

The 12-Minute Family Feeling Self-Healthcare System

A presentation of the BodyTalk Access system

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The Switching Technique



Whole Health for a Whole World

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

When we’re tired, or when we need to take a rest, a biological switching mechanism causes our brain to “switch off,” as it were. This is called switching. A familiar example of switching is when we’ve been working at our computer for too long, and we get tired quickly, make mistakes we would not ordinarily make, get frustrated, confused, etc. Our brain tries to force us to take a rest; take a break. The switching mechanism is a natural protective warning mechanism that the brain has to protect us from injuring ourselves. It’s like a master circuit breaker for the brain. Without a switching mechanism, we would just keep going and going, and harm ourselves. One term that is used in athletics that describes switching is “hit the wall.”

There are two types of switching problem. One is that the brain doesn’t switch *enough*. The other is that the brain switches *too much*. In today’s society, we have so many different stresses that our brain will try to switch us off too often. Dr. Veiltheim developed the BodyTalk Switching Technique in a manner so as to normalize the switching reflex, so that switching occurs as it should.

There are people who have what can be called a low switching threshold. Such people will switch at the slightest increase in stress. If you are that type of person; for instance, if you switch when meeting new people, or paying bills, or giving a speech in front of an audience, or driving a car, or taking an exam, **perform the switching technique**. If you’re at work, and you feel the stress piling on, take a break and perform the switching technique.

But *do not* assume that you can work for **24 hours straight**, get no sleep, and maintain your health by performing the switching technique every 10 minutes. It’s not a technique designed to transform you into Superman (or Superwoman). Review the “When to Apply” column at the beginning of The Switching Technique video, which is the 4th video in the series. There is no particular limit, for *any* of the techniques, in regards to their application. If you feel to perform a technique, do so. In time, you will begin to more easily intuit when you need to perform a certain technique.

To be safe, perform all five techniques at least once a day. It should take between 10 and 12 minutes to perform all five techniques, back-to-back, once the techniques are mastered.

Touching of the eyes

The touching of the eyes, in the Switching Reflex point, activates brain centers that hold stress patterns in the bodymind complex. The touching of the eyes *very slightly*, and safely, through consciousness, stretches the extrinsic eye muscles around each eye. That activates a reflex that targets those brain centers. The technique may also be done without actually touching the eyes, but, rather, applying a consciousness focus on the *purposes of the technique*. The purposes of the technique are mentioned in the first column of the two-column table at the beginning of The Switching Technique video, the 4th video of the 7-video series.

Massaging the Switching Reflex Points

In acupuncture, the Switching Reflex Points are called the K-27 points, or the Shu Mansion. From Acupuncture, we learn that when the K-27, or Shu Mansion points are “reset” regularly, the following benefits are experienced.

- More energy
- Clearer thinking
- Improved vision
- Brightens and straightens your body on all levels
- Ability to perceive the truth
- Feeling tuned up and turned on with an enormous improvement in everyday living and effectiveness

If the Switching Reflect points feel tender to the touch, or sensitive, this means they need attention. Of course, if one performs the Switching Technique daily, then the imbalances associated with Switching that caused the sensitivity will be corrected, and the sensitivity, and the ailments associated with that sensitivity, will be avoided.