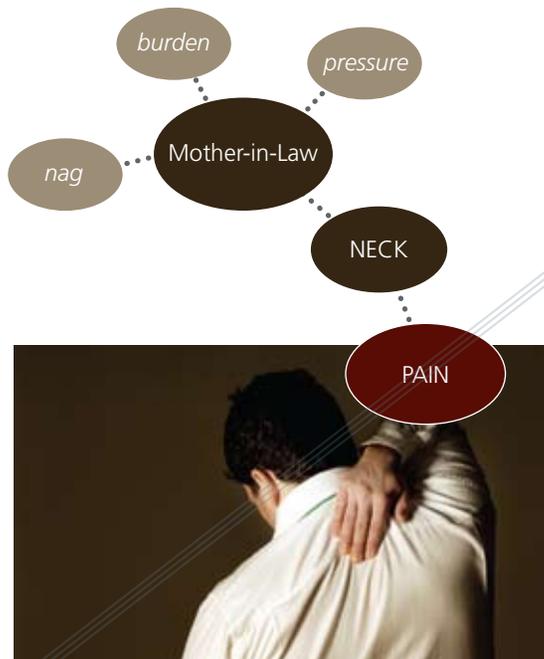


## How Does BodyTalk Resolve Emotional Stress?

BodyTalk recognizes the interrelatedness of body/mind/spirit by retrieving information from emotions, consciousness, and physiology. A frozen shoulder can store an unresolved hurt from a relationship (emotion), the burden of responsibility (consciousness), and the spasms in the intricate muscles surrounding the joint (physiology).

Using a technique called Active Memory, a BodyTalk practitioner works with the body to disassociate, neutralize, and unhook emotions stored in the connective tissue. The emotions are retrieved through neuromuscular feedback to bring them out of the tissue, then are sent downward toward the intestines to be "digested", and processed. Because talk therapy is not the focus of an Active Memory or Belief System session, even painful emotional traumas and phobias can be dealt with comfortably by the client.



NOT FOR PRINT

## Emotional Disorders and Phobias



→ We tend to think that emotional disorders are limited to conditions such as bipolar disorder, depression, shyness, anxiety, and phobias....



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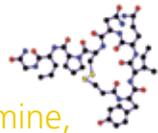
## What are Emotional Disorders?

We tend to think that emotional disorders are limited to conditions

such as bipolar disorder, depression, shyness, anxiety, and phobias. BodyTalk recognizes that the emotions can also have an effect on all the body's systems. Habitual stress and chronic overwhelm can result in feelings of anger, powerlessness, or despair, eventually resulting in such conditions as inflammation, abnormal cell growth, or high blood pressure. Your body's chemical levels fluctuate depending on your emotional state: healing results from love and trust, causing cell expansion, whereas disease results from hate, stress and anger; causing cell contraction.

### Neuropeptides:

Norepinephrine, dopamine, serotonin, histamine, enkephalins, steroids, acetylcholine, thyroxine, corticosteroids, endorphins, growth hormone, androgens, estrogens



Every cell is affected by the sending and receiving of neuropeptides. Neuropeptides function as neurotransmitters or hormones. They carry messages within the body and help regulate body weight, mood, the immune system, pain and pleasure receptor sites, as well as help to hold memories. All thirty trillion cells of the body contain far more brain tissue (in the form of neuropeptides) than will ever fit in the brain alone.

Emotions and memories are stored in every cell of muscle, organ, and body tissue by these neuropeptides. We call these memories stored in the neuropeptides Active Memories. Your BodyTalk practitioner retrieves and disempowers these charged emotions using the Active Memory technique.

## What are Active Memories?

Passive memories are simple thoughts and emotions that are recalled and leave without any after-effect—a normal, healthy function of the body. There is no stress, no involvement, no disease associated with experiencing these memories. The mind reflects but doesn't react.

Active Memories, on the other hand, are stored by neuropeptides in the connective tissue and cause a painful, angry, fearful, or teary-eyed response, even many years later. Such constant strong emotional responses stress the body, causing complications and even chronic diseases over time. External stimuli, or triggers, particular to each person, activate these memories, causing a chain reaction in your body much like Pavlov's dogs hearing a bell.

### ■ Events

Particular events in a person's past can create an Active Memory. Through neuromuscular feedback, a BodyTalk practitioner isolates a particular event that is causing stress in the body/mind. During a session, the client is asked to reflect upon this event to begin activating it before disassociating it using the Active Memory technique. Thinking about an event is enough to trigger such a memory so that it can be resolved during a session.

### ■ Belief Systems

Subconscious belief systems often create expectations about how things "should be." When we identify too closely with belief systems, we create Active Memories. Often having your "buttons pushed" is a reaction triggered by a belief system. When the belief system is disassociated and spoken out loud (e.g., "It is safe to love"), this simple saying resonates at the cellular level.

### ■ Phobias

Phobias are powerful, irrational reactions to particular things. Common phobias include fears of heights, closed-in spaces, public speaking, snakes, or germs. Phobias result when a traumatic event leads to the belief system that something is harmful or dangerous.

Belief Systems, often short, are simple sayings that can create Active Memories:



The Active Memory technique allows a BodyTalk practitioner to safely disassociate an active memory caused by an event, belief system, or phobia.

### Gerry, 39

Gerry had a herniated disc at the 5th lumbar vertebra. He had consulted a doctor, who recommended operating on the disc. He came for a BodyTalk session thinking it would help only with the pain, but he discovered the hernia was directly related to the sudden death of his father three months earlier. The memory of his father's death was released from the tissue, not only alleviating his pain but allowing the disc to heal.

### Tom, 62

Tom was terribly afraid of closed spaces and unable to attend meetings in rooms that didn't have windows. During a BodyTalk session, the memory of a childhood event came up. As a newborn baby he was put safely into a linen trunk by his parents so they could carry him out of their burning home. His claustrophobia began with the lid of the linen trunk closing on him. After his session he was able to go into closed spaces.