

**comprehensive papers presented at the Annual Meeting of
Touch for Health® Holistic health enhancement and research**



6th International Annual Meeting
of the
Touch for Health Association of America

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We share our love and renew our friendships. We share what we are doing with touch healing and learn from others.

We look forward to the next challenge in bringing touch healing to more and more people with ever increasing effectiveness. We renew our pledge to work for the good of all humanity.

The purpose of the Touch For Health® International Journal is to disseminate information on research, methodology, results, and teaching of self-development programs in health enhancement, both mental and physical. Further, the Journal is a forum to provide up-to-date information on programs, seminars, and activities of the Association and its members. The Journal is published once a year in July.

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My Annual report to the TFH community July 10, 1996

by John F. Thie, DC

As HMO's and the medical community in general are increasingly focusing on the bottom line in health costs, it's becoming ever more clear that a preventative and holistic approach is not only the best for experiencing health in our lived lives, but it's also the most cost effective. The "outcome study" is now an important tool for gathering information that is used to determine which therapies make sense to use both for patient satisfaction and bottom line cost/benefit considerations. The time is ripe for all of us to gather together the results of our work in touch therapy and make it available to the world at large.

Last year in Columbus, Ohio at the Annual Conference of the Touch for Health Association during my talk we did a assessment of the outcomes of a TFHS Intervention. We passed out forms and asked the participants to get a simple Touch for Health balancing intervention. There were to be two measurements, one objective and one subjective.

For the subjective portion we asked that the participants to set a goal for themselves for the conference. Then we asked them to rate their feelings about their ability to reach their goal before and after the intervention. The subjectivity of this type of research is valid using an analog scale. We asked participants to rate the degree of change in terms of whether they felt more able to reach a goal or less likely reach their goal.

The objective evaluation related to forward flexion . The scale was very simple --measure forward flexion before and after the balance. Was the flexion more, the same or less?

The forms were anonymous.

The total time given for this exercise was 30 minutes for each pair to balance each other and fill out the forms.

77 people completed and handed in the forms for flexion. The results were outstanding.

67 or 87% said that they had an improvement in forward flexion.

10 or 13% said that they were the same after the balance .

None listed a reduced forward flexion.

As to the subjective measurements :

68 people filled out that section of the form.

59 or 87% said that they felt better about their ability reach their goals.

4 or 6% said that they felt the same.

5 or 7% said that they felt less likely to be able to reach their goals after the balance.

Belief that you will accomplish a given goal makes the possibility of reaching the goal greater than if you do not believe reaching the goal is possible. This research shows that getting a TFHS intervention in less than 30 minutes of intervention time will allow your belief system to change. Something changes in you as a soul so that you believe differently. This building of your confidence in the outcomes of your life is a very important aspect of living.

The physical measurement of forward flexion in relationship to the internal belief in your ability to accomplish a goal went together. In both outcomes 87% of the participants showed a positive change in their belief and their physical flexibility. Does increased physical flexibility cause an internal change in self esteem? It appears that this correlation could be drawn from this study.

The ability to have a personal best performance would seem to be enhanced by having a TFHS intervention . This study is preliminary and further studies by others with more rigorous protocols are indicated.

This is the type of research you all can be doing in your own communities. Make simple

measurements before and after your interventions. Your interventions can be as simple as measuring something before you start teaching a TFH class and measuring the same thing after the class is over. Even if you do not write up these findings in journals, you will be following the scientific method of searching for and finding the truth. Does what you do make a difference? If you keep analog scales of how your "helpee" or client feels before and after their sessions with you; If you have a history, a record of your "balancing" interventions, you will have proof. If the thousands of us who are giving and receiving TFH balance interventions would do this, what an enormous impact we could have on the world of sick and suffering humanity! Keeping records of your outcomes is important to you and to the whole community.

<http://www.touch4health.com>

Wouldn't it be nice if you could somehow look up a particular symptom or type of goal and in a few moments be able to learn if anyone using the TFHS had ever had a similar problem and what the outcomes were of the TFHS interventions?

Wouldn't it be nice if there was a way to know who around the world is using TFHS interventions privately and giving various classes?

Wouldn't it be nice if we had one place where all the classes in all the different Kinesiologies could be listed and you could get this information without cost?

This is something that I personally am working to see happen. The technology is available and its called the Internet and the World Wide Web. It was started by the United States Government and was perfected by the Universities. It is now available to the general public and I have set up a Web home page for Touch for Health. I would like to have all of you on this page if you are giving classes and/or if you are seeing clients. I would like to post the outcomes that you've experienced with your families, friends, clients, colleagues and yourselves. This is an opportunity that could really change the world. Just think about how safe it is for you

to help others by sharing your experiences. We can have sections in all the major languages. People could volunteer to translate the outcomes of TFHS interventions and post to other languages. The possibilities are staggering. It could easily broaden rapidly to include persons, businesses and organizations related to Kinesiology as well as tools of the art and materials such as massage tables, books, charts, videos, etc. And yet another easy leap--soon the vast resource of the Web can be used to proliferate the knowledge of the endless benefits of the TFHS. There has never been a better way to swiftly communicate ideas and services!

Two years ago when I was in Australia I was asked if I would participate in this endeavor, and I was delighted to say that I would. Now it is a reality and I hope in the next year to be able to help create the largest directory of TFHS and other Kinesiology teachers, practitioners, and users of this information ever formulated.

The International Kinesiology College is participating in the program. The Touch for Health Association of America is participating. So far everyone I have spoken to has been eager to participate.

Our Web site address is:
<http://www.touch4health.com>

Our E-mail address is:
thie@mail.barepower.net

We need lots of help from volunteers to get this up and running and made as valuable as possible to the entire world. I would like to talk to as many people as possible about how this can be best worked out so that everyone wins.

I want to put the TFH tree into the page with each branch being a button click on for more information about that branch. The more information the better as far as I am concerned. Think about how many people that are suffering could be helped by making the best use of the Internet.

If you are reading this in the Journal and were not present at the talk, please contact me and give me your ideas and volunteer to help.

Gather all the names of people offering the TFHS in classes or privately in your community. Write up the outcomes of your interventions. Collect them from others and post them to the news of TFHS bulletin board.

Pain Control with Touch for Health

Touch for Health may be effectively used for pain control and improved performances. To better understand each other let's start with the definitions for the words that I will be using in this paper.

The definitions:

Health is a state of well-being, physically, mentally, emotionally, spiritually and socially as a soul. Here I refer to the classic sense of the soul being the totality of the whole person, including the physical body, the mind, the emotions and passions, the volition and the desires--in a lived life. This allows also for the realization of goals and a sense of fulfilling one's mission with some happiness without being unduly influenced by the biostatistical parameters of so-called "normalcy" such as blood pressure, pulse rate, cholesterol level, etc. Health is not merely the absence of signs and symptoms!

Touch in the context of "Touch for Health" is a specific, caring, considerate, conscious, consenting manner of coming in contact for the purpose of improving health and maintaining wellness. It can be physical, emotional, spiritual and social and usually is a combination. Physical touch is the only one of the five senses that is usually thought to be a dual mechanism that in order to physically touch someone or thing it has to touch you. New understanding in science recognizes that we may be touched by others on multiple energy levels. The touching for health that we are using has always recognized the multiplicity of the levels of touching and being touched. In Touch for Health the touch needs to be done with mutual regard in the spirit of Martin Buber's "I" and "Thou" communing. This is the idea that we simultaneously have high regard for both the self and the other person. Of course its even more powerful when we approach others with compassion

and love and prayer, for the purpose of making their lives better.

The need for medicalization in our society is an important need and for this, specialization in medicine is important. It is impossible for any one practitioner to know everything that is known about the body's functions even within the limited parameters of biostatistical normalcy. There is just too vast an amount of scientific knowledge available that can help a person with illness not to use medical specialties to help restore our experience of health in our lived lives. The authority, however, of who decides who has health or illness must remain with the person, the soul experiencing the pain and suffering. This soul which is having interference with its health and inhibiting its reaching the goals of a life with at least some happiness and well-being has the responsibility for seeking assistance. With this restoration of authority to you the person claiming to be suffering or malfunctioning comes the responsibility to know yourself as a soul, a whole person that has a purpose that is unique in the grand telos, or great purpose of the universe. You must recognize that you are important to the world for just being you and fulfilling your telos: the reason(s) that you are here.

Relief of pain and suffering or illness in the experienced life even without health, as we define it, can be viewed in the hypermedicalized society as a end in itself. In full health one does not feel a sense of loss and pain from threat of loss to one's history, identity, the narrative account of one life, a loss of wholeness, loss of certainty, loss of control, loss of freedom, or a sense of isolation from familiar worlds. **In health one feels an opening to a lived life that is not a compromise with the fulfilling of the soul's underlying mission.** It is only when these things are not present that we realize that health is not present. Pain, suffering and blocking of life energy is noticed and once noticed can be corrected. The noticing of the loss of the ability to have happiness is pain, the more we deny or ignore our lack of wholeness, the greater the amount of pain that needs to be present for us to consciously recognize it. It sometimes feels that we live in two or more universes. Some people seem to believe that

pain needs to be constant and is appropriate in our lives and getting relief is only important if you cannot stand it, cannot keep a "stiff upper lip" so not to let anyone know of your pain. You assume in these universes that this is normalcy and you view your world from this erroneous assumption. Yet in our deepest understanding we know that we are born with a right to health and that heaven is within us if we just can look and find it.

Health then is this promise with which everyone is born -- a birth right of having meaning in the lived life of a whole person, a soul. Health is an experience and a concept which is lived as well as idealized.

The words which are used in the medicalized world to describe illness and make it legitimate in our society are not just signs, but convey meaning to the individual so labeled. It is important to understand the meanings given to a label by the individual so labeled. You are a diabetic! What meaning does that have to you? What meaning do you attribute to others that you believe think of you as a label rather than seeing you as a whole person? Talking to those others and discovering whether your assumptions are correct may be important for your healing in the context of your lived environments. Getting balanced for the release of the postures and attitudes that you have assumed and later found to be mistaken assumptions will allow greater healing and wholeness.

What are some of our Basic Assumptions?

In modern times we have problems with our language oppressing us. Our languages express our dominant culture as truth. This makes it difficult to discuss the new or whole truth when it differs from the heuristic truths of the culture. **Western cultures that have dominated for the last several hundred years divide the person, the soul into parts which seem in our culture to be distinct and replaceable.** These apparent advances in health care dominate the belief systems as "the" truth. Any approach that has assumptions that differ with this dominant system of understanding will have difficulty with words to describe the whole truth. This

whole truth relates to the complete person, mind, emotions, spirit, body, volition, intentions and desires created uniquely to have a specific responsibility for making the world a better place both now and for future generations.

Our first premise is that any event that occurs impacts our whole being--physical, emotional, cognitive, spiritual. Any event changes physical structure as well as emotions, energies and thoughts. I want to go back to the use of a word that can help us understand what we are doing when we do a Touch for Health Synthesis Intervention (TFHSI) or any other intervention. The word is soul, when it is taken to mean the whole person mind, body, spirit, passions, intentions, volition, everything about you. Modern somatic psychology uses the word self, but I do not think that conveys the spiritual parts of us as well as the word soul. **So when I use the word soul I mean all of you, not just the part that lives on after death. You are always a soul and have eternal life, when you are the physical body, you are also a mind which is not located only in the physical body.** You reach beyond the physical body which is inside the skin. You touch people and they touch you in other ways with the mind and energies which are just as real as the physical touch. You as a soul have more dimensions than just the physical. Any event effects the soul, the whole person, the self.

The second premise is that humans that is souls are unique energy systems. These energy systems are cyclical, they ebb and flow much like the ocean and its waves or like sine waves. Our energy comes and goes, our emotions swell and ebb, our physical responses come in and go out, flexing and extending. Our language is so limiting it is difficult to use words that do not seem to divide us into parts. We recognize that the division of the soul for the purposes of study has been helpful in learning about how we have been designed and how we can work more cooperatively with the design to fulfill our purposes. But the idea that we are literally made of separate parts comes from dualistic heresies. Some philosophies hold that the body is evil and in need of punishment.

Others react to this, saying that the body was not evil but then fall into the trap of partaking of all the body's pleasures without regard to cause and effect. This is the kind of thinking that leads you to get all you can get for yourself and worship the concept of competition as the primal spark plug of humanity. Fortunately, in our time we are coming to understand more fully that it is cooperation that both motivates, sustains and maintains all of the blessings of humanity and our world. And then there has been the all time favorite falsehood--that the body is not you. It's just something that you live in while you are on planet earth. The idea is that it doesn't matter if you don't care for your (falsely divided) body, for it is only temporary anyway. However, as long as you are alive, your physical body is indistinguishable from the rest of your soul. If you neglect your body, this affects your whole soul. You cannot harm the caterpillar without affecting the butterfly into which it will later be transformed.

A third premise is that homeostasis or balance in the energy systems is essential to health. The cycles that are represented in nature and represented in souls are real and continuous. The circadian rhythms are well established scientific examples of the cycles of life. The looking at the soul and all its aspects allows us to understand that by any intervention which has the intention to give increased health may improve balance or homeostasis. May is the important word. Not every intervention will aid in adaptation and improved balance, that is improve health, in every case. Any intervention can, but not necessarily does. It is impossible to do any intervention and not have an effect on all aspects of the soul, the self, the whole person. The grand intelligent design is one of adaptation to others and the environment to fulfill the unique purpose of each soul. Coming into balance and being out of balance and returning to balance is how life is lived. It is when aspects of the unbalanced soul get stuck in a style that dis-ease and dis-functions occur.

Another basic premise is that the physical aspect of the soul is a mirror for the soul. It is the template, or blue print for all experience. It is the soul, the whole person, that is effected

by others, by food, chemicals, our history(personal and collective), our futures, our cognition, intentions, volition our spirit (that is our relationship with God, which is an aspect of soul). We show what the soul is by our physical appearance and how we use this physical aspect in action.

In the TFHS we look at our development from different viewpoints or worldviews because each of us has our own unique worldview that is formed by our experience of reality. **We are all so individually unique that no two people have exactly the same understanding and beliefs of what is really real.**

One way we view souls is to look at how they deal with the issue of space. Space has to do with how area much we take up, how much room is there for us in the world, and how do we orient ourselves within it. When doing a TFHS interventions, observing the movements of the person and how they utilize the space may be a key to helping the person. Does the soul have all the space it can utilize at the moment? Does the soul have restrictions? The physical aspect reflects our attitudes, our postures, our beliefs. What heuristic truths or false beliefs are we continuing to utilize as the only truth? We may need to learn some things that later we need to let go of so we can learn deeper meanings. Sometimes we accept things as a game. It may be that we accept certain rules for living the game of life, but these are rules may only apply to a give moment or situation and fail to encompass the greater truth. Learning the rules may allow you to play the game more effectively, but when the rules themselves hinder our fulfillment of our telos, our purpose for living, imbalances and reduced ability of full cycling in homeostasis, harmony and rhythm will manifest.

Another way of contemplating the soul is related to our development of time orientation. Do our cycles work in the order that they were designed? Our cycles get out of balance when they need to work cooperatively with each other. When we see time as only linear then we might think that we don't have enough time to reach our goals and so competition instead of cooperation starts to reflect in our physical aspect of soul. Balance involves synchronizing the speed and pace needed for

cooperation with all of the functions we as souls perform. Our physical aspects of soul stores these tensions related to timing issues. How quick are we to anger, grief, sympathy, fear, joy? Our timing of these reactions to these emotions and stressors can give us greater or lesser homeostasis. Do we have control of our timing sufficient to take appropriate actions related to our emotions?

The concept of energy is a developmental issue that TFHSI needs to deal with. Energy has to do with power, which is the ability to do work or get things done to be able to come back into balance. When you do not have the energy to do the things that you want to do or you cannot control the energy in an appropriate way, is that OK? Is it something that can be recognized and then changed? Knowing where you are as energy systems is necessary before you can bring in the adaptations that will be unique for you as a soul, a whole person, with all your aspects. A TFHSI is an excellent way to assess and address where you are and how you are doing.

Another assumption is that being out of balance, failing to have homeostasis, failing in adaptation, having pathology, illness, disease is seen as blocked energy or a failing of the energies to be going through their optimal cycles. What is the best intervention will depend on the imbalance and its manifestation, there are many different interventions that have improved health of individuals. TFHS is one form of the many interventions that are valuable and may be the most appropriate one depending on the condition of the soul, the whole person. It may be that it would be best as a supplemental intervention or a complementary intervention for the soul at a particular time and circumstance along with another type or types of interventions.

Since we do not live in an ideal world, where cooperation is seen as the best or only way to function we find ourselves needing to be defensive for our survival. Defense mechanism effect the soul, the entire person, and can be seen as a reflection in the physical. The shapes, attitudes, postures we assume for defense are necessary at specific moments, but when we remain in these when they are no

longer useful or assume them when they are not appropriate, our health suffers. Should we then habitually stay "stuck" in such behaviors we will inhibit our ability to adapt to new situations with balance through the cycles of life.

Energy cycle imbalances are written in the physical as well as other aspects of souls, in our expressive movements, in our attitudes, postures and beliefs.

We have been finding that abuse, abandonment, disapproval, our reality being violated, and other non physical injuries are major causes of pain. These are often physicalized. We can see them in our posture and attitudes. We are able to use our muscles to reflect the condition of the soul in relation to ourselves and others.

We believe that the soul can reflect its condition in the physical (the muscles) before it is consciously aware of it in the intellect, emotions, and spirit. These aspects of the soul sometimes lose their voice and cannot express the situation. They can be repressed, ignored, and denied entry to our consciousness. But the physical aspect does show it in imbalances of the energy systems, which are reflected in muscle imbalances as indicators of the functions of the soul as a whole person.

Each unique soul can be thought of as a set of metaphorical thermostats with the upper and lower limits set by our experiences and design. When we have been injured in any of the aspects of our soul in order to adapt we can set our thermostats to narrower limits and reduced sine waves of functioning. The using of muscle test to determine imbalances is an effective way of changing the metaphorical thermostat setting to allow for a greater range of functioning of all the functions of the lived life for a greater adaptability and more "peak performances" and "personal bests."

Our assumption that goal setting allows greater healing than digging out "what is wrong" is proving to be a very effective addition to the healing process of souls. We want people to really wonder and make choices about what they really want. We want them to wonder about the meaning of life and what would give their lives meaning. One

question is "What would you be doing with your energy if you were not using it on this conflict in sorting out your confusion?" In other words, we are here presenting a freeing consideration for those who may be stuck. We are suggesting that the time taken in ruminating about a decision may well be spent in taking one of the considered routes even if one has to back track as it were, and do a re-route or re-consider other solutions. We seem to find that the flow of harmony and balance return more quickly to the soul when one is encouraged to be curious about what might be their personal purpose and meaning in life. The process of making choices that are truthful for the soul becomes clearer when we get the soul moving through its natural cycles.

One more assumption is that our interventions activate the healing system by using the muscle tests as indicators of the balance of the functions of the soul. In doing this we honor the mystery of this healing system that is designed into the soul. We acknowledge that we will not fully know, nor do we need to know how the healing really takes place. We trust the soul's capacity as self-regulating life, and that it adapts its behavior to the available information. We believe that our clients/patients/ students are assisted best in their healing process by helping them have the authority and responsibility to be mindful to their own inner world. They may use us as assistants to help them to understand their present experience. We attempt to allow the various aspects of the soul to be felt and have a consciousness of these inner and outer experiences. We hold that a soul will spontaneously reorganize its cycles in the direction of health when enough of the right kind of information becomes available, and healing occurs.

Our assumption is that

(1) the soul has its inner physical sensations which monitor the functions of the physical organ functions and give feedback which can be monitored by the condition of the muscle responses

(2) the soul has the 5 sense perceptions, smell, taste, sight, touch, and hearing, which not only give information of the outer world but the meanings that occur when these senses are internalized, giving information to the soul

(3) the soul has movement, the actual movement of the physical as well as the movement of the organs as micromovement as well as the movement of the subtle energies, including the gross and subtle postural and attitudinal changes, in expression, gesture, locomotion and trembling

(4) the soul has affective states which include emotions such as fear, anger, joy, grief and sympathy along with the more subtle mood changes and a sense of peace or slight irritation

(5) the soul has cognition, which is the functioning of the mind, including, intentions, volition, thoughts, interpretations, beliefs about what is really real about the world and ourselves.

These 5 aspects of soul are in constant communication with each other and any event changes all of these, the entire soul is changed any time anything is changed.

In order not to feel pain and survive, any of the aspects of the soul can be denied. When this has occurred a balancing of the energies will change the posture so that the adaptation will be more effective and old unhealed wounds can be healed instantaneously, or the wound may be healed in slow steps.

Using 5 Element Metaphors

As I have been teaching TFH in my 6 day programs I have found using the metaphors from the Law of the 5 element chart as a good way to activate different brain pathways. All the pathways in the brain have direct on indirect postural muscle connections. Recognizing the changes that can take place in the soul when different thought processes are activated allows for a greater integration of the distributive intelligence networks. Using these various metaphors from a whole person standpoint requires the two people involved in the balancing intervention to be able to be creative, intuitive, and compassionate. These are just possibilities and not static dogma. They may or may not be relevant. If the person getting the balance says it doesn't make any sense for their present situation, always let it go. Say it is only a possibility. It needs to make sense to the person getting the balance!

Take the line that begins with birth then mature, decrease, balance, emphasize. These are the life cycles that all the cells of the person go through and you will always be having at least some of the cells in each one of the cycle areas. If a particular area is out of balance you can begin to ask questions relating to that area. For example, the muscle related to the metal element may be showing inhibition. Fascia Lata and Hamstring are the indicators. The questions for yourself or for the person you are assisting would be, "In what areas of your life are you out of balance in relation to hardness right now?" or "If you had to describe a part of your life as having a pungent taste, a biting taste, what would it be? What is sharply penetrating into your life now? What is particularly poignant that is happening for you right now or that was present in the past that still effects you now when you think of it?" Ask these questions and if nothing comes, its OK as these are just clues as to what might be going on in that unique person's life at this time.

Another example of using odors would be: If you found a bladder or kidney muscle inhibited you could again initiate understanding by use of the metaphor. You might say, "Does anything in your life have putrid odor? What has the smell of being stinking, decaying flesh in your life? Do you know of anything in you that you might be considering as decaying or corrupt? What is contaminated or polluted, or feculant in your life? There may not be anything but see if anything comes up as you consider these possibilities since this muscle weakness is sometimes associated with this type of odor. Are you aware of this type of situation or have you blocked this out of your consciousness and you need to become aware of it to be able to have health."

Using the 5 element law's metaphors for your lived life:

The meridians relate to the various functions of the live person. Many of them are like the Western view of the person with different organs having different functions. The different functions of the organs as understood by Western medicine are very helpful. It is beneficial to study and understand the functions of the organ and how these functions would communicate metaphorically in your life as well as literally. These functions take place in the whole person and may or may not relate literally to the physical organ. At the same time these functions take place on a cellular level. Each cell in the human has all the functions of the 5 elements. The metaphors of the elements can help us look at the ways we as humans are miscommunicating with ourselves and others.

When you think and look inside yourself you can see if any of the metaphors fit your life now, in the past or as you are seeing the direction you are being pulled into by the many things that attempt to direct your life. Pain is a signal that you are out of balance-your homeostasis is not being maintained at the optimal level, your ability to adapt is reduced. When you are in pain and suffering you may need to let yourself experience the pain for the moment but realize that it is only a cycle that will come and go as part of your lived life. Looking inside and considering these metaphors which have been used for thousands of year with millions of people can help you get work through your pain.

Five Element Concepts

Wood	Fire	Earth	Metal	Water
anger	joy	sympathy	grief	fear
shouting	laughing	singing	weeping	groaning
sour	bitter	sweet	pungent	salty
birth	mature	decrease	balance	emphasize
ligaments	arteries	muscles	skin & hair	bones
wind	heat	humidity	dryness	cold
Spring	Summer	late Summer	Autumn	Winter
rancid	scorched	fragrant	rotten	putrid

**Great changes in the way that people
are cared for are happening
throughout the world.**

In closing I will mention 3 major ones, which by the way are found in my Volume 5 #3 TFH Education Newsletter.

**NATIONAL MEDICAL LIBRARY
REVISES DEFINITION OF ALTERNATIVE
MEDICINE TO REFLECT REALITY.**

The United States National Library of Medicine (NLM) in Bethesda Md. has accepted a number of new indexing terms for the field of complementary and alternative medicine (CAM). These additions to the MeSH (Medical Subject Headings) show the great changes being made in the recognition of alternatives to orthodoxy. Prior to 1996, Alternative Medicine was defined as "non-orthodox therapeutic systems which usually have *no satisfactory explanation for their effectiveness.*" (emphasis mine) Now it reads "An unrelated group of non-orthodox therapeutic practices, *often with explanatory systems that do not follow conventional biomedical explanations.*" (again my emphasis). Also, they now include a definition of Acupressure as a type of massage. The prefix "acu" refers to the same acupuncture points used in acupuncture therapy, not to the use of needles in acupuncture.

These changes are really going to help the public get better care through understanding of the available alternatives to orthodox drug therapies or surgeries for their pains and suffering. It gives me more enthusiasm to share the principles of TFH and encourage others to be bold in their endorsements and use of the TFH system.

**U.S. NATIONAL INSTITUTES OF
HEALTH, OFFICE OF ALTERNATIVE
MEDICINE, GIVES NEW DEFINITION**

Along these same lines in *The Complementary and Alternative Medicine at the National Institutes of Health Newsletter* (Vol. 3 number 1, April 1996). Dr. Wayne Jonas, the director, restated the Definitions Group's

findings on what is Complementary and Alternative medicine. It "is defined through a social process as those practices that do not form part of the dominant system for managing health and disease."

**NEW FEDERAL LEGISLATION
PROPOSED -- WILL GUARANTEE
PUBLIC ACCESS TO ALTERNATIVE
AND COMPLEMENTARY METHODS
IF PASSED**

There is federal legislation before the United States Congress which when passed will open the field of complementary and alternative medicine (CAM) to all of the public in the United States. The bill will grant a citizen the right "to be treated by a health care practitioner with any medical treatment that such individual desires." In addition it would provide a legal structure for CAM practitioners who have been certified or licensed by recognized medical or state board. The bill would provide legal protection for both consumers and CAM practitioners. Hearings on the bill are being held this Spring in Washington. It is amazing to me the acceptance and definitions of CAM that are occurring in the United States. Why is this happening now? The changes are so rapid its hard to keep up. These changes seem to be driven by a greater openness of the younger graduates of the orthodox schools, the greater ability for communication by computers so that the information from smaller studies are widely available, more outcome studies showing the benefits of CAM methods, and the greater satisfaction of patients with less invasive and less dangerous procedures offered by CAM practitioners. The economic benefits that studies on the use of CAM procedures show are now seeming to be more important than the theoretical understandings of why the person benefits. The patients, insurance companies, and businesses paying for health care all seem to be in agreement. Its to all our benefit that more and more people will be exposed to energy balancing methods as a result of these changes. It couldn't be a better time to be a TFH Instructor. The demand for the information in TFH is now growing and will continue to grow in the foreseeable future.

Positioned for Success !

We in the Touch for Health Synthesis/ Kinesiology movement couldn't be better positioned for success. We are on the cutting edge and doing the things that the scientists are now only finding are possible from a scientific point of view because they are expanding their world views. Let us continue to not only expand but deepen. Deepen our commitment to the truth and to continue to care about the delivery of the Touch for Health Synthesis to all the people, everywhere. Let us continue to touch for health!

Pathways to Happiness

by Elizabeth Barhydt, PhD

Abstract. The six Living Love Methods are the core of Ken Keyes approach to creating a happy and productive life. They provide straight forward, rational mind tools for achieving his basic premise: Since all suffering is caused by addictive programing, to eliminate suffering and find happiness uplevel addictions to preferences. The core of Ken Keyes' philosophy is found in his 1st method, the Twelve Pathways to Happiness.

Method 1. the Twelve Pathways

As Keyes searched for his own path to happiness, the Twelve Pathways to Happiness gradually took form from the ideas and experiences evolving out of his personal studies and in time became the central structure and keystone for his Living Love Methods. In his own words, "The Twelve Pathways are a modern, practical condensation of thousands of years of accumulated wisdom. They give you a minute-to-minute guide for operating your consciousness while you interact with the world around you." (Ref 1: p12)

Freeing Myself

1. I am freeing myself from security, sensation, and power addictions that make me try to forcefully control situations in my life , and thus destroy my serenity and keep me from loving myself and others.

2. I am discovering how my consciousness-dominating addictions create my illusory version of the changing world of people and situations around me

3. I welcome every opportunity (even if painful) that my minute-to minute experience offers me to become aware of the addiction I must reprogram to be liberated from my robot-like emotional patterns.

Being Here and Now

4. I always remember that I have everything I need to enjoy my here and now—unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.

5. I take full responsibility here and now for everything I experience, for it is my own programing that creates my actions and also influences the reactions of people around me.

6. I accept myself completely here and now and consciously experience everything I feel , think, say, and do (including my emotion-backed addictions) as a necessary part of my growth into higher consciousness.

Interacting with Others

7. I open myself genuinely to all people by being willing to fully communicate my deepest feelings, since hiding in any degree keeps me stuck in my illusion of separateness from other people.

8. I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments that are offering them messages they need for their growth.

9. I act freely when I am tuned in, centered, and loving, but of if possible I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.

Discovering My Conscious Awareness

10. I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to unitively merge with everything around me.

11. I am constantly aware of which of the Seven Centers of Consciousness I am using, and I feel my energy, perceptiveness, love, and inner peace growing as I open all of the Centers of Consciousness.

12. I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birthright to the higher consciousness place of unconditional love and oneness.

The first thing we notice about the Twelve Pathways is that Ken has divided them into four parts of three pathways each.

FREEING MYSELF

BEING HERE AND NOW

INTERACTING WITH OTHERS

DISCOVERING MY CONSCIOUS AWARENESS

This reflects an orderly progression in the growth of our own awareness. We deal first with how we can free ourselves from our basic emotional traps. Then we proceed to learning how to deal with the present without the excess baggage of the past and imagined future. Then we are ready to learn how to interact with other people. And finally we learn about the uniquely human capability of being able to watch ourself as an outside observer.

Also notice that all the pathways start with an "I" statement. This helps us to see that we create our own drama in life. Nobody does it to us. As an example, we may get angry when someone says something we don't like. They did not tell us to get angry, This was our choice. We might have chosen to be sad, or we might have laughed at the ridiculous statement. Whatever our reaction, the other person was just sharing their opinion, right, wrong or indifferent. As we learn to use "I" statements, rather than saying, "Jim makes me angry," we will start to say, "I choose to make myself angry when Jim yells at me."

We use the pathways whenever we feel separate from another person or ourself or when a situation does not go the way we would like it to go. In every circumstance we can use one or more of the Pathways, because they are interlinking with each other. There is no right or wrong Pathway. Just use the one (or more) that feels right for that moment.

We can also use the Twelve Pathways as reprogramming phrases. These are the kinds of phrases you can repeat over and over again as positive affirmations. Then when a situation occurs that we don't like, we will automatically remember one or more of the pathways.

Memorizing the Pathways

To get the most effective use of the Twelve Pathways you must memorize them word perfect. The reason we say word perfect for is because our ego has a tendency to forget pieces of the Pathway and to leave out the important words. Furthermore the Pathways become more effectively internalized once we have them memorized. Then they are there when we need them. Frequently it is difficult to think when we are under stress. Instead we react robot-like to our internal programing. By memorizing the Twelve Pathways and reciting them from memory regularly, we make them part of this automatic programing. Then when we find ourself in a stressful situation, we can act in a constructive fashion. It is this new programing which will help us when we are in danger of "drowning" in a sea of trouble.

There are many ways that you can memorize the Pathways. Use whatever technique works best for you. If you are having problems memorizing them, just acknowledge it. You don't have to memorize all the pathways at one time in order to use them. Memorize as many as you can and start using them. Then later you can learn some more.

I had a difficult time memorizing the pathways. The way I memorized them was to learn them one at a time day by day.

1. On the first day I said the first pathway over and over again till I could say it word perfect.

2. The second day I memorized the second pathway. Then I repeated the first and second pathways until I had them on automatic. If at anytime during this process I felt separate from another person or myself, I would practice using these two pathways with that situation.

3. The third day I memorized the third pathway and repeated all three pathways. During the day, I practiced applying these three pathways to what was happening during the day.

4. I continued with this routine until I had all the pathways memorized. After I had all the pathways memorized, I would say all twelve of the pathways every morning before I got out of bed and every evening before I went to sleep. This also kept my mind from racing on about addictive stuff, my hurts, disappointments, sadness, etc.

Other ways you can memorize the Twelve Pathways is to:

1. Write each pathway over and over again.

2. Put each pathway on a three by five card and place the cards around the house at locations where they will be frequently seen, such as on the bathroom mirror, on the refrigerator door, by the telephone.

3. You can use the main words from the pathway, like the first three or four words of each pathway. "I am freeing myself . . ." "I am discovering how . . ." "I welcome every opportunity . . ." "I always remember . . ."

4. Put the pathways on a cassette tape and play them over and over again, repeating them aloud as you hear them on the tape. (They are now available on a cassette tape sung by Beth, a Keyes' student.)

Using the Pathways

There are many ways to apply the Twelve Pathways to help ourselves and others. The following material describes various ideas that have been helpful for me and my students.

Freeing Myself

1. I am freeing myself from security, sensation, and power addictions that make me try to forcefully control situations in my life, and thus destroy my serenity and keep me from loving myself and others.

Notice the pathway starts out with "I am freeing myself." When we talk about freeing ourselves, what we are talking about is our inner freedom. What we are getting free from is our hurts, disappointments, anger, disgust, etc., **by upleveling our addictions to preferences.** We cannot find enough security, enough sensation, or enough power in our life to create happiness. As long as we have addictions, the more we have, the more we want. Often the richest people in the world are the unhappiest. Money cannot buy happiness; it can only add to our happiness.

Remember that addictions are the only cause of suffering. Whenever we are addicted to wanting someone or something in our life to be different so we can be happy, we create suffering. What happens is our addictions make us **try** to forcefully control situations in our life. Then this need to manipulate and control only destroys our serenity. This in return is what keeps us from loving ourselves and others.

Instead of **trying** to control the outside situation it is more helpful to give up the **need** for this control. Rather we learn to be able to be in control of the way we are making ourselves feel. Life is not a me-versus-you game or me against the world. It is just us doing the best we can, although our best is all too often rather clumsy and ineffective until we learn to be more aware of how we are making ourselves feel and why.

What we need to do is to find out and explore why we cannot love ourselves. By love we mean total compassionate acceptance even though we may not like what we see when we look at ourselves and may want to change things about ourselves. When we can learn to love ourselves and accept ourselves just the way we are, we can give up the need to control others. We have to build our own self-esteem.

Remember that it is our addictive programming of security (fear), sensation (frustrations), power (anger) that keeps us needing to forcibly control others, destroys our serenity, and thus keeps us from loving ourselves and others.

2. I am discovering how my consciousness-dominating addictions create my illusory version of the changing world of people and situations around me.

Often we see things not as they really are. Rather we perceive the situation through the filters of our prejudices or in the way we would like the situation to be to satisfy our addictive demands. So we try to convince ourselves and others that the way we see the situation is "right" and to make the other person's viewpoint "wrong". It is our inner perception caused by our robot-like addictive programing that distorts our understanding of what is causing our suffering. We have a tendency to try and prove the other person is wrong, which only deepens the conflict and associated stress, instead of seeing that there are two sides to every coin, and that each view is equally "right" from the point of view of the viewer.

The pathway also reminds us that people and situations are always changing. Even if we could control things to our liking, they will not stay that way. We would be finding the need to be constantly attempting to manipulate and control to get things in line with our addictive programing and needs. We can reduce stress and increase our happiness as we learn to flow with the constant ebb and flow in our circumstances. Actually we can more successfully control those things that matter most (in a nonaddictive sense) by going with the flow. It is always more difficult to paddle upstream, and we make much less progress going that way.

3. I welcome every opportunity (even if painful) that my minute-to minute experience offers me to become aware of the addictions I must reprogram to be liberated from my robot-like emotional patterns.

I think this pathway is one of the best. Everything that happens to us offers us a lesson on how we can improve our ability to cope. Another way to state this idea is "to look for the positive potential in every situation." We may be reminded of the aphorism, "Look at the glass as half full rather than half empty." But this pathway really goes much further than that. It states that our minute-to-minute experience is continually

providing us with information on how we may be creating stress and unhappiness. We can now use that awareness with the various Living Love Methods to reprogram our addictive programing. Look at problems as opportunities. Look at what is workable and not at what went wrong. Problems are nothing but wake-up calls for creativity.

With this pathway we can learn to accept everything that ever happened to us. Viktor Frankel's book, *Man's Search for Meaning*, shows us how even the awful experiences of a Nazi concentration camp can be used to create personal growth and a more favorable outcome. [Frankel (1959,1963)]

Good, bad, or indifferent, I believe in the truth. I can grow best when people are honest with me. Some people don't like to be criticized. I never thought of criticism as being "bad", even when the person giving the criticism was quite negative and insulting. When people tell me how they really feel, I always have a choice on how I respond. I see criticism as an opportunity to work on my addictive programing. If I create hurt, disappointment, or anger when people criticize me, this is helping me to get in touch with those addictions I must reprogram to help me get free from my robot-like emotional patterns. All people are doing is pushing my "buttons" and I have a choice whether to act or react.

I accept everyone and every situation as a teacher to help me learn the lessons of life to create more joy and happiness. Now I can start to see that everything that ever happened in my life was perfect. I can look at the addictions that come up and start working on them. We can start to see how we act like robots and how our programing is on automatic and how this addictive programing is running our lives.

Reviewing briefly:

- The first pathway, looking at being in control of ourselves versus at trying to control situations.
- The second pathway, realizing that much of what we believe is illusion created by our addictive programing.

- The third pathway, learning to take advantage of the opportunity created by negative experiences to improve our inner quality of life.

The first three pathways are wonderful for freeing ourselves and getting started on our road to happiness.

Being Here and Now

4. I always remember that I have everything I need to enjoy my here and now—unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.

You can only live in the here and now when you instantly accept emotionally whatever happens in your life.

How many times do we forget that all there is in life is the here and now moment, not five minutes from now nor what happened five minutes before, but right now? What keeps us from being in the now moment is we are usually either remembering something that happened in the past or thinking about what may happen in the future. Let's take one step at a time and go on from there. Remember that "happiness is found along the way not at the end of the road." When you are emotionally upset about something that happened, take a moment to stop and smell the roses and to taste the strawberries.

Sometimes I feel that most of us live in the past. The reason why we cannot seem to make our lives work is because of our fear that a situation which happened before will happen again. As a child perhaps you were forced to eat spinach. Now that you are older, you remember how as a child you hated spinach; so you will never eat spinach. That is just the way it is, but it does not have to be that way. It is the fear of the past that stops us from enjoying the here and now moment. We need to give things a second chance. Who knows, we might like it. That is a risk you have to take.

I used to play the "If" game. "If only I had nicer parents . . . If only I went to high school . . . etc. . . .", perhaps my life would have been different. Another game is,

"The reason I am the way I am today is because . . ."

I remembered all the bad things in my life. The fear that people wouldn't like me dominated my mind. I started to buy other people's friendship.

I was not happy with my job; so I started to look for a new job. After I found another job, I was going to give my boss two weeks notice. When he found out that I was going to quit, he fired me. Momentarily I was very upset and cried. How could he do this to me? Then I remembered to look at the glass as being half full instead of half empty. When he fired me, he gave me two weeks severance pay and my back vacation pay. I called my new boss and said I could start right away. It turned out to be a win-win situation. With the extra money I received by being fired I was able to buy a car which I could not afford otherwise. I was terminated from other jobs or quit, but every new job was better than the previous one, and I always made more money. Everything that happened in my life was necessary for my own growth.

5. I take full responsibility here and now for everything I experience, for it is my own programing that creates my actions and also influences the reactions of people around me.

When we talk about taking responsibility, we are talking about taking responsibility for our own feelings, for our own emotional programing. We always have a choice on how we feel at any particular moment. Have you noticed how one person might be angered by a certain situation and another person will think it is funny and not create any anger. It is their own internal programing that created their very different reactions to the same situation.

What is meant by taking full responsibility for my actions is no more blaming myself or others for what has happened to me. That means not blaming my parents, my bosses, my relationships, etc.

There is a song we sang at Cornucopia called *I Take Responsibility*. It goes like this:

"I take responsibility for the way I feel, 'cause I create the experience that I take as real. Now I know that no one's to blame for the feelings I get in life's game. I'm the one who creates the pain because I create the experience that I take as real."

We create our own reality, whether we want to believe it or not. We create what we need in our life, whether it is in sickness or being fired from a job. Everything happens for a reason. We learn to understand that it is our own programming from years and years ago that is controlling our actions. This programming has often been handed down generation after generation. We further learn that, if we have a negative attitude and yell and scream at someone, this may influence the other person to yell back. Only we have the power to create our own suffering.

When you take responsibility for your own actions, you give up blaming.

6. I accept myself completely here and now and consciously experience everything I feel, think, say, and do (including my emotion-backed addictions) as a necessary part of my growth into higher consciousness.

With this pathway we progress from learning not to blame others for our predicaments to learning not to blame ourselves either. We learn to accept ourselves even though we don't meet our models on how we should be or shouldn't be.

When we say I can accept myself, the acceptance is on the emotional basis only. This doesn't mean making it "right"; it just means acceptance of the facts without blame. Instead of blaming myself for what went wrong in a situation, I will look at what can I do about it, where I can go from here.

We come to see that everything that happens to us is necessary as a part of our growth. That isn't to say that we have to like what happens or what people say. That isn't to say we can't put out to try to change the situation at a later time or even the next moment. It only means I can accept myself completely at the here and now moment.

When I was at Cornucopia, the director, Carol Thompson, said at one of our meetings while pointing at me, "You will be the one to help out in this world." I replied, "Who me, with all of my problems." What she meant was that if all my so-called problems became opportunities, I would have many things to share with other people. I needed to see all my past dramas as a necessary part of my own growth and to accept the unacceptable.

Reviewing Briefly:

- The fourth pathway, seeing that you have everything you need right here and now.
- The fifth pathway, tells you to take responsibility for everything you experience.
- The sixth pathway, reminds us to always accept ourselves right where we are right here and now at every given moment.

