

BodyTalk Access Stories 2007

FAST AID - SEA SICKNESS - SNORKELLING

Key West. I eagerly set sail on the 1 hr catamaran, with a bunch of about 20 other snorkeling enthusiasts.

Yes, it was my first time... And the most amazing experience... However after 30-45 minutes I had to swim back to the boat due to sea sickness... I did Fast Aid... threw up... did it again and was totally fine thereafter. I was not the only one... There were 2 other sorry looking women... The one woman recovered 80% and the other 100% after one Fast Aid tap out... She went from hanging her head in her hands and looking very bleak, to immediately smiling, standing up and talking to her much relieved boyfriend :-))

So being the eternal and passionate BodyTalk teacher... how could I not help but teach Cortices to 2 of the 3 crew members... who said their boats go out twice a day.. and a minimum of 12 people get sea sick on board EVERYDAY!!!.. and believe me, there's not a worse feeling...

FAST AID – PULLED CALF MUSCLE

I was attending a Body Conditioning class in gym one morning last week, where one lady exercising there pulled her calf muscle and was in extreme pain. Somebody got her ice pack and she sat there massaging her leg, with not much relief. I helped her to changing room and did Fast Aid for her three times. To her surprise her pain had vanished and she could walk. She was amazed by this new concept Body Talk Access.

CORTICES – ANXIOUS, PULLING HAIR

I have a client who pulls her hair out when anxious - I suggested she do the cortices technique instead and she told me yesterday she hasn't been drawn to this habit for the past month. In fact she seemed to have forgotten that she had had this habit

FAST AID – FAMILY PLAYING IN THE BACK YARD

I was visiting my family recently and we were all out in the back yard. The guys were practicing bowling with a tennis ball. The ball collected my 8 year old nephew in the side of the head. A huge lump immediately developed and he was screaming in pain. I did Fast Aid on him - he stopped crying instantly and went back to playing. The lump was gone within 30 minutes!

FAST AID – GIVING BLOOD - GARDENING

"The last time I gave blood, the nurse was learning how to insert the needle and made quite a mess. It was very painful and bled for quite a time. As soon as I could, I did Fast Aid and the pain disappeared immediately although I did get an enormous bruise! Today I got a cut whilst gardening which bled profusely, so I did Fast Aid, and again, the bleeding stopped like magic!!"

FAST AID – WASP STING

I have my first FAST AID story! This one is so memorable since I was working with someone who did not have a clue what I do, or what BodyTalk is.

I was with my husband looking at homes with a realtor. The realtor went up a flight of stairs on an outside barn to look at the storage area and when he opened the door to the barn he stirred a wasp's nest and was bitten on the neck. He immediately started to scream and grab his neck. He told me what happened and said he was worried he was going to be sick and if this happened, to call his wife so she could come get him. He said he gets very ill when he gets stung.

I asked him if he would like me to do something with him that might help and he said ok. I immediately did FAST AID to the bite on the neck. I did the fast aid 3 times in a row, then I asked his body, since I am a BodyTalk Practitioner, if he needed a session and got a yes. I did one link and tapped it out.

Within an hour the swelling and pain were gone and there was no evidence of him ever having been bitten! He is still telling people about ACCESS and is happy to have his story shown on our South Florida BodyTalk Association website.

I have done lots of fast aid on myself and family, but this was the first time being in an acute situation with someone I didn't know. I'm still amazed every time I experience the healing results!

ACCESS - TRAVELLING

In April I traveled to the Northern hemisphere and through time zones on a long journey and just doing my Access program in each country worked well for me. I tapped out most days as we had a hectic schedule.

ACCESS – JETLAG

Flying to Florida for the International BodyTalk conference (6 hour time difference) I tapped out the Access routine several times during the flight and found it amazingly easy to adapt to the time change. I also did not have the usual heavy and frazzled feeling I usually get after many hours of travel.

FAST AID – BURN – BOILING OIL

Even though I've been doing BT for awhile... I'm still blown away about how a little tapping activates the body natural healing abilities so quickly .Tonight we had a birthday party for our neighbor. Anyway, I was stir frying the chicken and I put too much oil in the wok and then stirred it too quick while I was yakking and splashed enough oil on my toes to fill my sandalBoiling oil. I immediately started fast aid...people were running around starting cars to take me to the hospital and I kept tapping. I picked my foot up...stuck it in the sink ...ran water on it ...and tapped. Cortices to my poor toes...The pain went away....kept tapping...the swelling stopped ...kept tapping. I tapped for about 5 minutes. A friend who has been skeptical about BT was watching with "That" look ,walked over and picked up my partially melted rubber sandal still full of oil, looked at my toes and said...Holy Sh*t ...you're freaking me out!

My foot looks like I had a sunburn today... instead of the third degree burns that I would have had if I didn't know BT Fast Aid. I'm so thankful. This is a wake up call for me and I hope everyone else to get your family and friends to BT Access...I'm going to....

FAST AID – BOILING WATER AT CHICKEN FACTORY

One of the practitioners here, in New Zealand ,is an industry nurse at a chicken factory where often they spill boiling water into their gumboots. She uses BodyTalk and the management has been so impressed that they paid for her to do the advanced courses. Fast Aid rocks!

