

The Wheel of Fortune is All on Your Head

by John Varun Maguire

About four years ago Al Berry, a TFH instructor from Kamloops, B.C., Canada, made an interesting discovery. He observed that under energy in a meridian could be determined by testing points on the crown of the head that followed the pattern of the wheel on Page 110 of the *Touch for Health Book*.

Al and his wife Maxine stopped by the Foundation in Pasadena last November and did some remarkable balancing with me using light (Al at the below number). Doing some pre-tests, Al touched various points on the crown of my head and checked an indicator muscle (anterior deltoid). He then told me which meridians were out of balance. Having never seen this done, I was a bit skeptical that such knowledge could be revealed by my thick skull.

To convince me, Al then confirmed the tests by checking the fourteen muscles, and revealed that the muscles on the meridians he said were under energy indeed tested switched off.

I then said to him, "This is strange, Al. How do you know which points on the crown correspond to which meridians?"

Al replied, "Open the *Touch for Health Book* to page 110 and put it on your head!" He then flipped to the page and put it on top of his head so that the diagram faced his scalp.

It seemed most convenient that the divine forces would place check points for the wheel at this strategic location. I decided to do my own research and share this with other people to see their findings. So far the evidence seems to show that this is an accurate and effective method.

The procedure is simple.

1. Find a switched on indicator muscle. Anterior Deltoid will do.
2. Either the tester or person being tested can touch points around the crown of the head as the indicator muscle is checked. You can begin anywhere and move clockwise or counter-clockwise. An easy way to remember where the points are is that Large Intestine is on the Left (just below the parietal eminence). Heart is at the back of the crown, Kidney on the right and Gall Bladder is in the front.
3. If the indicator muscle switches off, it indicates that the meridian is under-energy. You can confirm this by checking the corresponding muscle for each point that tests off.
4. If you like, you can use the strategies of balancing by the wheel and choose where to begin the balance.
5. After doing the balance, recheck the muscles that were off to see that they are now switched on, and recheck the points on the head to confirm that they are now cleared.

If you would like to share your observations with me, you can reach me at J. V. Maguire, 6688 Wildlife Rd., Malibu, CA 90265, (213) 457-3888. If you want more information about the light balancing procedures, you can contact Al Berry at 6254 Meadowlands Cres., Kamloops, B.C., Canada V2C 5J1, (604) 573-3450.