

JULIE FRENCH

Touch for Health Presentation

I have discovered that using the 5 Element Chart developed by Gordon is a wonderful tool for effective balancing. It also is a way for the student/client to visually see what emotions might possibly be contributing to their physical imbalance. Example: Liver and Gall Bladder Meridians out of balance might indicate issues involving anger. This can be valuable information, but where do you go from there? One excellent choice might be to use E.S.R. to help ease the emotional charge out of the body. However, I have discovered that often the person lacks clarity as to what the underlying issues might be and why they are responding the way they are. The person needs to see the situation from a new perspective - a new window.

Creative Problem Solving can be a way to this new window. I use creative problem solving frequently in conjunction with Touch For Health because ~~it~~ quickly allows the person to see more clearly the Truth. I would like to share with you one simple technique you can use easily

than tell you about it, I would like you to have a direct experience of it.

On a piece of paper write down three situations that are not clear/upsetting to you.

Example: I am upset about my weight.

I dislike my job.

My relationship with my husband/wife/friend is real uncomfortable.

Now, look at the three situations you have in front of you and let one lift off the page to you - which situation needs your attention the most right now? Make this statement to yourself, "I would like to get clear about....." Now, describe to yourself what is presently happening in this upsetting situation. In regards to this situation, what do you want to see happen?

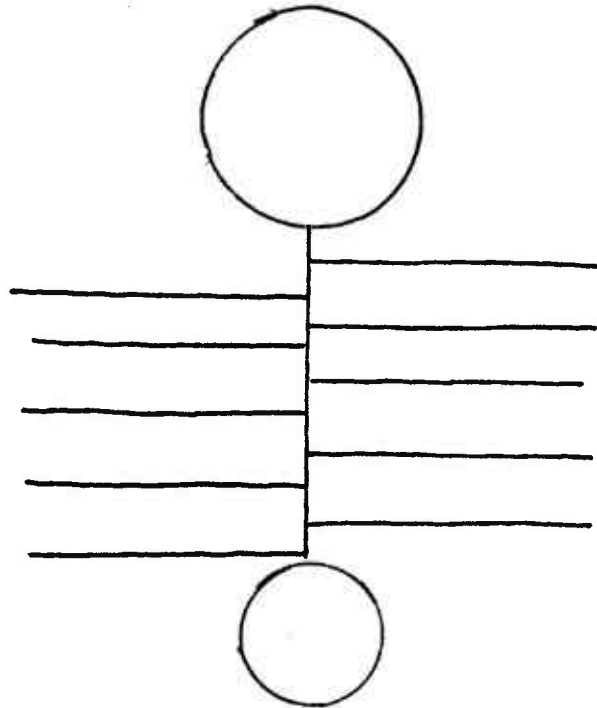
Example: I would like to let go of 15#

I would like to get a new job.

I would like to be more open in my relationship with.....

TH & Mental/Emotional Clarity

On a piece of paper draw this form (developed and designed by
Rochelle Myers of the Myers Institute Of Creative Studies)



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Please fill in this form in the following way:

1. Put your first name in the bottom circle.
2. Write your goal in the large circle at the top using the following

guidelines.

a) Begin your goal with the words "I would like".

b) Make your goal personal. Example: "I would like to be more open",
not "I would like my husband to change".

c) Make your goal short and simple. The longer the goal the less

clarity you will receive.

TH & Mental/Emotional Clarity

d) Make your statement positive. Ex.: (if your goal is to feel comfortable with new people) A poor goal would be "I don't want to be nervous with people." A stronger goal would be "I would like to be at ease with new people."

3. Read your goal to yourself and then go to the first bottom line on your form, write a "but" and fill in the rest of the line with what thought comes to you. Ex.: "I would like to be at ease with new people but I am always afraid I will make a fool of myself." Repeat the stated goal to yourself and proceed to the next bottom line and complete another but statement. Continue to read your goal and fill in all 10 lines with "but" statements. If at any point you feel stuck, close your eyes, drop your breath, breathe quietly from your solar plexus and wait patiently for another response to immerge. Because of our limited time you may not get all 10 lines filled in but you will have a few minutes to write as many as possible.

