



Diana's BodyTalk Newsletter

DECEMBER 4, 2008

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What is BodyTalk? – An ongoing discussion.

Combining the wisdom of the ages with cutting edge science Dr. John Veltheim and a host of other brilliant minds have put together a protocol for the promotion of total health. Two of the basic premises for this approach to wellness are 1)

My Education:

Certified as a BodyTalk Practitioner in June 2008.

August 2008: Module 3 – Janet Galipo in Victoria, BC. Deeper work into the fundamentals of BodyTalk and intensive training in the 5 senses and levels of consciousness.

September 2008: Module 8 - Animal Talk - Ange Trenga-Anderson in Victoria, BC. BodyTalk as it applies to animals. Included a full day of work with pets and their owners.

October 2008: BodyTalk Interactive with John Veltheim in Missoula, Mt. A deepening of the science and philosophy behind BodyTalk plus a full day intensive

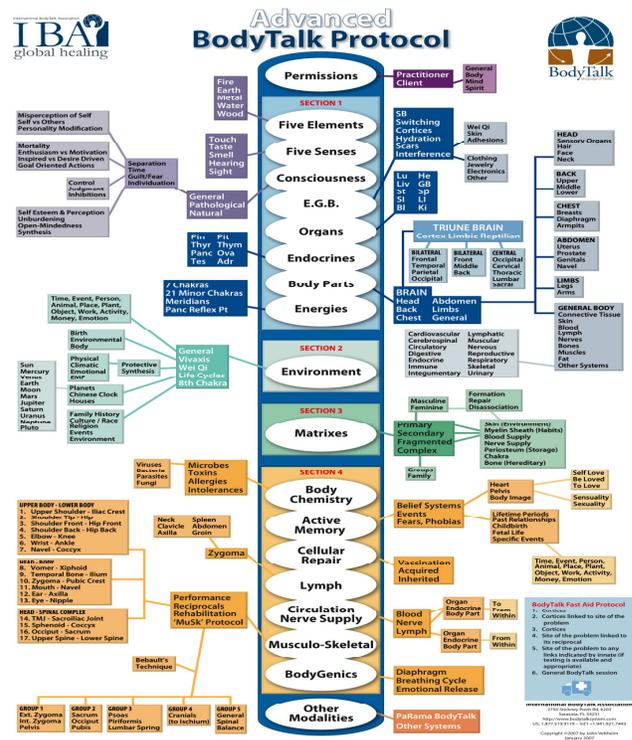
The Body knows what it is doing and can heal itself, and 2) Observation changes outcome. There's not much to discuss about the first premise. We know every time we cut ourselves that there's something pretty amazing going on in our bodies as we watch that cut heal over. We also know that our conscious minds don't really have to be involved in that process, since we can watch a movie in total concentration while our bodies digest our dinner. Something that is less obvious, however, is following this first premise to the conclusion that our bodies do not make mistakes. What about cancer, then, or diabetes, or even a cold? If these are not mistakes, then, like the pain response, or tiredness, our bodies are responding to the environment and giving us signals for how to proceed. Pain means stop what your doing. Tiredness means take a nap. Even though they are more complicated in their message, diseases are also indicators of conditions your body is trying to deal with, and you can follow a course of action to a healthier condition if you pay attention.

The second premise, that involving observation, is best explained through the double-slit experiment made famous in the movie, "What the Bleep". <http://www.youtube.com/watch?v=DfPeprQ7oGc> . So, when your receiving a BodyTalk session, consider that the form of communication is energetic, therefore, quantum in nature, and therefore effected by the practitioner and you, the observers...

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PlantTalk training.

Module 4(7) with Janet Galipo in Boulder, Co. A 4 day course in Chinese Medicine and its application within BodyTalk.

November: BodyChemistry with Marita Kufe in Portland, Or. A 4 day course in body chemistry as it applies to BodyTalk, including energy work with testing vials.

Animal BodyTalk



When you think about setting up a BodyTalk session with your practitioner, don't forget to schedule one for your beloved pet. When it comes to our well-being, we all affect each other, that much is obvious. However, for your pet, this is not a light truth. Most dogs consciously take on illness in order that you might not. This is not something to feel bad about, but to be amazed and humbled by. It is the nature of a dog to protect its pack at all costs. Your cat is also protecting you, though not through self-sacrifice, of course! The energy around your house and all your family is kept clear and safe by that ever-vigilant tabby. Take another look at your animal friends and consider how connected they are to you. A session for them is a session for your whole family.

The Science and philosophy of BodyTalk Some Links:

James Oschman (Speaks highly of BodyTalk):

<http://www.energyresearch.bizland.com/>

Dr. Michio Kaku: <http://www.energyresearch.bizland.com/>

Dr. Swanson, The synchronized universe: <http://www.synchronizeduniverse.com/>

Dr. Candace Pert, The Molecules of Emotion: <http://www.candacepert.com/>

Fritjof Capra, one of John Veltheim's favorite authors: <http://www.fritjofcapra.net/>

Tensegrity: <http://tensegrity.org/>

Diana shares her BodyTalk clinic with BodyTalk practitioners, Julie Pearson and Suryo Gardner. The clinic is located in the Areis Building on Eastlake and Louisa in Seattle, 2366 Eastlake Avenue, #226, Seattle, WA 98102. Her hours are 1:30 to 7:30 weekdays. She also makes housecalls, particularly for pets. Please call or email her to schedule an appointment! 206-399-7805 dianagard@yahoo.com.

Please visit the Washington BodyTalk Association website for further information about BodyTalk and local BodyTalk practitioners: <http://www.bodytalkwashington.com/>

Please also visit the main BodyTalk Website: <http://bodytalksystem.com/bodytalk/>