

SELF HELP IN AN ERA OF NEW BEGINNINGS

by Richard Byrne, Ph.D.

Dr. Richard Byrne is the newest member of the Board of Trustees of the Touch for Health Foundation. He is in demand all over the world as a keynote speaker. He has conducted seminars for such people as Dean Rusk and Henry Kissinger, and he thinks so much of TFH that he wants to give us the same kind of "good stuff." He is Dean of the Communication School at the University of Southern California. He owns a computer company, and he has been a TV producer. He is an excellent jazz pianist. He does so many different things, he's very well rounded--uses both halves of his brain.

I love being here. This is HOT. Sometimes you walk into a room and you can smell the raw wires. That is what is going on here.

I am going to tell you all about the world--how it works and how wonderful it is. It's like preaching to the converted. A lot of you already know and believe and feel that. That doesn't bother me. I go to Vegas sometimes, and Tony Bennett is there and I want him to sing, "I Left My Heart in San Francisco." It's Great. I've heard it already, you know, so you'd think that when he starts singing you'd say, "OK, next..." You've already heard what's in the album, so you would like to hear some of it over again.

This is the most incredible moment of all human history, if you read history. Now, if you do not read history, you probably think that it is always like this. Wrong! It is incredible, and every day, periodically during the day, I stop and aloud I thank God for permission to live, work and play and contribute right now. Because we are passing through an incredible moment in time.

I am not a TFH practitioner. I am not an ITW - TWA - ACK-ACK"--I'll get it, I'll get it! I didn't just fall off the turnip truck. I'll be able to learn it, but there is a lot of "ACK-ACK, P-34, D-19." Everybody says, "ALL RIGHT! I thought it was P-34 D-12." No, it is not.

Let me just say, I don't know any of this stuff. You know--you hold a cubit, run a laser over the oatmeal, and it is OK. That's good. I'm not opposed to it. What ever works! I consult on laser transmission for high speed data transfer, and on the use of laser for setting up the telephone system, and so forth, and I know that, but I don't know about oatmeal. Picking up Cleveland on your teeth? OK.

So I'm not going to talk about that stuff. I'm not going to talk about how to do it better because I do not know about that stuff. What I am going to talk about is what is going on in downtown San Diego today, because I know about downtown San Diego, L.A., New York and Paris. I know what is going on in society. That is what I pay attention to. And then when my back hurts, I call John, and John says, "Rich...."

I have to tell you a story about John--a great story. The reason I got involved in all of this is that I had a production company and we were producing a film. One of my production assistants is a beautiful, slim, trim girl who wore the swim suit and the jeans and...you know. She walks by me, "You're sacro-farco-thermo-flac needs touching."

I thought, "Well, touch it, whatever it is!" You know, I'm up for it. I'm not easy, but I could be had, you know. "Go ahead."

"You should see John Thie."

And I thought, "Oh, good. Put that on 'hold'."

And she said, "It is in Pasadena."

Well, I lived in Altadena and drove down Lake Avenue all the time. "Oh, yes. Thie Clinic, along there with the healers and the cut-rate tax offices and all that kind of stuff."

Oh, no. I do not do that, so it got worse, and then

finally I could not walk. They were in the next room and I was saying, "Bring it in here." They bring the work to me. You know, this might not be right.

So I went to see John, and John said, "Oh, God. You are in great shape! This is what you need to do: 700 ounces of water..." Something like that--supposed to hook myself up to the L.A. water department and just drink the stuff.

I was supposed to walk one hour every hour--something like that. So I said, "You do not understand, John. I am really important. I've got important work to do. I have clients..." and I started to pull out my client list.

He said, "Let me put it this way. If you do not do exactly what I tell you, you can't come back here again."

And I thought, "Wellll..." and I said, "What did you say I'm supposed to do?"

The guy just said, "If you do not do that, it is not going to work, so do not come back."

All the way to the car I was thinking, "Well, I AM going back. He can't keep me from coming." A whole new marketing strategy, you know--"Nobody can come to me." You put that in the paper and they all line up.

So John handled me, adjusted and fixed and bent and twisted and did really weird things. He said, "Think about your computer company," and my arm will go....

I thought, "What is that about?" So I began to get treatment, and then we became friends. We talked about computers, and he bought a couple computers. Then I went over to his house and found out about a place called the Sand Castle and started to eat sand with him and Carrie.

Then he said, "Why don't you come and be on our Board?"

And I said, "Oh, OK. OK."

John said, "Why don't you come down to San Diego and spend a couple days at the University and sleep on bunk beds."

And I said, "ALL RIGHT! Sleep on a BUNK!"

So let me tell you the first tip. What I am going to talk about is Touch for Health in the world, not TFH at the convention. You know how easy it is to have TFH work at the convention. Feel the cool grey mist creeping in the windows, seeing all of you saying, "Hmmmnnn," because you are easy. Not easy--eager.

This guy says, "Everybody come down here. Work up a terrific sweat." Thirty-five people here, 80 years old, said, "That's GOOD." See what I'm saying? It's easy to have it work here.

Now the question is, "How does it work at ARCO?" When you talk about wholism and aliveness and spontaneity and openness and communication and sharing, how does it work at the Chamber of Commerce in Glendale? I can go on and name you more cities. I am here to tell you that there are ways that it can really work.

There are a lot of amazing things that are going on that some of you don't know because you know "D-27." See, if you know D-27, or whatever it is, that means that you can't spend time doing a whole lot of other things. **It is impossible to know everything.** You can not be here and playing the piano and back in your room packing at one time. You can only do a certain amount of things. We all know about superlearning....

I designed the exhibit for the Smithsonian Institute on Psychic Phenomenon. I do not know if you know, but the Smithsonian has a touring show that travels all over the world, for 6 years, and it is all about scientific research and psychic communication phenomena. I designed that whole thing. I did all the research and filming and so forth. I got all that stuff. I understand that.

Now the question is, "How does it work?" How do you communicate it to other people? We were joking about

Walter. He took one look at you people and said, "That's it. Get these people out of here." I mean, you are fruitcakes. You know what I mean. Everybody had.... OK. I do love hugging, so we can form another line out here.

