

*from information shared on The BodyTalk Discussion Forum copied from an article in  
**The Lark Letter, February 2006 Volume 12, Number 2***

As a huge advocate of energy-based medicine, I am excited to share with you the experiences that my colleague, Ian Purse, has had with a new and innovative therapy called the BodyTalk System. Ian turned to BodyTalk several years ago in a desperate attempt to deal with severe chronic fatigue. He was so inspired and moved by his experience, he decided to become a practitioner of this energy based healing system himself.

**Ian's Reawakening** - Ian battled chronic fatigue syndrome for 12 years, and suffered from extreme fatigue, headaches, and lack of concentration. It was not uncommon for him to sleep up to 20 hours a day. Needless to say, his quality of life was diminished and he felt he had little to live for.

Fortunately, a friend introduced Ian to the BodyTalk system, a technique that frees the body of negative energy patterns and creates energy balance in the body. None of the other treatments he had tried had worked, and he inherently knew that this might be his best chance to "wake up from the dead."

After only his first BodyTalk session, Ian had a tremendous response. He immediately felt energy flowing through his body for the first time in years. Within the first week, he noticed an increase in stamina, better emotional outlook, and improved concentration and memory—like his brain had turned back on. At his second session, six weeks later, he felt like a new man with a new life.

Thanks to BodyTalk, Ian now has the energy and health of someone in his 20s. And he continues to get BodyTalk treatments, mainly as "tune-ups." As Ian says, "It's about constantly moving your body into a greater state of health and well-being." Because of his miraculous experience with BodyTalk, Ian began taking classes almost immediately after his first session. He started his own practice six months later, and shared with me an interesting story that even further demonstrates the power of the BodyTalk system.

**A Life Flipped Upside Down** - One of Ian's most profound sessions involved working with a pregnant woman whose baby was breech. Her doctors had tried every conventional method to turn the baby, and had scheduled her to have a C-section the next day. She thought BodyTalk might be her last-ditch effort to try to turn the baby around.

Using the BodyTalk system, Ian felt he was able to increase the baby's blood supply through the umbilical cord and improve the nerve supply to the entire womb. He also uncovered an emotional issue—both mother and baby had a great deal of anxiety and trepidation about the birth itself. He was able to clear that negative emotional energy. Finally, Ian found another negative link—the baby felt unwanted because its father did not desire a child. Ian was able to clear those negative energy patterns as well.

After restoring positive energy flow in the mother's and baby's bodies, Ian began trying to flip the baby energetically—not physically. He didn't know right away if it had worked, but found out the next morning that the baby had turned around on its own and the mother was able to have a normal birth. Ian has had many such amazing results dealing with all sorts of physical, emotional, and spiritual issues.

He prides himself on being able to help sick people feel better and healthy people reach a higher state of wellness. He sees himself as an interface that helps feed information back to the body so it can heal itself. As he puts it, "the body has much greater wisdom than our conscious minds do," and his job is to help channel this phenomenal wisdom to create vibrant health.

Next month, I will be sharing much more information with you about the BodyTalk system, since I believe that this exciting new energy-based system has the potential to create health miracles in your life, too! In the meantime, if you live in the San Francisco area and would like to schedule an appointment with Ian, or if you are interested in working with him by phone, call 650-213-8110."

## ***The Lark Letter, March 2006 Volume 13, Number 3***

Dear Friend,

In last month's Miracle Corner, I shared with you the story of Ian Purse's dramatic recovery from 12 years of debilitating chronic fatigue. His recovery came through the use of BodyTalk—an innovative new healing system that uses applied kinesiology, or muscle testing, to query the wisdom of the body and create a pathway for healing even the most difficult health problems.

I first found out about BodyTalk last year when my friend Brooke Baggett, a Reiki Master healer and acupuncturist, started to study this system. She wanted to use it with her other therapies to help heal her patients. I was quite intrigued by her description of BodyTalk, since I began to study and work with muscle testing many years ago and found that it did, indeed, provide a way of tapping into the body's innate wisdom.