CORTICES – 3 YEAR OLD HELPS INJURED SURFER

Little XXX at age 3 and a half has a mom and a grandma who are Access Techs, and has seen and received quite a bit of BodyTalk. She has a habit of tapping herself out to quickly get over a spill or bump.

This summer she was playing on the beach and noticed a crowd of people gathering with some concern a few meters away. Naturally curious, she approached, then - taking advantage of her small size - slipped between the onlooker's legs to find an injured surfer

washed up on the sand from a recent wipe-out, with facial bruises and bleeding from a number of cuts.

She slipped over to him and gently began tapping out cortices in such a way that neither the injured surfer nor his friends objected to, while waiting for the first-aid medics to arrive.

Next day, the recovered surfer asked around and when he found XXX, gave her a box of chocolates for her attentions.

CHILDREN AND FAST AID

I enjoy reading about this next generation of Access kids that are impacting their world in such a positive way. My kids (4 and 11) know it is "Tap first, ask questions later ", meaning Fast Aid. What an awesome paradigm to grow up with!

ACCESS WHEN TRAVELLING

A friend of mine who's the perpetual traveler took Access with me 2 years ago. Usually she travels around Asia & Europe and returns home to the states for brief stints over the summer. I just met with her & she was telling me of how during her most recent travels she worked and traveled with various festivals in the UK including the Glastonbury fest. On several occasions she met people who were sick with headaches, nausea, or various aches & pains. She'd offer them Access and time & again they'd feel better after one 5-10 min session!

Afterwards, of course, the person would ask her questions about BodyTalk and after her brief explanation, she'd send them to the website.

I have no idea how many people she's tapped out during her travels, but every B.A.T. (BodyTalk Access Technician) has the potential to sow many a seed in their own little way wherever they go. Go Access!

ACCESS – UPSET CHILD

Arrived back in NZ - at the airport I had to wait for other passengers to arrive sharing shuttle - in the meantime a 2 year old boy was screeaaammming for a good 5mins, as well as throwing his body around - his parents couldn't calm him - I approached - quickly said a 15 sec overview of BT /Access (amazing how succinctly you can explain something when you need to) - used Mum as surrogate - as soon as I started cortices he

stopped crying/screaming and soon after cuddled into Mum and all was well :) Yay for the WOW OF ACCESS!

ACCESS – FAMILY - FOOD POISONING

I have just returned home from teaching another BodyTalk Access course and I have to tell you a story from our trip home.

So yesterday we ate lunch in Bismarck and then got on the road to get to some appointments in Minot in the afternoon. About 45 minutes after leaving Bismarck XXX started complaining that she didn't feel well and I started having abdominal cramping and pain. It was not long before we had to stop beside the road and were both VERY sick. I won't go into details but it was not pretty. Finally, we were able to get back into the van but it was not long and we had to stop again for a repeat performance. By this time we were both shaking with chills and burning up with fever at the same time. Thankfully XX was not affected and was able to keep driving. While XX drove I started doing cortices for XXX and I because it was the only thing I was capable of doing in my condition.

It seemed like forever but we finally reached Minot and the Wal-mart bathroom. In the bathroom xx helped me do Access to xxx and on myself. Then because xx has had module 1 & 2 she was able to do one simple formula on each of us. Which consisted of a Body Chemistry toxin and bacteria linked to the lymph system in all of our organs and endocrines and tap it out. After that we sat on a bench near the bathroom in Wal-mart and I tapped xxx cortices while xx tapped mine a few more times. About an hour and 15 minutes after our symptoms had begun xxx and I had recovered and we were able to do some shopping and then make it to our last appointment (we missed the first one.) We were even able to eat supper.

I am sure what happened to us was food poisoning. I am also sure that without BodyTalk Access and Fast Aid xxx and I would have been in the emergency room for hours and possibly would have had an overnight hospital stay. (I had food poisoning 20 years ago and it was awful.) I figure that BodyTalk Access and Fast Aid saved us about \$2000 to \$2500 yesterday well worth the price of xx and I both taking Access and Module 1 & 2. Thank heavens for BodyTalk!

I just wanted to share with each one of you so it will inspire you to practice and use your Access and fast aid. It may save a lot of money and a great deal of pain and agony for you some day.

ACCESS PRESENTATION – GUM PROBLEMS

XXX, came to teach Access, and the day before she gave a one hour presentation. One lady, who attended the presentation, but was unable to make the Access course, had this to tell me today.... 'I went to the hospital on Wednesday and have an appointment to

remove a wisdom tooth (in 6 months time). The wisdom tooth is covered by some gum and is causing discomfort. The day after the BodyTalk Presentation I tapped my head and my jaw whilst thinking about this piece of gum not being there. The next morning I discovered that it had gone! I won't need the operation now.'

ACCESS – WITH MASSAGE

The first client I had after taking the access class on the Saturday, I had decided to quickly run through the access routine before starting the treatment. As I started working on the cortices he started to experience a sharp pain behind his left eye. By the time we finished Switching the pain had disappeared completely. Proceed to complete the routine then started my massage.

