

WHAT'S NEW

with

SHORT CUT EXPANDED REACTIVE MUSCLE CORRECTIONS

By Nancy Dougherty

We are still having a lot of success in permanently alleviating the annoying symptoms that people experience when they react to foods, environmental substances, thoughts, muscle positions, etc. by correcting reactive muscles thoroughly.

However, it seems that we have always been pushed to search for answers for the few people whose problems do not completely clear up with the information available. It has been a blessing in disguise, I guess, in being able to work on so many hyperative children with their associated problems. When you have a hyper child on your table who feels like throwing up (and does) whose symptoms do not totally disappear when you finish correcting every test you know to date, you know there is more to discover somewhere out there and you keep looking for a faster way to correct.

During the past year we discovered how important it was to be aware of and constantly look for and fix conscious control problems which are present in a lot of children with these types of problems. We then stumbled on the electro-magnetic field's spins and figured out how to use them to do reactive muscles faster and detox substances, thoughts, etc. Now we find we are not really pressed so much anymore to search for further answers but only have a need to fully understand why what we are doing works so well.

We are really excited about the discoveries we have made this year and are happy to be able to share them with all of you.

THE ULTIMATE IN BODY LYING -- CONSCIOUS CONTROL VS. SUBCONSCIOUS TRUTH

Most of us have found at least one person who tests strong no matter which test we perform on them. Let's call them "Supertights." Even if we check a weak person surrogately through most "Supertights" they may test strong. Many "Supertights" will even test strong when they should go weak as on a hum or count, two parallel lines, I want to be sick, etc..... UNTIL they learn enough to know when they should be weak and strong and then they test correctly all of the time. Many (but not all) people are "Supertights" because they can consciously control the result of the muscle test and now we know to look for this to determine whether or not it is happening and if it is, fix it before we test further.

To find out if the problem of conscious control exists with the person you are testing, perform all of the tests you know and use the following procedure with each test. For instance, test the right supraspinatus. If the muscle is strong, retest it and say, ready hold.....this muscle is weak, weak, weak, and then test while you are

repeating the word weak. Then say, ready hold.....this muscle is strong, strong, strong and test while you are repeating the word strong. If the muscle obeys your suggestion and tests weak and then strong, the problem of conscious control is present and will need to be corrected before you can test accurately.

A person with conscious control doesn't have to be a "Supertight" If one thinks that they have a stomach problem and they know which tests are for the stomach, they will test weak to those tests. If you make the correction for the stomach and they believe it will correct, then they will expect to be strong, and so the muscle will test strong. Throughout this whole testing and correcting it may be possible that nothing is really wrong with the stomach at all.

There is usually one conscious controller in every T.F.H. I Course. Everyone is encouraged to test everyone else on one or two muscles near the beginning of these courses and a conscious controller can usually be spotted because they don't get the same result on testing a person that the previous testers got. This can, of course, be because an occasional beginner is reacting to another person's clothing or soaps, etc. but if someone consistently gets different results and not what I get when I double check the test, then that person should be checked for conscious control and fixed or they will be very confused by the results they get.

If you are a tester with this problem, you MUST correct it because you will never know whether your testing is accurate or lying to you. If you are testing on the skin of someone with conscious control, even though you don't have the problem, you will be able to control the test. It may even affect you if you are testing on their clothing. Many people who test all day long have well developed sixth senses or intuitions based on past successes. An intuitive tester with conscious control may accidentally hit on the real problem and really correct it. A conscious control tester will get exactly the result they expect when testing a muscle or area that causes a problem. They may miss the real problem.

I am not suggesting that a tester knows they are controlling the test. Most aren't even aware they are doing this. Most testers think they are in a neutral state of mind when they are testing. However, their minds are thinking and are aware of focusing on what the result should be, otherwise, they wouldn't know when the test was not right. Be suspicious if you find many people testing correctly, especially if they have problems or if what you suspected is the problem area turns out to be the problem area most of the time. Most conscious control testers are like the rest of us. They occasionally let a fleeting thought fly through, "maybe it's the liver," as the liver muscle is being tested and sure enough the liver muscle goes weak.

