

Benefits of the Educational Model of Teaching Touch for Health

by Paula Oleska

The Educational Model (E.M.) offers tremendous advantages to both students and teachers of TFH. It was initially introduced by Nancy Joeckel and Phillip Crockford several years ago, and officially adopted about four years ago together with the Facilitator Program. It was introduced without the necessary preparation and maybe that is why it is still not very popular. However, the E.M. changed my life and helped me find within TFH the message I was looking to share: personal transformation. I would like to take a closer look at why it may benefit both the TFH Foundation and the people we are trying to reach if the E.M. were more widely used. Let us start by looking at the key issue of ...

Education vs. Healing

Healing implies being healed by someone wiser and more powerful than myself. Often I may not understand how it happened and therefore call it a miracle. I may learn to rely on that individual to help me since I am awed by his powers, which I myself do not have.

Healing has been practiced for thousands of years, and going by the current state of affairs it has not got us very far. Why is it still being done? Because it feels good to the ones doing it. Let's be honest--don't we feel really good about ourselves when someone walks out of our office without the pain they came in with?

Healing calls for techniques that work fast. That tendency brought out the voices in TFH that asked "Why use the cumbersome and time-consuming 14 muscle balance when I can now achieve the same results in 10 seconds?"

Education, on the other hand, recognizes that learning happens over time, sometimes the more time the better. Education is more inclusive, since in a learning process healing will occur, while the reverse is not always true. Between the medical profession and the

myriads of healers of different kinds, including TFH practitioners, traversing the world, we should all be very self-reliant and empowered by now. Are we?

While healing has been encouraged, education has been consistently suppressed throughout history, because all authorities knew that education leads to self-awareness and self-empowerment and therefore is revolutionary. Books were banned, questions were discouraged. Even now most people do not trust themselves to know what to eat, how to exercise, or what to wear.

What does it all have to do with TFH? We have a great and unique opportunity here. TFH provides some very basic, fundamental skills which can instantly shift individuals' trust in their own abilities and provide building blocks of self-awareness that can transform a person's life. Which brings us to the question:

TFH-technique or transformation?

Are we teaching a 14 muscle balance or are we teaching people how to take care of themselves? They are not the same thing.

I think most of us are here because TFH has changed our lives in some way. Therefore, we know that it is a technique that can facilitate personal transformation. The E.M. brings out and highlights that aspect of it. It instantly gives individuals their power back. The key issue is not whether one says "hold" or "push". The issue is who decides what to balance. In the E.M. each student makes his/her own decisions. Students learn how to get balanced themselves using someone else's assistance and therefore they learn:

- a. to recognize their own body responses,
- b. to trust their intuition in making decisions regarding their well-being (what to balance and how),

- c. to focus their attention on their own body and well-being,
- d. to ask for help.

Emphasizing just these four benefits (and there are more), TFH could become a lot more popular. Why? Because these qualities are indispensable in this day and age, and many people are looking for them. Thus, if we taught the 14 muscle balance as a means of increasing people's self-awareness and autonomy, it would become much more powerful. It would reach a wider audience and consequently would also bring more financial return.

Putting TFH on the map of Personal Growth Movements.

One of my students remarked that TFH is a truly consciousness-expanding technique. Unlike most other systems, it does it by feeling, and also by paying attention to the body cues we usually overlook. Now, this is a good selling point.

In recent years there has been a veritable explosion of workshops that promise consciousness expansion, personal transformation and enlightenment. People are willing to pay a lot of money for these benefits. However, despite some good results, none of these workshops address the body, where the changes really need to happen for the results to be permanent. However, TFH does. In business terms this is called the differential advantage -- the thing that makes our service unique and better than our competitors'. If TFH were to capitalize on this, it could start succeeding financially like EST, Lifespring or Insight. (But of course we could to it our way.) It is much easier to interest an average person in such benefits as autonomy or trusting oneself than in an obscure thing like a 14 muscle balance, even though they may end up being the same thing.

New model of teaching

Traditional teaching is based on an authoritarian model of passing knowledge from the learned to the ignorant. The teacher keeps him/herself separate from the students one way or another and usually does not share his/her weaknesses or emotions with

the group. Even such an advanced system as Superlearning considers this a factor indispensable to success.

In E.M. the teacher gets balanced by the students. The teacher, therefore, needs to be willing to reveal his/her weaknesses (switched-off muscles, emotional stress, etc.) I see this as a much more powerful and beneficial model. Students unconsciously imitate our behavior (see my preceding article *How TFH Works*), and so they will be more willing to reveal their weaknesses, an indispensable quality for accurate muscle testing. Moreover, experiencing the teacher as being fully human empowers the students to be fully human themselves, without having to hide behind a front of some sort. Consequently, the E.M. promotes a healthier relationship of equality between the teacher and the students, consistent with the original Latin meaning of the word *e-ducare*, to draw out. True education draws out the latent potential from both the teacher and the student. In order to be a teacher one needs at least one student; in essence one only becomes a teacher in front of students. Recognition of the fact helps us to remain humble, knowing that we need them as much as they need us. Only with this humility can we learn from our students and give them room to learn from each other. This attitude has periodically surfaced through the history of teaching, but it is enough to reflect on our own learning experiences to realize how rare it is. TFH has a tremendous opportunity here. Consistently applying the E.M. could peacefully revolutionize the old hierarchical teaching structures and thus facilitate another transformation. This feature could also become another differential advantage that could increase our earning power even more.

Other advantages of the E.M.

- Once students learn how to get balanced themselves they can easily turn it around and balance others also. The transition the other way is not so easy, witnessed by many, many instructors who rarely got balanced "because there isn't anyone here on my level."

- The E.M. prepares the students to be instructors from the very beginning, since they learn by teaching others. Consequently, it should be easier to teach them. They also have a potential of being more effective as instructors, having used the E.M. for themselves. This factor is important from the point of view of the field interaction model.
- The E.M., more than the old model, is consistent with John Thie's original intent of helping people take care of themselves.

Summary

The Educational Model teaches autonomy and self-reliance. These are important benefits that could put TFH on the map of person growth movements and consequently broaden its outreach and improve its financial performance. I highly recommend that this opportunity be fully taken advantage of.