



NZBA Disclaimer:

The New Zealand BodyTalk Association (NZBA) is a body of members that consciously supports the promotion of The BodyTalk System within New Zealand. The NZBA operates under the parent body of the [International BodyTalk Association](#) (IBA).

The IBA is the official training body for The BodyTalk System and has established standards of practice for BodyTalk that involve the passing of exams and continuing education requirements. Although many thousands of people have learned BodyTalk, not all of these people have gone on to take the appropriate exams and participate in the continuing education programs to ensure their registration status with the IBA remains valid.

The NZBA website lists BodyTalk practitioners who have achieved minimum practitioner certification to ensure professional integrity and service. The NZBA is not responsible, nor accepts any liability for, any actions or statements of any of its members. Nor is the NZBA responsible for ensuring that the members listed are up-to-date with their qualifications and continuing education requirements.

The NZBA makes every effort to ensure the information on this site is accurate, complete and up to date, however the NZBA cannot be held liable for omissions or errors and will not be liable for any loss or damage arising from any inaccuracies, errors or omissions in information made available through this website.

IBA Disclaimer

For potential clients of a BodyTalk practitioner, those who may choose to use the techniques on themselves, or for those who may choose to receive training to become a BodyTalk practitioner, it is important to have an understanding of BodyTalk, as well as its strengths and limitations.

Background:

The BodyTalk system utilises the innate guiding principal that is fundamental to living systems. When communication between body, mind and consciousness is restricted by tension, stresses and traumas, life appears complicated and problematic. BodyTalk is the language of health, which operates using a simple, priority based “yes/no” feedback loop. By “tapping in” at this level,

communication is restored in the body, tension is released from the mind, and synchronicity is restored between them.

BodyTalk incorporates a comprehensive system of non-invasive techniques designed to enable people to live their lives to their potential. It incorporates state-of-the-art science and philosophy to help the body unlearn the habits, beliefs, biochemical pathways and postural patterns that are restricting the healthy functioning of the body-mind complex. BodyTalk is consciousness-based healthcare in so much as it acknowledges that the innate intelligence of the body can be utilised, through trained and structured intuitive communication, to guide the practitioner toward the best combinations of modalities to bring about positive wellbeing and lifestyle changes.

The body is a dynamic, interactive, interdependent network of energy matrixes, consciousness and physical function. Science has also demonstrated that the body is composed of different forms of energy operating at different frequencies. The BodyTalk System is designed to harmonize those energy networks to optimize the overall balance in the body at all levels. BodyTalk is:

- Non-invasive, safe and bridges the gap between Western medicine, alternative modalities and the energy medicine of the future
- A system that facilitates the bodymind's wellbeing through enhanced communications.
- A system that induces the body's own innate restorative powers, and, thus, it does not address disease symptomatically.
- Defined by several levels of application, for use by the lay person to the medical specialist, that meet the needs of those who wish to help themselves and/or others regain and retain a healthier balance within body, mind and spirit.
- The revolutionary application of practical, effective techniques that has brought it unprecedented success around the world.
- DOES NOT REPLACE THE NEED FOR EMERGENCY HEALTH CARE. IN THE EVENT OF AN EMERGENCY SEEK THE HELP OF A MEDICAL PROFESSIONAL OR YOUR NEAREST MEDICAL FACILITY.

BodyTalk is a noninvasive modality for locating and reconnecting weakened or broken lines of communication. This is accomplished through a form of neuromuscular biofeedback. Relying on the guidance of the body's natural wisdom, the BodyTalk practitioner asks the body a series of "yes" or "no" questions and receives answers from the body about the sequence for reestablishing these lines of communication.

Limitations:

BodyTalk is not a modality for diagnosing or treating specific elements although clinical experience has shown that once the body's overall systems are balance through BodyTalk, clients have exhibited significant improvement in many areas of health.

The BodyTalk practitioner does not diagnose disease or perform massage, manipulations, needling/injections. The BodyTalk practitioner does not prescribe diets, herbs, supplements or medications.

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