We also find that when you ask the body questions, you must be careful that either the question or a word in the question does not trigger a conscious control problem. To check this out just add weak, weak on the end of the question and again repeat the question

and add strong, strong. If it obeys you, just fix the word or thought by going in and finding the muscle that corrects it and do reactivities or spins (under the next heading of this paper) to correct it. Then ask your question again.

Even someone who never seems to have a conscious control problem when being balanced, may have it occur when being tested for a food, thought, environmental factor or reactive muscle. It can turn up with any other kind of test you perform so please try to be aware of the possibility and check for it. It has been the answer for quite a few people whose problems we were having difficulty in solving.

I don't know for sure what is happening but it appears that a muscle can reach a level of imbalance so that it disturbs the meridian energy to the point that this problem of conscious control takes over. Usually it is only one or at the most two muscles that are the primary cause, but depending on how badly the energy is blocked or backed up, it can look like every muscle tested has the problem.

We have found a rather strange way of fixing a conscious control problem and I can only guess at what is happening. The muscle that is going weak on your command may not be the real cause of the problem. Keep testing this muscle while saying weak, weak while you press one by one on the correction points on page 70 in last year's Journal under the Short Cut Expanded Reactive Muscle presentation. One of these points should cause the muscle to stop obeying your command. Do a very light pineal tap between the eyebrows while holding the correcting point. Then retest the muscle by itself and the conscious control problem should be gone for the moment.

If the above procedure has not corrected conscious control, there is probably a fixation involved. This must be corrected before any other correction will take. An ionization problem can also keep a correction from taking and usually the first thing I do when working with a new client is to correct all fixation and ionization reactivities so moving muscles will not cause a fixation or ionization problem and then other corrections will take quicker.

To fix the conscious control problem more permanently, do all of the reactive muscle corrections you can to the muscle or area that corrected the problem or if this doesn't work, you can fix the area or muscle to the spins given in the next section of this paper. To date we have always been able to correct it.

We have discovered that a conscious control testee can not influence the test when the tester points the finger tips of one hand held vertically in toward the body all along the following areas where a strong muscle indicates a weakness: start at the center of the front between the feet and go up the middle of the front, over the head and down the middle back and under and between the feet; then start in the middle of the side and go straight up and over the middle of the head and down the middle of the other side and under the feet to the starting point. Usually the fingers are held only a

few inches from the body but they could be held as far out as seven or eight feet from the person and still register a weakness. Sometimes a simple pineal tap with the fingers pointing in towards the area that weakens a strong muscle may temporarily correct conscious control.

Occasionally, I have heard of medical professionals and others who say that muscle testing is OK up to a point but the tests can be psyched out. If everyone can be aware to look for conscious control and fix it, the credibility of Touch For Health with these professionals and others will remain high. Touch For Health, E.K., A.K., etc. are fantastic. They work and everyone using these methods should be able to have excellent results. When some have fantastic results and others don't, we need to dig in and find out why. Maybe checking for conscious control will be an answer for some.

DOING REACTIVES WITH THE BODY'S ELECTROMAGNETIC FIELD'S SPINS

In trying to find out why we could point our finger tips in toward areas of the body and have conscious control not be able to work, we have discovered what we think might be the body's electromagnetic spins. We thought at first it was chakra energy but then these spins go where there are supposedly no chakras. Pictures in my children's school books show the direction of the earth's magnetic flows and that of a magnet. I see a similarity with our spins and you may come to your own conclusions as to what energy this is but whatever it is, we know what it does and when it is OK and when it is not OK.

