

TFH and Me

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It is January in Holland while I write this paper for the San Diego Annual TFH meeting. It is kind of difficult to concentrate myself on what I want to write because the last Annual meeting is still in my memory as if it was yesterday. I am not a person that finds our new techniques, I am not reinventing the wheel again. I gladly leave that to other people. And I will use their inventions and have the benefits of their creativity if it agrees with my feelings on how to work with muscle testing.

What I do want to share with you, however, is the experience of the Dutch Instructor updating, which was held this very month and my concerns on how TFH can grow out to be a health care system instead of a self-help-method for everyone at every time.

This concern is very vivid in my thoughts and it has to do with the philosophy behind the TFH method as I feel it.

Being a faculty member does in my feeling not stand for stopping the method from growing to more techniques, tricks or otherwise.

The more knowledge one can get the more one can do for the benefit of the person works with. MAYBE!

I believe that this is not always true.

And therefore, I want to share with you the theme of our updating in Holland. I am pretty sure that my concern is not only a Dutch concern.

My concern has to do with the grim struggle that is going on in health care on the whole.

A couple of weeks ago, I talked to John on the phone. He asked when my annual meeting papers were going to be ready and could I write or tell something on the philosophy behind the method.

And, since this philosophy is one of my concerns, I will give you the letter that I write to the Dutch instructors and that was part of the discussion during our updating weekend.

Dear TFH instructor,

When John Thie started to develop the TFH method in the seventies, he had a goal. His goal was, that there would be a possibility for every human being to work on his own vitality, creativity, harmony and well being.

He did not talk about another alternative medical system to bring back physical health to the body. He was dreaming about another kind of way to create a sense of and, also, a reality of well-being.

His second goal was to, kind of, free people from their need for individuality when it comes to admitting that one does not feel well. Didn't we all learn not to talk about our difficulties, but to fight it all out for ourselves? Or wrap them up and take them to the doctor?

In order to yet have a chance to express ourselves in another way than the verbal way, he developed TFH. A way to restore our natural balance by means of the help that one can receive from family members, neighbors, good friends or even the milkman when that could be the case. In short: a method that could be learned by everyone.

This goal is -- until now -- still very much alive. And it is not only John Thie's goal alone anymore. It ought to be the goal of everybody who ever came in touch with the method.

TFH is growing incredibly in the whole wide world. And with TFH all the beautiful branches that grew out of that one tree. And all those branches got wonderful names. The names that all those creative people thought was best for their own inventions. I have seen many

fantastic things happen with all those creative ways of restoring the different energy systems in the body. So what am I concerned about, for heavens sake!

My concern is that with the creation of all these new offsprings we may fall in the trap of professionalizing as so called therapists. I have nothing whatsoever against Health-therapists, when that is the profession the person was educated for by other ways, that are legally recognized. If they add muscle-testing to their legal therapist-status it is fantastic and stimulating as I have seen many times. So if you want to be called a therapist with a legalized status as such, you need to go for additional schooling to get that title. The more you want the more you get. And with that title and status you also need to carry the burden of responsibility that goes along with it and the stress that goes along with it, and the restrictions that go along with it.

Touch for Health, however, has a different meaning. It is my deep belief that TFH has nothing to do with the restrictions that have become belief-systems in the medical world and in the health-philosophies. TFH is in my belief THE method to find out what my real choices are for a life with less pain, whether this is real physical pain or the so called pain in the neck!

And with 'TFH' I mean every method that has to do with muscle test, the way we use it. It is a way to become aware of the physical reactions of the body on psychological issues. It is a way to get more insight in the choices I make for myself and how much vitality this is going to cost. It makes me at least choose my own way instead of having other people do the choosing for me.

And if I can be of help for someone else to perform his own wonder, it gives me as great a kick as it gives to the other. At that moment we share the same balanced energy conditions and we surely feel that in our bodies too. That has nothing to do with a medical way of 'curing' the person; it has everything to do with healing the two that work together at the same time.

And that is wonderful. Whether we do the method via the belief system of John or Gordon or Rick or Jimmy or Tobe or Wayne or Whoever, it can only be my way of doing it. I am the one who works with the other person in a unit of energy. My aggressive creative energy can reach the other person by touching him and at the same time his timid energy can balance my aggression and vice versa. That is a wonderful idea if I want to believe in shared intentions. By healing the other I heal myself. This is a totally different concept than the medical concept. The medical concept always knows what is best for me. And logically that may be so. I only believe in it, however, when my body and soul as an integral part of the body reacts on the issue with a feeling of being at peace and harmony. As soon as the issue gives the reaction of inner fear or tension, I know that whatever the medical person tells me, there is no healing factor there.

