General Introduction

- Do the lessons in order
- Take your time
 - Perhaps you might look at them all then do for an overview, then do them again slowly.
 - Unit 2 will be at least a year later
- Don't skip lessons because you think you know them
 - E.g. Procedure, Quadriune Brain, Gunas
- For questions go onto your exclusive PaRama forum at www.bodytalksystem.com

Lesson 1 00:30



General Introduction Certification

- Elective online exams will be set up
- Covers PaRama units and all modules section by section.
- Completion of exams on adv modules, Parama unit 1, and attendance at a PaRama College practical course, will lead to Adv CBP.
- Completion of all PaRama Units and practicals will lead to Diploma of BodyTalk.

Lesson 1 09:42



The BodyTalk System

• What is Innate - Definition

Innate is the self-regulating impulse of manifestation.It encompasses the natural tendency towards self-repair, regulation, and dynamic balance.

Lesson 1 21:51







Limbic intuitive

- Intuitive knowledge the patient has on what is wrong
- Intuitive knowledge the practitioner has on what is wrong
- In both cases, the treatment is usually based on a derived diagnosis and applied technique
- Considered "right brain" function

Lesson 1 33:54











General Agenda

- Case history
 - addressing the immediate needs of client
 - creating a conscious awareness of the clients obvious imbalances
- Preventative maintenance
 - Addressing conditions before they manifest as symptoms
 - Maintaining optimum balance on a regular basis
 - Innate is addressed at neo-cortical/limbic level

Lesson 2 13:51















Non-agenda session

- Being present to the moment for the session
- No knowledge of client or perceived needs
- The "big picture" is being addressed
- Innate is consulted at the "Heart Brain" level

Lesson 2 47:49





Conscious Mind

- Relates primarily to the neo-cortex
- Performs our daily routines
- Orientation is externalized
- Utilizes memories from past experiences, learning, and from other external sources such as newspapers, magazines, TV, and our emotions.
- Average person lives 99% of the time in the conscious mind between sleep periods.

Lesson 3 05:51

















 Problems are best solved when the conscious mind is not longer focusing on the subconscious mind. When we "sleep on something" or let our (conscious) mind rest, then the superconscious mind acts through the subconscious mind and the sub-superconscious mind gives us the answer.

Lesson 4 24:42



Subconscious Mind (cont'd)

Comments

 Once the subconscious mind has been programmed by the conscious mind, then the conscious mind is best to leave it alone. In this way the activity can occur spontaneously.

Lesson 4 33:29



Sub–Subconscious Mind

- Conglomeration of actions and reactions experienced in daily life
- Two or more experiences which share a vibrationary theme and combine to make a third vibration which becomes a hybrid stored in the sub-subconscious.
- A long time delay can occur between the experiences.
- This hybrid is complex and beyond the comprehension of the conscious mind, so it is stored in the sub-subconscious mind.
- This can be:

Lesson 5 05:50

































Lesson 6 32:31







Superconscious Mind (cont'd)

Superconscious Mind (cont'd)

- The superconscious mind is incredibly vast.
- There are seven main subtle layers of the superconscious mind that can be experienced by the person living from the perspective of the superconscious mind:
 - Experiencing the consciousness of the eternity of the moment, as if the world was revolving around you.
 - Experiencing a cosmic energy, a divine force, flowing through your external mind which is more real to you than the external mind itself.

Lesson 6 40:53






















































































The Heart/Brain Connection

- The electromagnetic output (or *EM* field) of the heart is up to sixty times stronger than that of the brain.
- In-utero the embryo is already encompassed by the heart's *EM* field which, in turn, is encompassed by, and begins to resonate with, that of the mother.
- Once the child is born, the EM field continues to encompass and extend out beyond the body.

Lesson 10 01:47







The Heart/Brain Connection The degree and manner whereby we draw on the limbic brain determines the heart's EM field selection process (and the body/brain's resulting "resonance" or "clash" with this neural input). The heart seems to provide intelligent mediation between the individual, diversified self and the universal/unified Self. Unfortunately, the intellect's capacity to "stonewall" the heart and other cerebral cortices doesn't make for intelligent living.





















