



Angie Tourani

"Healing the Body and Mind"

By Sarah Jordan

As Hong Kong's only advanced BodyTalk practitioner and instructor, DB resident Angie Tourani's inspiration comes from her desire to offer a safe, non-invasive and drug-free self help approach tailored to every person she teaches and treats.

Angie's Indian upbringing taught her a respect for alternative healing methods like Ayurveda, homeopathy and naturopathy, but it was only once she became a mother that she started to look seriously for an alternative traditional medicine. Her young daughter suggested from persistent ear infections and her son had digestive problems, and like any mother she was reluctant to give them repeated courses of antibiotics and other drugs. "I have always believed that the body has the ability to heal itself, and that drugs and surgical procedures are not always the only solution".

The mother of two started to look for another way to solve her children's health problems and when the family moved from Hong Kong to South Africa in 2005 she attended her first BodyTalk seminar and from there she decided to study to become a practitioner. "BodyTalk has been a life changing journey not only for me, but for my whole family. BodyTalk has reduced the amount of time my children need to be off school, as it has strengthened their immune systems and we rarely need any outside medical help"

Angie tells us "BodyTalk is a consciousness based holistic approach which stimulates the body's inborn ability to heal itself at all levels - physical, mental, emotional and psychological. It works on the principles of Balance, Communication and

Synchronicity within the body mind. The treatments are safe, effective and non-invasive as they rely on the body's own healing ability and work at the cause of the problem".

Previously employed in the export business, Angie explains that anyone can learn BodyTalk, with or without a scientific or medical background. To be able to provide the best possible service to her clients, Angie has also qualified in Anatomy and Physiology, and her Body Chemistry which address allergies, intolerances, and hormones in greater detail.

Whilst studying the BodyTalk system, Angie came across MindScape, a programme which teaches participants to tap into an enhanced, their creative and intuitive mind at levels not normally accessed in everyday life. Angie found the programme to be of great benefit to her. She describes herself as an extremely left brain, logical person, who used to see things in black and white, and that taking the MindScape seminar taught her to tap into her right brain, and challenged her paradigm completely. She was a very shy and introverted person, but coming across BodyTalk and seeing the results that she was getting with her clients, motivated Angie to train as an instructor and bring this amazing tool back to Hong Kong. She used MindScape tools to overcome her shyness and enhance her presentation skills. Angie says "on the day of examination I had to teach a class in front of my senior instructor. Everything, right down to the comments from the instructor and students, went exactly as I had rehearsed it in my MindScape Workshop. MindScape gave me the tools to make it my reality."

As part of her BodyTalk studies Angie took an Anatomy and Physiology course, a one year college course to learn about body structure and function in depth. "I ended up travelling a lot that year and missed the majority of the course, only getting back a month before the exam. My teacher thought that it would be impossible for me to pass the exams after missing so much, however I wanted to give it a try, so I used my MindScape tools to study and sit the exams. To my teacher's surprise I passed with 80%! This is all thanks to the MindScape technique. I recommend the seminar to anyone who wants to improve their mental ability to succeed in academic studies, business performance, sports, or any other area of their lives". MindScape is now such an integral part of Angie's life, giving her enhanced intuition and creativity to connect and help her clients and students, that she decided to qualify as a MindScape instructor so that she can share this powerful skill with others.

In South Africa, Angie began giving BodyTalk treatments and regularly went into schools to treat children with ADD, ADHD and learning disorders. The teachers and parents were initially sceptical; however they soon saw a great improvement in these children. Many of them had been prescribed retalin to cope at school and the parents were delighted to find that there were non invasive, safe and effective tools available to help their children's physical, mental and emotional growth. Some of them even went on to learn simple BodyTalk tools in a BodyTalk Access Seminar so that they could look after their family's needs themselves.

Angie says "our move to South Africa turned out to be a blessing in disguise. I was a parent before and after BodyTalk, but seeing the changes in my own children after BodyTalk was amazing. I now can't imagine bringing them up without BodyTalk tools."

Two years later the family returned to Hong Kong and Angie offers BodyTalk treatment sessions in Central and runs regular BodyTalk, Access and MindScape courses for adults and children.

"The Access Seminar is a must for any parent as it teaches them to look after 60% of their family's health problems on their own, saving them time, effort and money with fewer trips to the doctor and less time off sick. It uses a simple set of energy-based techniques which, when used for just 10 minutes once a day at home, will improve the health of the whole family and solve many day-to-day health issues." Angie says "For children in particular it offers fast, non-invasive protection and a cure for a range of medical and behavioural problems without the use of drugs. From strengthening the immune system against allergies and viruses, to enhancing a child's focus and memory, or improving coordination and digestion, the benefits of BodyTalk Access are vast."

Angie studies the BodyTalk Post Graduate Degree at the PaRama College in the US with the Founder of the BodyTalk System, Dr. John Veltheim. Angie says Dr. Veltheim is a genius - he has taken complex concepts from Chinese Medicine, Western Medicine, Astrology, Ayurveda, and quantum physics, and simplified them so that anyone from any background can learn them in a short period of time and get amazing results with practice". Angie is excited that Dr. Veltheim will be visiting Hong Kong for the first time in January. "During his visit he will be holding a Public Talk 'A Quantum Leap in Healthcare', as well as a Seminar on 'Finding Health: Mapping the Healing Process', which are aimed at anyone who wishes to transform their health and wellbeing", Angie adds "this is a great opportunity to hear and learn from the founder of BodyTalk in our own country, and I am delighted to be bringing Dr. Veltheim to Hong Kong to help raise the profile of this amazing form of health care".



To enquire about Angie's BodyTalk and MindScape treatments and courses. Email her at angie@bodytalksystem.com.hk or visit www.bodytalksystem.com.hk