Interacting With Others

7. I open myself genuinely to all people by being willing to fully communicate my deepest feelings, since hiding in any degree keeps me stuck in my illusion of separateness from other people.

When appropriate you should talk about how you are making yourself feel in any given situation when situations or people don't meet your models. Don't blame the other person or tell them how they should be different so that you can be happy. You create what you need in your life; so take responsibility for what you create.

When someone is doing something you don't like, you can share with them that you choose to create anger or sadness when they do so and so. They may or may not change. Every body has feelings. You are not the Lone Ranger. It is best to flow with the situation.

I think it is very important to share with another person how you are making yourself feel rather than tell them what they are doing wrong. Nobody likes to be told how bad they are. Sometimes people will ignore you instead of sharing with you for fear of hurting your

feelings or creating an open conflict. If you choose to, you can ask them, "What did I do wrong?" If they choose to answer you, you then have an opportunity to heal the relationship. Sometimes you have to take the risk in what they will say. You may not like it, but remember they are working out of their own programing and their actions mean nothing about you. If they don't, you can drop the matter for now and work on the relationship at a more appropriate time.

This situation happened to me quite a few times; so I could get to practice on how to share from a loving space. Sometimes I had to take a risk on what I might get in return. I realize the other person is only working out of their own programing and how they respond means nothing about me. When using the 7th Pathway, don't dump all your stuff. Remain aware of the 5th Pathway on taking responsibility. Take responsibility for what you create. Be careful not to accuse or blame.

8. I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments that are offering them messages they need for their growth.

Translating the Greek root, compassion means feeling together. By feeling with loving compassion Ken means, "Yes, I know. I have been there with my suffering. I know what you are going through." We need to distinguish between **empathy** (from the Greek root, "feeling into") and **sympathy** (from the Greek root, "feeling together with"). Avoid sympathy which tends to buy into the other person's addictive emotions and to strengthen their addictive programing. They are creating what they need for their own growth. You can help someone more by being there with them empathetically with loving compassion and not buying into their personal drama and getting yourself upset. Getting yourself upset will not help them with their problem. However being there with loving compassion may help the person in time rise above their addictive programing. Very often just being in a loving space with a person as you listen to him or her is more helpful than any advice you could give.

Keyes (Ref a: p35) points out that you can learn not to give gifts that you cannot emotionally afford to give. When you resent helping someone, this creates obligations, duality, and separation. You cannot psychologically afford to give such help, and the recipient cannot afford to receive it. The price in personal distance caused by "guilt" feelings and "should" or "ought" motivations is not worth it. When you help someone because of a feeling of obligation or duty rather than free-flowing love, you may find yourself resenting the person for needing your help. These negative feelings prevent you from being sensitive to his or her real here and now needs and doing or saying what would really be helpful.

9. I act freely when I am tuned in, centered, and loving, but if possible I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.

This pathway says it very nicely. How many times have you said or done things you wish you had not have said or done, because you were angry or upset? This is when you would use the 6th Pathway, "I accept myself completely here and now ..." Remember you are also working out of your own addictive programing, but this too will change as you continue to use the Living Love Methods.

The 7th and 9th pathway go hand in hand. It is best to share your feelings from a centered space, but what ever you do is part of your consciousness growth. Use the 5th and 6th or any of the other pathways when you don't meet your models. That is what I do. I work on what I am creating emotionally by using various Living Love methods. I act freely when I was tuned in, centered, and loving. This means I work on my addictive programing surrounding the issue before I shared with the other person. The best thing you can do for another person is to work on your own head, on your own addictions.

Reviewing briefly:

- The seventh pathway tells us to share our deepest feeling. Hiding only causes separateness.

- The eighth pathway tells us to just be with the other person with love.
- The ninth pathway tells us to avoid acting when you are upset in any degree, to work on your own head first.

Discovering My Consciousness Awareness

10. I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to unitively merge with everything around me.

Our minds are like endless cassette tapes. Our endless tapes usually consist of how situations or other people or ourselves are not meeting our models of how things should be. It is hard to really comprehend what others are saying when our own minds are racing down the freeway of how we can make the other person wrong. We can see that our experiences of fear, sadness, or anger are just guides to help us to get in touch with our addictive programming.

I recall how sometimes when Hap and I are out driving my mind races on so fast that I cannot enjoy the scenery around me. (This is where I use the Catalyst) Now whenever I feel like I am slipping into a monologue of my restless mind, I tune into a reprogramming phrase to keep me in the now moment so I can perceive the finer energies and merge with the beautiful scenery around me. Often my phrase is, "When I enjoy each moment I know that I am free." I say this over and over again until I feel calm inside. Sometimes I pick out one thought that I might be running over and over again, usually it is a negative thought, and tune into upleveling it from an addictive thought to a preference. I find that when I uplevel my addictions to preferences my mind doesn't race so fast and is more aware of what is happening around me.

11. I am constantly aware of which of the Seven Centers of Consciousness I am using, and I feel my energy, perceptiveness, love, and inner peace growing as I open all of the Centers of Consciousness.

As part of his Living Love philosophy, Ken has developed the concept of Seven Centers of Consciousness. These centers reflect increasing levels of awareness. By maintaining an awareness of which Center of Consciousness we are operating from at each present moment, we can more effectively control our actions and feelings. The Centers of Consciousness concept is explained in greater depth in the following chapter.

The thrust of this pathway is to help you to become aware of which Centers of Consciousness you are using from moment to moment to realize that at any moment you can improve your level of well-being and happiness by opening higher centers.

12. I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birthright to the higher consciousness place of unconditional love and oneness.

We are all searching for happiness. Each and everyone of us is searching in our own way. It is our birthright to be happy. We learn to love others by accepting and loving ourselves and vice versa. Shakespeare wrote, "Things are neither good nor bad. It is only our thoughts that make them so." When you are with another person and they are running their stuff, you can see they are searching for their happiness the only way they know how. We learn to accept ourselves and others the way they are without need for change. That is not saying we have to like what is happening or like what the other person is doing. We do have the choice at any given time on how we feel. The only way you can really change another person is to work on your own addictions. The other person may or not change, but you have a better chance if you work on your own head.

"A hostile person creates a hostile world. A happy person creates a happy world. A loving person creates a loving world." (Ref. 1: p52) Through memorizing and repeating these pathways regularly, we can open the door to raising our level of consciousness awareness and in the bargain our love and happiness.

Reviewing Briefly

- The tenth pathway, reminds us to stop letting our minds race on, to stop the endless tapes on how situations should or should not be.
- The eleventh pathway makes us aware of which of the seven centers of consciousness we are experiencing.
- The twelfth pathway reminds us that we are all looking for happiness in our own way.

Conclusion

I have found Ken Keyes' Twelve Pathways to offer continuing support and guidance as my life unfolds with new challenges and wins each coming day.

I am not perfect. I make mistakes. At times I forget the pathways. And that is the moment to return to them once again. (Having them memorized is a great help.)

I wish you all are able to find your beautiful happy world.

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Balancing Brain Communication Links

by Hamilton "Hap" Barhydt, PhD

Abstract. This paper traces the communication links within the brain and between the brain and the muscles and discusses the need for balancing and integration of these links. It shows how learning problems and stress and pain problems can be related to the performance levels of these communication links.

Communication within the brain:

Our brain is a collection of separate parts that must learn to work together. To help explain this, neurophysiologist, Dr. Paul Maclean, who heads the federal government laboratory of brain evolution, has developed the concept of an evolutionary "triune" brain structure (ref. 3), as shown in Figure 1.

At the top of the spinal cord we have a brain stem. At one time in the evolution of vertebrates this was all the brain the organism had. It is often called the reptilian brain. Most of our automatic and instinctual responses (fight or flee, etc.) come from the reptilian brain.

Also found on the back side of the brain stem is the cerebellum (see figure 3), a very old part of the brain from an evolutionary point of view that is responsible for the subconscious coordination of all muscle movements.

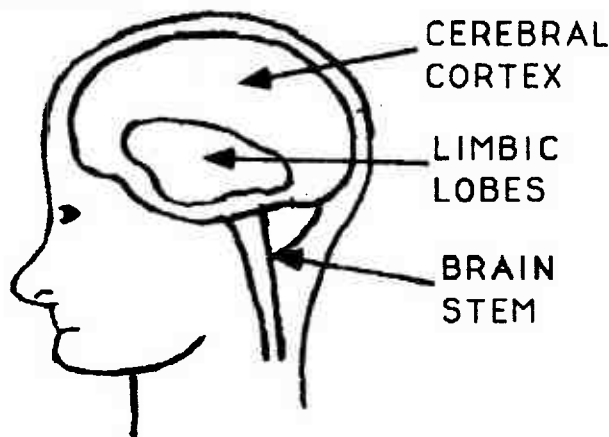


Figure 1

On top of the brain stem, deep within the cerebral cortex, is found the next step in evolution, the primitive mammalian brain, often identified as the limbic lobes. The mammalian brain is found in all mammals

including the most primitive mammal. This is the seat of our emotional responses.

As mammals became more highly evolved, they developed a cerebral cortex surrounding the mammalian brain. This is where our logical thinking, voluntary muscle control, centers for vision and other senses are located. When you look at a frontal view of the brain, it looks like a giant walnut. The brain has a deep notch running from front to back. It looks like half a shelled walnut. (See Figure 2)

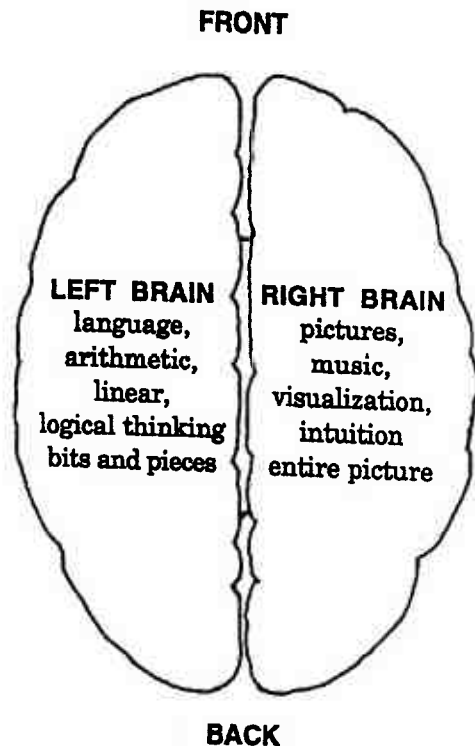


Figure 2

Thus in the cerebral cortex we have what are called left and right brain hemispheres. The neurons running between the body and the brain cross over in the medulla (a part of the brain stem, see figure 3) so the left hemisphere is associated with the right side of

the body and the right hemisphere with the left. Between the two hemispheres we have a narrow communication bridge that we call a corpus callosum.

We need to communicate between these two halves of the brain for many activities. The left hemisphere we can call the linear logic language hemisphere; the right brain is the visual and integrating hemisphere. The left brain is reductionist and sees our world as little bits and pieces, and the right brain sees the big picture. Artists and creative people generally work out of their right brain. Accountants, and other people who do detailed things, usually work out of their left brain. Western culture is primarily left brain oriented and eastern primarily right brain oriented.

Think of a simple task like reading. First of all you are scanning a page back and forth with your eyes. When your eyes are over on the left side you are activating primarily the right brain, and when your eyes are on the right side you are activating primarily the left brain. So you are switching the visual motion back and forth through the brain visual center line.

When you are looking at symbols and forming them into words, your left brain, the accountant, thinks "c" plus "a" plus "t" = "cat", and "j" + "u" + "m" + "p" + "s" is "jumps". To make sense, to integrate the idea of "cat" and "jumps" you have to go to the right brain. It is the right brain which creates the meaning and produces the concept of a cat jumping. So one major problem in dyslexia is lack of communication between the left brain and the right brain hemispheres.

The cerebral cortex extends over the entire top of the brain from front to back. The logical thinking takes place in the front, the voluntary muscle control and sensations in the middle, and the visual integration centers in the back. So here we are looking at the need for front-back integration.

We also have to be able to communicate between our rational brain in the cerebral cortex, our emotional brain in the limbic lobes of the mammalian brain, and our instinctual brain in the brain stem. These are located one

on top of the other; so we are looking at up-down integration.

What we strive to do with our brain integration exercises (see References 2 to 5) is to do a three dimensional integration. We have the **right-left integration** of the two hemispheres of the cerebral cortex, the **front-back integration** that integrates the frontal, parietal, and occipital lobes of the cerebral cortex, and finally the **up-down integration** that goes from the cerebral cortex through the mammalian brain to the reptilian brain and brain stem. Thus we have all these forms of communication going on. For optimal thinking and optimal behavior, we want to integrate the communication between the various parts of the brain in a 3-dimensional manner.

Information organization and memory

The old conventional way to organize information is with a hierarchical structure. Common examples of hierarchical structures are conventional outlines, organization charts, and catalogues. We start with a source subject. It splits at the first level into various subjects and then each subject may split again at the next level, etc. Diagrammatically a hierarchical structure may look like an upside down tree. In a hierarchical structure when we want to go from a point one or more levels down to another subject on another branch, we have to go back up to all the levels and back down again.

The brain does not work this way. It works by association. The Internet is a good example of how the mind works by way of association. As you "surf the net" from "link" to "link", you may find many different facets of information, all linked by the thread of association. You do not have to work in an "orderly fashion". When someone says something, you might think, "That reminds me of ..." Or somebody might be eating an apple, and you might think, "That reminds me of the time I fell out of an apple tree and hurt my leg." That's jumping across from one memory site to another. That's association, and the brain works by association.

Some of the associations are very functional, but frequently when we have a problem in our performance, we find some

associations are dysfunctional. For example Hap has a throat problem which may or not bother him, but he has associations that may aggravate his throat problem when triggered. When certain things happen, his throat will become stressed and he has difficulty speaking. There is an emotional coupling there, and to clear his throat problem permanently he may have to figure out how to break that emotional coupling and association. So the mind works in this way by association. We work to defuse dysfunctional associations. This is another level of communication taking place in the brain.

Brain-muscle communication

The final thing we want to talk about is communication between the brain and muscle structure. When a person wants to raise their right arm, they send a message from the left side of their brain down to their right arm telling it to move. The signal goes by what we call the efferent nervous system, goes down the spinal cord and out to the muscles, telling some muscles to contract and others to relax. How does the body know when to stop?

Suppose we want to touch our nose. How does the body know when our finger gets to our nose. We don't do very much thinking about it because we have an automatic feedback system, an afferent nerve chain going back to the brain. So we have a message going out to the arm muscles, and a message coming back, a feedback system. We

have a two-way communication. There are two different sets of nerves to do these functions, the efferent and afferent.

What you have in the muscles to generate the feedback signals are proprioceptors. The ones we primarily use in the muscles are called spindle cells. Muscle fibers tend to be long spaghetti-like masses that contract. Spindle cells are also like long thin cells that are mixed in with the muscle cells. When the muscle gets shorter, the spindle cells shorten up and send a message back to the brain saying that the muscle is getting shorter. Then again there is a communication going on here. When we have muscle aches and pains, limited range of motion occurs because this communication is not happening properly.

This is another level of communication. What was happening was that muscles have to work together, they have to communicate. (Some muscles have to relax when you use other muscles. (Examples: Biceps/Triceps or Quadriceps/Hamstrings.)

This coordination takes place in the cerebellum, an adjunct to the brain stem, our reptilian brain. It works like this. When you decide to make a voluntary movement, you send a signal from the front part of the cerebral cortex to the cerebellum by way of the pons. The cerebellum then sends directions to the muscle control centers in the back part of the frontal lobe of the cerebral cortex. Then the efferent nerve system carries

the signal from here to the appropriate muscle groups. The proprioceptors then send signals back to the brain with the afferent nervous system. They enter the cerebellum by way of the medulla and appropriately modify the signals the cerebellum is sending to the muscle control centers in the frontal lobe.

When the cerebellum is not sending the appropriate signals to the muscle control circuits, the muscles do not interact properly, and you may experience pain and limited range of motion due to overly

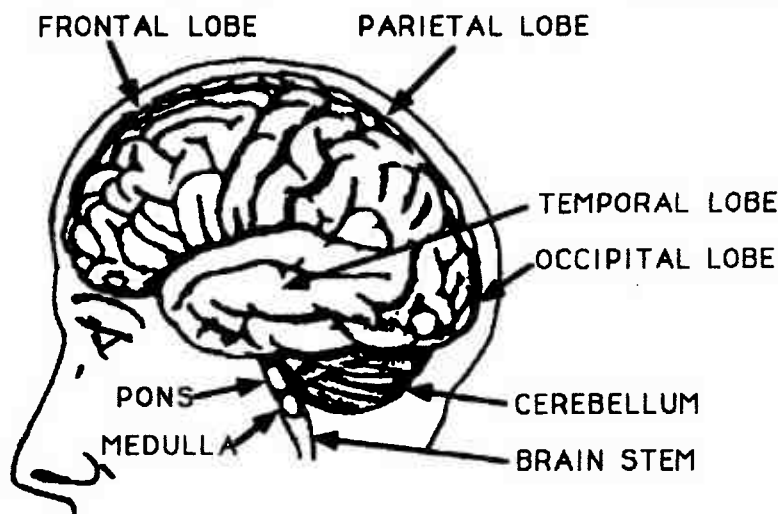


Figure 3
(adapted from a Three In One Concepts graphic)

tight (hypertonic), weak (hypotonic), and reactive muscles. If these conditions persist long enough they can lead to secondary problems such as tendonitis, neuritis, herniated discs, and damaged joints. The stress and pain can be released by re-establishing the body-mind and brain-muscle communication through balancing weak, reactive and frozen muscles so that the cerebellum now sends the optimal messages to the muscle control centers in the cerebral cortex.

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Making Peace with Food

by Carol L. Boschetto

With all the diets and diet aids in the market today, is it any wonder that our experience with food is filled with guilt and disfavor?

The diet industry today amounts to a multi million dollar proposition. There are diet gurus, fitness experts, magazines, recipes and statistics of the proper weight, the right look, etc. None of these things teach us to love ourselves, honor our genetic makeup or teach us to be content in ourselves. Anything will be said in today's marketplace, to gain another follower. Fitness magazines claim 26% of us have at one time or another been on a diet. We do not need to quote statistics do we? We can just ask our neighbor, mother, friend, or sister. Many of us live our whole lives on one diet after another. Perhaps you are on one now?

I too, have been in the realm of the perpetual dieter. Why else would the subject be of interest to me, right? The more food plans I followed; the more I looked at the scale to tell me I had been good, the less I put on my plate and the healthier I thought I had become. I soon lost self esteem, all concept of what a healthy weight for me really was, and forgot how to tell if I was hungry or full. My body no longer gave me the signals of hunger or fullness, or I could no longer hear them. I was now deep into the dieters abyss and it seemed I was to remain there. Then I read a book and began a conscious effort to change course.

As a Kinesiologist, I am always looking for ways to incorporate what I read into some practical tool to help myself and my clients. Since weight loss is such a big issue for everyone, it seemed worthy of pursuit.

The book is called *Intuitive Eating* and while surely all the information within is valuable, my task here is to present to you a system you can use to help you on the road to making peace with food. Note that the system is not a guarantee to weight loss as there are many factors that contribute to a person's holding onto weight. What I can tell you is that it will

help you to know yourself better, become more content with your body, your choices with food, and heighten your enjoyment at mealtime.

'Making Peace with Food' is a Kinesiology system that uses *eating message* statements in a balance format to help the body 'shift' to a more intuitive place. It also identifies *eating personalities* as a starting point to help you to get to know yourself better. We know that things that are not yet conscious we are unable to work on to change. This helps us to recognize our patterns and sets us up for change.

Introduction to Balance

In any Kinesiology system there are often sabotages that can interfere with the integrity of the balance. There are several that may apply here, as well as any Sabotage List you may be using now.

1. Check statements from lists you know.
2. Check chemical imbalances:
(A chemical imbalance can contribute to weight issues)

GLP1 and Neuropeptide (NPY) chemical protein for carbohydrate cravings. Activates when the body is starving, causing the body to seek more carbohydrates. Ask how the body wants to balance NPY.

ATP = chemical energy that powers the cells. A hunger signal is triggered by the over all ATP need of the cell. Ask if there is a need to add energy to the cells.

3. Hormone imbalances that may relate to weight. Check the lists you have.
4. Set Points:

Set points are of great value. It is important to check more than one (the body can have several) and they may need to be balanced individually.

Check the set point for:

1. Fat accumulation
2. Exercise and movement
3. Metabolism

Other issues to think about:

1. Check the body for time factors e.g.,
What time is the body on for as far as getting to your goal? You can ask how the body wants to adjust it and balance from there.
2. Check for satisfaction factor on the body.
Ask how it affects the body, and balance.
Be open to what comes up and be creative.

Eating Personalities

You may muscle test from the list to see where you are or just notice how each of the categories feel. Personalize them to fit your format.

The Careful Eater:

Vigilant about what foods they put in their bodies.

Appear to be perfect eaters.

Health and fitness oriented.

These are noble traits in today's society.

Style:

Scrutinizes food labels.

An under-eater, monitors each bite.

An inability to let go of eating indiscretions.

Worries about what food to eat or planning next meal.

Conscious about body image.

Guided by time and events.

Meticulous on weekdays, may splurge on weekends.

Professional Dieter:

Tried every diet.

Fasting, cutting back.

Knows all about food portions, calories, dieting tricks.

Diets for the sake of losing weight, not health.

Last supper meals.

Says, "Today, will be a good day."

Much frustration.

May take laxatives.

Unconscious Eater:

Paired eating, engaged in eating and doing something else.

Chaotic UC eater:

Lives are often over scheduled.

Too busy and just grabs food without thinking.

Cannot tell biological hunger.

Goes too long before eating and then is ravenous.

Refuse not UC eater:

Vulnerable to the mere presence of food.

Not aware they are eating.

Pickers.

Waste-not UC eater:

Values the food dollar.

Inclined to clean plate.

Eats the leftovers from others plates.

Emotional UC eater:

Uses food to cope with stress, anger, and loneliness.

Eating statements

These are statements formulated from the book to use as a Pre-check list. You may muscle test what statements apply and balance with tools you know.

I reject the diet mentality.

I honor my hunger.

I make peace with food.

I give myself unconditional permission to eat.

I challenge the food police.

I feel my fullness.

I listen for body signals that tell me I am full.

I have pleasure and satisfaction in my eating experience.

I eat in an environment that is inviting.

I find ways to comfort, distract, nurture and resolve my issues without using food.

Food won't fix any of my feelings of anger, anxiety, boredom or loneliness.

I respect my body.

I accept my genetic blueprint.

I feel the difference exercise makes.

It is OK to move my body.

I honor my health with gentle nutrition.

I make food choices that make my body feel good.

I love myself unconditionally and others love me the same way.

I reclaim my right to enjoy food.
I am eating intuitively.
I choose a weight that is balanced for my body.
I recognize and acknowledge dieting causes me damage.
My body deserves to be dressed comfortably and in the manner I am accustomed to.
I can eat less at mealtime because I know I can eat again anytime.
I can eat again ____hrs. after eating a meal.
I can snack anytime.

Hunger/Fullness chart

The chart is useful for those who have lost the inner signal that tell us when we are hungry or full. Use the scale and test to find out your level. If you are self testing recognize the need to be honest with yourself. Be accurate.

Use this scale to help you until you can tell you are hungry or full biologically. Test where you are on the scale and notice how it feels in your body. The connection between mind and body begins to form. You should begin to feel hunger pangs between 3 and 4. If you wait and test lower you may overeat at your next meal. If you are 5 or above you are not hungry and there may be other reasons you want to eat. Use with caution however, we want to develop our inner signals and not become dependent on another tool. Our goal is to stay out of the diet mentality, not replace it with something else.

Zero	Empty
One	Ravenous
Two	Set
Three	
	Pangs
Four	
Five	Neutral
Six	
	Satisfied
Seven	
Eight	Full
Nine	Stuffed
Ten	Sick

Procedure

1. Do all pre-tests and corrections.
2. Ask the body for permission to work on food issues.
3. Muscle test priority list to work on e.g.. Personalities, Eating messages, etc.
4. Test for any sabotages that may impede progress.
5. Continue getting things on line and use your tools to clear, in the format you are used to.
6. When all issues are clear for this session, check for home support or whatever your format dictates.

Stages of Awakening

In order to make peace with food and turn onto your inner intuitive signals, there may be several stages to go through. There is a time line. This will vary as the individual varies. This time line is described as *stages of awakening*. The stage you are in is determined by your level of readiness. Have you hit diet bottom yet? Have you lost touch with biological hunger and satiety? Is your body image negative and your self respect lessened? If your answer is yes, you have arrived at the first stage.

Stage two is an exploration and time of conscious learning about yourself. A time to re-adjust yourself to your hunger level, taste preference, and satiety. To begin to make peace with food we must give ourselves permission to explore and experiment with the foods we have long thought were our enemies. By facing our fears about food we learn what foods we enjoy again. Our body will begin to trust we will not starve it again, and find a balanced weight.

We then move to the awakenings of an intuitive lifestyle. We feel a solid behavior change and develop a sense of trust and a right to choose. Lighter, healthier foods become part of our eating experience. Food no longer holds an emotional charge. We view a tomato in the same light as a candy bar. Our self talk is more positive. Reclaiming the intuitive eater means trusting our bodies ability to make changes and choices. It means feeling no guilt, really enjoying food again.

Conclusion

Food issues are often enormous and overwhelming to a person. It's important to be kind to yourself and know that it may take time to move through them all. Address any fears and emotional issues with love, patience and acceptance. Give yourself what ever nurturing you need to continue on your journey. Our many tools and knowledge as Kinesiologists are gifts from God. Welcome your journey and give thanks.

Acknowledgments

Intuitive Eating, E. Tribole M.S., R.D. and E. Resch M.S., R.D.

PKP System, Bruce Dewe MD. and Joan Dewe MA.

For more information or help with the system please call me at: 909-763-5190.
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Healing Hands for Horses

by Joyce Bower, E.S.M.T.

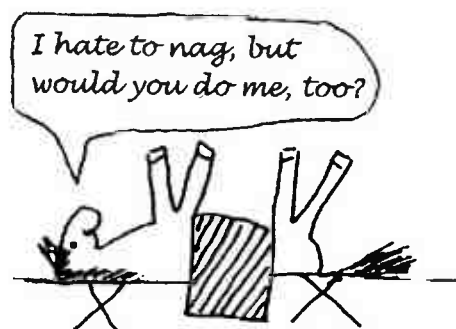
While "reaching out to touch someone," as the commercial advises, we want to be sure to include our animal friends. Horses especially need healing touch, for two reasons: because they are the world's greatest athletes, and because they are routinely subjected to uses and lifestyles for which they are not made. Few people realize that horses are not structured for carrying riders, jumping, twisting, racing repeatedly at extreme speeds or living in confinement.

The ever-practical horse world is beginning to explore the benefits of natural healing modalities as a complement to veterinary care. The benefits of adjunct modalities for horses are:

- (1) freedom from pain,
- (2) enhancement of the horse's focus and willingness by means of relaxation and freedom from pain,
- (3) maximization of performance by means of balanced gait and free movement,
- (4) improvement of recovery from intense activity or injury by means of improved circulation and release of muscle spasm and micro spasm, and
- (5) reduction of veterinary costs and extension of the useful life of the horse by recognition and elimination of small problems before they become big ones.

Horses are "wired" differently than humans, and are more complicated to deal with due to variations in breed and training, complex and varied gait patterns, and the obvious factors of weight, build and communication. Furthermore a degree of danger must be recognized at all times, and an equine bodyworker needs to know how to behave around a horse.

Here is a wonderfully effective yet simple system of energy work for horses which integrates aspects of Touch For Health™, Applied Kinesiology, Applied Physiology™, and Acu-Tone™ (my own acupressure system). This system, *Natural Touch For Horses™*, is suitable for both lay people and



professionals, given a basic knowledge of the lay person of how to be around horses with safety for self and horse. A *Natural Touch For Horses* session includes INCREASE self-balancing technique, cranial/sacral technique, muscle testing of equines, energy balancing technique, meridian tracing of equine meridians, reactive muscle techniques, Laminitis ("Founder") and Bowed Tendon techniques, and mouth techniques for proprioception, stress and pain.

Natural Touch For Horses™

Step 1: INCREASE™ Technique (Integral Circuit Rejuvenator And Self-balance™). Everyone who will be handling the horse should first clear and balance your own circuits, as imbalances in your energies could alter results of muscle tests or limit the effectiveness of some techniques. This breath-based technique works in all levels of bioenergy. It is quick and effective and, used daily, will gradually improve your circuits. Effects last up to one hour and may be reestablished by tapping your thymus three times.(Ref. 1) When working on a series of horses use INCREASE before the first, then rebalance before each subsequent horse with the thymus tap.(Ref. 1)

Directions:

(Not affected by right/left-handedness)

1. Bunch tips of first three fingers and thumb of left hand. (Ref. 2) Point tips into the area mid-way between bottom of sternum

and navel. (Ref.3) Use your right fingers (not palm) to close left nostril. Breathe through right nostril 5 times with eyes *closed*.

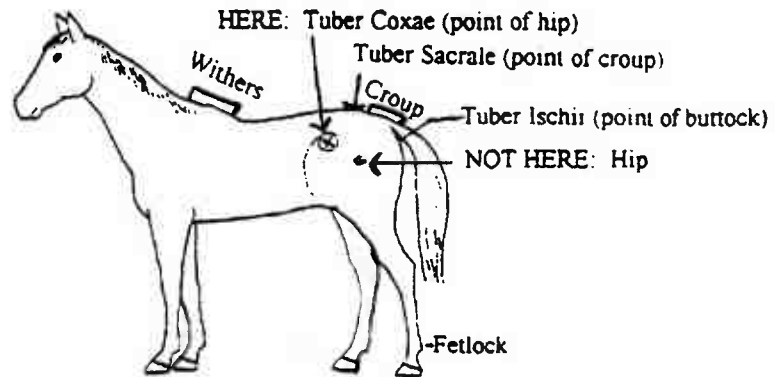
Switch hands and repeat, closing right nostril and breathing 5 times through left with eyes *closed*.

2. Repeat the above with eyes *open*.
3. Breathe 10 times through open mouth with eyes *closed*.
Repeat with eyes *open*.
4. Bunch fingers of right hand as above. Point *tips* into area between and slightly above tops of eyebrows. Place left hand palmar over navel. Breathe normally for 30 seconds. Time precisely, right to the second. (*Or do this step with the hands reversed -- whichever feels right -- but only do it one way.*)
5. *Challenge* to see if correction is sufficient: Tap thymus (Ref 1) firmly 5 times. Inhale, hold breath 1 minute. Difficulty in holding breath indicates a need to repeat INCREASE. Repeat up to 2 times.

Step 2: Acu-Tone Cranial/Sacral Technique™ This technique should be performed routinely on all horses. It will stabilize blood pressure and realign ligaments and tendons underlying the pelvis, and will help relieve psoas and sciatic problems, reset proprioceptors for the cranium, and more.

Directions

1. Identify horse's dominant *side* by determining its dominant eye, as follows: Hold your thumbs and forefingers in circles around your eyes. Close one eye and look at the horse straight on (horse's head must be rather still), noting which of the horse's eyes is looking into yours. Repeat with *your* other eye. The horse's eye which looks into both of yours is its dominant eye, on its dominant side.
2. Begin on horse's NON-dominant side. Stand near its hip, your surrogate near its head, both *facing* the horse. You and your



surrogate connect (hold hands or whatever) so that you conduct energy as if you were one person, and try to breathe in unison for the remainder of this procedure.

3. Both inhaling through your *noses*, place *your* hand nearest horse's tail palmar over its hip bone (tuber coxae).
4. Exhaling through your *mouths*, surrogate place hand nearest horse's head palmar, lateral to (behind) its eye, with *outer* edge of hand at corner of eye (hand will be vertical, fingers pointing up).
5. *Maintaining all contacts*: Inhale through your noses, hold breath as long as comfortable, exhale through your mouths, for 3 breath cycles. Move your hand from hip bone to croup placing it palmar alongside--not on--the spine (at any angle), and repeat the 3-breath cycle.
6. Move to horse's dominant side and repeat steps 2-5.

Step 3: Surrogate test. Due to the considerable differences between horse and human systems, this phase will not imitate a TFH surrogate-test of another person. **For your safety and the horse's if you are untrained in manipulating a horse's -- limbs you may omit this step without sacrificing effectiveness.** *If you omit muscle testing, do all of the corrections in Steps 4-6.*

Directions:

1. Choose one or two simple muscle tests to use with your surrogate such as Supraspinatus and Anterior Deltoid, making sure they test strong on both

sides. You will use only these *indicator* muscles for surrogate testing.

2. Observe the horse both standing and moving--its structure, posture and gait. Using your observation, veterinary diagnosis, behavioral changes and any other relevant factors, identify which muscles might be involved in its problems.
3. Surrogate test the suspect muscles *as a group*. Take each through its range of motion one time, one after the other *within six seconds* of each other (include both sides of the horse as applicable), then surrogate-test *within six seconds* of the last muscle. To surrogate test -- either of you place your hand nearest the horse palmar on the horse anywhere except on a suspect muscle or related meridian; test surrogate's indicator muscle(s). If indicator doesn't give, try testing the opposing muscles or touching a sore area or joint and testing. If the indicator gives, you have successfully identified problem muscles--go to Step 4. If the indicator does *not* give, you have not been able to identify problem muscles but can correct the horse's energies equally well. Perform all corrections, beginning with Step 4. (Ref. 4)

Step 4: Acu-Tone Energy Balancing Technique.™ This technique should be performed routinely on all horses. It restores most imbalances and helps remove their underlying causes. Stand to horse's left near its tail with your left shoulder to the horse, facing *caudal*. Reach across your body with your right hand and place it palmar on the horse's rump under its tail (tuber ischii), making as much contact as possible without applying pressure. Hold the contact for 3 normal breath cycles. This technique is done from the horse's left side only.

Retest the muscles as in Step 3. If the indicator now tests strong, skip to Step 7. If still weak go to Step 5.

Step 5: "Flush" the associated meridians. Use any appropriate text to locate equine meridians, and trace each backward then forward, three sets.

Some equine muscles are part of TFH but are on different meridians in horses, some are part of TFH but their meridians are not, some are not part of TFH but their meridians are, and some are on more than one meridian. The equine Governing Meridian includes Trapezius, Rhomboids, Semitendinosus, all of Facia Lata, and tendons. Central Meridian includes all of Pectoralis, Semimembranosus, and ligaments and tendons *beneath* the pelvis and scapula.

Some muscles which are commonly involved in equine problems are on a different *type* of meridian, which cannot be traced. There are eight such meridians--four Yin and four Yang. Indicator muscles for the four Yin meridians are Longissimus Dorsi/Longissimus Costarum, Serratus Thoracis, all Hamstrings (though part are on Central and Governing), and all Quadriceps. Indicator muscles for the four Yang meridians are Infrapinatus, Multifidus Cervicus, Braciocephalicus, and Rectus Capitis Lateralis. If the *yin* are "out," look to *how the horse has been worked* for underlying causes. If the *yang* are "out," look to the horse's *diet* for underlying causes.

Retest the muscles. If they test strong skip to Step 7. If circuits are still out, reactivity is indicated go to Step 6.

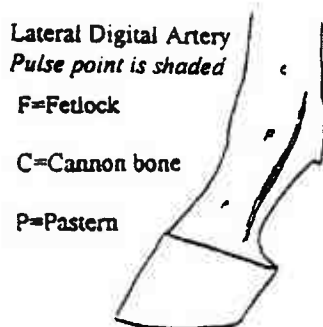
Step 6: Acu-Tone Reactive Muscle Techniques™. Activate the TFH Neuro-Lymphatic Reflex Points for each muscle **WHILE** taking it through its range of motion three times. Use a lot of fingers and cover a lot of area, being more gentle and slow than with humans -- horses are very sensitive. The correction achieved in this way is not permanent but can become permanent if repeated as needed, and it does not risk creating additional problems.

If the NL Reflex points are unknown, use flat of hand to make wide, sweeping circles *counterclockwise* over horse's back and sides *between* (not including) withers and croup. Do not retrace circles or repeat an area, but overlapping is ok. Connect circles in a flow rather than lifting hand between every circle. Do both sides of body.

Retest. *If corrections have not been achieved, the problem is not energy based and a different mode of therapy is needed.*

Step 7: Laminitis and Bowed Tendon Techniques. Two severe problems affecting horses' feet and limbs are laminitis ("founder"), and bowed tendons.

One of the first signs of **laminitis** is for a horse to stand leaning backward, taking its weight off its front feet. This ailment mostly affects stabled horses. It is weather and diet related, caused by failure to adapt the horse's diet to the level of moisture in the air. To help heal laminitis, soak the horse's feet by wetting compresses of standard horse wrap with 1 part white vinegar to 4 parts *cold* (but not icy) water and wrapping the feet *including the soles*. For best results rewet the compresses three times a day. Keep the horse confined except for veterinarian-recommended walking keep compresses on during walking. You should see benefits in three days; the maximum duration is five days. In cold weather the barn should be heated because of the wet bandages.

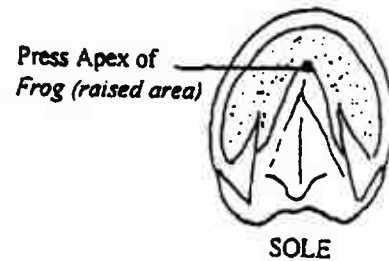


Bowed Tendon, a tendonitis or thickening of a superficial and/or deep digital flexor tendon, can be helped to heal as follows. This technique must be done at least five times a week to get real results, and results may take 10-12 weeks. For best results do it every day. Do *not* pick the foot up for Parts 1 and 2:

1. Bowed tendon reduces the strength of the pulse in the pastern. For the purpose of comparison, check the *strength* (not the rate) of the pulse in the *lateral* digital artery. Place three fingers (not your thumb) just below the fetlock on the *outside* of the pastern. The pulse may be felt more easily if you place your thumb

on the opposite (medial) side. You will need to keep your fingers in place at least 45 seconds, as horses have a *very* slow pulse rate. Compare the pulse to that of another foot.

2. Grasp the fetlock joint from behind and *gently* press the joint's inner and outer (medial and lateral) surfaces simultaneously, between your thumb and fingers. Press for a count of three, release for three--four times or more until you feel the strength of the pulse increase (keep checking). Do this a maximum of ten to twelve times.



3. Lift the foot and press apex of frog firmly with three fingers; hold the pressure for 3 of your normal breath cycles.
4. Repeat Step 2. The arterial pulse will respond quicker than the first time.
5. Repeat Step 3, then Step 2.
6. Keep horse's feet very clean and its water very pure; this condition is aggravated by bacteria.

Step 8: Mouth work. End your Natural Touch session with mouth work to help reset proprioceptors, and to help the horse's emotional state (horse's do not have the TFH *Emotional Stress Release Points*): Prop the horse's mouth open with a hard rubber dowel 6 inches wider than its mouth. *Gently* press the soft palate, in the center of where the bit goes, for a count of 3, release for 3 to 10 times. If the above point is sore, finish with T-TOUCH™ circles refer to the work of Linda Tellington-Jones for directions. This technique also helps relieve tooth pain when done anywhere in the mouth.

These *Natural Touch* techniques are safe, gentle and effective and do not require a specialized knowledge of equine anatomy. You will enjoy lending a healing hand where

it is so needed, and the horse will thank you and look forward to your touch. Be sure to protect both yourself and the horse in terms of *safe handling* of these powerful, sensitive animals. Greenhorns should take a few lessons in horsemanship before attempting to work on horses, advising the instructor of your goal so he or she can guide the parameters of your lessons for this purpose. Wear suitable shoes: sturdier is better, no open toes; avoid metal-reinforced toes.

I hope that with these simple directions and your common sense and good heart, you will enjoy having *healing hands for horses*.

References:

1. Thymus is located under slight hump in sternum at level of 2nd rib. Firmly tap sternum over it 3 times. Can be repeated as needed. (Thymus tap excluded from this copyright; no known copyright.)
2. The ends of your fingers should meet in the same plane, so that if you pointed

them into a board all four fingertips would touch equally.

3. The front of the hand is electrically positive, the back negative. The tips are neutral.
4. Applied Physiology surrogate testing technique used courtesy of Richard Utt.

Joyce Bower, developer of Acu-Tone and Natural Touch For Horses, is a certified equine sports massage therapist, TFH instructor and writer with a practice in horses and companion animals. Her background includes three years handling small wild animals as docent/interpreter/teacher for a science center. For additional information write to Joyce at
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Results Obtained Using TFH with Ballet Dancers

by Clóvis Horta Corrêa, Cristiane Garcia Passos and Paula Garcia Passos
TFH Instructors

It is one of the goals of our institute in Rio de Janeiro, Brazil - Instituto Brasileiro do Balanceamento Muscular - to work with the professionals that have a more intense participation of the muscular system in their daily life.

For this reason, we decided to prepare this paper in order to show the results obtained in working with the ballet dancers of the Municipal Theater of Rio de Janeiro and of the D.C. Group of Dance (Teatro Municipal do Rio de Janeiro and Grupo de Dança D.C. - in Portuguese).

The group of dancers included 32 professionals, being 20 (twenty) women and 12 (twelve) men of both groups of dance. Due to the particular conditions of these theaters, the dancers of D.C. group (11 professionals) were balanced more frequently than the ones of the Municipal Theater.

In both cases the results that were obtained were extremely good, especially because until this moment - March 1996 - we have been doing our job for only 6 (six) months. The only exception is Paula. In addition to being a TFH Instructor, she is a soloist dancer in both groups. For her, the span of time of work is around one year and a half.

In the beginning, we had to decide which techniques were the best ones to be used among all the techniques that now compose the *Touch For Health Synthesis*

We chose to start with a balancing of 42 (forty two) muscles, as the basic balancing for all the group, without taking care immediately of the special needs of each one of them.

In the very beginning of our work we could see an enormous amount of change in these dancers were achieved. The modifications started just with a simple modification in their health in general and went until modifications in their behavior and in their work as dancers.

To the dancers, it is important to have their muscles completely "ON", since one of their goals is to surpass their limits.

Although we had started only with a basic balancing, we were able to obtain this goal. This could be seen because their postural balance was better, they spent less energy to do their movements and they did them with increased flexibility.

With this, we obtained an equilibrium of the muscular tonus, as we were able to match strength and stretching, developing, as a consequence, one musculature with a better harmony.

