

**An Integrated TFH Energy Balance.
(or, Why Bother With the 5 Elements?)**

by

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SUMMARY:

Note: The term 'prechallenge' is used in the text to mean challenging before applying a strengthening technique.

Procedure:

1. Test and strengthen Supraspinatus and Teres Major.
2. Test Yin Meridian Indicator Muscles (YiMIMs) only, i.e. Latissimus Dorsi, Subscapularis, etc.
3. When the first weak muscle is found, retest while prechallenging corresponding NL, and then continue testing the YiMIMs.
4. When the next **weak YiMIM is** found, retest while prechallenging the previous strengthening NL or its own NL. Then continue testing the YiMIMs. Complete the circuit and retest early weak YiMIMs.
5. Find which NL or NLs strengthen all or most of the YiMIMs. Usually one but there may be two.
6. If no strengthening NL or NLs can be found for all (or most) of the weak YiMIMs, then repeat the procedure using prechallenge to the appropriate NVs, Acupuncture Energy Points, etc.
If still no success, then revert to standard procedures, e.g. fix-as-you-go, etc.
7. Test all Yang MIMs. If any are found to be weak then retest while prechallenging the best strengthening points found for the YiMIMs. Body Alert Procedure.
8. Test other muscles as required, e.g. Pie or the other 28, etc. If any are found to be weak then retest while prechallenging the best strengthening points found for the YiMIMs. Body Alert.
9. Balance/strengthen points identified in the prechallenging and testing phase.
10. Following standard procedures, retest all weak muscles and retest while challenging, etc.

11. Tidy up. Only odds and ends should be all that remains.
If any muscles are still weak after (10) above, then they most probably require physical strengthening techniques such as O/I, Spindle Cell, Golgi Tendon, etc.

Alternatively, try Nutritional rewards.

12. Standard TFH philosophy - Muscles which do not respond to TFH techniques are outside the scope of TFH and the person may need to consult a professional in the Health Care Field.

1. Ask - establish communication and cooperation.

2. Test and Balance the Supraspinatus and Teres Major.

3. Begin with testing the 6 Yin Meridian Indicator Muscles (YiMIM) only, i.e. Latissimus Dorsi, Subscapularis, etc.

(a) When the first weak muscle is found then RETEST WHILE PRECHALLENGING ITS NLs. There are two possibilities:-

- if still weak, take note and carry on with the testing of the remainder of the 6 YiMIMs.

- if now strong, take note and carry on with testing.

(b) When the second weak muscle is found, there are two possibilities from (a) above:-

(i) The first weak muscle had not strengthened on prechallenge,

- then RETEST WHILE PRECHALLENGING THE SECOND MUSCLE'S NLs,

- if still weak, take note and carry on testing.

- if now strong, take note and carry on testing.

Note: It is simplest not to retest the previous weak muscles with prechallenge at this stage. See below.

(ii) The first weak muscle had strengthened on prechallenge

- then RETEST WHILE PRECHALLENGING THE STRENGTHENING POINT FOR THE FIRST WEAK MUSCLE, then either

(I) the muscle is strengthened and you take note and continue with the testing, or

(II) the muscle is still weak, then RETEST WHILE PRECHALLENGING THE MUSCLE'S OWN NLs, and

- if the muscle remains weak, take note and continue with remainder of testing.

- if the muscle strengthens, also take note and continue with remainder of the testing.

Note: It is probably more efficient and less confusing to continue testing forward rather than rechecking previous muscles at this stage.

(c) When a third(or more) weak muscle is found, proceed as in (b) above, etc. and continue testing and prechallenging.

e.g. if a previous prechallenge point had strengthened all (or most) of the previous muscles, then RETEST WHILE PRECHALLENGING THAT POINT, if not, RETEST WHILE PRECHALLENGING THE NLs OF THE NEW MUSCLE, etc.

Note: The description may appear complex but in practice the procedure is very simple and time saving.

(d) When Anterior Serratus has been tested and prechallenged using the appropriate point if found weak, etc, then RETEST ANY WEAK MUSCLES IN THE EARLY PART OF THE CYCLE(Latissimus Dorsi, Subscapularis, etc.) WHILE PRECHALLENGING WHICHEVER NL OR NLs ARE MOST EFFECTIVE FOR STRENGTHENING ALL(OR MOST) OF THE MUSCLES.

Note: At this stage usually, one, (or at most two) NL has been discovered which strengthens all or most of the weak YiMIMs.

4. If no NL(or NLs) can be found to strengthen all or most of the weak YiMIMs, then repeat the testing procedure on the weak YiMIMs while using prechallenge to the appropriate NVs, Acupuncture Energy Points, etc.

If there is still no success, then revert to standard methods such as fix-as-you-go, etc. (This possibility is unlikely).

5. Test all Yang MIMs. If any are found to be weak then RETEST WHILE PRECHALLENGING THE BEST STRENGTHENING POINTS FOUND FOR THE YiMIMs. This procedure alerts the body.

