

SPA

SINGLE POINT ANALYSIS AND SINGLE POINT APPLICATION

By Leslie K. Bolgar

THE SCIENTIFIC BASIS

On page 11 of the Thorndike Barnhart Advanced Dictionary, "scientific method" is defined as an orderly method used in scientific research, generally consisting in identifying a problem, gathering all the pertinent data, formulating a hypothesis, performing experiments, interpreting the results, and drawing a conclusion."

For an experiment to be scientific it must be possible for properly trained persons to perform it with similar results. Preferably the experiment should be reversible to provide positive proof of causal relationships. The instrumentation should be as sophisticated as possible.

Once an hypothesis has been established scientifically, it can form a basis for further development.

TFH (Touch For Health) is an orderly method for energy balancing. It identifies and solves problems, provides interpretations of observed facts on the basis of proven hypotheses, it can be performed reproducibly by trained TFH students using the most sophisticated instrument in the world—the human body. TFH experiments are generally reversible, and are useful as a foundation for further development.

SPA, Single Point Analysis followed by Single Point Application, is a development of TFH according to the postulated principles of science. It was developed by the author with the help of students, patients, and assistants, using the information from Dr. Thie's Touch For Health manual as reference material. It is useful, however, as a follow-up in all branches of kinesiology and any other system of energy balancing. The author owes the idea to the methodology acquired while attending the ITW course in 1981. This methodology has been handed on to the author's students at TFH level III. It has subsequently been applied in thousands of treatments, and has formed the basis for considerable development. The present article describes the first of these developments, and it describes the basic formula using TFH III material.

Energy Imbalance

The body is intricately simple. It is energized by emotional, chemical, physical, electromagnetic, and other energies. The energies enter the body, circulate and interact in the body, are used and converted, stored, and finally discharged from the body. The energies flow in the body along identifiable pathways and their interactions are governed by identifi-

able laws.

Whenever a blockage occurs in an energy path, an imbalance of energy appears. Excess pressure spreads backwards from the blockage point against the direction of flow, and low pressure spreads ahead of the blockage point in the direction of flow.

Any disorder rapidly disturbs the entire organism. At the material level, the energy surplus and energy starvation extend upstream and downstream of the energy blockage, each extension being formed like a river delta. The blockage is partially bypassed by secondary pathways that are themselves overloaded.

At the level of subtler energies, the entire organism senses the disorder and thus permits muscle testing to identify the energy disorder.

The bypass system is a compensatory mechanism that helps the organism to continue functioning despite the disorder. However, the compensatory mechanism itself is an irregularity in the energy system, and it advances further imbalances. The body then substitutes different kinds of energy for each other. For example, willpower is used to augment muscle power; mental power is used to avert the sensation of pain or fatigue; vitamins and minerals are depleted by the use of refined foods taken to augment available energy and so on. Compensation always brings about further strain, and this is the price we pay for imbalance. On the physiological level, we observe this as inflammation, strain, increased heart rate, fever, muscle strain, inattention, uncoordination, emo-

tional changes, etc. External interference can also bring about results that appear immediately desirable but are damaging in the long run—an extreme example is the use of drugs.

ENERGY EQUATIONS

Any muscle when tested at TFH I level can appear strong either because it is in balance or because its energies are compensated. As long as the sum of the various energies that flow to the muscle is within desirable limits, the muscle tests strong. For example, on a balanced person the supraspinatus can be weakened by tapping the neurovascular point eleven on the frontal eminence, and compensated by neurolymphatic massage medial to the armpit. It will test strong, yet it is out of balance, as can be shown by the challenge technique (that is, by retesting it while touching the last-treated point.)

If we now continue to strengthen the supraspinatus by other methods without first cancelling the neurolymphatic massage by light tapping, we produce a condition of over-energy in this muscle. This can be demonstrated by running a hand up along the central meridian, after which the muscle will test weak due to surplus energy. (The surplus can dissipate rapidly, and therefore the test must be carried out very quickly.) To restore a proper balance, each treatment must be reversed (the central meridian run backwards and the neurolymphatic switch lightly tapped before strengthening the muscle by holding the neurovascular point on the frontal eminence) until we get to the head of the

chain of events that brought about the eventual imbalance. We can now challenge the muscle and it will stay strong; thereafter we can also run up the central meridian and the muscle will remain strong.

As we progress in TFH, the choice of the correct point for balancing the body is even more important. For example, the effect of acupuncture can be demonstrated well with the pectoralis major muscles. The use of food, emotions, and other energies obeys the same general rules, as can be easily demonstrated in muscles related to those energies.

SEQUENCE OF EVENTS

On a previously balanced testee, the importance of treatment in the correct sequence can be well demonstrated by lightly tapping on the neurolymphatic switches adjacent to the K27 acupuncture points. This will cause lateral switching and the muscle testing thereafter brings results that need very careful analysis since now the fix-as-you-go method of balancing may further imbalance the system. The same is true of the results of subsequent food testing etc. Immediately after tapping K27, for example, white sugar and tobacco may appear to strengthen the testee! The K27 which has been disturbed last must be corrected first before additional testing can bring valid results.

Any interference with the body's energies starts a change in the whole system. The old balance is unstabilized. After a time lapse, the energy system reintegrates into

a new organization. The unstabilizing interference may have been external or internal, natural or artificial, or even experimental. If it is known and immediately reversed, the previous conditions can be restored. Otherwise it is necessary to carry out a comprehensive test of the reintegrated balance of the system, analyze it, and arrive at the point where the system can be balanced and not merely compensated. In this sense, "point" can be the application of any energy relevant to the organism. This includes food, emotion, etc. The process just described is single-point analysis.

SPA

SINGLE POINT APPLICATION

It is a principle of TFH to test, treat, and retest after treatment with the dual purpose of proving the treatment and reactivating the system under the new balance of energies.

