

The BodyTalk Experience

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I am the Lungs

I am an important organ because I allow for the exchange of oxygen and carbon dioxide in the blood, which is essential to maintain the ability to generate energy in the cell, so your vitality is dependent on me. I also play an important role in releasing attachments to the past as we release each breath. So when you 'hold on' to things in your life, your breathing becomes shallow and you feel suffocated and unable to grow.

I am the Kidneys

My primary role is to filter the blood to eliminate waste products into the urine. I also regulate the heart activity and blood pressure hence I influence the strength of your life force and your ability to separate and eliminate the impure in your life. I also provide you with strong will to take on new projects and meet new challenges without being attached to the results or being afraid of judgment.

I am the Liver

My main job is to synthesize many of the nutrients essential for life from the simple micronutrients absorbed from your intestines. I must also manage your blood sugar and store reserves to meet your future needs. On a psychological level, I am responsible for your ability to process your life, synthesize wisdom from your experiences, organize your lives, and plan your day. So when I am not functioning properly, your life and environment can become very disorganized. You will have trouble making plans and moving towards your goals.

I am the Large Intestine

You may think that my only role is to eliminate waste and roughage as a result of the digestion of food. I do much more than that. I also eliminate impure thoughts and emotions as a result of our life experience. To do this I am able to generate grief to help you let go and move on. The desire to be in control of every situation leads to the inability to surrender yesterday's emotions – which you call constipation. When I am functioning properly I allow for the ability to release the past and cleanly enter each day with an open mind.

I am the Ankle

Throughout your life I have supported your weight and given flexibility to your steps. If I am strong, you take strong, flexible steps in life, and are able to twist and turn at a moment's notice.

I am the Pancreas

You may think that my only role is to produce hormones that regulate blood sugar but I also produce digestive juices and enzymes. I allow you to adapt to both what you eat and how often you eat because of this. I am also closely connected to the solar plexus chakra and therefore your issues around your ability to receive abundance in your lives. Your ability to adapt your digestion to whatever you eat in order to extract maximum nutrition cannot be separated from your ability to think of ways to adapt to your circumstances in life – to take the lemons life gives you and make lemonade. When the pancreas is weak, your thinking becomes unproductive worry and anxiety. You may then attempt to fill this lack with compulsive overeating.

I am the Thyroid

I generally produce hormones that regulate your metabolism. I also promote good blood flow to your brain, which affects your mental clarity. I am closely connected to the throat chakra and am affected by your beliefs around communication. When you don't feel like you are expressing yourself, you feel suffocated – like your growth is being held back – and you feel choked by life.

I am the Wrist

I am a complex character because I have such close ties to the hand, which is one of the most expressive parts of the body. I have to be very flexible and mobile so I have eight small bones to give me that incredible precision of movement, which actually requires a lot of intelligence, so it is little wonder that the stomach controls me. The stomach represents the conscious mind, and so when you starting thinking too much and especially when your thinking becomes rigid and narrow-minded, then I become rigid. If you can't 'stomach' your life and what is happening around you, then you will start having indigestion and I will ache and degenerate.

I am the Knee

I allow you the flexibility to bend down and move around. I am controlled primarily by your kidney energies. The kidney energies relate to fear and willpower. I have always been a strong metaphor for you in your life. I represent your willpower. When, as a child, you wanted to summon your willpower in defiance, you would lock your knees. You use willpower to help overcome fear—the other energy of the kidneys. In modern society, the biggest fear is the fear of coping (with money, health, relationships, etc.) When you live with this kind of fear, I will be weakened. If it is prolonged over a long time and is coupled with weakened willpower to overcome the fear, then my brain will strengthen me by making me inflexible and rigid. You will call this arthritis.

I am the Brain

I am an interesting character because I give you the perception that I am responsible for almost everything that occurs in your body. However, I am separate to the mind. In fact, I am mostly considered a workhorse acting out the instructions of the mind. Hence, the conditioning of the mind influences me. This includes the expectations you have of yourself or the way you view yourself. For example, if you think of yourself as “not good enough”, I will then act that out for you. Your decisions, chemical processes, cellular division, planning etc. will all be influenced by this expectation you hold up, and I act out.

I am the Heart

I am considered King of the Organs because I control the circulation and distribution of blood, and therefore all the organs depend on me. I have a close relationship with the mind, and hence I am considered the center of perception. I provide you with awareness of the world, a sense of the “big picture”, and the ability to feel connected. When I am balanced, this allows you to enjoy acceptance both for yourself and towards others. When there is a sense of separation or disconnection, I give rise to depression.

I am the Digestive System

I am a complex system involving many organs. Essentially, I allow for the digestion of life. I accept new food and thoughts and, when this process is functioning optimally, I allow you to be open to new ideas without becoming too gullible. I then separate nutrients from waste for both food and information. This allows me to absorb that which nourishes you and pass on that which doesn't. If this is imbalanced, then I am either unable to absorb anything, leading to malnourishment, or I absorb everything, leading to toxic build-up. Naturally, the waste products from this process are then eliminated. This includes impure thoughts and emotions and, to do this effectively, I generate grief to allow you to release the past and enter each day with an open mind.

BodyTalk
language of health