

THE 14-MUSCLE "FIX-EVERYTHING-AS-YOU-GO" RHYTHMIC BALANCE

OR

BACK TO THE BASIC: LOVE

BY LORRAINE OSBORNE

POINTS AND CONCEPTS TO LOOK AT AGAIN (Why? Don't we already know this stuff?)

1. Dr. John Thie's Introduction to Touch for Health text: "We are social beings. We need each other. We need to touch each other in other ways besides for punishment or sex...We can touch for health."
2. Points and quotes from John Thie's Introduction to Mary Marks' Touch for Health Workbook: about the placebo effect; about fear and distrust getting in the way; that in Touch for Health we are "using a particular ritual which we have learned as one way of expressing love, communicating with and helping those around us."  
"If we believe that we require a certain ritual, then we will require it. But healing is a natural process, and we should shed our rituals. Eventually we can learn that all we need to do to be healthy in the universe is to be natural in it."  
"While rituals are important, they can also be restricting."
3. Nancy Joeckel's comment that our best contribution is to be well ourselves.
4. Dolores Krieger in Therapeutic Touch: her belief that anyone has the potential to be a healer if they "have a deep intentionality to heal, a strong motivation in the interest of meeting the needs of others (rather than just bolstering the needs of his or her own ego structure), and the ability to honestly confront the question, Why do I want to play the role of healer?"
5. Principles from A Course in Miracles : that we are all teachers, and we will always teach what we ourselves need to learn; that we are love, and we teach only love. I am presenting this paper for myself! I need to learn this!
6. From the Holy Bible: I Corinthians 13: (If I) "do not have love, I have become a noisy gong or a clanging cymbal." etc.
7. Is there really anybody that doesn't want to be healed? What is healing? Are we making a judgment?
8. We are planting a seed in the healing continuum; a process instead of a goal.
9. We work with bodies to get to the soul.
10. Rusty Berkus in Appearances: "The only infallible, immutable, unlimited power that heals without question is Love."
11. John Powell in Why am I Afraid to Tell You Who I Am?: "I must be humble and sane enough to bow before the complexity and mystery of a human being."

12. Intent is everything.
13. Dealing with the needs of the ego, vs being aware of being a channel for love, for good, for health. How easy it is to shift from thinking we are a channel, to thinking we are the Source.
14. All we have to give to each other is ourselves. And we are loving beings.
15. Advantages of doing a "fix-everything-as-you-go" 14-muscle balance (ie doing all the corrections, whether the muscle test appears "weak" or "strong"):
  - A. What seemed strong often gets stronger.
  - B. Especially for the beginning tester, it gets us off worry and self-judgment about our ability to test.
  - C. It puts us into the flow and it is easier to see healing as a process.
  - D. It opens our creativity that can be blocked by overload of technique, our deep fear that we won't be able to heal until we can "frimp the flagama-gidgee" or whatever.
  - E. It helps us to work truly from our center, because of the lack of threat; we feel free to nurture and love, and in interacting with the other person's energy we effect a healing within ourselves as well.
  - F. It reminds of the sacredness of the person we are working on, and we realize that this is sacred space.
  - G. The flow will bring up a rhythm, almost a dance, between the interacting people, allowing both the tester and the testee to feel the changes and the energy without anxiety.
  - H. Integrates our brain hemispheres, for that space in time.
  - I. It teaches us that techniques are tools, not an end in themselves.
  - J. We are living Concepts 1-14 above, getting off our ego needs, and teaching ourselves what we need to learn.
16. Why bother, then, with other techniques besides the basic balance?  
Well, why not?

#### BIBLIOGRAPHY

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