(Optional). Test other muscles as required, e.g. Pie or the other 28 muscles, etc. If any are found to be weak then RETEST WHILE PRECHALLENGING THE BEST STRENGTHENING POINTS FOUND FOR THE YiMIMs. This procedure alerts the body.

If any of the weak muscles in this section do not respond to the prechallenging, then it is most likely that they will require physical muscle strengthening such as Origin/Insertion, Spindle Cell or Golgi Tendon techniques, etc. They might also be weak due to overenergy or other, non TFH, causes. In all cases, do not

apply any strengthening at this stage - rather complete the testing.

6. Balance the best strengthening points found for the YiMIMs.
7. Retest all weak muscles and retest with challenging. If a muscle weakens on challenging - follow standard procedures, i.e. use the next strengthening technique for either the muscle with the 'best' strengthening points or the strengthening points of the weak muscle.

Note: In practice it is often found that some muscles that do not give a clear strengthening response on prechallenging the best strengthening point are yet found to be strong when retested after the best point (or points) have been strengthened. Such phenomena may be due to overenergy(?).

8. A small number of muscles may not have strengthened. These are dealt with using standard TFH procedures, i.e. NLs, NVs, etc. However, it is probably most likely that what is required is physical muscle treatments(Origin/Insertion, etc.) or Nutrition, etc. The problem is likely to be localised.

Note: This can hardly be surprising as the NL(or NV) system has already been boosted and one is less likely to find any great response from the NLs or NVs.

9. Any weakness which remains may be outside the scope of TFH.

Notes:

- (i) If all YiMIMs remain weak and do not respond to prechallenging, then it would appear that a major energy lack is identified as quickly as possible.
- (ii) If no NL (or NV) prechallenges strengthen all or most of the weak muscles but say 2 (or even 3) strengthen all or most. This would indicate there are 2(or 3) major energy blockages which are independent of one another. Complete the testing before treating the points.
- (iii) If no NL(or NV, etc.) strengthens the weak YiMIMs then it would be worthwhile to cross-check with more prechallenging. For Example: If Latissimus Dorsi did not prechallenge successfully to its own NL or NV then these points could be tried for weak muscles found later in the cycle.
(I have had the experience of the NL for the Psoas (which

was not weak) strengthening Latissimus Dorsi and Gluteus Medius after I had failed to strengthen both of them using their own NLs and NVs on the prechallenge!).

- (iv) The tester could also seek strengthening prechallenge points in the NLs, NVs of the families of the weak YiMIMs or indeed the Yang MIMs, etc. However, if strengthening prechallenge points are not found quickly it would probably be better to revert to standard procedures such as fix-as-you-go, etc.

The **integrated** balance outlined seeks to find a major or primary energy blockage as easily and as quickly as possible. It is based on the following:-

1. Most muscle weaknesses respond to NL strengthening (90%?).
2. Major blockages are most likely in Yin meridian muscles.
3. Prechallenging.
4. In the body of the testing, muscle weakness that do not respond to prechallenging are ignored(as regards treating). These may be due to overenergy, physical muscle problems, etc. and are of no significance at that stage. They are merely distractions.

It is a matter of playing the percentages to find the major energy blockage. The amount of testing may be increased but this is more than offset by the decrease in the amount of balancing. Also, all unnecessary balancing is eliminated. (Overenergy, etc. ?).

The tester gets a definite picture of where the major energy blockage or blockages are. In practice, I find it easier, quicker, simpler and more satisfactory than using the Wheel, 5 Elements, etc. Such complicated theorising is not necessary for the layperson when he has a simple procedure to - ask the body!

The integrated balance outlined has the following advantages:-

- (i) Major energy blockages are identified.
- (ii) The number of points balanced is reduced.
- (iii) Unnecessary balancing is eliminated.
- (iv) A shorter time for testing and balancing.
- (v) The tester is alerted to the likelihood of physical muscle problems.

(vi) Complicated theory is unnecessary (Wheel, 5 Elements, etc.).
Neither is it necessary to bother with overenergy analysis.
All these are taken care of automatically.

All that is necessary is an understanding of a concept of
Major (Primary) and Minor (Secondary) Energy Blockages.

The testee seems to respond better to the integrated balance outlined, i.e. the balance seems more what the body needs. People balanced seem more comfortable and relaxed afterwards. This may be a consequence of less treatment and secondly, the body is activated to clear the minor blockages itself - it is stimulated to action.

Biography

John Varun Maguire is known for his lively and provocative presentations. As a Touch for Health instructor in Ohio, Florida, and Pennsylvania, he draws upon his studies of "whole brain learning" and his professional experience as an actor and comedian. He manages a full time massage practice and performs in a psycho-social drama group.

Description

A Memory System for TFH I

This paper describes an active imagination, whole brain approach to learning the basic information of TFH I. It uses key words to associate the order of the fourteen muscle test with images relating to each muscle and its related meridian, muscle test, meridian and muscle locations, and neuro-lymphatic and neuro-vascular points. The instructor can have students act out each of the images to increase the sensory impact of the technique and thus improve their recall. People learn best by being creative with the information rather than having it spoon fed. The key here is to be outrageous and have fun!