This was a regular client of mine so his muscles and body were used to my touch, but this treatment it seemed that his muscles just released with ease and we were able to avoid using a lot of the deeper and more painful release techniques.

I talked to him 2 days later and he had noticed that the day after the massage/access treatment that bursitis in both his elbows had disappeared and the big bumps on his elbows had also disappeared. Can't wait to see the different results from combining these techniques.

CORTICES AND COMA

Q: As a student in Mod 1 & 2 and as a student in Access I have heard different versions of the effect of nurses doing regular cortices treatment on Comatose patients and their incredible results. Can anyone give us the straight dope on this? It is an inspiring story and I would like to use it with students and clients - but - I would be more comfortable if I had the facts first.

A: that person with 10 out of 11 coma patients waking up was XXX of Minot, North Dakota.. She's an occupational therapist. I think she has some more new experiences since then. OT's time 'in the hospital is highly regulated, so all she has time for is the cortices. Imagine if they had the OT actually doing an entire session.

A: On the story of the Nurse in Germany who saw 4 of 6 coma patients come out of their coma... there wasn't any more details as after the amazing result , she was transferred out of that department.... There are so many miracles -health turnarounds that happen, we don't have to embellish or have any kind of poetic license.....

ACCESS – URGE TO URINATE, MS - POSTURE & WELLBEING, POST SURGICAL PAIN, INSECT STING

1) After a couple of days of doing ACCESS, one student's urge to urinate frequently (20+++ x per day) was totally normalized. 2) A student's Mom who was diagnosed with MS 15 years earlier, regained feeling in her foot, posture improved tremendously and general sense of well being greatly increased. 3) Intense post surgery pain was relieved with one ACCESS treatment. 4) An insect sting starting to welt responded immediately to FAST-AID.

FAST AID - CUT

Hi all I have an interesting incident with my 11yrs old son. About a month ago he went to the shop to buy cocoa cola. He had 2x glass 1.25ltr bottles in a carrier bag & he was on his little scooter, the one u push & go with one leg. Anyways he tripped in the road & dropped the glass bottles which fell & broke & he fell into the glass. he cut himself on his hand by the thumb & his knee. My hubby & I heard the fall & ran to his aid. He was bleeding so much we put him into the bath tub, at the same time hubby was washing the wound I was doing access, the bleeding slowed down same time then stopped completely I was so excited.

My son needed stitches but all the doctors were closed as it was a Sunday afternoon just kept on doing access 2 or 3 times that day and bandaged it up. Around 2 days later his hand was still swollen I did access 2 the little pus it still had. I hadn't taken my son to the doc nor given him an antibiotic. About 1&1/2 weeks later everything healed so nicely.

My aunt who is a nurse almost retired had told me about my cousin who broke the glass cabinet in his living room, the glass cut his leg he went 2 the doc got 3 stitches, one week later after his incident his leg turned septic. She was angry that the doc hadn't given her son an antibiotic or a tetanus injection I had told my aunt what happened to my son & how quickly he healed & that I didn't take him to a doc nor given him an antibiotic she was so surprised. She wanted to know more about BodyTalk.

CHILD – SLEEP

It was 1 1/2 hours after my nephew's bedtime and he was just lying in bed having a hard time falling asleep. I asked if he wanted me to do some BodyTalk for him and he said yes. I ended up doing 3 rounds of Cortices. After the 1st round his breathing was deeper and slower. Before finishing round 2, he was asleep. Round 3 he was sleeping pretty soundly, breathing deeply, with an occasional muscle twitch as his body relaxed.

CHILD – CAR SICKNESS

My niece was feeling car sick during a short ride to a baseball game. I turned around to ask if she wanted BodyTalk, and her mom had already started doing Cortices on her. When she finished, the car sickness was gone.

FAST AID – STRESSED GYM TEACHER

On Wednesday morning, I went to the gym to attend a stretch class, the trainer arrived with a headache, she had an argument with her landlord just before coming. She was switched off, stressed, had sever headache. She sat there saying I wish something can help to feel better so that I can take this class. I offered her fast aid, by the time I finished cortices, switching & reciprocal. She was relaxed, calm, at ease, head ache was gone and she facilitated the stretch class for us.

CORTICES – CRUSHED INDEX FINGER

My own story: I was in my martial art class training in weapons. As I incorrectly held the 14 inch "dowel" and was preparing to spar with my Instructor, I had my index finger sticking out. When he hit my weapon with great force, he also hit/ smashed my index finger! With tears in my eyes and crumpling over in pain, I put my index finger in my mouth and did Cortices. It was a reaction to do this. I tapped for about 3 minutes. The pain, swelling and any possible injury disappeared. Had my finger been broken? I'm not sure, but it easily could have been. Was it crushed? For sure! It is perfectly functional now.

ACCESS – DYSENTRY

My student was in India, Goa, and got a bad case of dysentery with fever, vomiting, pain. He asked me to do a distant treatment. He e-mailed two days later and said he was completely better. I did Cortices, Hydration and BC.

