

# THE PYRAMID OF HEALTH

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There are four attributes of approaches to health: the structural, chemical, mental, and emotional. The base of all of these aspects, and in fact all aspects of life, is the spiritual.

I believe that in order to understand how we all function we must see that there is a plan and a purpose for our lives and what our lives represent. Therefore, if there is a plan and a purpose then there must be a Planner. How human beings become healthy and stay healthy has been my major study for many, many years. Having been involved in the Wholistic Health movement since its inception at the conferences at the University of California at La Jolla, I have observed that most of the pioneers in this movement now agree in the new scientific model of quantum physics: that there is an ultimate plan and purpose to life and that there is a planner. The more that is known about the world and its position in the universe, the more I am certain that it could not have occurred without a plan. The conditions and support systems needed for life to develop and sustain occur nowhere else in the universe that scientists have yet to discover. Therefore, my basic fundamental purpose is to believe in this plan and discover how to be more like the Planner. I have found that my main support is Jesus the Christ.

I believe that the Planner is part of me and that I can be in constant contact with His plan for me by being open to His direction and staying aware. I have free choice. With this choice I can choose to be part of His plan and purpose. Daily discovery of this plan and purpose is essential for me to stay on the path, so that I may help other human beings perceive the plan and the Planner in their lives, making this a better world as, of course, it was planned.

There are two major elements of God's plan—LOVE and TRUTH. In the course of human history the separation of these two attributes, one pursued in the scientific community and the other in the religious community, has made for both unloving and untruthful aspects of life. Understanding love as a manifestation of the Planner's grace and service to us all is to extend love into the framework of truth. Meeting the challenge of life today is not an easy task! My purpose in continuing to share my developments of the Touch For Health system is to assist anyone who wants to know how I uncovered some truths with love as my guiding star.

The revelation of how the Planner created the workings of our world and how we can utilize this information, as we develop our talents, is never taken back. We are given revelations and make discoveries through

them so that we can know and love the Planner more and serve humanity with joy. If we misuse the Planner's revelations and our discoveries, He will not withdraw the "new" truth from us. This is one difference between humans and the Planner. Once given a truth, it is never taken back; thus truth can be built on truth. The problem is that we sometimes get absorbed in something else like, the "seven deadly sins" (pride, greed, envy, gluttony, lust, sloth, or anger), or other distractions that takes us away from being able to be channeling the love of the Planner.

Our lives can be utilized for service or otherwise. They can be lived out for the Planner's purpose or for ours. It is a daily choice and we can always turn around and get back on the plan or we may, through ignorance or evil, move further and further away from our ultimate good in eternity.

I sometimes look at part of the Planner's plan in the chemistry of my body. There are at least 80,000 varieties of plants on earth and if I can eat only relatively few of them without causing harm to myself, then how would I survive unless there was a plan for the utilization of these fewer foods to allow me to rebuild my body and fulfill my purpose? As I recognize that the chemistry of my internal and external environments have an affect on my life and my health, I realize knowledge is necessary. When the food I eat and the constituents of the environment change my chemistry, my other attributes are

changed. As an example, If I drink a certain amount of alcohol it affects my structure by changing the way that I can control my muscles and therefore my posture. It affects my emotions for I allow them to surface more readily when I am "under the influence of alcohol" and I may then lose control over my feelings. My mental capacity can also be affected by alcohol. I may lose the ability to calculate accurately or I may fail to remember what happened when I was under the "influence of the alcohol." The amount of this substance is the crucial factor, because taken in small quantities as a carrier for medicine, it preserves the medicine and can be beneficial; however, taken in large quantities it can be lethal.

I often look at a human body and see the Planner's hand in giving us free choice to affect any of the four attributes: chemical, structural, mental, or emotional. Our bodies are our image of ourselves and how we maintain our bodies reflects our self image. Our body is the muscles, ligaments, bones, fascia, fat and the circulatory, lymphatic, nervous system, etc. I see that every attribute of my physical body is the structure of my being. When I change the positions of the structure I change my emotions. For example, when I get into a cramped position for any period of time I can observe my emotional mood changes. When I get out of that position of being cramped I can see how my emotions change. When I improve my structure my mental outlook will improve and I can think clearer than before.

Utilizing the Touch for Health muscle balancing techniques proves the above statement. In my 31 years of chiropractic practice, the last 23 utilizing my own Applied Kinesiology/Touch for Health modes of therapy, I have no doubt about it. Improving the posture and the communication between the systems allows for improved structural balance and improves the other attributes of life.

Our emotions affect our structure; our structure affects our emotions. When we change one, we change the other. If we are excited, our posture reflects it, and if we are depressed our posture demonstrates that. Our chronic, usual emotions which dominate us are correlated with our structure.

