

(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.

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## **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!

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Get a clear image of each picture with lots of detail and visualize or enact each group of associated images as a story. Look in the TFH book to clarify the location of all points, meridians, muscles, and muscle tests.

The first two sets of associations are written in sentence form for you to see ways of connecting the various images. Follow this pattern for the other sets using your imagination and creating your own images and associations.

The number **one** rhymes with **sun (son)**. Picture the sun in the center of the solar system - **Central Meridian**. The **meridian location** is on the center line of the body- from the pubic bone to the lower lip. The son of man is Jesus Christ Superstar - the **muscle name** is **Supraspinatus**. Imagine Jesus opening his arms to a child - the position for the **muscle test**. For the **muscle location** picture Jesus carrying the cross and think of where the cross rested **on top of the shoulder blades**. The **neuro-vascular points** are half way between the eyebrows and hair line near where the Catholic touches when making the sign of the cross, and on the top of the head where a baby's soft spot is (anterior fontanel). The **neuro-lymphatic points** are on the chest just inside the shoulders where a Catholic touches when making the sign of the cross and lateral to the spine at the top of the neck just under the skull.

The number **two** rhymes with **sky blue**. Picture an Air Force officer named Teres who is a **Major - muscle name**. See an image of Teres bending his elbows and pulling them back to form wings - starting position for the **muscle test**. The **muscle location** is from the scapula (which are wing shaped) to the upper arm to pull the wings back. In addition to being a major, Teres is a governor - **Governing Meridian**. Being a major and governor, Teres is the back bone of the fleet and state - the **meridian location** is up the spine from the tip of the tail bone to the upper lip. To remember the neuro-lymphatic and neuro-vascular points think of the key word two - the **neuro-lymphatic points** are between the 2nd and 3rd ribs 2" from the sternum and between the 2nd and 3rd ribs in the back just lateral to the spine\*. The **neuro-vascular points** are two fingers width in front of the top of the ears.

\*Neuro-lymphatic points on the back are between the same ribs as the ones in front and are one inch to each side of the spine unless stated otherwise.

## One – Sun

**Meridian** - The "center" of the solar system - **CENTRAL**.

**Meridian Location** - Center of the body from the pubic bone to the lower lip.

**Muscle Name** - Son of man - Jesus Christ Super Star - **SUPRA SPINATUS**.

**Muscle Test** - Jesus opening his arms to a child.

**Muscle Location** - on top of shoulder blades where Jesus carried the cross.

**Neurolymphatic (NL)** - Near the shoulders where one touches when making the sign of the cross and at the top of the neck just under the skull.

**Neurovascular (NV)** - Half way between the eyebrows and hair line near where one touches when making the sign of the cross, and on the top of the head where a baby's soft spot is (anterior fontanel).

## Two – Sky Blue

**Muscle Name** - TERES is a **MAJOR** in the Air Force.

**Muscle Test** - Teres bends his elbows and pulls them back to form wings.

**Muscle Location** - From the scapula to the upper arm pulling the wings back.

**Meridian** - Teres is the governor of a state - **GOVERNING**

**Meridian Location** - Being a major and governor, Teres is the back bone of the fleet and state -up the spine from the tip of the tail bone to the upper lip.

**NL** - Key word Two - between the 2nd and 3rd ribs 2" from the sternum and between the 2nd and 3rd ribs in the back just lateral to the spine.

**NV** - Key word Two - 2 fingers width in front of the top of the ears.

## Three – Tree (PMC tree)

**Muscle Name** - Think of picking a peck of major claviculars (like apples) - **PECTORALIS MAJOR CLAVICULAR**.

**Muscle Test** - Arms straight in front, perpendicular to the torso, thumbs down, move like branches swinging down and out.

**Muscle Location** - From the clavicle to the upper arm.

**Meridian** - Eating lots of claviculars gave you a **STOMACH** ache.

**Meridian Location** - Begin under the eye, move down and out, then go up and over the eye, down the front of the neck, under half of the clavicle, straight down to inside the nipple; curve in and go straight down to the pubic bone, curve out and go down outside the knee to the second toe (stomach and second begin with 's').

**NL** - Nursery rhyme: "Five, six - pick up sticks" and none are left (lots of sticks fell while climbing the tree to pick the claviculars). Between the 5th and 6th ribs on the left side from the sternum to lateral of the nipple; on both sides of 5- 6 on back.

**NV** - Key word Three - three fingers distance above the eye brows (frontal eminence).

## Four - Door

**Muscle Name** - A Dutch door with lattice work on it - LATISSIMUS DORSI

**Muscle Location** - A "lateral" muscle on the "dorsal" part of the body running from the low to mid back to the upper arm.

