

Intention

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Abstract. Our intention guides the course of the healing that occurs both within ourselves and the people we interact with, personally and professionally. Intention is manifest in our body as tension, our perception as purpose, our spirit as aspiration, and our relationships as design. By working intentionally with intention, we become the driver of the natural process of manifestation. We utilize the power that is always present, yet not always promoted. This paper will outline, through interaction and information, the process of intention and how to apply its power in the healing relationship.

Background

Being human is truly wonderful. And, Touch For Health expresses this wonder magnificently. Every time a reflex point switches on a muscle, or an unlayering of emotional turmoil is unmasked through an identification using the 5 elements, my inner experience is one of awe.

Perhaps my greatest inspiration is when asking a patient non-verbally, or through finger modes, a question, and there is a change in muscle response. This process of "just thinking something" and somehow transferring it to another person amazes me.

Prior to learning Touch For Health, I studied extensively the arts and sciences of being human. I received a graduate degree in Clinical Holistic Health Education and Counseling. I studied various health fields from physics to metaphysics, from movement to altered states of consciousness, and from the Eastern and Western traditions. I learned to discover answers through my own inner processes: physical, emotional, mental, and through the dynamics of the subtle movements of my inner being.

When discovering Touch For Health, and then assimilating it into my prior learnings, a beautiful synergy of human healing potential emerged. Fortunately, I worked, studied, and read extensively about Touch For Health through working at the TFH Foundation. I learned through my successes and failures, and those of the people around me using the Touch For Health synthesis. I have seen "miracles", heard stories that boggle the imagination, and experienced the magnificence of Touch For Health.

At present, I have decided to focus my energies on what intrigues me the most about TFH - **intention**. Through our intention we determine what we are testing for; finger modes are a perfect example of this. What I have collated is a synopsis of the studies of human movement, thought and action, and touch healing. I trust the reader will discover a greater depth in the process of intention within us, and how this transfer of energy is transmitted.

The Body Of Life

My greatest learning has been that *life must be appreciated, more than it needs to be understood*. If we lived by this notion, we would discover a greater richness to our existence. We would experience our aliveness and our dynamism and thus enter into a sacred relationship with the substance of life. This will not only be healing for ourselves, but will also heal the planet simultaneously. Touch For Health is excellent in promoting an appreciation to the dynamics of life by trusting in the feedback that our body gives us and in creating a greater sensitivity to our internal experience.

However, most of us prevent ourselves from truly experiencing the richness of life through our pre-conceived notions of how it should be, by accepting into our lives what others tell us what is "true", or from our familiarity breeding non-awareness. The mind is truly a double edged sword. It is our greatest gift, yet it is often our greatest deterrent from really appreciating life. Thus it can keep us from true health and vitality. However, when we use the mind and body and its ability to appreciate and accentuate *what is*, we then

have the creative force of life working through us.

Our intention is the guiding force in being able to appreciate life, experience aliveness, accentuate healing, and effectively channel the creative forces available to us. Intention, whether conscious or not, is more than thinking something in our head, it is actually manifested in our body as tension, in our perception as purpose, in our spirit as aspiration, and in our relationships as design.

From Intention to *In-TenShin*

In order to outline the power and meaning of intention, I have re-organized the spelling so that we may see its strength at a glance. I have written intention as *In-TenShin*. This is an obvious play on words, and is crucial in summing up the meaning of this lesson. There is actually five forces governing *In-TenShin*. They are:

1. In tension: to be in cooperation with your tension.
2. Intention: to act with purpose.
3. The Japanese word *Shin* is (*hsin* in Chinese) meaning Heart-Mind.
4. The use of *Italics* represents action and movement.
5. The actual word *In-TenShin*, pronounced intention, demonstrates the unity of this process.

In order to fully appreciate this play on words and the deeper processes of *In-TenShin*, we must expand our mind to include our body. When we can experience thoughts as actions, and feelings as shapes, we are at a better position to appreciate *In-TenShin* and accentuate its power. And through this profound and simple appreciation of our inner processes, the Presence that is Being will become evident in our life and provide an extra healing force that will assist us in living in optimal wellness, or giving to our clients a greater dose of healing energy.

For a greater understanding into the process of intention within and around us, an alchemist's point of view is necessary. We must break *In-TenShin* down into its several divisions (as listed), and then through our discoveries accentuate its processes. After we

complete this procedure of breaking down, we must reunite the divisions and allow the process of intention to unfold within our actions, with greater intent and power of presence.

In tension

First of all, we must experience our mind manifest in our body. We must be aware that thoughts do have reactions in our body. These reactions come in the form of felt sense experiences. What follows is the first of several experiments. Their essence is simple: the capacity to perceive a difference engenders the possibility of making a difference. In order for this field of possibility to emerge, a quiet receptive state of mind is recommended.

