

# **Welcome to Your Future**

## **What do we do? Where are we going?**

## **What do we want? How do we get there?**

## **Who's going with us?**

by Yvette Eastman

### ***Our Role as Kinesiologists***

What do we do? What is our primary job? What is this magical process we use?

Our job, as Kinesiologists, no matter which department we specialize in, is to educate the person with whom we are working so as to help them to understand their bodies and how they work. We gather information to educate our partner. We use that information as a mirror or metaphor to see our partner more clearly, and to see ourselves.

Despite all the different technologies and mysteries that surround each new format, our only job is to anchor the information we received by using specific muscle tests. We receive such information as: 'This meridian is over-energized.' 'This muscle is weak.' 'This word, this emotion, this thought, this taste, all cause stress.'

Our most difficult objective is to set our personal ideas and concepts aside. Then, with the curiosity and wonder of a child, we ask the body for information and we anchor the answer with muscle checking. We are not involved in the answer or even in the content of the person's story. We remain neutral, interested only in the marvel of the process. Thus, we learn about ourselves as we teach about another. Then, as that information becomes useful or viable, corrected and balanced, we anchor that knowledge with the muscle check that gave us the information. And that is all we do.

Meanwhile, our partner may be busy, working, processing, clearing the knowledge we discovered. Now our job is to support our partner in his search and in the retrieval of information. Later, we need to be there for them if they need us, or if we can steer them to a continued support system.

### ***The Future of Kinesiology***

Thousands of years ago, some one, (or perhaps a lot of different people in different places) dreamed about a system called Kinesiology. They had no name for it, just a concept. Because they had the concept, Kinesiology became a reality. "Whatever man can conceive he can achieve." And it is for this reason that it is very important for all of us to perceive a bright future for Kinesiology, to visualize a very successful future for Touch for Health. Our profession has a brilliant future. Just a brief look at the journal will prove that to each of you. Meeting the authors, experiencing their work will confirm it.

And so, in a moment's daydream I saw a brilliant path for Applied Kinesiology in all its forms, and I wish to share it with you and be part of its reality. The near future is easy to describe a torrent of hard work, decisions, events, gatherings, ironing out, separating, rejoining with others in the many varieties of kinesiology, so as to improve what we do. It is important that anything we do can be duplicated by other kinesiologists, that anyone can test a person and receive the same results. It is also important to simplify our techniques in order to get those identical results.

As for the distant future I can see it clearly. And it starts with children...

I see kids testing themselves and each other, choosing appropriate foods for their specific needs. I see a bunch of them balancing each other before taking a test, and another bunch balancing before a soccer game. I see a kindergarten class performing a routine borrowed from both Educational Kinesiology and One Brain (Three in One Concepts), and I see a similar yet different routine in each class room right up to grade 8.

I turn on morning TV, and there, right after yoga, and aerobics is a program with Ken Kinesis, showing you how to balance for the day's goal. "Tomorrow," he says, "we'll learn how to release phobias with kinesiology. If you want to be part of our active in studio audience, obtain your ticket by phoning the number on your screen."

Kayla Kinesta has made Kinesiology a part of the corporate world, and there is a kinesiologist as well as a nurse in most businesses. It has eliminated a large number of accidents. Workers and business people seem more relaxed, since all people can get a needed balance. It even helps the dreaded computeritis!

Kinesiologists can be found on every professional sports team, in every gym, on all construction sites. They are also found in shoe stores, assessing your gait, and choosing appropriate shoes. Yes, Kinesiology is definitely a part of our future.

Touch for Health Associations, International College of Applied Kinesiology, International Kinesiology College, International Association of Specialized Kinesiology, and all the other AK associations and educational groups are the backbone of our future. Soon Kinesiology will become as popular and as common as Donald Duck, and even little children will have experienced its benefits. When people begin to hum a "ditty" composed for us by us, we will know we made it! The future also holds our standards as Kinesiologists. All of the organizations joined together, despite internal differences, to set standards for our profession. We reached out to each other to plan and to build. We looked inside ourselves for our best models and set high yet valuable standards for our profession.

And, returning to my vision, I see the TFH Society of Integrated Kinesiologists as the stepping stone to the founding of a College of Integrated Complementary Health Sciences, an accredited College, where a person can gain a degree in Health Sciences. It is world renowned for its superior Anatomy and Physiology department. It has had spectacular results in the educational kinesiologies whose curriculum approach has changed how educators teach children in the mainstream schools. As part of its Apprentice or Intern program, there is a world-renowned out-clients department for folk who

need to tune-up their systems for both beauty and sport. There are several from the present board involved with all of the above departments and several new people that seem to be the new wheels for the active board. There is a department that specializes in walking for health, in the creation of appropriate foot wear for any and all needs and ages. A Podiatry/Fitness Instructor/Reflexology/Kinesiology synthesis. Here, all cultures impart their knowledge to form new and even more effective models of health maintenance, correction and care. Thus, a person's gaits are checked and corrected, leg lengths and hip rotations are observed and adjusted, exercise and walking programs are personalized from many points of view.

The College supports all modes of Kinesiology and sponsors the newest methodologies. Facilitators from around the world are proud to be connected with the College. It hosts an annual conference that boasts of the highest attendance for annual events based on the 1994 conference techniques.

Speakers request the privilege of presenting here. The standards for presentations are extremely high. Though education is the aim, learning is thought of as a Hologram concept, where any part is a metaphor for the whole and where wholeness is dependent on love...love of people, love of learning, love of laughter, love of change, even love of chaos, since it is known that out of chaos and confusion come higher order.

The College is also modelled after the finest of teaching hospitals so that there is always a large number of people who have come to experience life corrections. It is here that students and facilitators use the newest concepts to effect a change. It is because of the work of the College that Kinesiology has become a household word and finds its place in every walk of life.

Is this enough of a future for you? It is perfect for me, and it is the concept upon which this **Touch For Health Annual Meeting, 1994** has been planned. I wish us all the best of futures, knowing that your future started in some distant yesterday!

My personal motto has always caused me to stretch, just a little bit more..."If I can't, I must!" I do what I can't until I can. Please accept my gift of energy and determination to lead yourself and all of us into our best possibilities.

Won't it be grand when we have the funds and the power to offer worthy and needy students scholarships to our very own colleges? Good luck and good learning to all of us, may our friends and students be as numerous and welcome as a field of wildflowers!

And may you also find a supportive team such as the one I have worked with for the past year. My thanks and appreciation to the TFH Canada Board of Directors, to the many who gave up time for meetings and also performed the many details, to the formatters of this Journal, Elizabeth & Hap Barhydt, and the faithful volunteers and office people who gave freely of their time to help in the behind the scenes work.

My love and my deepest gratitude to the many presenters who have made this conference as special as it is. I drove them crazy with my "nudging" and pestering and look ! It was worth every phone call and every plea. You are all special and phenomenal.

And I reserve my biggest THANK YOU and appreciative hug, for my Co-chair of this conference, Sharon Promislow. She supported me during the darkest moments and praised me into the sunniest hours. Without her behind me, helping all of us, in her own inimitable way, there would have been no wonderful stepping stone reaching out to the future...