**Muscle Test** - Arm straight along the side of the body, palm facing out pushes the door open to the side.

**Meridian** - You lean into the door to open it - SPLEEN

**Organ Association** - Your pant crease gets closed in the door - PANCREAS.

**Meridian Location** - Begin at the big toe and go up the leg staying inside the knee, up the torso to outside the nipple to the shoulder, then straight down the rib cage to a point lateral of just below the nipple. Stubbing the big toe when closing the door, then bumping the shoulder when bending down to touch the toe.

NL - Nursery rhyme: "Seven, eight - close the gate" (on the left). A point between the left 7th & 8th ribs around the nipple line.

NV - An inch above the ears - keen sense of hearing (rhymes with spleen).

## Five - Live

**Meridian** - An organ that keeps us alive - HEART.

**Muscle Name** - A scarecrow can scare the birds to death. His arms point down - sub (submarine) - A polaris submarine emerging from the white caps of the ocean - SUBSCAPULARIS.

**Muscle Test** - The scarecrow hanging on the rack with his arms bent at the elbows, hands pointing down, swings the forearms up to frighten the crows.

**Muscle Location** - Under the scapula to the upper arm.

NV - A crow lands on top of the scarecrow's head at the soft spot.

NL - The crow pecks two to three times on the scarecrow's chest - No. 2-3.

**Meridian Location** - To scare the crow away, the scarecrow strokes from under his arm out to the little finger.

## Six - Steps

**Muscle Name** - Four steps = QUADRICEPS

**Meridian Name** - The steps are on a small incline - Small Intestine

**Muscle Test** - Stepping up to climb the steps and then pushing the thighs down to straighten the leg.

**Muscle Location** - Runs the entire front of the thigh (the hand pushes on the muscle to do the test).

**Meridian location** - From the small (little) finger runs down the outside of the arm to the shoulder, drops down the outside of the shoulder blade then goes up to the middle of the top of the shoulder blade. It then goes up the back of the neck to below the ear (small opening) and forward toward the eye and back towards the ear.

NL - Two quads make eight plus three more to eleven - back NL's rib spaces 8 - 11. The front ones run along the cartilage at the bottom of the ribs from the sternum to the 10th rib - like a descending stairs.

46 NV - The width of four fingers above the ears.

## Seven – Heaven

**Meridian** - You climb a ladder to get to heaven - **BLADDER**

**Muscle Name** - Climbing the ladder, you bump both of your knees (pair of knees) - **PERONEUS**

**Muscle Location** - From behind and outside of the knee, down the calf to the top of the foot.

**Muscle Test** - Climbing the ladder you bring the foot rotated out and the little toe up towards the ear. The range of motion is rotating the foot in and down simultaneously.

**Meridian Location** - From the top inside of the eye go up and back towards the sky down along the spine to the tail bone, up and in 2", then around the cheeks of the hips to the top of the thigh. Pick your hands up and start again from the top of the back and curve out and go straight down the middle of each side of the back, down the center of the thighs, curve out before the knee, then in to behind the knee; straight down the top half of the calf then curve out and down to the little toes.

**NL** - L (for ladder) 5 last vertebra before the sacrum in the back. Pubic Bone (think of the rung of a ladder) and one inch lateral to the naval (eye of the abdomen).

**NV** - Top and inside of the eye sockets (where the meridian starts) and on the frontal eminences (same as PMC).

## Eight – Starting Gate

**Muscle Name** - The donkey about to run the race is sore (sore ass) **PSOAS**

**Muscle Test** - When the donkey brings his legs forward and out it makes him hurt.

**Muscle Location** - The pain runs from the front of the lumbar spine through his pelvis to the top inside of his leg.

**Meridian** - The donkey skids on his knees - **KIDNEY**

**NV** - The jockey hits the donkey with a feather on the lower part of the back of his head where his skull has a ridge.

**NL** - After skidding on his knees the donkey got into a hole. He gets out of the hole by inching up and out (one inch up and out from the navel). He comes in 12th place (T12) which is dead last (L1).

**Meridian Location** - The jockey was told to start on better footing. Start on the bottom and move up and inside; stay on the inside all the way up and you will stay ahead and come in first (ends at the first rib head).

## Nine – Wine

**Muscle Name** - **GLUTEUS** is a brand of wine. It is medium dry - **MEDIUS**

**Meridian** - A little wine can increase the circulation. Too much wine will increase the sex drive - **CIRCULATION SEX**.

**Muscle Test** - Pulls the leg straight out; the range of motion is pushing it back in. Think of a wino teetering back and forth.