I want to talk to you about what is going on in the world, and I would like to do it by doing a helicopter ride. You know, the newscopter--the traffic copter--in major cities. The helicopter gets up to about 1500 ft. and it says, "100,000 bananas have spilled on the Slauson off-ramp." And do you know, that reduces stress all the way to the San Diego Freeway? Something to think about. It really does, for people who commute all the time and listen to a station that has traffic reports--if it is not going anywhere and something like that calls from the unknown. You know the five rings? The fifth ring is the void. You live in the void and you come from the void and you go to the void, so it does not matter. Whatever you do, it is a nice place to come from. That is where I live. Not all the time, but a considerable amount of time. Not all the time. John knows because once in a while I come in--"Fix my back." I slipped out of the void. But if you do, it does not matter what I said, it's good. And if I say something else, that's good.

I go to the cafeteria and I hear somebody say, "That is the most horrible chili relleno I have ever put in my mouth."

"Let me have some of that! That is the most terrible chili relleno that woman ever ate. I have to have some." Don't you want to know what the outer limits are? Don't you want to know?--"This is the worst movie ever made"--it will be a box office smash. People want to know about it; it does not matter if it is good or bad, short or long, the only thing is that you want to go and see it.

I am going to give you some tips here about what is going on. I am going to get up in the helicopter and show you some things that are going on in society right now that support what you are up to. Some of them won't be related to what you are up to, but trust me. I've thought about it, because here are the notes.

These are the things that are going on: First of all, **there has never been a period where there is this much change.** The only thing that has not changed is that every year I've said that. Desjardins said it. Every age has said it--has the great breakdown--but our change is more horrible than anything.

Is there anything that is going on now that is bad? Can you think of something? Nuclear proliferation. Forty-one wars as of last night. Forty-one declared wars in the world. Hunger. Religious persecution. Pollution. Chili Relleno. Cafeteria. Yes, there is a lot going on.

I have listed some of them--Economy--this is called the bad news scenario. Good new and bad news always come together, and I would like to start with the bad news first, because **the bad news is stimulus for the good news.** You know that the bad news IS the good news.

Most people don't ever have a break-through. They don't really ever transform their lives. They don't really ever clean it up. They don't really ever get their shit straight, until something goes REAL wrong. Do you think if my back was not hurting that I would ever have met John Thie and been here? No. No, I would be in Detroit addressing the National Association of Manufacturers with a bad back.

You know about the AA. They have a very specific phenomenon. Till you've bought them, they don't want to fool with you, because it means that you are not very serious about it. It's like you have to get organized. Until one day you can not find the list of the things that you were going to do to get organized. You can not find the "getting organized" list. That is it! Or you throw everything away and start over or get a divorce and move.

Some people just take a hike.

The economy--Reaganomics--I think it is terrific. I think it is absolutely terrific. New Federalism. We have a President disassembling the government. Good. New Federalism. Yeah. Twenty years from now, there will be a presidency: "Do you know what we need? God, we need some old fashioned Federalism. We need an agency to handle this."

It is called a pump. You know, the heart does not contract. That is the way government is right now. It is being disassembled, so the "health care system" that so many people rely on does not work. I'll go down here to MediCal and stand in line. **The health care system is being disassembled,** and it is going away. Now, a lot of M.D.'s don't know that yet. A lot of M.D.'s are in the medical model--they line up and order some forms: "We need 11,000 forms here right away." And what they don't know is that the sub-structure of the Federal Government that supports that system is disappearing. Employee development in the Federal Government is gone. When the Medical System tries to replenish itself, what it gets to do now is try to develop an employee development system. The government is just disassembling itself--the human services system is collapsing.

It happens that I know a lot about that. I have identical twin daughters, 17 years old, who are mentally retarded, so they have been in the human services system for 17 years. I know all about it. I have been on the national committee, and it is going away.

Now the good news in all that is that Reagan says we should take care of ourselves within the local community. It is true. At the spiritual level, the new federalism is precisely accurate. We just take care of ourselves at the local level. Some people may think that what is going to happen is the super-structure of the federal health care system will be replaced by a sub-structure of local health care--we will have a whole lot of little munchkin clinics buying some hypodermic needles. FORGET IT! Do you honestly think that it is going to happen? It is not going to happen. So in a very short time Americans are going to take a look at, "What are we going to do about our bodies?" When Americans ask that, we look around--what are we going to do about our bodies?

The photographer, Robyn, was telling me last night that she saw somebody do a demo. They held the arm and it was strong, and then they touched them somewhere and then they were weak or something, and she thought, "What was that?!" That is exactly what I got the first time John tested me. I was lying in his office because I was a total basket case, and he got me up on the bench and said, "OK, hold you arm up. Hold you arm up. No, no. Here is what I want you to do: I want you to hold your arm up!" and he pressed it. "God, don't ever get in a wrestling contest!" See, I did not know about weak and strong and the muscle work. "Hold the arm up. Hold the leg up." Nothing. He said, "Why don't you go home and get in bed right away."

So these traditional structures are being disassembled and nothing is being put up in its place. Very soon there will be a lot of people--and by that I mean hundreds of millions of people--who are looking at to how to take care of themselves, and it is not just Southern California fruitcakes and wild rice eaters. It is not that. It is going to be everybody. My mom and dad are really getting into this kind of thing. Man, they are eating various kinds of fruits and sleeping with their heads pointing north, and they come from the organized Church of Jesus Christ of the Latter Day Saints! Now, some of you do not know what that is, but I am telling you they are now into macrobiotic cooking, and what they notice when they do this is that it works better, and so they are doing it. So the fact that the federal government is being disassembled is good news for you.

Here's another tip. **There is a massive technological change in the world.** I saw some of you light up on the laser stuff last night. I thought that was cute. I love it. That's great. It's interesting. I would like to talk about it, too. And some of you said, "A laser! All RIGHT! Get me a laser!"