This is one of the traps the muscle-tester can fall in when he starts believing that he can put his interpretations of the muscle test upon the other person. Only when the tester does not feel any stress or pain by the interpretation of the muscle test the interpretation is true. I mean to say that it is very important that the two of us, the tester and the testee, feel the same harmony while working together. There can be no question about the outcome when we both feel delighted by the discoveries we make together.

Muscle testing is a two-way experience between the one and the other. The same thing counts for teaching. In order to teach we have to learn first. Learning is gaining knowledge, but having learned something is different. Having learned is, the knowledge has become a part of ME! That what has become a part of me, I can give out again without losing it.

And that is what teaching is about. I can only teach with all my energy when the subject has become a part of me, when it is integral in my being, when it feels as if I am sharing a part of me with the other who does not have that part yet in his being, and who wants to have that part

too. The person only wants to have that part of me too, when it gives him the feeling of peace.

When I teach a subject that I do not master myself as yet, it sends out an unbalanced wave of energy. And everyone can sense that. That may be one of the reasons why people learn the same subjects a lot easier by the one teacher than by the other one. I can teach freely and with a lot of ease when I am convinced for myself, and I mean: in my own bodyfeeling, that the subject that I am teaching feels good for me. As soon as I start teaching beyond my bodyfeelings, I don't teach anymore. Instead I am balancing myself and my equilibrium on the edge of an abyss. And I am likely to fall over flat on my face. And my class will lose faith in what I am TRYING to convince them of.

This again is one of the reasons that makes me concerned. If touchers on the whole want to be recognized as therapists, they can not get away with not having the academic knowledge that is legally asked for. Academic knowledge in medical science, however, is very often that part of knowledge that we cannot experience as a feeling in the body. I do not feel my anatomy, I do not feel my bony structure, I cannot see my cell-structure and I cannot see my molecules tumble around. That is to say: when it is academic knowledge. Gaining academic knowledge is not something everybody can gain, because of different reasons. That can be money, that can be time, that can be social circumstances, that can be discrimination, that can be anything.

But gaining bodyfeeling knowledge is something everybody can learn by just experiencing it and recognizing it. We can be of tremendous help in helping people to gain that inner knowledge. In that way everyone can help everyone with no restrictions whatsoever. Who can prevent whom to touch someone when it is not for any medical reason? Nobody! That is what we are up to, reach out and touch somebody's hand, make it a better world if you can.

Teaching and touching, and touching while teaching is such a wonderful mutual experience for the toucher and the touched that they both feel enlightened. Enlightening has everything to do with how the body feels. We experience the different bodyfeelings because our hormones rush through the body under every different circumstance.

In the book, *The Footsteps of the Mystical Child*, the author says: "Our soul exists out of tiny entities that produce different lights under different circumstances: and that makes our feeling." Our soul is that integral part of our being that makes us feel the life-forces rush through us. Feeling is living, whether we can explain it scientific or not: that does not count.

That is what we are up to. My feeling does not change a bit whether I know which hormone gives me that feeling or whether I don't.

Once a doctor in one of my classes said: "Well, when people experience that kind of feeling, it certainly has to do with a rush of adrenaline and cortisol and other plus electrical reflexes."

I listened to him and was glad with his comment; but at the same time I could not resist the question of how it felt for him in his own body to have that knowledge. He said: "Well, to be frank, I never have the time to reason about my own feelings: they are there before I know which gland is doing what."

And that is exactly what it is. By teaching beyond the boundaries of my inner felt knowledge I put myself in jeopardy, I go beyond the stress-level, I start stammering and stuttering and sweating and radiating out stress-impulses instead of waves of harmony and relaxation.

I can teach what I have and not more: but believe me: that is a lot. And you know: what feels best is that human beings all feel the same. But when it is permitted to show the feeling by way of muscle testing, the strain disappears. And one other thing: muscle testing is so subtle and so gentle that nobody needs

to lose his dignity. Dignity is a logical part of our existence that makes us different from other creatures. We can go into each others deepest feelings and determine how so called bad or good they may be without jeopardizing each others dignity. We can experience individuality and togetherness at the same time and stay ME!

If we can stay with this goal, the world will really be changing into a wonderful place to be.