We have tested the directions of the spins in a number of people (everyone we could get our hands on). Those who were fairly healthy had most of their spins going in a certain direction and those who had problems showed disturbances in their spins. One newborn, whose mother had been balanced a lot during her pregnancy, had only the top of the head and a few neck flexors disturbing her magnetic spins and these were probably the result of the stress of birth. As people get older we find more disturbances. The directions of the spins in the bodies of well-balanced people that test out as strengthening rotate in small circles in the following directions:

1. Front and Back -- Up the right side and over and down the left side and under and up the right side going the whole length of the body in the center. Looking through the body from either the front or back, these spins go in the same direction.
2. Left and Right Sides -- Up the front and over and down the back and under and up the front side the length of the body at the center of the sides. Looking through the body from the side, these spins go in the same direction.
3. Head and Feet -- The above spins meet at the head and feet and so there are two spins that test strong in these areas. Use both hands and spin both sides of

the two spins at the head and feet in opposite directions. Looking straight down through the top of the head toward the feet, the head and feet spins will be going in the same direction for #1 below and in the opposite directions for #2 below. (Looking at them from any other direction and trying to figure them out may drive you crazy).

1. Start at the hairline at the center front of the head above the face and go straight to the back and separate hands to each side and come around sides to the front starting point and repeat.
2. Start at the right side halfway between the back and front and go straight across to the left side and separate hands to go to the back and front and continue around to the right side starting point and repeat.

The direction of the front and left side spins is the same and the direction of the back and right side spins is the same. These two spins must be attracted to each other like the positive and negative sides of a magnet. When the spins are OK, the body holds together and works fine. However, when any of the areas along the spins reverse, there is a pulling apart which spells trouble for that body.

To test the flow of these energies you must first locate a strong truthful muscle. Use the latissimus dorsi and put both sides in a testing position. The testee or tester then rotates a hand with the finger tips pointed in towards the body in small circles in the directions of the strengthening spins. There are positive and negative energies emitted from the fingertips and there seem to be positive and negative energies coming from the body along the areas we spin. Test each area on the correct spin with a strong muscle and it should test strong. Then reverse the spin and the muscle should test weak. Spin again in the correct direction to make sure the muscle is able to recover and test strong again. To speed up the testing we use sticks the length of the body and spin the whole area at one time and we check for conscious control by either pointing the finger tips in toward the center of the spin areas or by verbally using weak, weak or strong, strong.

If a test is not OK, we can in most cases do a simple fix by running the finger tips in a straight line around the body at the center of these spins while an area is being spun and the pineal point is being lightly tapped. Without the pineal tapping nothing corrects. When we correct this way, we don't know what it is we are correcting. It takes two to do this procedure quickly and comfortably. If this correction is not enough to cause the spins to test correctly, then do fixation corrections first while spinning and tapping and again run the finger tips around the body. If there is a fixation, the finger tip correction may not take. Another possibility for not correcting

is that the person may have so many reactive muscles that you may have to have them lay still and not move a muscle other than the one you are testing during the whole procedure.

If after checking and correcting fixations and ionization, and running the finger tips around the body while pineal tapping, the muscle does not correct, we say that a muscle somewhere has SPAZZED. To find out which muscle or area is spazzed, we spin and test while pressing on the correction points on Pg. 70 in last year's Journal under Short Cut Expanded Reactive Muscles. One of these points should cause the latissimus dorsi to tighten up on the correct spin, weaken on the reverse spin, and again to tighten up on the correct spin. Fix the point by pressing on it while pineal tapping or better yet, find the specific muscle connected to this point and put it in position and tap. If a muscle resists correcting, move it in the full range of it's position and it will probably correct. Place this correcting muscle on a list of muscles that need spinning out for this testee.

When the magnetic fields test thoroughly OK, we find that the following tests will show the following responses and we check both a right side and a left side muscle to check out each hemisphere of the brain:

1. Two parallel lines --- Will weaken the muscle on both left and right sides.
2. An X --- Muscles will stay strong on left and right sides.
3. Hum --- Muscle on left side will stay strong.
Muscle on right side will go weak.
4. Count --- Muscle on left side will go weak.
Muscle on right side will stay strong.
5. Statement, "I want to be healthy" --- Will cause both right and left side muscles to remain strong.
6. Statement, "I want to be sick" --- Will cause both right and left side muscles to go weak.
7. Statement, "This muscle is weak" -- Right and left side muscles should remain strong.
8. Statement, "This muscle is strong" --- Right and left side muscles should remain strong.