Wrong! You know what happens when the power goes out: "Oh, my God. Here is what I need--a laser and a bike so that we can pump the laser." Now the lab technician will be in incredible shape--the woman who is going the pumping. So it is not the trick, the toy, the game. But did you notice that a lot of you got hot on that?--"Wait a minute...Edmond Scientific..." I buy stuff from him all the time. I laughed. I was sitting by John last night and I said, "Edmond is going to 1100 orders for helium neon lasers from Arizona alone!" and I said, "What is going on down there?"

A lot of you are gear freaks. How many of you would like to have a personal computer? Good. Hands down. How many of you would like to have a better stereo system? Hands down. How many of you would like to have an elaborate massage table like John's got? Hands down. Lots of you, man.

Stuff. "I will get my stuff together." "I will get me some STUFF." Maybe I can market this. Maybe if we market these crystals--maybe \$25.00; maybe \$10.00--we will get more people. Maybe the greater the investment, maybe I can get me a table... See, it is called "stuff." The world is full of people who are wild on stuff. They want stuff. They like stuff that lights up and glows and blinks and winks. So there is a massive technological thrust right now for personal computers, for satellites, for lasers, for tele-conferencing.

I guarantee you, somebody in this organization will propose a tele-conference within the next 2 years. You would go into a Holiday Inn--do you know what I'm talking about? Tele-conference is when you have a meeting here that is expensive--there are some people from Mexico who wanted to come here and they couldn't. There were some people in New Zealand who can not be here. With tele-conferencing, you go to a local hotel and you have a camera in a room--a whole lot of what we have done here can be shown on a camera. It goes up to a satellite and comes down in this room and we can see on a large screen slipped down in the middle. The people in New Zealand and the people here can talk and ask questions: "Hello." "Fine." "How did you do that?" "Was that D-14?" "No, that was D-15." "Thank you very much." Whatever that stuff is. So a lot of you would want to do that because there is this fascination with technology.

Well, let me tell you the impact of that with TFH. **Nobody knows how to do any of that stuff.** Nobody knows how to use personal computers. The TFH Foundation is going to get one, or got one they don't know how to use. Nobody knows how to do tele-conferencing. In fact, in tele-conferencing, the people who sell the services do not even know how to charge for it. I know a lot of them right now. I do a lot of work in tele-conferencing. Like, if you are going to distribute a TFH video series, I suggest that you do a 13 part television series--half-hour series--on 13 different topics, because I think the world really wants to know about this stuff.

So **there is a tremendous moment of starting over.** That is what my topic is all about--starting over. There are people that I know, as a matter of fact almost everybody I know, that are starting over. How many of you are starting over? Hands down. I was Dean until August. I quit. All of my friends said, "Why did you quit? Didn't you make a lot of money?"

"Yes, I made a lot of money."

"Did not you have a really nice office?"

"Yes, I had a nice office."

"Did you get invited to everything?"

I said, "Yeah."

"Why did you quit?"

"I did not like it."

And they said, "Well, I'll do it."

And I said, "You are not qualified."

"Well, you are qualified. Why don't you do it?"

I said, "I don't like it. It's not fun." I did not want to do that.

I used to be into "stuff" and I had this huge house, and I had 100 pieces of antique walnut furniture. Well, not "stuff." I am living in another place. My wife and are living in a condominium. It has 2 rooms. There is no bed--you sleep on the floor. So I am into "no stuff." Being into "stuff" and into "no stuff"--same thing. I was in a meeting talking and one guy said, "God, are you into 'no stuff'?"

And I said, "I got rid of my stuff."

He said, "Gee, I have not got my stuff yet."

"Well, you should have come a couple of weeks ago, because I had plenty to give."

So there is this moment in time when people are staring over. I started a little bitty computer company. I started on January 6th, and now I am looking for a president to replace me because I realized that I do not want to do that. The company is a good idea, the training is masterful--we train people to use their personal computer in one day. It is a break-through process. 8:00 in the morning you do not know anything; 5:00 in the evening you can run a personal computer. Any computer. Superlearning and the whole thing--it is a great service and I do not want to do it. Phone call--"ello...twelve people?...fine...what are their names?..." So I am looking for a president. A guy came to see me the other day who should remain nameless--the president of the largest company in the world that manufactures the heart-lung machines--127 million dollars a year. He is going to quit that job and wants to be the president of my company making about \$9.00. I said, "Why do you want to be president of this company? It is a little bitty, ka-ka company!"

He said, "Yes, I do."

I said, "No, you don't"

He said, "Yeah, I do."

I said, "Why?"

And he said, "Well, you are having a good time, aren't you?"

I said, Yes, I am having a good time."

He said, "There you go." This guy is persuading me that I want him to work for me, and he wants to work for me because it looks like it just might be fun.

This guy is walking away from what a lot of people are walking towards, and he is walking back towards satisfaction. Instead of a productivity index, we are talking about a satisfaction index. We are talking about a quality of life index. A lot of people say, "How did we do this year?" Well, how many people are here? Say, 200? "Well, how many do you think we are going to have next year?"

And I think, "Who CARES?" Nine people showed up and spent their whole entire time hugging. They went away and transformed 9 cities. Who cares? Now, is this possible? Absolutely! It is possible. When I do a presentation, it is extremely clear to me that any person in here can catch the spark on any line. It is not related to the point.

I was doing a computer demo for a bunch of high school kids in Anaheim, and this lady came up to me and said, "You don't remember me, but I was here a year ago and you said...." And then she quoted the line, and she gave me a copy of her book. She'd gone away and written this book, and had it published. She said, "I'd never written anything before!" And then we licked each others ears

and went crazy. Now she is going to go out and win the Nobel Prize or something like that.

But it is very clear that you do not know who you are reaching or what line works. It does not matter what the line is, you can transform your relationships and **you can transform the society you live in, based on any thought.** Any thought.

Now let me put you ahead. We are living in a time of transformation. I do not want this to be goo-goo talk. A LOT of you do not know it. A lot of you are healers--bio-health whatever you are--Touch for Health--and you do not know this. That is OK because whoever discovered water was not a fish. **You cannot correct the system from inside the system.** You have to get out of the system, somehow.

I talk to John a lot about the paradigm moving from the medical model of the doctor who knows, "We'll say you have a D-27 problem," to the patient who knows--I do not like to use the word "patient". I'd like to drop the word patient--to the paradigm of the human being, the person who knows and says, "Hey, press me here. No, that's not it. No, here. Oh, good. That's it."