CHILD – CORTICES - BOILING WATER ON FACE

A client took Access and that night her daughter spilled boiling water on her face. The client called me screaming, in panic, asking me what to do. I calmly walked her through cortices for her daughter and told her to do them for a considerable length of time. She brought the daughter in the next day for a session. I was shocked to see that she had very

little burn and apparently no "trauma". On the second visit, there was no sign of burn at all!

CORTICES – FALL INTO A RAVINE WHEN HIKING, SHOCK

My friend fell in a ravine, into a pile of boulders as we were out hiking on slippery rocks. She was bleeding and in shock and it appeared that she had hit her head. I did cortices and she immediately came out of shock. Within 5 minutes she was able to stand and walk out of the ravine with me. She says: "I saved her life".

CHILD FAST AID – BLOW TO HEAD

My one-year-old niece who was just learning to walk stepped up to another level of the flooring (all marble) 6 inches higher. She then lost her balance and quickly flew backwards to the lower level, striking hard the back of her head with contusion-level force.

She screamed immediately, there were 3 adults present, and I asked her mom for permission to offer BT Fast Aid while we decided what other measures might be necessary. Because of the child's distress I used her mom as surrogate. A few seconds into the technique, before finishing cortices to the site of the blow (occipital protuberance) the child was calm and laughing.

Before concluding lesion to its reciprocal, she broke free of her mother's arms and ran about laughing and playing. I examined her carefully 4 hours later and there were no signs of neurological disturbance nor local pain, bruising or swelling.

ACCESS - ALLERGIES

Quote I didn't want to say anything and I wanted to be sure first but.... Guess What? All of my allergies are gone!!! Hello GONE. I tested it with a little KFC baked beans and no reaction so I went again the next night....(making up for lost time) My throat is fine it is not closing up or swelling and I'm not breaking out in rashes so then I tried tomatoes no reaction, eggs no reaction, Red dye 40 no reaction....mushrooms... nothing. So you know I am eating up a storm and making up for lost time. Thank you soooooooooooooo much, I'm bragging to everyone.

CHILD – ACCESS - ADD

“Recently I received a letter from an ACCESS student saying that her A.D.D son, (since she has been doing the ACCESS techniques on him since Dec.) has just been awarded the "MOST IMPROVED" in class. And she thanked me for coming to the area and sharing ACCESS with her"....

ACCESS – SHOULDER PROBLEM

"When I got to class I had a shoulder problem that I had not been able to lift my arm above chest level for months... during the midday of the one day class... I could lift my arm over my head". Cayman Island

ACCESS – WORK, CREATIVENESS AND LATERAL THINKING - MEDITATION

One of my client who joined Access and has been doing it only for a 10 days shared her experience with me, XXX says she can see huge improvement in her work, as she does more lateral thinking and using her right creative brain more than ever before which is reflecting in her work, her meditation which was difficult before has improved with Access.

ACCESS – LOW ENERGY

Wife uses hubby to practice on and after second time, he noticed that the energy low he has had in the afternoon, everyday, and disappeared and has never returned. He was so flabbergasted that he attended the next Access class. He is about ride a bike around South America for the next 5 years and I am sure he will make good use of the Access program.

ACCESS - CAT

I had such a cool call today from a colleague – we were involved in a group meeting last eve. She was in a state as one of her cats had been missing and returned rather battered in the morning. He had been very miserable and still, and not eating all day. I did fast aid on her as the surrogate, and her daughter reported when she returned home that he suddenly stretched, jumped off couch and went to eat – at the time when I was tapping her. This is amazing stuff :-)

ACCESS - HAMSTER

Hi, few days back my daughters pet Hamster who in a plastic rolling ball on the table and fell to floor, poor little animals mouth was bleeding, this little creature who never can be still for a moment besides sleeping, lay upside down still, with bleeding mouth, my daughter starting crying thinking he is dead, I quickly did cortices on him from distance by second round he got up, his bleeding stopped and he started running. My daughter friend standing near by was whispering, your mom can do magic.....

CORTICES – CHILD HELPS MUMS HEADACHES

The following are but a few samples: 9 year old little girl in class... “I love to do the cortices. I took my mommy's headache away with it”. Cayman Islands.

BABY - CORTICES – SLEEPING, TEETHING, MOTOR SKILLS --- CHILDREN - CORTICES

I have been doing cortices only on my baby (7.5 mo now) prior to putting her to bed almost every night. Here is what has happened: Slept through the night 2.5 months old. Very easy going teething process. Her motor skills have become pretty advanced: She can feed herself with a spoon, if left lying on her back she is able to get into a sitting position. She also says Bye when I leave, her own initiation.

I do the same on my almost two year old. It is cute because she reciprocates. She went from non-vocal to extremely talkative. She has also decided to potty train herself (an extreme little Miss Independent)

My almost 4 year did cortices on his preschool teacher because she looked tired. She said that it was Mateo expressing love to her that energized her.

CHILDREN – ACCESS – BUMPS, BRUISES, ACHES & PAINS ---ADULT – ACCESS – RASH, STOMACH PAIN

A mother of 3 has been using the Access to take care of all the bumps, bruises, aches and pains of the children with great results. She has a mother with chronic health issues and over the last two weeks she has been able to help her with severe stomach pain and a rash that came up.

