

Touch For Health July, 1987

ACU-TOUCH FOR HEALTH PHYSICAL KINESIOLOGY FITNESS FORMULAS

by Ed Long

SUMMARY: From my three fields of primary interest Health, Dance & Martial Arts, I have many formulas I use to simplify, combine and remember to use the things I find to be of the greatest value to many people. It seems that all we can do naturally is - A. Walk B. Sniff the flowers C. Feel. Everything else has to be learned, practiced and worked at. Since many people do not do too well at A, B & C, I will present - Bones to Breath - Keep Your Canaries Flying - Fill the Pitcher - 20 Connected Breaths - Take 3 Deep Breaths - Sensitivity Cup - Tank Check - Wing Chun Three - Aikido Four - NRG Booster.

It is important to understand that the chances of someone attacking you are slim, but on many occasions quick, appropriate reactions can make a significant difference in how much injury results in a slip, fall or collision. The first three formulas improve response from both hemispheres, quicken finger/hand response, foster movement awareness and enhance body energy flow.

Wing Chun Three

1. Shoulder flicks and Sparking
2. Wrist flips
3. Hand grabs

Aikido Four

1. Keep your ONE POINT
2. Extend Ki -mind
3. Weight under -body
4. Relax completely

NRG Booster

Bend down. Stretch and vibrate the skin on the calves and back of thighs with your fingers. Then, hold the parietal knobs. Next, stretch arms overhead with fingers interlocked. Bend forward bringing the arms toward the floor (with hand pressed firmly together be aware of the energy moving DOWN your back to your heels). Slowly straighten to starting position (with hands pulling outward be aware of energy moving UP the front of the body)

PEANUTS

By Schulz



Hide Your Sensitivity Cup

We are born with an innate ability to adapt to and overcome elements in our environment which threaten our survival. We normally become more capable at this as we mature and experience life. However, the way we deal with the less critical disturbances is another matter. Whether it is in our genes,

acquired in the womb, at birth or during childhood, we wind up with a tolerance factor (a sensitivity) that remains at its own particular level throughout our lives.

Levels vary. A very sensitive person's level may be thimble size; a very "thick skinned" individual's level may be bucket size. For the majority of us it could be considered to be paper cup size. Every trauma (unkind words, disappointments, rebuffs, failures, etc.) go into our cup as GARBAGE. Some unfortunate ones have a cup half-filled at birth. The more lucky ones may get well into childhood the cup fills. Only a few reach the teen years without it filling several times.

Every time our cup fills to the top and overflows, a crisis occurs (arguments, sleepless nights, dependency, sickness, violence, despair, etc.). It tips over and spills out some of the contents. Invariably, the primary cause is usually the person we know best or are the closest to. They are the most likely to know where our cup is, how much it can hold and which garbage fills it the fastest. With maturity, some of us learn how to deal with such things, and we put a lid on the cup. But, it is still FULL OF GARBAGE of past years. This becomes quite obvious when a serious or unpleasant thing happens to upset us, and the contents spill out.

What to do about it?

1. Dump out all the contents (and rinse it thoroughly)
2. Put a tight lid on it (Make it a pointed lid)
3. Avoid the garbage dumpers (let them know you know who they are)
4. Don't be a garbage dumper

1. Inhale	Pelvis tilts back	Filling	2. Exhale	Head	Emptying
1	Abdominals widens	"	1	Throat	"
2	Solar Plexus expands	"	2	Chest	"
3	Throat stretches	"	3	Solar plexus	"
	Head levels	"	4	Abdominals	"
			5	Pelvis tucks under	"
			6		"
			7		"
			8		"
			9		"

5. Hide your sensitivity cup

Take Three Deep Breaths (G-Jo Ki energy breathing)

(Start with left palm below, right palm above navel. Inhale to exhale ratio 1-3)

Inhale – visualize breath rising from tail bone, over head, into nose to lungs.

Exhale – out to the shoulders, down front of arms to the fingertips.

Inhale – up the back of the hands & arms to the sides of the neck.

Exhale – down each side of the spine and rear of legs to balls of feet.

Inhale – from the toenails up the front of the legs to the left palm and distribute the accelerated energy of this breath to Every cell in the body.

Exhale – All the excess energy with a LLLLLOOOOOoooooonnngg breath and final gasp.

