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5 ELEMENT BALANCING

WITH

EDUCATIONAL KINESIOLOGY CORRECTION

by Paula Oleska

Perhaps there are moments when you, dear reader, wished that Touch For Health sometimes could go deeper, or maybe you weren't getting the results you wanted and wondered whether there were something else you could do within the (wonderful) TFH framework. Well, I had those wishes myself and at one point I went a different way and the results were very satisfying. I would like to share this detour with you step by step.

- 1) Go through the beginning of a regular TFH 5 Element Balancing: test 14 muscles to determine where the over-energy is. In the case I worked with (called "A" henceforth) the over-energy was on Kidney Meridian and except for two, all the muscles were switched off.
- 2) Educate. Explain what the imbalance means within the 5 Element framework and ask how that relates to the person's experience. (e.g. imbalance on Water element in very general terms means lack of fluidity, which may result in stiff joints, inflexible attitudes, or lack of flow in thinking and ideas. Does any of that ring a bell? How does it relate to how you feel?)
- 3) Determine where to start the correction. In the "A" case, it was the liver meridian — a conventional "first yin under after over" approach. I confirmed that by asking "The best correction is...?" since there are exceptions.
- 4) Educate again what the Element to correct with means to the person (e.g. "Element of Wood emotionally has to do with anger. What connection could there be between that and your situation?" As it happens, "A" has just been complaining how frustrated he gets at his job).
- 5) Test the associated muscle (in "A's" case, P.M.S.) and determine which of the TFH corrections are necessary. Then, through the digital indicators, determine which realm to correct with (in "A's" case, it turned out Emotional).
- 6) Follow the correction in order of priorities, and the realm according to the Advanced Educational Kinesiology Manual (for "A," it was Emotional Realm Ritual, with age regression to birth and affirmation for Reflexion/Worry — "I have to worry to live." Lying down in Cook's, he experienced a chaotic environment, with people he didn't trust. After working with it for a few minutes he was able to change over to the positive aspect of that meridian: "I relax, do my best, and the world is beautiful").
- 7) When the correction is complete, re-check the muscle, the over-energy point and the rest of the muscles. They should all test clear now. When "A" completed his balance, his face and posture were considerably more relaxed and he smiled for the first time since I met him. When I asked him how he felt, he giggled. It was a delight to see him so changed.

I found that in TFH, as in Educational Kinesiology, the more you educate, the faster the correction happens and it gives your partner or client the sense of full participation and an opportunity to make discoveries on his or her own.

I use this technique whenever it come up as a priority. What I gained from it is a better understanding of the Laws of 5 Elements and a deeper perspective on how Touch For Health and Educational Kinesiology interrelate with meridians and how all three can now be used to achieve a deeper, more comprehensive balance.

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