



Parama BodyTalk Information Guide

What is PaRama BodyTalk?

PaRama BodyTalk is the advanced version of the popular BodyTalk System that is being utilized by thousands of practitioners throughout the world.

The beginning and advanced modules of BodyTalk give practitioners a comprehensive system of health care that covers a large portion of general health care and wellbeing maintenance.

PaRama BodyTalk incorporates state of the art energy medicine utilizing the principles of quantum mechanics, mathematics, lateral logic, and philosophy to take the next step in expanding that scope of practice.

What does it address?

The more advanced formulas of PaRama BodyTalk are tailor-made for each client for their particular needs. This will include many serious illnesses; stubborn chronic illnesses; complex emotional issues; severe allergies and food intolerances; etc.

The system also works in specialty areas such as sports medicine and rehabilitation, and can be used to maximize performance in every area of human endeavor.

PaRama BodyTalk is also commonly utilized to help facilitate personal and spiritual growth.

How does it differ from normal BodyTalk?

Normal BodyTalk works like most other health care systems in that the treatment session is given during the appointment and the body then responds progressively with each appointment.

In PaRama BodyTalk, most sessions are formulated at the time of the appointment and then set to run at different times of the day or night, usually for several days.

Many illnesses are stubborn to address because of the habit patterns of the body and the complexity of what needs to be done. Setting up a formula that repeats itself constantly pushes the body into rapid change. In a way it is like taking medication several times a day for several days. The difference is that the PaRama formula is setting conditions up for the body to repair itself - the fundamental principle of BodyTalk.

These formulas are run by the most sophisticated computer in the brain - the prefrontal cortex. The average person has an overworked brain because of all the stresses of illness, work, the environment, etc. Hence, the main formula is usually run at night while the client is asleep and resting from all those activities. This is when the brain's maximum computing power is available.

What kinds of formulas is the brain running?

Science has now shown that the whole body is permeated by connective tissue that has continuous connections to every single part of the body. Furthermore, the connective tissue contains specialized neuropeptides which act as storage centers and also function as an advanced communication system that

runs parallel to the nervous system. This system is called the "continuum" and is a major factor in the restoration and maintenance of health and functioning of the body. The continuum acts like a large, continuous liquid crystal and allows the passage of information throughout the body at subatomic speeds. It accounts for many of the functions that the slower nervous system could not do. PaRama BodyTalk uses formulas which specifically work with this rapid communication network.

Some examples of the formulas used:

Defragging:

When the files in a computer hard drive progressively become fragmented, the computer's functioning is compromised until the hard drive is defragmented.

The information stored in your body that is memory of life, abilities, emotions, biological functions, etc. is stored as a binary system – on and off switches – exactly the same as it is in your computer. Stress, in all its forms, can fragment the files and cause malfunctioning of any part of the system at any level.

In PaRama BodyTalk we discovered that once the formula is understood by the practitioner, the prefrontal cortex can be programmed to run a specific defrag of an area to help restore memory and function. Defragging takes time and may need to run for a couple of hours each night until completed. However, once it is completed, the body part will have a fresh new beginning.

Reevaluation and recontextualization:

After the area has been defragged, the PaRama BodyTalk Practitioner will often run a "reevaluation" program so that the prefrontal cortex and limbic system of the brain can sort out the relevant information that pertains to your life and body functions at that time. This will then put things into a new context which will enable the bodymind complex to move forward into a different, healthier pattern of living. This could involve changes in biochemistry, physiology, emotional responses, memory validation, or ways of thinking and the belief systems we hold valid.

The defrag formula is a typical computer function. However, in relation to the bodymind, this formula encompasses the wonderful advantages the human brain has over the computer. This approach utilizes the innate wisdom of the body to evaluate the imbalances quantitatively and qualitatively to bring in all the subtleties of human life.

Integration:

A likely next step would then be to integrate all these healthy changes within the rest of the body. For example we may have now made the fight/flight response of the amygdala far less over-reactive and stress-inducing. This improvement now needs to be integrated into the immune system to enable it to settle down and function normally, rather than overreact to the environment.

Dynamic Interactive Formulas:

Detectives

Dynamic Interactive Formulas are the "detectives" of the PaRama BodyTalk system. There are many cases where an environmental factor that can trigger a reaction is well-hidden. This could be an unusual allergy or food intolerance. It could be an emotional trigger that sets off a physiological reaction. For example, the presence of a particular person at school or work can trigger a headache or bowel reaction because of some unconscious association with a past event.