Brooke has since integrated BodyTalk into her practice and, like Ian, has had great success with its use. She has found BodyTalk to be very helpful for a variety of health issues—including asthma, reproductive disorders, allergies, chronic fatigue, infections, digestive disorders, Parkinson's disease, anxiety, depression, learning disorders, back pain, and arthritis. She recently shared with me an interesting case history of one of her clients. For me, it reinforced the wonderful healing potential of BodyTalk, and I asked Brooke to share it with you in her own words:

Helping Marguerite “When Marguerite first came to me, she appeared to be the picture of health. She was a young 42-year-old who exercised daily, ate healthfully, and seemed quite emotionally balanced. So, I was surprised to hear that her chief complaint was daily migraines, with pain so severe that she required prescription medication. I have been able to completely relieve the pain of migraines for many people with the use of acupuncture, so I thought I would have no trouble at all helping her.

“We started with a regimen of weekly acupuncture treatments, in the hopes of opening her energy flow and thus alleviating her migraine pain. The pain subsided a bit at first and she was able to take less medication. However, she reached a point where there was no more relief, and she was still suffering from migraine pain and still taking her medication a few times a week. For me, this was by no means a satisfactory result.

“I asked Marguerite if she would be willing to try BodyTalk. I explained that BodyTalk is able to determine on what level—physical, mental, emotional, or spiritual—the stresses of daily life have interrupted the body's communication system. A BodyTalk practitioner can reconnect the lines of communication, thus encouraging the body/mind to do its own healing. She said she would be willing to try this method.

“When Marguerite came for her session, what we discovered changed the pattern of her migraines dramatically. Upon doing muscle testing, I picked up imbalances relating to the following information: 12 years old, grief, home and family, and maple and pine trees. Marguerite knew exactly what her body was trying to communicate. After shedding some tears, she told me she had lost her mother when she was 12 years old. This was something she had never verbally shared with me before, but her body knew it was a key to solving her migraines. Her mother had died from

**Partial List of  
Conditions Resolved  
Through BodyTalk**  
Allergies  
Anxiety and depression  
Asthma  
Chronic fatigue  
Digestive disorders  
Emotional, self-esteem,  
and body image issues  
Endocrine imbalances  
(thyroid, pineal,  
spleen, adrenals, etc.)  
Fears, phobias  
Female-related health prob-  
lems (menopause, PMS,  
menstrual cramps)  
Food intolerances  
Headaches  
Joint and back pain  
Learning disorders  
Reproductive disorders  
Sexuality and relation-  
ship issues  
Viruses and infections

brain cancer, which at the time the doctors were treating as migraines. During her grieving process, she spent much time among the maples and pines near her home.

“I checked in with Marguerite several days later, and was thrilled to hear that she hadn’t experienced any migraine pain. The same was true a few weeks later. The wonderful news is that this is only one of many cases that show the amazing healing capacity of BodyTalk. I believe it will profoundly change the way we look at health care.”

### **The BodyTalk Healing System**

BodyTalk is based on the fact that every living thing is made of energy. When that energy is properly tuned and there are no blockages to its flow, then direct and efficient communication runs freely within your body—between one organ system and another, and between your body, mind, and spirit. It’s only when all the lines of communication are fully open that everything can function together for optimal health.

BodyTalk is a means of tapping into the body’s communication system to assess whether any of the lines are down—which can hinder healing from an illness or an injury. Through BodyTalk, it’s possible to figure out which lines are down, and then help the body reestablish communication and begin to heal.

What Is BodyTalk? BodyTalk is non-invasive, simple, and effective—and there are no harmful side effects. Practitioners communicate with the body to locate the specific areas that need repair. This is done using neuromuscular biofeedback, or muscle testing, that allows the practitioner to have a dialogue with the innate wisdom of each individual’s body. Communication is reestablished between the various parts of the body by tapping specific points over the head and heart to recreate the healthy energetic linkages.

The main premise of BodyTalk is that the body can heal itself. With many healing techniques—both conventional and alternative—practitioners use their knowledge to try to figure out what’s wrong and fix it. But none of us will ever know the body as well as it knows itself. BodyTalk sees the body as being wise and brilliantly engineered, equipped with built-in analytic and therapeutic systems of its own. BodyTalk practitioners help channel this wisdom to promote optimal healing.