ACCESS - PSORIASIS

April 10, 2007: From XXX in the UK who took Access in March, 2007: "I have to say that I am having some huge successes with the Body Talk. I have been working on myself on a daily basis and there has been an improvement in my psoriasis (that I have suffered with for over 30 years!!) and I can't quite believe it!!"

ACCESS – PREMENSTRUAL PAIN, BLOATING AND FACIAL HAIR

Hi, heard from a client who did Access and practices it all 21 days, her premenstrual pain and bloating is completely gone, she use to get lot of hair growth on her face before her cycle, which is also gone. She is rejoicing her joining Access and getting rid of the symptoms which were with her all her life.

ACCESS – BLOOD PRESSURE

XXX taught an access class two weeks ago and here is some of the feedback we have had from those 29 participants. First there was a woman how has been under treatment for her high B/P that during the course of the class felt light headed and later found out that she was light headed because her B/P had dropped. She has continued to do the Access procedures and her B/P has normalized and she is off her medication.

CORTICES - HEADACHE

I had one lady that never told me about a splitting headache. After balancing the brain, she turned her head with her eyes wide open and gave me a stare. I asked "Is something wrong?" and she replied "I had a splitting headache for four days straight, and you took it away like that!" Her headache stayed away for days and the next time her headache came back, it was less severe.

ACCESS – EMOTIONAL RELEASE

Another lady was balanced. She said she didn't feel a difference, but the next day, she said she cried uncontrollably for an hour straight. After that, she felt like a million bucks.

ACCESS - BEDTIME

Periodically will do Access techniques for aches if I can't get comfortable in bed. It's like a sedative - WOW.

ACCESS - STROKE

"My husband had a stroke and I just kept tapping out the cortices. The doctors couldn't believe how fast he recovered and they sent him home from the hospital. He's doing fine now. I'm so grateful for BodyTalk."

ACCESS – SCHOOL AND HOMEWORK

Had an eighth grader who was having troubles focusing in school and on his homework. After being balanced a couple of times, his parents had received a report card and his grades went from D's and F's to As and B's. He tells me how much he loves being balanced because he can go right home from school and do his homework.

ACCESS – ARM INJURY (FALL AND SHOT)

A friend had fallen on his arm and it was swollen, then a few weeks later, he got shot in the same arm. He has a cast from his shoulder down to his wrist. He's in a lot of pain and his arm and fingers are swollen badly. After being balanced, he said the pain was not as intense and when we connected knee to elbow, he said he felt tingling run all down his arm. A couple days later, his fingers were almost normal sized again.

ACCESS – POST OPERATION CARE AND INTUITION

"I decided to help my husband this morning because he said he had no energy since his operation and I did the Access techniques. I wasn't even sure I was doing everything right, but he couldn't get over how much better he felt. And the intuition I've been connected to since the class is incredible. It's fantastic!"

ACCESS – HOCKEY TEAM

In an Access class in November we had a 16 year old hockey player. He has been using Access Fast Aid with his team. Whenever one of them gets hurt he taps it out. He has been attending the practices of his younger sisters as well and tapping out their team members when they get hurt too!!

FAST AID – BIKE CRASH

My bike slipped out from under me & I put my hands out to break my fall. I could tell that my right wrist jammed which was not a good thing considering I was still practicing massage therapy at the time. I dragged my bike to the sidewalk and started w/Fast Aid for my wrist. I repeated it when I arrived home and the next day my wrist was completely fine. Didn't need to ice or anything

FAST AID – TOE PAIN AND EMOTION

"On Thanksgiving day my family was gathered upstate. It was a pretty calm time with everyone, and then my dad unintentionally stepped on my mom's toe- (she had taken her shoe off). She yowled and said he "broke her toe" and she looked flushed and like she was going to cry - and she doesn't cry easily. We could have easily heard her complaining and berating my dad the rest of the night... instead, I rushed to her, initially embarrassed to do the tapping with everyone looking, but when she couldn't get up to move to another room with me to do it, I just plopped next to her and began the tapping her cortices.

She was already clutching her toe, so I was easily able to then tap cortices to her toe and then cortices again and then did the reciprocal- held her alternate thumb while she continued to hold her big toe. She was feeling better before they even got her an ice pack. I did one more full round, and she was calm and not angry at my dad anymore, and didn't even need the ice pack, and even got on the phone to my brother who had called long distance and she said, "XXX did some BT first aid on me, and it helped." She's the first one I tried it on besides myself and it worked like magic in those first few moments of intense emotion and pain. She hasn't even mentioned it since!"

ACCESS – BREATHING AND FLEXIBILITY

At a recent public presentation in Minneapolis, I did an Access session on a woman whose name I picked from the hat. Before we started I asked her to evaluate her breathing (i.e. lung capacity, ease of breathing, etc.), had her check how far & easily she could bend

to each side, asked her to touch her toes, and then she mentioned that she had pain in her elbows & hands, poor range of motion in her neck, and her chest her when she would tap on it. This is how she benefited from the Access routing:

? Her breathing went from 25% to 80% - a 55% increase! ? side bend left = 8 out of 10 (10= maximum) didn't change ? side bend right = 4-6/10 to 8/1 ? toe touch = 8-9/10 didn't change ? pain in wrist and hands = 4/10 to 1/10 ? pain in chest = 8/10 to 1/10 ? neck mobility = 4-5/10 to 8/10 She was quite happy to say the least.

