



Distance Sessions

by **Ben Manalo**

Adv. CBI, Adv. CBP, PaRama BodyTalk

WHAT IS A DISTANCE BODYTALK SESSION?

A distance BodyTalk session is basically the same as an in-person session. Instead of the session being done in person, however, it is facilitated from a distance.

Oftentimes, the appointment will be conducted by phone or a video conference service such as Zoom or Skype. But, in some instances when the client and Certified BodyTalk Practitioner (CBP) have difficulty coordinating schedules due to large differences in time zones, for example, the CBP will make an audio recording of the session and email the session to the client. The client can then listen to the session at their convenience.

WHAT DOES A DISTANCE BODYTALK SESSION LOOK LIKE? WHAT HAPPENS?

Same as an in-person session, the CBP usually begins by asking about your health and wellness history either in a written format or verbally. They'll also ask what your primary complaints are and help you to clarify what you would like the optimal outcome of your session(s) to be.

When it's time to receive the session, approach it exactly as if you were with the CBP in person at their office. Sit down or lie down. Make yourself comfortable. You can

listen to the session on speaker or with earbuds/headphones on. Close your eyes and relax.

Keep in mind that every CBP has their own practice style and way of doing things. But there typically isn't much to see or do during a session. One thing you will need to do, however, is the tapping on your head, breastbone and belly which helps to reinforce the subtle energetic tapping the CBP is doing from a distance. Your practitioner will lead you through that process.

Most CBPs have taken a course offered by the International BodyTalk Association called MindScape. This class is open to the general public. But many practitioners attend MindScape because it teaches simple skills for enhancing creative outside-the-box thinking, improving mental focus and strengthening intuition, all of which are important for facilitating distance BodyTalk sessions.

The CBP will then use these MindScape (or similar) skills to focus on your bodymind. Just as during an in-person appointment, they'll "ask" your body which areas are a priority to be addressed and which techniques are necessary. They may ask you to participate by contacting certain areas of your body and eventually they'll ask you to do the tapping on your head, breastbone and belly as stated above. This

continues until your body indicates it's time to end the session.

HOW DOES A DISTANCE BODYTALK SESSION WORK?

To be perfectly honest, nobody knows. One reason science has had difficulty proving the efficacy of distance healing using BodyTalk or other modalities is because it's operating outside the realm of classical physics. Instead it's using concepts from modern physics such as quantum entanglement which come from quantum physics and working with the idea that consciousness is the substrate of all things. These phenomena which defy the limitations of time and space have been replicated time and again in laboratory studies. And they are so puzzling that even scientists are left scratching their heads in dismay. Even they have a difficult time explaining what they see happening with their own eyes.

But if we were to provide a simplified explanation, we could say that everything is energy. And in BodyTalk we'd say everything is consciousness. When you deconstruct anything physical, you end up with molecules, atoms, subatomic particles and, ultimately, frequencies of energy. Every "thing" and every person has a unique frequency the same as every radio or television station has its own unique frequency. Using their MindScape skills and training, the CBP is then able to "tune in" to your unique energy frequency, access the information necessary to conduct your BodyTalk session and facilitate healing.

In a sense, this is no different to sending an email or making a phone call. You have an email and phone number which are specific to you. Anyone who has that information can contact you from anywhere on the planet as long as they have your details and the skills and technology to do so. In the case of distance BodyTalk

sessions, the skills and technology are MindScape, intuition, and the CBPs training, experience and expertise with the BodyTalk system protocol and procedures.

ARE DISTANCE BODYTALK SESSIONS EFFECTIVE?

In short, yes. Both clinical experience and client feedback have shown that distance BodyTalk sessions can be just as effective as sessions done in person. In addition, a peer-reviewed research study focusing specifically on distance BodyTalk sessions was published in the [Journal of Pain Management](#) published by Nova Publishers demonstrating the effectiveness of distance BodyTalk in helping people suffering from chronic pain, depression and anxiety. Additionally, Certified BodyTalk Practitioners and their clients have observed noticeable improvements in all aspects of health—physical, mental, emotional and spiritual—using distance BodyTalk sessions. If you're interested in reading more about distant healing, one good resource is the Institute of Noetic Sciences (IONS) www.noetic.org.

DO I NEED TO BELIEVE IN BODYTALK OR DISTANCE SESSIONS FOR THEM TO WORK?

You do not need to believe in distance BodyTalk sessions for them to work. However, believing in them and keeping an open mind definitely helps. Think of your mind as a receiving station for information. If your mind is closed, resistant or highly doubtful, it will be less receptive to the energy of the session. But if you keep an open mind and acknowledge that anything is possible—because after all, we're constantly discovering, evolving and revising our understanding of how the world works—then your mind will be more receptive to the session and therefore more likely to experience greater benefits. ■