After we had obtained this first step in our work, we started to work in the technical part of their profession. This meant, in terms of our technique, to use the following specific corrections that were chosen because we thought that they were the best ones to be used as general procedures: *gait, reactive muscles, homolateral muscles, cross-crawl, eyes short circuit, ears short circuit, brain centering, dyslexia and chakras*.

Again, we could observe a considerable advance in their technique of dancing during their daily classes, especially in terms of jumping and doing pirouettes, and during the choreography that they did. This reflected, as a consequence, in their perception of the music, in a better synchronization of the movements with the music and in the dynamics of their movements.

Also observed was an enhancement in their concentration and in their capacity of learning choreography and doing it. Finally, after having improved the mechanical part of the dance, we started to work on the emotional part of it.

To do this we used, basically, the techniques that comprise the *One Brain System*, as developed by Three In One Concepts. Our goal, again, was to improve the results in a

way that could be physically measured. Our concern in doing this was to establish a channel with the dancers in order that they could "see" the results that were extremely clear for us, Specialized Kinesiologists, when we worked in the defusion of their emotional tensions.

The dancers are exposed to the public in general during their work. This means *not being allowed to make one mistake!* For this reason, and bearing in mind all the emotional processes involved during one dance, it was clear to us, from the beginning that we would have to work deeply in the emotional area of the dance.

This part of our work had two different aspects:

- a. Defuse the emotional tension of the dancers themselves, in terms of their profession.
- b. Defuse them in relation to specific parts of the presentations that they had to do -- like doing several pirouettes simultaneously, or jumping in the air and having to "land" in a defined position, or, in the case of the ballerinas, to jump in the air in order to be caught by her partner in a specific place.

Again our technique proved to be of extreme value for them!

Their feeling of being "observed and judged" diminished considerably. The ones that usually got nervous during the presentations felt extremely confident about their dancing. Their technical level was maintained during

the dance and this made them play their role in the dance easier, even in terms of enhancing their perception of the nuances of the personages that they were representing.

And, as dancers, they could feel a much better receptivity of the public to their presentation!

All the work that we did brought another important result: the dancers had **less** bruises, sprains, distensions, and muscular pain specially in the elbows, knees and feet. A diminished number of lesions was felt by all the dancers.

On the other hand, the dancers that had "old" pains and lesions got better so quickly that they, sometimes, could not believe that these pains and lesions had disappeared.

As a matter of fact, when we started our job with the dancers, it was a common belief among the great majority of them that these "*pains*" were a natural result of the special effort that they had to do to be in tune with the state of the art of dancing.

It was a great surprise for them that these "*pains*" disappeared, that their natural movement was lighter and that they could dance without having to feel any discomfort.

Happiness returned to their dancing and dancing ballet became again an activity full of pleasure as they got more and more tuned to the art of dancing through kinesiology.

The Words of the Behavioral Barometer = A New Way to Understand Them =

by Clóvis Horta Corrêa

The first time I saw the *Behavioral Barometer* from Three In One Concepts I got interested in knowing **why the first words of the barometer were ACCEPTANCE/ANTAGONISM?** And, more than this, why the first Sub-headings were Choosing to /Attacked?

If we look into Three In One Concepts publication, *The Behavioral Barometer's World And What Its Words Truly Means*, we can see that the authors say (sic): "Remember the Behavioral Barometer created itself", and later in the same page, "However, please note, it is NOT an Emotional Barometer, it is strictly *behavioral*."

However, in this publication, it is not explained **WHY** the first words were the ones discovered/defined by the authors.

Since the very beginning I studied the *Behavioral Barometer (BB-from now on)*, something did not fit with what I was getting as a result from my clients in my Institute in Rio de Janeiro (Instituto Brasileiro do Balanceamento Muscular). And this difference was that although *BB* was extremely precise in its words, the impression I usually got was of a fighting from the person against something that he/she identified externally as one menace, not only just one resistance against something, or one behavior that would led the person to act resisting to.

Then, I decided to do two things, first - to study deeply the words of the *BB*, and second - to do one translation of these words to Portuguese, in order that I could understand them better.

As a result of this research, I came to one interesting point about the first two words of *BB* that led to one really different way of understanding what is happening in the subconscious mind of my clients.

This discovery had the starting point in the word *ANTAGONISM!*

If we look in Webster's dictionary, we have:

Antagonism, n. 1. a being opposed or hostile, 2. an opposing force, principle, etc.

and under Antagonist we have:

Antagonist, n. an adversary, opponent.

But this is what we daily understand of these two words; that's our common understanding of *BB*.

If we look to the root of this word, then things get to be clearer, as this is one **Greek** word, and it has one completely different meaning.

To understand better the word *ANTAGONISM*, let's divide it into it's three parts:

ANT - that means in the opposite direction

ISM - that means having the quality of

So, we have left the third part of the word, that is **AGON**.

In old Greek, **AGON** REFERRED TO EVERYTHING THAT WAS A FIGHTING OR RELATED TO DISPUTES, GAMES - EVEN OLYMPIC GAMES - EVERYTHING THAT WAS ONE ATHLETIC EXERCISE, BOXING, ETC.

FINALLY, TO DESIGNATE A SOLDIER IN A WAR, OR IN ONE MILITARY ACTION, THE GREEKS USED THE WORD AGONISTIS.

**That's where the word
ANTAGONIST came from!**

Then, *ANTAGONISM* means, in it's real meaning, somebody that has the quality needed to (*ISM*) FIGHT (*AGON*) in the opposite direction (*ANT*).

In my point of view, this gives us one completely different insight of what is in the subconscious mind of our clients. They are not just feeling the antagonism, they are really FIGHTING to prove that their point of view is right, they are in one dispute to prove that their way is the right way, and this way is in the opposite direction of the other persons involved. For this reason they are opposing resistance to what is happening in their lives.

On the other hand, when we are in one antagonist position we see things from a different angle - remember that in boxing each contender stays in one opposite corner, **and this gives them a completely different point of view.**

That's why the first word under
ANTAGONISM
HAD TO BE ATTACKED!

We are looking to one fighting, to one 'soldier' waiting to be 'attacked', to one boxer waiting for the bell to start to be 'attacked' by the antagonists.

So, this has to be understood clearly about our clients - when ANTAGONISM is the priority, we are looking directly to the beginning of one fighting! We are looking to someone that has one different point of view in relation to what is happening in the moment.

As this person is expecting that in any moment he/she is going to be under attack the decision was made to fight to prove that his/her points of view are the right ones, the best ones. And he/she sees the other persons as the *antagonists* to what he/she is saying or doing.

But *BB* is a coin, it has two faces: why did this start? Because the person in question **Choose** not to ACCEPT the points of view of the other persons, or what is happening in the moment in his/her life. This is the other important part of the situation: *no acceptance*. This was the CHOICE that the person did, under the circumstances and with the tools he/she had in the very moment that the fact happened.

If we do the '*Barometric Bounce*', as defined by Three In One Concepts, to deepen our research, we have HOSTILITY/Trapped as the Subconscious words and INDIFFERENCE/Pessimistic as the Body words in the '*Emotional States*' side.

These words, as ANTAGONISM/Attacked **had to be** in these positions. Let's see why:

HOSTILITY is the natural behavior for the persons involved in one fighting, or in one war. Trapped is an extremely interesting word in this position because, if we imagine boxing as a good example, the boxer **cannot** get out of the ring unless he/she **looses** the contest. So, the boxer is **trapped** in the four ropes that define the field of the fighting. The person feels in the same situation, there is no other option but to fight, unless he/she accepts the points of view of the ANTAGONISTS or what is happening in the moment.

It's clear for us all that in his/her mind this acceptance means to **loose**. For this reason, as we were educated (uneducated?) just to win, fighting is the only one option left!

INDIFFERENCE means

IN - no, nothing

DIFFERENCE - that I do will make it different

That is why the person is Pessimistic. This word comes from Latin. It is the superlative of **bad!** And **istic** means the one that has the quality of.

In the position that the person is caught - inside the four ropes - he/she expects that nothing will be different, because **all** that he/she can do is of one superlative bad way. The only one solution would be to go to the ANTAGONISTS' position - *that are just waiting for the bell to start the attack* - and **LOOK** to the situation from that position. But in his/her mind, what can be understood of the situation is "*I'm one person that cannot do things the right way (remember - I'm Pessimistic, that means I have the quality of the superlative bad), or act the right way. Nothing that I can do will make them believe that my points of view are the right ones, as I don't have the conditions to act the right way. My expectations are that if I don't fight and win*

the content I will not be able to prove that I was right!".

If we continue to do the '*Barometric Bounce*' in the side of the '*Desired States of Mind*', our conclusions will be the same, once that ENTHUSIASM/Amused speak to not being able to feel that we are going to **win** the play - so how can we be Amused? And ATTUNEMENT/In Tune With speak about not being able to Tune people into our ideas and not being able to tune to their ideas.

So, to end our small research about the real meaning of what is written in *BB*, let's reinforce some aspects of these words:

1. What is happening is one **fighting** - the person feels under attack, because it is in our subconscious mind that ANTAGONISM means war, fighting, military exercise and, for this reason, *BB* describes, in reality, a fighting that undergoes different levels of emotional tension. That's why *BB* is **behavioral**, not emotional.
2. The person **SEES** things from a different point of view. This, may be, is the most important conclusion of my research of the words of *BB*. We have to understand that he/she is in one different corner, looking to the same facts, **BUT FROM ONE DIFFERENT CORNER**. The expectations of this person are that in any moment there may be one attack against his/here positions - physical (like: my position in the company) or emotional (like: nobody agrees with what I said)
3. The person **Choose** to fight because, under the command of the emotional tension in the moment, he/she made the choice to **not accept** what happened or the points of view of the ANTAGONISTS.
4. Finally, we must understand, too, that all this fighting exists inside the mind of the person. He/she imagines that the attack is going to happen in any moment and acts in accordance to this behavior in order to protect his/her life.

WHAT DOES YOUR INNER CRITIC SAY TO YOUR MIRROR IMAGE?

or

WHAT DOES YOUR INNER CRITIC SAY TO YOUR NAKED MIRROR IMAGE?

or

WHAT DOES YOUR INNER CRITIC SEE IN YOUR MIRROR?

or

WHAT DOES YOUR INNER CRITIC SAY TO A NAKED YOU?

or

???

by Jan Cole, M.Ed.

Hey, hey, Fat Albert, ho, there, Skinny Minny. Hi, Big Nose! Were you ever called names that reflected your physical appearance that probably hurt? Our physical appearance (P.A.) can shape our lives negatively as well as positively in more ways than we think. Our relationship to our appearance, how we think, feel and act towards our looks forms an essential aspect of our personality and our body image. Our P.A. is the most readily available information about us, conveying gender, race, approximate age, economic status, sometimes occupation. By the time we've reached adulthood we have pretty well adjusted aspects of our life around our height, weight, facial features, specific body parts--ears, eyes, buttocks, hair, etc. (or life has adjusted around us). We've formed habits and patterns in our social, emotional, work, recreation... lives that accommodate them. It's unlikely a short person will become a star basketball player competing against Magic Johnson or Dikembe Mutombo on the Nugget's basketball team, an overweight person the centerfold for *Playboy*, someone with short stubby fingers a classical guitarist.

Dissatisfaction with our appearance can produce emotional distress, sometimes locked-in at the unconscious level, causing us to feel socially anxious much of the time or in certain situations, to feel discomfort, shame, self-conscious, shy, unhappy, depressed, secretive. Feelings of inadequacy can effect

intimate relationships emotionally, sexually and/or create performance anxiety. It can erode self-esteem in men as well as women. A body dysmorphic disorder creates such obsessive concern about P.A. that the person avoids social situations at all costs or endures painful self-consciousness, sometimes paranoia. Body image is the driving force behind various eating disorders, anorexia, bulimia and compulsive overeating so prevalent in our appearance conscious culture.

Research by Dr. Mark Snyder, University of Minnesota conducted experiments with men and women confirming self-fulfilling prophecies of how our looks can affect how we are treated, which in turn, can influence how we act. Other surveys indicate that the vast majority of people are dissatisfied with at least one aspect of their appearance. What matters most, according to several other studies, is how much parents and friends emphasized your appearance as a child. Chubby awkward kids are likely to grow up with poor body images, as are pretty girls whose sense of self-worth is strongly connected to their appearance. "Whenever body shape is given undue importance, positively or negatively, it becomes a focus for future problems," writes Laura Fraser in "Learning to Love the Mirror."

Even some of the most beautiful people in the world suffer from a poor body/self image.

One of the world's top make-up artists for 20 years, Alberto Fava, has watched models cringe in the mirror over their appearance. In response to their inner critic wrestlings, he developed a series of workshops, Self Image Expose, to help women identify their inner critic, tap their creativity, expand their self perceptions and transform the critic into a source of power and inner strength.

Suzy Prudden, author of *Meta Fitness, Your Thoughts Taking Shape*, believes your body is a physical manifestation of how you feel about yourself. "By healing your relationship with yourself, you will heal your body and you will heal your life." While working on your body/self relationship, you will develop new relationships with success, money and people. Part of changing your body image involves identifying your mind chatter about it. Awareness is the first step to change.

One way to get in touch with your own body/self image is to draw a picture of yourself, emphasizing what you dislike the most. Then examine whether you can change it or need to accept what you cannot change. Another way is to stand in front of a mirror, preferably naked to slowly scan your body one part at a time carefully noting your reaction, your self-talk. Is it positive or negative? Like or dislike? Note your resistance to parts you don't want to like or love? According to Louise Hay releasing the resistance and loving the parts will in a short time give you a healthier body and self-image with age lines disappearing, weight normalizing, posture straightening.

The following are a few ideas you can use to help your body image:

1. EXERCISE can improve the way you feel about your body.
2. ACCENTUATE THE POSITIVE parts of your body that you do like.
3. LEARN TO FEEL ATTRACTIVE; choose flattering clothing, enhancing colors, hairstyles, jewelry.
4. PAMPER YOURSELF with massages, scented baths, silks, etc.

5. VISUALIZE stripping away negative labels you or others have given you (Baby Whale, Big Nose, Skinny Minn....)
6. CREATE POSITIVE AFFIRMATIONS meaningful to you and spend 5-10 minutes daily looking in a mirror while saying them.
7. Choose the least threatening parts to work with first -- little finger, wrist, toe -- looking directly at them when you repeat the affirmation. In a few days or even weeks move to other parts that hold more emotions working on one or two at a time.

In *Love Your Looks: How to Stop Criticizing and Start Appreciating Your Appearance*, Carolyn Hillman suggests writing to your body parts, your fat, your "unacceptables" and carry on a dialogue with them writing without analyzing. Just write!

Most of the material written to help people with body image problems expect their processes to take several months or more to accomplish desired results plus continual monitoring to keep and/or gain more results. I believe improvement can happen much faster and integrate at a deeper level with MUSCLE TESTING and the following REPATTERNING process integrating both the right and left brain hemispheres to be in agreement, getting you "out of your own way" so to speak, stopping the sabotage of the particular issue.

An important question to ask before you start any balancing or repatterning work is:

HOW AND WHEN WILL I (YOU) KNOW
"IT'S" DIFFERENT IF I REPATTERN
THIS ISSUE?

Procedure:

1. Test for strong right and left PMC muscles.
2. Complete the bio-computer tune-up (correct for switching) in any way that works for you. I use the following:
 - a. Five fingers pointed in at the navel. Test.
 - b. If the muscles check strong, proceed to step c.

If either or both of the muscle checks weak, hunt for circuitry shut-off points.

1. K-27's (Kidney meridian)
2. Below the lip (Central meridian)
3. Top of the lip (Governing meridian)
- c. Make corrections by massaging appropriate meridian end points while touching the navel.
- d. Test for water shortage by gently tugging on the hair while testing. If weak, drink water.
- e. Retest any "shut off's" to make sure the tests are now strong.
3. Make your positive declaration statement as if true in present time.
Example: I, (all your names), love & accept my body the way it is.
4. After making the statement, test the right arm for left brain access and the left arm, right brain access for a weak response. If both remain strong, the statement may not be an issue, the body may not be ready at this time or the bio-computer may have jammed. If one or both of the PMC's are weak stroke *ONCE* upward on the midline of the forehead for data input.
5. CORRECTION:

- a. Ask "What will clear this issue?" (this statement to make it true) or use any other similar question.
- b. Muscle check for each of the following **BRAIN FILES**. Stroke *TWICE* on the midline of the forehead for each **STRONG** response.

SPIRITUAL
SELF-CONCEPT
EMOTIONAL
PHYSICAL/STRUCTURAL
CHEMICAL
SEXUAL
WITHHOLDING
GROUNDING
PRIOR DECISIONS
FEARS
MOTIVATION
INTUITION
WISDOM
HEALING

6. Repeat the statement and muscle test to see that both arms are strong. It is now integrated and congruency should begin it's work within you.

This is a short form version of the repatterning technique; a longer more in depth form is given in my book *Repattern Your Sabotaging Ways*. If you wish to gather more data you feel is pertinent to the issue, test for this information **BEFORE** step 5, i.e. who, what, when, where, age recess, emotion-on-line, etc. Remember to *stroke ONCE upward on the midline of the forehead* for data input. One repatterning about the issue may not be enough any more than taking only one vitamin for your cold is. Consider other related aspects or use the **MORE MODE** to repattern other statements. This short form process, once you learn it, takes about 3-5 minutes to complete.

The following statement, I believe, is **CORE** for **EVERYONE** to repattern:

I, _____, trust, like, love, accept, respect and honor myself, have a positive self-image and high self-esteem.

AND/OR

I, _____, value who I am, care for myself, treat myself with kindness, consideration, accept and appreciate the good in myself and am and feel worthy deserving of life's best.

Others I would consider repatterning might be more specifically directed. Even though you may not like certain aspects of your body image and would prefer parts to be different acceptance is crucial to your self-esteem and self-appreciation.

I, (say all your names), accept my nose the way it is.

I, _____, accept my buttocks the way it is.

I, _____, accept my abdomen the way it is.

I, _____, accept my chest the way it is.

I, _____, accept my height for what it is.

I, _____, accept my ears the way they are.

Any part of your anatomy can be repatterned for acceptance: feet, arms, legs, hands, facial

shape, skin, muscle tone, shape, physical strength, coordination. Acceptance does not mean you have to like or love. It simply means ACCEPTING WHAT IS. You can still repattern to like and love parts of you or change some of them, i.e. lose weight, have a nose job, love the parts you can't change, etc. Louise Hay says, "Little babies love every inch of their bodies. They have no quilt, no shame, and no comparison. You were like that, and then somewhere along the line you listened to others who told you that you were 'not good enough.' You began to criticize your body thinking perhaps that's where your flaws were."

Consider repatterning any negative thoughts and feelings you want to eliminate about your P.A., any physical ideals you want to emphasize less, and any fitness/health oriented behaviors you wish to change with this simple process.

Take this quick BODY AREA SATISFACTION TEST from *What Do You See When You Look in the Mirror?* How satisfied are you with each area of your body?

1 = very dissatisfied
2 = mostly dissatisfied
3 = neither satisfied nor dissatisfied
4 = mostly satisfied
5 = very satisfied

- ___ 1. Face (facial features, complexion)
- ___ 2. Hair (color, thickness, texture)
- ___ 3. Lower torso (buttocks, hips, thighs, legs)
- ___ 4. Mid torso (waist, stomach)

- ___ 5. Upper torso (chest or breast, shoulders, arms)
- ___ 6. Muscle tone
- ___ 7. Weight
- ___ 8. Height
- ___ 9. Any other area/aspect you dislike: _____
- ___ 10. Any other area/aspect you dislike: _____

There are other wonderful charts and self-discovery tests in this book that I know would be helpful to you.

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Integrating Kinesiology and Ayurveda The Best in Mind/Body Health

by Connor Lee Coward, CMT

The Chinese health system (pulse diagnosis, meridians, etc.), the basis for Touch For Health Kinesiology, was originated from India's Ayurveda. Bringing Kinesiology and Ayurveda together will give two sets of practitioners new capabilities and insights.

Ayurveda, the "Science of Life" from ancient principles taught in India (and recently made popular by Deepak Chopra, M.D. in his book *Perfect Health*) is based upon a five element system and relates to meridian circulation.

According to Ayurveda, the five elements are:

Element	Physical Quality	Metaphysical
Space/Ether	Open, Void	Spirit
Air/Wind	Movement	Thought/Idea
Fire	Transformation, Light, Heat	Intellect/Digestion
Water	Cohesion, Attraction	Emotions/Feelings
Earth	Mass & Form	Experience/Body

The elements progress in density from space (the void) to earth (matter). Think of a meteorite flying through outer **space**, then reaching the Earth's atmosphere. As it reaches our **air**, friction occurs and you see it as a big **fire** ball, liquefying as it heats up. If it lands in the **water** (a good chance it will since over 2/3 of our planet is water), it cools and becomes **earth**.

The five elements combine to form the three mind/body functions (doshas):

Dosha	Primary Function/Qualities	Elements
Vata:	Movement/Expansion irregular, changeable, astringent	Air & Space
Pitta:	Transformation/Metabolism intense, penetrating, pungent	Fire & Water
Kapha:	Stability/Lubrication supporting, nourishing, sweet	Earth & Water

The doshas combine in a specific, unique amount at the time of conception, giving each

person a predominance of one or two in their physiology/personality.

Vata people are light, fine boned. They are active, always on the move mentally and physically, can eat almost anything and not gain weight. Physically they are more prone to diseases such as irritable bowel syndrome, constipation, insomnia, nervousness. You might see them as "spacey".

Pitta people are medium build, with a tendency towards reddish or curly hair. They are intense, powerful, leaders, sometimes too competitive and fiery for their own good. Physically they are more prone to ulcers, digestive difficulties, sunburn, inflammation. You might see them as angry/bitter/mean.

Kapha people are heavily built. They have a tendency to be sedentary, sweet, slow, gentle, nurturing. They hold on to things, relationships and weight (can walk by the cheese cake and gain pounds). Physically they are fairly healthy, but when sick are prone to congestion, obesity. You might see them as lazy.

We all have, necessarily, all doshas within us, but you may recognize yourself more in one of these descriptions than the others.

Correlating research between the natures of the doshas and the meridians as we understand them gives the table at the top of the next page:

The Central and Governing meridians work together to translate consciousness/thought (Vata) into matter/experience (Kapha) physical form.

The Vata Meridians have the nature of moving and drying - also taking in life force and

Stomach	Kapha - extracting nourishment
Spleen/Pancreas	Kapha - water/sugar metabolism
Heart	Pitta - circulation of blood, oxygen
Small Intestine	Pitta - assimilation of nourishment
Bladder	Vata - movement of water, purification
Kidney	Vata - movement & elimination of water
Circulation/Sex*	Kapha - nourishing, connection
Triple Warmer	Kapha - protection
Gall Bladder	Pitta - fat digestion
Liver	Pitta - storage of blood, detoxification
Lung	Vata - movement of air, prana, life force
Large Intestine	Vata - movement of bowels, elimination
Central	Vata - brain, nervous system
Governing	Kapha - cerebro-spinal fluid

* Also called Pericardium - which is the covering around the heart. I see it as the emotional component of the heart/physical muscle, and emotions have to do with connection... the water element of Kapha.

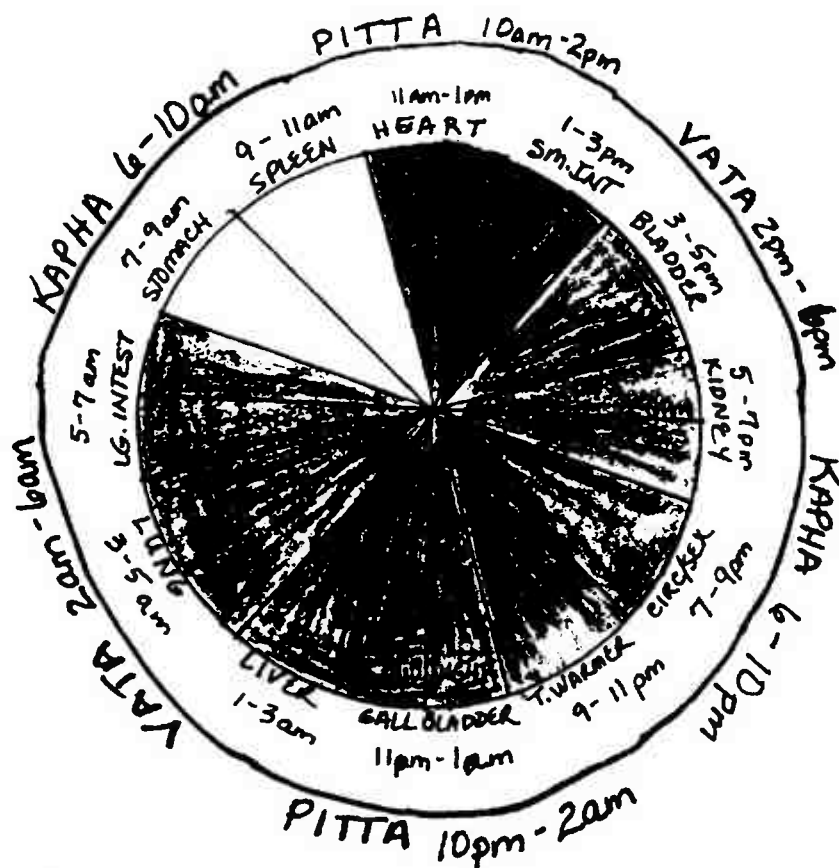


Figure 1

eliminating waste. The Pitta meridians have the nature of fire, metabolism - even our emotional chart shows anger in the Pitta meridians! The Kapha meridians all have the nature of nourishment, stability and sweetness. All of my research was confirmed by Dr. Frank Ros's book, *The Lost Secrets of Ayurvedic Acupuncture*. The Pranic Mandala or Bio-Energy Clock (see figure 1) matches our balancing wheel with the addition of Vata, Pitta and Kapha notations. Another important insight from Dr. Ros's book is in the observation of when certain problems/dis-eases are worse. Vata aggravated in the morning leads to insomnia and nervousness and in the afternoon leads to tiredness and exhaustion (which I have related to dehydration since Vata in the afternoon deals with the Kidney and Bladder meridians). Pitta aggravated at noon you may see skin rashes and at night hyperacidity/ulcers. Kapha with its main malady of congestion is usually worse in the morning and evening (remember having a cold - stuffy in the morning/sniffling and sneezing at night.)

I also noticed that, when Vata, Pitta and Kapha are applied to the Five Elements chart, another interesting grouping occurs - the chart is neatly divided into doshas. (see figure 2)

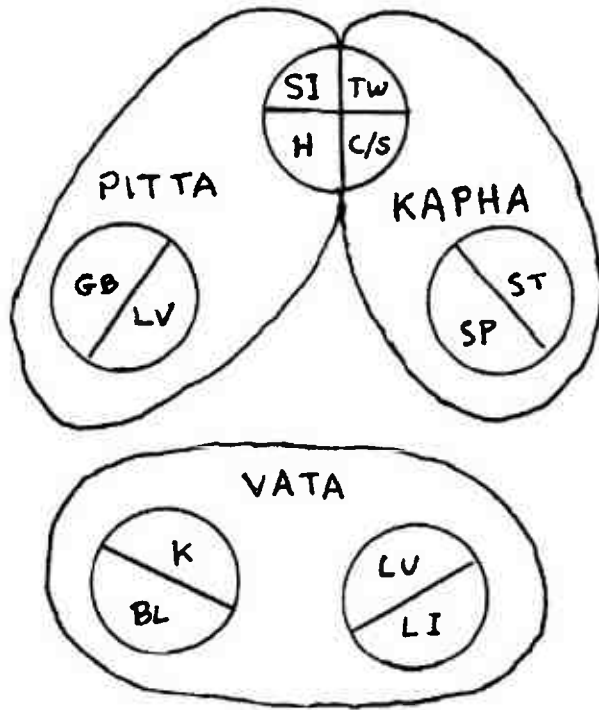


Figure 2

All of the relationships and insights may take me years to compile, but one thing is for certain. We have had great success teaching Kinesiology as a simple, effective - and sometimes more informative method of monitoring the meridian function than pulse diagnosis. My goal is to spread Kinesiology into Ayurveda so that new practitioners may incorporate this knowledge into their work (and vice versa!) Ayurvedic Kinesiology or VK is born (since AK was taken a long time ago).

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Organ Cleansing A Foundation for the Organ Repositioning Technique

by Darrell Derksen, CRT, PKP

Abstract. This is an introductory article for the application and understanding of how physiological, mental and emotional corrections are often undermined by an individual's lack of organ integrity. A suggested internal body cleansing program and an organ repositioning technique for the stomach, large intestine, uterus and bladder follows.

The Need: In the search for more profound and lasting balances, we inevitably come to the assimilative and eliminative organs from which all energy must be converted to fuel and waste. Most of us have had the unpleasant experience of constipation or diarrhea from our eating and drinking habits and general stress on our digestive system. We are finding that more nutritional studies are supporting the idea that at least 50% or more of all human disease may be stemming from eating enzyme, vitamin, mineral deficient, irradiated, genetically altered, preserved and processed foods. I'm sure most of us have seen this evidence by observing the health patterns in our own families, friends, and neighbors. The food giants use powerful advertising to lure consumers to quick, convenient, nutrient enriched, so-called "high quality" processed foods. Their tactics are anchoring the insidious trend of health decline in the general public. There are ways to lighten the stress factors on our minds and bodies.

The Cleanse: I have come to the realization after years of practice as a colonic therapist, that if a cleanse does not include a fast for a minimum of at least 4 days, preferably 7 or longer, you will at best only remove the superficial catarrh or mucous from the intestinal tissues. By including a fast, the digestive tract will rest from the continual processing of food. This in turn frees up more energy to assist in cleansing at the deepest level possible.

Most cleanses are set up for two or three phases, including a week to 2 week precleanse designed to break up the excess catarrh and mucus in the lymph and digestive systems. Some of this material may be decades, yes, decades old and form a

hardened black mucoid crust that averages 5-10 lbs. per individual. Records of 50-100 pounds are not uncommon. In the past eight years, I have personally witness from 75 inches to 10-20 feet passed during one single colon irrigation from hundreds of clients, as well as from myself.

Consider for a moment, Dr. Deepak Chopra's conclusion that every cell in our body has memory, an on-line communication between the cells and the rest of the body. Can you imagine what things must be held in the memory of this black crust found in our intestines and its impact on the communications network between our mind and body.

I recommend a 1 or 2 week herbal precleanse with no dairy, white flour, sugar, fried, processed or junk foods; no pop, coffee, black tea; little or no meats, chicken or fish preferred. A 4 to 7 day fast should contain liquid bentonite, psyllium husks, colloidal minerals, acidophilus and any combination of cleansing herbs such as chaparral, cascara, black walnut, golden seal, black cohosh, and foenugreek. See the book, *Cleanse and Purify Thyself*, explaining the "Clean Me Out Program", by Dr. Richard Anderson.

It is a good idea to support yourself both physically and mentally before starting any cleanse. It may be wise to consult your doctor before beginning a cleansing program. Plan on keeping fresh food immediately available for preparation and easy access to reduce the chances of sabotaging your cleanse. Make sure you find the space in your schedule and PLAN for the 2-3 weeks. You may have to sacrifice a birthday or celebrated day to succeed with your cleanse. It is time well spent.

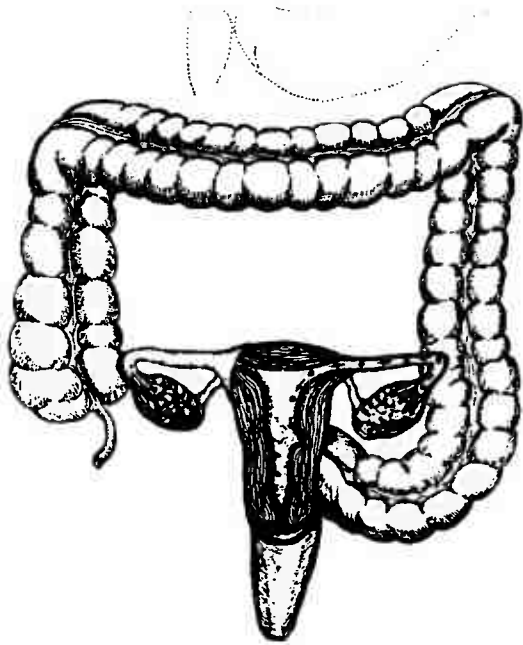


Figure A

The Theory: If you are eating only natural, purely organic foods, drinking pure water, exercising regularly and resting adequately, taking time to calm the mind and spirit, your digestive and eliminative systems will work in harmony to nourish and regulate the organs, glands, and muscles.

The following illustrations show (A) the anatomically correct internal organ positions and (B) the "average" person's organ positions. How do such changes in positions happen to most of us? It actually takes years to develop. I've seen young people as young as 12-13 years old with illustration B position already established.

Here's what can happen: as the weight of accumulated waste across the transverse large intestine from faulty digestion and elimination begins to increase, the supportive tissue that maintains the internal organ positions falls or prolapses. Years of accumulated fecal material layer along the intestinal canal. This heavy laden plaque, along with gravity begins its descent onto the lower organs. Since the stomach depends on the large intestine's transverse position for support, it begins to fall into a fishhook position. A domino effect places ever increasing pressure on the uterus or prostrate, the bladder, kidneys, spleen, pancreas, liver, gall bladder, heart, lungs, brain, skin, nervous and skeletal systems.

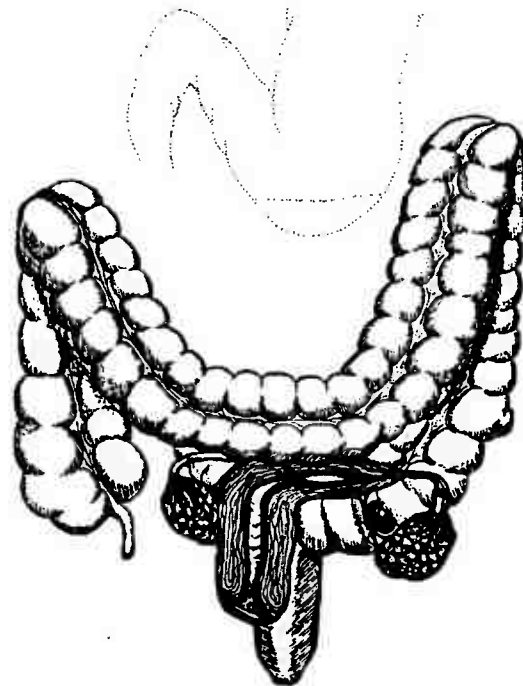


Figure B

Further, there is also heavy reduction of the blood flow rate from the legs and lower organs to the heart. The nutrients from our blood must nourish and carry waste from our digestive and eliminative organs. The large intestine prolapse distends the venous pathways from our liver to the entire digestive supporting organs. It's obvious that by restricting our blood, lymph and nerve supplies, we are setting the body up for stagnation, inflammation, parasitic and free radical growth. Any of these factors can be major contributors to reoccurring levels of spiritual, mental, emotional and physical disease.

The Technique: The following technique comes from the last eight years of my practice and research in colon hydrotherapy, applied kinesiology and body management. I'm indebted to the work of Bernard Jenson, Norman Walker, John Matson, John W. Ray, and Masters Al Berry, Mantak Chia, Thai Buddhist monks and others.

This technique by passes much of the hand-organ massage previously required to realign the internal body structure. It involves regenerating power three different ways and

focussing the energy into the two weakest organ-meridian systems.

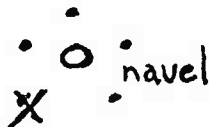
Step 1: Find the two weakest systems by scanning the torso with your left hand 2" above the body, looking for the priority area of imbalance with an indicator muscle change. Once located, the client's right hand contacts this area, while you say, "Show me the first priority organ involved in this imbalance." Simultaneously tap the area three finger widths below K-27's on the center of the sternum. The body will identify this first priority organ-meridian system involved by showing a weak indicator muscle change while placing their hand in a five element finger position around the navel. Isolate which system you found weak, continuing to narrow the category by naming and testing for the organ-meridian system within the element, (eg. Wood-Liver.).

Step 2: Repeat the same procedure for the second organ meridian system and note findings. (eg. First priority found: Liver; 2nd kidney)

Step 3: Open the client's right hand to scan and test for finger positions to find which of the five fingers must touch together. Repeat for the left hand. Two or three fingers may be involved such as thumb and middle of right hand and thumb and ring of the left hand.

Step 4: Place their right hand on their head with the paired finger positions from step 3, touching the center of the crown across the closest cranial fault. Over a 100 meridians converge in this area.

Step 5: Place their left hand with paired fingers touching the associative 5 element navel position. (eg. 2nd Kidney-Water element)



Make sure the paired fingers of each hand are placed exactly on crown center and the 5 element position using the gluteus medius muscle test to verify.

Step 6: Have them exhale their breath completely from the diaphragm and hold for 8 seconds while simultaneously contracting the sex organs (uterus or testicles) and pulling in the abdomen. They should feel a deep pull on the inside, repeating the contractions for 3 minutes. When the gluteus medius tests strong the technique is complete.

Step 7: Test for a 14 muscle balance and feel the difference in the abdomen flatness. Also check ease and capacity of breath. The internal organs should now be in alignment.

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Achieving Success

by Victor E. Dutro

To achieve success we need to fulfill the physical and material requirements, and also the spiritual qualities, and we need to eliminate all obstructions in our life and character that prevent its development.

Six Keys

1. Expand your consciousness.
2. Expand your spirituality.
3. Get the law of Karma working for you.
4. Be honest.
5. Expand your nobility.
6. Increase your love.

The development of success has three sides.

1. Physical
2. Spiritual
3. Factors that create friction with the first two such as: hindrances, burdens, and attachments.

Six Factors to Eliminate

- Fear
- Hatred
- Slander
- Treason
- Jealousy
- Revenge

Six Factors to Add

- Courage
- Daring
- Co-operation
- Service
- Concentration
- Meditation

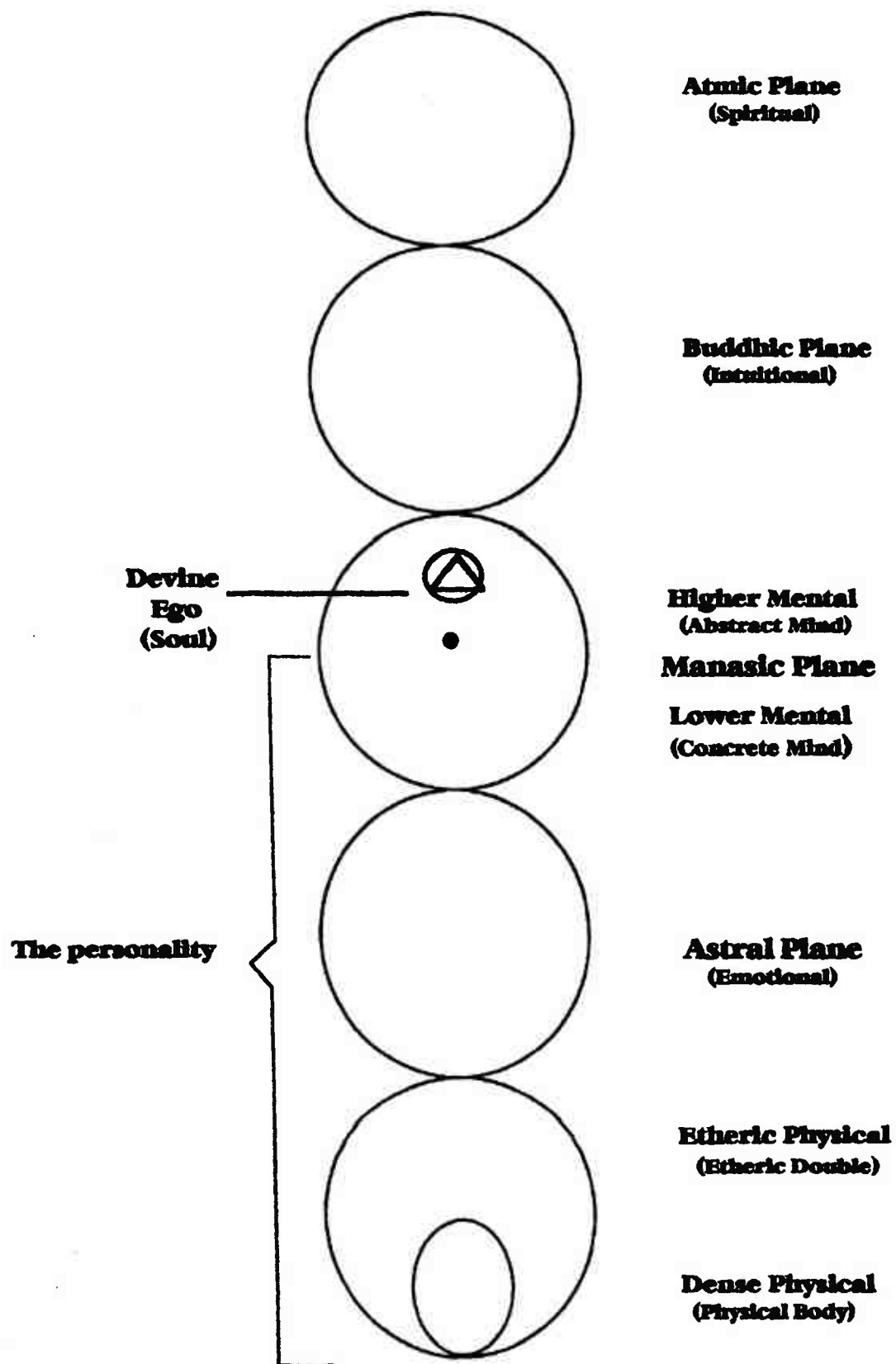
Emotional stability is very important. Mental development needed.

- Joyfulness
- Positiveness
- Gracefulness
- Respectfulness
- Gratefulness

- Clear thinking
- Reason
- Logic
- Absence of stupidity
- Tolerance
- Inclusiveness
- Humility
- Absence of vanity, ego and greed

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Attaining Your Real Goal

by Yvette Eastman

The purpose of this presentation is to help you to achieve that which you desire. In discovering how to attain it, we will need to locate the things that you already do well, and the things that you know that you do poorly.

Next, we will uncover the skills and aptitudes that you already have so that you can find an automatic route to success.

Lastly, we will defuse the past ineptitudes, search for new solutions and take immediate action on our original goals, adding in the newest information leading to accomplishment and mastery.