How come you do not do that yourself? It is because you can not assess and adjust and evaluate a system from inside the system. The Chinese had a great phrase for it. They said, "If the mind must consider the mind, with only the mind as a resource, surely great confusion will result." One of the big jokes on the Bob Newhart Show was Jerry, the dentist who worked on his own teeth. You'd walk in there and there he was--it was really funny because it was so ludicrous. You can not do that. Maybe the front ones, you can pull them with pliers, but as far as really caring for your own health, if you have something in your eyes--you have dust in your eyes--do you need help or not? Can someone really assist you, or not? Yes. It is from outside the system.

So there is a lot of transformation, and a lot of you do not know. So let me tell you about transformation. First of all, you need to know what that means. It's an instantaneous and complete change of character. It is not fixing it up, like "my wife and I are going on transforming our relationship." You're doing something, but you are not working on transforming your relationship. **Transformation is instantaneous.** Boom--you are pregnant or you are not pregnant. You are making love--you are taking precautions, you are not taking precautions--it does not matter. So you are not pregnant and then boom! you are pregnant. Then it works itself out in time. Right. That is the way it is. I am not saying, "Boom!--you deliver a baby." But I am saying that pregnant and not pregnant is a transforming process and you all know that.

Riding a bike is a transforming process. "You can almost ride a bike." "I am working on riding a bike." No, you are pedalling. You are not even close to working at riding a bike. You start on a tricycle and then you have training wheels. Did you ever try to help someone in learning how to ride a bike? Did you help a kid to ride a bike? Some of you are nodding because you want me to like you. Usually you hop along with them and then when they are ready for it, you get the training wheels off. It is about time, because he is almost 19.... No. Almost every person holds onto the back of the bicycle seat. They will start by holding the shoulders and the rear fender--now, see, you do not think that is what you do. You get ahold of the back of the seat and then you say, "OK, pedal faster," and they say, "OK, Daddy. I got it," and you say, "You do not have it, Ron, keep pedalling." "OK, I can do it." "No, Ron, pedal faster," and the little bugger almost gets there, and then that moment is what I am talking about. When you give him that little extra 5%, there is a transformation and they can ride the

bike. And ride it into the mailbox or the orthopedic ward or into John's clinic. But when he can get off the cast or off the bench, he can, in fact, ride the bike. He does not have to be taught again because he knows how to do it. The same with swimming. Throw a child into the water for 4 minutes and ask them their name. If they can give you their name, they can swim. Boom--it's transforming. We are passing through that moment right now.

1977 Nobel Laureate--the theory of dissipated structure--I will not go into this. Have you ever noticed that when a bridge collapses, it is all at once? Have you ever noticed they do not sag--"Yes, this bridge is sagging 40 feet now"--that is a lot--"Now it is sagging about 80 feet." No, it will sag about an inch, and then it goes, "Crash!" because it is a system, and the system collapses all at once. Balloons. Now, you can let the air out of the balloon, but you have not, in fact, damaged the structure of the system. All you have done is open a little hole in it. **When you damage the structure, it goes all at once.** Same thing is true of structure appearing. Things appear all at once.

Sometimes in you life you think about the whole field of communication and "How are we going to work?" and "What is Touch for Health really going to do?" and you are smoozing around, and all of a sudden the light comes on. Now, if you had not had that experience--which is the most extraordinary phenomenon that I have every experienced--and I've had some amazing ones because I am receptive, open.... So if you are not on "receive" enough, you have to go on "receive". I think that every person in this room ought to go on receive a couple times a day, not once a week. OK? Several times a day you ought to stop, do whatever you do, and let go. Don't try to control and say, "I have to quit thinking about my taxes." No, it is not control, it is release. Just release completely and just wait. Do not pre-structure it: "Tell me the answers." **WHAT IS THE QUESTION?** You know, "Cable TV or D-14?" **Do not ask for answers, ask for questions.** If you ever pray, pray for questions; do not pray for answers. The answers are the booby prize. The answers are for paperback books. Bring them to the bus station and sell a lot of those. What we need are more questions--sharper, more challenging, more interesting, more difficult questions.

Have you ever played tennis? Have you ever noticed how many problems there are in tennis? First of all, do you have a racquet? Is it 25" long? At breakfast this morning I was talking to some of you about sawing off your racquet. So if it is not 25" long--What is it, John? They don't think I was here?--Do you have a racquet; do you have a partner; do you have a court? It used to be no problem to get a court. Now, can you serve; can you get it over the net, keep track of the numbers, over the net, to the left of that line, to the right of that line, short of that line, hard enough so that it does not look ridiculous, and your partner does a baseline shot to hell and gone, up in the stand. You are making it difficult on him or her, and he makes it difficult on you, and you are each in partnership making it as difficult as you can. And the better you are, the harder it is. You notice Wimbledon looks hard. Did you ever watch the final set of court games at Wimbledon? It is not easy. The better you are, the harder it gets. What we want is the challenge, and the questions are the stimulus of the new idea, not the answer.

Now let me give you a few more things about transformation, and then I will give you some tips about TFH. Transformation involves what is called the paradigm shift. "Paradigm" is the picture of the world; it is the way you think. Midtown L.A. banker--do you have the picture? What is it like? White, three-piece suit, Gucci's--this is real superficial. You have a picture about everything--absolutely everything. Cornfield--

picture it. We won't do them all, but you have a picture of it. OK. That picture pre-determines all the results. **What you bring with you is what you get**--what you are looking for. "We are looking for orange T-shirts"--it is what you find. The world is full of orange T-shirts. How many light bulbs are there in this room? This is not your paradigm because you do not change the bulbs, but do you know that there are people that walk in here and they don't notice the orange T-shirts, and they don't notice the size of the people, they just look at any burned out bulbs. They leave, and you say, "How many people were there in that room?" and they say, "What people?" What is "looking for"? You are always looking for what you are looking for, so if the paradigm precludes things that you are not looking for, you will not find them.