PaRama College

The Gunas

The Three Gunas

- Sattva
 - "Perfection of being"
 - The qualities of goodness, purity, higher consciousness.
- Rajasic
 - "Passion and activity"
 - The quality of movement, emotions, and elemental activity.
- Tamas
 - ✤ "The force of inertia"
 - Has the quality of denseness, inertia, contraction, resistance, and dissolution

Lesson 11 04:04





The Three Gunas

- In all people one of the three Gunas has superior strength and is reflected in all they do and think. Only in enlightenment are the Gunas completely transcended.
- The Gunas can be found in all beings and objects surrounding us. The yoga aspirant always exerts to increase Sattva in his/her lifestyle. One of the most dramatic changes that can be made is adjusting our diet.

Lesson 11 06:30













Guna category summary		
Sattva	Raja	Tamas
Truth	Activity	Inertia
Light / illumination	Passion / desire	Darkness
Essence	Energy	Mass / matter
Intelligence	Movement	Sloth / dullness
Binds by means of attachment to knowledge and joy.	Binds by passion born of craving and attachment.	Binds by means of ignorance and obstruction.
Is the ruling trait when the light of knowledge shines forth.	Is the ruling trait when greed, excessive projects, cravings and restlessness arise.	Is the ruling trait when darkness, dullness, stagnation, indolence, confusion, torpor, and inertia appear.
		Lesson 11 38:36























Strategies		
 Environment Gunas Consciousness Networks Matrixes Five Senses Five Elements First Aid Quantum Mechanics Kundalini Repair Systems 	 Orientation Wei Qi Vivaxis Life cycles 8th Chakra Covered in Mod 1 & 2 	
	Lesson 13 48:17	











Strategies		
 Environment Gunas Consciousness <u>Networks</u> Matrixes Five Senses Five Elements First Aid Quantum Mechanics Kundalini Repair Systems 	 Type Disease Parcel/Package Location Matrix Mind Crystal Style Single Thread Multi Thread Complex 	











































































 Brain Circulation Ion/Ventricle discharge Life periods Projections Variables Communication 	 The mind/intellect's projections into the world arising from the <u>false sense of separateness</u> Determine the way in which we experience and interact with the world Result in the concept of "mirroring" and the subsequent pain and suffering of life Covered in Advanced Breakthrough and PaRama Unit 2/3 Advanced Breakthrough is a
Lesson 17 00:25	prerequisite for PaRama Unit 2














































































Implementation	
 <u>Tap out</u> Satellite Parallel Session Hand Position Specific Tapping Breathing 	 The basic tapping out on the head and heart until a shift occurs The duration will vary according to all the other variables established in the formula For example, multiple shifts will occur in time sequenced or recurring formulas
	لاستان اللہ Lesson 21 01:54




















































































































Basal Ganglia

- The basal ganglia and cerebellum are large collections of nuclei that modify movement on a minute-to-minute basis.
- Motor cortex sends information to both, and both structures send information right back to cortex via the thalamus. (Remember, to get to cortex you must go through thalamus.)
- The output of the cerebellum is excitatory, while the basal ganglia are inhibitory.
- The balance between these two systems allows for smooth, coordinated movement, and a disturbance in either system will show up as movement disorders.

Lesson 25 32:29





- In such a complicated system, it is apparent that small disturbances can throw the whole system out of whack, often in unpredictable ways.
- The deficits tend to fall into one of two categories:
 - the presence of extraneous unwanted movements (Huntington's Chorea) or
 - an absence or difficulty with intended movements. (Parkinson's Disease)

Lesson 25 38:09

























































































- The hypothalamus relates to the Moon
- The hypothalamus is situated under the thalamus
- It is involved with emotions and the physiological response to emotions.
- It is also involved in daily, monthly, and seasonal cycles.
- It controls feeding behavior, body temperature, reproductive behavior, and hormonal cycles of various frequencies (e.g. women's 28-day cycle)

Lesson 28 01:32



Hypothalamus

- It is like a mother or a queen. Its function and characteristics are like those described for the moon
- The hypothalamus functions to regulate:
 - body temperature
 - hunger
 - thirst
 - osmotic pressure
 - sex drive, etc.

