

Keynote Speech

1994 Touch for Health/Kinesiology Meeting

Where Are We Today

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Abstract:

Dr. John F. Thie describes where the Touch for Health/Kinesiology movement is today. What it is accomplishing and where it fits in the new health paradigm. He describes the necessity of recognizing the wholeness and unity of the person, community and the world.

It now has been over 20 years since I began to share the goals that Carrie and I have developed to be part of the changing health paradigm. One goal was to include ways to recognize that the separation of the so called parts of the human being was a false assumption. We are really whole using all aspects of our beings – body-mind-emotions-soul-spirit. We can utilize the parts for the purpose of study, but we must put them back together to be whole and functioning.

We recognized as Thomas Merton put it, "There is in all visible things ... a hidden wholeness."

We recognized along with others of our time that with the questions we raised with sharing Touch for Health with all who were interested without regard to prior qualification that creative hospitality and the richest possible human dialog could be pursued together. There is not one "right" way to gain wholeness. TFH is one way in which people can have a system to increase their awareness of their wholeness.

We saw no boundaries of geography and encouraged those of like spirit to join with us creating a living place for everyone who wished to touch for health. We found that there are many many people around the world that share this place and in ever growing numbers. The bias of the old culture that "thinks apart" the world and splits it into unrelated fragments – splitting mind from body, consciousness from matter, and the individual from community and natural world, would not as easily effect us as we joined together in like spirits of wholeness to share as widely as possible.

The longer we have been sharing Touch for Health the more we realized that this fragmentation of our culture is reflected in our personal fragmentation, and is only by the restoration of our personal wholeness that the wholeness of our culture can be reconciled. The place that we seek is not in a distant land, but within us and everyone else. We are really joined. The only way we cannot recognize that we are all one is if we create the separation in our minds.

As in the parable of the prodigal son, we are becoming conscious of our condition and have begun the journey home. A safe place where we experience unconditional openness and trust where insight and candor go hand in hand. A place of intimacy and acceptance, free of pretense and prestige. These are the goals of our TFH gatherings.

We are at the Touch for Health gatherings extending the boundaries of ourselves to include others, balancing ourselves within our communities. We come to these gatherings to experience hospitality and healing, a place where we have honest talking and attentive listening and a place for creative dialogue.

In this spirit we in the Touch for Health movement have created a place where healing reunites the fragments of our lives through a process that can affect not only our body-mind-spirit, but also the world around us, as we recognize that we are not separate parts but truly part of the whole. Our work focuses principally on health promotion and healing allowing each of us to have peak performances more often. It encourages us all to grow and meet of intelligent designed purposes for our lives. Our success

ultimately depends on our individual and collective capacities to cultivate the environments of hospitality for those that search for the hidden wholeness that gives health.

Our work is essentially studies of the unity of body-mind-spirit that will allow more and more people to have maximum performances in their lived lives. It enables education to be more easily assimilated and recognizes that each person is unique and precious, is of unlimited value and has a purpose designed into them to accomplish that which only they can ideally fulfill. We increasingly study to understand the fundamental nature of consciousness and spirit that will allow us to know that we are by our personal choices fulfilling our purpose for which we were created.

We are part of the shifting paradigm and as we report our outcomes of intervention in lived lives we add to the research into the mind-body-spirit health of the world.

We need to be reporting the findings that we have with individual and class interventions. We recognize that each intervention is a mini-experiment and look for the outcomes that we seek as part of the goals set before the intervention.

It has been pointed out in the January 1993 New England Journal of Medicine by David Eisenberg M.D., of Beth Israel Hospital and HARVARD MEDICAL SCHOOL, BOSTON, MASSACHUSETTS, that one out of three respondents used at least one unconventional therapy in the previous year. Extrapolating to the U.S. population suggest that Americans made 425 million visits and spent \$10.3 billion out of pocket for unconventional medical therapies in 1990. This compares to the \$12.8 billion spent out-of-pocket for all hospitalizations. Unconventional medicine has an enormous presence in the U.S. health care system. It is my experience that it is at least that same proportion in other countries of the world if not more. We are part of the unconventional medicine that is changing to the health paradigm from the treatment of disease paradigm.