Have you ever lost anything in your own bedroom? Woman loses an open bottle of nail polish. She is doing her nails--one hand is wet and the other is not--and the husband walks in and says, "This nail polish?" and it's in the middle of a white chenille bedspread.

She says, "No, not that nail polish--some other nail polish!" and she is embarrassed about it. But you know, you can not see it if you know that you wouldn't put it there. You can say, "Look on the bed"--it isn't there. It isn't there if you do not think it is there. It is not there!

You can not learn anything from anyone that you do not believe knows it. What is the best book on guided imagery, that has actual exercises that you do in the follow-up activities? Some guy walks by and he's half crooked and he says, "I think it's Mind as Healer, Mind as Slayer." You look at him and say, "Good. Thank you very much." Then you turn to this other person, who is a Touch for Health instructor, and he says, "Mind as Healer, Mind as..." and you write that down, because you can not learn from someone that you believe does not know.

We are going through a massive paradigm shift in the world right now. Did you ever try to push a door open and it won't open, and you try and it won't open, and then a 4-year-old child says, "It says 'pull'." That is a paradigm shift. Now you look at it and you say, "Pull," and then you say, "Thank you." And then the paradigm is shifted. You always knew it was there, you just didn't know you knew it.

Now let me tell you the key to transformation. **If you want to transform a part of your personal life, you must let go of the old paradigm,** and you must let go of it before you are secure in the new paradigm. You can not hold on to it until you are absolutely sure that Sheldon is nuts--You listen to Sheldon and you do not know, and you keep going what you are doing, and you're kind of considering thinking about doing something else--It does not work that way. It is like a trapeze act. Have you ever seen a trapeze act? You have to let go of one bar and fly through space. There is no ladder--there is nothing. You fly through space to get to the new bar. You can't change from one paradigm to another without an intervening, insecure space. So if you are into security, you are not into transformation.

By the way, did you ever notice Tarzan? Do you know why it is so much fun to be Tarzan? He never checks to see if there is a third vine! Notice that--he just sets off. Then if there is no vine, they cut to black or something, you know. That is why it is exciting. We all know that the greater the risk, the greater the reward.

Last comment on transformation--Piaget and a lot of others are talking a lot about "convergence zones"--that there are zones in society and zones in time when things begin to kind of converge. Did you notice in the film last night on patterns, that there was some time when nothing happened? You know, they are going along, and nothing is happening. There are lines, but they are not neat lines, and then all of a sudden this one goes faster and

then it makes a little heart. There is one little moment in time when all of a sudden a lot of stuff goes on. That is called the convergence zone.

We are living in a convergence zone right now. There are all kinds of people converging, not just on Touch for Health, but there are a lot of straight, business types, a lot of hairy-fairy street people types, a lot of educators--all reconsidering their role in life, and they are considering their relationships.

I had a luncheon a few days ago. I was invited to meet Barbara Hubbard, and she has just finished a TV series that you are going to know about. It is going to be HOT. It's going to appear on channel 18 starting, I think, in August. It's 13 weeks. It's called "Options." It stars Bucky Fuller, John Lilly, and a whole bunch of people. There is a thing called "connection". It's a facilitator, and what it's all about is to build connections in local cities where this tape is shown, so if there are people interested in that, they can actually call a number and can establish a relationship between existing organizations. It is not to create a new organization, it is to create energies.

So I went to that luncheon. There were 100 people at that luncheon. There were 50 people that I knew, but I knew them all from completely different contexts--the head of continuing education at USC, the head of continuing education at UCLA, the head of the world hunger event, etc.--some of them real straight, some of them real mystical--and we sat there for 3 hours and talked about how we can give support to one another. I am going to design a computer service for the Tree People to find a million trees for the Olympics. And I went there to lunch. At the end of it I said to the woman who invited me, "This is GOOD!" and she said, "Yeah!" There was this recognition of rightness--that is good; that is appropriate; that is what we ought to be doing--so we are in a converging zone.

There is a book--80% of all Americans surveyed--they may survey thousands and thousands of people--by self-definition are in some conscious process of personal transformation. And I do not mean just running, they are in the process of personal transformation. So it is not as big a deal as it was, which means that you folks ought to be boogie-ing. Get out there and do it. Don't hang back. Now is the time to do it. Put the word out.

The key thing is, **the problem is the good part.** If you face the problem in what you are doing, that is the good part. The problem is the good part. The problem is always the stimulus to the new break-through. Until there is a breakdown, there can not be a break-through--there can only be a fixing up. I am real bored of fixing up. I am not interested in fixing up. We fix it up--good. I'm glad. So what I am after is transformation--break-through--eureka. So we have a lot of problems facing us right now. We should embrace the problem! You should look for some creative ones, more difficult ones. Keep jacking the risk up. Go higher and higher.

I know something that would scare you. Let me give you an example. Surveys show that what 95% of Americans fear most is doing a speech in public. Most people fear most, doing a speech in public. I do not make them up--that is just what the figures show. So is there some group in your city that would scare the living ___ out of you to give a speech about TFH? Good. Call them Monday.

I taught time management for five years. **What you've got to do is figure out what is the one thing that you dread the MOST tomorrow, and do that at 8 o'clock.** Boom! And then you will find out that the rest of the day is easy. I always handle the hard stuff first, never put it off till noon--then it's 2 o'clock--"Oh, God, it is getting late. He will be going home. I'd better wait until tomorrow."--and then you go home and say, "Oh, my

God. I didn't do it."

So when you make a commitment, don't you keep it? Did any of you ever brag about some big trip that you were going to make that finally you did not have enough money? How can you say to your friends, "I did not have enough money." So what you do is called actualization, making things real. There is a process of making things real. First of all what you do is you figure out what you want to make real--exactly what you want to make real--and it won't have "ion" at the end of it. Communication, relation, education--it won't have that. It will have "class", "teach a class", "call some guys", "write a letter." So there is something you want to do. Then you write it down and that gets it out of the system. Some of you have things that you have intended to do for 5 years. You have not done it; you think about it every day, and it would take you an hour--20 minutes total--and then you do it and they you say, "Oh. That was it." Then you have time free to do nothing.

