



Additions and Changes to BodyTalk Fundamentals 10th Edition

February 2018

Page	Changed to
12 and 41	(chapter 3, added) 55 Tapping the Navel (Gut) <i>after</i> 54 Tapping the Sternum (Heart)
14	(chapter 11) BodyTalk Protocol Section 1: Energies 209
17	(second paragraph) Two major modifications have been the addition of tapping over the heart complex at the sternum and over the enteric brain at the navel; this additional tapping helps to store and integrate the changes that tapping on the head brain initiated. Dr. Veltheim has also incorporated advanced concepts of philosophy, physics and mathematics to deepen the formulations, resulting in an ability to cover a far greater variety of conditions.
18	(third paragraph) require tapping over the head (brain), sternum (heart) and navel (gut).
41	(in chapter overview) BodyTalk practitioners tap over the head (brain), sternum (heart) and navel (gut) in order to assist the client's bodymind in making changes, storing those changes, then integrating the changes.
41	(learning objectives) 15. Name the three areas that are tapped during a BodyTalk session and provide reasons for tapping them.
53	(first paragraph) the head (brain), sternum (heart) and navel (gut) to respectively
54	(photo caption for second photo) Tapping the upper back alternative; the gut can be alternatively tapped by tapping the mid-back
55	(photo removed and whole new subsection added) Tapping the Navel (Gut) The process of lightly tapping the client's navel seems to stimulate the digesting and assimilating function of the gut brain, which is frequently referred to as the enteric nervous system. This gut brain, or enteric brain, governs the function of the

gastrointestinal tract, from the mouth to the anus. It's major associated tissue and organ structures are the mouth, esophagus, stomach, small intestine, and large intestine. There is a vast and interconnected network of nerve fibers throughout these structures.

The enteric brain has several major functions. It is strongly connected to the energy of the small intestine, the function of which is to assimilate and separate "pure from impure" (aka discernment). It also assists in controlling and regulating digestion and the proper absorption of nutrients. Lastly, the enteric brain is heavily involved in our entire defense system through its connection to the microbiome, meaning it oversees the immune system and our body's ability to defend itself from the outside. Classically, the enteric brain is where decisions are meant to be made. The head and heart brains analyze and ponder, but when it comes to the discrimination of choosing between right and wrong, it is meant to be the small intestine or enteric brain that handles this. The Chinese and Indian systems of physiology and health have known this for thousands of years.

After the head brain has activated the changes from the formula and the heart brain has stored them, the changes need to be fully taken in and absorbed or "digested" by the gut. By tapping the navel, it appears that the changes become integrated at a "gut" level, becoming more fully embodied.

Until recently, science has over-emphasized the significance of the head brain, leading to under-functioning of the heart and enteric brains, tension and numbing in the head brain, and imbalance between all three. As such, tapping the navel also appears to strengthen overall gut brain awareness and function in a client. This is an important final step in the tapping process.

- 55 (new definition added bottom of page) microbiome - the community of microorganisms (such as bacteria, fungi, and viruses) that inhabit an environment, particularly the human body. Your body is home to about 100 trillion bacteria and other microbes, collectively known as your microbiome.
- 55 (in "note") the brain, heart and gut.
- 59 (after fifth paragraph add) The process of lightly tapping the client's navel seems to stimulate the assimilating function of the gut brain. After the head brain has activated the changes from the formula and the heart brain has stored them, the changes need to be fully taken in and absorbed or "digested" by the gut. By tapping the navel, it appears that the changes become integrated at a "gut" level, becoming more fully embodied.
- 59 (test your knowledge, add) 11. When we tap the navel, what are we saying to the gut?
- 72 (second column, third paragraph) The head, sternum and navel are tapped out

- throughout *As on page 72, there are over 70 additional locations throughout the manual where “tap the head and sternum” or “tap out over the head and sternum” or “tapping on the head and sternum” has been changed to “**tap the head, sternum and navel**”; all instances have been corrected and do not require a specific reference for every page.*
- 73 (second column) Specific Tapping: it is standard protocol in BodyTalk to tap the head to activate a response from the brain, to tap the sternum to ensure that the heart complex stores the changes, and to tap the navel to assimilate the changes. Occasionally, one or more of the body parts indicated in the formula need to be tapped locally as well to “wake up” the particular part, engage its consciousness or to ensure the changes are stored locally. For example, if the formula consists of liver to small intestine and Specific Tapping comes up, you will have to ask if the liver needs to be singled out to be tapped or the small intestine. Let us say it is the liver only, you then proceed to tap over the head, sternum, navel and liver areas.
- 81 (first column) Tap Out – this involves tapping over the head, sternum and navel, which engages the balancing process.
...
Specific Tapping - means another area of the body besides the head, sternum or navel also needs to be tapped.
- 255 (chapter overview) This chapter focuses on the concept of repairing damage to cells by metaphorically addressing their DNA. There is a discussion of the possible role of vaccinations as well as damage acquired through toxin exposure to help the student narrow down the focus of the technique, if required. The student will learn the 9 basic steps and their accompanying hand positions for performing the Cellular Repair technique.
- 257 (starting first column, third paragraph, ending second column, first paragraph) The Cellular Repair technique addresses cellular damage that has occurred during the course of life. Damage can come from adverse reactions to vaccinations, chemical pollutants, free radicals, UV light, acute diseases, severe emotional traumas and other acquired conditions. The DNA in our cells incurs daily damage from free radicals and other toxins and must continually be repaired by the cell.
- Since vaccines are so prevalent, they have been separated out and placed into their own category even though, technically, they are “acquired.” If an acquired condition comes up as the priority, it is necessary to identify the specific area for cellular repair within the organs, endocrines or body parts, using the Yes/No biofeedback to establish which area of the body is the focus for the cellular repair. It is important to use “further more specific” to get as detailed into the anatomy as necessary.
- 258 (second column, under step 1) Use the categories of vaccines or acquired conditions to establish what is to be balanced. If the condition is acquired, establish an organ, endocrine or body part that is the priority for repair. Write “DNA/RNA” plus the area to be repaired on a sticky note and place it on the navel (or on the thymus if the navel is unavailable).

264 (chapter summary) The Cellular Repair technique is aimed at repairing the DNA and RNA within cells due to damage from vaccines or acquired factors. Damage can come from adverse reactions to chemical pollutants, acute diseases, severe emotional traumas and other acquired conditions.

298-304 (in the technique summaries) *All instances of "Tap out head and sternum" have been changed to "**Tap out head, sternum and navel.**"*

323 (second column, add) 11. When we tap the navel, what are we saying to the gut? Digest or assimilate the changes. (Page 55)

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