

The 12-Minute Family Feeling Self-Healthcare System

A presentation of the BodyTalk Access system

by R.D. Chism

The Reciprocals Technique



Whole Health for a Whole World

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

General Concepts for The Reciprocals Technique

The structures and functions of the skeletal and muscular systems provide other body parts with support and protection as those other body parts carry out *their* functions. For example, the skeletal and muscular systems counter the force of gravity that is exerted on the bodymind complex. If the skeletal and muscular systems are weak and not performing that particular function, then the internal organs of the bodymind complex will have to *take up the work* that is supposed to be done by the skeletal and muscular systems in countering the force of gravity.

Internal organs **are not** designed to counter the force of gravity. That is the job of the skeletal and muscular systems. Internal organs must be free to carry out *their own* functions, and if the skeletal and muscular systems are not strong, then the functions of the internal organs will be compromised, because those internal organs will be forced to take up the *extra* job of countering the force of gravity.

The beating of the heart, for instance, may be impaired, thus causing unnecessary imbalances and ailments. The breathing cycle might become impaired due to pressure on the lungs that the lungs are not designed to bear. Drainage of lymph may become impaired, as the lymph passages are compressed, thus causing lymph nodes to clog, and then imbalance and ailment to be experienced.

Aside from the strictly *gross, physical* problems that can, and will, occur if the musculo-skeletal system is not performing its function, there are *energetic* problems that can, and will occur. Energy needs free and open passageway. The acupuncture system of healthcare says that ailment occurs when Qi (pronounced, “Chee”) energy, or Wei Chi energy, as it’s also called, is *blocked* and gets stuck. Qi energy flows just *above* the skin, on the *surface* of the skin, and just *underneath* the skin, and is part of the *surface energy system* of the bodymind complex.

There are extrinsic energy systems that make up that surface area system. BodyTalk chooses to use the term Wei Qi to represent those systems. The 17 pairs of reciprocals that you learned about in the fifth video, which taught you The Reciprocals Technique, communicate through the Wei Qi, and give the brain comparison reference points to maintain the balance of the musculo-skeletal system. The Wei Qi system provides a much faster and more random form of communication between the various parts of the bodymind complex, and provides more versatile pathways than the slower nerve and meridian systems of the

bodymind complex. The flow of Wei Qi energy and its rapid ability to communicate with the Head Brain make The Reciprocals Technique extremely powerful in its ability to restore balance to the musculo-skeletal system. The linking (by hand placement, tapping, deep breathing, and thorough exhaling) of the 17 pairs of reciprocal points—which are usually on opposite sides of the body, and at opposite ends (except the ones located at the midline)—*through* the rapid Wei Qi extrinsic energy system, offers a quick and effective way to restore balance to the musculo-skeletal system and, thus, address imbalances and ailments that may exist throughout the bodymind complex.