



The BodyTalk System:

Integrating the Physical and the Psychological Story Behind Disease.

The BodyTalk System seeks to address the “whole person.” This means that no aspect of the human psyche can be overlooked, be it emotional, mental, physical, or spiritual. In BodyTalk, we have developed a holistic healthcare system that supports and promotes the wellbeing of any person, animal, or plant.

The body can be addressed in many different ways. One effective approach taken in The BodyTalk System is to understand the functions of the body according to the discoveries of traditional Chinese medicine and bioenergetic psychology. These systems developed an understanding of the relationships of physical wellbeing and psychological wellbeing. Many people respond poorly to therapy on individual body parts because the role of the body part and its ties to the acupuncture meridians is poorly understood.

The following is the “personal story” of the knee so that you can better understand that learning about the body from many different approaches is extremely important to the healing process.

This understanding, and the effective BodyTalk techniques available to address disease, are an integral reason why The BodyTalk System is so revolutionary in its approach to integrative healthcare.

I Am the Knee

I allow you the flexibility to bend down and move around. I am controlled primarily by your kidney energies. The kidney energies relate to fear and willpower.

I have always been a strong metaphor for you in your life. I represent your willpower. When, as a child, you wanted to summon your willpower in defiance, you would lock your knees. You learned the metaphor of bending your knees in submission to your God, your leader, or your victor. When you have issues around your willpower, they will be reflected in disturbances in my function.



You use willpower to help overcome fear – the other energy of the kidneys. These two opposing forces within the kidneys represent the two opposing forces of the fire and water balance in the dualistic yang/yin functions of the kidneys. When you experience extreme fear, your knees will go weak. Fortunately, that doesn't happen too often in modern society.

Something else happens though, that can be more destructive because of its insidious nature. In modern society, the biggest fear is the fear of coping – with money, work, relationships, health, and so on. When you live continually with this kind of fear, I will be weakened and prone to injury. If the fear is prolonged over a long time and is coupled with weakened willpower to overcome the fear, then the brain will strengthen me by making me inflexible and rigid. You then call this arthritis.

The inner side of me is controlled by the spleen/pancreas meridian. So, if you hurt my medial ligaments, that means you are worrying about something you are not able to cope with. (The spleen/pancreas controls worry.) My outer side is controlled by the gall bladder so if you injure that part, that reflects your fear of making a decision about something.

The cruciate ligament deep inside my center relates to the deepest aspect of willpower – the will to survive. When there is injury to that ligament, it means you are often deeply questioning aspects of your very life and existence. This does not mean you are suicidal, just that you are deeply questioning your life, its direction, and your will to follow through and do what needs to be done in your life.

The bladder meridian controls the back of me. The bladder meridian profoundly influences the central nervous system and activity. When that part of me is injured, it usually relates to your allowing your willpower to become over-controlled by your nervous system. You become rigid, inflexible, and fearful, “standing up” for yourself in too reactive a way.

Your hamstrings are controlled by your large intestine (colon) meridian. The colon controls “letting go” of anything that is no longer of use to you. So, if your hamstrings are too tight and get injured, that means that you are fearful of letting go of the “stance” you are taking – to your detriment.

Usually, I start aching in the back when you are going through a period of your life when your beliefs are being challenged, and you are afraid to let go of them.

When we treat a joint with BodyTalk, all the aspects of the psychological are included. By doing this, The BodyTalk System is providing a truly holistic approach to the treatment of disease. The BodyTalk System takes a dynamical systems approach in regulating all aspects of the synergistic interactions of the various bodymind systems. By establishing better communication within its systems, the bodymind complex is able to correctly ascertain what needs to be done to regain balance and harmony in function. While the BodyTalk techniques for correcting these important functions are simple in nature, they can be profound in effect.

The study of all this is fascinating! If you truly understand the energetic psychological makeup of the body, you then start to appreciate how disease really does develop and why it is maintained. Fortunately, all this does not have to be understood to be able to effectively facilitate the healing of the related conditions with the help of BodyTalk. Through BodyTalk, the brain and the heart are shown what is unbalanced, and the link is established to clear the problem. The brain brings about the changes that are necessary, and they are then synthesized in the heart.

Ultimately, the bodymind knows best how to heal itself in a holistic way. Any interference by way of treating symptoms is only a compromise, for the real power of healing lies innately within our system.



ABOUT THE AUTHOR

Dr. John Veltheim, D.C., B.Ac. is the founder of The BodyTalk System and the International BodyTalk Association. BodyTalk is a consciousness-based, professional health-care system that accelerates the body's healing process and prevents disease. Dr. Veltheim has a vast educational background in chiropractic, traditional acupuncture, philosophy, Reiki, applied kinesiology, bioenergetic psychology, osteopathy, and sports medicine.