We are now ready for our final step. I would like you to read back to yourself all of your statements from the beginning to the end but

pretend that these words are not yours. Pretend that you are listening

TH & Mental/Emotional Clarity

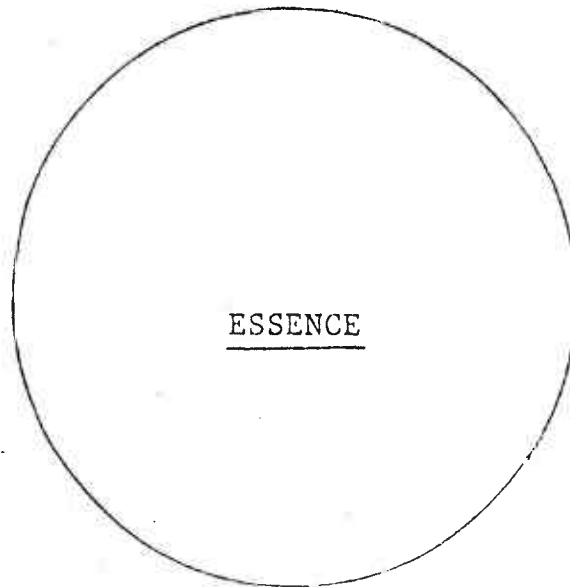
to a friend. As you listen, see if you can determine what is really happening. What would you think of a friend who spoke like this?

What did you discover? <Responses from the group> Did anyone notice that they were being rather hard on themselves? What emotion seem to repeat itself through your statements? (Anger, fear, hurt, or grief)

Let's take a look at where this begins and how it succeeds in preventing us from reaching our goals.

Carl Rogers presented the idea to the world of psychology that we internally have subpersonalities/inner voices (a child, a parent, and an adult). I would like to look at the possibility that rather than 3 we have 7 inner voices or subpersonalities. Let's look at it graphically. ¶

(this chart was developed at the Myers Institute For Creative Studies in San Francisco.)



Essence is the voice of: _____

- 1) allowance
- 2) truthfulness
- 3) compassion
- 4) understanding

Judgment is the voice of: _____

- 1) blame
- 2) criticism
- 3) shame
- 4) scolding



MIND

JUDGMENT

OBJECTIVE INTELLIGENCE

Objective Intelligence is the voice of: _____

- 1) assessment
- 2) objectivity
- 3) appraisal
- 4) impartiality



Pain is the voice of: _____

- 1) fear
- 2) hurt
- 3) anger
- 4) sorrow



EMOTIONS

PAIN

PLEASURE

Pleasure is the voice of: _____

- 1) play
- 2) spontaneity
- 3) creativity
- 4) expansion



Discomfort is the voice of: _____

- 1) rigidity
- 2) rebellion
- 3) denial
- 4) submission



BODY

DISCOMFORT

HEALTH

Health is the voice of: _____

- 1) flow
- 2) fluidity
- 3) flexibility
- 4) surrender



<Explanation of the dialogue between the voices>. The V.O.J. wants to be in charge at all times and will manipulate us so that we are afraid to risk and change, to move forward because that part of us (who is not who we truly are) wants most of all to stay with what is familiar and seems safe. The V.O.J. stirs the emotions. The emotions need to be accepted and understood so that they can be quieted and tamed. The V.O.J. needs to be gotten rid of. The V.O.J. is not the truth of who we are, it is our conditioning and we can shed it and begin to move toward emotional clarity and freedom and the body can move toward a new level of wellness.

Homework:

1. Go through your Stated Goal and discover which "but" statements are from your judgment.
2. Get rid of your Judgment!
 - A. Listen for it every day
 - B. Write down what it says to you
 - C. Yell at your V.O.J. every day to get out of your life.
3. Have a good time watching your self move toward more freedom in your life!