



Body Talk

Tapping

TAPPING and the 3 BRAINS

Tapping is used on the body to implement change.

A little explanation from Quantum physics will help you understand the significance of tapping from a scientific point of view. Your main system of communication in the body is electromagnetic which runs through your connective tissue. It is not a linear form of communication, it is wavelength - so it's far quicker than your central nervous system. Your connective tissue is piezoelectric, which means it can give off and transmit electromagnetic frequency.

Tapping is a standing wave. Imagine that your communication pathway is moving at a particular wave dynamic and so when tapping is introduced it is like 'dropping a new harmonic, a new wave' on top of your existing wave. Now if that new wave represents a better frequency for you, your body changes and aligns to that new wave.

Tapping over the client's head, heart complex and gut complex (our 3 Brains) is at the heart of each BodyTalk balancing procedure. Tapping creates changes in various electromagnetic fields of the bodymind, which in turn leads to changes on a cellular level and enables the healing process.

In BodyTalk we tap over the 3 brains to elicit the following responses:

The Head Brain – Makes the change

When tapping over the electromagnetic field of the brain, we are in effect gathering the attention of the central nervous system to this new wavelength potential. Tapping over the head brain brings attention to a new potential to be implemented.

The Gut Brain – Integrates the change

Your abdominal or intestinal pathway has its own separate nervous system. It is called the Enteric brain. This brain is completely separate from your Central Nervous System, and it responds independently. The gut brain is your instinctual brain. It is your first responder and your instinct. It controls digestion into the body.

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



The Heart Brain – Stores the change

The electromagnetic field of the heart is the biggest and strongest magnetic field in your body. It is the central organizer of all energy in your body.

There is a concentration of sensory neurites in your right atrium of the heart, that produces hormones that sends more messages to the brain, than the other way around, to control the 'computer' in your head. So the heart brain is, in essence, the programmer of the computer (head brain).

Every time your heart pumps you're getting a wave pattern (information) through the heart field as well. That's like sending a memo to every one of your cells to say "this is the new information to be saved"



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