

# Joyful Life, Healthy Body

Thank you so much for coming and spending 60 minutes of this day to start a process of change.

Would you like to generate more ease, joy, health and abundance in your life?

1. **Cortices** – this is a technique from Body Talk, which is a consciousness based health care modality. By tapping out Cortices the right and left hemisphere of the brain will get balanced which updates brain hologram of bodymind complex, creates more clarity and relaxes the body. To learn more about Cortices go on [www.bodytalksystem.com](http://www.bodytalksystem.com) and click on How To Tap Out Your Cortices.

The following tools come from Access Consciousness

([www.AccessConsciousness.com](http://www.AccessConsciousness.com))- set of tools and processes that can change anything you would like to change in your life. Access can't do anything to you or for you, but it can give you an opportunity to change you.

2. How to distinguish between **the truth and a lie**? The truth will always make you feel light like a feather; the lie will always make you feel heavy. "If it's light- it's right; if it's heavy- it's a lie." You can apply this in every area of life: relationships, business, purchases, making decisions, diet and many more.

3. 98% of our thoughts, feelings and emotions don't belong to us. For every thought, feeling or emotion ask: **"Who does this belong to?"** and it will disappear. You can also say: "Return to sender with consciousness". If it's still there, ask: "What made me buy into it?" Try this for 3 days and you'll be a walking, talking meditation.
4. Instead of jumping into conclusions, looking for answers or judging, **ask questions**. What if it was just as easy as "Ask and receive?" The best ones to start with are:  
"How does it get any better than this?"  
"What else is possible?"  
"What would it take for..... to show up?"  
"What would it take to.....?"
5. Say: **"All of life comes to me with Ease and Joy and Glory"** 10 times in the morning and 10 times at night and your life will change. You can also use it as a mantra throughout the day.
6. Your point of view creates your reality; your reality doesn't create your point of view.

If you're interested in learning more transformational tools, processes and techniques of Access; also if you would like to learn hands on bodywork called The Bars or book a Body Talk/Bars session, please contact Gosia Lorenz. Gosia is a Certified Body Talk Practitioner and Certified Bars Facilitator.

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