In these cases the PaRama BodyTalk Practitioner can have the prefrontal cortex place a specific "filter" or monitoring program on the amygdala that takes into account the particular problem. The filter runs all day, every day as the client does his or her usual routine. When the headache or allergy is first triggered, the prefrontal cortex immediately runs two formulas:

1. To perform the appropriate BodyTalk formula to address the environmental irritant.
2. To check the memory banks of the brain to discover the underlying causes by searching for the incident(s) which occurred in the past and set up this condition. The prefrontal cortex then immediately runs a multiple parallel "active memory" BodyTalk session to address this. Later that night this information is then integrated into the appropriate areas of the brain and/or body.

Integrative structural correction

Another use of Dynamic Interactive Formulas is to reorganize the physical structure of the body. This may be for rehabilitation or sports performance. PaRama BodyTalk can set up a program involving the structural function of the body. It may involve, for example, the coordinated relationships between the bones and muscles of the back for chronic back disorders. When the client starts to train or exercise each day, the prefrontal cortex combines with the cerebellum and basal ganglia to evaluate the structure and function. It then runs a series of BodyTalk reciprocal links and links

within the brain to begin to improve the function. Then, every few minutes, it repeats the procedure, building on each previous correction for perhaps an hour. This can be repeated an hour a day until the function has reached its maximum potential. This could involve the simple act of walking and moving without pain or it could lead to the ultimate improvement of a golf swing, running style or hand coordination on a musical instrument.

There are many other types of formulas and combinations, and your PaRama BodyTalk Practitioner will explain which system he/she is using in your case.

Is there anything special I should know or do?

Yes, you need to know that these sessions are powerful and ongoing.

a. They use up quite a lot of the processing power of your brain to bring about life changing improvements. You may feel tired and this is why we prefer to have them run while you are asleep when possible.

b. Sometimes, for the first few nights, you may wake up when the program starts to run because your conscious mind will wonder what is going on. Just be aware of what is happening and go back to sleep.

c. During the days or weeks while the formulas are running, bear in mind that your body is healing at a very deep level. Try to nurture it and reduce your activities if they tire you.

d. Be aware that if a Dynamic Interactive Formula kicks in during the day, you could feel a bit light headed or disoriented. This is not dangerous, but try to slow down your activities for the 10 to 30 minutes it may run so that you maximize the results.

e. Be aware that if a major stressful event happens in your life during this time, the body may shut down the programs. In this case your PaRama BodyTalk Practitioner will need to reactivate or modify them at your next appointment.

f. As your health improves, the formulas will need to be stopped, modified, or changed. Regular appointments with your PaRama BodyTalk Practitioner will ensure that everything goes well.

What if I move or change practitioners?

Your PaRama BodyTalk Practitioner can recommend the nearest qualified practitioner to you. Otherwise, make sure you tell your new BodyTalk practitioner that you have PaRama BodyTalk formulas running so that

they will not be disturbed. If the new practitioner is not PaRama BodyTalk trained, then he or she can contact the appropriate person for advice.

Is PaRama BodyTalk safe with other therapies?

It is very safe and the formulas can be tailored to complement and maximize the results of other therapies. For example, there are specific formulas that will help the recovery from surgery or the side effects of chemotherapy.

However, other therapies, if stressful (such as chemotherapy) can reduce the effectiveness of the BodyTalk formula. Therefore, make sure you tell your PaRama BodyTalk Practitioner about any other therapies or major events in your life.

Who is qualified to do PaRama BodyTalk?

There is a practitioner listing of all Certified BodyTalk Practitioner members (CBP) on the public site of the IBA web site. www.bodytalksystem.com.

However, once you have found a person in your area, you will then need to check that they have the extra qualification, Par. BP, after their name.

In their biography they will also usually mention being a member of the PaRama College. Plus you will see their PaRama College certificate and IBA membership certificate on the wall of their practice. Currently, only 10% of Certified BodyTalk Practitioners have gone on to complete PaRama BodyTalk studies so make sure you check.

Any final things for me to remember?

Some of the advanced BodyTalk sessions are addressing long term illnesses; mental and emotional imbalances; and certain genetic disorders. The formulas are going to fundamentally change many aspects of the functions of your mind and, in particular, the attitudes, beliefs, and life styles that have contributed to the dis-ease in your body. There may be quite strong adjustments to be made in the way you live and how you deal with your life. This can be quite significant and it is important you discuss any adjustment issues with your PaRama BodyTalk Practitioner. He/she may want to refer you to an appropriate counselor or life coach in order to help the process go more smoothly.