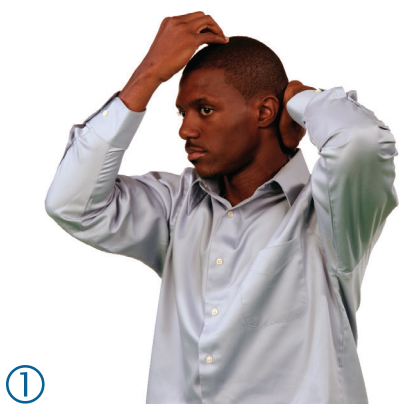




# BodyTalk Cortices Technique Quick Reference Guide

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## The BodyTalk Cortices Technique Self Application



①

Place one hand, with fingers together, at the base of your skull, so that it straddles both sides of your head and covers the top of the neck and the bottom of the skull. While holding this position, lightly tap the head, then the sternum, then the navel with your other hand, alternating for two full breath cycles. Focus on connecting all points of the right hemisphere of the brain to the left hemisphere, and highlighting circulation and communication between them.



②

Now move your hand up onto your head just above the position you just held. (You are going to systematically cover the whole head one hand-width at a time.) In the new position, tap out your head, sternum, and navel, alternating for two full breaths.



③

Repeat this procedure until you have covered the whole midline of the head from the base of your skull to just above your eyebrows, making sure that the entire brain is covered. Your hand positions may overlap to ensure that no areas are left untouched.



④

Remember to maintain deep (but not forced) breathing throughout this entire procedure. Just getting more oxygen into the body can improve health on its own. Oxygen is vital to every cell producing energy for all biochemical processes.



⑤

Now cover the sides of your head to balance the temporal lobes of your brain. After holding both sides of your head for a few seconds, let go with one hand; and while still holding one side of your head, use your other hand to tap on your head, sternum, and navel. After each head-sternum-navel tapping, place your tapping hand back onto the side of your head for a few seconds. Continue this process for at least two full breath cycles.



⑥



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## The BodyTalk Cortices Technique With a Partner



①

Place one hand on the person's head at the base of the skull where it meets the neck. (Keep fingers and thumb together during this technique to avoid missing any areas of the brain.) While holding this position, lightly tap the head, then the sternum (or mid-back if preferable), then the navel (or low back), alternating for two full breath cycles. Focus on connecting all points of the right hemisphere of the brain to the left hemisphere, and highlighting circulation and communication between them.



②

Now move your hand up onto the head to the position just above the one you just used. (You are going to systematically cover the whole head, one hand-width at a time.) In the new position, tap out the head, sternum, and navel, alternating for two full breaths.



③

This procedure is repeated until you have covered the whole midline of the head from the base of the skull to just above the eyebrows. This could mean three hand-widths for a large hand to cover a small head or five hand-widths for a small hand to cover a larger head.



④

The main objective is to make sure that the entire brain is covered. The hand positions may overlap to ensure that no areas are left untouched. Maintain deep (but not forced) breathing throughout this entire procedure.



⑤

Now cover the sides of the head to balance the temporal lobes. Preferably, have the person cover both sides of his or her head with their own hands. Or you can cover both sides of their head with your hands. Now tap out head, sternum, and navel while the person takes two full breaths. (If you are doing it the second way, let go with one of your hands to tap the head, sternum, and navel.)