Most people have a variety of goals in mind - to make more money, to have a large and effective clientele that spreads your name far and wide, to discover a new and wondrous way to perform your skills so that you can receive the acclaim and notoriety you wish for... There are many desires and many paths and, for the purpose of this presentation, choose the ones that deal specifically with your practice or your teaching of one or more of the kinesiologies.

To attain any goal, you must first perceive it and name it. It cannot be an amorphous desire or a wistful wish. You must want it with a passion. Think about what you want. Define it specifically. If you have a cloudy goal, you will get cloudy results.

*To share my life & blessings
and joy with a man, the
man that is right for me
and for my highest good
and the good of all.*

*To be totally prosperous
and contribute what is my
goal.*

Having defined that goal, write down what you will do when you have achieved it.

*Appreciate & bless what I have
and use what I have for
the good of all I come
in contact with.*

Now consider this possibility:

The goal that you desire is **not** the real goal, but only a stepping stone to the real one which is the **true** goal.

**YOU CAN ONLY ACHIEVE YOUR GOAL
WHEN YOU KNOW WHAT YOU WILL
DO AFTER YOU HAVE ATTAINED IT.**

Therefore, aim for the **SECOND** goal in order to achieve the first!

As in Karate, aim for a spot beyond the "block of wood".

REAL PROBLEM SOLVING (part 1)

List A: Write down 10 things you do so well that they are automatic for you - from parenting to super shopper!

Automatics - Things I do well - Things I am good at

- 1 organize
- 2 coordinate
- 3 dancing
- 4 tennis
- 5 persuading people
- 6 planning
- 7 talking
- 8 listening
- 9 allowing
- 10 _____

List B: Write 10 things you wish were as easy to do as the ones in List A

New things I would like to be automatic - wants - wishes

- 1 lose weight
- 2 program in VB
- 3 take time for myself
- 4 be happy going to dances
- 5 balance my family
- 6 remember people's names
- 7 remember
- 8 networking
- 9 _____
- 10 _____

List C: Current "goofs" or "boobos" - Things I did or do poorly, consistently fail at

- 1 programming in VB
- 2 NOT having enough students
- 3 _____
- 4 _____
- 5 _____

List D: What benefit(s) were served by each failure? What were the advantages of the 'goofs'?

- 1 Eliminates pressure
- 2 " "
- 3 _____
- 4 _____
- 5 _____

Problems

The "boobos" are what we call problems - where we point to our failures or react with guilt, fear and pain, and frustration, because we try so hard and continue to fail

Actions to receive advantage

The subconscious is mystified at your conscious concept of 'problems' since it worked so hard to give you the advantages you wanted!

REAL PROBLEM SOLVING (part 2)

List E: Getting what I want

What do I really want?

- 1 man
- 2 money
- 3 _____
- 4 _____
- 5 _____

List F: What am I willing to do to get it?

- 1 ask the universe
- 2 _____
- 3 _____
- 4 _____
- 5 _____

List G: Who or what is holding me back?

- 1 fear of having one
- 2 lack of acceptable
- 3 _____
- 4 _____
- 5 _____

List H: What goals have I achieved in the last 5 years?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

List I: What things do I do well that helped me achieve those goals?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

List J: Which of the above skills will help me get what I want now?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

TAKING ACTION

THE BALANCE (part 1)

With a partner, look over today's input, received from a variety of directions, attitudes and belief systems. While drinking a glass of water, choose the ones that seem impossible, most confusing, and/or most uncomfortable.

1. Using ESR, defuse them, allowing yourself to consider new solutions, new options for old situations.
2. Using the information from this last presentation, release any less than useful "Advantages of Goofs" with ESR.
3. Now choose the first active step that you can perform towards the acquiring the REAL GOAL, and, using the method of your choice, balance toward that goal, accepting the "stepping stones" along the way.
4. "Future pace" to an appropriate time, create the perfect moment: see, feel, hear, taste, sense and speak of your success. Ask the older, more informed you for advice that will help you attain this success. Receive a gift (or symbol) from the older you to take back to the present time. A symbol, received from a successful you in the future, will pull you towards that specific moment.
5. Return to the present with your advice and "gift". Choose at least one action that will start you on your way to your REAL GOAL. The action I will take is

6. I will initiate this first action on (which day, week, month, etc..)

7. I will use the necessary Stress Releasers to make it easier to achieve my desired outcome.

(see the works by Sharon Promislow, Hap & Elizabeth Barhydt information on Stress Release, Stress Release work of Wayne Topping or any methodology that you use to effect long lasting relief from stress)

Drink water _____ Plug in for Balanced Energy _____

Cross-Patterning _____ Polarized Breathing _____ Cools Hookups _____

Positive Points _____ Eye Rotations _____ Anchoring _____

Affirmations _____

Eye Points _____ Ear Points _____ HeadachePoints _____ Exercise _____

Nutritional Change _____

TAKING ACTION

THE BALANCE (part 2)

Bach or Bush essences _____

Essential oils _____

Exercise _____ Music _____

Art (Drawing, Sculpturing, Writing, Singing etc.) as a method of stress release and self
communication _____

Change of sleeping location or other geopathical change _____

Other _____

8. I will seek the support of _____ (friend, relative) to aid me in my change and the
attainment of my goal, both to communicate and to request praise or assistance.

9. For corrections requiring repetition - Number of times per day _____
Number of repetitions at each time _____ (3 is average)
Number of weeks. _____ (3 weeks is normal for habit change).

10. I will look more deeply into some of the information gathered today. The specific issues I will
look into are:

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1-800-211-3533

Wood Kinesiology

by Dr. Robert Frost

History and Folk Beliefs

Various woods have been used in healing since ancient times. Many medicines and remedies are extracted from wood; especially from the inner bark. The drug quinine, found in the bark of the chinchona tree and formally used to fight malaria, has been used by South American Indians since ancient times. More recently, the bark of the rain-forest tree Pau D'Arco upon which no molds grow, has been used to fight the problematic yeast, *Candida albicans*. The inner bark of the marine pine (*pinus maritima*) contains pycnogenol, a powerful bioflavonoid, which strengthens veins and arteries.

In many African countries, natives often carry a small wood carving of their favorite God. Many tribes of American Indians carve wooden figures believed to contain magical powers for healing, hunting, battle, etc. Shamen of many cultures carve small wooden figures for their patients to carry to drive away evil spirits. Thrones of wood have been used for centuries for coronations, and other formal occasions of state. The symbols of rulership, the scepter and mound (sphere with a cross on top-usually ornamented with jewels) are usually made of wood and are carried by the ruler in formal ceremonies.

For centuries, only the African Zulu king was allowed to possess objects made from the beautiful wood of the Pink Ivory tree. The king often had a throne-chair made of pink ivory. Anyone else found with any pink ivory wood was killed. Today, the trees are cultivated and the wood is available although expensive.

The hand grip of swords is often made of wood as are spears, gunstocks and parts of most weapons-at least in former times. Famous swords, bows, shields and other weapons believed to possess magical powers were often made of wood (at least the part that touches the hand).

When Odysseus was coming home from the Trojan war, his ship was wrecked on the island of Circe. Circe used her magic to turn all his men into swine. To protect Odysseus from Circe, Hermes picked a specific plant out of the ground and gave it to Odysseus. Odysseus carried this plant under his clothes and was immune to Circe's magic.

Effective medicines have been discovered in ancient recipes containing wood and wood extracts. Perhaps in the traditional folk beliefs and uses of wood and wooden figures we will also find useful applications of woods for healing and optimal performance in many areas of endeavor. The tools of kinesiology muscle testing give us the ability to demonstrate the specific effects of substances such as wood upon human functioning.

Optimal Health and Functioning: the Meridian System and Its Relation to the Muscles

In 1967, the American chiropractor and father of Applied Kinesiology, Dr. George Goodheart, discovered a connection between specific muscles, organs, glands and the meridians described in the Eastern healing systems. When the meridian energy is balanced, the corresponding organs and glands function well and the associated muscles test strong.

When the meridian energy (Ch'I, life-force) flows freely (unimpeded) through the whole circle of meridians, clear thinking, rapid healing, resistance to disease, and strong-testing muscles is the result. The Chinese state that a free and unimpeded flow of the Ch'I or life-force through all of the meridians is the precondition for total health. When the meridian energy flows freely, it can go where it is needed to assist physiological processes such as digestion, provide protection against the elements (too much cold, heat, wind, dryness, moisture, etc.), and for healing of all kinds. When a meridian is partially blocked, the meridian energy backs-up and builds up in this meridian. This may be visualized by

considering what happens to a little river when a beaver builds a dam: The water backs up and creates a lake. In a blocked meridian, this creates an excess of energy in the meridian.

Pain is always associated with an excess of energy in one or more meridians that flow through or near the area of pain. When the excess energy is dissipated (through a variety of means such as acupuncture, muscle balancing, etc) the pain is diminished or disappears completely. Dissipating excess meridian energy reduces pain.

If a free flow of meridian energy is a prerequisite for health, than any means of freeing the blockages of meridian energy will promote health and optimal functioning. Kinesiology muscle testing has revealed that touching particular substances can make weak-testing muscles test strong. This indicates that these substances bring the blocked meridian energy into circulation, which restrengthens all weak-testing muscles. Thus finding and carrying such substances can be an important step toward better health and functioning. Common substances that strengthen weak-testing muscles include herbs, medicines, essences, gemstones and woods.

However, we don't have these problems with blocked meridians simply because we don't have our gem, herb or wood with us. Our problems do not arise because of a lack of woods etc. Similarly, we aren't depressed because we don't take enough valium. It is our responsibility to use all of our kinesiology skills to test our clients and determine the steps to optimal health and functioning. Some of these we can perform with the clients during sessions. Other steps must be performed by the client on an ongoing basis. These may include exercise, posture, stretching, meditation, affirmations, changes of diet, changes of attitude, changes of environment or working conditions, etc.

These life-style changes on the part of the client take time. It takes time to change habits. In my experience, we only change habits when something better is in view. Even then, when we are stressed or otherwise not in energetic balance (when switched for

example), we tend to only repeat past behavior. We need to be in balance to clearly conceive of and correctly create new conditions, internal or external.

After a kinesiology session, the client's meridian system should be in balance and his thinking clear and positive. But the next stress will put him again out of balance and cloud his ability to think and be positive. In this imbalanced state, he will be less motivated to actually make the needed changes that you tested and recommended to him.

Here is the forte of healing substances like woods. When your client has received detailed instructions as to how to make needed changes in his life in order to create the conditions for optimal health or to achieve other goals, he will only likely follow these instructions when he is in an energy- balanced state. And, as experience shows, an energy balance is only temporary. As Dr. John Thie said, we need to consider energy balancing (Touch for Health) like the washing of our hands. When we wash our hands, they don't stay clean. Similarly, when we balance the meridian energies, they don't stay in balance. Daily stresses bring us out of balance just as daily living dirties our hands.

So, substances that tend to keep the meridian channels open (keep us in energy balance), can be an important assistance to the person who is attempting to make changes in his habitual life-style. With the meridian energies free-flowing, we remain clear-thinking and positive-optimistic. And we remain capable of making new choices and decisions... the prerequisite for making changes that further our way to health or other chosen goals.

Extensive testing has demonstrated that external contact (touch) with certain substances such as wood may immediately strengthen the muscle test, even though the same disturbed area is still being touched. In such a case, contact with a substance which strengthens the indicator muscle may also relieve the pain. This may have important therapeutic value.

However, as is the case with medicines, a substance which removes the symptoms is usually not an adequate treatment for the cause

of the problem. By removing symptoms, such as a substance may cause the client to ignore a problem that needs direct attention. For this reason, in so far as you are able, use all of your kinesiology techniques to determine the cause and the steps necessary for a lasting correction. Some of these steps you will be able to perform with the client during the session. Other necessary steps (such as habits of posture, movement and diet, negative emotions, and mental expectations) require that the patient make basic changes in their daily habits. One of the most important abilities of a therapist is to successfully motivate the client to make the changes necessary to promote lasting health.

After a session, the client's meridian system should be in balance and his thinking clear and positive. But the next stress will put him again out of balance and cloud his ability to think and be positive. In this imbalanced state he will be less motivated to actually make the needed changes that you tested and recommended to him. Carrying substances such as wood which help keep the meridian system balanced can lessen the negative effects of stress and keep the client positively motivated. This can be the difference between a pleasant session and one that really helps your dreams come true.

Let us assume that the client is not suffering from lack of B vitamins, is not holding extreme tension in the muscles, does not have exhausted or damaged muscles, and is not stimulating any problem (all of which could be possible causes for muscles testing weak). Then, the cause of any weak-testing muscles lies with the proprioceptors or in the central nervous system (spinal cord and brain) processing of the incoming sensory signals and generation of the outgoing motor stimulus to the muscles.

In kinesiology, it is accepted that when the corresponding meridian is in correct function, the proprioceptors and brain circuits function properly in the testing of the muscles associated with this meridian. Contact with certain substances such as woods make weak-testing muscles strong. Using scientific "double-blind" studies, I have demonstrated that a specific type of wood can correct all the weak-testing muscles of one specific meridian

for everyone tested. This has nothing to do with belief or placebo effect. So logically, the interaction of the body with these substances appears to correct the meridian function which improves the function of the proprioceptors and/or the brain's neural processing, generation and transmission of the motor signals to the muscles (strengthens weak-testing muscles). These are the repeatably demonstrable results of my investigations. They lay out a challenge for the neurophysiologists to discover the mechanisms in the human body that are able to sense and be affected by substances near or touching the body.

Interesting Discoveries with Woods

Whatever eventual explanation scientists develop for these phenomenon, they are demonstrable, repeatable and very useful.

Woods have been located which can each balance one specific meridian in most everyone tested. For example, Burmese (or Madagascar) Rosewood (*Dalbergia beriensis*) balances the circulation-sex meridian in most everyone.

Tight muscles (fixations) along segments of the vertebral column cause weakness in other specific muscles. If the head is pulled back and held there with tension (fixing the cervical vertebrae), the gluteus maximus muscle associated with the circulation-sex meridian will test weak on both sides of the body. However, touching the wood that balances the circulation-sex meridian keeps the gluteus maximus muscles strong even when the head is pulled back. This indicates that woods can help eliminate some of the negative effects of fixations.

When any of the seven chakras test weak, touching Black Walnut causes them to test strong.

When any of the gaits (double tests involving an arm and the opposite leg at the same time) test weak, touching Pink Ivory will make them test strong.

Geopathic energies and electromagnetic energies can be a disturbing energy influence

for many people. The wood Wenge provides protection against these influences.

After balancing the pelvis, client's often soon experience that the incorrect angle of the pelvis returns. After such a correction, the wood Purpleheart helps to stabilize the pelvis so that it doesn't again go out of symmetrical balance.

When the body polarity is out of balance, touching Linde/Basswood corrects this.

When kinesiology testing indicates that the client needs to drain off negative energy, Huon Pine aids this process.

Switching in the left-right dimension is corrected by Soft Maple. Switching in the up-down dimension is corrected by Black Ebony. Switching in the front-back dimension is corrected by Grass Tree.

The Australian wood, Red Gum, blocks all emotional surrogate phenomena. If your client is surrogating for someone else (for example, a sick relative), you will be testing the relative's energies as well. This can be very confusing to the tester. Placing a piece of Red Gum on the client will isolate him from all emotional influences from other people. Carrying a piece of Red Gum isolates the tester and protects from picking up any negative energies coming from clients (or other people).

Mulga helps integrate the front and back brain halves.

Huon Pine helps with the child-adolescent-adult balance.

Wounded spirit affirmations function better with Rosita.

After severing negative chakra connections, Hazelnut protects against them being again formed.

Hazelnut also may be an aid to the hay fever sufferer.

The effect of contact with woods functions even if the substance is not directly touching the body as long as it is not more than 0.4 cm.

from the skin. Thus, it appears that the human body has the ability to detect and be affected by substances near the body, even without direct contact. The mechanism for this is not yet understood. Perhaps neurologists or other scientists will one day discover the mechanisms responsible for this phenomena.

As is the case with gemstones, often it is possible to find one type of wood which balances all the current meridian imbalance in a client. This may be most easily performed by placing one hand upon the navel. If any meridians are in a state of excess energy, this will weaken an indicator muscle. Test to find a wood that causes the indicator muscle to test strong while the hand is upon the navel. This wood frees all the blocks in the meridian energy and thus will strengthen all weak-testing muscles.

Meridian balancing substances seem to be most powerful when chosen and carried consciously during specific times of stress. When carried continuously, their effect diminishes. So, advise your client to carry the meridian balancing wood at chosen times of stress when help is needed rather than all of the time.

The same wood which balances all meridians will often be effective in reducing or eliminating pain. To more specifically test a wood for pain-relief, use the following procedure:

Testing for a Specific Wood to Relieve Pain

- 1) Stimulate the pain in an repeatable way.
- 2) Have the client self-rate the intensity of the pain on a scale from 0 to 10.
- 3) While the pain is being stimulated, test an indicator muscle.
- 4) As the muscle weakens, spread the client's legs at least 1/2 meter apart to place the signal relating to the problem into "pause-lock".
- 5) Check that the signal relating to the pain is indeed now in pause-lock by testing the indicator muscle. It should still test weak.

6) To test if a wood can be of aid, place all woods on the belly and retest the indicator. If it tests strong, one or more woods will be of aid. Take half of the woods away and retest. Continue this process until the wood(s) that strengthen the indicator muscle are located.

7) To test if the wood indeed reduces the pain, have the client hold the wood, exactly repeat the original pain-producing stimulus, and have the client reassess the intensity of the pain. Often pain is dramatically reduced or completely relieved.

Various Uses of Woods

To "buffer" meridian energies, giving great stability during stress of all kinds.

To balance the meridians (unblock, promote flow)

Universal Healing Woods

Research has determined that certain woods balance specific functions in everyone requiring this. Those located so far are:

WOOD	FUNCTION	LATIN NAME
Woods that Balance Specific Meridians in Almost Everyone:		
Central	Whitewood (Poplar)	<i>Liriodendron tulieisera</i>
Governing	Cocobolo	<i>Dalbergia retusa</i>
Liver	Logwood	<i>Haematoxylon campechianum</i>
Gall-Bladder	Bubinga, White US	<i>Guibourtia</i>
	Bubinga, Red African	<i>Guibourtia demeusei</i>
Heart	Larch	<i>Larix decidua</i>
Small Intestine	DoussiÈ	<i>Afzalia bipindensis</i>
Circ-Sex	Madagascar Palisander	<i>Dalbergia bariensis</i>
Triple-Warmer	White Oak	<i>Quercus alba.</i>
Spleen	Machiche	<i>Lonchoearuspus platyloba</i>
Stomach	Satine (Bloodwood)	<i>Chloroxylon swietenia</i>
Lung	Jarrah	<i>Eucalyptus marginata</i>
Large Intestine	Zebrano	<i>Microberlinia Bisulcate and</i> <i>Microberlinia brazzavillensis</i>
Kidney	Shedua (Obangkol)	<i>Guibourtia ehie</i>
	Sycamore	<i>Acer pseudoplatanus</i>
Bladder	Chate Vigna	<i>Salpinia platylobaCae</i>

Balancing and Healing Woods

All Chakras	Black Walnut	<i>Juglans nigra</i>
Gaits	Pink Ivory	<i>Berchemia zeyheri</i>
Geopathic & EM	Wenge	<i>Millettia laurentii</i>
Pelvic Postures	Purple Heart, Brazil	<i>Peltogyne spp.</i>

To increase the powers of healing (resistance and recuperation) by freeing the circulation of life-energy (Ch'i) through all of the meridians.

To stabilize mental states (remain positive and motivated toward achieving chosen goals, anti-depressive)

To reduce or eliminate pain of all sorts To provide a stable, constant natural energy to the human who has diverged from natural health.

To balancing specific functions.

To provide protection from negative energies.

To provide an excellent vehicle for the placebo phenomena

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Polarity	Linde/Basswood	Tila americana
Energy Drain	Huon Pine	Dacrydium franklinii
Switching:		
Up-Down	Black Ebony	Diospyrus Crassiflora
Left-Right	Soft Maple	Acer saccharinum
Front-Back	Grass Tree	Xanthorrhoeaceae spp.
Emotional Surrogate	Red Gum	Eucalyptus camaldulensis
CIA stretch, back-front brain	Mulga	Acacia aneura
Child-Adolescent-Adult	Huon Pine	Dacrydium franklinii
Wounded Spirit Affirmations	Rosita	Sickingia salvadorensis
Negative Chakra Connection	Hazelnut	Corylus avellana
Hay Fever	Hazelnut	Corylus avellana
Eyes	Redwood	Sequoia gigantea

Woods that Most Often Balance All Meridians in One Person

All Meridians	Balsa	Ochroma lagopus
	Cedar of Lebanon	Cedrela libani
	Brazilian Cedar	Cedrela fissilis
	Bubinga	Guibourtia demeusei
	Ebony, Thai	Diospyros muni
	Shedua (Hyedua)	Gibouritia ehie
	Hazelnut	Corylus avellana
	Purpleheart-Brazil	Peltogyne spp.
	Red Gum	Eucalyptus camaldulensis
	Rosewood (Burma, Madagascar)	Dalbergis bariensis
	Teak	Tectona grandis
	African Blackwood	Dalbergia melanoxylon
	Douglas Fir	Pseudotsuga menziesii
	Black Walnut	Juglans nigra
	Ziracote	Cordia dodecandra

The Subtleties of Touch

by Arlene Green

Touching and being touched is an instinctual need of both animals and humans. Touch is the most important of all our senses, yet for humans the most neglected. We can survive without sight, hearing, taste and our sense of smell, but we cannot survive and live with any degree of comfort and mental health when we are not able to feel.

What is so special about this sense of touch that makes it an indispensable part of our existence? Why is it that most of our sense receptors throughout our body are embedded in our skin? A map of the brain will show that your hands occupy the largest area in your cortex, then next the face and mouth. About one third of our five million sensory receptors in our skin are in our hands, the most sensitive receptors being concentrated in our palms and fingertips the next most sensitive area being the lips and tongue. Nature's intention in giving us touch sensitivity is to provide us a means of sorting out the millions of stimuli we are constantly receiving. Above all else, the tactile discernment we possess helps to protect us by alerting us to danger through temperature, vibration and pressure sensations. Aside from the survival function, touch provides a more subtle form of communication.

The Language of Touch

The skin is the largest sensory organ of the body and the sense most closely associated with it is the sense of touch. It is the first sense to become functional in the developing fetus. The skin has been referred to as the furthest extension of the nervous system. This is because the skin is formed from the same embryonic tissue as the brain and the nervous system. Ashley Montagu in his book, *Touching: The Human Significance of the Skin*, writes: "The nervous system is then, a buried part of the skin, or alternatively, the skin may be regarded as an exposed portion of the nervous system." We can think of the skin, then, as the external nervous system. It is the medium by which the external world is perceived.

For the infant, the skin, lips and tongue are the primary means of relating to his environment. At birth, touch is the infant's most well developed sense. The experiences the infant has in his contact with his mother's body, constitute his primary and basic means of communication, his first language. It is through the lips and generalized body contact that the infant comes to know reality. That's why when he is able to, he puts things to his lips to judge them, even after he has developed other means of perception and judgement. The sense of comfort and security the infant experiences through the quality, quantity and consistency of touch from the mother has been shown to have a powerful affect on both the physical and psychological development of the infant.

Research on the Importance of Touch

Early Childhood Growth and Development

The physical, mental and emotional development of the newborn requires frequent and close contact with the mother. In the womb the unborn child usually experienced a nine month period of heart beat vibrations, rocking, cuddling and a closeness of unequalled security. It is no wonder, having experienced this sense of security in the womb, that we would want to continue to seek this feeling as a newborn and throughout life. For the newborn to thrive it must be fed touch as much as food.

Numerous studies have shown that for infants their need for tactile stimulation and close body contact with the mother is greatest right after birth. For the Caesarean born, who experience less prebirth cutaneous stimulation, not having gone through the labor contractions and birth canal, and who generally experience less contact with the mother at birth and during the first week of life, studies show a higher incidence of developmental disadvantages. Doctors have noted that Caesarean babies tend to experience respiratory difficulties, greater lethargy and

less responsiveness to stimulation than normally (vaginally) delivered babies. Also Caesatean babies have a higher likelihood of gastrointestinal and genitourinary problems. Biochemical differences in the Caesarean born find them to have higher acidosis, lower serum proteins, lower serum calcium and higher potassium levels. Caesarean born children have also been shown to be more likely to be fearful of school, anxious and have other personality difficulties.

During the nineteenth century, more than half the infants in their first year of life regularly died from a disease called "marasmus," a Greek word meaning "wasting away" (without any apparent reason). As late as the 1920's, the death rate for infants under one year of age in various foundling institutions throughout the U.S. was nearly 100%. In 1915, Dr. Henry Chapin, a distinguished N.Y. pediatrician reported to the American Pediatric Society that for infants under 2 years of age, the death rate in 9 out of 10 foundling institutions was 100%. It was found that the primary cause of this high death rate was not due to sanitary conditions or medical procedures but in large part to the philosophy of caring for the child. Institutions and parents followed the dogmatic teachings of Luther Emmet Holt Sr., a professor of Pediatrics - the Dr. Spock of his era. Mr. Holt was responsible for replacing the rocking cradle with the stationary crib and advising parents not to hold, fondle or cuddle their babies for fear of spoiling them. Feeding was by schedule and contact kept to a minimum. It is no wonder that in this austere environment the infants wasted away.

Another doctor, Dr. Rene Spitz, found a high death rate from marasmus while working at a hospital for abandoned babies and babies whose mothers were in prison. Even though the infants were well fed and kept in highly sanitary conditions they still had a high death rate. While vacationing in Mexico, Dr. Spitz observed an orphanage where conditions were less sanitary but the babies were happier, more robust and alert, and cried less. What he observed was that women from the village came in daily to hold, rock and fondle the babies. After observing thousands of babies over the years he concluded that "touched babies thrived, while those who were left

alone in bassinets tended to become ill, their cells dying of touch starvation."

Similar findings on the importance of the effects of touch on premature babies was found by researchers at the University of South Carolina Medical School. It was found that "preemies who received four fifteen minute periods of stimulation each day gained weight and grew faster than unstimulated preemies, and with fewer feedings." A nursing student at Emory University showed that preemies who were "held and stroked showed more signs of relaxation after feedings, had decrease in post feeding pulse rate, respiratory rate, muscle tension rate, neck hypertension and crying behavior." Other studies with premature babies have found that if they are touched, rocked or cuddled daily during their stay in the nursery, they have fewer nonbreathing (apneic) periods, enjoy an increased weight gain, higher IQ and advances in central nervous system functioning.

Some scientists believe that touch deprivation in babies may predispose them later toward violence. One neuropsychologist, James Prescott, formerly with the National Institute of Child Health and Human Development of the U.S. Department of Health, Education and Welfare, made the statement that "the principal cause of human violence is a lack of bodily pleasure derived from touching and stroking during the formative periods of life." Studying 49 societies from past and present, Prescott found "strong support linking physical violence in a person's adult life to lack of physical affection when he was a child." He concludes: "Those cultures that give a great deal of infant physical affection - a lot of touching, holding and carrying- were rated low in adult physical violence." While this may seem somewhat simplistic in its analysis of a complexity of factors in psychosocial family dynamics, it is likely to be an important underlying ingredient in dysfunctional and potentially violent individuals.

For infants who have an innate hunger for touch it is apparent that loving, caring touch through being cuddled, caressed, held and rocked, gently and consistently, brings them a sense of security and comfort. These are the

reassuring basic experiences the infant must enjoy if it is to thrive. Those infants who are undernourished of these pleasurable touch nutrients may experience depression, frustration, anger and distrust because people have not proved trustworthy to fulfill those essential needs. These early tactual bonds we establish with our parents can have long term consequences in terms of our sense of self and our relationships with our parents and others. Even animal studies, such as the well-known Harlow monkeys, showed that, deprived of their mother's bodily comfort, baby monkeys grew up to be irritable, aggressive, snarling and violent. As a culture dealing with an ever increasing rate of violence, particularly among teenagers, we cannot fail to ignore the implications of the importance of loving touch.

While much of the focus has thus far been on the significance of touch in early childhood growth and development, it's important to note that the child within each of us continues to yearn for the comfort and reassurance that caring touch can bring throughout life. Touch is an important part of the healing process at any age.

Touch and the Healing Process

Touch has been shown to be a significant factor in healing for both body and mind. One study that validated the theory that touch speeds recuperation rate was done at Grant Hospital in Columbus, Ohio. In the study, twenty patients were touched and twenty others were not touched. The results showed there was a "vast reduction" in the incidence of "complaining, angry, disgusted, uncooperative patients." Eighty-five percent of the touched patients made positive responses about the hospital and its personnel, and recuperated faster than the untouched patients."

Research has also shown that cardiac patients who had pets to hug and caress outlived those who had no pets. While there are many emotional factors that may enter in with relationships with pets, it is interesting to note that the stroking of pets was found to actually lower the patient's blood pressure.

Dolores Kreiger's research with Therapeutic Touch has shown how touch, both on and above the skin, can have powerful physiological benefits. The effect of touch she found was to stimulate the hemoglobin, that part of the blood that carries the oxygen to the tissues. By increasing oxygen to the tissues, the body is energized and can carry on the regeneration process more effectively.

Touch has also been found to be a helpful deterrent in the progress of senility. Researchers at the University of Georgia found that elderly people who received massages, frequent stroking, hugs, squeezes of the hands and arms, love pats on the cheeks and affectionate touches of their heads, showed fewer signs of senility. They were also more alert, good-humored and physically vital.

Reassuring, caring touch can go a long way in providing comfort for those that are ill or mentally distressed. It is our instinctual desire to comfort someone who is grieving by touching, holding or embracing them. It is only our learned belief system of cultural taboos that prevents us from fulfilling our natural instincts that truly enable us to show our humanness.

Fortunately we have pioneers like Dr. John F. Thie who have been dedicated to bringing caring and healing touch to the masses. Dr. Thie's intention in educating people about touch for other than punishment or sex, has given people around the world a reason and permission to have healthy touch be a part of their lives and those they love. As we in the field of Touch for Health continue to reach out and touch many people with the touch techniques we have studied and learned so well, let us not forget the subtle yet powerful healing intention that underlies the work we do, that touch, the connection with another person in an attitude of unconditional love and acceptance, goes beyond the skin alone. It fulfills a deeper need on the part of both people involved, to love and be loved in a language so basic that needs no explanation.

Taking Care with Touch

by Denise Gurney

In this paper I suggest a method for improving service to the client which can be adapted to different kinesiological styles and any practitioner could adapt to their own specialized knowledge. I am a Certified Touch for Health Instructor, Professional Kinesiology Practitioner (PKP), and I incorporate Reiki, Somato-respiratory Integration and Sub-conscious clearing into my practice.

I have been concerned for some time with a couple of points:

- a) the possibility that a client may be overloaded by the amount of information gained during a session, possibly resulting in a major healing crisis once they get home, and
- b) improving my communication skills with clients about their healing process.

My personal experience of a healing crisis which left me seriously imbalanced and functioning at a low level for many months convinced me of the need for greater sensitivity to the client's capability to safely and gently process what occurs during a healing session. The system called "Levels of Care" used in Network Chiropractic offices gave me the idea for the solution to my problem.

Method

After talking to the client and finding a goal, ask the body to indicate which amount of communication or "how much input?" can the body handle. Muscle test No. 1, No. 2, No. 3, No. 4 - a weak indicator muscle shows the type of balance needed. These balances are described as I use them.

What the Numbers mean

No. 1 This response indicates that the client needs a 14 muscle balance first. It could also mean a 42 muscle balance, or if time is limited a simple five element or wheel balance (no emotions). At this point, the bodymind has to have balance returned to ~~start~~ the healing process, and the person's body may need to

become familiar with the new kinesiology language. They may experience for the first time that rubbing a point on the abdomen makes something happen to the muscles somewhere else, and this is amazing to them. A person needing this kind of balance feels separate from the world around them and they behave like an isolated entity. There may be a lot of anger, fear and anxiety in their life. They may also tend to think out the answers to their problems. I reassure them that what is happening in the balance is "normal," "terrific," and I am very encouraging as I talk to them.

No. 2: A five element or wheel balance with emotions.

Emotions are used in the balancing. This is where they begin to realize that there is more to their problem than they had thought. Balances 1 and 2 are the necessary groundwork for them to move to the later balances, and this may bring up emotional releases, and memories of past events or trauma at this point. The client begins to notice that what happens to them in their life is connected with what happens in their body. I still give plenty of feedback to let them know they are OK, especially as they re-live their "stuff" and learn to love themselves more.

No. 3: PKP balance (I use PKP I-IV, Reiki & SRI).

As the client begins to understand how they are a participator in the world as well as an observer, analytical descriptions begin to limit the explanations for what has been happening, and holographic descriptions become more useful. They begin to sense more of the 'big picture' and may realize a need for change before they experience any pain. Thought processes are still involved in some problem solving. Feelings of love, truth and compassion flow through with greater ease for a person getting this kind of balance. In addition, there may be leaps of knowledge during balancing, self-testing becomes more effective for those with training, and self-balancing becomes possible. The person reacts responsively to their body and the

begin

world, instead of reactively e. g. "I feel a sharp paw in my leg" instead of "my leg is killing me" or "I need to change what I am doing now" instead of "why is this happening to me?" *Am*

No. 4: One technique, TFH/PKP, (for me also SRI, or sub-conscious clearing.)

Step 4 moves beyond thought which limits us. In these balances, the client is very clear and perceptive and can produce great change from what they already know. Their body already has the information it needs, it doesn't need to 'learn' it, and it 'knows' there is no difference between their bodymind and the world outside. The big picture is more apparent to their senses than the detail. The client is the participant at this level and has knowledge of healing techniques that they have used before - I become even more of a guide and less of a practitioner. Either the client or I can reach into the Field without any preconceptions, and pull in the one technique (or sometimes more than one) which is needed to complete the balance. This will correct the holographic aspects of the problem - past times, future, etc. This participant may or may not need the help of another to implement the correction. There is no resistance to the energy (the flow of life) and the separateness of No. 1 is replaced by a unified field of being.

Notes:

Integration of all the levels results in a balanced person functioning at a higher level - an individuated human being.

1. You can't take clients past where you are.

2. It is impossible for a person at No. 1 or 2 who is functioning at the level of logic and thought, to integrate the kind of information available in Nos. 3 and 4 which work with pure consciousness as well as the body. (Bohm's explicate/implicate order explains this).
3. Someone who has done plenty of healing work may require a No. 1 balance, and someone you are working with for the first time may require a No. 3 balance. Don't assume.
4. Your conversation with a person in No. 1 needs to be completely different to one in No. 3.
5. If you are open to receiving people at different levels, you may find your practice booming as you allow them space to enter your world.

Sources:

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The Diamond Balance

by Warren Jacobs, MD

The following balancing protocol, developed from the ideas in the book, *Life Energy*, by John Diamond, MD, focuses on raising the patient's performance level by reversing negative emotional states to positive states through the use of **thymus life energy**.

The purpose of the procedure describe herein is to neutralize negative emotional states, which the patient may or may not be aware of, through the use of life energy generated by the thymus gland.

Preliminary testing:

1. Test an indicator muscle (IM) in the clear while the testee makes the following statement using their correct name,

"My name is..."

2. Repeat the test while the testee makes the statement using an incorrect name,

If the IM tests "strong" to the first statement and "weak" to the second, you are ready to continue.

If not, balance the IM until satisfactory results are obtained.

Before proceeding to the Thymus balancing procedures, we check out the Central meridian and Governing Meridian balance.

Central Meridian Balance:

Zip up on central meridian and test IM.

Zip down on central meridian and test IM.

If "strong" on zip up and "weak" on zip down, zip up once again and proceed to the *Governing Meridian Balance*.

If "weak" on zip up and "strong" on zip down, the central energy is reversed. This must first be corrected before proceeding with the Thymus Balance.

The negative emotions for reversal of central meridian energy are, "What has shamed you?" or "What are you shy about?" or "What has threatened your reputation?"

When the appropriate emotion is identified and confirmed by testing with the IM, proceed to balance the negative emotion (shyness, shame, or lost reputation) by stating an Appropriate positive affirmation, such as, "I can be a success" or "I am a success" or "I respect myself" or "My reputation can be restored."

Go back now and zip up the central meridian. It should test strong with the IM.

Governing Meridian Balance:

Zip up, starting over the perineal body, continuing up the back, over the top of the head and down to the upper lip. Then test with IM.

If "strong", go on to Thymus balance.

If "weak", ask, "What has embarrassed you?" Identify and test with the IM to see if correct.

Now, balance the embarrassed by stating; "Even though this (or that) happened and embarrassed me, I can still take pride in my work, my character, my parenting, etc., or whatever seems appropriate."

Now, re-test after tracing Governing meridian to confirm a "strong" IM.

With Central and Governing energies flowing in the proper direction, we are ready to proceed and test THYMUS.

Thymus Balance:

Point a single finger at the thymus and test the IM.

If IM tests "strong", suggest to the testee that he/she think of a stress and re-test until the IM tests "weak" while pointing to the thymus.

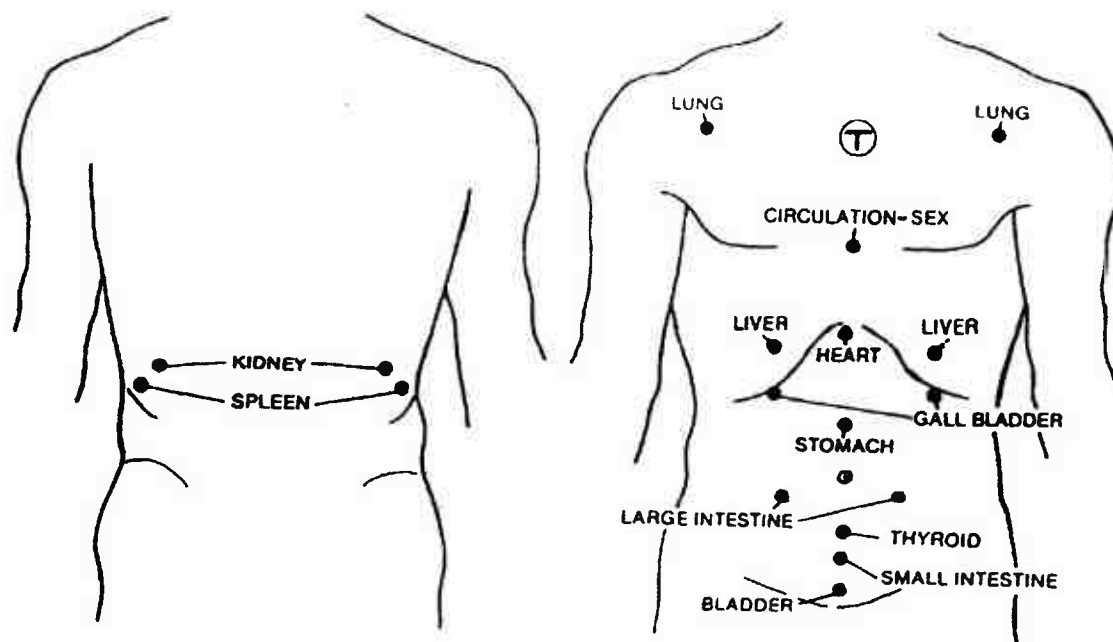


Figure 1. Meridian Test Points
(after John Diamond, *Life Energy*)

Now, explain to the patient that with this stress the thymus is weak, and so is one side of the brain. That is, under stress, one side of the brain dominates at the expense of the other side, and the weakened side is unable to process adequately, resulting in behavior that seems out of place to others and often is even an embarrassment to the one behaving inappropriately.

To determine which side of the brain is dominant, test the IM while holding your other hand in an open position a few inches from one ear with the palm facing the ear. Then repeat with the other ear. The dominant side of the brain is identified by a "weak" test response, indicating an overwhelmed condition in the dominant side of the brain.

For right dominance: we proceed to test the over-energy points that are located down the sides of the body. Either side will do. They are:

Lung,
Liver,
Gall Bladder,
Kidney,
Spleen,
Large Intestine.

For left dominance: we test the over-energy points that lie on the centerline:

Circulation Sex,
Heart,
Stomach,
Triple Warmer,
Small Intestine,
Bladder.

The locations of these points are shown in the above figure from Dr. Diamond's book, *Life Energy*.

On the following page you will find a table listing the positive and negative emotions associated with each meridian. (The information in this table is also derived from Dr. Diamond's book, *Life Energy*.)

If the patient muscle tests "weak" while you are touching the LUNG test point, find which negative emotion from the list under Lung best fits that feeling from which the testee has been hiding. Do this by reciting and testing each of the words on the list in turn while muscle testing with the IM. There will be a change in the energy with only one of the words on the list. You will be amazed no doubt with the precision of the indication. For example, scorn may fit and disdain may not., even though the meanings are not very far

**For right brain dominant
over energy points:**

LUNG

negative:	positive:
disdain	tolerance
intolerance	modesty
prejudice	humility
scorn	
contempt	
hautiness	
false pride	

LIVER

negative	positive
unhappiness	happy
	cheerful
	good fortune

GALL BLADDER

negative	positive
rage	"I reach out to you
fury	with love and
wrath	forgiveness"

KIDNEY

negative:	positive
sexual	"My sexual energies
indecision	are balanced."
	"I am sexually secure."

SPLEEN

negative	positive
anxiety about	"My future is secure."
the future	"I have faith and con-
	fidence in my future."

LARGE INTESTINE

negative	positive
"I feel guilty."	"In spite of my guilt,
	I am basically good and
	clean, and I am worthy

**For central and governing
meridians:**

CENTRAL

negative	positive
shame	success
shyness	self respect
	restored reputation

GOVERNING

negative	positive
embarrassment	pride

**For left brain dominant
over energy points:**

CIRCULATION-SEX

negative	positive
jealousy	"I renounce the past."
stubbornness	generosity
sexual tension	relaxation
regret	
remorse	

HEART

negative	positive
anger	love and forgiveness
	in my heart

STOMACH

negative	positive
disgust	content
disappointment	tranquil
bitterness	
greed	
emptiness	
deprivation	
nausea	
hunger	

TRIPLE WARMER

negative	positive
depression	light
despair	buoyant
hopelessness	buoyed up by hope
despondency	
loneliness	
solitude	
grief	

SMALL INTESTINE

negative	positive
sorrow (lost good)	jumping with joy
sadness (full of tears)	

BLADDER

negative	positive
restlessness	calm
peaceful	harmony
frustrated	"I am balanced."
impatient	"Dissonances and
	conflicts within me
	are resolved

apart. When the precise word is identified, and the testee connects with the life situation (past or present) that is significant, and hopefully "owns" this negative emotion, have the testee so state. Now the testee is ready to balance the negative with a positive statement to bring the weakened side of the brain back into function.