Post Access: breathing = 80% (a 55% increase her lung capacity and ease of breathing)
side bend to right = 8/10

FAST AID – DOGS OBEDIENCE CLASS

I was teaching an Obedience in the Bush class, for Dogs...A Golden Retriever was barreling through the bush as only Golden's can....Ran into another dog & was screaming & writhing on the ground, when I got there I could tell he had really injured his hip. First Aid to the rescue.....Within 20 min the Golden was up & 'barreling' again. Result.....the Vet taking my class is now a Certified BodyTalk Practitioner....oh ya, & it wasn't even her dog, he was somewhere else peeing on a tree.....Boy I Love this stuff!!!!

CHILD - FAST AID – ELBOW INJURY

My 13 year old son was playing basketball during PE this week and fell very hard directly onto his elbow. It swelled up and a large bruise appeared immediately. He was feeling queasy and weak. The school nurse called me because she thought he might need an x-ray. When I picked him up at school, I did the First Aid technique right away and repeated it a few times within the hour. The swelling went down immediately and he was able to move it with only some discomfort within a couple of hours.

CHILD – FAST AID – FINGERS TRAPPED IN DOOR

My 9 year old daughter, Lauren, had her fingers caught in the door jam of a very heavy restaurant door. When I opened the door and she pulled her hand out I could see her fingers beginning to swell and 3 of her fingernails turning blue. We used the Access First Aid protocol and by the time we got home (10 minutes) she was calm and her fingernails were no longer blue. The next morning her hand was fine, no pain or swelling!

AUTISTIC CHILD AND FAMILY – FAST AID - HANDS

My 12 year old autistic daughter wandered off into the fields tonight. She was out there for over an hour with no hat or gloves. When we finally found her, her hands were very red and we could tell they were bothering her. We were worried about frost bite. I did Fast Aid she stopped fussing about her hands and became calm. In just a couple of minutes the hands went from beet red to normal color. We had to use Fast Aid on the whole family because of the emotional trauma as well.

FAST AID – SEIZURE AT THE MALL

Was in the mall today, a place I have not been in, in about a year or more. (Not my favourite place and had to go as a VERY last resort) A woman pushing a baby carriage collapsed in a seizure right in front of me. Was not close enough to catch her but she folded and did not hit her head. I was rather impressed with those around me. No one panicked and everyone was calm. I handed one woman my phone and asked her to call 911, I had the other woman upright the turned over baby carriage and tend to the baby (baby was buckled in and fine just scared) and I did Fast Aid on the woman having the seizure. As I knelt beside her eyes were rolled back etc. Began to tap out her cortices and she immediately came to and was fully alert and coherent. I finished the first aid. Checked if she needed BT or anything else since EMS was coming. No. There was 4-5 woman there to tend to her so I checked the baby and besides scared he was fine and so I quietly left

FAST AID – FIRE ANT BITES

Living in the Caribbean there is a problem with fire ants..... Normally stepping in a mound of fire ants would mean several stings of an incredible painful feeling and then over a two week period unbelievable itching, blisters, and then scarring.. .. Upon trying out first aid on the bites the sting completely goes away... no blisters, and no itchingJust nothing!!!..... Hallelujah...

FAST AID – HAND INJURY AT SCHOOL GYM

I had gym class today at the school. We are playing floor hockey. My friend XXX got hit in the hand by someone high sticking and the ref didn't do anything. Anyway, she sat next to me and I did the fast aid on her and the pain and redness went away. It was cool.

ACCESS – COLD, SINUSES AND COUGHING

My personal experience with BT Access techniques (I applied techniques to me) Had a miserable cold, teas/herbs weren't helping. Was lying in bed, feeling so lousy I thought I 'd have to see a doctor - sinuses were draining, coughing, - I began doing all techniques, from the beginning, using spit in my navel/visualized water for hydration - suddenly, the drainage stopped, then the coughing stopped, my whole body relaxed after reciprocals and this took less than 15 minutes. I fell asleep and woke up next morning feeling MUCH better.

CHILD – ACCESS - SCHOOLWORK

I have had fantastic results with my 9 year old daughter and her school work. I tap out Cortices, Switching and as many Reciprocals as I can, IN THE CAR, before I let her out for school in the morning. Her grades have gone from C's and B's to A's and B's and she is not as stressed about her peer relationships. Now she asks me for BT in the mornings if she "doesn't feel right" Gotta Love It!

ACCESS – HUSBAND – CLUSTER HEADACHES

There is an Access graduate who is using Access to control her husband's cluster headaches. She called the other day to say how well it works and how he has not needed to take the medication he hates (Makes him feel terrible BUT it takes care of the headaches mostly.)

