

# Touch for Health, Visualization, and Massage Therapy

by Geraldine Rhoades

Integrating Touch for Health and Massage Therapy in my practice is very, very rewarding. I believe the greatest benefit of this combination is helping the client to "get in touch" with emotions he holds in his body and to accept himself and all his feelings. From there we can balance emotionally by de-charging over energies and charging under energies – shifting from the negative to the positive with love and forgiveness.

Before I enter a therapy room to meet with a client I take a minute to cleanse my body, mind and spirit with the Light of Love by first brushing my hands lightly over my head, face, neck, shoulders, and down my arms. Secondly, I brush lightly over my head, down my arms and the back of my body. Finally, I travel over my head, shoulders and down the front of my body. Each time I say, "I cleanse my body and I cleanse my mind and I cleanse my spirit with the Light of Love." After the cleansing I ask only to be present and of service and I express my gratitude for this blessing unto me.

As I enter the room, I ask my client what she wants to receive from the session. I ask permission to use kinesiology. With consent, I balance her to a strong indicator muscle (refs 1 and 2). Using the muscle I check the goal or purpose of the session by using a positive affirmation. For example, if her goal is being centered and relaxed in the midst of life's challenges and her muscle test indicates yes to this goal, we proceed. Her goal and positive affirmation are one and the same. In another example a client's goal was to balance to feeling better and he muscle tested strong when he stated, "My body is healing continuously. I feel alive, energetic and free from ankle pain." With a little guidance each client will choose an affirmative statement to reinforce their goal.

One particularly strong technique that I use over and over was given to me by Elizabeth Barhydt. She notes that if an indicator muscle will not hold strong to the positive affirmation, it will always respond if the affirmation is preceded by "I can learn ..." For example, guilt is the negative

emotion and forgiveness is the transforming positive one, yet the indicator muscle is weak to statements of forgiveness. It will always test strong to, "I can learn to forgive" or "I can learn I am forgivable". Elizabeth Barhydt found that using this technique allows the indicator muscle to test positive to the affirmation statement without the "I can learn" preface within a very short period of time.

With the purpose for the balance in mind, I check all the alarm points which tell us where there are over energized meridians and stuck emotions. I always balance governing and central first if needed. Then I balance to the twelve meridian alarm points. I check the mid-line alarm points, first asking for priority. For example, when one client showed stomach meridian's alarm point had priority, I asked if it was appropriate to balance emotionally. I named emotions associated with that meridian, and when frustration was the emotion that produced a positive response, it had priority (ref 3). I then asked what the shift would be by saying, "Frustration will transform to \_\_\_\_\_." Naming positive emotions her indicator muscle responded to balancing frustration with **acceptance**. Hence, she would shift from frustration to acceptance.

I then asked if it was best that I support this shift of stomach meridian by jump-starting neuro-vascular points, by lightly holding neuro-lymphatic, by flushing the meridian, or by simply holding her stress release points. My client's indicator muscle responded positively to flushing the meridian, and I asked for number of times, getting a strong response to three. After the flush we then got an affirmative response to holding her stress release points. Her neck muscles, which relate to the stomach meridian, were hypertonic and painful to her. Her indicator muscle affirmed that she was 100% willing to release frustration and anger held in neck muscles in the present time. While holding her frontal eminence points, I asked my client if she could visualize what frustration looked like in her neck, and then what acceptance looked like.

When that step was complete, I asked if she wanted to take the frustration out of her neck. Her muscle test was affirmative. We checked to see if this was her own frustration rather than someone else's and again got a positive response. As she visualized putting her frustration, which she saw as thick grey goop, in a hole in the ground and covering it with dirt, I spindle celled and activated her neck muscles. Then she used her image of acceptance as white light to visualize filling her neck muscles with brightness. I held her frontal eminence points to assist in this stage, and then I gently massaged her neck stimulating origin and insertion points of the neck muscles.

It is very important that the negative emotions taken out are contained and then transformed as in the example given. Her frustration was put in the ground and covered up, possibly becoming compost. The emotions can be put in a box, tied up and ignited, or shot into space dissipating with the speed. Sometimes negative emotions want to stay in the body. They can still be changed dramatically by bringing in the positive. That is why it is extremely useful to employ specific visualizations of the negative emotion, the positive emotion, and what the result looks like when they come together. Sometimes it helps to ask clients if a color comes to mind.

On occasion I muscle test to find out if it's appropriate to balance emotionally at an earlier age. If the answer is yes, we muscle test to find the best age. While I hold frontal eminence points, I ask the adult client to visualize his younger self – what he is wearing and feeling – and I ask him to, with love and acceptance, communicate with the child and then surround the child in the color or visualization which transforms the negative emotion to the positive.

After all the over energies are balanced, I balance any under energies where needed. I massage for the remainder of the session to reinforce and support the overall balance.

### **References**

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