

TOUCH FOR HEALTH ZERO

All of us who work with teaching Tfh knows that there is no worse enemy for our goal (i. e. to make this method available to as many people as possible) but our own eagerness to overwhelm people with everything we know.

The clear structure of Tfh I, II and III works as a kind of defense against this human weakness, to which not even Tfh instructors are immune.

Despite that, it is a common experience of many instructors that even Tfh I, with only 14 muscles, fix as you go and may be some additional techniques can be just too much for some people. We want to reach the lay public, so we have to be aware of the fact that many of them will not be willing to put aside one hour each day, although at the beginning a balancing takes as long as that. On the other hand, if they don't take this time during the first week following the basic course it is most likely that the impulse and knowledge from the workshop rapidly fade away.

A possible solution for this problem is our idea of a course called Touch for Health Zero.

Tfh Zero includes the following techniques:

- * correction of visual inhibition;
- * meridianmassage;
- * ESR;
- * cross-crawl and demonstration of the importance of diagonal movements (use of backpack, walk with freely swinging arms);
- * muscletesting of PMC and Latissimus dorsi and foodtesting with the help of these two muscles.

As you see, Tfh Zero is a course to learn some simple techniques from the rich arsenal of Tfh. These techniques are chosen so that the students can practice them enough in the actual workshop, so that when they go home, they can start right away. Everything they learn in the workshop should actually be possible to do in less than 15 minutes already the first day after the workshop, with no more practice than the practice gained under the workshop. Despite its simplicity, the whole material of Tfh Zero makes up a complete selfhelpprogram, which people can use already at this stage to produce definite changes both in their own life and in the life of their families and friends.

Let's think, how a morning of one of your students at a Tfh Zero workshop could look like:

He gets up, he does a meridianmassage and some exercising with a lot of cross-crawl movements. He eats his breakfast which has been muscletested with the help of someone in the family. He does the visual inhibition technique on himself and his children who go to school. With his hand on his forehead he thinks through all the difficulties he is going to confront this day and, with the hand still on the forehead, he visualizes himself solving them without stress. Then he takes his backpack and with freely swinging arms he walks to his job.

To reinforce the program, the course can be finished with all the students making a nice, colorful drawing with the whole program, which they can set up on the wall at home, e.g. in the bathroom.

Tfh Zero should preferably take a whole weekend, like the other Tfh workshops. One of the reasons for that is to really allow time for learning all the techniques, including the meridianmassage, before the students go home. Another reason is the enormous need beginners in Tfh have to ask all the "dum" (the best!) questions about energies, alternative medicine, about each others explorings in this field etc. By satisfying this need and by providing a peaceful, relaxed time-space for learning techniques they can feel successful with already next day, we create more appetite for Tfh instead of creating frustration. That increases also our chances to really concentrate on the material at the Tfh I course.

The perspective of the whole Tfh curriculum should of course be emphasized throughout the whole Tfh Zero workshop. Meridianmassage, for example, doesn't have the same balancing effect on the posture as a complete musclebalancing can have. PMC or Latissimus are in some cases not enough for testing food. In four tests (PMC and Latissimus on both sides) you almost always find at least one muscle in unbalance and one in balance, so you can test the food, but who wouldn't be interested in also learning how to strenghten unbalanced muscles?

We hope you will have fun trying our idea and we hope even more that you will take time to write us about your experiences with it. Thank you in advance!

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