So you **write it down and you tell a close friend who would hold you to it**--someone who would kick your ass--do you know what I'm talking about? Not somebody who would say, "Oh, Elly, I understand that you had so many problems...." They want you to come and tell how hard life is and they agree. No, no. You need somebody who would say, "OK, you really want to do that? You want to do that by next Thursday? OK, get it done by Thursday." See, then you need to tell that person, and then you need to tell EVERYBODY. Once you tell everybody, then the Universe knows it, and then it will happen. You do not have to do anything, just let the Universe know.

Did you ever hear anybody say, "Sometime I would like to have a home at the lake." You can always spot a lie--you can spot it because it is something weird.

"So you want a home at the lake--how many square feet?"

"Oh, I don't know."

"Do you want indoor plumbing?"

"I don't know."

"Do you want a boat dock? How long?"

"I'll know when I see it." No, they will never know when they see it. You've got to get them to tell you they want a white picket fence, 13 ft. boat dock, indoor plumbing, 4 rooms--that is what you want, and you do not want to pay any more than this, and you tell a whole bunch of people and one hour later someone will drive to a gas station in Ukiah and they will say, "God, you are not going to believe this. I just passed a place that has 4 rooms and it is white and it has a 17 ft. boat dock, and it is exactly what you want."

Then you can choose. You can either accept the Universe's gift to you or turn it down, but this is the part of making things real. **The first step of making things real is committing yourself.** So Monday call somebody and intend to do something.

You are instructors of TFH and I am on the Board. By God, let's get some performance out here. I am not a trainer, so I am not into the D-16's. I'm into performance, so let's go!

My first commitment to you about this is that I am going to work on fund raising--on corporate appeal--on communication. I am going to work on putting it OUT. That is easy, because so are you. So all I do is tell what to do and do it. And the I'll ask John how that worked, and he'll say, "It worked great!"

So first, **you have to know why you are here**--why you are in this room. Lacking purpose....Why are you in this room? To give to the world? To give WHAT to the world? Good health to the world? OK, why else are you here; what is your purpose? To charge your batteries? Yes. Some of you are here--I mean, where else would you be? You do not know? This is great--you keep

coming back. What other purposes do we have in the room? Purpose--that, you know, is direction--like going East.

"Teaching and make a lot of money." Good. "Learn tools." Good. "Get a new start." "Build confidence." Here's what I want you to do. I would like you to take about 20 or 30 seconds, just a very short time, and I am going to ask you to do a very tough thing. I want you to tell the absolute truth--to yourself. I want you to write it down. Absolute truth--whatever it is--making money, building confidence, being healthy, fixing it up, getting to be right, proving something to my mom, getting laid--I don't care what, whatever it is. We are not going to ask you, but this is a crucial step. Tell the truth--what is your purpose in being here in TFH? Be quiet and write something down.

Let me show you my position on "purpose". It is real. I think it matters. I think it is something that you align yourself on. I don't think it is like when people write by-laws for an organization and never read them. Whenever I join a group, I read the by-laws, and I say, "How does this relate to your purpose?"

"Oh, well. We have not revised this in 10 years", and it is in the drawer. It is not in the drawer. **The Universe checks everything.** The Universe reads in the drawer.

You need to know what your purpose is, and it ought to be like the pledge of allegiance--if you mean it--"I pledge allegiance to the flag"--like saying, "I love you." You hear that? I love you. Yeah, I love you. I do. It is true, I love you.

A lot of people say, "I love you," and they say, "We'd better have a better way to say it."

I said, "I love you" already, and I have been married 24 years. I say to my wife, "I love you," and she does not say, "Why don't you say that some other way? Find something else to say."

But a lot of us say, "I said 'I love you' 12 times and it won't work." We are conscious on that. You said you are a wonderful person for 6 weeks and you are conscious on that. You are always looking for something new and different. That's not it. You want to do it the same, but it wants to be authentic. Reaffirm your purpose in doing TFH, periodically--I would say daily, as part of your prayers.

Let me push ahead, because I want to give you some concrete tips. Why do you do this stuff? Why are you here? Well, I made a list of what I think you are here for. I think it is part of being better professionals. I think that you say, "Yes, I want to be a practitioner, to experience wellness and aliveness, to share the experience of well being and aliveness with other people that do not know about it yet." It is called "Good News." The theme song for this show that I was telling you about is called "Good News." It talks to a newscaster and says, "Don't you know that the world is full of people that want to hear good news?" A lot of you want to share that, and I think that many of you want to experience oneness and alignment. You notice, when this room works, you all feel like you are one--one in God, one in each other, one in body, and so forth.

I will tell you why I got involved in all this. It is because of my very clear and personal perception of John Thie as a holy man. That is why I am involved in it. Now let me tell you what that means. That does not make John different. The reason I think John is a holy man is that every time I am with him, I have a very clear perception of my own business. When I am with him, I get how good I am. I really fell like a good person. He is a mirror for me. When John works on me, I laugh my ass off. I can't believe it. **When I am with him, I get an experience of my own goodness, and that's what oneness is all about.** It is not being different, but being

the same. It is about sharing sameness with people and having them recognize their sameness in oneness with you. So this is why I am involved in all this. I have experienced the same thing with many of you, certainly everybody I hug.

I am down to the bottom. I have some tips on how you can do a better job in your work with TFH. It is self evident that the responsibility is yours. You know how to clean up the city, don't you? Don't throw down McDonald's wrappers and pick up the ones that you see. That will clean up the city. If everybody that you knew--I do not mean the world, just the people you knew--did not throw trash out the windows and picked up the trash they see, the city, in a very short time, would be clean. Some people would say, "We need a department of cleaning-up-the-city-ness," and then they start this whole business. Personal responsibility--that is what it is about. **What you are working on is yourself**, in transforming the city and the world. You are not working on the city and the world, you are working on yourself.

I am going to give you twelve tips for doing that. Some people think that it's all about turning lead into gold and then you will be rich. That is not what it is all about. You put the base element in the mortar and pestle and grind them for 7 years. It's like being a file clerk at Sears. It's doing this mindless thing. And what do you do while you are doing that in the mortar and pestle? For seven years you are mixing and you are considering and you are thinking and you are evaluating and you are on "receive" a lot, because there is no sin. OK. **And what is being transformed is the alchemist--not the lead.** In fact, it is said that OUR gold is not the common gold. So what you are working on is yourself, so I am going to give you my 12 tips on how to work on yourself.

