner portions* of the the Head-Brain called the Limbic brain (or Limbic system) and the Reptilian brain, have specific responsibilities for carrying out needed functions of the bodymind complex. For example, as you saw in the first video of this 7-video series, the Frontal Lobe of the Head-Brain is responsible for thinking, planning, problem-solving, behavioral control, decision-making, etc. Similarly, the other lobes of the Head-Brain have their respective bodymind functions to maintain. You can review those functions below.



## Tapping (Continued)

Aside from those functions, the Head-Brain is also responsible for maintaining the functions of the 14 systems of the bodymind complex, the 37 **thousand billion-billion** chemical reactions in the bodymind complex, the 100 billion electrical impulses that occur, **one-thousand times every second** within the bodymind complex, and *who knows* how many other things. And it does all of those things **without** little nano-bot sized medical doctors, acupuncturists, chiropractors, Reiki practitioners, BodyTalk practitioners, etc., floating around in your blood stream to take care of you. **Your own bodymind complex, watched over by your Head-Brain, is your Primary Healthcare Practitioner!!** Everybody, and everything else, are your **secondary** healthcare practitioners.

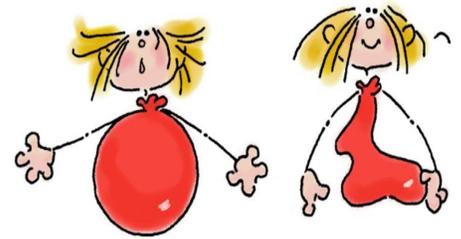
*(Please note: There is an over-arching aspect of the bodymind complex called **Innate Wisdom**, (localized consciousness), that is even superior to the Head-Brain or any other part of the human bodymind complex. It makes its presence from the moment of conception. It knows how natural body balances were distributed. And when symptoms occur that reflect imbalances in health, it knows the order in which things unraveled, as well as the order in which things need to be put back together in order to restore health. If you should ever decide to become a BodyTalk practitioner, it is then, as you accumulate experience with helping clients, during BodyTalk sessions, to resolve their health issues, that you will actually see this priority system that Innate Wisdom uses to restore health, in operation. It's absolutely fascinating!!)*



**Hand Placement**—Frontal Lobe



**Tapping** the Head-Brain



**Inhale** Deeply

**Exhale** Thoroughly

But, as powerful as the Head-Brain is, it can, and will, occasionally *lose track*, as Dr. Veiltheim himself has stated. And when it does so, some form of imbalance, whether perceived or not perceived, will take place. What *you* can do to help avoid such imbalances from taking place, or to help correct them when they take place, is to **maintain communication** with your Head-Brain by performing the **hand placement**, the **tapping**, and the **deep breathing** of the five Access techniques routinely, every day, which takes only from 10 to 12 minutes to complete.

Let's discuss tapping. First, again, understand that tapping, hand placement, deep inhaling, and thorough exhaling are forms of communication with the Head-Brain in which you're *getting its attention*, alerting it to check for possible corrections that it, as Master Controller, may need to make in order to restore optimum functionality to the area of focus to which you are drawing its attention.

Let's use the hand placement on the Frontal Lobe (see picture above) as an example. The Frontal Lobe of the Head-Brain is responsible for thinking, planning, problem solving, emotions, behavioral control, and decision making. The placement of the hand on the Frontal lobe, as well as the tapping, and the inhaling and exhaling, says to the Head-Brain, in effect, "Please check the Frontal Lobe to see if the functions assigned to that Lobe are operating properly."

Dr. Veiltheim explains that the tapping appears to induce what are called "standing waves." Those waves,

## [Tapping \(Continued\)](#)

as Dr. Veiltheim explains, activate the Head-Brain in such a manner that causes it to check the state of health of the person's bodymind complex, *particularly* for the area that you have indicated, to the brain, should be checked. Then the person's Innate Wisdom makes the corrections. Those corrections can take place immediately, or over a period of time, according to the nature of the imbalances that exist within the person's bodymind complex.

To see an explanation of this process by Dr. Veiltheim, in his two-part explanation of The Cortices Technique, check out the following, short, videos.

[The Cortices Technique: Part 1](#)

[The Cortices Technique: Part 2](#)

## The Heart-Brain

Traditionally, especially in the West, the heart was taught to have *one function*: Pumping blood around the body. But that perspective changed drastically, through time; through the "throwing out" of a wider net for obtaining information about the bodymind complex; and through continued research in "hard science," consciousness studies, etc.

For instance, the perspective of the heart as taught in Indian Advaitic philosophy, Chinese medicine, bioenergetic psychology, and as revealed by the researchers at, for instance, the HeartMath Institute, as well as other institutes, revealed the heart to be much more dynamic and impactful on the *overall* human bodymind complex, as well as on *every single cell* of it.

