



Body Talk Mindscape

The practice of taking the brain into an Alpha state to tap into faculties of the creative and intuitive mind not normally so accessible to our everyday-life state of mind. In this heightened state of awareness, one is able to enhance intuition, mental focus, intent and attention. Using this technique for enhanced right brain thinking combined with the knowledge of holistic practice, affords the best use of both left and right brain capabilities. In practice this means that I am better able to engage a vast source of information during the discovery process in a BodyTalk/Reiki session, which allows for more powerful, client-focused sessions.



Mindscape, among others, is taught by Dale Fox – International Lecturer ∞ BA Psych, CMI, CST, RN, RM, OTT, International MindScape Instructor & Public Speaker, Craniosacral Therapist, Animal Communicator & Reiki Master ∞

For enquiries into this, and other courses, please reach out through my contact details.

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The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information.

MindBody Connection encourages you to make your own health care decisions based upon your research.