Lesson 28 03:14







Hypothalamus

- retina some fibers from the optic nerve go directly to a small nucleus within the hypothalamus called the suprachiasmatic nucleus. This nucleus regulates circadian rhythms, and couples the rhythms to the light/dark cycles.
- circumventricular organs these nuclei are located along the ventricles, and are unique in the brain in that they lack a blood-brain barrier. This allows them to monitor substances in the blood that would normally be shielded from neural tissue.
 - Examples are the **OVLT**, which is sensitive to changes in osmolarity,
 - and the area postrema, which is sensitive to toxins in the blood and can induce vomiting. Both of these project to the hypothalamus.

Lesson 28 15:33







Hypothalamus

- Ultimately the hypothalamus can control every endocrine gland in the body, and alter blood pressure (through vasopressin and vasoconstriction), body temperature, metabolism (through TSH), and adrenaline levels (through ACTH).
- The Hypothalamus and Emotional Expression
 - The hypothalamus regulates the autonomic discharge of nerve impulses:
 - acceleration of heart rate
 - elevation of blood pressure
 - flushing (or pallor) of the skin, sweating
 - "goose-pimpling" of the skin
 - dryness of the mouth
 - - disturbances of the gastrointestinal tract.

Lesson 28 25:04








Amygdala

- First, the stimulation of the amygdala can cause vegetative responses, such as licking and chewing movements.
- Next, the amygdala has been found to process feelings of fear as well as anxiety and is involved in the experience of post-traumatic stress disorder.
 - The amygdala is the nucleus responsible for the lurch you feel in your stomach when you turn around in a dark alley and notice someone following you
- Finally, this structure also plays a role in regulating the changes in heart rate as a result of emotional stimulation.

Lesson 28 30:46































Globis Pallidus

- The Globus Pallidus can be divided into two parts:
 - Globus Pallidus externa (GPe)
 - Globus Pallidus interna (GPi).
- Both receive input from the caudate and putamen, and both are in communication with the Subthalamic nucleus. (Often linked to Parkinsonism)
- It is the GPi, however, that sends the major inhibitory output from the basal ganglia back to thalamus.
- The GPi also sends a few projections to an area of midbrain, presumably to assist in postural control.

Lesson 29 22:21

























- The putamen loop (sensorimotor loop) from the premotor and somatosensory areas of the cortex is deemed responsible for facilitating subconscious execution of learned movements. For example:
 - Cutting paper with scissors,
 - throwing a baseball,
 - hammering a nail
 - writing

Lesson 29 39:19


























































































Cingulate Gyrus

- Frontal part coordinates smells and sights with pleasant memories of previous emotions.
- This region also participates in the emotional reaction to pain and in the regulation of aggressive behavior.
- Wild animals, submitted to the removal of the cingulate gyrus, become totally tamed.
- The cutting of a single bundle of this gyrus reduces pre-existent depression and anxiety levels.

Lesson 31 25:30



















Pre-Frontal cortex

- When pre-frontal lobotomy was used for treatment of certain psychiatric disturbances, the patients entered into a stage of "affective buffer", no longer showing any sign of joy, sadness, hope or despair.
- In their words or attitudes, no traces of affection could be detected.

Lesson 31 37:14



























Hippocampus

- Individuals whose hippocampus becomes damaged (e.g., Korsakoff's syndrome), whilst retaining the ability to access long-term memories from before their injury, become unable to form new ones.
- They can, however, learn new skills (such as playing a musical instrument) but will be totally unable to remember how they gained those skills.

Lesson 31 47:16





