The purpose here is to assist you in manifesting TFH in society. I am not going to talk about TFH, I am talking about things you could do that would assist you in manifesting TFH in society. I have gone through me entire repertoire--ideas, stimulations, inspirations--and these 12 tips are the best I've got.

Be conscious as often as you can. Most of you are professionals at this--don't go on automatic. Don't mail it. When you see someone coming down the hall and it is not the person that you want to meet, you turn around and go back towards your room. Don't do that--stay conscious. Particularly if you are having difficulty with the staff member, your husband or wife. Stay with the person. Stay right there. It is like salmon going up stream. Don't you know that it would be easier to go down? It isn't. **Do what you are doing, while you are doing it.**

I had a consulting job with an executive in downtown L.A., and the man said, "God, I'm going crazy. At night I lay in bed and I toss and I turn and I think about net present value and what about employees and what about the union...."

"Then," I said, "what is the problem?"

"Then I gotta come to work, and I sit there and say, 'I gotta get some sleep!'"

It's a true story--and I said, "There has to be a clear solution for all that--sleep all night and worry all day." Of course, worry is the booby prize, but anyway....

Did any of you ever have a close call on the highway? You are driving 3,600 pounds of steel 72 mph, not noticing--trying to figure out your marketing plan for TFH. You won't have to worry about that for long. So be conscious. George Bernard Shaw said, and this is related to that, "Keep yourself clean and bright for you are the window through which you must see the world."

Be willing to be ignorant. You can not learn if you are not ignorant. If you can not come to the position of not knowing, you can not know. You all know the story of

the Zen master who poured the tea all over the neophyte and himself, and he said, "You come to me as a full cup of tea. If there is no space, there is no learning."

Now, there are a lot of people who come to me and talk about computers. They know "nada." But it is not OK with them to say, "I don't know anything." So they say, "This is what, a 40K machine?" And then I say, "How many K did you need?" But people are not willing to say, "I know nothing--show me."

And I want to tell you, the better you get in TFH, the more you will be seduced into "knowing" and the less you are able to know. So be willing to be ignorant. Everything that I hear is fresh. I heard a presentation, and I had some confusion and some concern, so I talked to John about it. I asked him questions about it, and I looked at it, and I did not say, "Wrong!" Be willing to be ignorant--stay open, always open. I mean, you can learn something in the bus station--Boom! Any moment in time, you can learn something.

Let me give you the third tip. **Learn to listen.** Soak it up, what you hear. Can you hear the wind? Can you hear the air molecules in your ear? Can you hear your heart beat? Can you hear the thoughts of animals? Some people would say, "I and listening...no, no...I am listening."

And I say, "Good. I'm glad you're listening." Learn to listen--go on "receive." You will hear voices from the past. You will hear things that you won't know what they are. Lots of kids, as you know, have para-normal communication phenomena--very intensely--until they are five or six or seven. Then they will say, "Mama, I dreamed that Mr. Jones died," and Mr. Jones dies at the table.

"Don't you ever say anything like that again! You have murdered Mr. Jones."

So kids realize, "Oh, my God. That is not OK." So they quit listening. They quit communicating--so they start taking courses in communication at USC. Tell me about it!

Fourth tip: **Create a vision of yourself as a perfect teacher.** Create a vision--**write it down exactly how you want them to be.** Don't be fuzzy. "TFH. I want TFH to reach all the nations." Right. What kind of car do you want to drive? You want to buy it from TFH funds. See if you can say, "I want a 62 Chevy, and I want wing tip shoes bought by TFH funds, and I want to live in this kind of house, and I want to live with this kind of guy, and that kind of woman, and I want to wear this, and I want him to wear that, and I want to eat that for breakfast." I can help you with that. In fact, you can just create that immediately.

But if you do want to do good works, good luck. So create a vision of yourself as a perfect teacher--exactly how many classes do you want offered, exactly who do you want to reach. If you want a class, don't say that you want 10 people, say that you want the superintendent of schools, the head of the local realty board, "I want three 15-year-old children, one of whom is a gang leader."

Say what you want and then go get it. That is easy to do. To get 10 people to go up to my room is difficult. To get one woman in a leotard, one guy in a plaid shirt, and one woman in a flowered shirt, and whatever, to go to my room is an absolute, lead pipe, cinch! Because I write that down, and I say, "Oh, I've got to get a person with a plaid shirt, so will you come to my room?" And then, "I need a guy wearing an orange shirt with an award pin, and as far as I can tell you're the only one," and he looks around, and "Oh, my God. I'm the only one. Oh, all right," and off he goes with you. He was chosen.

I am going to give you one last para-normal story, and then I will finish the tips. I was asked to help a parent group in Stockton California, recruit foster parents for

retarded children, and they were trying to figure out a media campaign--TV ads--and I said, "That is so hard. That is really round-about. That is going to cost you money and take time and we won't have a Bar-B-Q. Let's spend the time hugging and licking ears and playing the piano."

And they said, "Well, how would YOU do it?"

I said, "Close your eyes. I want you to create a perfect couple for one of those kids--which kid?" And they named a kid, and I said, "Great! Create that couple. How old is the man? Good. How old is the woman? What color hair does the man have? What color hair does the woman have? How tall is he? How tall is she? What is he wearing? What is she wearing? Where are they sitting right now as you look at them--whatever they are eating, drinking or doing or saying, where are they? Good. Open your eyes."

And then I asked for consensus, and almost every person there said they both were educated at Berkeley, he was 6 ft. tall and they were drinking white wine at a restaurant down by the waterway, and most of them agreed which table they were sitting at. I said, "Look--what we need to do is to send one of you down there at 5:30 or 6 o'clock, in just one hour, and watch that table, and if somebody like that comes in and sits at that table, call us back."

So this guy says, "I'll do it." "Good." So he went down there and about 40 minutes later he called back and said, "Where do you want them?" It's a true story--the couple came back and they are foster parents and they adopted the kid. The fact that it works is irrelevant. The intention, having a very precise vision of the future, is absolutely critical.

