

mümkün

Biotouch: Esenlik zırhımızı aktive eden kelebek dokunuşları

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I am sitting in a chair. Biotouch (Biomagnetic touch) Instructor Fatoş Görce touches certain points on my head with the index and middle fingers of both hands. I'm trying to calculate the duration of light touches. It feels like about 6-7 seconds. I got close, the duration of each was 8 seconds. When you put the two fingers of your right and left hands side by side on a point on the back of my head, with a gap of – I think – 5 cm between them, I feel as if I am looking through binoculars. However, my eyes are closed. But that binocular view is very clear. "What happened?" he asks. "I feel like I'm looking through binoculars. "It is very interesting," I say. "That was where the eye set was," he says.

Let me go back to the day before I sat on that chair... As Possible Magazine, we have a wonderful whatsapp group. We also write about news topics from there, what we hear, try and see. Here is "Who wants to make the news about biotouch (biomagnetic touch)?" As soon as I read the question, a voice inside me said, "Finger up Halime!" says. I'm listening to that sound too. I skip "I". There is "touch" involved, there is "well-being", there is "experiencing a new technique".

What more could I want! I immediately make an appointment with Biotouch Practitioner and Trainer Fatoş Görce. After a warm and friendly introduction, as I was getting ready to ask my questions, "Let's do an application first, if you want!" says. wouldn't I?

Here, the sentences you read in the first paragraph describe the first moments of my acquaintance with biotouch... Fatoş Görce draws an "armor" with eight-second soft touches along certain points on my back, upper body and legs, after my head and neck. Or so I feel. Then when we talk about biotouch, I realize that it actually touches the points in my body that will activate the healing armor. At the end of the session of about an hour, I asked my questions in a way that I had left my tiredness and stress behind. I say I asked because while deciphering the audio

recording, I was surprised by the question "Why is my voice so cheerful?" Because I'm doing my job, after all, let me be a little serious when asking questions. It wasn't that day.

"I ASKED QUESTIONS AND GOT ANSWERS"

Born in 1964 in Kayseri, Fatoş Görce has worked for many years in a highly male-dominated sector of the business world -cement and construction, I think it would be enough--and worked as a senior manager. "So, how did these spiritual works and healing enter your life?" I'm going to say. "It has always been there," he says. He saw that he could ask questions and get answers in life when he was very young. Noticing the messages coming through dreams, the miraculous events he encountered in daily life, he progressed by accumulating, and received various trainings. "Although I have titles such as Angel Coach, Heal Your Life Workshop Leader due to these trainings, I am here today as a Biotouch Practitioner and Trainer," he says.

EVERYONE CAN APPLY

By the way, Görce states that the biotouch method was applied by Norman Cochran, who was a miner in the United States in the 1970s, with a spontaneous effect to help health problems.

Reminding that biotouch or biomagnetic touch is one of the alternative and complementary health practices discussed under the title of "bio-field therapies" by the American National Health Institute, Fatoş Görce draws attention to the fact that anyone can apply this method. Pointing out that the method is an application that supports medical practices and contributes to healing, Fatoş Görce said, "Biotouch is not a healing method on its own. We do not say that the body will be healed only when it does this. By supporting medicine, we help the body remember its own memory in order to heal diseases in the easiest and fastest way."

Let's come to the application... The word is again in Görce:

"Biotouch is a method that aims to ensure the redistribution of one's own energy and self-healing by touching the points defined as the energy centers of the body with the index and middle fingers. Let me explain with an example. If the hose you water the garden is broken and bent or if there is a narrowing due to sediments in

some places, the amount of water coming in will decrease no matter how much you turn on the tap. If we apply this example to our own body, there is an energy emanating from the source and we are nourished by this source with our energy bodies. However, if there are breaks and blockages in our own system, our nutrition also decreases. Problems arise over time. Biotouch helps in regulating the energy flow in eliminating these problems.”

8 SECOND BUTTERFLY TOUCH

In the biotouch method, the body is handled as 17 different sets. The application is made for the energy channels of which organs are related to the distress experienced by the person. For this, the person who does the application keeps his index and middle fingers on the points that are thought to be a problem for 8 seconds, as soft as a butterfly touch. Summarizing the idea behind this method as “reviving the neurological relationship between the surface cells of the skin and all the biological functions of the body, internal organs, endocrine glands and the autonomic nervous system, which is responsible for the immune system,” Fatoş Görce says that the average number of studies varies between 3 and 7. In some cases, the number of applications may increase.

WHERE IS THE CONSTRUCTION?

Sometimes, while working on an organ, a "feeling" may occur in another part of the body. Görce, the nausea I experience when applying to my head, the “thing” I feel in my ovaries while I work on my neck and eyes, or the pain in my heels when touching my back... “What could this be?” I ask. Again, he explains:

“All this is where I touched, it may not be the center of the blockage. Maybe the clogged spot is your heel. Only in the way of the distribution of the energy system and nerves, the system triggers wherever there is a blockage while the fingers are wandering. Your body is actually signaling, 'Look, this is opening'.”

TIME WILL SHOW US!

Well, then that's good news, right? Maybe I killed two birds with one stone, maybe even three. “I say time will tell” to myself. Since it has been a long time since the

session, I can give a brief information here. I have come a long way in losing weight by eating healthy, which has been on my agenda for a long time. Looking back while writing this article, I realized that the date of implementation of my decision coincided with a short time after my work with Fatoş Görce. Of course, I can't claim that this work is the only factor, but I also have a strong feeling that it is a driving force for me to put it into practice. Now the word is in the new Görce. “Especially, what ailments come to you, or what kind of problems do you think is more effective?” I ask. The answer is this:

“Full and scientific reports are obtained from volunteer patient groups before and after biotouch sessions. These reports reveal that there are tangible changes in many cases such as nervous tension and burnout. In addition, it is observed that nervous and movement system problems support the recovery of some movement and sensation functions as well as heart, sugar and immune system problems.

