

BodyTalk Cortices Energy Technique

This technique is the first technique to use in your self-healing/self-care programme.

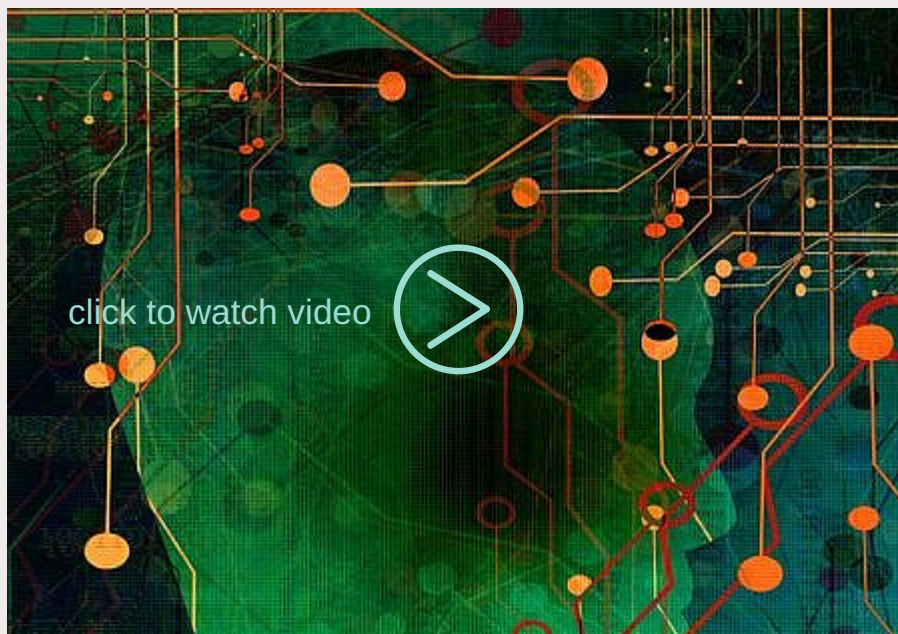
When you are feeling overwhelmed, brain drain, foggy or overworked and overtired, use this technique.

When your brain is functioning well, it responds appropriately to messages from within and outside your body.

It's simple. It takes 2 minutes to complete.

Do it every single morning, and repeat it anytime you feel stressed, overwhelmed or unable to focus.

In my video I'm showing you how to "focus your attention" when doing the technique. This communicates directly with your brain and supercharges the results you will achieve.



"I can't recommend it highly enough. This techniques wakes people up from comas, shocks intensive care staff and improves the quality of life for everyone who uses it." – nurse of coma ward patients.

If you think you would like some help contact me. Make a time to have a "no obligation" chat. To continue to receive Essential Self-Healing Intelligence subscribe here.