ACCESS – HUSBAND – LONG TERM SLEEP ISSUES, RINGING IN EARS

HUSBAND'S RESULTS - My husband hasn't slept well for years (pain in joints, can't get comfortable--this has been going on for 7 to 8 years, and even BodyTalk sessions has not helped. We've been doing Access techniques every day for 2 weeks, and after only a few days, he is sleeping better. This is a major accomplishment. In the morning, we do all Access techniques, and at bedtime, I do reciprocals. Prior to Access techniques, he would get one good night's sleep in a 4 month period, so you can see how pleased I am with this program. Thanks for making it available. Further update on husband's results: He's noticed decrease in ringing in the ears as well as can do 3 days in a row of cutting/splitting wood (he's 60 yrs old). Normally, under the above circumstances, he would be very sore, need aspirins, and ears would be ringing a lot from the chain saw. We are so pleased, and he asks for Access techniques (done now on maintenance program phase of Access). I continue to see improvement with hiatal hernia tendency (eating late), and do Access techniques in bed if I feel uncomfortable

ACCESS – PRACTICE DAY – FLEXIBILITY

13 of the 25 BodyTalk Access students gathered for practice session recently. I did a brief evaluation (breathing, bending forward toward toes, bending to each side - range of motion which XXX had suggested for doing demos in his manual) before doing Access techniques on a lady, and writing the results down. She'd had back surgery a while back and could only easily bend forward with her hands reaching to her knees. The after picture had her hands down 4-5 inches further - she and everyone were amazed.

ACCESS – MANAGING DIFFICULT PERIODS

An Access graduate has been using Access to manage her difficult periods. She does Access each day of the cycle and does not have the cramping and heavy bleeding like she used to.

ACCESS DEMO – SENIOR CITIZEN – FOOT PAIN AND BACK

One of my first demonstrations of Access was at a senior citizens centre. The woman who volunteered for demo got really excited as I had her do post testing for breathing and some movement activities. Almost 20 people saw the changes she was experiencing. She could feel heat in her back (at reciprocals) and told me not to take my hands off her back it felt so good. She came in several days later for a BodyTalk session, reporting foot pain had disappeared after just the Access techniques (pain had been going on for months and chiropractic and stretching had not helped).

ACCESS – PAIN FROM INTERNAL SHINGLES

This weekend I was reminded again, as I have been many times, of the power of Access. I had a lady in my Access class who has been suffering with sever pain from internal shingles. She arrived at the class with a pain level of 4 out of 10 but said that she was unsure she would be able to handle the 8 hours of class because as the day progressed her pain always increased up to an 8, 9 or 10 by the end of the day and she was always so exhausted. The class progressed and she seemed to be tolerating the day well. She did not complain of anything all afternoon and evening. Finally at the end of the class just after 9 PM I asked her how her pain level was doing. She got a very big smile on her face and said, "I am surprised but very please to say it is at a 3! This is very unusual for me but I am very happy. I hope that this will continue." Amazing!! I was not surprised but as always I am in awe of this simple system.

ACCESS – KNEE PAIN

I'd like to add an example at a course with XXX in Austria: an almost 70-year-old woman, one of my patients, told me that the day after the ACCESS course she recognized that something was totally different, but she couldn't tell what it was. At lunchtime she knew: usually she had pain in her knee in the morning so that she couldn't walk well, this morning she went down the stairs easily.....

CHILD - ACCESS – PAST ABUSE AND TRAUMA AND DENTIST VISIT

Hello all! I have a client that is also an Access student. She recently adopted a darling 6 year old little girl with a history of abuse and trauma from the foster system. She routinely taps her out morning and night. They had a dentist visit today to get two fillings. She tapped her out before and she sailed right through the process. The dentist commented on how well she did, "Wow, you must have really talked to her about this". No, I just tapped her out!

ACCESS – VARIOUS

I love Access and have found it great to use on myself and especially for my children. It has been fantastic to see some of the people around me take Access and really find benefit from using it. I have found the feed back from people practicing Access highly variable – we're all individuals. some examples are: stopping an anxiety attack in its tracks, helping to perform better at gigs as a drummer, shorten injury time, halt colds and flu in there tracks or at least keep them shorter and less server, increasing memory, calm children's aggressive behaviour, reduce stress, clear up skin problems, ease headaches, boost energy levels, the list goes on. Some people who have used it have noted overall health improvement.

CORTICES – NURSE WITH MIGRAINE

A real tale of the "unexpected". I work in an ortho theatre, and today a nurse was experiencing the beginnings of a migraine, the optical swirls. So I wondered if tapping the cortices would help ... A definite yes was the reply, I quickly tapped away, did a few rounds, and within 2 minutes the symptoms just dissolved away ... She was able to complete her shift instead of swallowing tablets and going home!! She felt FANTASTIC after the 2 min session!!! What is so amazing is that the sternum taps were done thru a "lead-gown" ... So Access was not denied!!!!

CORTICES - EYESIGHT

In a recent Access class after tapping out the cortices one of the participants had an amazing result with her eyesight. She wears glasses for reading and directly after tapping out the cortices no longer required them to follow the manual.