Do you have anybody in you life that does not cooperate with you? **Cooperate more.** Now, what if they don't cooperate with you? Cooperate with them more--show them with cooperation. Cooperate with them more: wash their car, wax it, fix it, shine it, buy them stuff, and cooperate and do their work for them. Type their letters for them--because what you put out is what you get back. If you want love, LOVE. If you want short, quick conversation, just put out short, quick conversation and that is what you will get back.

Have you ever walked into a room and you see on a person feeling good, and a third person walks into the room and looks like they died? Many of you people would go and cheer her up, but most people, "Oh, God. Something happened. What happened, Connie?" and immediately they go.... And then she thinks that everybody is unhappy all day. You get back what you put out, so cooperate more.

Come from mastery. Mastery is not a destination, it is a source. It's where you start, it's not where you are going. Some people say, "I'm working on being a stamp collector and soon I hope to have it mastered." No, it's not at the end, it's where you start. "My home town is Independence, Missouri." Can you change that? No, you can saw my leg off, and I can say, "Oh, then I come from Cleveland, all right?!" Do I? "I come from Albuquerque. God, what do you want?" No, I come from Independence, no matter what anyone does, I come from Independence. I also come for mastery, which is one of the reasons I have been able to do such an incredible number of things in my life. I do not take any time getting ready. I do not take any time to get ready!

I became a professional photographer because I had a professional photographer who was ripping me off. I would say to him, "I want this slide with this title," and he would say, "Oh, we can not do that. We need a Lumitron." And I would say, "What do we got?" and he would say, "We only have a Repromat." If some of you do not know what it is, it's the same thing only one costs about \$2,000 more. So I finally wrote to Kodak, they

sent me some books and some films, I bought a Nikomat camera, and I had a one man show about 30 days later. It is because all you have to do is learn what you need to do to do that, and just do that, and then you get to do that. It is not based on certification, validation, degrees--nothing. It is based on doing it, and mastering it. So it comes for mastery all the time. Could you become an omelette chef in one month? Absolutely. Absolutely, you can become a great almost--anything in a very short period of time, if you come from mastery.

Be a well spring of aliveness. Let me tell you what is wrong with Urban America, cities. I will tell you what is wrong--the faucet. The faucet has done more to wreck more than you are trying to propagate in the world than anything else I know of. People used to go to a spring. I used to go to a spring. I was raised on a farm, and we went to a spring. We had a well, and we would go there and stand around there ... "Hello there!" Great! That is where you would shoot the bull and talk, and you would also be aware of the fact that the water we were drinking does not come in blue bottles--that water comes from the earth. You are related to the earth--it is part of the system, and the more you take out, the fresher the water gets.

The same thing is true of aliveness. Do you notice that my energy is not dependent upon your response? It is related, but not dependent upon it. The aliveness you can put out--and you can keep putting it out and it does not matter how bad things are going, who is out there, you can still put out the aliveness. Be a well spring. Let it bubble out. You will find out the more it bubbles, the more you will have.

Learn to soar. Did any of you ever do any sail planing--soaring? A couple of you have. One specific thing I want you to know about it is about gaining altitude. There are 4 parts to attaining altitude in a sail plane--do you know what I'm talking about? First thing you have to do is to find turbulence. You have to find air that is messed up--hitting the mountains or spinning or doing something. You have to find turbulence, and you go right for it. Like, if you are 4,000 feet and there's leaves above you--"All right! There's a big mess over there. Let's go get in the mess!" because soaring is about getting in a mess. Gliding is about getting out of a mess--gliding. But soaring is about finding the turbulence. Soaring is about flying a sail plane that has no motor, no propeller, no jet. They fly for hours and hours and hours, and hundreds and hundreds of miles. They fly like gulls, which also have no motor, and they fly on the wind, like this turbulence here.

My point is that a lot of you, when you see turbulence, you get out of the way--you get out of the turbulence. No, that is not what works. What works is that you look around here and you see that right here is the turbulence, so you head right for it. Earlier I said to find the one thing that you are scared of doing and you sign up for it on Monday morning--get right in the turbulence.

The second thing you do is you choose a position in it. The third thing, you choose some constant--and in soaring you use the horizon, because the horizon will be there. You have to use something that is constant. Many of you might choose your relationship with God, or with John Thie, or--I do not know what you'd choose. You just choose a constant, and then you just hold fast. Then you will find that once you're in position and in the turbulence and you have some constant, you do not do anything. You loop around in a big spiral and you soar, and you are gaining altitude. That is how it works.

My last tips--they are very simple: **Bless everybody, all the time.** Consciously, aloud. Touch them. Feel them. Bless them.

Pray aloud. Pray aloud--to whomever, for whatever, about whatever. I am just telling you, as a management

consultant, that is what works for me.

Laugh. I am absolutely certain that God laughs all the time--she told me so. I am so convinced of the healing power of laughter--I mean, it is so clear to me--that when people are together and laughing and kidding around and having a wonderful time, that the sense of oneness with each other is more powerful than at any other time--even when singing hymns. So laugh a lot. It is a powerful expression of God's love.

And my last comment is, **be committed.** When you choose to do something, do it. I had a cat named Abigail. That cat would be petted by me once a day--it didn't matter whether I thought it was a good idea or not. At the beginning I hated the cat. I'd throw the cat out of the house, because the cat would just.... Then the cat would find out what room I was in--second floor down--climb the tree, leap onto the roof and climb on the screen and go, "Meow," looking through the window. So I had to either move or shoot the cat or let it in. Then when I let it in, it would lick me, groom me, and I would pet it and we would get into this heavy thing. In the beginning I was...I got into it after a while. But anyway, I would pet the cat, and when she was through--not what I was through, when SHE was through--she would go into the next room and have a cigarette.

Now, the lesson in that is that you need to have your commitment, and if it does not work, you stay committed. And if it reverses, you stay committed, and if the class does not mix, stay committed, and if you get confused and your car is wrecked and they steal your stereo and blah, blah--stay committed, because the commitment is what makes life work.

God bless you, all....