

Goal Balance with Touch For Health

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We know from our work with other technologies in the Touch for Health synthesis the power of establishing priority and clearing emotion. I feel it is too important to leave these techniques out until advanced PHP courses. I therefore schedule extra time into my Touch For Health I class and teach this balance, inspired by Dr. Dewe's Tibetan energy clearing. I also use TFH in this manner in my personal practise, simply asking the body to identify the priority muscle to be worked on, and clearing it on all levels.

- A. Clear an indicator muscle
- B. Establish priority goal or issue. Ask the body, "Is this the best goal?" "Anything to be added or changed?"
- C. Test 14 muscles (or 42 or go immediately to D), and when weak ones occur, write them down.
- D. Ask body permission to indicate priority muscle. Use a strong muscle (anterior deltoid is a good choice) as an indicator.
- E. Verbally name the weak muscles. The priority muscle will test weak.
- F. Ask is there an emotion to be added to the balance. If yes, to identify the emotion, muscle test list of emotions:

THE ARM WILL FALL, INDICATING EMOTIONAL CHARGE ON:

Sympathy...empathy...grief...guilt...
regret...fear...anxiety...anger...rage...
joy...love...hate...embarrassment...
respect...shame...support.

(Or use Behavioral barometer or Barton's organ emotions.)

- G. Balance the muscle. After Balancing the muscle, retest emotion. It too will test strong.
- H. Using this priority muscle ask: "There is another level we need to work at. " If arm is strong indicating yes, tell body to:
"Go to that level now, and indicate when you are there with a weak indicator muscle."
- I. Using a strong indicator muscle ask again "Is there an emotion involved?" If yes, to identify the emotion:
THE ARM WILL FALL, INDICATING EMOTIONAL CHARGE ON:
Sympathy...empathy...grief...guilt...
regret...fear...anxiety...anger...rage...
joy...love...hate...embarrassment...
respect...shame...support.
(Or use Behavioral barometer or Barton's organ emotions.)
- J. Rebalance the reweakened muscle. When balanced, retest emotional word. It too will be strong.
- K. Keep on repeating steps H, I, and J until there are no more levels.
- L. Ask body if there are any more muscles which must be balanced. If yes, repeat from step E until second muscle is balanced. Then see if there is a third one etc. Usually there is only one muscle that might need a complicated balancing with levels & emotion.
- M. Post test all previously weak muscles and they will be strong, and not just in present time! The benefit is permanent and profound!