It is now known that certain chemicals manufactured in the brain and other organs may affect the emotions, senses and thinking. The reverse is also true: how we feel, sense and think also affects our body chemistry and causes the manufacture of chemicals within us. When we change our emotions the chemistry of our bodies changes.

Our mental or intellectual cognition affects our posture, because it directs how we decide to utilize the information about how to care for ourselves. For instance, if we choose to exercise, which exercises we do and when we do them makes a difference in our mental processes. Through many mental techniques we can change our emotions. We can also change our body chemistry with our minds. Through mental intention one can slow down or

speed up chemical processes.

As you can see, all of these aspects are integrated so that we really cannot talk about them individually except for the purpose of study. To observe some smaller aspect of life we leave out parts in order to focus on the one part and see it as if it existed independently of everything else. This is one way of seeking the truth, striving to learn how a thing really works. We want to find out more and more about a smaller and smaller part. We sometimes continue this until we know almost everything about almost nothing.

Another truth is surfacing after more than eighty years of living with the new science of quantum physics. Leaders in physics have now come to the realization that everything is uncertain and that the person studying a subject does have an influence on it. The passive observer no longer exists except in our illusions. If the person doing the study has an influence on what will be found, then it must mean that there is a direct connection between the Planner and that which He planned and created. In other words the spiritual aspect is influencing results in all aspects of the human life, whether it is chemical, emotional, mental or structural. The spiritual actually pervades all the four attributes of life. A person gains positive strength as the spirit predominates until at the pinnacle one is at-one-ment with the Planner's purpose. That is the ultimate of learning, knowing and loving.

There are other aspects of life that surround us and influence our beingness.

There is the context in which our lives are taking place at any given moment - our environment, our history and our future, as we perceive it.

The context in which our lives take place has an influence on our health, because we are influenced by others and how they live their lives. We do not live in isolation and unless we recognize the context of what is happening around our lives, we will have half-truths which are a lack of recognition as to what is influencing our health. For example, when my daughter died, I was greatly impacted and found that I could best bear my grief by continuing to work with my patients, attempting to continue to serve others. My health was depleted, my energy down, and my patients recognized that something wasn't the same with me and asked about it. They were able to become of service to me as I had been to them. Sometimes when tears would well up in my eyes, and I would share my grief, they would understand. I was able to listen to them share about their similar losses that I had never known about. We became closer and I believe that the health of both of us improved through this facing of death as a continuum of life together. The context of our relationship was enhanced, because the truth was revealed and shared. We were touched by that common reality. If I had not been willing to share my grief, get it out, get it healed and accept it, I am sure it would have lasted much longer for me and my health would have been negatively influenced. Now in all my relationships I have a different context with people that tell me about the

loss of a child. My pyramid of personhood is influenced by the context in which it is found at the moment.

Your history also helps create the context which you experience. No one has the exact same history that you have. Your history is totally your own. Every event that occurs in your life is influenced by your history. Your memories—perceptions are unique and different from anyone else's memories. Whether conscious or buried deep within you they may be opened up by any of the attributes singularly or or all in concert. For example, when I was a young man in Junior high school, I became drum major of the band, because on the last days of the previous school year I had simply asked the teacher of the band class "Who is going to be drum major next year?" I was purely curious and had no conscious thought that I would make a good drum major or that I wanted that position. Then, on the first day of class in September the teacher said to the band, "I am going to give the position of drum major to the first student who asked to try-out for the position." I wondered who it might be. When he announced my name and I was stunned and sat quietly wondering how that happened. Only later did I recall asking the previous year about who would be the drum major. Even then somehow there seemed a plan in this.

All the experiences of my life have given me the knowing — the knowledge that there is a plan for me. My conviction has been reinforced when I have listened and looked for that plan as it has manifested itself through my life. This is the process

of how Touch for Health has become part of my history.

All of God's creation and the creations of man: the environment, the weather, the air, the seas, pollution, radio, television, radar, the community, people, plants, and animals have had and will continue to have an effect on us and all of our attributes. These must be taken into account.

Our perceptions of the future can influence us by our knowledge that there is a plan for us and our world. We can fit into that plan or we can fight it. There are many ways that we can fulfill the Planner's purpose for us. The fulfilling of our per-

sonal mission, talent and destiny demands that we do those things that manifest health. This is far more than the mere absence of disease and infirmity. Your life is unique and your health is a subjective as well as objective manifestation of how you fulfill the purpose that the Planner has for you. It is my hope that the techniques and ideas of Touch for Health, a system for better health, will enable you to more fully recognize and accept the special life plan our Planner/God has for you. It is my hope also that you will share with others with love, the truths you will learn. ■