Studies of electromagnetic field interactions relating to the immune system are proving what we already know from our personal experiences and with those with whom we work, that the subtle energies of the electromagnetic nature have a profound effect on health and wholeness.

Our goals in education have been to bring to all health professionals, paraprofessionals and the lay public this understanding of the relationship of posture and muscles that reflect the entire body-mind-spirit as a whole. We want to bring to teachers the awareness that students will learn more as they realize the interconnectedness between each other and the spiritual sources that underlie teaching and learning. We want them to be able to bring to their students the healing effects of touch in restoring balance to the natural energies of the person.

We bring to the public and increased understanding of the ways that the mind-body-spirit wholeness can become out of balance and that they can restore their greater capacities by using Touch for Health balancing as they would brush their teeth, wash their hands, or take a shower. Just living will cause imbalances and restoring the balance will enhance our lives, just as cleanliness does. We need more understanding of balancing as a way of life and performance enhancement. It is more than treatment. We are allowing them to have more peak performances and healthier lived lives by recognizing that they can restore harmony easily with touch methods.

Out high technical no touch past and present is giving way to a high tech/high touch world which we are part and in a leadership position.

We are helping people voice what they have known for generations that recovery from illness requires more than a prescription or surgery. We are helping people know that life is not essentially dangerous and does not require the supervision of a health professional on a regular basis to tell us how we are functioning. It is possible for families to enhance each other's health by learning touch healing methods and using them to enhance their lived lives.

We are going beyond the teaching of "techniques" – going beyond to explore the whole person balancing. Connecting the old paradigm's artificially designated parts back into their true, real, integrated wholeness in the new paradigm.

We are helping people more toward the realization that the intention of each individual affects the whole. We are able to help people understand that distance and time are not obstacles to healing in themselves. We are helping people to recognize that they can have unique special gifts with which their intentions to help others can be

very healing regardless of the techniques used. These good results are being explained by use of the theoretical models and principles of quantum physics.

With our work we are clarifying the interrelationships of energy, matter, and information. With the greater understanding from physics and metaphysics we are helping people understand themselves as energy, matter and information and that communication is the key to health. The ability to understand that the posture and muscles reflect the health of the whole person is an important contribution that we are making with the Touch for health synthesis.

We are helping people of all walks of life to understand that the scientific emphasis of measuring only the physical world is insufficient to understand the lived lives of us as individuals and as cultures. Science must now grapple with unexplained anomalies in the various scientific disciplines and in human consciousness. We are helping people to recognize as Robert Jahn put it, "Reality is the child of two parents: the inexhaustible environment of information, and the ineffable conscious mind."

We are helping people to consciously realize that "Science cannot solve the ultimate mystery of Nature, and it is because in the last analysis we ourselves are part of the mystery we are trying to solve," said Max Planck. Being balanced by Touch for Health Synthesis methods can help us accept our limitations, but also allow us to seek to

have peak performances and fulfill our intelligently designed purpose.

We have striven to engage the most talented and knowledgeable people as partners in our explorations in touch healing with muscle testing. We have developed a worldwide network of creative intelligent, caring, and sharing people in collaboration so that more and more people can benefit from the information we have been privileged to share through the TFHS.

We have been and are open to the many ways of gaining new knowledge. Our meetings have reflected our openness. We do not have to have only one way of gathering knowledge. We recognize that it may be revealed through varied approaches and techniques—rigorous scientific experiment, sustained collaborative discussion, the articulations of personal experiences, the insights of the imagination and the listening to the absolute. We welcome the truth however it was derived.

We strive for excellence. We are attempting to have the highest standards. We recognize that whatever we can do or dream will start with our starting to do it. Our boldness has genius, power and magic in it. Yes, the Touch for Health/ Kinesiology movement has spread as a wave around the world. Our present position is the small particle, because we can only know part of what we really are, but our waves our potential to make our world a better place is beyond our wildest dreams.