Note - We do not attempt to talk the testee out of the negative or to have the testee see the folly of the negative. Rather, we identify the negative, admit ownership of the negative, and then proceed to BALANCE this negative with a positive statement. For example, "In spite of the scorn I have felt for Carlos in the past, I can be more tolerant of him now." With that stated, retest the IM with a finger over the lung point. If the IM tests "strong", test the IM with the open hand near each ear in turn. Each side should test "strong".

Now, return to the thymus. If touching the thymus tests "strong" with the IM, then this is the basic issue of stress in this person, and the balance is complete after he/she repeats,

"I am filled with Love, Faith, Trust, Gratitude, and Courage,"

while thinking of what meaning each of these words has for him/her at this moment.

You often find that a single level does not quite do it. That is, after you have gone through the steps described above:

1. Identified the dominant side of the brain in the stress
2. Found the over energy point
3. Identified the word that triggers the weakness within that meridian
4. Had the testee relate that feeling to his life experience
5. Balance the negative with a positive statement
6. Test the indicator with the open hand near each ear in turn and find each strong.

With all this done one often finds that upon going back to the thymus it still tests weak. This tells us that perhaps we have just peeled off the top layer of the onion and there is something beneath. We need to go deeper and uncover what is often another layer. It is interesting that these layers are related and

give some insight into our reactions and behavior, which have often seemed so inappropriate to others and to ourselves.

Thus, if on retest, the thymus is still "weak", proceed to find which side of the brain is dominant with this next yet undisclosed stress in the same manner as with the previous. That is, with the open palm test the IM with the palm opposite each ear in turn. Again, if the IM is "weak" with the palm by the left ear, test the alarm points down the center of the body. If "weak" with the palm opposite the right ear, test the alarm points down the right side of the body. The weakness indicates the dominant side that has blown out with the stress.

As with LUNG in the first example, we attempt to identify the precise word in the negative from the list provided for us by Dr. Diamond for the over energy point with which we are now working.

To Sum Up:

1. Identify the over energy point.
2. Identify the negative emotion that best suits.
3. Have the subject relate this emotion to his/her life experience.
4. Have the subject accept this negative emotion as his/her own.
5. Then balance the negative expressed and owned by having the subject recite the positive from the list provided by Dr. Diamond.
6. Retest with the indicator with a finger pointing to the over energy point that was previously weak and see if it changes to strong. It should now test strong.
7. As a further check one can now go back to the right and left ears with the open palm and test each in turn. They each should now test strong signifying that both sides of the brain are now energized.
8. Now, go back to the thymus and test. If weak, repeat the entire process to uncover the next layer. If the thymus tests strong, we are down to the basic stress and the balance is completed by having the subject recite:

"I AM FILLED WITH LOVE, TRUST, FAITH, GRATITUDE, AND COURAGE."

This is the "Diamond Balance" as used by the author, adapted from Dr. Diamond's book *Life Energy*, Dodd, Mead, & Co, 1985.

Our Natural Breathing We Breathe to Live!

by Ilse Jakobovits, RN

Purpose: The purpose of this paper is to bring your attention back to the profound knowledge that we were born with our *natural abdominal breathing*. Also, a few methods to help you retrain yourself in the use of some conscious ways to breath that can help you to obtain an optimal stress-free state in your body.

Let me take you through a short journey along the respiratory process. We breath in air through the nose, that is lined with a moist mucous membrane and some hair as a barrier. The air then is warmed up just an inch past the nose through an extensive vascular network. After passing through the tracheobronchial tree it reaches the alveoli, (an estimated 300 million) where the exchange of O₂ and carbon dioxide, and carbon monoxide and other gases takes place.

For the optimal respiration and oxygenation process to take place we need to have an adequate contraction and corresponding relaxation period of the thoracic cavity.

a) Mechanical function: The gas exchange is possible through the expansion and contraction of the respiratory muscles: the diaphragm - the major muscle of respiration, and the accessory muscles of inspiration, which include the scalene and sternocleidomastoid muscles. These help to raise the clavicles, the upper ribs, and the sternum to widen the thorax in three dimensions: front to back, side to side and top to bottom to allow the filling of air into the lungs.

The lungs, a sponge type tissue with 3 lobes on the right side and 2 on the left side, are covered by a membrane called pleura, which is lubricated with a fluid, the surfactant, to facilitate the sliding movements; it also keeps the lungs from collapsing. The lungs are protected by the rib- cage. The superior end of the ribcage is relatively narrow and has therefore a smaller amount of lung tissue in its cavity. This means also that the lung capacity

is smaller and there is less circulation to aid in the delivery of oxygenated blood, as compared to the lower end of the ribcage and lung, which is able to expand significantly more and has a large supply of arteries and veins, an important factor in the abdominal breathing process.

b) Gas exchange: The oxygen has to cross the alveolar-capillary membrane to be picked up by a red blood cell, that will carry it in the bloodstream to the left side of the heart. The heart will pump it then to a cell anywhere in the body. The cell uses it in its metabolism, producing carbon dioxide and other gases as a waste product that has to be delivered to the right side of the heart through the venous bloodstream and from there to the lungs again, where it is released into the alveoli, the bronchial tree and the nose during the exhalation phase. The alveoli fill and empty about 15,000 times a day. If they were lined up flat they would cover an entire racquetball court. The crossing of O₂ and carbon dioxide through the membrane wall of the alveoli is possible due to a difference between the atmospheric pressure and the intra-alveolar pressure.

c) The mechanism of control of the respiration is the central nervous system. It lies in the respiratory center, located in the lateral medulla oblongata of the brain stem. The impulses travel down the phrenic nerves to the diaphragm, and then down the intercostal nerves to the intercostal muscles, where the impulses change the rate and depth of the respiration. There are also the inspiratory and expiratory centers, located in the posterior medulla, which establish the involuntary rhythm of the breathing pattern.

In a relaxed state our automatic respiratory rate is between 12 and 14 breath per minute, but it can change and adjust quickly when the person is under stress, be it environmental, emotional or chemical. At this point the rate will increase and become more superficial, filling mostly the upper area of the chest. The

whole body suffers some changes instantly and goes into the fight-flight state, due to adrenalin outpour into the bloodstream triggered by the sympathetic branch of the autonomic nervous system. If the stress disappears the body will relax, specially the abdominal and chest muscles, and the breathing pattern will normalize again.

Our brain is surrounded by a layer of cerebral mass called cortex. If we are breathing under stress this area of the brain will help us to change *consciously* from high thoracic, shallow, rapid breathing to a relaxed abdominal breathing. We can consciously override our autonomic breathing pattern in order to protect our system. If we dive under water we can hold our breath and then take a few deep breath afterwards to compensate for the temporary lack of O₂.

If we observe how a baby is breathing we would notice that it raises the lower part of its chest and its abdomen with every breath, lifting the spine off slightly with the in-breath and flattening it with the exhalation phase. Children usually continue breathing with the abdominal area until age 6, because they are more or less stress free until that time. As stressors start to affect our body in different areas, so it will affect our breathing also. This is triggered by the release of the Adrenalin hormone when in a situation of fear, anger, anxiety, doubt or insecurity, and then accompanied by the tensing of the diaphragm and other thoracic muscles, and the abdominal muscles. Since we are exposed to frequent stress in our daily lives, it is easy to see the reason for our tight chest-type breathing as opposed to the relaxed abdominal breathing of the child or the relaxed adult. Since there is a long chain of adverse reactions in the body secondary to a decreased O₂ content it is very important to maintain the best breathing habits possible. To make them automatic and an integral part of our life I like to name a few ways to re-educate ourselves for a better stress-free life. Being effectively relaxed will affect the mental as well as the physical levels of the being. We can accomplish this with medications of course, but a healthier way is by controlling the stimulus that travels through the Hypothalamus with the volitional participation of the cortex

Abdominal Breathing

Method I

- 1.- Rest on a firm surface, on your back, if you like, with a pillow under your knees and under your head.
- 2.- Place your hands on your abdomen and observe your breathing. Are you moving only your chest area? Are you moving your abdomen? Are your muscles relaxed or tight?
- 3.- Take a deep breath and bring that air into the bottom of your lungs, really filling them up all the way. Were your abdominal muscles tight or relaxed? If the diaphragm and the abdominal muscles are relaxed your abdomen will raise to a dome shape, allowing the air to fill the lungs to the lower lung area. At the same time you are inhaling, lift your back a little, while exhaling push your spine down towards the surface you are lying on. Repeat this type of breathing consciously for 5 minutes. It will become easier, and you will feel more and more relaxed. Make sure you are breathing through your nose when inhaling and exhaling, your mouth is not really equipped for an effective breathing job.
- 4.- You can do the same exercise sitting in a chair, leaning against the back of the chair, always curving your back when inhaling and flattening it when exhaling.
- 5.- If you need to release some "issues", just take a deep breath and bring it into the area of your body where you can "feel" the emotion or discomfort and then breath it out. After a few repeated breath you will feel the problem melting away.

Method II

- 1.- Either sit or lie comfortably. Put two fingers around your nose and close one nostril. Breath in and then out through the same nostril, then switch to the other side. Do this for 5 minutes. In PKP we learned to breath in through one nostril and out the other one. This will help to balance the Sodium/Potassium levels in the blood. Either way is fine.

Method III

- 1.- We all know the excellent effects the NV points have on our body. Since the shallow, upper chest type breathing is the result of

some stress I suggest to put the palm of the hand very lightly on the forehead and one finger of the same hand on the Lung NV point (baby soft-spot). The NV points on the forehead will help to relax the person. The Lung NV point will increase the circulation to the lungs and therefore aid for a deeper breath, slowing the rate down at the same time.

I would like to add some interesting information to my paper. During my trip to Chile in October 1995, I visited with some relatives that I had not seen for about 50 years. Dr. Ruben Rivera is a medical doctor and has dedicated 40 years of his career to observing the breathing type of relaxed patients and those that have some type of stress in their lives. He has been able to help thousands of patients to re-learn consciously the abdominal way of breathing and getting rid of their stress at the same time. He wrote a book about his findings, with the purpose to get other physicians involved in this re-training program but it has not been easy, his colleagues don't believe him.

In February 1996 I attended the Seminar "Society for the Universal Human", in

Portland OR. One of the speakers was Gay Hendricks, PhD, who teaches extensively around the World about "Conscious Breathing". He has observed hundreds of people, comparing their breathing pattern, and coming to the very same conclusion Dr. Rivera obtained: "We can retrain ourselves in the use of abdominal breathing to obtain relaxation, get rid of pain and discomfort, to obtain better results in sports, and to be HEALTHIER."

I thought it was remarkable for 2 people dedicating their lives to the same cause being continents apart!

Recommended Reading:

Hendricks, Gay, PhD, *Conscious Breathing*, Bantam Books 1995

Montgomery, Kate, Certified Sports Massage Therapist and Health Educator. TFH international Journal 1989.

Rivera, Rubén Rivera, MD, *Breathing and Emotional Stress*. 1995, Chile, So. America.

Tailbone Correction

by Judy Levin

In 1991 I went on a fabulous trip to Russia with Wayne Topping and a wonderful group of Touch for Health friends to teach the basics of Touch for Health to doctors and nurses in Moscow. One week before we were to leave I fell on my tailbone, which caused me great pain. This Tailbone Correction was done to me by Irene Yachuck-Arabei while on the train from Helsinki to Moscow. I was so pleased with the results from such a simple correction. The pain was gone, and I felt good.

I had no problem during the 2 weeks we were in Russia, but on the day we were leaving I slipped on a snow bank and, once again, I fell on my tailbone. Of course, Irene came to my aid again with this Tailbone Correction.

The Tailbone Correction was easy to do and the results were marvelous. This was something I knew I should teach people. I immediately went about learning the Tailbone Correction Technique so I could help others as Irene had helped me.

The main causes of the tailbone not being in alignment seem to be from falling down and landing on your bottom, or riding horses, bicycles, and motorcycles. Of course, doing gymnastics, karate, and other deeds we do when we are young and fearless, or silly things we do like slipping on ice, or puddles can also be the problem.

If the tailbone doesn't get corrected, by whatever means we try, we tend to become used to the problem and often don't realize that the aches and pains are not normal. Also, we may ignore or adjust to it to the point that we don't think we have a problem at all. We may not even realize it is out of alignment.

It is always a good idea to get a good case history to make sure there is no medical problems we don't know about. If the person is experiencing pain or discomfort in the tailbone area you might consider recommending a visit to a health professional to make sure to rule out the possibility of a

broken tailbone instead of just out of alignment, and to verify there is not a tumor or other illness there.

Test

1. First test and use a clear indicator muscle. (IM)
2. Run your hand up the shin bone from ankle to knee and test an indicator muscle (IM) to see if the response is still strong or goes weak.
3. If the IM is still strong then there is no problem with the tailbone. If the IM is weak, then the tailbone may be not aligned. Test both legs to see if correction is needed on right, left, or both sides of the body.

Correction

1. Find the emotion (which ever list you prefer)
2. The person lays prone (face down) on a table or bed
3. Place both hands at the base of the spine and run hands up the spine to the head (keeping one hand on the person's body at all times). When I get to the head I bring down my hands one at a time to make sure one of my hands are always on the body. Repeat 3 times.
4. Rub your hands down the spine. Again bring one hand at a time to the top of the spine and run down again. Repeat 3 times.
5. Bend the leg at the knee to approximately a 90° angle. Keep one hand on their tailbone to feel the muscle tension).
 - a. Have person exert slight pressure in opposition as you pump the leg in each direction (similar to HypertonX).

You can use an IM to decide which direction to go first.

- b. Pump the leg 3 times in each direction. The pressure is gentle so we don't cause the person any pain
6. Put your arm under the leg you have been working on, (using your arm that is closest to the feet) lift the leg in your arm. If you place your arm at the knee as they lower their leg you can lift the thigh, the weight of the whole leg is on your arm. Make sure the client is not helping to hold up their leg. Gently swing the one leg over the other leg, crossing the midline, and then back. Repeat 3 times.

7. Repeat on the other leg if both the legs tested weak.

Remember to keep a hand on the body at all times until the correction is complete.

8. Massage the buttocks gently but firmly to find any pain spots that may need a little attention. Piriformis and Gluteus Maximus may need extra attention. Include work on the sacrum and coccyx, and the sockets of the femur bone with the massage.
9. Using an IM muscle test the shinbone to verify correction.



Self-Balancing and Enhancing the Power of Touch

by Ed Long

The principles of hand reflexology, acupuncture, polarity, etc. have been utilized by Mankind for centuries to heal, fight, work and play because every human contains the energy of nature generated by each heart beat. (Over 25% of the brain motorisms and sensorisms go to and from the hands.)

The south pole of a magnet (capable of passing through glass and even lead) can increase enzyme activity 10%. Our hands (with concentration and the right electric) can restore over 20%. The North pole of a 300 gauss magnet on the Pineal point (BL 2) increases the ability to concentrate and helps relieve stress, worry and concern. The L palm would take about 20 minutes to do the same thing.

The Touch For Health, Martial Arts and Applied Kinesiology practitioners I have listed as reference sources have more fully utilized the POWER in the hands with acute AWARENESS of it, accurate KNOWLEDGE about it, and amplified INTENTION to apply it.

References:

John Thie, TFH.
John Diamond, IELEC.
John Barton, Bio-K,
Wayne Cook, NrgPolariT.
Wayne Topping, Wellness K.
Bill Reuter, Goju- Kai,
Bruce Lee, Jeet Kune Do,
J. DeMiles, Wing Chun.
Davis & Rawls, Magnetism.
Koichi Tohei, Aikido.
Karta Purke Singh, Kinesionics.
Myrl Cole, Nu-Life.

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I. BASICS OF HAND POLARITY - (Electrics)

Hand	Hemis.	Polarity	Pole	Energy Effect
Right	L	+ pos.	S	Outgoing <u>tonifying</u> - strengthening
Left	R	- neg.	N	Incoming <u>sedating</u> - healing

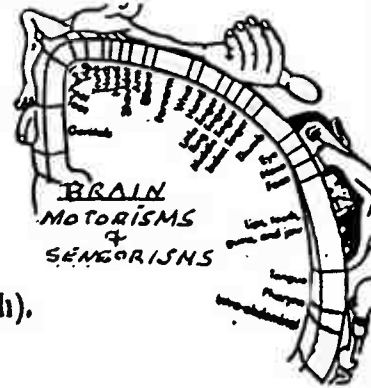
1. Energy enters L (-) and internally exits R (+).
(It goes over and through from R to L).

2. Tonify with R palm and back of L hand.
Sedate with L palm and back of R hand.

3. L palm is healing -place on pain.
R palm is drawing, place on opposite side.

→ (Remove R hand off first when both hands touch).
ON SICK PERSON

- * 4. Metals (watches, bracelets, rings) worn
on the L hand or wrist stress the R Hem.).



FINGERS	Thumb	Index	Mid	Ring	Little
R	neutral	+	-	+	-
L	neutral	-	+	-	+
	LU	LG	nutritional CS	emotional TW	electrical Ht SM

*I YAH
WHAT
I YAH*



(The dominant hemisphere processes 85% of digital function).

II. ENVIRONMENT FOR EFFECTIVE RESULTS

1. External

JOHN DIAMOND

- a. Music - BioHarmonic - The Scale - "Ti, La, Sol, Fa, Mi, Re, Do"
- b. Colors - Violet - Indigo - Blue - Green - Yellow - Orange - Red
- c. Symbols - X H G

2. Internal

(energy in motion)

- a. Faith - "knowing what can be done with a will to accomplish"
- b. Prayer - (One of the greatest powers we possess) - a built-in inner strength waiting to be generated.

c. AGE

A - Attitude
G - Gratitude
E - Enthusiasm

An Enthusiastic Attitude of Gratitude upgrades nerve sensitivity to the brain's receptors and affects wave forms that can stimulate cell activity and energy circuits.

*Under thumb
is dominant*

*Clockwise
Counter Clock*

III. BREATHING Hand Positions (To help the brain's respiratory center direct the breath and increase lung capacity to amplify power of touch).


1. a. Sit straight, feet flat on floor, palms on upper thighs.
b. Inhale (tongue to rugae) - Ct. 1 Exhale (tongue lowers) - Cts. 2, 3, 4
2. POSITIONS
 - a. Thumb pad to index nail, 3 straight fingers together.
Breath to diaphragm (BL-K) (LU-LG) (Ht-SM)
 - b. Fold fingers into the palm
Breath to ribcage (GB-LIV) (ST-SP)
 - c. Squeeze thumb with 4 fingers
Breath to upper lobes (CR-C-G) (TW-CS)
(Parotid - SP - Pit) (ParaThy - Adrenal)
 - d. Turn hands over - place contacting knuckles between
Ht & St Alarm Pts. (Skin - Thymus - Chakras - Pineal - Hypothal.)
This is TOTAL BREATH

IV. PREPARE HANDS TO INCREASE KI FLOW

1. Wring, Shake & Clap
2. Pinch Quicks (Meridians)
3. Pop Knuckles (Ki)
4. Encircle & rotate Base of Thumb
& 2nd Knuckle of Little Finger
5. Knuckle Thrust (toward Wrist)
6. Press LG 4 and Chi Pt & activate Liver 3 & Gate Reflexes
Heel raises - toes out, in, straight
7. Wing Chun Four - 1.Shldr Taps 2.Wrist flips 3.Thumb Twist 4.Sparking
8. Generator
 - A. Cup & spread fingers, hands 3 inches apart
 - a. Rotate R hand C.W.
 - b. Vibrate finger tips toward and away (not touching)
 - B. Hold indexes in ears
 - C. Repeat a, b
 - D. Touch L mid pad to L eyelid, R mid pad on L 2nd knuckle
9. Adrenals - Hold L palm 2" from St. alarm pt., R palm 1" from it.
10. Energy Balance - Place R hand above and L hand below umbilicus.



V. The WORKS

- | | | |
|-------------|---|---|
| Ht | 1. Trace R to L under clavicle |  |
| Lung | 2. Circle Pecs. up, out and around | |
| Lymph | 3. Dig in and then hold Lung 1 | |
| Switching | 4. Tap outer elbows | |
| Pericardium | 5. Tap inner wrists | |
| Polarity | 6. Grasp wrists | |
| Brain | 7. Tent hands and hemispheres "Together" 28 X. | |
| Thymus | 8. Thymus Gesture | |
| Meridians | 9. Cross arms, draw palm & back of hands dn arms to fgr tips. | |
| Ionize | 10. 20 Connected Breaths. Tent hands & close one nostril w/thumb. | |
1. Inhale (tongue to rugae)
 2. Reverse held nostrils & exhale.
 3. On each 5th breath double the duration of inhale & exhale.
 4. Repeat 4 times.

End with "THE MAYAN" (Palms down, reach R hand over L hand. & link fingers. Invert hands & place on chest. Cross L ankle over R ankle & breathe deeply.)

Priority Balancing According to the Wheel and Five Elements

by John Varun Maguire

The Wheel (24 hour clock) can be used to find priorities for balancing as can the Five Elements. When you look at the pattern on the Wheel, the priority will often be different than the priority on the Five Element chart. Also, you may see two or more possible priorities on either chart. So how can you be sure what the true priority is?

The metaphor I like to use is that the flow of energy through the body can be compared to the streets and freeways of a city. The superficial energy flowing along the meridians is like traffic on the surface streets, and the energy flowing through the five elements is like the traffic on the freeway system. The traffic jam can be on the surface streets or the freeway, so to get the complete traffic report look at both.

After looking at the wheel and five element picture, if you find more than one potential priority, do the following *:

1. Find a correction point which will switch on one of the possible priority muscles by circuit locating (CLing) the neurolymphatics (NL), neurovasculars (NV), etc.
2. Test the muscle(s) associated with the other possible priority meridian(s) while CLing the NL or other correction point which switched on the muscle in step #1. If it switched on the other possible priority muscle(s), then it is the priority. If not repeat steps 1 and 2 with the other possible priority until you find the point which when CL'ed will switch on all weak muscles.

For example, Kidney is over energy and Liver and Large Intestine are under energy. On the Wheel Large Intestine is the midday/midnight

opposite of Kidney. Liver is the son of Kidney on the Five Elements. CL the NL of the Pectoralis Major Sternal and test the weak Fascia Lata and notice if it strengthens it. Now CL the NL of the Fascia Lata and test the Pec. Major Sternal and note if it strengthens.

To follow the traffic analogy, touching the NL of a muscle is like starting up that car in a traffic jam. If the other cars can then move (the other muscles strengthen), that car is the priority to get in gear. The other cars can not move simply because they are following the stalled car. In our example if touching the NL for Fascia Lata (Large Intestine) switches on Pec. Major Sternal, but touching the NL for Pec. Major Sternal does not strengthen Fascia Lata, then Large Intestine is the priority meridian.

This information can be particularly helpful when considering which points are best to further stimulate at home, which foods to avoid or eat more of, as well as which muscles may be reactors and reactives.

In summary, to do more thorough and complete energy balancing look at the full energy priority picture on both the Wheel and the Five Elements.

- * See the following pages for a description of the strategies for finding the priorities on the Wheel and Five Elements.

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TESTING PROCEDURE FOR PRIORITY MERIDIAN BALANCING

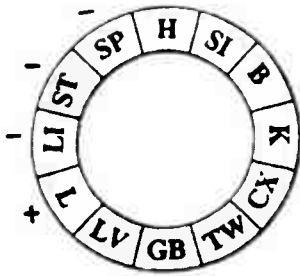
1. Test and balance Supraspinatus/Central and Teres Major/Governing.
2. Test the alarm points and indicate over energy meridians on the chart with a '+'. Use a light touch on alarm points.
3. Test the twelve muscles associated with each of the other meridians. Mark the chart with a '-' for any testing switched off (weak). Steps 2 and 3 can be done in either order.
4. If a muscle is switched off and the alarm point for that meridian shows no over energy is present, then you know that the muscle/meridian is under energy.
If a muscle is switched off and the alarm point for that meridian shows over energy is present, then you know that the meridian is over energy and the muscle is switched off due to too much energy present (similar to blowing a fuse when too much energy is flowing through it).
5. **Find the first priority muscle/meridian and balance it.** After looking at the wheel and five element picture, if you find more than one potential priority, do the following:
 - A. Find a correction point which will switch on one of the possible priority muscles by circuit locating (CLing) the neurolymphatics (NL), neurovasculars (NV), etc.
 - B. Test the muscle(s) associated with the other possible priority meridian(s) while CLing the NL or other correction point which switched on the muscle in step #A. If it switched on the other muscle(s), then it is the priority. If not repeat steps A and B with the other possible priority until you find the point which when CL'ed will switch on all switched off muscles.
6. **Do the appropriate corrections** and then **recheck all under energy muscles** to confirm they are now switched on. If not balance any which remain weak.
7. **Recheck all Alarm Points** - all should now be clear. If you are doing a goal balance, recheck the goal and it should now be clear.

TO FIND THE PRIORITY MUSCLE/MERIDIAN ON THE WHEEL

ANY OF THE FOLLOWING CAN BE THE PRIORITY

1. **A BEAVER DAM** - Look for an over energy meridian followed clockwise by one or more muscles that are switched off due to under energy. The first under energy muscle clockwise from the over energy is the priority.
2. **MIDDAY MIDNIGHT** - If an under energy meridian is at the opposite side of the wheel from an over energy meridian, it can be the priority.
3. **A TRIANGLE** - Look for an equilateral *triangle* where one or two corners are over energy meridians and the other one or two are switched off muscles. The first off muscle (that is on the triangle) clockwise from the over energy is the priority. Note that a triangle contains three meridians from a body segment which are all yin or all yang.
4. **A SQUARE** - Look for a *square* where one or two corners are over energy meridians and the other two or three are switched off muscles. In the same manner as the triangle, the first off on the square clockwise from the over energy is the priority. Note that a square contains a yin and yang meridian on the leg and a yin and yang meridian on the arm.
5. **THE TIME OF DAY** - If none of the above patterns exist, look at the *time of day* and the first muscle/meridian that is under energy from the time of day, including that time of day is the priority. For example, if it is noon and Subscapularis is off due to under energy, balance it first.

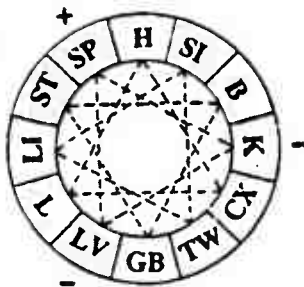
Beaver Dam



This pattern shows an OVER energy blockage in the clockwise flow around the wheel which causes UNDER energy in meridians which follow.

The OVER energy meridian blocks off the energy flow to the following meridians in the same way that a beaver dam stops the free flow of water down the river.

Triangle

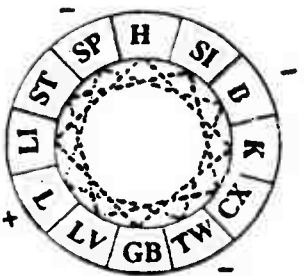


The pattern consists of one or two OVER and one or two UNDER energy meridians which, when connected with lines, form the corners of an equilateral triangle.

Each of the four possible triangles indicates an energy bond between three meridians which run in the same direction in the same part of the body:

- * 3 yang meridians from finger to face,
- * 3 yang meridians from face to feet,
- * 3 yin meridians from feet to torso and
- * 3 yin meridians from torso to fingers.

Square

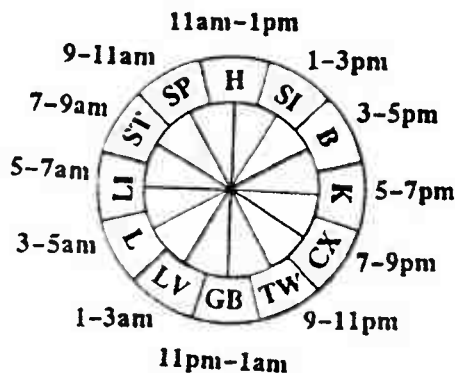


The pattern consists of one or two OVER and two or three UNDER energy meridians which, when connected with lines, form the corners of a square.

Each of the three possible squares indicates an energy relationship between four meridians which connect the four extremities, following one complete cycle around the whole body through:

- * a yang meridians from finger to face,
- * a yang meridians from face to feet,
- * a yin meridians from feet to torso and
- * a yin meridians from torso to fingers.

Midday-Midnight Law



The straight lines connecting two meridians directly opposite each other relate to one of the world's natural laws of time. While it is noon here it must be midnight in another part of the world, and vice versa.

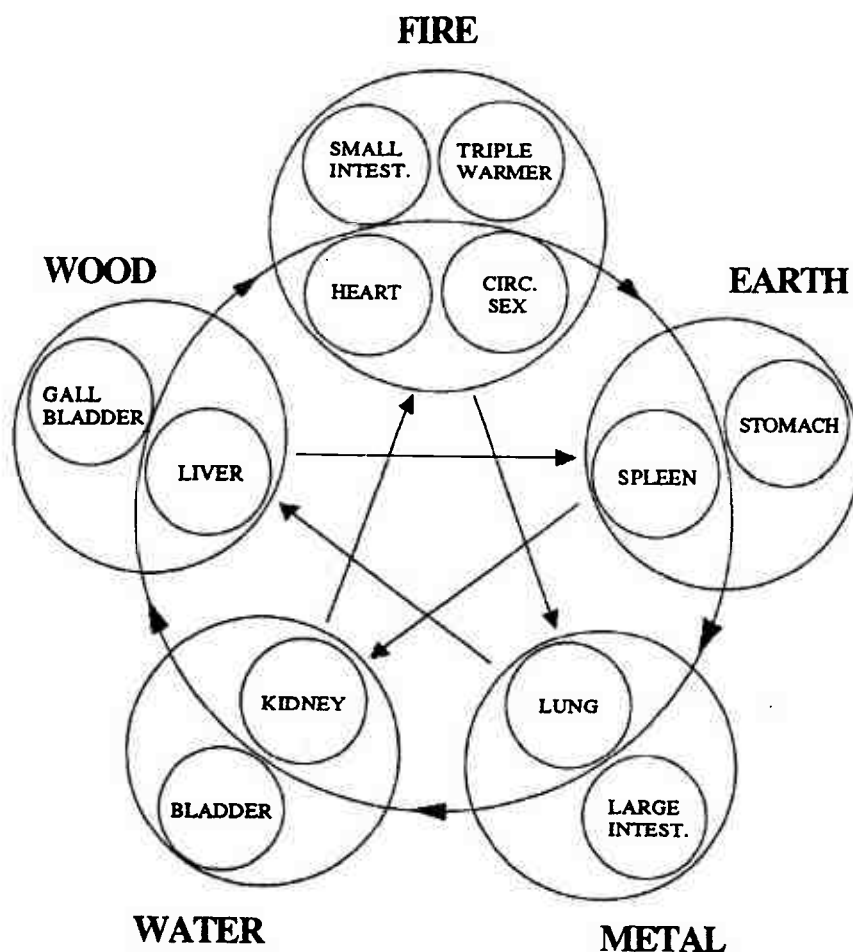
The same law applies to the energy absorption of meridians. While one meridian absorbs the most energy, the one directly opposite in time absorbs the least.

TO FIND THE PRIORITY MUSCLE/MERIDIAN ON THE FIVE ELEMENTS

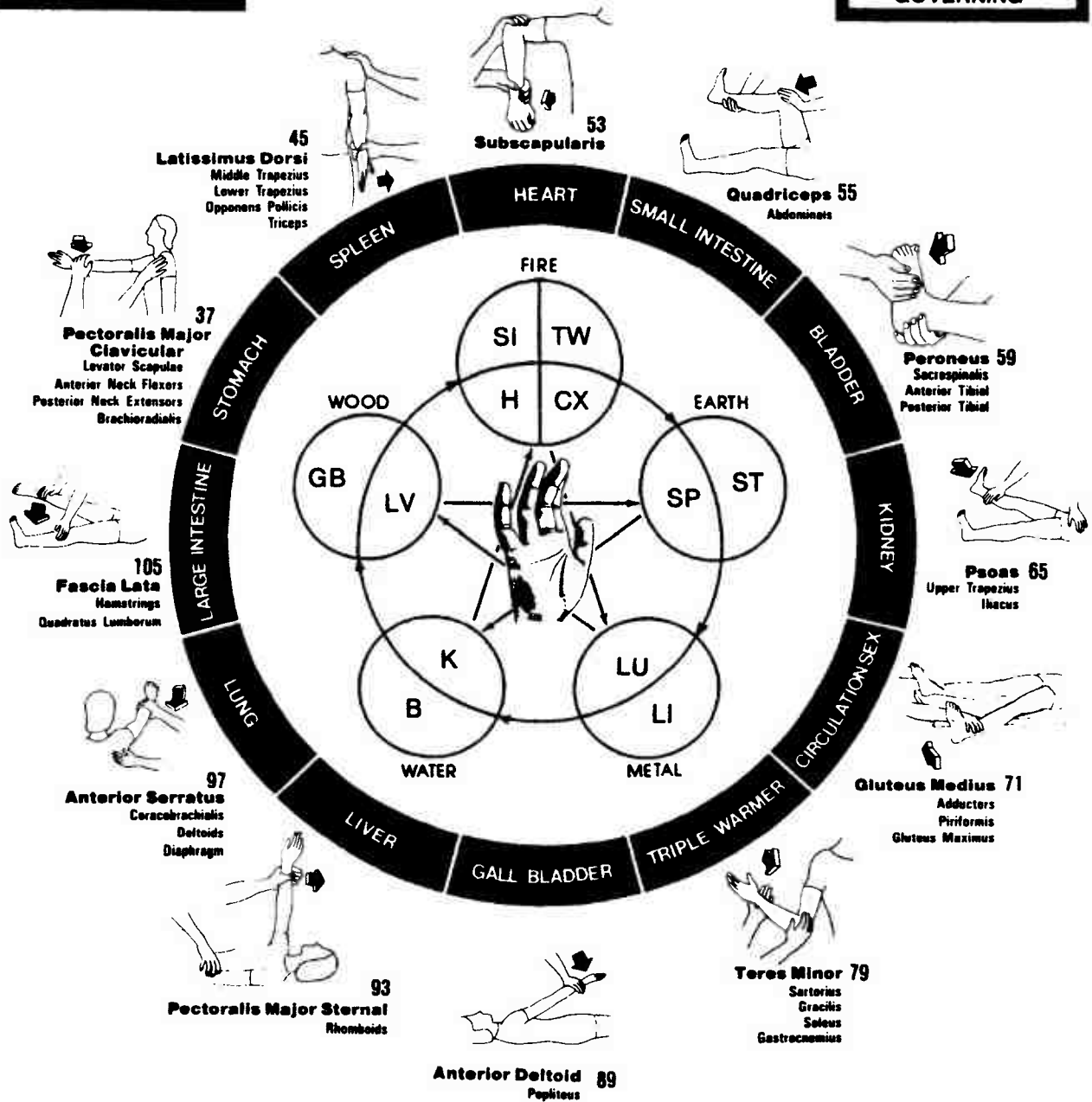
1. **Look at the yin under energy meridians.** If no yin meridians are under energy then look at the yang under energy meridians.
2. **Find the under energy meridian closest to an over energy meridian following the flow.**

Energy flows in three directions in the Five Elements:

1. From husband to wife or wife to husband (from yang to yin or yin to yang within an element).
2. The Sheng (creation) Cycle - from yin to yin or yang to yang clockwise in a circle on the five element chart.
3. The Ko (control) Cycle - from yin to yin or yang to yang clockwise in a five pointed star on the five element chart.



Kinesiology Institute



Kinesiology Institute

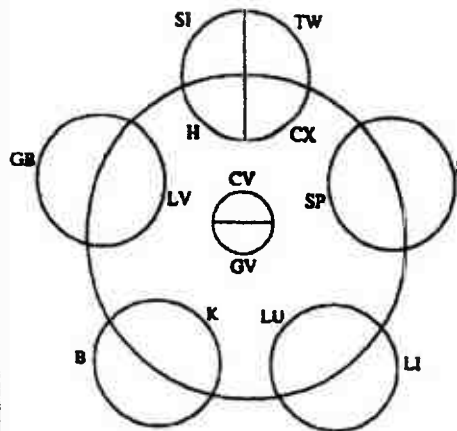
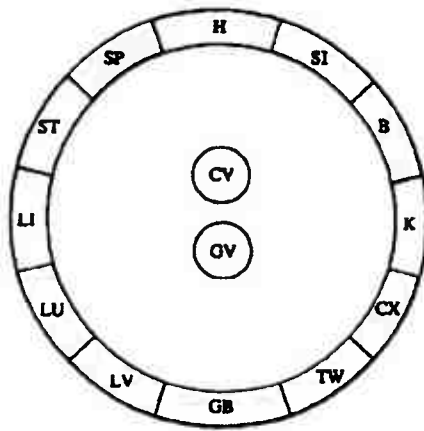
Name _____

Mark: - for under energy (weak) + for over energy (alarm point weak) ± for weak due to over energy
R for weak on right L for weak on left B for weak on both

Date: _____

Goal: _____

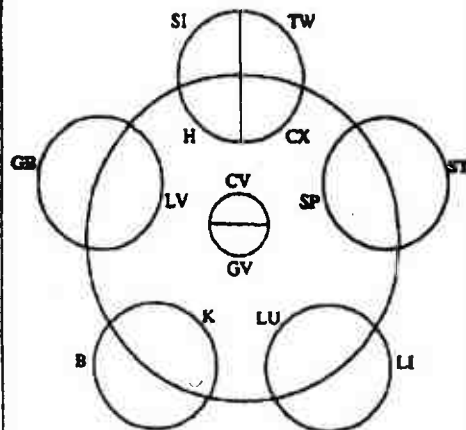
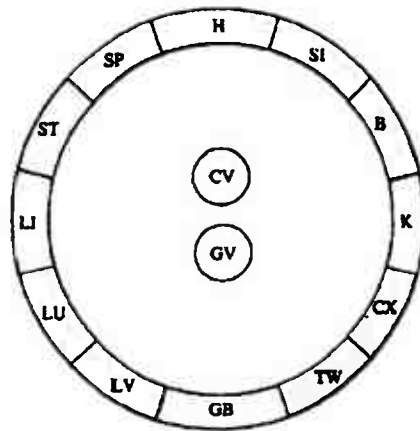
Emotion: _____



Date: _____

Goal: _____

Emotion: _____



Centering Emotional Life and Physical Body thru Touch

by Nettie Meissner

A THOUGHT FOR THE DAY

No-one can choose your mountain or tell you when to climb...

It's yours alone to challenge at your own pace and time.

By: Patricia J. Hacker-Harber

Bernie Siegel and other emotional-body advocates have stated that a mind has the power to produce and maintain illness as well as being an effective healer. Some people remain ill because at some time they have chosen to do so. The mind-prayer within us can be opened to healing, only if allowed. Because of the choice to remain ill, the healing powers within us are rejected by our energy fields. Allowing yourself to stay emotionally upset will hinder your bodily functions by causing constrictions, therefore slowly closing down the physical body.

Never let the sun go down on your wrath. This tells us that we must forgive and work at forgetting. Sleep on the problem and if you are still angry, then it is worth talking about. Some people get pure joy from making life miserable for others because they have a problem with reality. When you think about it, they are angry at themselves for being angry at others. Many major diseases have been put in remission with a combination of physical and emotional release. The emotional link is to forgive and use prayer as the strengthening hand.

Much research has been done by Walter L. Weston, D.Min. about how we can get caught up in a destructive emotional state. Studies have been done showing that twelve to eighteen months prior to an onset of major illness, a tragedy usually occurred and the person has not let go. Normally much rage and resentment (divorce, death, being left alone) still burning within will break down the immune system and now the major problem has developed. Along with the treatments, Dr. Weston has counseled many people into remission. It normally holds as long as you let go and let God. When you are ill, this is the time not harbor any ill, try to let go and remember that your life has to change. Diet and exercise, a sense of re-evaluation of who

you are, where to go, and a plan to get there is of major importance.

The late Dr. Christopher believed to cure an illness using God's natural methods was the way. Before his death, he taught Dr. Richard Schulze everything he could think of about how nature with her cleansing ability can cure with the help of herbs. Dr. Schulze with his world wide knowledge of herbs and how to mix and apply them has helped many people thru major illnesses. One of the more important things he talks about is why herbs and vitamins don't work. Here are a few reasons why herbs don't work. Other countries do not have the regulations we do, and toxic waste dumps will burn next to the fields of herbs. Bales of herbs are sprayed before leaving the ship, and then we fumigate and irradiate herbs because of our laws for cleansing. What does one do? Most tinctures have little, if any product in it.

Make your own tinctures by soaking the proper herbs in proper alcohol, starting on the new moon to the full moon, 14 day cycle. A bitter tincture should be BITTER, to make you shrug your shoulders. Read, look and learn from many books and any other source to help you to make the real thing. To get well, we have to take back herbalism from the herbal companies and take the responsibility for our own health. Doctors are to help us when we can no longer help ourselves.

In this fast pace world today we have moved away from touch because some have abused it. Touch can be like a sweet elixir dripping from the top of the head and seeping thru every inch of our body. It is like the kiss of the sun, the breath of fresh clean air, the taste of water on our tongue. Now you know why all things work together and no one thing is all in itself. Reflexology, Touch for Health, Spiritual Guidance, Herbs, Diet, and

Meditation are only a few of the important needs.

To help you reunite your mind-body, use this meditation as an example;

Sit comfortably, feet flat on the ground, (floor) hands on lap open and facing up. Close your eyes and listen carefully, let the white light from the sky come down and surround you gently, now let the yellow of the sun's energy come down through your soft spot in the head and let the warmth roll around in your brain to energize and heal the stress as it moves down through your ears and neck onto the stressful shoulders. As you look in your minds eye to the blue sky above with its peace and tranquility, the yellow sun has reeked through your whole body and peace and healing has relaxed the spine. The green of the grass has started its rich energy up your toes, into your legs, and you feel the security of its healing. By grounding the feet into nature, your energy will drain and seep into the earth and the earth will replenish with good energy and peace. Now that you have been nourished with the clarity of the white light, blue peace of the sky, yellow

rich energy of the sun, and the green peace of nature, it is time to come back to reality. Relax a moment and then open your eyes. At any time of confusion in your life, dash back to the moment of peace and tranquility for breath of freshness.

