

## From The Basic To The Bizarre And Back Again

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Touch For Health changed my life. I'm certain that anyone involved in any way with Touch For Health can make that same statement. In my case it directed me towards a course of study that I otherwise would never have considered. I am now a licensed acupuncturist in the state of California. Touch For Health introduced me to the world of Oriental Medicine and meridian theory. My practice is just about as busy as it can be, but I still find a lot of people very resistant to the idea of acupuncture. The most frightening factor seems to be that it is continuously said to be mysterious and unknown. The "experts" in our western society state in official reports that there is no way to scientifically explain how acupuncture works. When patients come to me for the first time, I explain in very clear terms how acupuncture works, and the response is always, "Well that makes perfect sense!" With the establishment of understanding the fears disappear, and the patient and I can proceed with our work.

I'm sure that each one of us can think back to the time when we first experienced a muscle test, either first hand or by seeing it done on someone else. For most of us there was astonishment and maybe some disbelief. But once we were given a clear explanation of meridian theory, we easily reached a point of acceptance. Our minds opened up and we were on our way. Since that time we've all experienced pure magic as we've learned from others and discovered on our own that the possibilities of what can be done with Touch For Health are virtually unlimited.

As with any system that is practiced by many different people with varying perceptions and levels of understanding, variations on the theme of basic Touch For Health have developed. Some of these are advanced techniques and shortcuts taught in our higher level classes, for example reactive muscles, the use of 5-element theory, and educational kinesiology. Individuals have developed their own particular uses of applied kinesiology,

many of which are shared each year at the Annual Meeting. Human beings have an innate capacity for exploring and always wanting to know more about the material we are given. This is in part what facilitates evolution.

A few years ago, while teaching Touch For Health at a Los Angeles acupuncture school, I had the privilege of working with a group of just such inquiring minds. I was demonstrating surrogate balancing to the advanced students. These people, after studying acupuncture for 2-3 years, understood very well meridian theory. They also understood that energy follows intention. At the end of the demonstration they wanted to know if surrogate balancing would work if no physical contact were made, from across the room with only visual contact. We chose two new people and proceeded to try surrogate balancing with only visual contact. It worked! To everyone's amazement (including my own) it worked. They didn't want to stop there. Then they wanted to know if it would work if the two subjects were in separate rooms, with the surrogate (the one actually being worked on) concentrating mentally on the person being balanced. Again we chose two new people and again it worked! With each level of experimentation the students became more and more excited and of course had more and more questions. I had many questions myself, not the least of which was, "Just how far can we take this stuff?"

That night when I returned home, my husband and I discussed his cousin in Quito, Ecuador who, after coming down with an unknown illness, had been in a coma for several weeks. Everyone had given up hope and was sure that this 32 year-old formerly vibrant, healthy young man would die soon. No one knew what to do. The doctors had no answers. I told my husband what had gone on in class that evening, and he suggested that we do a long distance surrogate balance for his comatose cousin! Could it work? We

decided that it certainly couldn't do any harm; so we proceeded. Of course we had absolutely no way of knowing if it did any good, that night or the many nights to follow in which we repeated the process. But we do know that a few weeks later the young man came out of the coma suddenly and made a miraculously speedy recovery that no one has ever been able to explain. My husband and I never really told anyone what we had done because we never knew for sure if our actions had any effect or not. It is our belief, however, that energy follows intention, and our intention was clear.

We must be very conscious of what we do because in many circles muscle testing has a bad reputation as a hoax, a parlor trick or, worst of all, something used by those who do not practice "real" medicine. I watched another group of advanced acupuncture students become very turned off to muscle testing as it was used by one of the clinic doctors. This particular doctor used muscle testing to determine diagnosis, treatment plan and herbal formula, quite often without ever seeing the patient. He would have the intern who had interviewed the patient act as surrogate and claim to determine all he needed to know through testing the intern. Although the doctor had every bit of faith in what he was doing and the treatment plan was most often effective, this made little difference to the interns because they did not understand muscle testing. This particular doctor lost credibility among the other clinic doctors, and everyone interpreted him as wierd and lazy. Most of them were never the least bit interested in learning basic Touch For Health. For them it made no sense.

The difference between the attitudes of the students in the above two scenarios is extremely important. In the first case the students understood what they were seeing, had a firm grasp of the material, and their natural curiosity made them want to know more, explore further. In the second case the technique was never fully explained to the students. As a result their minds were closed because what they were seeing did not fit into their belief system. We must never go beyond someone else's level of understanding or their belief system, if we want them to accept what we are doing. That is

why it is most important to keep the technique simple and explain as we go along, always being attuned to whether or not we are understood. We do not wish to appear as magicians, doing things others cannot grasp, as if we have "the power" and they do not. The beauty of Touch For Health is it's simplicity and it's comprehensibility. We must remember that the Touch For Health Book was written and classes developed for the purpose of empowering the general public in the area of self healing.

Even though I practice acupuncture and Chinese Medicine, I usually begin treatment with a basic 14-muscle balance, explaining every step of the way what I'm doing. This accomplishes many things.

1. First of all it establishes trust between the patients and myself. We get to know each other during this process. I learn what might be going on with them while they learn that I care enough to take the time. They relax and are more likely to share information with me about factors that may be influencing their condition.

2. While I explain what I'm doing as I balance the patients, they are learning about their bodies and about what effects their lifestyles have on their bodies. The patients start to figure out for themselves what they should or shouldn't be doing in the way of getting well. By understanding more about themselves the patients are empowered to become involved in their own healing process.

3. Muscle testing is an excellent feedback mechanism. The patients can see and feel that something is actually happening right away. Experiencing immediate results gives them hope and optimism about their chances of getting well. With the positive attitudes they develop in this manner I believe they actually speed their own healing process.

4. As I explain why muscle testing works the patients are at the same time learning basic meridian theory. This prepares them to understand what I am doing when I later perform acupuncture on them. Touch For Health takes the mystery out of acupuncture like nothing else I can think of.

5. Learning about which neuro-lymphatic reflexes or neuro-vascular points work for them and actually seeing the results right there in the office makes them excited about using these techniques for themselves at home. Their self work reinforces the treatments we do in the office and their conditions improve faster.

6. Very often patients will tell me that they used a point on a child or co-worker for a headache or other common condition and it helped. This promotes the idea that we can help ourselves and each other quite often without resorting to drug therapy first.

In 4 years of intense study of very complicated Chinese medical theory, nothing

I learned is as powerful and useful as basic Touch For Health. We must continue to explore, to experiment, to play, and to evolve. It's important to develop new, better, and faster ways in everything we do. Let's go for the bizarre and see where it takes us!

But let us never forget why Touch For Health came into being or why we became involved. Let us never wander too far from the realization that basic Touch For Health is the most powerful self healing tool on the planet, potentially available to more people than any other technique. Let us continue to empower others with the most valuable gift we could possibly offer. The world needs it now more than ever!