The following experiment will demonstrate the tension of *In-TenShin*. Let us use *lifting our finger* as a metaphor for an intention to do something.

Just lift your finger.

Now let it fall.

Lift it again.

And let it fall again.

Lift it half as much.

And let it fall.

And half as much.

And let it fall.

And half as much as that.

And fall twice as far.

Continue this until you are hardly moving it at all, and yet you can still feel the build up of tension and its release.

Were you able to notice that just *wanting* to lift your finger is accompanied by a build up of tension? Tension forms the fabric of experience. It is not that you are tense, it is *how* you are tensing that makes the difference. It is your use of tension that contains the keys to both your greatest strengths and greatest weakness. Tension can create imbalance, but tension is also the

driving force of the more subtle energies that live within us. Let us continue:

Now, just want to lift.

And let it fall.

Just want to lift.

And let it fall.

Want half as much.

And let it fall twice as far.

Want even less and less.

And let it fall deeper and deeper.

Were you able to notice that just *thinking about wanting* to lift was enough to generate a build up of tension? How gently can you think and still feel? What kind of tension is created when we ask a question internally, or through a finger mode, and then check the muscle response? Could we purposely enhance this tension so as to create a greater and more efficient channel for our questioning or healing? This is the essence and purpose of this paper.

Tension is the substance of strength. There is strength in *lifting*. There is strength in *wanting*. There is strength in *thinking*. The meaning in which we give the tension, through our *In-TenShin*, is the guiding force of how that strength is manifested. Whatever our intention is, determines what we test for. The more deliberate our *In-TenShin* is focused, the greater transference is shared.

Intention

Considering our body of experience to be an organized field of energies, we could observe the energetic correspondences of our thoughts and actions. The above exercise demonstrated this to be so within our body. We know this response also extends beyond our personal body because we see it evident whenever we test another through asking questions or surrogate testing. We muscle test, or check reflex points on the body, and we are able to identify various imbalances and corrections in or through another person.

We are able to influence the body's balance through a combination of touch and intention, as well as extensively mapped out body dynamics (reflex points, 5 elements, meridians, etc.). Our intention is our purpose for what we are testing, or correcting. If our intention is to have a certain response by touching someone, we create the forces within us to actually check for that response. We also influence the persons body we are working on through this process of intention. In the Touch For Health synthesis we have honored this process of intention by creating finger modes (in PHP), by incorporating reflex points, and by testing for changes in muscle response through questioning.

By being aware of our body energy flows, we can find that there is an actual muscular response to each of the finger modes programed, or each of the questions we think. This is just as true for our unconscious intentions, as it is for our conscious ones. To avoid such subtle distinctions, conscious and unconscious thoughts, from negatively influencing the healing relationship, I have incorporated the word '*Shin*' from the Japanese (*hsin*, in Chinese).

Shin

A central concept of Chinese medicine is *hsin* (or *shin* in Japanese). These words, are usually translated as "consciousness", or more basically, "the heart which is also mind", or "Heart-Mind." This Heart-Mind organizes itself through the neuro-muscular system. We might say *the brain is the flower of the nervous system, as the heart is the root of the muscular system*.

Our emotions are often associated with our heart and muscular system. We know that emotions are held in the body tissues, primarily the muscles, yet they affect all other levels of our being. We can unmask these emotional holdings through various massage and/or movement techniques.

The heart, according to the Chinese, is the root of consciousness. Consciousness is more than just mind, it includes all our energetic sensations, subtle and gross. *Hsin* is the center in which all human endeavors emanate from and return. Of the three primary centers in our body, belly, heart, and

head, the heart center is in direct relationship with the hands. Even the motor-sensory cortex of the human brain devotes an extraordinary amount of space to the hands. Our capacity for sensitivity and control through the medium of the hands is unparalleled in nature. It is for all these reasons that *hsin*, or *shin*, is used in *In-TenShin*.

All of our felt experiences are embodied in our neuro-muscular system. To illustrate this, let us proceed with another experiment. As you enter each feeling state through reading, i.e. thinking the statements, notice the muscular balances shift and change:

Imagine being happy. Really happy.
Absolutely incredibly happy.
Notice how every muscle in your body adapts itself to your mood.

Imagine being sad. Very sad.
Profoundly sad.
Notice how every muscle in your body adapts itself to your mood.

Imagine being scared. Truly scared.
Terrified.
Notice how every muscle in your body adapts itself to your mood.

Imagine being at peace. Really peaceful.
Blissful.
Notice how every muscle in your body adapts itself to your mood.

Imagine your favorite mood.
Really get into it.
Notice how every muscle in your body adapts itself to your mood.

Every emotion and every mood has its own neuro-muscular signature. When we consider our mood to be in our mind and body (neuro-muscular system), we have greater leverage for the act of transformation. This somatic view of human experience opens the door to greater energy, strength, and transformative powers. Let us try another experiment:

Imagine one of your least favorite moods.
Move your awareness to the points of tension, and relax them.
Notice your mood.