**Muscle Location** - On the side of the hip.

**Meridian Location** - From the tip of the nipple to the tip of the middle finger.

**NL** - Same as the lower bladder points (top of the pubic bone and L5).

**NV** - Same as the quadriceps (four fingers above the ears).

## **Ten – Bin**

**Muscle Name** – TERES is a MINER in the coal bin.

**Meridian** – In the mine it is triple warm – TRIPLE WARMER

**Meridian Location** – Three rings from the ring finger up the back of the arm to the ear ring and make a ring around the ear goes toward the eye.

**Muscle Test** – To cool off, Teres fans himself with his arms. The elbows remain bent at 90 degrees around three inches from the side of the body. The range of motion is forward with the forearm, the hand moving towards the navel.

**Muscle Location** – From the scapula to the back of the upper arm.

**NL** – 2-3 days in the mine.

**NV** – 2 fingers in front of the ears (same as the NV of big brother, Teres Major), and three fingers over the throat where the thyroid is located.

## **Eleven – Heaven** (higher than seven's heaven)

**Meridian** – You need a tall ladder to get to this heaven – GALL BLADDER

**Muscle Name** – The anterior portion of each rung is shaped like a delta – ANTERIOR DELTOID

**Muscle Location** – Front of the shoulder cap. Think of padding there to avoid bumping the shoulders on the ladder.

**Muscle test** – The arms extend straight in front at 45 degrees and go down to climb up the ladder.

**Meridian Location** – Think of "I see the man in the moon over my shoulder for today". Starts lateral to the eye (I see) and goes down three times and up two making the shapes of an 'M' and crescent moons (man in the moon) in the following manner: drops in front of ear, goes up and loops forward, then down behind ear, loops up again to hairline, then back down for the third time. It then curves around the back of the shoulder cap, and down the side of the chest to a point on the cartilage at the bottom of the rib cage lateral to the nipple line. Then it drops back to the twelfth rib, and curves forward around the front hip bone (ASIS), then drops down the outside of the leg to the fourth toe (for today).

**NV** – Climbing the ladder you bump your head on the soft spot (anterior fontanel).

**NL** – Touching your head causes you to lose your balance and you slide down the 3rd, 4th, and 5th rungs (between 3 – 4 and 4 – 5).

## Twelve – Shelves

**Muscle Name** - On the shelves is a peck of major (large) sternals - PECTORALIS MAJOR STERNAL (PMS)

**Meridian** - The sternals start to melt and form a river - LIVER

**Muscle Test** - To keep the river from dripping down on you, you bring your arms up in front, perpendicular to the torso with the palms out (same starting position as PMC) and move them up and out to deflect the drips.

**NV** - Despite your effort, the river of melted sternals manages to drip down onto the hairline about 1 1/2 inches to each side of the center.

**Muscle Location** - It then drips down onto the front to the shoulder and runs to the sternum.

**NL** - 5 to 6 drops run down the right side of the chest - the entire rib space under right breast (5-6) and between T 5-6 one inch to the right of the spine.

**Meridian Location** - The drops run down the inside of the leg. You wipe them up by starting at the lateral side of the big toe and coming up the inside of the knee, then slant out on the abdomen to the eleventh rib, and move up and in onto the chest to the alarm point for the liver.

## Thirteen – Hurting

**Muscle Name** - Two men get into a fight. One moves in front of (anterior to) the other and pulls out a serrated knife - ANTERIOR SERRATUS (the anterior edge of the muscle is in the shape of a serrated blade).

**Meridian** - He "lunges" attempting to stab his opponent - LUNG

**Meridian Location** - and cuts him from a point on his chest just inside the shoulder, down the inside of his arm to the thumb nail.

**Muscle Location** - His opponent pulls a sword out of a sheath wrapped around the side of his rib cage and attached to his shoulder blade.

**Muscle Test** - He raises the sword up over his head and brings it straight down.

**NV** - And strikes his opponent on the soft spot of his head (anterior fontanel).

**NL** - Then stabs him in the chest 3 to 5 times (between 3-4 and 4-5).

## Fourteen – Morphine

**Muscle Name** - Dr. Fascia has a patient in a "lata" pain - FASCIA LATA

**Meridian** - He decides to give the patient a large injection of morphine - LARGE INTESTINE

**Muscle Location** - He injects it into the lateral portion of the patient's thigh.

**Muscle Test** - The injection hurts so much that the patient's legs raise up and out with his feet turned in. The doctor pushes them back down.

**NL** - To calm the patient down, the doctor rubs the outsides of his thighs from the knee cap, moving up to the hip. He also rubs a triangular area on both sides of the spine from L2 to L4, and the highest part of the hip bones.

**NV** - The patient starts to get dizzy from the drug and holds both sides of his head - Parietal eminence (same as quadriceps and gluteus medius).

**Meridian Location** - His nose starts to run, so he takes his index finger to his nose, but being high, misses it and ends up just to the side of it (from the index finger up the outside of the arm, toward the mouth, then lateral to the nose).