

SELF-BALANCING

by Paula Oleska

Would you like a piece of my mind? Probably not, but it's not what you think. You see, my mind has a way of coming up with these brilliant ideas if I just leave it alone for a while. So, as it happened, one morning I was trying to figure out how the hell I was going to get balanced since it was too early to call anybody to come over (I mean, it was 2 am, and my friends are very tolerant, but that would be stretching it, really). So there I was wanting to get balanced, and my mind whispered sneakily: "How about that finger testing that you had learned from L.D.?" (I am using the initials here to prevent any controversy, as some people may say: "Her? I don't want to learn anything from her!" [And it is not Lady Di, I must add]). Anyway, that's what my mind said, and I very intelligently answered, "So?" "Oh, c'mon," said my mind impatiently (sometimes we get into those little arguments, you know). "You know. You test the muscles and the fingers at the same time." "That sounds impossible," I said. I can't think very clearly at 2am, but that was such an obvious blunder. "Oh, I don't mean at the same time, I mean right afterwards." "But you know I can't test my muscle myself!" "Of course not, you dummy," (my mind sometimes gets very ill-mannered). "You go through the range of motion and then test the fingers." "Oh, I get it. Let's see if it works."

I tried it and what'd'ya say — it worked! When

the muscle was switched off, the fingers tested switched off too, and when the muscle was switched on so were the fingers. Hooray! (In case you haven't tried it, you take the Opponens Pollicis on your writing hand and you test it with your other hand. You do it in the clear and then you say "Yes yes yes yes yes yes" and "No no no no no" and see what the response is. You may need to practice it for a while to get it right, but it works.)

Not only did the fingers indicate to me which muscles were switched off, but they also told me the same way which NLs and NVs needed to be worked on. So, I could finally balance myself, and I had a handy tool for all those lonely New Yorkers who kept bugging me about how they can't practice Touch For Health because they can't find a partner. No more excuses! Incidentally, I'll have you know that since TFH introduced the Educational Model, the New York's East Side singles bars have a new line: "Hey, baby, you wanna help me get balanced?" My discovery is going to put a stop to this: now a woman can proudly answer: "Go balance yourself!"

On that happy note ended my brainstorming session with my mind, and everything would be fine, except now I developed a habit of staying up till 2am just to balance myself. There's always something! ■

Paula Oleska
45 Allen St., #6G
New York, NY 10002
(212) 966-3516