

TFH and the 12 Stages of Healing

by Denise Gurney

As a TFH Instructor, PKP practitioner and chiropractic assistant, I have incorporated many healing modalities in my practice. Through my work as a chiropractic assistant I was introduced to the powerful healing techniques described in the book, *The 12 Stages of Healing: a Network approach to wholeness* by Donald Epstein, D.C.

I have been successfully incorporating the information in the book in my kinesiology practice, with great results. While the 12 Stages of Healing was written for individuals to use in their personal healing, as I have done, it was also written for healing facilitators to use in conjunction with their existing work.

What is in the book?: Donald Epstein describes twelve basic stages of consciousness that he has observed in his practice and he devotes a chapter of the book to each one:-

1. Suffering
2. Polarities and rhythms
3. Stuck in a perspective
4. Reclaiming our power
5. Merging with the illusion
6. Preparation for resolution
7. Resolution
8. Emptiness in connectedness
9. Light behind the form
10. Ascent
11. Descent
12. Community. (Ref. 1)

A section of each chapter describes the feelings and actions associated with the stage and the kinds of things a person may think or say while they are experiencing that particular stage. In addition, each chapter includes a list of declarations and a movement or exercise to help the person experience and move through the present stage. None of the stages is better or worse than any other, and all must be experienced at the appropriate time for a complete cycle of healing.

The stages: According to Epstein, "The key to mastering the lesson of each stage is to get into its rhythm rather than to try to get out of it" (Ref. 1). This means that a person must be willing to learn the lesson of each stage rather than rushing through it or denying their way out of it. "Being with our experience, without instantly projecting it outward, gives us strength and integrity" (Ref. 2). When a person has learned what he or she needs from each stage, their innate intelligence will move them through to the next stage.

Completion of each stage is important: Sometimes we cut short something that is not ended, e.g. when we do not challenge a TFH correction point, or perhaps we overdo something that is truly finished, but completion and ending of each part are necessary before we can move on to the next thing. "As each stage of change is completed, it is not left behind, it becomes a support for the other stages so that the whole may be perceived." (Ref. 2) Each part of the TFH, PKP, Edu-K balance has something to teach us and becomes a stepping stone to the next stage.

What follows is a simple format that can be utilized by anyone with knowledge of any level of TFH.

Using the stages with TFH: We are in several different stages of healing at once as we go through our everyday process of living. This process is fluid as a person moves backwards and forwards between the stages. When we introduce a TFH/PKP/Edu-K goal, it is possible to discover where we are in the 12 Stages of Healing **in relation to our goal.**

Allowing a client to see clearly for themselves that they have made progress at the end of their 'balance' will fill them with a sense of achievement and satisfaction with the TFH intervention. The 12 Stages gives the practitioner and the client a balancing pre-test and post-test to indicate what healing progress has been made. Tools such as 'noticing', pre-

tests, pre-activities, flagging, etc. are other ways practitioners enable the client to gauge their healing progress.

In my experience, a person may move through any number of the 12 stages, or only one; whatever happens, their progress is perfect, they are exactly where they need to be.

At the end of the balance, use a muscle test to determine whether the client needs the exercise, the declarations, or a particular combination to help them through their present stage. Often they will intuitively know which is right for them.

When the client's meridian life energy is flowing again after a TFH balance, they can move and flow with the rhythm of their life with greater ease and enjoyment. The client may experience a decrease in pain, an increase in his or her range of motion or an improvement in their breathing, but the real healing comes with their new freedom to move and flow with Life.

Example of one of the exercises. (Ref. 1). This is accompanied by a description of the movements and breathing:

Stage 2 Exercise



Stage 2 Declarations:

"I have polarities, rhythms and differences within me"

"I have parts that have not talked with each other for some time"

METHOD:

1. **Permission to test** and clearings (water, switching etc.).
2. Find the goal.
3. Strong Indicator Muscle (IM), ask in relation to the goal which Network stage

of healing is the person in. A weak IM will show which stage.

4. Do any other pretests.
5. Do the balance. TFH/PKP etc.
6. Check the goal. Check the pretests. With a strong IM, ask in relation to the goal, which Network stage of healing they are in now. A weak IM will indicate the stage.
7. Muscle test asking yes/no, (a) to find out if the person would benefit from using the 12 Stages exercise (b) the declaration(s). See which will be the most appropriate.
8. Is there anything else they need to do to support their balance? Yes/No.

Conclusion

The 12 Stages work is still being developed by Donald Epstein and new work is being added all the time. This paper presents a simple technique for using the 12 stages with Touch for Health, but it is not the whole story; there is much more to be learned about this work. My suggestion is that anyone interested would benefit from Mr. Epstein's workshops.

References:

1. Excerpted from *The 12 Stages of Healing: a Network Approach to Wholeness* by Donald Epstein, D.C. 1994. Reprinted with permission of New World Library, San Rafael, CA 94903.
2. *The Anatomy of Change: a Way to Move Through Life's Transitions* by Richard Strozzi Heckler, 1984,1993. Excerpts reprinted with permission of North Atlantic Books, Berkeley CA 94701.
3. *Embodying Experience: forming a personal life* by Stanley Keleman, 1987, Center Press.
4. *At the Speed of Life: a new approach to personal change through body centered therapy* by Gay Hendricks and Kathlyn Hendricks, 1993, Bantam.
5. *Rhythms of Wholeness*: an article by Larry Trivieri in the Feb.1995 Yoga Journal.