

Touch For Health July, 1987

TRANSFORMATION, WHOLENESS, AND HOLINESS

By Richard L. Hamack, M. Rel.

The theme of this conference is Transformation. Transformation is a unique and peculiar process. Transformation is being wholly other than we are now. After we have been transformed, it is easy to look back and point to the probable "causes," but the reality is that the transformation is only implied, not promised. How then do I transform?

Transformation can occur in an incremental manner or a radical one. Incremental transformation is akin to the growth of a pearl. It starts out as a grain of sand, and, over a long process of building layer upon layer, it becomes something beautiful to behold. Many people are like the pearl. Starting out rough and throughout their life they build up layers of personality and good until they become someone wholly other than they were.

Radical transformation occurs primarily in human beings. These people change literally in a split second before your eyes. There is no inkling that such a change is in the offing. Most observations of the prelude to this type of change occur after the change. The closest example in nature, to this type of transformation, occurs in the desert. In the early spring, the desert suddenly blossoms forth with a multitude of flowers. These flowers appear out of the barren ground overnight, changing the "waste land" into a variegation of colors. Then one day the flowers disappear, not to be seen until the next spring.

Touch For Health is an approach to bringing about human transformation. Something as simple as a 14 Fix-As-You-Go balance can radically transform a person's life. Early in my Touch For Health career, a woman attended a basic class I was teaching. In her opening statement to the class, she said she had been suffering from the same migraine headache for four years!

She was the volunteer for the 14 Fix-As-You-Go balancing the first night of the class. After the balance, she got up, looked around, and stated her headache was gone. She called me three months later to tell me the headache had not come back once. Her life was transformed in an instant by one simple act.

For many of us, the transformation we experience with Touch For Health is incremental. The change is not as evident to us as it is to others who have not seen us in a long time. Balancing, E.S.R., food testing, reactive muscles, etc., these are tools which allow us to refine our body and energy system for the long haul. It is still transformation.

Wholeness is the experience of being integrated and unitary. Wholeness does not mean complete. Completion implies an end, wholeness does not. Nature is whole, but never complete. We are open ended systems, which are, paradoxically, whole. We contain within ourselves all we ever need. Now sometimes we may feel terribly incomplete and unloved, yet we still have the ability to experience wholeness.

Kaleel Jamison, in the book *The Nibble Theory*, begins from this premise of wholeness. Each person is a circle which has the ability to grow larger. The problem is some circles feel they can only grow by "nibbling" at other circles. While some larger circles, wanting to be "loved," allow themselves to be nibbled upon. What is a nibble? Here are some examples:

"You ask too many questions."

"You always give your ideas first."

"You're too direct."

"You're too nice."

"You're too emotional."

"You're too sensitive."

"You're too serious."

The problem with nibbles is they interfere with growth and wholeness.

How do we grow? Kaleel Jamison again, "Decide you're going to. Decide that it's the right thing for you to do. Decide that your growth won't limit the growth of others. Decide that you want to be the biggest circle you can be."

I believe those who affirm the good in themselves and others promote growth and are loved. In teaching and sharing Touch For Health, you have the power to discover wholeness, to promulgate love. Think on those persons who have inspired you. What was it that made them different from all others? I suggest they affirmed your good and your strength.

Holiness is the quality of the divine. Holiness is intrinsic to all life. Holiness partakes in and expresses the joy of life—it inspires. Each one of us is holy. Our use of our life determines how this is expressed. Touch For Health can be a tool to express holiness.

Health and healing have long had associations with the divine. The earliest healers were revered as being in touch with the basic force of life. Think of the times in your life you had a positive effect on someone, wholly out of proportion to the effect you expended. How many times has someone had a similar effect on you? This is the effect of the divine in health promotion.

I'd like to return to Kaleel Jamison once more to raise some questions designed to help you empower yourself to grow.

"What makes you unique?"

"1. List your strengths...(these) are things you're born with, not things you have

learned.

"2. Now look at your list. Take out any skill that may have got in there. Leave out qualifiers.

"3. Look at your list of strengths. Ask yourself:

"Why is that important to me?"

"What's underneath that reason?"

"Answer: I want to do something.

"Ask yourself: What makes me want to do that?"

"Why?"

"How are your strengths tied to each other?"

"What is at your center?"

"What do you have that you take with you everywhere?"

"If you get stuck and want to try another direction:

"What are you here on earth for?"

"What did you come to do?"

"Think of things you do in life that

"are important to you

"make you feel a sense of joy.

"Now take those things, and ask the questions you've just asked again.

"Why is this important to you?"

"How is it tied to your strength?"

"What is your kernel?"

I want you to add one more question to these.

"How does Touch For Health allow me to express my strengths?"

Transformation is the process of becoming wholly other. Wholeness is our experience of ourselves as being self-determining. Holiness is the presence of the divine in us. We live our lives to the best of our abilities, knowing we are incomplete and continually growing. Touch For Health enables and empowers us to transform, be whole and express our holiness.

BIBLIOGRAPHY:

Fromm, Erich, *To Have Or To Be?*, 1981, Bantam Books, New York.

Haring, Bernard, C. SS. R., *In Pursuit of Wholeness*, 1985, Liguori Publications, Liguori, Missouri.

Jackson, Edgar N., *You and Your Health*, 1986, Augsburg Publishing House, Minneapolis, Minnesota.

Jamison, Kaleel, *The Nibble Theory and The Kernel of Power*, 1984, Paulist Press, New York.