It had been traditionally taught that the heart received orders from the brain in a one-way, top-down fashion. But, what's *now* known is that, *not only* does the heart send signals to the brain, but it sends **more** signals to the brain than the brain sends to the heart. This revelation, *in itself*, demonstrated that the heart had a much wider function than the *one* function of acting as a pump.

It was discovered that the heart was involved with emotional processing, as well as higher cognitive faculties, such as attention, perception, memory, and problem-solving. One of those faculties, *memory*, is at the very core of the process of the tapping of the Heart-Brain that occurs during the practice of the five Access techniques, as well as all of the techniques of the BodyTalk healthcare modality.

The memory aspect is manifested in the following manner. After the Head-Brain is tapped, and Innate Wisdom makes the needed corrections within the bodymind complex, those corrections must be *stored* as the *new reality* that replaces the *old* reality of imbalance. **Tapping of the Heart-Brain stores that new reality.** It's not enough that the corrections were made. One can liken the tapping of the Heart-Brain to the clicking of the "save" icon/function of a software system, such as Microsoft Word, that you click to save the document, which, of course, includes the saving of any *changes* that were made to the document.

We can invoke the findings of Western medicine to understand this saving or *storage* process: The pumping heart generates what is called a toroidal field which communicates with every cell of the body. The cells of the human body are believed to store information. The heart is very much connected to all of the cells and organs of the body, in part because of its diverse connections. Think of that phenomena that often occurs when someone receives a new heart during a heart transplant.

## **Tapping (Continued)**

Heart recipients often report that they begin having memories that have no association whatsoever with any of their own life experiences. Those new memories that they experience are the memories that the heart donor had processed and stored. Those memories, again, are embedded in the cells of the body.

And recipients of new hearts are not the only people that have reported experiencing memories not associated with their lives. A liver transplant patient began dreaming about having been raised on a farm. In the dream, she was being pushed, by her father, on a swing. She discovered that those experiences that she dreamed about were the actual experiences and memories of the donor. One person who had a kidney transplant reported having developed interest in new hobbies, and she also began having cravings for new foods. She discovered that she was experiencing the preferences of the kidney donor.

It's been discovered that major organs, like the heart, kidney, and liver contain large populations of neural networks. Those neural networks are referred to as self-contained brains. It's also been discovered that nervous system organs store memories about places, events and people that were recognized by the organ donors.

So, again, the tapping of the Heart-Brain is a vital part of the five Access techniques, and assures that positive changes to the bodymind complex are stored for you as the new, healthy reality!

## **The Stomach-Brain**

"If you've ever 'gone with your gut' to make a decision or felt 'butterflies in your stomach' when nervous, you're likely getting signals from an unexpected source: **your second brain**. Hidden in the walls of the digestive system, this '**brain in your gut**' is revolutionizing medicine's understanding of the links between digestion, mood, health and even the way you think. ([The Brain-Gut Connection](#), Johns Hopkins Medicine)



"The brain has a direct effect on the stomach and intestines. For example, the very thought of eating can release the stomach's juices before food gets there. **This connection goes both ways. A troubled intestine can send signals to the brain**, just as a troubled brain can send signals to the gut. Therefore, a person's stomach or intestinal distress can be the cause **or** the product of anxiety, stress, or depression. That's because the brain and the gastrointestinal (GI) system are intimately connected." ([The Gut-Brain Connection](#), Harvard Health Publishing, Harvard Medical School)

*"This connection goes both ways. A troubled intestine can send signals to the brain."* You'll recall that, when we studied the Heart-Brain, we discovered that the Heart-Brain sends more signals to the Head-Brain than the Head-Brain sends to the Heart-Brain, indicating an **independent** aspect of the heart organ relating to **functions**.

The Heart-Brain is seen to perform functions independent of the Head-Brain. And we now see that the Stomach-Brain, or the "Gut-Brain," as it's sometimes called, *also* works independently as a brain, sending signals to the Head-Brain. Dr. John Veiltheim, the founder of BodyTalk, and Esther Veiltheim wrote the following about the Gut-Brain (also called the Enteric Brain), in their paper, [Tapping the Three Brains](#):

## **Tapping (Continued)**

The Enteric Brain has several major functions. It is heavily involved in our entire defense mechanism, meaning it oversees the immune system and our body's ability to defend itself from the outside. It is there to work with the small intestine, assisting in controlling and regulating digestion and the microbiome. Classically, it is also where decisions are meant to be made. The Head and Heart Brains analyze and ponder, but when it comes to the discernment of choosing between right and wrong, it is meant to be the small intestine/Enteric Brain that handles this. The Chinese and Indian systems of physiology and health have known this for thousands of years.

While the Enteric Brain's task is misappropriated by the Head Brain, we mistake the Head Brain for the intellect. Until there is conscious awareness of input from the Heart and Enteric Brains, the human experience is one of struggle. Intellectually, we live misinformed, misinterpreting our every experience of self and life.