Learning to center emotional life with physical body thru touch can take a few moments or minutes. Learn and practice, for this can be the great escape. Megatrends, states, "the more high tech, the more high touch is needed."

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Kinesiology and Resolving Trauma

by Mary Louise Muller, M.Ed., RPP, LMT

Kinesiology is one of the great gifts that has been given to me this lifetime. I remember life pre and post kinesiology. When I learned Touch for Health in 1977, I loved the sense of strengthening muscles and new balance and vitality coming into the body. I then went on to learn polarity therapy and held kinesiology in the background until I learned Edu-K in 1987. This time the power of balances was even more pronounced, for more emotional and mental aspects were being addressed in this new system. I began to believe kinesiology could balance anything and everything.

In 1992, after having taken the full trainings in Edu-K™, Three In One Concepts™ and the new PKP, I felt ready to tackle the world. I was having amazing results with both my clients and myself. Then along came my frozen shoulder which I was sure would be gone in just a wink of an eye. Then I began to think it might take a little more than that.

The frozen shoulder became my teacher. I did my usual helpful things, both by myself and with other practitioners, and it got worse- and worse- and worse. This was a puzzle to me. I eventually was introduced to a man named Peter Levine who specialized in **trauma resolution**. After a few sessions with Peter, everything turned around and I was in the process of slowly getting better- and better- and better.

The main thing I learned from Peter was that **trauma patterns** need to be addressed with an understanding of trauma. Things that might be helpful with other patterns may actually aggravate them. They already have a tendency to move quickly and spiral. Processes that do not know how to pace and provide containment may actually drive a trauma pattern deeper and create retraumatization.

A **trauma pattern** may be identified by three main characteristics. The person is in a state of hypervigilance, helplessness and disassociation.

Hypervigilance- Usually when you speak with them, they talk rapidly, the mind is obsessed. The hypervigilance is a state of arousal from which the person has never recovered. Usually it is connected with a perpetual state of fear that has been unable to be resolved which perpetuates the sense of vigilance.

Helplessness- The person feels like no one can help. This sense of powerlessness is related to being overwhelmed in the trauma situation and unable to meet the challenge. Not all traumatic experiences leave a person traumatized. The traumatization comes from being overwhelmed by the trauma. When we triumph over a challenge, it may empower us.

Disassociation- They have difficulty staying present and in the body. A natural defense when overwhelmed is to disassociate. This saves us from experiencing the intensity of the brutality of many traumas and thereby helps us survive.

As we work with people who have unresolved trauma reactions and they begin to heal, they regain the ability to be more present vs. disassociated, more powerful vs. helpless and more peaceful vs. hypervigilant. I call these the three P's- **Peace, Power and Presence**.

Hypervigilant, helpless and not fully in the body may sound like many of the people who come to your office. As kinesiologists, we often have people come to us who have tried many other options before arriving on our doorstep. Also, things are not black and white. There are shades of holding trauma patterns and ways that it is combined and intertwined with other issues like developmental and physiological problems. Here are some basic rules in dealing with trauma type patterns.

1. Make sure the person is in a space where there is a sense of personal resources for the ability to heal. What are the strengths that enabled them to survive,

and what strengths brought them to your office? What does the person like about his or herself? What are the external resources available- friends, family, professionals? If the sense of inner or outer resources is not strong, this must be developed before working with trauma related patterns. If they are in a traumatized state when they come, do "first aid" and help them calm down and come to a place where they can begin to find resources.

2. Do not trust muscle biofeedback answers to questions that are leading, highly charged in nature or to which you expect answers to determine exactly what happened. Stay within a balance system and know that some answers and issues are metaphorical. Also know that within a trauma issue, the system *overcouples* aspects of one experience with other aspects of that experience and with other experiences. There is no clear "memory" like a tape recorded message. There is a blur of things taped over each other and interwoven. The client may have a birth issue, overcoupled with a fall and a separate loss of a relationship.

Because of the sense of hyperagitation, the client may feel unclear within and ask you to find the answers. Help the client to come to his or her own state of clarity. We often hear of people who become absurdly over-dependent on muscle testing biofeedback. These people are commonly in an unresolved trauma state and unable to settle to find the clear answers within.

3. Physiological and biological completion is the key. Do not think that "uncovering the truth" will solve the issue. Rather than, "The truth shall set you free", "Physiological completion will set you free." Part of the trauma pattern is to go over and over things in the mind and even when answers come, a sense of confusion remains. The nervous system is so agitated that the body wants to know why it's agitated and from what to protect itself.

The past is over. The person is now safe. When the nervous system relaxes through physiological completion, the obsessive sense of questioning melts away and the person is

able to be more with what is now and what needs healing. Slowly a deep clear sense of what is true for that person will emerge.

Let's look at what we mean by "physiological completion". When the body has a life-threatening experience and the nervous system goes into the tremendously charged state needed for fight, flight or freeze, it must also diffuse this charge through the fighting, fleeing or dissipation after the trauma time is over. The nervous system then returns to a level of function that is calm and ready. The parasympathetic and the sympathetic nervous systems then have the possibility of full response from ground zero.

When the hyperaroused nervous system response is not given the space to process and dissipate, the parasympathetic comes up to override the agitation, but the base of that agitation level is always there.

Peter Levine uses great video examples of what happens in nature when he shows scenes from a television show called "Great Escapes". A rabbit escapes the chase of a coyote. This may be an everyday occurrence in that rabbit's life. As the rabbit becomes aware that he has outrun the coyote, his leaps takes on a quality of joy and exuberance. He runs out the charge in the nervous system. A possum coming out of a freeze response shows a gradual shaking, trembling and changes in coloration as the nervous system dissipates the great charge that has held the creature frozen.

As I think about the human clients I've worked with, I remember shaking and trembling coming out years after the trauma which created the charge in the system. That charge has been in a holding pattern which may have been expressed as symptoms over the years. Now that the person finally has sufficient safety and resources, the charge is able to come out of the holding pattern and allow settling in the nervous system and movement of energy.

4. Work in a way that helps to contain the clients process, so they may move through things gradually and in bite-sized pieces. Peter Levine calls this *titration*. Trauma situations have called for

drastic and intense body responses that then often become tied up in unresolved holding patterns that now need to resolve slowly and gently. Rapid and intense release may retraumatize and give the system another layer that it cannot process. Kinesiology is often helpful in both resourcing and prioritizing so that the person is able to take on the pieces they are ready and able to digest.

Peter talks about the field in which the healing of trauma patterns can take place. The client must have a sense of safety, containment and resources. As a kinesiologist, notice how you can provide these.

1. Safety- Notice what makes people feel safe. Create an environment in your office that feels comforting and beautiful. Hold your own inner balance of peace, calm and power. You are creating and holding a field that gives the client a sense of your support and inner strength which then can join with the client's support and inner strength to be highly resourcing. Individual clients may have specific needs. One may need to know that the door is nearby. Another may need to know that there is privacy. Watch and listen and ask them about a sense of safety.

2. Containment- Help clients to speak slowly and to take one piece at a time. Touch them when they need physical contact or comforting to help contain things. You are creating and holding a container that gives clients a sense of limits and boundaries. You are giving a sense of being held or cradled so that when intense work moves through, there is support in containing the process.

3. Resources- Help clients to appreciate the inner strengths that got them through the trauma and that they have currently. Help them tune in to their inner knowing, their self trust, their self love, their specific empowering qualities. Help them to acknowledge external resources that helped them at the time of the trauma and help them currently- their friends, family, professional support, nature, spiritual connection.

After learning Peter Levine's work, I wasn't sure how to integrate it into my practice, so I put SE (Somatic Experiencing™) in my balance menu and got powerful results whenever it came up. SE helps increase practitioner focus and awareness through tracking the client's process. The practitioner helps the client to increase awareness and ability to process through learning to be with his or her own felt sense. Creating the field of containment, safety and resource is essential to the healing process if the client is going to sense the ability to reach within and touch the very deep hurts and traumas. Understanding the process of holding and releasing trauma patterns is essential to the ability to help the client process. SE is a very powerful and simple healing tool.

It dawned on me one day that the SE work itself might be more effective if the client was "switched on" for the skills necessary to process trauma. It was even possible that clients would be unable to process and might be stuck in ways if they were not "switched on". I made a check list of resource skills that a person needs, in order to be able to move through the healing of an unresolved trauma pattern.

This list may be used with any form of kinesiology balance. As a pre-check, use muscle biofeedback to find out which aspects are "switched off". You may use further muscle biofeedback, personal noticing and awareness for any individual resource skill. For example, with something like grounding, you might have the person notice their connection with the earth. Sense where the body feels grounded and where it doesn't.

Use your favorite system or balance menu to "switch on" these skills. Anchor the shift by muscle checking the response again. Now the possibility of the system healing a pattern that has previously been unable to be processed is greatly enhanced.

Client Resource Skills for Trauma Resolution

based on the work of Peter Levine, Franklyn Sills and Mary Louise Muller

Creative Self Regulation	Uncoupling of overcoupled
Physiological completion and recovery	Uncouple fear from immobility
Process shock	Expansion- lengthening- decompression- physical, mental, emotional
Nervous System- balance between sympathetic and parasympathetic	Sense of flow- time- continuity
Proprioception- sense of self in space- centering	Containment- management of titration- structuring pieces
Vestibular response- balance centers	Safety- heart protector
Eye movement	Spirit connection- curiosity- motivation- wonderment
Discharge/charge- diffuse- hold- regulate charge	Restore energetic systems- Tibetan eights- clear energy cysts
Return to mobility- orienting/defensive response - intentional movement	Resource- External resource - Internal resource
Grounding- embodiment	Personal fulcrums - Grounding- Centering- Observer viewpoint- Clear reflection- Resourcing image of self- Boundaries
Come out of collapse- restore fullness	Repattern- renegotiate
Limbic brain function- emotional mediation- reticular activating system	Archetype- movement- posture- image
Reconnect undercoupled- Reassociation- Recompression- Reintegration	

Reference:

Levine, Peter, *Waking the Tiger: How the Body Heals Trauma*, Ergos Institute, Lyons, Colorado, 1995

Book and course information is available
through Pacific Distributing:
39582 Via Temprano, Murrieta, CA 92563,
USA Phone and FAX 909-677-0652

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Getting Clients for Kinesiology

by Marguerite Murray

I have a good sized practice in Wisconsin which has been the sole support of my family for the last ten years. There are ways to get clients easily. I want to share some of the things that have worked for me and some that haven't.

The things that have not worked are ads in the newspaper and flyers to attract clients. I believe these haven't worked because Kinesiology is a new field, and no one knows what it is, let alone what it can do. The things that have worked well are word of mouth, networking and demonstrations. Word of mouth and networking topics for another paper, but can be developed through the way you treat your clients. This paper will address how to do a demonstration that will bring you clients.

There are two things that you will communicate in your demonstration:

1. Kinesiology is a credible science.
2. Kinesiology benefits and gets results

You will never say these things, but what you say and what you do communicate this in a powerful way.

A good demonstration has certain content. Use all or any of the following, knowing what you want to leave as your message:

1. A little history
2. Definitions
 - a. What is Kinesiology?
 - b. What is a muscle test?
 - c. What is a meridian?
 - d. What is a balance?
 - e. WHAT CAN IT DO FOR ME?
3. Charts and pictures
 - a. The TFH chart
 - b. The TFH book
 - c. Muscle, organ, meridian, emotion drawing
 - d. Metaphor of conscious, subconscious, body

4. Demonstrations

- a. The muscle test and how it works
- b. 14 muscle balance
- c. Simple ESR
- d. Surrogate
- e. Food testing is not a good one.
It can cause political problems.

What might you include in your history? My favorites are George Goodheart, Terry Bennett, Chapman's reflexes, Dr. Thie, the IKC and the TFH Association. You may use others. The fact they exist and what you say about them gives credibility.

What is Kinesiology?

Kinesiology is the art, the science and the philosophy of muscle testing.

As an art, it is determining how much pressure one ought to use to get the correct answer. It is not only the pressure from the tester that is considered, but also the amount of pressure that the person being tested uses to hold his muscle.

As a science, it is the position of the muscle. The muscle is in its most contracted, or most vulnerable position in order to test not only the muscle itself, but also the amount of energy it has to respond. It is also the direction that it will move to elongate it.

As a philosophy, it is many things:

1. Modern medicine looks at the person as though he were a machine. Our philosophy is that he is a multidimensional being and all his parts influence one another. He has a physical body, a mind to think and reason, he draws conclusions from his experiences, a spirit, emotions and feelings, an electrical field, a personality and maybe other things. Since this is true, all parts of his being have to be taken into account as a unit.

2. Medicine says we use only 2% of our brain. They draw that conclusion because they

can only see the machine part. They are correct in a sense. Perhaps it is better stated that we use only 2% of our intelligence in the conscious mind in present time. The other 98% is hidden in the subconscious mind (the individuals interpretations of what happened to them in the past) and the body (The inherited memories) We now have the tool in the muscle test to access these parts of a persons intelligence.

Our philosophy should be closer to the second way of thinking. This way of thinking allows for our wording that we are asking the body (in reality, it is the body-subconscious). It also allows for the spiritual dimension of man without trying to make a religion out of Kinesiology.

This philosophy also would put the responsibility on the individual for his own health since he is the only one who had the answers. However, this responsibility is not conscious or psychology, religion and other such disciplines would have us all perfect by now. They have gathered a mountain of beautiful techniques for explaining what happened to us. Their problem is that they cannot access the part of the intelligence where these are trapped. Kinesiology can

This explains the responsibility of the Kinesiologist. Since the individual is the person with the information, we must not influence it with our belief systems or our attitudes. We have to be as pure as possible in our intention to get the best retrieval of the clients information. We should taint him as little as possible with our beliefs. This is how both of us as a unit will get the best results.

3. In our philosophy, we believe that each meridian is associated with several muscles, a particular emotion or issue, and an organ or gland and its function. Therefore, when we test a muscle, we automatically are testing the function, the emotion, and how the meridian is giving energy to this system. We cannot separate these although we can approach them from only one angle. (Physical, emotional, social, educational, etc.) This is why there are different Kinesiologies.

4. Even though our spiritual dimension is connected to a higher being, it is a mistake to try to include religion of any kind in the philosophy of Kinesiology. Man, by his individual belief systems about religion, takes this ability away from us. It frightens the individual when we talk about God because he is afraid that we are going to try to change his belief systems. This is where we have to be very careful to demonstrate the working of our responsibility to the client if we want him to trust us enough to return for more balances. It also can cause disagreements with the client which leaves us vulnerable to lawsuits.

How would you define a muscle test? I define it as slow gentle pressure against a muscle that is held in its most vulnerable position. It is a perfect biofeedback tool. Its purpose is to gather information from the subconscious mind from the past and the body mind which holds inherited information. It also gets the cooperation of the body since it involves the body in the communication loop. It is accurate according to the beliefs of the individual which makes the answers subjective and allow the person to remain in charge of his process.

A muscle test not only tells us about the ability of the muscle to work, it also gives us information about the meridian, the function and the organ it associates with. It can tell what stresses us and what gives us strength. This definition gives the muscle test credibility, especially if used in connection with a demonstration of it that gets your hands on as many people attending as you can.

How would you define a balance? I define it as the process we go through to get results. Kinesiology gives good results. As a matter of fact, that is the scientific basis for Kinesiology. What results do you want? Your demonstrations will show results. Let the subjects of your demos give as much testimony as possible. The less you say and the more they say is the most effective.

The results are the most important part, but also the most tricky since they can also cause you to be vulnerable to lawsuits. Use your demonstrations to show the results. How can you demonstrate:

- Better memory or learning?
- Better physical performance?
- Better emotional response and feelings toward an incident?

During the demonstration, it is essential to treat your volunteers with gentleness and kindness. It is best to honor what they say with acceptance and patience. It is best to accept skepticism. It is best to answer questions with demonstrations and allow

yourself to not know the answer. It is best not to give advice, but instead frame your questions to educate. After all, you are the expert, and experts educate.

Demonstrations should have as little talk and as much action in them as is possible. You will want to be prepared with your schedule on hand. People want the results they see others have during the demonstration. They will make appointments.

Knowing How to be Legal

by Marguerite Murray

This is not a paper on avoiding lawsuits. With the overabundance of lawyers looking for work in America, and given the attitude of most people, we will always have that threat. This is how to diminish the threat by knowing who we are, how we fit into the wellness care picture, and how to make agreements. It is about making ourselves defensible if the threat arises.

We are people who use the Empirical Model of the body and the Self Responsibility Model of the personality. As this, we use kinesiology to ascertain the highest good of the person at the present moment and achieve it through muscle testing and corrections. We are people who set goals to move forward. We are people who allow the body to request the correction and honor it by teaching the person how to do it.

What is the Empirical Model and how does it differ from the Medical Model?

What we do:

Our source of knowledge is observation, experience, and results through the use of the muscle test.

We study growth and balance of life force or vital energy.

Our hypothesis is that the working of the life force is knowable through the results and muscle test..

Symptoms mean little as we honor the uniqueness of the individual.

We use subjective sources of data from the individual right now.

We believe that the individual has an energetic nature and a spiritual dimension.

We allow the body to choose from cleansing corrections, sometimes causing a healing crisis.

We define health as an internal and environmental balance.

We use Wholistic Methodology. The body is considered in all of its aspects.

The client is the authority. By pushing on muscles and listening and honoring the information we gather, we allow it to choose.

What licensed practitioners do:

Their source of knowledge is logical analysis.

They study disease entities in order to diagnose and treat.

They follow the hypothesis of the germ theory, i.e. causation.

They classify common symptoms into disease entities that should fit all.

They use objective sources of data.

They believe that the individual is material, chemical and mechanical. It can be fixed like a machine.

They use man made chemicals and medications to try to eliminate the symptoms.

They define health as the absence of disease.

They use Reductionistic Methods. The body is considered as if it were small parts.

The Doctor is the authority. He is considered to be the only one with sufficient knowledge to make proper choices.

What is the Self Responsibility Model? Many people think they are using this model when they do their balances and talk to people about Kinesiology. As I listen to them, I hear many things that would make a "would be litigator" rejoice. We have the right idea but not necessarily the right words. What are the words of the Self Responsibility model?

Therapist	Kinesiologist
Patient	Client
Resist	Tell me when you are ready
Therapy	Balance
I work on you	I work with you
I treat you	I educate you
I advise, diagnose and prescribe	I give you choice
You must, should, ought to . . .	You can choose to . . .
I know this works for . . .	Would you like to know about . . .
I tell you	Your body/subconscious tells us

Not only the words we use, but also the way we treat our clients is going to make a difference, Jerry Green JD says that legal battles arise out of disagreements. We can learn to treat our clients in an agreeable, but not artificial way. A little bit from psychology might help this.

The Hierarchy of Needs describes the most demanding need as the one NOT met with an order of importance. The important physical needs are SURVIVAL and SAFETY. These also are needed on the emotional level. What if we do not allow someone's beliefs to survive until we can correct them? What if we do not give them choice?

When we feel safe, we explore how we FIT IN that is how we think we can get our needs met for growth, love and acceptance. What if we contradict what they tell us? What if we give them advice?

When we see that we fit in (no matter how poor our interpretation), we develop SELF RESPECT and begin to work on SELF ACTUALIZATION. If we can give acceptance in the beginning, we eventually will get to this part.

Our clients want desperately to fit in. That is what they are doing using our services. That means they want us to accept them as they are. They want someone who will listen. But what if we use communication techniques

from childhood misconceptions for survival of the ego.

1. **I need attention to fit in.** So I order, direct, command, interpret, analyze, diagnose, advise, give solutions and suggest. My intention is to help. This makes me feel good, but others are not encouraged. They want to find their own answers.

2. **I need power to fit in.** So I moralize, preach, implore, nag, persuade, lecture, argue, probe, question, and interrogate. My intention is to motivate them to change. This gives me a feeling of power. Others feel helpless, frustrated and put down. They want you to feel that they are OK and these techniques say that you want them to change.

3. **If I can't get attention or power, I attempt to fit in by not fitting in. I take revenge.** I judge, criticize, disagree, blame, call names, ridicule, shame, warn, admonish and threaten. My intention is to show them how wrong they are. I may feel fulfilled, but others feel rejected, maybe even hated. Who wants to listen to this?

4. **I fit in by giving up.** I praise, agree, flatter, reassure, sympathize, console, support, distract, divert and kid. These may seem like effective techniques, but they often hide true feelings. Others recognize them as insincere, especially when they are used often.

None of these techniques are effective when used trying to be agreeable with our clients. They fail because they all show non-acceptance. If we can make our clients feel as though they fit in, even with all their faults, they are less likely to sue.

We have talked about the Self Responsibility model and how it can work to keep us legal I want to look at our most useful tool. We know that the muscle test can give us biofeedback as to what is useful for a certain person as far as goals, emotions, and corrections. If we know how to explain it and use it in our conversation, it becomes the best legal protection we can have. If we use it wrong, it can be our worst legal trap.

Many times I have seen a Kinesiologist use the muscle test to diagnose simply by what we say after the test. When we ask the body about a named disease or symptom, is it answering us on the physical level, the emotional level, or the mental level? Do we have the expertise to understand the answer? Does it represent what the person believes? There are so many questions that are hard to answer. Even if you have the credentials to diagnose, speaking in these terms is a dangerous area.

I have also seen someone who is convinced of the greatness of a supplement prescribe the supplement by using the muscle test to "prove" its value. Is it really valuable or is it

controlled by the mind of the tester. The same thing can happen when we have a strong opinion and want to give advice or show our power. The best way to avoid the danger here is to give the choice the person being tested.

Sometimes we might be working with a person. When we are finished, we assign homework. Being accustomed to the "I'm the therapist" way of speaking, we tell the client, "To help your (symptom), you should do (procedure) twice a day. This is called diagnosing and prescribing. However, we have a perfect tool to help us teach. Instead we can reframe the words to give information. It would sound like this ; "Your body is giving you information to help you make more intelligent choices. Would you like to find out how it feels about?"

This may sound like nit picking to some of you. Those of us who have had experience in the courtroom know how nit picking it can be. However, putting that aside, a better point would be that communicating under conditions where each person has equal choice improves relationships and the self esteem of both. Since we already have the muscle test as the ideal information giving tool in the Self Responsibility Model, is it not entirely consistent to want to learn to use the best communication skills to support it?

Movement and Intelligence

by Paula Oleska

Last year, when we heard from Dr. Deal that 90% of brain activity starts with proprioception, a bell went off in my head -- he confirmed something I have suspected for a long time.

Like many people in our culture, I grew up believing that thinking is the pinnacle of human activity. "I think therefore I am," said Descartes and I agreed. After all, don't all serious adults sit quietly and think? Movement is OK if you are a child, but you should grow out of it. Athletes are dumb, and dancers are airheads. The body is just a sinful appendage that has to be kept pure to be a fit vehicle for the mind/spirit, isn't it?

Then I started to study Touch For Health and something interesting happened. During my Instructors' Training in 1978, after eight days of balancing, I felt as if the top of my head had opened up and information was just pouring in. I had always been a good learner, but this was a totally new experience. I didn't have to try to focus anymore. My body seemed to know what to do often before my mind did. For instance, when "brushing" meridians, I found my hands following them quickly and smoothly before my mind could recall their names. It became a totally childlike and joyful activity. I hadn't felt like that for years. I started to suspect that because my muscles were stimulated in a new way, my brain started functioning at a new, higher level.

When I started to use TFH with others, I noticed that just balancing muscles had a profound effect on people's well being and performance. It was as if the muscles had simply forgotten how to move, and once "jogged", they would also "jog" the brain. If you teach TFH I, you may have noticed that peoples' memories get better on the second day of class, so that learning muscles becomes easier. And the memories get better still in TFH 2. Proprioceptive stimulation explains the many studies reporting improved learning scores after adding tai chi, karate or ball games to school activities. It also explains

the rather phenomenal improvements in cognitive and learning abilities reported from using Brain Gym throughout the world.

Carla Hannaford, a neurophysiologist and a faculty member of Edu-K, in her excellent book, *Smart Moves*, describes her work with a ten year old girl with brain damage and two boys, one labeled "mentally retarded" and the other one, "emotionally handicapped". The girl, Amy, "could not read, write or communicate....spoke with erratic, monosyllabic speech [and] walked with a noticeably bad limp". Carla worked with her and the two boys daily during recess, doing five minutes of Brain Gym and kicking a soccer ball. Other activities included art, story-telling and music. After two months, Amy's "mother called... amazed at [her] sudden ability to speak in sentences". After five months, Amy was reading and writing. "By the end of the school year, she was reading at close to grade level, wrote highly imaginative stories and could communicate effectively. ... Her sudden leap in ability coincided with the addition of movement to her daily experience... in the form of Brain Gym, soccer art and music. The two boys also showed remarkable progress in their academic work during that year." (pg.15-16)

When I was growing up, I read a science fiction story about a spaceship commander who falls in love with his navigator from Earth because of her beautiful voice and extraordinary intelligence. He ends up heartbroken when he finds out "she" was a brain kept in a dish in a lab. The idea of the disembodied brain seemed to fascinate both science and science fiction in the 60's and 70's.

Now we know it is physically and neurologically impossible. Antonio Damasio, the author of *Descartes' Error* and a neurology professor at the University of Iowa, states simply that the mind cannot exist without receiving input from the body. "The body contributes more than life support...to the brain. It contributes a content that is a part

and parcel of the workings of the normal mind" (pg.226). In fact, science has discovered that neurotransmitters, the chemicals the brain uses to communicate with itself, actually circulate throughout the body with the lymph and are received by almost every kind of cell. (When we stimulate neurolymphatic points in TFH, we may well be stimulating brain activity.)

What kind of input does the mind receive from the body? Dr. Paul McLean, Chief of the Laboratory of Brain Evolution and Behavior at the National Institute of Mental Health, postulates three distinct layers of the brain, each responsible for a different contribution. The first layer, the reptilian brain, which develops in the first fifteen months of life, is responsible for biological survival, controlling such functions as breathing and heart rate, and many of the reflex reactions. It receives all the sensory input, which is then sent on to other centers. Carla Hannaford says: "Nerve nets must be developed first in the reptilian brain. The rest of the brain can then know what is happening in the outer world and respond to it." (*Smart Moves*, pg.32) The reptilian brain is unemotional, but it assesses a situation to give us permission to move or it freezes action if it senses danger. This part of the brain matures through movement and sensory stimulation in a safe environment.

The next layer is the limbic brain which develops from 15 months to 4 and a half years. It is critical for learning and memory and is also the seat of imagination. This part of the brain allows us to form relationships and feel connected to the world. It also controls some of the body functions, the endocrine system and some of the fine motor coordination. The limbic brain matures when we express gross emotions, including rage or fright. This is essential to the later development of the refined emotions such as love and altruism. Antonio Damasio says: "My research has persuaded me that emotion is integral to the process of reasoning." (quoted in S.M., after Scientific American, October 1994, pg144)

The outermost layer of the brain is the neocortex, or the new mammalian brain, consisting of the right and left hemispheres. The right brain hemisphere develops from 4

1/2 to 7 years and, as we know, it processes the whole picture, concrete operations, space, image, feelings and intuition. It also synthesizes information to form new meaning.

The left hemisphere develops from 7 to 9 years, and only then do we become capable of linear logic, analysis, focus on details and perception of time. We can also start expressing ourselves more fully in language.

Ages 9 to 12 are the time for integration, when the corpus callosum develops more fully and we become capable of whole brain processing. (Of course the foundation for that development was laid much earlier, when we were crawling on all fours, at age one). Whole brain gives access to abstract thinking, our starting point, the old "pinnacle of human achievement". The role of the lower brain centers does not end with the development of the cortex. They continue to have an effect on it daily, impeding or enhancing our ability to learn and function as human beings.

We can see that it was a long journey that led to the development of this ability. And the brain has it's own timetable of development. It grows in spurts at specific ages and it is going to do it whether the previous layer achieved maturity or not. At the beginning of each stage the brain releases chemicals that "erase" the connections that have not been made permanent in the previous layer. For this reason it was once believed that if you didn't complete a certain growth phase, for example not moving or emoting when it was crucial, you missed your chance, and it was hopeless. Now, however, these deficiencies can be made up for by movement, emotional expression and sensory and proprioceptive stimulation. And TFH provides all of them!

When I look back at my experience at the TFH Instructor Training, I can see how all my brain layers were "jogged". Muscle balancing as well as other movement provided the proprioceptive stimulation, which in turn stimulated my reptilian brain. Emotional expression through laughter, love and occasional frustration activated my limbic brain. A great deal of intellectual information gave my neocortex something to do. And lots

of cross crawl provided access to my whole brain. To sum it all up: I got smarter.

Since then I have been able to observe that effect on others, especially the participants of the ITWs I have taught. People seem to learn with their bodies, retaining information even when they seem not to be paying attention. They recall information they feel they have not remembered.

So it turns out that, far from being just a simple appendage, the body provides an indispensable foundation for the mind. And I have come to believe that thinking is not "the pinnacle of human achievement", but actually

is there to direct movement. I have a good ally. The Nobel prize recipient for brain research, Roger Sperry, after years of working with the brain, also came to believe that the purpose of thinking is to provide "additional refinement, increased direction toward distant, future goals and greater overall adaptiveness and survival value."

SO LET'S MOVE!

(and DO several Intelligent Movement exercises).

The Insensitivity of Our Sensitivity

by Lorraine Osborne

I am writing this to stimulate my thoughts (and possibly yours) about the following issue: the all-too-human tendency to become so devoted to a cause or ideal that we lose perspective in smaller matters. This means that we can even act in a manner which could be seen as uncaring when, in fact, our ideal is humanitarian and loving.

We in the healing professions are as human as anyone else in this regard, and it behooves us to consider the consequences to our clients and to our own spirits as well.

Consider the incident which I heard of, when a group of practitioners were concerned with helping a young girl with a physical problem, so they had her disrobe and discussed her case in front of a group of students. She may not have minded, if she could focus on the result, but when I was a young girl I would have focused more on my embarrassment at stripping in front of a group of essential strangers, and being discussed as if I were invisible. Might it have been more effective, and possibly more healing in the long run, to have asked the young girl how she would feel about stripping like that?

Or consider in specialized kinesiology, our practice of age recession. This is an invaluable tool in the healing process, and I have had any number of clients reluctant to reveal their ages. Bruce and Joan Dewe solve this problem neatly by simply asking the persons to take themselves to the appropriate age for further healing. I find this more comfortable myself. I had just turned forty and was on the table in front of a classroom full of students, and I was asked my age. I stuttered my answer.

Many people complain of the dehumanizing of medical doctors. One of the gifts of specialized kinesiology is our ability to personalize and humanize our healing efforts through touch, empathy, and interest. And if we forget these small gifts, these small honesties and kindnesses, we are as

dehumanizing as medical doctors allegedly are.

The Bible admonishes us to be faithful in the small things, so that we can be faithful in the larger things.

If we think only of the goal--a physical balance, an emotional clearing, or whatever--and lose our faithfulness in the small things, our goal, if and when we reach it, will be muddled and stained.

Let me give you an example of faithfulness in small things. Jesus was told that Lazarus was very ill, and instead of going to him as He was begged to do, He stayed where He was for a while. When He finally got to Lazarus' home, Lazarus had died. And Jesus wept. He wept! Then He raised Lazarus from the dead. Now, I have heard it argued that Jesus lagged in going because He knew He was going to raise Lazarus from the dead. I take a different view. I believe that Jesus was faithful in the small things--should I go? should I stay? and when He got to Lazarus and found him dead, His heart was touched and He wept, before He knew He would perform the miracle. How else to explain the weeping? I believe the display of emotion was genuine.

I learned a lot of useful things from Rosalyn Bruyere of the Healing Light Center in Glendale, California. She told of the time she had been ordained as a minister, and was shocked to discover that her brother, who had meanwhile made millions in real estate, had advanced spiritually as much as she had. Are we in danger of falling behind spiritually if we lose our perspective in the small things? I believe we are. If we focus only on the larger goal, we become Machiavellian, wherein the end justifies the means.

Another example: there is much New Age talk about our "lessons" in life. Everything, it seems, has to teach a lesson. And although this may be true, it is all too easy to eschew compassion toward ourselves and others and focus on the lesson. I have been confronted

with this more than once. I had an auto accident ten years ago and a friend called me in the hospital and, after a short chat, asked me what my lesson was. I was stunned. Compassion would have been better received. My answer, by the way, was that my lesson was to give thanks to God in all things.

And again, when my roommate Frank Mahony died, I was appalled at some of the lack of sensitivity in otherwise sensitive specialized kinesiologists. One of them asked me what my lesson was, by virtue of my having been his roommate. Beyond having to pay more rent, I have no idea of my lesson, although possibly there was one. Another practitioner noted that if Frank had tested certain points, he would still be alive! Can't people just die? We have no monopoly on immortality, do we?

Rosalyn Bruyere also noted the error in imposing our pathology on our students and clients. We cannot assume that the end is more important than the means to them. Our path is probably not their's, even if the goal is the same. In the same vein, Rosalyn said never to ask the body "why?" as the only logical answer will be, "I don't know. I just lived my life." This allows for the sacredness and humanity of individual choices.

It is also very New Age to insist that every action is excusable. In an ultimate sense, this may be true. However, on a human scale it becomes more difficult to see. There is talk of the difference between a sin and a mistake, sin being eternally punishable by God and a mistake being simply an error in thinking, innocently made. I believe there are actions and thoughts which, although maybe not eternally punishable, do violate the innate sense we have of right and wrong. C.S.

Lewis writes of this innate sense in *Mere Christianity*: "Whenever you find a man who says he does not believe in a real Right and Wrong, you will find the same man going back on this a moment later. He may break his promise to you, but if you try breaking one to him he will be complaining 'It's not fair' before you can say Jack Robinson." If this is true, and I believe it is, then our small lapses add up for or against our spirits on a daily basis.

Last, I would like to talk about Oswald Chambers' interpretation of the story of Abraham and Isaac in the Bible. Abraham interpreted God's command as meaning he had to sacrifice his beloved son Isaac. And, though pained, he was willing to do it. At the last minute, an angel ordered him to stop. Chambers points out, correctly I believe, that Abraham was not as fanatic or a devotee of his convictions, or he would have said that the angel was of the devil and gone ahead and killed his son.

Without losing sight of our honorable goals I (and perhaps some of you as well) need to pay attention to the small details of our existence, so that when the angel appears we will not misinterpret the message.

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Hidden Levels of Muscle Unbalance which Limit the Access to the Information of the Human Biological Computer

by Maurizio Piva

The purpose of the following material is to allow the Kinesiology practitioner to understand the tested muscle reaction during muscle monitoring, and to try to understand what caused it to find the most suitable balance.

The test used at IKSEN (Institute of Specialized Kinesiology and Naturopathy) is the one used in Three-In-One and Applied Physiology, i.e. the test performed with the muscle in the contracted and extended position. According to this research, during the test in contraction or facilitation, the indicator muscle can be found in 7 states or conditions. These 7 conditions can be also found when we evaluate the extended muscle.

In the following paper I am going to describe only how to evaluate the muscle state when it is in a contracted position. We must not forget that every single state can be called in a different name according to the various schools of Kinesiology.

7 Muscle Conditions when tested in contraction (see figure 1).

A) Hyperfrozen

In this case the muscle tends to remain in its state of maximum contraction and shows an unbalanced, rather excessive tone. The kinesiological test is difficult to apply.

B) Frozen

The muscle is not inhibited when we challenge in sedation the spindle cells or the Golgi tendon.

C) Hypertonic

The muscle is inhibited when we challenge in sedation, but shows an irregular inhibition pattern, as if blocked.

D) Tonic

The muscle can resist pressure during muscle monitoring and is inhibited when the appropriate techniques are used.

E) Hypotonic

The muscle can hold the test position, but is inhibited when pressure is applied.

F) Atonic

The muscle can hardly hold the test position for a longer period; this is evident when it has to work against gravity. In an atonic muscle during muscle test you will feel a slight resistance.

G) Flaccid

The muscle cannot perform the proper movement. It is not possible therefore to perform the muscle test.

While the states A and G show a disease with often hardly irreversible damage, all the other conditions are commonly found during muscle testing.

Most of the times when a muscle is in an unbalanced state, one of its antagonists is in the opposite unbalanced state. For example an hypotonic agonist shall correspond to an hypertonic antagonist. We have identified 4 of these states which are shown in the diagram from number 1 to 5. In some cases, traumas, infirmities or neurological states can lead to an extreme unbalance (e.g. a flaccid agonist with an hyperfrozen antagonist) or to a similar condition of agonist and antagonist (both atonic, for instance). We have listed 8 of these states which are described in the diagram from number 14 to 21 (fig.4).

In the third diagram we find a series of totally different states, so called states with an abnormal basic tone. These states happen when the body or part of it adjusts itself to a higher or lower level, which becomes the normal standard of reference. We are talking

of a totally hypertonic area or of a hypertonic person, to give an example (fig.5). This adjustment is sometimes so subtle that a muscle resulting frozen with a normal nervous input, can now result normal with kinesiological tests on spindle cells or the Golgi tendon. Sometimes a different response can be perceived, but you need a great sensitivity to notice it and often this is not enough either.

When we do not correct a person or an area with an abnormal state, a whole spectrum of information might never be seen through muscle biofeedback. Practically our computer (the muscle) receives only that part of information which is closer to the state to which the body has adjusted itself. The correction will thus be beneficial, but will work to balance a state which remains outside normal values. Any agonist-antagonist relations in abnormal states are described in the diagram with number 6 to 13 (fig.3).

To emphasize the unbalances between agonist and antagonist we use some main meridians points. Since they have an electromagnetic charge, they transmit via channels which can access some circuits more easily than other systems or body organisms based on more physical reactions. This allows us to gather information which might otherwise be missed. Dr.Sheldon Deal taught me the points of the first diagram in 1991. The other points and research were developed afterwards.

The material is an extract from the lessons on Kinesiology basic aspects which are held within the professional course at the IKSEN. I believe however that this presentation will provide enough information for you to apply these techniques in your kinesiological balancing procedures.

MEMORANDUM

Points to use when the person or the basic tone of treated area are normal (common signals)

When a muscle is hypertonic it is inhibited by C.L. K27, on the same side of the body and can be treated with the same point.

When a muscle is frozen it is inhibited by C.L. K10 on the same side of the body and can be treated with the same point.

When a muscle is inhibited and has a frozen antagonist, it gets stronger by C.L. L8 on the same side of the body and can be treated with the same point.

K12 is a point acting for all three above points and can be treated for all 3 cases.

Points to use when the person or the area are affected by neurological, traumatic states or infirmities.

When one or more muscles or all muscles of the body tend to get inhibited easily, even after normal correction, C.L. L.I.16 on the same side of the body. Check if stimulation of L.I.16 is a priority and is enough to make the correction. If not, pause-lock L.C. : of L.I.16 and perform D.D. to find the correction.

When one or more muscles or all muscles of the body tend to freeze easily and frequently, even after normal corrections, C.L. K25.

If the IM is inhibited, check if the stimulation of this point is a priority and is enough to make the correction. If not, C.L. K25 and perform D.D. to find the correction.

When a muscle is hypertonic and does not respond to normal C.L. of K27, C.L. with finger and hand corresponding to the same electromagnetic charge of that side of the body. If we obtain an indicator change, there is an hypertonic antagonist muscle. Correct by challenging K27 with finger and hand with the opposite electromagnetic charge.

When a muscle is frozen and does not respond to normal C.L. of K10, C.L. with finger and hand corresponding to the same electromagnetic charge of that side of the body. If we have an indicator change, there is a frozen antagonist. Correct by challenging R10 with finger and hand with the opposite electromagnetic charge.

Points to use when the person or one of his parts of the body show an abnormal state.

To emphasize an hypotonic basic tone of an area o person, use Sp.16.

To emphasize an hypertonic basic tone of an area o person, use GB23.

To emphasize a frozen basic tone, use K20.

The points can be used as corrections, when they are kinesiologically a priority, or, once we have detected the type of unbalance, pause-locked to emphasize the most suitable correction.

Generally speaking we can understand when a person is in an abnormal state, since the muscles do not react to the acupuncture points

described in the previous 2 categories, however not always are there unbalances which lead us to reveal such states. In other words, the general state of the person or area can be hypertonic and the muscle can react normally. Therefore it is useful to check these points when in doubt, when the results are not satisfactory or when the client shows some of the signs listed in the column "possible causes".

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One Brain, Gordon Stokes and Daniel Whiteside, 3210 West ,Burbank Blvd, suite A, Burbank, CA, 91505 USA,

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Fig.1 MUSCLE STATES

---	--	-	0	+	++	+++
Flacid	Atonic	Hypotonic	Tonic	Hypertonic	Frozen	Hyperfrozen

Fig.5 MUSCLE STATE

---	--	-	0	+	++	+++
Basic state of person or area						

Flacid	Atonic	Hypotonic	Tonic	Frozen	Hyperfrozen
	Hypotonic	Normal	Hypertonic	Frozen	Hyperfrozen
		Hypertonic			
	Atonic		Hypotonic	Normal	

Fig.2 MORE OR LESS COMMON CORRELATIONS BETWEEN AGONIST AND ANTAGONIST MUSCLES
The person or the body area have a normal basic tone

Agonist	Antagonist	Frequency	Possible causes	Kinesiologicial evidence	Possible intervention
1. Atonic	Frozen	Frequent	defense reaction, tension, joint unbalance, incorrect joint activity, traumas, unbalance between 2 meridians	The muscle results weak at MT: it becomes strong with L.C. L.8 on the same side of the body	strengthen the agonist, challenge L.8 or K12, isometric correction in test direction of agonist muscle. Maintain always the same pushing plane and slightly change the vector
2.Hypotonic	Hypertonic	Very frequent	Postural or meridian unbalance, inadequate muscle activity, partial dislocation or compression of spinal segmentation	The muscle results weak when tested and becomes strong touching K12 homolaterally	Work with agonist, if necessary tapping on alarm points of antagonist or challenge K27 on the same side of antagonist while touching it
3. Tonic	Tonic	Normal	Homeostasis	The muscle is strong	Not necessary
4. Hypertonic	Hypotonic	Very frequent	As point 2	The strong muscle weakens touching K27 or K12 or its homolateral AP; or it does not weaken by stroking downwards on C.V	Tapping on AP of agonist or stimulation of K27 or R12 on the same side of muscle. The reinforcement of hypotonic antagonist is often useful
5. Frozen	Atonic	frequent	as point 1	The strong muscle weakens with C.L. K10	Challenge K10 or K12, isometric correction in opposite direction to agonist test. Slightly change vector keeping the same pushing plane. Reinforce the antagonist.