The Body’s Wisdom The key to the BodyTalk system is order. Every cell within our bodies, every spark of emotion, every belief system, every one of our thought processes—all these things must be able to communicate together in an orderly fashion, so the body can coordinate the billions of bioelectrical, chemical, and energetic events that support life.

When something goes wrong, this rapid-fire internal dialogue allows the body’s own wisdom to determine the order in which repairs should be made, and then directs the body’s energy to heal the trouble spots in the most efficient manner. For example, your body may not want to detoxify its overly burdened liver until the digestive problem in the small intestine is healed—otherwise, toxins liberated from the liver can flood into the small intestine and be rapidly absorbed by the body through its raw, unhealed lining.

This cart-before-the-horse type of treatment is typical of many medical approaches, and it can create what is often referred to as a “healing crisis.” This isn’t to say that

healing crises should never occur. But when treatment is done without consideration for priorities, the healing crisis can be much more intense than is necessary.

**How BodyTalk Works** When an illness, injury, or trauma is too severe, the lines of communication in our bodies get jammed as a result. The BodyTalk system taps into our inner wisdom to find out where the problem is and which lines need to be re-linked—helping our bodies heal themselves, quickly, efficiently, and completely. Here's how a typical session might go:

- **Phase One: Gaining Permission.** You begin the session by lying face up, fully clothed, on a massage table with your arms at your sides. The practitioner stands beside you and asks your four centers of awareness—your physical body, your conscious mind, your unconscious mind, and your higher, spiritual self—for permission to treat you. Each awareness center is given the opportunity to withhold permission. Responses are gauged through muscle testing. The BodyTalk system maximizes accuracy by isolating the test to a small but strong muscle in your arm.
- **Phase Two: Locating the Problem.** Once permission has been secured, the practitioner locates the energy circuits in the body that need balancing by asking the body yes/ no questions: “Are organs a priority?” (YES) “Lungs?” (NO) “Liver?” (YES)...and so forth. Once again, the body's answers are determined through muscle testing. The practitioner follows the flow of answers until the precise location of the problem(s) has been mapped out.
- **Phase Three: Re-establishing the Linkages.** Next, the practitioner focuses on each of the identified problem areas, usually placing the patient's hand over the area. The practitioner then places his or her hand on each major body system in turn, asking where the linkage needs to be reestablished: “Link to heart?” (NO) “Lungs?” (NO) “Pancreas?” (YES)...For each linkage requested, the patient's hand remains on the problem area while the practitioner touches the proper reflex point on the body that will link the system. The practitioner then lightly taps the patient's head and heart, as described below.
- **Phase Four: Tapping and Breathing.** Tapping the patient is done lightly on two areas of the body—on the top of the head, and on the sternum over the heart. Tapping the head alerts the brain to that particular linkage, and asks it to reactivate that line of communication. Tapping the heart alerts the heart to the repaired link, and asks it to make the link permanent. (In traditional Chinese medicine, the heart is the central coordinator and energy organizer of the body.) While the practitioner is tapping, the patient takes two cycles of deep, exaggerated breath to acknowledge and incorporate the corrections into the body's awareness.

I find the BodyTalk System to be exciting because not only is it completely safe, but some people see dramatic results in as little as one session. It can be used as a stand-alone treatment, or to enhance the effectiveness of other therapies. In addition to its ability to affect physical, emotional, and spiritual healing, I particularly like the fact that this healing modality is respectful of the body's wisdom. It reminds us, in essence, to listen. Our bodies will tell us what we need. They always have.

If you're interested in trying BodyTalk and would like to find a qualified practitioner near you, go to [www.bodytalksystem.com](http://www.bodytalksystem.com).

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To experience or watch a BodyTalk session is the best way to understand. Each session is a custom session, designed by and for you in that moment. I am available to present a fun and instructive presentation for your group. for more information & current specials see: [www.bodytalkworks.net](http://www.bodytalkworks.net) • 502.550.2719