It is hard to hold a negative state when you let go of (muscularly) holding on. Try this exercise with some positive moods and they just get better. The mood of relaxed attention is powerful indeed. This has profound healing potential on its own -- one that can be incorporated into any therapeutic relationship. However, when we utilize this natural human process of mind-body alteration, and apply it with touch healing, we have greater healing abilities at our disposal. We can purposely align our mental and emotional nature (*Shin*) with our intention and amplify our intended response, whether it be for healing or accessing information.

In-TenShin

We are now better equipped to work intentionally with *In-TenShin*. We have established a greater understanding of the processes involved in intention. Now, as alchemist's we must bring together that which was never separated.

In summary, our experience is somatically expressed in thoughts, feelings, and body tensions. They are written into the fabric of our being through our neuro-muscular system. These energetic streamings, when brought to our awareness, can be accentuated and thus amplified in strength and purpose. To do this, we need to incorporate a mood of relaxed attention, of being fully present to ourselves and the feedback we are receiving internally and from those we work with. We also need to feel the body streamings, allow its movement, and direct its flow with our intention.

If we consider ourselves as creatures of flesh, then not until we touch another's skin have we actually touched. If, instead, we consider each other as a field of intelligent energy, then there exists many boundaries, or 'skins', some further into space and others deeper inside. At each layer there is a world of response. As perception and control within the field of one's personal life grows, it becomes more and more possible to communicate these harmonic patterns to another, through the medium of touch.

There are many layers of touch. We can get in touch with our internal environment, through our awareness. We can touch, or be

touched by someone with beautiful words. We can touch and be touched by someone through our skin, and with our hands, and direct our intention through various levels of response. This requires that the heart and the mind work in concert for a common purpose, be it receptivity or creating a certain response.

Touch is both an art and a science. Touch can be used to reveal the energetic confusions within a body. Touch can be used to reconnect the various parts of us with the whole, or to reunderstand the relationships involved, and reweave the many layers of our being into a more unified, healthy and balanced state. Different purposes require different actions and modes of perceiving.

Touch For Health has flourished in mapping out various procedures in helping ourselves and others to attain a balanced state of being. Whether we want to fix a particular problem or symptom, balance the systems of muscle, bone, or energy, teach the mind through the body, open the body-mind to the deeper energies of soul and spirit, or facilitate the evolutionary process of and through an individual, Touch For Health is ideal for all these endeavors.

In Touch For Health we have collated many principles and systems of health care to summarize various possible interventions that can lead one towards greater health. However, when we are in actual contact and relationship with another, it is essential that we remain open to the feedback we are receiving from their body of experience, as well as our own. The toucher and the touchee are joined like yin and yang. One can touch already knowing what to do. One can touch without desire, and by listening be shown the way. Our intention will be the guide to both our receptivity, as well as our ability to give and accentuate healing.

If, for example, we are working on a neurolymphatic point on the body and there is great tenderness being experienced, an avenue of action is to touch more tenderly with greater intent. Our *In-TenShin* becomes the driving force, not the hard physical contact. This will yield the same healing response, allowing their body to respond not only to the actual physical contact, but also to the more subtle forces which are also

penetrating their being. The more gently we touch and the more directed it is by pattern, the deeper are the effects.

Since we are incorporating the Heart-Mind, our intent is layered with compassion. Therefore, all we touch with *In-TenShin* is given in love and respect for another's process, or field of experience. The challenge for us is to remain present to this compassion within us and in relationship with another.

Relationship As Design

The clearer the purpose of our relationship with another is, the greater possibility we have to experience that which we intend. In the therapeutic relationship, our clear roles and purposes create the environment which nurtures a giving (therapist) and receiving (client) of healing energy. The clearer the roles are, the greater influence one has.

Of course, for any working relationship to be optimal, a balance between purpose and openness through the medium of communication is necessary. Again, the toucher and touchee are in constant communication, as are yin and yang. However, the design of a relationship determines the direction in which that relationship will flourish. Thus, when we intentionally create an environment which nurtures a healing relationship, intrapersonally, interpersonally, and with the actual physical surroundings, we have utilized the naturally occurring components which outline a successful healing relationship.

In Summary

There is much to say about intention and healing. This paper has briefly outlined the depth of possibility which exists. We have great accessibility to the healing potential within us and with others. We can accentuate the healing possibilities with the added components of our awareness, and deliberate actions.

When we use intention as described in *In-TenShin*, we greater utilize the already existent forces at work. By being in cooperation with our tension, acting with purpose, using our Heart-Mind, and applying

this action in our touch relationships, we have opened the door of intention and promoted its power. We deliberately utilize the forces which the medical community is so fearful of using, and we show them that we are aware of this natural component, and use it to our advantage.

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