Fig.3 THE PERSON OR THE BODY AREA HAVE AN ABNORMAL BASIC TONE

Agonist	Antagonist	Frequency	Possible causes	Kinesiological evidence	Possible intervention
6. Hypotonic	Hypertrophen (hypertonic basic tone)	rare	diffused evident tension in a specific area; overactivity, hypertension	The muscle is weak when tested and gets stronger touching GB23	Reduce causes of tension stimulate GB23
7. Tonic	Frozen (hypertonic basic tone)	rare	General state of tension	The muscle is strong when tested and gets weak with C.L. on GB23	Reduce causes of tension
8. Hypertrophen	Hypotonic (hypertonic basic tone)	rare	as point 6	The strong muscle weakens touching GB23	see point 6
9. Frozen	Tonic (hypertonic basic tone)	rare	as point 7	The muscle results strong when tested and weakens with C.L. GB23	Reduce causes of tension
10. Hypertonic	Hypertrophen (frozen basic tone)	occasional	temporary state of strong tension, that might become chronic in certain areas (eg. periarthritis s.o.) locked organs	The muscle is strong when tested and weakens with C.L. K20; it does not weaken when stroking downwards on V.C.	try to relax the specific area challenge K20
11. Hypertrophen	Hypertonic (frozen basic tone)	occasional	as point 10	The strong muscle weakens with C.L. K20	See point 10
12. Atonic	Tonic (hypotonic basic tone)	rare	general or specific asthenia of one or more body areas	The muscle is weak; it gets strong with L.C. Sp16	find the cause of the general or specific amyotonia and correct challenge Sp16
13. Tonic	Atonic (hypotonic basic tone)	rare	as point 12	The strong muscle becomes stronger with C.L. Sp 16	As point 12

Fig.4 THE PERSON OR THE AREA ARE AFFECTED BY NEUROLOGICAL, TRAUMATIC STATES OR INFIRMITY

Agonist	Antagonist	Associated diseases and frequency	Possible causes	Kinesiologic evidence	Possible intervention
14. Flaccid	Flaccid	Coma, Tetraplegia Paraplegia	Traumas, accidents	Not possible	
15. Flaccid	Hyperfrozen	Stroke Hemiparesis	Stress, accentuated homolaterality, circulation problems	Not possible	Cross-crawl exercises stress reduction, adequate nutrition, rehabilitation
16. Atonic	Atonic	Occasional traumas	Fractures, prosthesis	Difficult	proprioceptive rehab., nutrition
17. Hypotonic	Hypotonic	Occasional	disease, convalescence, lack of activity, liver disease, toxicity, reduced absorption or assimilation, hypotension, meridian unbalance	The muscle is weak, it gets strong on L.1.16	Gradual recovery of activity, fresh air. Detoxifying nutrition, antioxidants, euphetics, circulation activators stimulation of L.1.16
18. Hypertonic	Hypertonic	Occasional	Traumas, weak areas defence, tension, toxicity especially large intestine	The strong muscle weakens touching K27 on K12 with a positive finger for right hand towards right side and the same and with a negative finger for left of left hand to the left	Touch of negative finger K27 of right and K12 of left hand Use right hand for right side and the same and with a negative finger for left.
19. Frozen	Frozen	Occasional	Defence state of an area, complete blockage	The strong muscle weakens touching K10 on K12 with the positive finger of right hand to the right or viceversa	Touch of negative finger K10 on K12 of right and K12 of left hand
20. Hyperfrozen	Hyperfrozen	CNS diseases, muscular dystrophy, Parkinson	holding intense anger	Strong LM weakens with C. L. of K25	Emotional work with nutritional intake (antioxidants)
21. Hyperfrozen	Flaccid	Stroke Hemiparesis	as point 2	not possible	As point 15

Useful Muscle References for the Touch for Health Book

by Donald Plant

Abstract. A useful shortcut to finding other muscles involved with any muscle being tested is found under Functions/Indications. This paper shows how you can get the most from this valuable feature.

A useful shortcut to finding other muscles involved with any muscle being tested is found under Functions/Indications. This paper shows how you can get the most from this valuable feature.

These references are accurate and very useful in problem situations. Let's use this example:

The Abdominals are not responding well to strengthening procedures. The paragraph on page 56, left column, mid page, refers to nine other muscles that may need strengthening, before the Abdominals will finally stay strong.

To use this reference, read to the first muscle listed, search for the page by muscle name, check the information, and test that muscle. Then go back to page 56, find the paragraph, read thru to the next muscle, repeat the search, and test. Do this for each of the muscles shown.

Sure enough, one or more of the muscles mentioned had proven to be weak. And, after strengthening, yes, the Abdominals stayed strong.

Having used them often, I thought, these references are really great! Why is this not taught in the Touch For Health Synthesis.

Analyzing my own use, I always lost my place in the paragraph since nothing in it seemed to stand out. And, finding a page by muscle name, always took me longer than finding it by page number.

The references were too good to ignore. To overcome these problems, I typed out a line-by-line listing, and pasted it into my Touch for Health Book. This is the format used for the new "Muscle Reference List":

The first line states the PAGE NUMBER to which it is pasted. (Usually there is room somewhere in that leftmost column)

Each following line lists one PAGE NUMBER and a MUSCLE to check. (The sequence is maintained exactly as originally printed.)

Now to work on Abdominals that won't strengthen, I check the LIST of nine muscles, with their pages. (It is pasted into column 3 of Pg 56) I glance at this list, see the PAGE, the MUSCLE, and know where I am. Even though I remember the muscle and the technique, it is useful to share the information with a client or student. The newer student may not yet have learned how to test all muscles, but he can rub Neuro Lymphatics for the other muscles, before retesting the problem muscle.

So, here are the lists. They can be photo copied, cut out, and pasted in, if you too want an easier way of using these valuable references.

For further information contact: Donald Plant 1406 Hall Mines Road NELSON, BC, V1L-1G7 604-352-5858 (250-352-5858 after Oct 19/96)

TFH 1 Ref. On indicated page, apply to leftmost column having space

(Pg 32) Also check:
191 Deltoids
67 Upper Trapezius
91 Popliteus
37 Pec Major Clavicular
93 Pec Major Sternal

(Pg 52) Also check
57 Abdominals
55 Quadriceps
33 Supraspinatus
65 Psoas

(Pg 64) Also check
105 Fascia Lata
67 Upper Trapezius

(Pg 88) Also check
99 Coracobrachialis
91 Popliteus
102 Deltoids
93 Pec Major Sternal

(Pg 104) Also check
73 Adductors
55 Quadriceps

(Pg 36) Also check:
45 Latissimus Dorsi
93 Pec Major Sternal
91 Popliteus
57 Abdominals
81 Sartorius

(Pg 54) Also check
61 Sacrospinalis
57 Abdominals
101 Hamstrings
91 Popliteus

(Pg 70) Also check
65 Psoas
105 Fascia Lata

(Pg 92) Also check
89 Anterior Deltoid
91 Popliteus

(Pg 44) Also check:
67 Upper Trapezius
51 Triceps
81 Sartorius
83 Gracilis
37 Pec Major Clavicular

(Pg 58) Also check
61 Sacrospinalis
75 Piriformis

(pg 78) Also Check
47 Trapezius
95 Rhomboids

(Pg 96) Also check
101 Deltoids
99 Coracobrachialis
103 Diaphragm

(pg 34) Teres Major
Indications:
See Page 126
Difficulty placing
hands behind back.

Touch For Health International Journal, 1996

TFH 2-3 Ref. On indicated page, apply to leftmost column having space

(Pg 38) Also check:
95 Rhomboids
41 Neck muscles
35 Teres Major
79 Teres Minor
37 Pec Maj Clavicular
45 Latissimus Dorsi

(Pg 50) Also check:
45 Latissimus Dorsi
95 Rhomboids
39 Levator Scapulae

(Pg 62) Also check:
61 Sacrospinalis
59 Peroneus
65 Psoas

(Pg 76) Also check:
73 Adductors
75 Piriformis
41 Neck muscles

(Pg 84) Also check:
37 Pec Maj Clavicular
41 Neck muscles
45 Latissimus Dorsi
51 Triceps
73 Adductors
81 Sartorius
83 Gracilis
87 Gastrocnemius

(Pg 86) Also check:
85 Soleus
81 Sartorius
83 Gracilis
37 Pec Maj Clavicular
41 Neck Muscles
45 Latissimus Dorsi
73 Adductors
51 triceps

(Pg 100) Also check:
35 Teres Major
33 Supraspinatus
37 Pec Maj Clavicular
93 Pec Maj Sternal

(Pg 40) Also check:
37 Pec Maj Clavicular
81 Sartorius
83 Gracilis
85 Soleus
87 Gastrocnemius

(Pg 60) Also check:
57 Abdominals
55 Quadriceps
107 Hamstrings
63 Ant. Tibials
59 Peroneus
77 Gluteus Maximus

(Pg 72) Also check:
105 Fascia Lata
107 Hamstrings

(Pg 80) Also check:
73 Adductors
41 Neck muscles
85 Soleus
87 Gastrocnemius
83 Gracilis
45 Latissimus Dorsi
37 Pec Maj Clavicular
If Hand/Foot Swelling
Also check:
65 Psoas
61 Sacrospinalis
59 Peroneus
63 Ant. Tibials

(Pg 90) Also check:
89 Anterior Deltoid
55 Quadriceps
93 Pec Maj Sternal

Pg 98) Also check:
97 Ant. Serratus
101 Deltoids
103 Diaphragm

(Pg 102) Also check:
79 Teres Minor
65 Psoas
57 Abdominals
41 Neck muscles

(Pg 46) Also check:
97 Anterior Serratus
95 Rhomboids
37 Pec Maj Clavicular

(Pg 56) Also check:
61 Sacrospinalis
55 Quadriceps
107 Hamstrings
65 Psoas
45 Latissimus Dorsi
103 Diaphragm
77 Gluteus Maximus
37 & 93 Pectorals
71 Gluteus Medius
77 Gluteus Maximus

(Pg 74) Also check:
107 Hamstrings
71 Gluteus Medius
73 Adductors

(Pg 82) Also check:
73 Adductors
41 Neck muscles
85 Soleus
87 Gastrocnemius
81 Sartorius
45 Latissimus Dorsi
107 Hamstrings
37 Pec Maj Clavicular
If hand/foot Swelling
Also check:
65 Psoas
61 Sacrospinalis
59 Peroneus
63 Ant. Tibials

(Pg 94) Also check:
39 Levator Scapulae
89 Anterior Serratus
47 Trapezius
89 Anterior Deltoid
45 Latissimus Dorsi

(Pg 106) Also check:
45 Latissimus Dorsi
37 Pec Maj Clavicular
57 Abdominals
61 Sacrospinalis
73 Adductors
55 Quadriceps

Balancing by Alarm Points

by Donald Plant

Abstract. A quick and easy balancing is done by using the Alarm Points to both find the Over Energy, and then to reduce it.

Basic TOUCH FOR HEALTH techniques find the weak muscles, then apply appropriate corrections to strengthen the associated meridian, thus bringing about the desired balance in both muscle and meridian.

In STRESS RELEASE MAKE EASY, one technique has us find the dominant brain hemisphere, and associated Over Energy meridians. Temporal tapping and positive affirmations produces a balanced state.

Balancing by Alarm Points

- 1st. Test an Alarm Point to check for an Over Energy Meridian.
- 2nd Tap the Alarm Point to reduce and balance that energy.

The Specifics

(Some steps may be optional at times.)

1. Preliminary: Switch On, Pretest, Balance Central/Governing.
2. Have your client state the balancing goal or desired situation, and immediately place his feet and legs apart to "Lock It In".
3. Tap the thymus.
4. Test an Indicator Muscle to determine the Dominant Hemisphere.
 - a) Count by two's and test.
(Weak = Dominant L brain)
 - b) Hum a tune and test.
(Weak = Dominant R brain)
5. When L brain is dominant, test each Bilateral Alarm Point.
When R brain is dominant, test each Midline Alarm Point.
When an Alarm Point shows Over Energy, (tests weak), tap it.
Retest. The tapping should have balanced that meridian.

6. Repeat steps 3, 4, and 5 as may be needed.

The TOUCH FOR HEALTH book, on page 122, shows the location of each Bilateral, and each Midline Alarm Point, with the exception of the

Governing, (found above the center of the top lip), and the

Central, (found below the center of the lower lip).

Advantages in Balancing by Alarm Points

1. Alarm Point locations are not hard to remember.
2. Testing Alarm Points with one Indicator Muscle is simple, especially if circumstances make customary testing difficult.
3. Tapping that same Alarm Point for balancing is quick and easy, and the gentle tapping is well tolerated by most people.
4. By testing the brain hemispheres first, we cut in half the number of meridians that must be tested and corrected.

Occasionally one meridian may prove stubborn, or you may desire to bring in your own favorite techniques to round out the balancing. Finger modes, (and other specialties), can be incorporated also.

This method has proven effective with pain, problems with posture, emotional stress, and for desensitizing. (In this latter case, the sensitive substance is used rather than a balancing goal.)

Why not give it a try?

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How to Captivate a Crowd with Kinesiology

by Sharon Promislow

Kinesiologists have wonderful skills to offer the private and public sectors as Professional Development speakers and change agents. We must simply confidently package, present and market our skills to varying audiences, using languaging accepted in the corporate world. A number of our basic kinesiology teaching strategies are easily adapted to make a maximum impact on large numbers of people in a minimum of time. Our intention must still remain to facilitate intimate personal insight and process for each participant, but we must do it in a way that widens our emphasis from individual skill building to a group experience.

I explore five "gotta haves" - the 'What?', 'Why?', 'How?', 'Who?', 'When and Where?' of effective presenting- in detail in *Express Expression: How to Quickly Tailor a Presentation to any Crowd*, Brain Gym Journal, Volume IX, Number 3, Dec. 1995/Jan. 1996 (Ref. 1). Today's journal article focuses and expands upon the HOW of it - colorful and dramatic demonstrations from kinesiology that capture a crowd's imagination every time.

The first step to powerful presenting is to remember that an effective presentation is a process involving:

A. (A GOAL) You must enroll the group's interest by having them identify a personal benefit from the information you are about to share. This can be as simple as brainstorming what positive outcomes people want in relation to your topic, and what blocks they feel they will encounter on the path to that goal. What would bring you happiness or fulfillment...? What's stopping you from achieving it? How would your life be improved if _____ was easy for you?

B. (PREAMACTIVITY) You must whet their expectation that they will feel a difference before the end of the session/presentation. Perhaps a quick exploration of the stress response in each person's life: You will take them through a process of Noticing (Ref 2)

how their mind/body reacts to the goal, so they see how the physical body reacts to stress.

C. (RE-EDUCATION) You teach some balancing activities with supporting theory. Depending on the time you have, the re-education can be as simple as drinking water, cross crawl and Positive Points®. From there on, you can add other Brain Gyms®, or techniques as you choose.

D. (POST ACTIVITY) You have them notice the difference in their own bodies when they once again consider their issue. Make them recognize they are getting and feeling better. Make them "get" and experience the Brain Body Connection. Have them commit to use what they have learned in their lives, by setting an action plan to take home.

In my handbook, *The Top Ten Stress Relasers*, I have created a number of good group insight processes, including Goal setting, How to handle personal stressors, and a page on Taking Action. If you do not make people commit to consciously do something different in their lives after they leave you, you will not have achieved the impact that is possible with even a short presentation.

When we present to the general public, no matter what the topic, we are re-educating their neural response to stress in four basic areas: electromagnetic balancing, emotional stress release, brain/body integration, and sensory integration. The following are suggestions for fun group demonstrations and involvement in each of these areas.

☐ Electromagnetic Balancers

Buy an **Energy Ball** from any nature and science store to demonstrate to your group the reality of Energy flow through the individual's body and group energy. When a number of participants touch to form a circle, while two people touch the diodes on the ball, the ball lights and makes noise. When anyone

in the circuit breaks their connection, the ball shuts off. Have the group play at breaking the circuit, and then reconnecting. This is a very dramatic way of demonstrating that the body energy and circuitry we are talking about is tangible.

Consider using **Biodots** - an inexpensive stress biofeedback tool that I hand out at the beginning of stress management seminars, so participants can track changes between stressed and unstressed states, and can notice the physiological difference in their body reactions after they do the balancing activities we teach them. The little body temperature sensitive dots are placed between the thumb & index finger. They are available from Biodot International, P.O. Box 2246, Indianapolis, In. 46206 Tel: 1-800 272-2340.

□ Emotional Stress Release

Let the group experience at least one physical process where they can dramatically feel the difference our processes make. To demonstrate the power of Emotional Stress Release, I like to have people stand up, extend an arm forward, and swivel at the waist and visually mark the spot of maximum rotation. Then I have them hold positive points and imagine having the flexibility to rotate like a pretzel. They then do a post check - rotate again and notice their very extended range of motion. Wow!

□ Brain/Body Balancers

Those of us with Touch for Health training can find a volunteer to demonstrate the switching off of neck muscles as a cause of **Tension Headaches**, and how they switch on again with rubbing appropriate points and/or using Positive Points and Hookups.

The other demo I often use is to explain **Spindle Cells**, and have the group sedate their quadricep muscle where they sit, by pinching the belly of the thigh muscle, and pushing down to show the muscle is low gear and releases. I then have them turn the quad on again by pushing apart in the belly of the muscle and pushing the top of their leg again, to show the muscle is now high gear and firm. It's a grounded, physiological, real way of having them FEEL the concept of the

communication between the brain and the muscles, and that they can easily control it! Presenters need a good, fast, fun, hands-on demonstration of brain/body communication to excite a professional crowd, without needing to introduce traditional muscle checking. I teach Cross Crawl or Cross Patterning as an effective brain/body organizer.

Those who choose to go the route of demonstrating actual muscle checking would do well to use the model used by Dr. Jerry Teplitz, where in demo you ask for three people to volunteer from the audience. Ask the first person to resist as hard as he/she can, and weaken the arm by zipping down the meridian. Then demonstrate power of negative thought by having the second person think of something positive and then something negative. Have the third person say aloud "Yes" and "No" to demonstrate the power of language. Dr. Teplitz invites up anyone in the audience who thinks he is manipulating the demonstration through pressure. He then uses a pressure gauge to prove he is pushing even lighter when the arm is switched off or low gear.

He then invites anyone up who believes it is the power of suggestion, and has them close their eyes as he runs their meridian, and proves he gets the same results. He also demonstrates the effect of different types of music, and of fluorescent light. He then invites everyone in the hall to get up, get a partner, and experience the muscle check for themselves, following his instructions. This is very effective in breaking through a large group's belief system, and gets participants up and muscle checking quickly. I have participated with Dr. Teplitz several times in rallies of over 300 realtors, and was impressed with the fact that only a few people wouldn't participate, and there was enthusiasm and acceptance from the vast majority within half an hour. (Ref 3)

As I am basically presenting Stress Management, Goal Setting, Enhanced Learning and Professional Development presentations - not emphasizing food sensitivity or body work - I personally choose not to get a group involved in traditional muscle checking unless I have over three

hours, and even then more often choose to stick to Noticing, which I find an exceptionally powerful educational tool. It takes longer than a few hours to become a proficient muscle checker, and people can become accomplished noticers in less than 10 minutes.

☐ **Sensory Integrators**

Have the whole group experience the following Noticing pre-checks for eyes and ears: invite everyone to slowly and sensitively notice differences in range of motion and subtle muscle tension, either standing or sitting, as you talk the group through the following:

For Eyes:

- ☐ Have group experience an optical illusion to notice their ease of negative and positive perception
- ☐ Have everyone look eyes left, right, up, down, and straight ahead
- ☐ Cover or close right eye r Cover or close left eye
- ☐ Track with eyes 20 times, checking for skipping
- ☐ Look hand to wall
- ☐ Wave at sides near ears (peripheral vision)
- ☐ Read aloud
- ☐ Read silently

Follow the pre-checks with teaching of visual integrators such as Lazy Eights for Eyes from Brain Gym® (Ref 4) or Eye Points from Basic One Brain. After balancing, go to a postcheck: repeat all preactivities and have the group notice the differences.

For Ears

- ☐ Turn head to right and listen
- ☐ Turn head to left and listen
- ☐ Block right ear and listen
- ☐ Block left ear and listen
- ☐ Read aloud
- ☐ Repeat these numbers (or words)- about 7 of them - after me (short term memory)
- ☐ What you had for breakfast, your route to work this morning etc (recent memory)

- ☐ Your favorite toy as a child, or where you were born etc. (long term memory)
- ☐ Math (Add 3 and 5) and spelling (Spell a simple word)

Follow the pre-checks with rubbing of ears and other auditory integrating activities that you choose to teach, then go to a post check to have group notice the difference.

For Writing and the Kinesiological response

Have whole group do traditional Edu-K and/or One Brain prechecks for writing, and teach Alphabet Eights from Brain Gym® or Basic One Brain activities or other sources of knowledge depending on your certification. Obviously muscle checking would provide more profound results for all sensory prechecks, but it is amazing how people will start to notice very sophisticated and subtle differences when given the invitation to do so.

In summary:

Hopefully your interest has been whetted for the further development of your presentation skills and your possibilities as a professional speaker. As a preview of coming attractions, here is a summary of some of the most important concepts for you to consider :

Every presentation is a process for participants, with a goal, noticing how the body/mind responds, reeducation and noticing the difference in mind/body response. Always complete the personal process, and have people notice the difference and make a commitment to use what you've taught in their lives! Utilize the principles of accelerated learning: use novelty; create many beginnings and ends to help memory (no talking for longer than 20 minutes tops without audience movement and process!); honor and stimulate all of the seven intelligences; use visuals for your own confidence and to assist visual learners; use music. Always involve the audience - get participation via brainstorming, or questions or partnering. Always relate the topic back to the individual's experience. Make sure you use Brain Gym® or movement to provide breaks. If it is comfortable for you, dare to be an entertainer with humor and props. No matter how professional your

group, they would rather be amused than bored! Speak from your heart and caring, and you will be received on that level. Relax, be yourself and have fun, and success is sure to follow!

References:

1. For a reprint of this article send a self addressed envelope and \$1. to Enhanced Learning & Integration, 3584 Rockview Place, West Vancouver, B.C., Can. V7V 3H3

2. A key concept in Edu-K, The Noticing process is also explained in detail in *The Top 10 Stress Relasers*, p.29.

3. For further information contact Jerry Teplitz Enterprises, Inc., 219 53rd Street, Virginia Beach, Va 23451 1-800-777-3529

4 All Brain Gym® references are to *Brain Gym®*, Dennison & Dennison, 1986 Edu-Kinesthetics Inc., Ventura, Cal. Tel: (805) 650-3303, and processes from Educational Kinesiology.

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The Ultimate Healer

by: Dr. Jim Reid

Everyone in the healing profession will tell you that God is the Ultimate Healer. The Practitioner, whatever his/her medium is only a facilitator. The scripture says that God has given people "Gifts of Healings." The interesting thing about this is that many of the people who have been given these gifts don't know that they have them. I have devised a non-threatening way to tap into that great healing potential in a way that even the person contributing the most to the healing process won't know it. This can be done with any group of people. I would expect with this group our results should be nothing less than spectacular.

How many of you present have a pain, injury or illness? Please put a number on it on a scale of 1 to 10.

How many 8 to 10's do we have?

How many 6 to 8's do we have?

How many 4 to 6's do we have?

How many 2 to 4's do we have?

How many 0 to 1's do we have?

Now let's arrange ourselves into a great figure 8. Please be seated in a chair as part of this 8 because we will be here awhile. Please also write down the number of your pain. Illness or injury on a piece of paper and keep it on your person somewhere.

Get as comfortable as you can, loosen your neckties, etc. Rub your hands together and join hands. In the 8 where the two lines cross, be sure that the two lines do not touch each other. With the soles of your feet on the floor, close your eyes and see a three. Take a deep breath and see another kind of three. Now let us do three twos, and then three ones. You are now in alpha state. I will count backward from ten to zero. As I do, you will go deeper into alpha. Any distractions will only help to enhance your alpha awareness.

The alpha state is the state of K-N-O-W-I-N-G. You are now a part of a great healing circle. Feel the incredible pulse surging through us. Now for those of you who have bone problems, the next few minutes are yours. Everyone visualize orange. For those of you with disease or injury we will visualize green. Now those of you who need orange, continue to take in orange. For those of you who need yellow, you continue to take in yellow. For those of you who need green, you continue to take in green. We will do this for 30 minutes.

Now everyone break the circle and clap your hands. We are giving God praise for our healing and for using us to heal others. Now how many of you who had pains before, still have them?

Please tell us what happened to you during our healing circle.

Introduction to the Organ Energy Synthesis as a Way of Understanding the Triad of Health and the Nature of Imbalances

by Allen R. Schmitt-Gordon, Ph.D. and LaVonne E. Schmitt-Gordon, R.N., M.S.

Abstract. It has been known for a long time that health can be viewed as a balance between structural, mental and chemical factors, the so-called "Triad of Health." Beyond this, however, a framework for understanding this triad does not seem to exist. This paper introduces the Organ Energy System Synthesis as such a framework by describing some of the relationships between organ system physiology, structural component, and mental or emotional states. It is essential for understanding why imbalances are created and for achieving, maintaining and improving balance in the triad.

Introduction

A substantial number of years ago, when one of us (A.R.S-G) studied and taught physiology, it was very exciting to learn about and convey how our bodies worked. However, over time, I started to become aware of the possibility that perhaps there was more to this than the experimental sciences would allow. Our bodies could not be understood by taking them apart, studying the pieces, and the putting them back together again.

One of the topics on which I lectured was pulmonary physiology. For years I covered the material from in a strictly didactic manner, until a close friend had severe pulmonary edema. From a physiological point of view, this meant that there would be increased pulmonary stiffness resulting in an increased work of breathing. Further, there would be an impairment to gas exchange resulting in hypoxemia. What wasn't part of this formula, was what my friend was feeling, which was panic and anxiety. While I could relate in part to what my friend was feeling from times when I was under water and feeling a need to breathe, I was bothered by the inadequacy of the physiological descriptions. To simply pass over this as the need to breathe seemed much too glib a dismissal.

It is our assertion that there are interrelationships between the basic physiology of the various organ systems in our bodies and what we think and feel, how we act, and in general the ways in which we manifest in the world around in as well as how we perceive things. This is just another

way of saying we come as a complete package and not a collection of pieces. In order to get at some of these interrelationships, we will have to look at things in a somewhat different way than we might ordinarily be accustomed. Therefore, we will examine some of the basic physiology of some of the organs. However, we must be careful to not get lost in the details and become like the proverbial scientist who, learns more and more about less and less until he finally knows everything about nothing. We don't want to lose sight of the forest, for the trees.

The Organ Energy System Concept

There are many organizational systems for studying our bodies. One system with which we are perhaps most familiar is the anatomically based structure of western physiology: cardiovascular system, gastrointestinal system, nervous system, etc. While this approach has its value, it, like everything else, is limited. For the purposes of this discussion, we will adopt a functional perspective for the purposes of this discussion with little regard for the anatomical groupings. Functionally, all organisms are required to take food and air into their bodies. We can generalize this to say food and air are part of the overall experiences that an organism must take in and process. This is not such a farfetched idea, since our language (English) is replete with phrases such as needing to digest a lecture, an inspirational talk, not being able to stomach an experience, etc., which seems to connect much of our experiences with bodily functions. Thus, in some functional way, experiences that we take in, like food, water, air, interactions with

other people, gazing at a work of art, etc., are processed by common systems in our bodies. This is not too far removed from what Traditional Chinese Medicine has to teach us.

Examination of the kinds of experience that we take in shows that there are just two kinds: those that need a great deal of processing, such as eating a high protein meal, like a steak, and those that don't require any, such as air. Using what we might call air experiences and steak experiences as starting points, we will take a brief look at how these experiences are processed in the body.

Air is taken in by the lungs and the oxygen in the air, diffuses across a very thin membrane from the air space in the lungs to the blood. Aside from the muscular energy required to inhale, the movement of oxygen into the blood is passive and requires no additional energy expenditure by the body. The blood is pumped around to the cells and once again, the oxygen moves passively from the blood into the cell, where it can be utilized. In other words, the body does not have to do anything to the oxygen to utilize it.

In contrast, when we eat a heavy meal, we must chew the food into small pieces and then expose it to some very potent agents which break it down into its molecular components. The transport of these components into the blood from the intestinal lumen also requires energy expenditure by the body. In other words, the so-called steak experience must be very heavily processed before it can be used by the body.

We can see that all of our experiences can be grouped into these two categories. The inspirational talk which leaves us feeling high right after we hear it, or the very detailed technical lecture or book, over which we must ponder for many hours before we can make sense of it, are prime examples of these types of experiences.

The two organ systems that would seem to be most closely related to these kinds of experiences are the lung and the stomach, at least on the level of air and steak. However, to include all kinds of steak experiences, be it food or a lecture, we are extending the reference to stomach and lung organs to

systems that are inclusive of these kinds of experiences. Thus, the stomach organ energy system would include the stomach organ as well as all those other functions and systems that are required to begin the processing of steak experiences.

Examination of the basic physiology of the stomach reveals that the primary function of the stomach is to contain the food that has just been ingested. It does only minimal processing of that food. Rather, it slowly passes the food to the small intestine for digestion and absorption. So, in an extended sense, the stomach organ energy system is the body's input system that takes in and contains experiences that require processing by the body to be useful.

The essence of the nature of the stomach organ energy system can be seen in the actions of the one-celled organism, the amoeba. In order to eat, the amoeba extends pseudopod and surrounds its prey. As the prey becomes engulfed, the pseudopods merge together to form a vacuole (or primitive stomach) in which the prey is contained for digestion and absorption.

We can compare our arms to the pseudopod that brings something into us, either for the purposes of eating or for embracing. This suggests that there is, at least, a primitive relationship between the stomach and certain behaviors. Furthermore, many of the muscles that are used for this process of embracing are related in Touch For Health and Applied Kinesiology to the stomach or lung meridians. Thus the act or process of taking something (or someone) in, has a structural component that seems to have a relationship to the stomach.

We can also see this relationship in a different way, especially if we confuse the kind of experience we really want. Consider the following scenario: you go out for the evening to be with friends. However, it turns out to be a bust and you come home and find yourself in front of an open refrigerator.

From the perspective taken here, the person going out for the evening is looking to be filled up with emotional nourishment (emotional sweets?). In its place, the person

substitutes being filled up with food (possibly sweets). This kind of behavior is easy to understand if we consider that both kinds of experiences are processed by the same organ energy systems and not separate systems. Of course, the substitution is not complete. There may be only a partial satisfaction gained from eating when what one really wants is emotional sustenance. But such is the nature of the cause of imbalances.

The physiology of the stomach enables us to eat meals. The stomach then slowly sends food to the small intestine for digestion and absorption, a process that cannot occur quickly. The stomach regulates this process. What this means is that we are freed up from this process do not have to be engaged in activities which might rightly be akin to grazing. For this to occur properly, the stomach and other systems have to be in balance. However, in the case of gastrectomy, where the stomach is surgically excised, the person is required to eat small, frequent meals. Thus, the person must expend a great deal of energy concerning food.

If we extrapolate this to what we see around us, it would seem that some kind of imbalance in the stomach system is quite prevalent. It seems to us that there is a great deal of preoccupation with food, either with eating, preparation, or thinking about it.

On other levels, imbalances are generally related to how or what a person takes things in. On one hand, since the stomach is not primarily involved with digestive processes, it is by nature relatively non-discriminatory about what it contains, except for the most toxic of substances. This discrimination is done by the small intestine. In other words, we are capable of taking in and containing all kinds of experiences for our bodies to process. It is up to the small intestine function to separate out what is useful or potentially useful and pass the rest on to the large intestine for elimination. However, in imbalanced states, this process may occur prior to actually taking in the experience, such as the child, labeled a fussy eater, who refuses to eat certain foods without tasting them or even smelling them; or the defensive person refuses to experience something or take something in. In either case, the person

or child can take on a myriad of defensive behaviors, some or all of which can be related to the muscles related to the stomach.

We know that the neck muscles are connected to the stomach. The child may turn his head or clamp his mouth tight. Folding ones arms, something that requires many of stomach related muscles, is also a form of defensive behavior and a refusal to take something in. It also common to see men with overdeveloped pectoralis muscles (which we also know are related to stomach) posturing in a kind of chest beating behavior that may convey a message of: "... you can't touch me..." or "...I can take it..."

Applicability To Touch For Health

We have introduced the Organ Energy System framework as a means of understanding the issues underlying imbalances. While it would be impossible to directly apply the information given here because of the brevity of this report which limited us to introducing this framework through a description of just one system. To be an effective tool, a more complete description of all of the systems would, of course, be necessary. It is our hopes that this discussion has demonstrated some of the possibilities.

For example, when we balance a client or student or are in need of balancing ourselves, we often find recurrent patterns of muscle weaknesses and balancing techniques. By understanding some of the underlying physiological and psychological themes associated with the different systems it is often possible to get a handle on an in-depth balancing strategy and begin to unravel some of the causative issues underlying the imbalances. Through the process of communication that takes place with hands-on muscle testing we often gain insights into the person with whom we are working. By comparing the pattern of imbalances with structural or postural imbalances along with information that the person provides us, we can ask questions that might point more in the direction of the issues or even suggest possible balancing strategies which can be then tested off the person's body. In this way, we can improve the person's long term

balance and gain improved strategies for living.

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Energy

by Jimmy Scott, PhD

In our Kinesiology work we routinely speak of "energy". Yet, how often do we stop to consider what energy is, where it comes from, or why it exists. In our training do we learn anything more of energy than some vague idea that it comes from "Oriental Medicine"? Are we taught that the energy only flows through the meridians, or do we learn that the energy also flows through the tissues? Are we taught that different types of kinesiological "corrections" actually affect different aspects of the energy flow through our bodies and some are not even "corrections" at all? Do we learn that some procedures are able to effect more different changes in the energy system than others, and, therefore, are more powerful procedures? These and other questions are addressed by this presentation.

Introduction to Energy Concepts

There are two aspects to the Health Kinesiology (HK) energy model: the nature of energy itself, and the ability of living beings to use energy. There is evidence that our universe offers an inexhaustible supply of energy, and that living beings have the capacity to tap that energy directly. There is also evidence that there are two aspects to the human ability to tap this vast energy supply: one is automatic and unconscious, the other is affected by consciousness. As you use HK you will notice that some of your work deals exclusively with the more unconscious, mechanical use of energy, while other corrections deal with the emotions and beliefs that interfere with optimal energy use and well-being.

About Energy

*The spirit of the valley never dies.
This is called the mysterious female.
The gateway of the mysterious female
Is called the root of heaven and earth.
Dimly visible, it seems as if it were there,
Yet use will never drain it.*

Tao Te Ching, verse VI,
translated by D. C. Lau

This passage from the Tao Te Ching, an ancient Chinese Taoist text, depicts the nature of chi. In HK Foundation Level I we briefly considered the Chinese concept of chi, the essential, universal life-energy that underlies all of physical reality. Chi, represented by the outer circle of the yin/yang symbol, is imperceptible and indivisible. It is only when chi manifests as the constantly changing duality of yin and yang that it becomes real to us. Let's expand on our concept of energy.

We refer to a paper by physicist Thomas Bearden, entitled *The Final Secret of Free Energy*. The paper is a fascinating combination of layman's prose and technical mathematics. In the forward he says, "Nearly everything fundamental that we've been taught about [electromagnetic] energy is wrong or incomplete. Even the definition of energy in physics is wrong!...The Creator has always given us bountiful free electrical energy, everywhere, easily and readily for the simple taking. It has only been our own blindness and folly that have prevented us from seeing and using this free energy bounty."

How do you define the word energy? As heat, light, movement, vitality? Tom Bearden points out that energy is traditionally mis-defined as the capacity to do work. He explains, "work is correctly defined as the dissipation (disordering, scattering) of energy (order). The scattering of energy is work. It is not energy! That is, energy is not definable as its own scattering!"

Infolded within the *mysterious female* of the *Tao Te Ching*, within what Westerners call *empty space*, the *vacuum*, is an infinite supply of energy. Why don't we see or feel or hear it? Because the infinite energy is in a perfect, static balance of opposing forces. It's like an isometric exercise: two equal forces opposing each other head-on, giving the appearance of nothing happening. Tom Bearden describes it as, two waves [that] are in-phase spatially, but 180 degrees out of phase in time. The wave is made of photons, and the antiwave is

made of antiphotons... Empty "spacetime" is filled with an incredibly intense flux of virtual particles. *Energy is any ordering, either static or dynamic, in the virtual particle flux of vacuum* [italics ours]... 'Potential' is any ordering, either static or dynamic, in the virtual particle flux of vacuum...Energy and potential are identically the same....Energy has the capacity to do work; that is one of its attributes. But energy is the ordering in the virtual particle flux. (Electromagnetic energy is any ordering, either static or dynamic, in the virtual photon flux of vacuum.)

So what's the difference between the Taoist description of the *mysterious female* and Tom Bearden's *empty spacetime*? They seem to be the same phenomenon, but from a different point of view. The Eastern teachings strive to teach individuals to gain personal, spiritual mastery. Master the self, and you will find you have also mastered the world around you. The Western scientist strives to gain mechanical, technical mastery over the environment. Maybe the only real difference between the Eastern and Western viewpoints is in how the physical body is perceived. In the East, mastering the environment begins with mastering one's own body and mind. In the West, mastering the environment begins with the world outside our own skin. In HK our goal is to help people gain mastery over themselves and their own personal world, however far that extends.

Energy Phenomena, East and West

From China we have the concept of the meridian system. People absorb chi, life-energy from sunlight, the air they breathe, and the food they eat. Some of this chi is obtained from the chemical reactions of oxygen and nutrients, but some is also absorbed directly from the *vacuum*, the original source of the chi. Animal life has the ability to unconsciously tap into the vacuum. Furthermore, some people have demonstrated that through the development of latent spiritual skills, they can tap into the vacuum in very unusual and "miraculous" ways.

From the eastern tradition, you can read in *Autobiography of a Yogi*, by Paramahansa

Yogananda, about a Bengali woman named Giri Bala who ate no food for over 56 years. She told Yogananda that the reason she was taught this remarkable ability was, "to prove that man is Spirit, to demonstrate that by divine advancement he can gradually learn to live by the Eternal Light and not by food." Her "nourishment is derived from the finer energies of the air and sunlight, and from the cosmic power that recharges [the] body through the medulla oblongata." Yogananda also interviewed Therese Neumann who lived in Bavaria. For many years she ate nothing but one small, consecrated communion wafer each morning. She said, "One of the reasons I am here on earth today is to prove that man can live by God's invisible light, and not by food only."

Sathya Sai Baba is a spiritual teacher living in Southern India today. You can read innumerable stories about his manifestation of objects out of the vacuum. Many fine books have been written about Sai Baba's abilities, including Howard Murphet's Sai Baba, *Man of Miracles*, from which the following story was taken.

One day at Puttaparti Baba picked up a rough piece of broken granite and, handing it to Dr. Rao [head of the Geology Department, Osmania University, Hyderabad] asked him what it contained. The geologist mentioned a few of the minerals in the rock.

Baba: "I don't mean those -- something deeper."

Dr. Rao: "Well, molecules, atoms, electrons, protons ..."

Baba: "No, no -- deeper still!"

Dr. Rao: "I don't know Swami."

Baba took the lump of granite from the geologist, and holding it up with his fingers, blew on it. It was never out of Dr. Rao's sight, yet when Baba gave it back to him its shape had completely changed. Instead of being an irregular chunk it was a statue of Lord Krishna playing his flute. The geologist noted also a difference in color and a slight change in the structure of the substance.

Baba: "You see? Beyond your molecules and atoms, God is in the rock. And God is sweetness and joy. Break off the foot and taste it."

Dr. Rao found no difficulty in breaking off the granite foot of the little statue. Putting it in his mouth as directed, he found that it was sugar candy. The whole of the idol, created instantly out of the piece of granite, was now made of candy.

From this Dr. Rao learned, he said, something beyond words and far beyond modern science; in fact, beyond the limits of the rational mind of men today.

Or read in the Bible about the many miraculous accomplishments of Jesus. Here is an example from Luke 8: 22 - 25.

One day he got into a boat with his disciples and said to them, "Let us cross over to the other side of the lake." So they put out; and as they sailed along he went to sleep. Then a heavy squall struck the lake; they began to ship water and were in grave danger. They went to him, and roused him, crying, "Master, Master, we are sinking!" He awoke, and rebuked the wind and the turbulent waters. The storm subsided and all was calm. "Where is your faith?" he asked. In fear and astonishment they said to one another, "Who can this be? He gives his orders to wind and waves, and they obey him."

Many rational people today consider all these stories as interesting but impossible. There is no model in the scientific, materialistic world view for consciousness over-riding "immutable" physical laws. Maybe we should not be so hasty in our judgement of the power which mind and spirit can have over physical matter. After all, as Alice A. Bailey says in *Esoteric Healing*, "Ninety per cent of the causes of disease are to be found in the etheric [meridians and related structures] and astral [emotional] bodies. Wrong use of mental energy and misapplied desire are paramount factors...." Is it any surprise that our "etheric" and psychological HK corrections can be so very effective?

In the Eastern tradition, remarkable abilities have been learned by many, many people in

the course of their spiritual development. Why, if these abilities exist, do we still have starvation and want? Giri Bala explained that she, "was strictly commanded by my guru not to divulge the secret. It is not his wish to tamper with God's drama of creation. The farmers would not thank me if I taught many people to live without eating! The luscious fruits would lie uselessly on the ground." Similar explanations have been given by all the people mentioned here who have had these "miraculous" abilities. However, as people develop their spiritual nature, the ability to consciously use energy to perform "miracles" often appears as a byproduct.

We return now to Tom Bearden's work with the "incredibly intense flux of virtual particles." His work is leading us to mechanical mastery of electromagnetic energy. He has outlined the theory and the mechanics of building the equipment which can produce limitless and virtually free supplies of electrical power. A home or business could have its own power source. An automobile could run indefinitely on one battery. A power company could supply its clients without ever burning anything or damming water. At the end of his paper Bearden says,

"So now you have the results of this researcher's long and arduous quest for the golden fleece. Please go forward with it, to make this a better and cleaner world for everyone.