If we do not get the responses listed above, there is usually a part of a spin that did not correct. For instance, if the body indicated that it wanted to be sick by answering with a strong muscle test, we would keep saying I want to be sick and find what muscle or area made it go weak and correct it by pressing the area or putting the muscle in position and tapping while spinning the area. When the body is balanced for the position it is in, we find that testing the spins and asking the above questions show no disturbances in the electromagnetic flows. The ideal situation seems to be to keep these spins OK for every position one's body gets in, for every food that one eats, for every environmental situation one may move through, for every thought one may have, etc.

If a food is a problem, we can put the food in the mouth and spin all eight areas and when we are done, the food itself will usually not cause a reaction any more. This can also be done with most environmental substances and they usually do not cause symptoms any more.

Correcting thoughts or words that weaken someone by using the spins is extremely interesting. Before we were checking spins, we might find that sadness weakened many muscles in a person. We would first fix sadness to only the latissimus dorsi by thinking or saying sadness while giving a pineal tap or doing fixations to sadness if this was a problem and needed to be done to tighten the latissimus dorsi. Then using this strong muscle we would go back in age and note all of the years that sadness weakened. We would also T.L. the body to get an idea of how much of the body was affected by this emotion. We could do our short cut expanded reactives to each age and all of the muscles for that age would clear up. However, we found that if we corrected the earliest age that sadness affected, then most of the ages after that automatically corrected. If, for instance, eight yrs., twenty-two years, and forty years did not clear up, we would go back and perhaps find an ancestor maybe five generations back on the mother's side was affected by sadness and this was passed down through the genes and was causing sadness to be a problem in the person we were testing. When we corrected for this generation, the eight, twenty-two and forty years were automatically corrected for sadness.

When we started doing the electromagnetic spins with sadness at no particular age on people who showed sadness to be a problem at many ages including their ancestors, we found that every age cleared up from the present all the way to and including ancestors in one shot. So somehow the spins are getting genetic problems as well as problems caused in the present generation. They have to be tapping a pretty powerful energy source.

If we find a muscle that is causing the spins to be disturbed, we hold the same muscle on both sides of the body in the testing position and correct them to all of the eight spins so that these muscles will no longer disturb the energy when they are used. If we first check and find that a muscle has a lot of reactive muscles connected with it and then correct it to the spins, we can usually find no reactive muscles showing up on retesting for them.

It looks like spinning certain areas may be putting pressure on certain muscles or areas in the body that are connected to the spinning area. If there is a weakness, it shows up under this pressure just as when a specific muscle is put under pressure when tested. For instance, perhaps putting the psoas in position causes reactives with ten other muscles. These weaknesses then show up along the various lines of spins where they cause disturbances in the negative and positive energies. By spinning and testing we can find which areas and which muscles the psoas has stressed and fix them all quickly with the spin corrections. (We could also fix them all by the spindle cell method and then test the spins to make sure we got them all). Anything wrong in the body including things we don't know about and cannot test for probably shows up in the spin areas and we are probably unknowingly correcting these unknown problems.

It looks like fixing the muscle to the spins is the most important thing to fix first. We might test and find that ten foods, hate, and anger weaken the spins and they all cause symptoms of headache, stomach-ache, sore throat and fever. By using the methods described earlier we might find that the specific muscle that balanced all of the spins was the quadriceps.

We could spin out each food and emotion separately and none of these would cause their usual symptoms any more. However, the person would experience all of these symptoms whenever he or she used the quadriceps muscles as when sitting down. If we would first spin out the Quadriceps muscles and balance them to the electromagnetic spins, we could go back and retest the ten foods, hate and anger and we would find that they do not weaken the person any more and if eaten or thought about would not cause the usual symptoms.