ACCESS – LIMITED MOVEMENT FROM STROKE

One of the participants in a class I taught this weekend was 80 years old and had limited movement on his right side due to a stroke. He has been having BodyTalk with a wonderful practitioner here in the UK and has had tremendous benefit and felt Access could really help him move forward in between sessions. At the start of the class his right hand was clasped shut some days are worse than others and that day it was particularly bad and he was unable to lift the right arm higher than his chest. At the end of the day he was able to open his hand out to around 80% fully open and separate his fingers which he was unable to do in the morning. He was also able to lift his hand to the side of his face. He is now planning to take modules 1 & 2 and very proud to be the oldest person in the UK yet to learn BodyTalk

FAST AID – DENTIST, BLEEDING

What a blessing that I was with XXX on Sunday (Access class). This morning I had a molar removed and bled like a stuck pig – Fast Aid to the rescue and an hour later I'm fine (sipping Rescue Remedy but confident with Access!)

FAST AID - BURN

My friend learned Access and soon after he was out in the woods on a bush craft course learning about sleeping outdoors in winter. There he was in the woods by the fire heating stones and bricks to lay under the bracken to keep his 'bed' warm in the snow, when he realized he had been leaning on one of the red hot bricks. He suddenly felt the burning in his hand and knew it was deep. He had no other tools to help him so he immediately did the Fast Aid procedure and felt the pain subside. He soon had no pain and developed no blistering and was able to carry on with the course without any problems. He later shared what had happened with the Instructors and told them about BodyTalk. It made complete sense to them that such a simple technique can be so effective as they know from nature that simplicity is very powerful

FAST AID – TOOTH ACHE

My house mate found himself at home with a lot of pain from tooth ache. The root had gone bad and the pressure was intense. He was booked at the dentist the following morning to have the tooth removed and just wanted to make it through the night. He had taken all the painkillers he could and still had no pain relief. I offered Fast Aid and by the second tapping of the cortices the pain completely vanished from the area. He said he had never experienced anything like it. During the evening the pressure would start to build and we simply did cortices every two hours or so and it would subside. He was able to sleep through the night and get to the dentist in the morning.

ACCESS – CONNECTING DEEPER WITH THE TAPPING

"After my fall, I had trouble with left shoulder pain and asthma connected to it. I saw you and three other kinds of practitioners and did a lot of "unwinding" before I was better. "During this whole time, between visits, I was doing what I could to tap. And because of so many directed unwindings, my body remembered good health and started to unwind for me when I was tapping. And then I realized how little I had known as I was tapping all along. I'd just been doing it without knowing what I was listening for. But you had worked on my middle right finger that gets so sore from overuse and misalignment and my middle left toe had wiggled during treatment, indicating the reciprocal response. That helped me to listen better. "So, rather than just plugging away at the routine as if it were the goal and without knowing how to tune in directly to the healing effects of the process, I'm now focused on allowing healing to be the goal and am finding out what the tapping can prompt; I've gotten out of the way, and have gotten better results from it. "I understand the communicative form better and hence the big picture. Like, in the beginning we learn to make letters because that's what first graders do, and well formed printing seems to be the goal until you realize you can communicate words/ideas with them. It doesn't really matter whether it's the alphabet or characters we learn to use, the tools are for communication; likewise healing has a language. And, when we teach, we give prompts and let the students construct from them, not trying to control all results. I'd been an ignorant teacher with my tapping, just following rules and not knowing how to be a part of the goal of the routine. It's more like working with questions rather than a script--always an important transition in the educational process. "Now it's actually also easier to sit down to do the tapping because it's not boring; I have something to bring my curiosity to as I listen."

CORTICES AND SPORTS PERFORMANCE

I have always believed that by doing cortices, it has power to help a person as an individual. However I wanted to see what it could do for a group of people as a whole. I coach a U11 competitive girls team and I decided to teach them all how to do cortices. I told them it was a deep breathing exercise that would balance their energy and unite the team's energy together.

The moment we began doing cortices as a team before a game (coupled with a prayer) we started winning our games. We had lost the first four games but the day we gathered together and all breathed and tapped our heads we became a winning team. The team improved so much that our last game of the year we tied the best team in the league. We lost to this team earlier before the season started 0 to 8.

The girls love doing cortices together, one girl says it makes her hyper. Well, whatever they may think it does, it has the power to unite a group of people in allowing them to come together in balance of energy, mind, and flow.

This little cortices experiment turned into a success and something these girls will always remember and continue to do.

Head Coach Ananda O'Neal- Former player/scorer with the University of Florida, Women's Soccer Team

FAST AID - AN OLD BACK INJURY

In one of the Access Trainings there was a female student who had a motor vehicle accident 20 years ago. The incident left her in pain in low back (the pain was a minimum of 8 on the scale with 10 being the highest) excruciating for 20 years. Extreme difficulty getting out of bed and moving around – She lost 20% during the reciprocals. She was pleased as can be... then ...

She was the demonstration for 'fast aid'. Using the reciprocals to the painful area, we followed the pain from the low back to the SI joint and the back of the hip. She experienced immediate relief – 100%! She was ecstatic and her husband was extremely overwhelmed.

I met her again at John's public talk in Toronto and she is still pain free and looks 15 years younger! The workshop was a month ago.