

Prejudices

by Susanne Degendorfer

Since you all have gained experiences with muscle testing, you know, of course, our personal prejudices which we come across once in a while. I am pretty sure that many of you found something that helped you a lot so that you now believe that this must help everybody - for example a diet, testing colors and so on.

One of the most common prejudices is either; "Men are better than women," or "Women are better than men" but seldom we will test strong on "Women and men are equal".

The reasons for these results are generally to be found in our childhood, in the family in which we grew up. "Better" corresponds with the side which imposed us more, that is either the father or the mother, of the female or female's behavior father or our mother. Therefore it is also possible that my mother mainly lived her female aspects - that is more the activities or the left brain hemisphere - and my father especially high intuition - that is primarily the activities of the right brain hemisphere. In case my mother with her lived "male" energy should have made a greater impression upon me, in all probability I will test strong on "Men are better than women". Thus, brothers and sisters can show different patterns.

It is interesting for us now what this fact means for ourselves. If we have a prejudice regarding this, we reject either our male or female side, that is that we do not know all parts of us and that we do not live all of them.

In general, our first role models are our parents. We try to follow their habits. This pattern goes on in the kindergarten and then in school with teachers and friends. As a teenager, we are mostly looking for models like football stars, basketball stars, actors, groups and so on that we admire and imitate. As an adult we should have found our own identity .

Normally we are able to tell the individual pattern by a person's behavior, appearance, and movement. Did you ever see a "female" man or a "male" woman? - I think you have.

You know, of course, that our left brain hemisphere represents our male side and our right brain hemisphere our female side.

When someone lives in his left brain hemisphere more than his right, logic comes first. Controlled behavior and arguments are typical as well as sentences like "Can't you stick to logic?" "Why do you always react emotionally like now?" and so on. In contrast to that a right brained person would utter for example: "Well, you know, that is absolutely no problem." "Well, you know, if we miss the train today, tomorrow is another day. That's the way it is". "It can't be helped, I am afraid, so what."

When talking about appearance, I think of the hair-cut (male, female), of clothes (pants, skirts, shoes) of jewelry, make-up and so on. Male or female movements determine our way of walking, our gestures and so on.

Summing up, we may proceed as follows:

We test the term "Men and women are equal", when:

- a) Someone appears pretty male or female as to his/her behavior or movement
- b) Someone acts more left brain or right brain dominant
- c) Someone is homolateral or
- d) The TFH balance shows very different results concerning the both sides of our body.

The test itself (if necessary with special issues) begins with testing the sentence:

"Men and women are equal".

If the answer is "no", we test the terms:

"Men are better than women"

"Women are better than men".

There are three possibilities for correction:

1. I want to see, if someone is able to express his male or female side in the form of moving. To this, I symbolically choose the way of walking. I want the

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client to walk extremely male or female begin with the alternative which tested strong, because this sequence is much easier and most comfortable for the client.

2. Dennison Laterality Repatterning

3. 14-muscle-balance

I am pretty sure that we will find more and more persons within ourselves, and we can be happy now to learn to live them.