Since any under-functioning of any of our three brains can present as disturbances and deviations within the bodymind complex, the tapping of all three brains, a sequence of tapping introduced by Dr. Veiltheim, when performing the five techniques of the Access system, as well as any of the other techniques of the BodyTalk healthcare system, serves to address any of the myriad forms of complications that may arise within the bodymind complex.

## **Breathing**

We all probably take breathing for granted. And most of us are probably not *fully* aware of the important and varied roles breathing plays in the maintenance of good health—especially *proper breathing*. I know that *I* wasn't fully aware!!

There are a number of very, very important functions that breathing is involved in. First of all, when we inhale and exhale, our entire bodymind complex moves concurrently. That movement is important for fluid circulation within the body, such as blood and lymph circulation, which moves against gravity back to the heart, and cerebrospinal fluid circulation that bathes the central nervous system.

There is a fascinating function of breathing that was discovered in the Yogic (Yoga) system. The Yogic system tells us that, when we inhale and exhale, the Head-Brain actually scans all of the frequencies of the bodymind complex, checking for dysfunctions. When such dysfunctions are discovered by the Head-Brain, it will automatically make the attempt to correct any dysfunctions and bring the bodymind complex back to homeostasis.

Western science has proven that all parts of the bodymind complex vibrate at their own frequency. When we *inhale fully*, the scanning process of the Head-Brain checks for any dysfunctionality that might be occurring within the *higher* frequencies of our bodymind complex, such as emotions, thoughts, chakra and meridian energies, etc., and makes the needed corrections. When we *exhale fully*, our Head-Brain scans the *lower frequencies* of the bodymind complex—the parts that are generally denser, such as bone, muscle, blood—and makes the needed corrections.

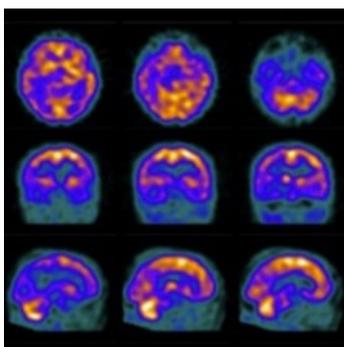
This process goes on automatically during each breath cycle. The *quality and effectiveness* of the Head-Brain's scanning process is directly proportional to the health of our breathing cycle. If we breathe, for instance, in a restricted manner, our Head-Brain will not detect what is wrong and will not be able to make the necessary corrections. So, proper breathing is essential, especially when performing the Access techniques.

## Hand Placement

Hand placement is one vital part of the five techniques of the BodyTalk Access system, as well as all of the other techniques within BodyTalk. In the five techniques of the Access system that you are learning in the seven videos of ***The 12-Minute Family Feeling Self-Healthcare System***, hand placement serves the purpose of communicating with the three brains of the bodymind complex.

The placement of the hands brings the awareness of those three brains to the area that the hand placement gives attention to, such as, for example, the parietal lobe of the Head-Brain when a hand is placed on that area. During BodyTalk sessions, some BodyTalk techniques require the BodyTalk practitioner to place a hand over the place where, for instance, an internal organ, such as the liver, spleen, pancreas, kidney, etc., is located. This helps the three brains to focus on the areas of concern that have been revealed to the BodyTalk practitioner, by Innate Wisdom, during a BodyTalk session. Such focus aids both the *quality* and the *speed* of healing that takes place within the bodymind complex.

## II. Concepts of The Cortices Technique



Positron Emission Tomography (PET) scans revealing cancer cell "hot spots"

When PET (Positron Emission Tomography) scans are reconstructed by computer, cancer cells appear as very bright spots that are called "hot spots." Those hot spots are reflective of the disease that has been labeled cancer. In general, it is believed that symptoms and disease are reflected in the brain in one way or another. This is what makes The Cortices Technique the most critical and important technique in BodyTalk. Focus on balancing the Head-Brain, by administering The Cortices Technique, addresses the entire bodymind complex.

There is a diminution of cellular activity or blood supply in the areas of the Head-Brain—in both hemispheres—where cold spots are discovered. It is believed that everything dysfunctional in the bodymind complex is mirrored in the brain as defective activity at the cold spots.

If the cellular activity of the neurons, and/or the blood supply to the cold spot areas can be restored, resulting in the ability of all parts of the brain to communicate properly with each other again, then significant improvements in physical and mental ailments will occur. The Cortices Technique is specifically designed to address the imbalances within the bodymind complex that are reflected in the brain as cold spots.

To learn more about The Cortices Technique or any other BodyTalk practice, enroll in BodyTalk classes. All of the basic, fundamental theories and practices of BodyTalk can be learned in the two-part BodyTalk course called BodyTalk Fundamentals. See the links in the description, at each of the seven videos of ***The 12-Minute Family Feeling Self-Healthcare System***, for more information about BodyTalk. The impact of ***belief systems*** on one's health has been omitted from this discussion. For that discussion, enroll in BodyTalk courses.