In searching for specific muscles we have discovered many different muscle positions that correct spins. We know which meridian they get their energy from and we are anxious to find out the names of as many muscles as possible and their specific test.

We try to incorporate all of the knowledge gained from the many workshops attended and draw heavily from Paul Dennison's fascinating information. We check corrections for everything (systems, methods, muscles, foods, reactives, thoughts, environment, etc.) for conscious control and make sure it no longer disturbs the electromagnetic spins before it can be considered as corrected. We have had some very interesting results and I would like to share the following story.

A Race Against The Dialysis Machine

A week before he was supposed to go on a dialysis machine because of kidney failure, a man was brought by his wife to be balanced. (She is now a TFH student). He was also a diagnosed diabetic. He had been on a macrobiotic diet for about 6 months with many changes for the better in his general health, however, his kidney function kept getting worse.

During the past four weeks we have been correcting his muscles permanently and testing everything we know and checking it all to the spins. Not only is the kidney function improving but all of the other 15 or so tests he has taken every week have registered steady slow improvement with an occasional setback in one of them which usually recovers the next week.

The kidney specialists just don't ever see permanent improvement in kidneys that are this far shut down and they are absolutely sure he will be on the machine by summer but they are watching his improve-

ment with doubt. His water retention pill has been halved and his blood pressure medicine has been lowered, blood sugar level is normal and he feels well. We continue with blind faith to balance his energies into harmony with the surrounding energies and hope it is enough to allow his body to correct itself enough to get his kidney function out of danger.

WHAT WE ARE DOING WITH CANDIDA PROBLEMS

We were having difficulty solving candida yeast problems so we devised the following system which seems to work.

Getting all of the muscles balanced so they don't disturb the spins greatly helps alleviate yeast problems. Until this is done, the person has to be extremely careful of their diet and environment. We found that all of the yeast diets to date were not working. What we do is to take a bottle of candida albicans extract and touch it to the skin and then balance the body using the spins. (If you don't have this, use bakers yeast but it is not as accurate). Then we would test a food such as lettuce. If the lettuce tested OK to all the spins, we would then put the bottle of candida extract back on the skin and retest it. If the candida now tested weak, we would know that the lettuce caused the candida reaction and assume its use would multiply the candida. We tell the person that they do not react to lettuce electrically but that it increases the candida which produces their adverse reactions such as runny nose, bloating, etc. We find that acid foods are the biggest culprits that bodies tell us they don't want besides the common known yeast feeders. If the lettuce was not OK to the spins, we would fix it and then test it to the candida extract. Do this with all of the foods the person wants to eat.

If you have a chronic problem that is not clearing up with the tests you have done so far, you might want to try the above system with candida extract and also recheck for conscious control because you might have missed the main energy imbalance that was causing the yeast problem.

EXPERIMENTING WITH SUBLINGUAL DROPS, THE E.A.V. MACHINE AND MUSCLE TESTS

We have done experimenting in a medical facility with sublingual provocative and neutralizing drops and the E.A.V. electro-accupressure machine. When a reaction was provoked on people, our tests showed imbalances and when most of the neutralizing drops were used to counteract reactions, our testing showed that all of the magnetic spins were corrected to the position the body was in. In some people the drops held as they moved into other positions. One person lost the correction by moving certain muscles into another position. This other position corrected when they again took a drop while in that position. Maybe this is why some people don't see results with neutralizing drops until three or four weeks after they start taking them after they have had time to take the drops in many different positions.

There was one reaction that the technicians could not stop with a neutralizing dose because they didn't have a neutralizing dose of the right strength. We went in and corrected the person to the spins and the person was, in effect, neutralized and without symptoms. Interestingly enough, throughout this whole reaction the person was in the state of conscious control. This was an extremely interesting experience and shows how great it would be for sick people if the medical professionals would work together with accurate muscle testers. (Some technicians from this facility are taking my next TFH I course).

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