

BodyTalk

for Balance in Life



where someone needs to make a major decision and is unable to come to any definite conclusion, we may find that we balance this decision-making energy within the body to whatever other aspect seems to be creating any interference.

Every organ, endocrine and body part carries a unique function not only in its role for the physiology of the body but also in our approach to life. By utilizing the energy that we have already within us, we can continue in our personal growth and approach life with even more confidence and calm assurance.

Discover New Health

BodyTalk for Personal Growth

There are so many different reasons that people seek out BodyTalk. Most of those reasons relate to how they feel physically and, of course, BodyTalk can help in the relieving of stress, which can cause any number of physical symptoms.

It is no surprise that clients continue to receive BodyTalk sessions after their initial symptoms resolve. Life happens and sessions have a way of helping us resolve issues BEFORE they can begin to affect our physical body. Not only that, but sessions help us resolve old wounds and resentments. They propel us into a level of personal growth that many do not experience. Why? Because BodyTalk addresses all aspects of us: mental, emotional, physical, and spiritual. It addresses all of what makes us who we are and all that we aspire to be.

For example, the Liver and Gall Bladder carry the energy of planning, organizing and decision-making. In fact, these meridians follow pathways in the brain that correspond to those tasks. So in reconnecting the Liver and the Gall Bladder and getting them to communicate on an even better level, then it may make it easier for someone to get out of a perpetual stage of planning and into decision-making. Likewise, if someone makes rash decisions, then balancing these two organs can bring more planning and coordination BEFORE making decisions. In either case, we bring balance to the overall bodymind complex and life can run smoother. In many cases



The BodyTalk Center
of Oklahoma

405.216.3611

okBodyTalk.com

BodyTalkSystem.com

info@bodytalk.com

1712 S. Boulevard, Edmond

*Kathi Springman is a full time
Advanced Certified BodyTalk Practitioner
at The BodyTalk Center of Oklahoma*

