

## Pain Techniques to be Taught in TFH 1,2,3

by Jim Reid, D.Min.

I believe that Touch for Health should be practical. It's great to balance ones body's energies. However, in the five years I have been in business I have only had one person walk in the door of my office and ask me to balance his body. Unless one charges an unusual fee, that is not going to be enough business to keep most of us doing this for a living. I have chosen to teach my students various pain relief techniques in each of the three basic TFH classes so that they can go home and do something positive. The following week when they return, they are all excited about TFH and declaring "this stuff really works." Of course, we already knew that, but many who have taken TFH 1, 2 & 3 don't know that. I want to share with you what I do in my office.

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In TFH 1, the very first night (we meet for 4 weeks) I teach the students this simple but powerful pain relief technique:

1. Ask where the pain is. Be specific.
  2. On a scale of 1-10, put a number on the pain.
  3. Touch the painful area (be specific) while testing a strong muscle. At this point they know supraspinatus and PMC. Either would be suitable.
  4. Testing the strong muscle while touching the pain locks into the client's biocomputer that what we are about to do is for that pain.
  5. Now massage all of the neurolymphatics shown on page 23 of the Touch for Health book. When you get to the neurolymphatic(s) that is/are related to the problem it/they will be very tender.
  6. When you finish page 23, touch again the painful area and retest the same strong muscle used in step 3.
  7. Re-evaluate the pain on the 1-10 scale.
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On the first night of TFH 2, I teach the Time of Day balance that I taught at the 1988 Annual Meeting (published on page 93 of the 1988 Touch for Health International Journal). It is a two to three minute balance that will not only balance all of the body's muscles, but will also eliminate 60% of all the aches and pains that one encounters at the same time. I discovered this balance as a result of misunderstanding the instructions when I was taught to use the wheel in my original ITW class. The steps by which I came to this discovery are unimportant. The end result is a very important time and pain saver. Here are the steps:

1. Pretest as many muscles as you wish. Note the muscles that are switched off.
2. Massage the neurolymphatics for the central and governing meridians.
3. Check to see what time of day it is. Go to the muscle shown on the wheel chart for that time whether that muscle is switched off or not.
  - a. Massage all neurolymphatics front and back.
  - b. Hold the neurovasculars until a pulse is felt.
  - c. Trace the meridian three times.
4. Retest all pretested muscles. All the muscles should now be switched on.

Then I teach those TFH techniques to use to relieve headaches and stiff necks. They are:

1. Evaluate the headache on the 1-10 scale.
  2. Identify the emotion. Experience and Three in One Concepts training have shown me that many headaches and all stiff necks are dealing with hostility.
  3. Do ESR thinking about the pain.
  4. Do a time of day balance. Re-evaluate pain. Often that is all that is needed.
  5. Strengthen the levator scapulae and neck muscles using whatever TFH method you prefer, whether or not the muscles test weak.
  6. Re-evaluate pain.
  7. If necessary, strengthen upper trapezius.
  8. Re-evaluate pain and check to see if emotion has been cleared.
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In TFH 2, I also teach how to deal with upper back pain. This is a common problem for bicycle riders.

1. Evaluate the pain on the 1-10 scale.
  2. Identify emotion. It is often unwillingness or anger.
  3. Do ESR, thinking about the pain.
  4. Do a time of day balance. Re-evaluate pain.
  5. Strengthen rhomboids, subscapularis, all traps, sacrospinalis, and occasionally lats.
  6. Re-evaluate pain, check to see if emotion has cleared.
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In TFH 3, I teach how to deal with lower back pain, hip pain and tingle down the leg. Lower back pain is most often old anger, and hip pain is resentment.

1. Evaluate the pain on the 1-10 scale.
2. Identify the emotion involved.
3. Do ESR thinking about pain.
4. Do a time of day balance. Re-evaluate pain.
5. Strengthen quadriceps, abdominals, adductors, gluteus medius, gluteus maximus, piriformis, quadratus lumborum, and psoas.
6. Re-evaluate pain, check to see if emotion has cleared.

My personal preference in this correction is to use the origin and insertion techniques on these muscles. However, any TFH technique will work.

Finally, I teach the correction for knee pain or "trick knees". Knees most often deal with the fear of loss. The right side of the body is the masculine side, the left side is the feminine side.

Repeat steps 1 through 4 above

5. Strengthen quadriceps, popliteus, sartorius, adductor, and fascia lata using your favorite method. My preference is origin and insertion simply because it is faster.
6. Re-evaluate pain.