Bones To Breath

- Bones – support the body
- Muscles – are for movement nothing
- Joints – fold and unfold levitation
- Head – balances
- Neck – does
- Breath – provides

Fill The Pitcher

We basically breathe in and out just as we would fill and empty a pitcher; filling from the bottom up and emptying, more slowly from the top down. Correct breathing encourages beneficial pelvic, spinal, diaphragm and inhale-exhale ratio involvement.

Twenty Connected Breaths (combined with Cooks Hook-up & ionization)

Hold the Figure 8 ankle hook-up for 30 seconds. Then bring the fingertips together. (with one nostril closed with thumbs of your "tented" hands)

1. Inhale with tongue to rugae.
2. Reverse held nostril, lower tongue & Exhale.
3. Reverse nostril and repeat 1,2.

On each 5th breath double the duration of Inhale & Exhale.

Do 4 times for a total of 20 connected breaths.

Pick Up The Cat

1. Rotate the head noting any neck stiffness or soreness.
2. Grasp the back of your neck, the way you might pick up a cat or rabbit by the nape of the neck.
 - a. Nod head yes, yes, yes
 - b. Turn head no, no, no
 - c. Draw a 50 cent piece with your nose clockwise
 - d. Draw it counterclockwise with your nose.

(Do a, b,c,d a dozen or so times each)

3. Rotate the head again noting how the neck feels NOW.

Pleasure Practice

"The principle of pleasure is keeping our body aligned with our center" (Tai Chi).

A balanced Center (where your urge to stretch some from) is attained by aligning the body and staying in touch with it. Stress in any movement that results in a wonderful feeling is Pleasure. Changes in the age and shape of your body can be brought about by feeling where stresses are and deciding if you want them there.

Stress & Gravity are not evil. Gravity and levitation operate equally in the body (maintain an awareness of Levitation from the waist up and

Gravitation from the waist down). Effortlessness comes when the total body is balanced in a state of weightlessness. Staying in your body with this awareness when moving about is practicing pleasure.

Play Tank Check

We use love in three ways:

1. Falling in Love (physical) - "Love is a feeling you feel when you feel a feeling you have never felt before".
2. Love is an attitude (spiritual) - "I choose to look out for your interests".
3. Love is an emotional need (love language).

When 1 and 2 run out of steam, 3 comes to the forefront. Each of us have a primary Love Language; one that means the most to each of us. By nature we speak "our" language, and we give the other mostly what WE want. Unfortunately, almost never do friends and husbands and wives have the same love language. We then hear, "He doesn't love me anymore", "We just don't get along", "You don't appreciate anything I do for you". Learn the other's language by the way they treat you.

The 5 Languages of Love

1. Words - that edify and build up.
2. Gifts - mean the other thinks of us when we are apart.
3. Acts of Service - deeds, doing things they would like to have done.
4. Quality time - undivided attention.
5. Physical touch - a way of feeling emotional warmth (hug, kiss, etc.)

Picture how things turn out when a wife is #1 and the husband is #3.

when a wife is #2 and the husband is #1.

when a wife is #3 and the husband is #5.

when a wife is #4 and the husband is #3.

when a wife is #5 and the husband is #2.

Or any other incompatible combination can trigger dispute and misunderstanding.

What to do about it?

1. Choose to look out for and ascertain the other person's Love Language.
2. Play Tank Check.

How do you play Tank Check?

1. Picture a tank label Empty, 1/4, 1/2, 3/4, FULL.
2. Ask, "How is your tank level today?"
3. If less than FULL; ask, "What can I do to fill it?"
4. FILL IT.

There are NO LOSERS in this game.

Keep Your Canaries Flying

Picture a panel truck on a one-way log road that is bridging a half-mile swampy section. The

driver of a 2nd car following closely behind is becoming increasingly perturbed when every 100 yards the driver ahead stops, gets out, bangs on the sides of his truck then gets back in and drives on. After 4 or 5 such stops, the exasperated follower shouted, "Hey, why the stops to bank your truck?" The reply "I'm carrying a load of canaries weighing over 500 pounds. The load limit on this section is about 300 pounds less than me and the truck weigh. I have to keep half of the canaries flying."

Down in the Dumps? Feel Heavy Laden" Want to go lighter and faster?

Keep your canaries flying!!!