When the single point of SPA is applied, the entire system is immediately altered. This is Single Point Application. The primary restriction to the flow of energies is removed. Consequently there is a tidal wave of energy flowing from the previously stressed areas (over-energy) to the previously depleted areas (under-energy.) The immediate effect is that all areas that previously had a surplus show under-energy, and all areas previously depleted show over-energy. Neutral areas remain relatively unaffected. This imbalance is short lived; within seconds or minutes the system can rebalance itself and show all areas in balance.

To prove the point, all the tests should be repeated in a matter of seconds or minutes, and this is clearly impractical—no-one can be expected to test 42 or more muscles and carry out additional tests for food, emotions, gaits, etc., within 1-2 minutes. This is, however, unnecessary in practical work since it is sufficient to retest only the muscles that showed weakness in the tests before the treatment.

42 MUSCLES IN 15 MINUTES

The author and his assistants have developed charts and other methods to speed the testing and the analysis of results. At the level of TFH III, this involves the tabulation of information relating to muscles, energies, and foods, based on Dr. Thie's TFH manual. These aids have proved their value in experimental use and as teaching aids in the author's practice. It should be possible with trained people to balance 42 muscles in 15 minutes.

This experience further proves the scientific validity of TFH—as if it still required proof.

The muscle testing sequence is based on the order given on page 127 of Dr. Thie's TFH manual. The notation is based on the principle of the 5 elements—page 113—and separating Yin from Yang. Neurolymphatic and neurovascular points are noted as well as other information. A sample chart is attached (Appendix A.)

Our food analysis chart is also based on the TFH manual. At present it is in Hebrew for local use. However, it can be made available in English.

REVERSIBILITY

The reversibility of experiments is mentioned as one of the proofs of cause and effect. Reversibility is of further importance in treatment, to avoid the effects of mistakes. SPA must be fully reversible.

In SPA we prove the effects as follows:

STEP 1: Test the testee in all respects without giving any treatment.

STEP 2: Analyze the results.

STEP 3: Apply the SPA treatment.

STEP 4: Retest the testee to prove that all imbalances have been corrected. There should be no under-energy or over-energy in any muscle. This is the normal treatment.

STEP 5: Reverse the treatment, thus cancelling its effect.

STEP 6: Retest the testee. The results should now be identical with the original results. In practice, the results can be even more definite than in the initial test.

STEP 7: Re-apply the treatment.

STEP 8: Retest the testee. The testee should now be in complete balance.

LIMITATIONS

All balancing methods are limited in their scope and this is also true of SPA. There are two causal factors that have a combined effect:

1. The nature of the testee's problems.
2. The level of application of the method.

The second factor compels practitioners to continue perfecting their skills.

The results of SPA are comparatively stable. The need for repeated treatment generally reveals the need for a higher level of application.

Personally, the author spends about half his time in studying and research in this and allied subjects.

FURTHER RESEARCH

Further information is available. Development is continuing, and the author will be grateful for any help, information, comment, or advice that the reader can offer. Please write to the following address:

Thank you in anticipation of your cooperation.

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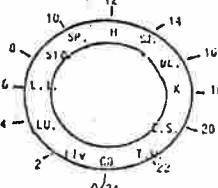
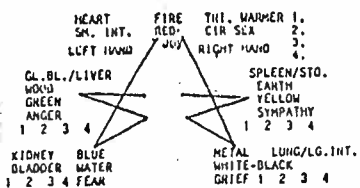
See appendix, next page.

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	SUPRASPINATUS - CENTRAL				1-1 HEAD		2-3		GOVERNING - ICKUS MAJOR				YIN	YANG
	R1L	R2L	R3L	R4L	NV	MC	NV	MC	R4L	R3L	R2L	R1L		
KIDNEY	X	X											X	X
UPPER TRAP. 67					7	2-3 A124 E/7		NAVAL PUBIC						
PSOAS 65					1	NAVAL I12-L1		L2 NAVAL PUBIC						
ILIACUS 69	X	X			10	SHOULDER L1-L12								
LIVER														
PECT.MAJ. STERN					12	R 5-6		3-4 4-5						
RHOMBOIDS 95	X	X			4	R 5-6		R 5-6 KING STERN						
HEART														
SUUSCAPULARIS 53					4	11-1 PM NC		1-3 PM NC						
						2-3		THIGI L 5 CHEST 8-11					X	X
CIR SEX														
GLUTEUS MED. 71					10	7-9 PM NC		9-11 PM NC						
ADDUCTORS 73					10/13	PUBIC L/5		2-3 NAVAL 10-12						
PIRIFORMIS 75	X	X			10	4-5		NAVAL 10-12						
GLUTEUS MAX 77	X	X			13	THIGI L-5		NAVAL 10-12 NAVAL 10-12						
SPLEEN														
LAT. DORSI 45	X	X			9	9-11 AM NC		7-9 AM NC						
TRICEPS 51	X	X			9	L 7-8		L 5-6 5-6					X	X
OPP. POLL. LON. 49					3	L 7-8		L 7 T 1						
LOWER TRAP. 47					3	L 7-8		C 2 2-3						
TRAPEZIUS 47					3	L 7-8								
LUNG														
DELTOIDS 101	X	X			4	3-4 4-5		3-7 AM NC BACK THIGHS					X	X
ANT. SER. 97	X	X			4	3-4 4-5		INSIDE THIGHS					X	X
CORACODR. 99	X	X			4	3-4 4-5		INSIDE Thigms L					X	X
DIAPHRAGM 103	X				4	STERNUM 10								



TREATMENT = TIME: _____ DATE: _____
 NV 4 12 10/1987

 DATE OF BIRTH: 1957 NAME: A. Testee
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