EVIDENCE OFFERED BY THE STUDIES

Biotouch Healing Foundation in the USA publishes laboratory studies and research results carried out by universities in full detail at this address. Some examples of these studies are as follows:

He graduated from the University of Texas with honors and received the title of medical doctor at the University of Texas Medical School Health Sciences Center. Kenna Stephenson and her colleagues Dr. Gary Schwartz and Dr. The results of research conducted by Carol McKenzie reveal that biotouch significantly reduces stress levels before and after the 5-minute session.

Jodi Gabriel, who shared the results of the research conducted on volunteer nurses working at Kindred Hospital in Tucson, Arizona in 2011, in her concluding article titled “Creating a space for the sacred art of touching”, stated that the method created a “wow effect” on the participants with its simplicity and effectiveness, and they reported reduction in stress and pain. draws attention.

Emphasizing that the method does not have any side effects because it is just a touch, Görce said, “Who cannot or should not be done?” “Actually, it can be done even for a one-day-old baby. It can be done to anyone who is ready to receive the Biotouch application”. However, there is an important point on which we cannot pass without writing:

“Biotouch is not an energy work, it does not address the spiritual or emotional aspects. For this reason, we specifically point out that it should not be combined with other applications while doing this study. Because this technique is based only on touch.”

This conversation with Fatoş Görce ends quickly with the doorbell reminding me that the next client has arrived. Fortunately, I asked all my questions and got my answers in detail... At our next meeting, we will of course continue the conversation from where we left off...

“EVEN THIS NEWS YOU MAKE IS AN INDICATOR THAT BIOTOUCH IS WORKING”

I close the door of the Kimimila Transformation Center and begin to weigh the questions I will prepare for the foundation in the USA. Paul Bucky and Bev Wood, the Founders of the Biotouch Healing Foundation in the USA, both talk about biotouch touches and answer questions in their live broadcasts every Monday. By answering the questions we sent in such a general publication, they united the farthest points of the world. Now, we can say that there are people who know about Possible Magazine in the USA. Here are the headlines of that interview:

What is the history of Biotouch application? How did you meet this method?

Paul Bucky (P.B): In 1988 I met Norman, the creator of the method. I had a back pain problem. I spent a year with this pain. I lived in a very conservative town, and the whole town was talking about the man who did this healing work. After a year, I went to this man's house. He was a man in his 50s who looked like he was serving in the navy. So I looked hippie in my ripped jeans, flip-flop slippers, and ponytail hair. When he said, "I'm the one applying the technique," I almost ran out of there. That's how I met Norman. He gave me two workouts and my back pain was gone. People were coming from all directions. They never received any money for this method, there was no donation box around. They were just about spreading love. I thought that this method should be spread to wider masses. We created the manual of the method in 1989. Now anyone can do the biotouch method with this guide or application booklet.

Why are the index and middle fingers used?

P.B.: Because that's what Norman taught us. (Laughs) That's the standard answer we give, but we don't question it. Because we know these two fingers work. Since we started this study, people have sent explanations, pictures showing reasons why these two fingers might be present. For example, they draw attention to the fact that these two fingers are always mentioned in yoga mudras, in ancient works in Egypt and Syria, in pictures of Jesus with two fingers, and in religious stories about the angel Gabriel touching someone with his two fingers.

So the information about these two fingers has been around for thousands of years. Obviously so.

Norman did not know of any other healing method. It had come to him suddenly. So “Why are these two fingers important?” It wasn't something that was studied.

The theory is not important, the truth is; it works. That's what matters. We've seen it work on thousands of people over the decades.

Bev Wood (B.W.): We always say Biotouch is a great stabilizer, on all levels. It brings us to a point where everything is okay and acceptable, honored.

P.B.: If you come up with new theories about using these fingers, we would be happy to hear them. But what we do know is that gently tapping on the skin with these two fingers is effective.

In what situations does it make a difference and aid recovery?

B.W.: How about saying life instead of situations!

P.B.: That is very true. Both the evidence and what we see consistently show it improves quality of life.

B.W.: Dr., who has done medical research on Biotouch. Kenna Stevenson's work also shows this. If you apply Biotouch regularly, your quality of life increases. It is also good for your health.

P.B.: By regular practice, we mean doing it for five minutes once or twice a week. Chronic or severe pain may also require 10-15 minutes. When it comes to regular practice, it seems like an hour is considered, but it is not like this.

B.W.: More is not always better. The important thing in Biotouch is not the quality, the number or the duration.

People want to know the evidence about these methods. What kind of research results are there about biotouch?

P.B.: Studies and reports are available on our website. There are also examples in the book we wrote on this subject. If there is a problem in the body, if there is any stress or pain, it can be found with biotouch.

B.W.: All these stories actually show that each of us can practice biotouch. Even children. There are hundreds of references. Also, the fact that we have this interview with you is an indication that it actually works. You reach us from Istanbul, There are wonderful women there. We call it your own experiences.

P.B.: Don't believe others, try it yourself. You can learn this yourself. You can learn by yourself at home, you can get it from an instructor, but you can also learn at home by yourself. It's just like breathing, it doesn't need anyone to teach.