"Just remember that the control and use of energy is personal power. The control and use of absolute energy is the control and use of absolute personal power. In the adage, power corrupts and absolute power corrupts absolutely.

"Please use it wisely."

The more recent developments in "cold fusion" undoubtedly are part of this same scalar electromagnetic energy system, as are the energy effects of crystals, and many other energy tools.

It is evident that mastering energy relates to both personal inner mastery, and to mastery of the environment. When we do energy work in HK, we help people with both their inner

and outer environments. When people do energy corrections, they gain more understanding of and mastery over themselves. In addition, when they make changes in themselves, their family and work environments often change too, spontaneously, by themselves. It is fascinating to consider where the *I* really stops and the environment begins.

Once Upon a Time...

There was a young fellow who came home from a meeting with his guru one day and told his mom that he must only eat a strict vegetarian diet, and most of that raw. His mother was horrified by this infringement on her domestic domain, and promptly stormed off to have words with this guru-character.

As she entered the guru's room, he looked up at her from his fried chicken, licked his greasy fingers, and asked her to wait just a moment. He made a little gesture over the meal, and it vanished out the window, all by itself!

The woman was doubly indignant now, and demanded to know, "How do you have the nerve to require that my son eat a Spartan, vegetarian diet, when here you are eating your fried chicken?!" To which the yogi replied: "Madam, do you see any fried chicken here now?"

"No," she sputtered, "But just a minute ago...."

"Well madam," said the yogi serenely, "When your son can do with his meal what I just did with mine, he also may eat anything he desires!"

How the Energy System Works

Among other examples, Kervran reports that a newly hatched chick contains more calcium than was originally present in the egg. The only way this is possible is if the organism is able to transmute one element into another, in this case silicon into calcium. Traditional physicists know that transmutation happens, but they say that vast amounts of power are required, at temperatures far higher than body temperatures. According to physics, *biological transmutation* is not possible. Bearden, though, shows us that vast amounts of energy are available in the vacuum.

Living organisms have the ability to bring order to the virtual particle flux of vacuum. This is energy. This is the energy which forms the blueprint which underlies our physical existence, the energy used by the chick to transmute elements, the energy those special few can use for sustenance, eliminating their need for food. This is the energy Sai Baba uses, the energy that flows through our meridians and tissues. This is the energy we tap in Health Kinesiology. Indeed, we consider that *one's health / functioning is directly proportional to one's ability to order the virtual particle flux.*

This energy is not unitary but rather a spectrum, something like a rainbow. In a properly functioning body, the brain / mind is able to determine which energy is needed, how much is needed, and where it is needed within the body. The appropriate acupoints are then stimulated to feed this energy into the meridians. This energy circulates through the meridians and is released out of the meridians into the tissues. Here the energy does its intended job (described below) and then is re-radiated out of the body. All this is monitored by the body's *Energy Control System*.

There is a classic phenomenon in hypnosis. A person is deeply hypnotized and told they will be touched with a red-hot piece of iron. Instead, a cool pencil eraser touches the skin, but a blister forms. How does a cell know what to do and when? Not every cell has its own nerve ending, yet it must know when to do certain things. Hormones or other circulating biochemical substances are too slow and not specific enough. How does the cell get the information it needs?

The purpose of the energy flow, the meridians system, is to provide to each individual cell the information it needs to function properly. It is through the Energy Control System that the brain / mind imparts the required information to the flowing energy. Information is the order of virtual particles. If the system is not functioning properly the energy-message destined for a specific cell may be garbled or lost. In either case the cell must do the best it can on its own, without its usual mechanism for control.

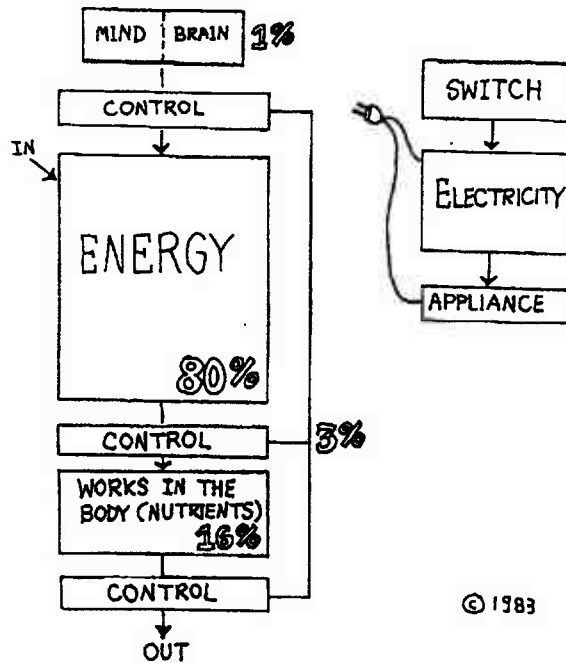


Figure 1: Analogy to the Energy System
This block-diagram suggests the parallel between electricity and energy. Electricity is fed to an appliance, but is controlled by a switch. Energy is fed to the body, but is controlled by the mind/brain switch, the Energy Control System. The diagram also indicates that energy is some 80% of the total functioning of the body while the mind/brain is only some 1%. The Energy Control System makes up some 3%, and the mechanical fueling of the body, nutrition, is some 16%. Obviously the functioning of the energy system of the body is critical.

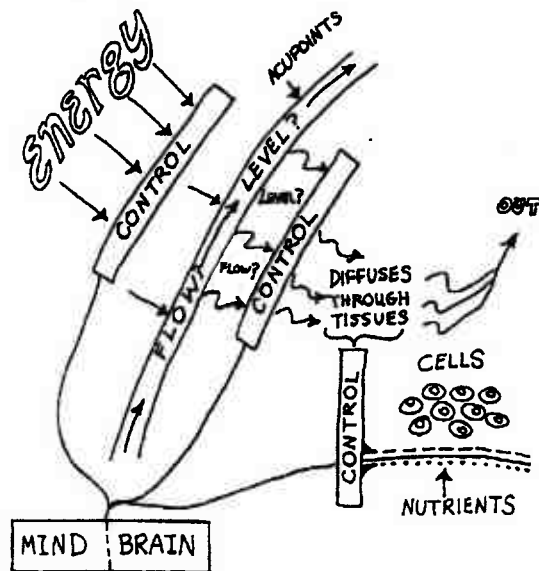


Figure 2: The Energy System A diagram of the energy flow through the system as described in the text.

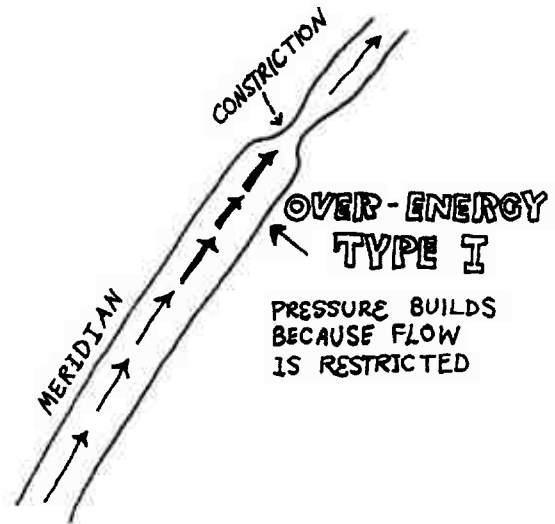


Figure 3: Over-energy, Type I If the over-energy condition arises because of a restriction or a blockage in the meridian, it is called a Type I over-energy. The energy pressure builds up because the energy cannot properly flow along the meridian even though the energy continues to flow into the meridian. The result of this is that velocity of the energy before the block is less than normal and the velocity after the block is faster than normal. These pressure and velocity changes markedly disturb energy function. This is very much like crimping a water hose.

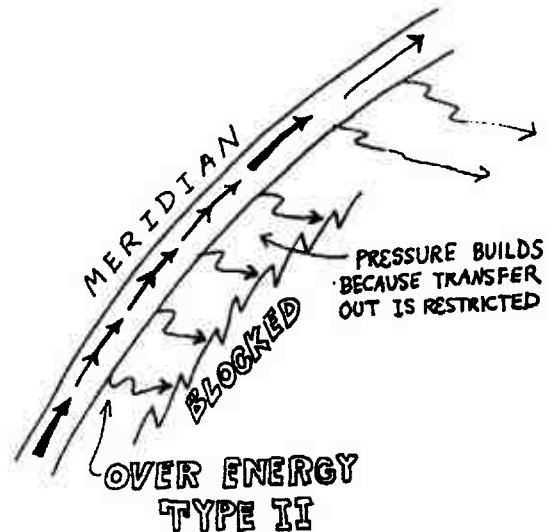


Figure 4: Over-energy, Type II Energy diffuses through the meridian wall into the tissues. If there is an energy blockage within the tissue, preventing proper tissue energy flow, that energy which should have been passing through the tissue is forced to flow along the meridian instead. Since energy continues to come into the meridian through the acupoints, there is a net increase of energy (over-energy). Again, an unbalanced energy condition.

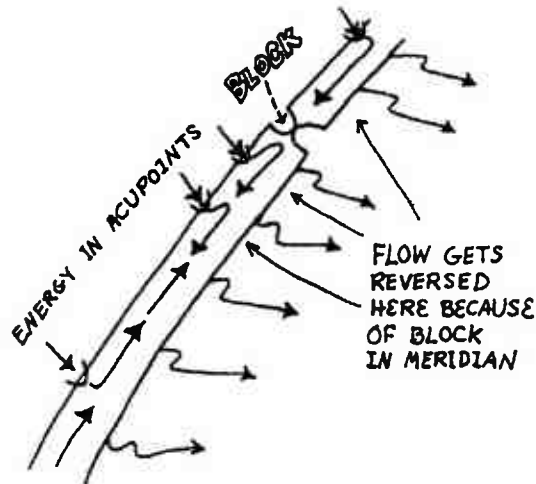


Figure 5: Energy Reversal When energy flows along a balanced meridian the energy pressure remains relatively constant. If there is a blockage in the meridian the energy pressure increases (over-energy) in front of the block, causing energy to flow in a reversed direction (energy reversal). This is much like water flowing upstream when the tide comes in. On the other side of the block the energy is deficient (under energy), also allowing the energy downstream to flow backwards to equalize the pressure.

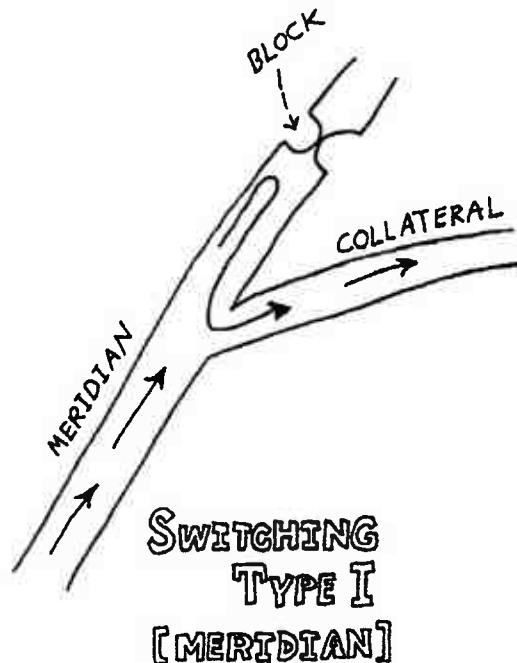
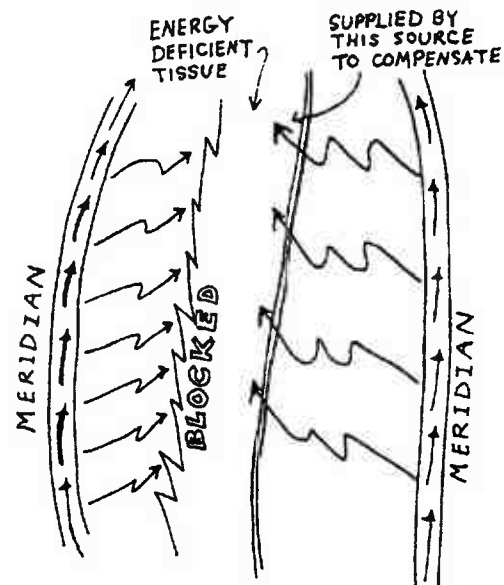


Figure 6: Switching, Type I Meridians are not just one continuous "pipeline", but also have crossover or collateral channels. If there is a blockage of the meridian, the energy may be forced to flow through a collateral channel, instead. This implies there is an over-energy condition between the blockage and the collateral and that there may be reversed energy flow there, too. In any case, energy destined for an area along the first meridian will end up somewhere else.



SWITCHING TYPE II [TISSUE]

Figure 7: Switching, Type II If there is a blockage in the tissues, energy from another meridian will flow into the energy deficient area, like water flowing into the low spot.

Notes:

This material is excerpted from the Health Kinesiology Foundation Level II and other class material, as created by Jimmy Scott, PhD, and Linda Clark Scott.

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ENERGY MEASURES FOR HEALTH KINESIOLOGY ENERGY MODEL			
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Abbr.	Measure	Location	Description
C	COMPARE	Control System	The Energy System COMPARES what energy it needs and where it needs it with what is available.
T	TUNE	Control System	The Energy System then TUNES the appropriate acupoints or other intake sites to absorb the energy it needs, where it needs it.
I-M	INTAKE	Meridian	The INTAKE is the amount of energy coming into the meridian through the acupoints.
L-M	LEVEL	Meridian	The energy LEVEL is determined both by the INTAKE and the FLOW. Balancing the meridians will equalize the energy LEVEL of the meridians, but that LEVEL may still be low or high, and the FLUIDITY or COHERENCE may not have been corrected.
FW-M	FLOW	Meridian	This is the amount of energy FLOWING through the meridian and is determined by the degree of INTAKE, the TRANSFER-OUT, the FLUIDITY, and the COHERENCE of the energy, and by any energy block ages or energy restrictions in the meridian.
FL-M	FLUIDITY	Meridian	The FLUIDITY is the viscosity of the energy. It may be viscous and sluggish or too fluid, out of control.
C-M	COHERENCE	Meridian	The COHERENCE is how scattered or how 'together' or synchronized the energy is functioning. Analogous to coherent light (laser).
TO-M	TRANSFER OUT	Meridian	As the energy flows through the meridian it is TRANSFERRED-OUT of the meridian becoming tissue energy INTAKE.
I-T	INTAKE	Tissue	The INTAKE is the amount of energy coming into the tissue, diffusing through the walls of the meridians.
L-T	LEVEL	Tissue	The energy LEVEL is determined both by the INTAKE and the FLOW.
FW-T	FLOW	Tissue	This is the amount of energy FLOWING through the tissue and is determined by the degree of INTAKE, the FLUIDITY, the COHERENCE, and the out-flow of the energy, and by any energy blockages or energy restrictions in the tissue. The out-flow is determined by the COUPLING-IN and COUPLING-OUT functions at the cellular level in the tissue.
FL-T	FLUIDITY	Tissue	The FLUIDITY is the viscosity of the energy. It may be viscous and sluggish or too fluid, out of control.
C-T	COHERENCE	Tissue	The COHERENCE is how scattered or how 'together' or synchronized the energy is functioning. Analogous to coherent light (laser).
C-I	COUPLING IN	Control System	Cellular level. How well is the energy Control connected to the cell it is controlling?
S	STRENGTH	Control System	Cellular level. How strong is the controlling energy at the cell?
C-O	COUPLING OUT	Control System	Cellular level. How well is the energy control signal doing the job?
MBEI	MIND TO BODY ENERGY INTEGRATION	Control System	MBEI is how well the body is receiving and utilizing the Control energy signals it needs from the brain / mind.
BBEI	BODY TO BRAIN ENERGY INTEGRATION	Control System	BBEI is how well the brain/mind is receiving and utilizing the Control energy signals it needs from the meridians (as a part of the body).

Living Your Colors

by Rosmarie Sonderegger Studer

Faculty International Kinesiology College, IKC, Zurich/Switzerland

Purpose:

1. To reduce stress.
2. To provide a self-help tool to increase well-being

Why colors?

Since birth we have experienced life in colors, even in our dreams! We express our life with our posture, our eyes our gesture, our way to act and react. This makes us unique. We radiate in colors.

Stressful events and situations, or the lifestyle in general, often show in our appearance. Tension shows in the facial expression, in symptoms like sweaty hands, restlessness, poor memory, sleeping disorders etc. The person is no longer at its best, the colorful expression fades.....

When?

This is where the Color Balance is helpful to reduce stress, to improve health and well being.

Be it to let go of past stressful experiences, or to prepare for a challenge in the future.

How do I do it?

The following Color-balance is a self-help tool used in Kinesiology, created by the author.

Procedure:

1. Think of a person or a situation that caused or causes stress. What colors do you see? How is your breathing? Is your body relaxed? Notice.
2. Hold your frontal eminences and look at the color (Color Balance) that attracts you most.
3. After a while, when it feels good, move on to the next color (clockwise) still holding the frontal eminences thinking of the situation, the person or the event.
4. Do the same until you end where you started out. (If you started with red, you end with red.)
5. Notice how you feel NOW about the person, event, situation. If an emotion TO RELEASE or TO INDUCE jumps into your eye, add it to the color and see yourself, letting go or releasing the emotion.
6. To anchor the change, please follow the inner arrows, until you arrive at the starting point.

According to traditional Chinese medicine the Five Elements represent the human being (organs, viscera, meridians emotions), the law of nature inside and around us.

The Migraine Personality Trait: Results of a Worldwide Research Project

by Wayne W. Topping, Ph.D., LMT

Abstract. In Wellness Kinesiology we can identify and reprogram limiting beliefs internalized early in childhood that increase our chances for certain diseased conditions. In this paper we summarize the results of a worldwide research project involving clients with migraines.

Initiation of a Research Project

For years now, Dr. John Thie has been pleading that we write up anecdotal reports on our kinesiological work with clients. The type of work we do and the lack of research funding make it difficult for us to do double blind studies as much of science insists upon. However, while attending a mini workshop on "Guidelines for Documenting Case Histories" by Anna-Elisabeth Gast, M.D., and subsequently talking with Dr. Charles Krebs, formerly a research ecologist, and David Fuerstenau at the International Kinesiology Conference in Melbourne, Australia, during 1994, I realized that I was in an excellent position to initiate a different type of study.

In our work with reprogramming personality traits, or limiting beliefs, we often get very significant changes but how do we set-up a study that can be measured by something other than subjective criteria such as feeling better, or having more energy. Migraines seemed a suitable phenomena. They are very common: up to 20-25 percent of women experience migraines at some point in their lives, and between 5 and 10 percent of men occasionally suffer from it. Because migraines have a number of very distinctive characteristics, if the kinesiological approach is not 100 percent successful then a reduction in the type and intensity of symptoms and frequency of migraines can show partial success.

While a number of anecdotal reports would be useful, a study of greater than 100 people would be statistically significant. However, without adequate research funding such a study would be beyond one person. Thus, I decided to set up a study that could be carried out by a number of facilitators so that we

could amass sufficient case histories to give us statistically significant numbers. Moreover, with a number of facilitators involved we had a chance to show that the procedures and results were reproducible for different cultures and practitioners.

If 20-30 of those trained to work with Personality Traits each worked with a few migraineurs we could have over 100 case histories without too much burden on any one person. Between November 1994 and the end of January 1995, 37 research packages were mailed out to practitioners in 12 countries. Each package consisted of a cover letter explaining the research project, a 5-page client questionnaire; 3 pages for the practitioner and client to fill out at their initial visit, upon completion of their growth work, 3 months after their initial visit and a form for the client to sign showing willingness to be part of a research study.

Why Were Migraines Chosen?

Previous studies have shown that up to 80 percent of migraineurs are women. Migraines often begin with puberty and disappear with menopause. They are very common around menstruation and are usually absent during pregnancy. It is obvious, therefore, that migraines can be triggered by the female sex hormones or issues of femininity. However, millions of women don't get migraines, so migraines undoubtedly have a multifaceted origin.

Certain foods and non-food items are known to trigger migraines, especially chocolate, tyramine-containing foods, red wine, caffeine, etc. However, many people can eat these substances without getting migraines, so they alone should not trigger migraines.

Other researchers have already noted that migraineurs are more likely to have certain personality characteristics. They are often people-pleasers, perfectionists, and have difficulty expressing emotions such as anger. Our research with personality traits has found that a majority have a limiting belief (what we have termed a "personality trait") I don't want to confront differences. Most of the migraine sufferers I have worked with have been people pleasers, only too willing to sacrifice their own opinion, interests and desires in order to keep the peace. People-pleasing women who eat chocolate (and when are women most likely to eat chocolate but around menstruation time!) are probably more likely to get migraines. We have found that once the migraine personality trait has been reprogrammed or dismantled, the other factors are often not sufficient to initiate migraines so that the individual can eat chocolate, drink alcohol, etc., without having them trigger migraines. This was our working hypothesis.

The Expectations

For those choosing to join the research project, these were the instructions. Whenever you have a client who has had a history of migraines, see if they have the migraine personality trait. If they don't, record that fact, as we need to know what percentage of clients with migraines have that personality trait. If they do have the trait, get them to fill in the five-page questionnaire. It is extensive and explores their migraine history, the symptomology of their migraines, and will give us a reasonably good idea of the triggers female sex hormones, dietary factors, allergies, personality factors, etc. Yet, because much of the questionnaire involves checking boxes or circling options, it should not take the client very much time to fill in.

For purposes of this research project, other kinesiologically based procedures such as temporal tap, anchoring, role-playing, etc. that would normally be used to support a personality trait change were allowed but nutritional corrections, and allergy corrections were not allowed. The herb feverfew, omega-3 oils, etc. and eliminating allergies can play an important role in decreasing or eliminating migraines. However, the primary goal of this study was not to eliminate migraines using

kinesiological approaches (which should result in a higher success rate). Rather, it was to dismantle the migraine personality trait to see how many people had no further migraines, how many had fewer migraines, less severe symptoms, etc.

The Reality

Two therapists responded, Sjoukje Van Hellemond from the Netherlands and Hanne Iversen from Norway. Between the three of us we had 15 case histories (13 women and 2 men). A long way short of the original goal! However, here is a summary of what we found.

Age of first migraine: varied widely from 5 years old up to age 48.

Frequency of migraines: varied from less than once every 3 months (2) to approximately once a week (2), with two to four times a month (3) and approximately once-a-month (4) being the most common.

Length of migraines: varied from 8 hours to 3 days with 8 hours, 1 day and 2-3 days being the more common responses.

The hormonal connection: Of the 13 women, 8 commonly had migraines at menstruation time, 3 had migraines begin with puberty. Of the 7 woman who had been pregnant 6 experienced no migraines during pregnancy. Of 6 women who had gone through menopause 2 had experienced a reduction in number of migraines. These data clearly show the expected correlation between migraines and female hormones or issues of femininity.

Migraine Symptomology: Almost all experienced each of the classic symptoms of migraine: one sided intense throbbing headaches, nausea, vomiting, light and sound sensitivity, blurred vision with extreme tiredness. Five also experienced diarrhea. There were also additional less common symptoms.

Food Triggers: Of foods and non-food items already known to trigger migraines, the most common recognized by our clients were: chocolate (7), red wine (7), excessive sugar

intake (6), alcohol (5), aged cheeses (2), fish (2), bananas (2), figs (2), oranges (2), nuts (2), caffeine (2), MSG (2), and dairy products (2).

Personality Characteristics: Migraineurs often have some of these seven characteristics.

1. Feel angry, but suppress it rather than express it (11 clients).
2. People-pleaser: going out of your way to please others, even at the expense of self (10). (This is essentially our "migraine personality trait").
3. Perfectionist (8).
4. Unable to express negative emotions generally (8).
5. Ambitious in goals you set for yourself (8).
6. Very high standards (7).
7. Become frustrated or upset when your high standards are not met (4).

Previous Therapies: All 15 clients had tried eliminating their migraines. Medicinal drugs had been used by 14 clients, elimination of specific foods by 7, massage (7) chiropractic (5), vitamin/mineral supplements (5), physiotherapy (4), feverfew herb (3), other herbs (3), stress management (3), acupuncture (3), omega-3 oils (2), etc.

The Initial Therapy Session

All 15 clients had the "migraine personality trait" - "I don't want to confront differences" or some variation around that theme, e.g. "I don't want to confront conflicts", "I don't want to be assertive."

The clients used the following four statements (actual or modified) to begin dismantling the personality trait:

1. "I no longer believe I don't want to confront differences."
2. "I no longer feel insignificant when I no longer believe I don't want to confront differences."
3. "I feel motivated (to/when I) confront differences."

4. "I feel joy within myself" or, "I feel joy toward others."

Methods used are described in *What Makes You Tick Is What Makes You Sick*

Most clients needed to continue working with the package of 4 statements once or twice a day (soon after waking up; and either after the evening meal or just before going to bed) for, on average, 21 days.

The Second Therapy Session

Two of the 15 participants were already free of headaches. They were checked 3 months later and both were still free of headaches and the one who had been taking medicinal drugs was no longer on medication. Six of the remaining participants were having less severe migraines. Some of these 13 needed to continue the reprogramming procedures. One had misunderstood the procedure and was using an opposite statement. Between sessions one and two she had 4-5 migraines. When checked two months after using the correct statements she had had no further migraines. Another participant, because she was experiencing fewer migraines, was forgetting to do the growth work. This woman had been having up to 12 migraines a month and during a 6 week period during the 3 months after the initial session had no migraines which is exceptional for her.

The Third Therapy Session

Approximately three months after the initial session 5 of the 15 were migraine-free, 9 were experiencing less severe migraines (less intense, fewer symptoms, and often less frequent), and one was still receiving migraines as intensely and frequently as before the study. (She has subsequently had a small "accident" and no longer experiences migraines. For purposes of this study she is recorded as having experienced no positive changes regarding the migraines, although she acknowledges significant positive changes in her life as a result of her therapy.) Now that the migraine personality trait has been removed from consideration other factors are more apparent. For example, one participant was having migraines triggered by extreme changes in weather and humidity, and lack of

light. Another has migraines triggered by packing materials (containing formaldehyde?) and excessive sugar intake.

A number of participants expressed appreciation for how their lives had changed. For example, one woman said during her second session "I can handle much more, and

stay relaxed, less pressure." Two months later Sjoukje noted, "In this 3 months Mrs. (X) solved a lot of conflicts which affected her relationship (husband, children) and her work as a teacher." Also she "gained" a lot of positive energy as she expressed herself.

	First Session	Second Session	Third Session
No Migraines	0	2	5
Less Severe Migraines	0	6	9
Migraines Unchanged	15	7	1

Conclusions

We set out to prove that taking a specific kinesiological approach (reprogramming a specific belief the migraine personality trait) can bring about statistically significant results. This is apparent from the table above. The research project was designed with just two therapy sessions. Because the research was unfunded and the facilitators volunteering their efforts, we designed a project requiring minimum sessions. Increasing the number of sessions would undoubtedly improve the results. As one of my clients wrote: "The stress release technique is very powerful. For more results I would suggest 3 to 5 sessions with homework in between."

Allowing the facilitators to address nutritional factors and correct for allergies or sensitivities would almost certainly improve the results. However, our goal was not primarily to eliminate migraines but to see what impact a specific and limited kinesiological approach has on migraineurs. It is clear that other kinesiological interventions could also be successful. Two of my participants came in for their second sessions prematurely in the middle of severe migraines. Both finished the session free of migraine symptoms. In one case we worked with emotions, the other we did a 14 muscle balance because I was

concerned that she was going to be vomiting over my floor before we got far enough into the emotions.

Finally, I did not realize it would be so difficult getting migraineurs into this study or getting other practitioners involved. So, a special thank you to Sjoukje and Hane for becoming involved and helping make this project happen.

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Enhancing Your Neurolymphatic Treatment *Working with the Body's Electro Magnetic Polarity Energy Fields*

by Ron C. Wagner, D.C.

Abstract. People can have very sore and tender Neurolymphatic (NL) points. Many of the practitioners and therapists are leaving out and avoid working with these sensitive NL points. This is skipping the most important part of the body's healing system. The body cannot heal and repair as long as it remains toxic. Because of these sensitive NL points, I have studied, researched and correlated many healing arts and techniques. Over 20 years ago, I realized that most of the anterior and posterior NL points are in the same location for balancing the anterior and posterior rib heads. I have received great results (without pain), by simultaneously balancing the anterior and posterior NL points.

People can have very sore and tender Neurolymphatic (NL) points. Many of the practitioners and therapists are leaving out and avoid working with these sensitive NL points. This is skipping the most important part of the body's healing system. The body cannot heal and repair as long as it remains toxic. Because of these sensitive NL points, I have studied, researched and correlated many healing arts and techniques. Over 20 years ago, I realized that most of the anterior and polarity NL points are in the same location for balancing the anterior and posterior rib heads. I have received great results (without pain), by simultaneously balancing the anterior and posterior NL points.

Introduction

In the body, there are twice as many lymphatic vessels, lymph nodes and fluids, than there are blood vessels with the circulation of blood. The lymphatic system is the main sewage drainage for the body. It is very important to massage the body, increase circulation and stimulate the lymphatic system. The lymphatic system transports proteins, hormones and fats, and it makes one fourth of the body's white blood cells. The white blood cells produce antibodies to fight infections in the body.

There are many Neurolymphatic (NL) reflex points correlating the organs with the body. In the techniques of Applied Kinesiology, Touch For Health and Chi Energy Massage, for a complete treatment, it is very important to stimulate these NL points. When the reason is

congestion, irritation or inflammation in the body, many of these NL points may be very sore and tender. Sometimes they are too sensitive to be massaged and the patients ask me to skip this part. Massaging too hard on these points may irritate or may even bruise some people.

Instead of missing a very important part of a complete treatment, I kept searching for and correlating new ideas and techniques. While studying polarity, we held points on the anterior and posterior rib heads to balance the chest cavity. I realized that most of the anterior and posterior NL points were usually located in the same area. Instead of rubbing or massaging these sore NL points, I polarity balance or simultaneously hold the anterior and posterior points. My patients receive their greatest results with gentle rubbing and stimulation of these points and continue holding or balancing the anterior and posterior NL points.

Some doctors use magnets with their treatments. (ref. 10. Lebowitz, p. 70) Some states, including Wisconsin, do not accept Chiropractors using of magnets with their treatments. Therefore, I use the polarity magnetic fields of my hands.

Energy Concepts

Everything in life is energy from the smallest atom with the electrons flowing around it, to the universe with the planets in our solar system. In all life, there is an electrical-magnetic-polarity-energy field. This energy

flow is a magnetic and electrical current flowing like rivers of energy in and around our bodies.

Dr. Randolph Stone states, "As soon as that circuit is interrupted, changes begin to appear which, in the human body, are interpreted as pain or dis-ease. The interrupted current cannot reach the core to flow through and out again. In the meantime, the opposing currents pile up energy particles at the point of interruption and act as blocks in the area where they occur. This pressure of energy particles in any of the five fields of matter registers as intense pain, or obstruction of normal energy flow, called dis-ease." (Ref. 1. Stone, pp. 11, 12)

Many natural healing arts, from chiropractic to acupuncture, voice their opinion of the importance *that too much or not enough energy is disease.* (Ref. 2. Palmer, p. 36)

The whole body is like rivers of flowing energy. When there is a blockage or dam in the river, the energy cannot flow. In front of the dam there may be an emptiness, aching, numbness, tingling, stiffness and/or soreness. Some people may feel fatigued with no energy. Others may experience a decrease of their sensational touch. When there is lack of circulation and oxygen, there may be a lack of function or even breaking of tissue and degeneration.

Behind the dam, the blocked up energy may cause the person to experience pressures, congestion, swelling and tightness. These pressures may even cause tension, headaches and even migraine headaches. When excess congestion(s) are backing up, this may cause the person to experience colds, sinus, asthma and pimples. When the toxins are not clearing out, the person may experience pain, irritations and inflammations. In some cases, the energy has to be directed somewhere and the person may have tissue growths.

We need to find and release the blocks. When these blocks are released, then the body's Life Force and Chi Energy can flow and possibly heal their whole Being.

Christopher Hills states, "*When this energy flows in a balanced way, we are healthy.*

When the flow is unbalanced, slowed or blocked, we are not healthy. To acupuncturists, then, bodily symptoms of disease indicate that the flow needs to be corrected." (Ref. 3. Hills, p. 15)

David Walther states, "*Meridian therapy works to balance and release the 'life force' within the body.*" (Ref. 4. Walther, p. 206)

Dr. Randolph Stone also mentions, "*one of the main principles of polarity is the attraction and repulsion (like a magnetic field) of everything in life.*" (Ref. 1. Stone, pp. 11, 12)

Many books of Oriental Philosophy and Acupuncture, make reference to the harmony and balance between the opposite polarities. Examples are: Positive and Negative, Yang and Yin, Day and Night, Light and Dark, etc. (Ref. 4. Walther, p. 207) (Ref. 5. Essentials, pp. 11-16) (Ref. 6. Comprehensive, pp. 4, 5) (Ref. 7. Kaptchuk, Chapter 1)

"Stimulation of bioenergy flows, as in acupuncture treatment, cures many ailments in our physical body. Application of pulsed electric currents speeds healing of broken bones." (Ref. 3. Hills, p. 18)

This energy, called Chi' is electromagnetic. (Ref. 4. Walther, p. 205)

Christopher Hills further states that Chi' or Qi "is the continuous, unblocked flow of this life energy which carries the pulse of life, 'some researchers explain this flow in terms of an electrical impulse (polarization) or wave of energy'." (Ref. 3. Hills, p. 53)

Many people will tighten and constrict their muscles when they have pain. This will cause a blockage within their body. When a person is uptight, this may cause a decrease of circulation and energy flow in their body. The results may cause a person to feel fatigued, sluggish and congested. Their muscles may constrict or spasm, pulling their bone into a subluxation. When the bone is out of alignment, this may cause discomfort, degeneration, dis-ease, disease, pathology or death.

The lowest form of energy is matter, and the highest form of matter is energy. As a person gets stiffer, more sluggish or congested, more fibromyalgia, old age arthritic symptoms can occur throughout their body. When the tension is gone and the blocks are released, then their Chi' and life force energy can flow more freely and increase all of the body circulation(s). The person will feel lighter, uplifted and more cheerful. By using acupuncture needles, or using acupressure on these acupuncture points, we are increasing circulation(s) and stimulating the persons energy fields, especially with the acupuncture meridians.

Discussion

In 1968-69, while stationed in Viet Nam, I worked with Koreans. There I met Mr. Joe, a Korean and Master of the Marshall Arts. He taught me the importance of using your Chi Energy. Everything in life is energy, from our thoughts to our actions. When a person uses force, this may be very damaging. When a person works with a loving touch, this is a very healing energy.

From 1972 to 1975, while studying chiropractic at Palmer College of Chiropractic in Davenport Iowa, I was introduced to Polarity. The classes were given by Dr. Jarvis D.C. from California. He was using materials and texts written by Dr. Randolph Stone, D.O., D.C., D.N.

While attending the Polarity classes, whenever someone had congestion, rib or chest problems, we were taught to balance the anterior and posterior rib heads. The treatment is to simultaneously hold the front and back points on the rib heads. Holding these points released tension and greatly relaxed the patient. Many people felt lighter, uplifted, breathed easier and healed faster.

I found it very interesting when correlating and examining the location of these rib head points. Many of these points on the chest and back were the same points as the anterior and posterior neurolymphatic (NL) points. These NL points were originally taught by Dr. George Goodheart, D.C. the founder of Applied Kinesiology, and are now part of the Touch For Health synthesis.

I worked with, researched and used these points regularly in my practice. In March 1972 I wrote a paper on these points and presented it in June 1972 to the ICAK (International College of Applied Kinesiology) convention in Dearborn, Michigan. This paper updates this material for the Touch For Health convention in July 1996, San Diego, California.

Over my twenty years of practice, I have studied, correlated, researched and used this material. I have found the treatment to be more effective when stimulating the anterior and posterior NL points simultaneously. Instead of grinding away on these points, I also found that people relaxed more when working with polarity on the NL points. Better yet, these points clear out faster when the tension is massaged and released with the spine first.

After a good treatment, everything should be switched on and test strong. When there is still muscle weakness, their body is trying to tell us something. Search for the cause and not name any symptoms. Some people may not receive results with chest or shoulder tightness and tension. They may be carrying their problems from worry and emotional stresses. Many of these people may be carrying the burdens of the world on their shoulders, holding on to the past and afraid to change. Some people may have a problem of getting out of their comfort zone. Some people may have congestion or toxins in the back, neck and chest areas.

Instead of testing all of the muscles for the chest area each time, I have found a way to save time. I test the chest area with two general muscles, the supraspinatus and the anterior deltoid muscles. (Ref. 4. Walther, pp. 316, 318) When one or both of these muscles are switched off, this may be correlated with lung congestion and possible gall bladder problems.

Many of the anterior and posterior NL points overlap. I received faster results and saved time by using many points, instead of rubbing or stimulating only one point for a specific muscle or organ correlation. (Ref. 4. Walther, p. 47) I found it to be very effective to use all five fingers on both hands, to help all of the

organs related to these points. Balancing and holding the anterior and posterior NL points simultaneously on the chest and the back increases the electrical-magnetic-polarity-energy fields of the body.

Explanation of Procedure and Treatment

The person is laying face up on their back. Test the supraspinatus and the anterior deltoid muscles. When only one, both, or all four of these muscles are switched off or showing any weakness, then balance both sides of their chest and thoracic area. When only one side shows any weakness, balance that side first and retest. This is to show that you are actually energizing their body. Now balance the opposite side so it does not feel jealous and left out or the person feels lopsided.

Always explain what it is you are doing, especially when the person is questioning what this treatment is all about or when there are any signs of doubt. When you finish balancing one side of the body, then retest the muscles and show them that they are now strong. Now test the other side that may be switched off yet. I always balance both sides. This keeps the body in balance and harmony and everything circulating.

Approaching the Patient

I always explain to each person what procedure I am going to use when they have any chest congestion, chest soreness, or show any weakness with the anterior deltoid or supraspinatus muscles. I explain the benefits of the treatment. Before I treat with this technique, I always get the persons permission that if they feel uncomfortable for any reason, they should let me know. If they seem uncomfortable I ask if they would want someone else to work with these points or I show them on my body how they can rub their own points. Usually they never rub their points.

This is how an explanation of how a conversation might go. There are many acupuncture points, trigger points and reflex points on your body. I would like to help you with these points on your chest. Is it okay for me to palpate (touch) these points through

your clothing along the sternum on your chest? Are any of these points tender? When the person is squirming from pain, I ask them, "Would you like to get the tenderness and soreness out of these points and help your body to feel better?"

Most of the time when I balance these NL points, I have a female assistant. She holds the points on one side, while I hold the points on the other side, and we balance the body simultaneously. To balance their posterior NL points, I lift the shoulder with my hand and I slide my other hand under the upper back, across the shoulder blade, to the Bladder meridians along the spine. (Ref. 4. Walther, pp. 226-227) (Ref. 5. *Essentials*, pp. 173-198) (Ref. 6. *Comprehensive*, p. 54)

The medial Bladder meridian is on the back Shu points, also called the Associated points. (Ref. 4. Walther, pp. 226-227, 246 -247) (#5. *Essentials*, p. 88) (Ref. 6. *Comprehensive*, p. 132) The lateral Bladder meridian is the emotional points for the organ level on the medial Bladder meridian.

With my right hand on the person's back, I contact with my fingers between the two Bladder meridians. My index finger is placed on the corner of the superior medial border of the scapula, by the vertebral level of T 3 and the meridian point is Bl 13. I put my middle finger by T 4 (Bl 14) my ring finger by T 5 (BL 15) and my little finger by T 6 (BL 16). The right hand thumb is resting comfortably between SI 12, TW 15 and LI 16. When my right hand is in position on the back, I use my left hand on the front of the body to balance the anterior NL points.

Cup your hands to avoid any misunderstood contact with the breast area. Contact the intercostal spaces along the sternum. These are the points between the ribs along the sternum, on the Kidney meridian. (Ref. 4. Walther, pp. 228-229) (Ref. 5. *Essential*, pp. 207-210) (Ref. 6. *Comprehensive*, p. 55)

The first contact point location is with the little finger on K 22 at the medial corner of the breast of the 5th rib intercostal space. Using the ring finger, the next NL point is on K 23 of the 4th intercostal space. The middle finger is on K 24 the 3rd intercostal space and my

index finger is on K 25 the 2nd intercostal space. My left hand thumb is either placed on CX 1 or LU 1, in that area wherever my hand feels comfortable. My assistant holds the same NL points on the opposite side. (When I am by myself, I repeat the same points on the opposite side.)

When the person has a subscapularis muscle weakness or heart problems, I slide my fingers one or two spaces higher up to stimulate more energy to the heart area. I hold the anterior NL points starting with my index finger on K 26 the 1st intercostal space. On the posterior NL points my index finger is on T 1 (Bl 11) or T 2 (Bl 12). This is in sequence, with the rest of the fingers on the anterior and posterior NL points. (#4. Walther, p. 321)

We can use our hands as magnetic and polarity energy fields by simultaneously holding the anterior and posterior NL points. We are increasing the energy and circulation to the lungs, heart, gall bladder, stomach and balancing everything in the chest and thoracic areas. I also found that balancing, with this magnetic Chi' energy, is very good for the whole chest area. Many times it helps to relax the neck, face and jaw muscles and flows down into the diaphragm. This Chi energy seems to flow wherever it is needed.

Some people do not feel anything while holding these points. Some feel a cooling effect, whereas most people feel a warming and/or relaxing sensation in their chest or even a current flowing through their the body, wherever the energy is needed.

Discussion of Findings

The average time I would hold these points is approximately one minute. When a person has a lot of congestion, I hold these points longer.

For example: One patient came in and asked me to loosen up his neck so he could relax better in the hospital. I had asked him why he was going to the hospital. He stated that his medical doctor said he had pneumonia and needed to go to the hospital immediately. I suggested to him, instead of just loosening up his neck, how would it be if I loosened up his whole body, making it feel better. He said,

"Oh Good", after I treated him, I had rechecked the anterior deltoid and supraspinatus muscles and found these to be switched off yet. I then asked the patient if he wanted me to work further with his lungs; chest and breathing. He said go ahead. I held the anterior and posterior NL points simultaneously on the right side and on the left side. I rechecked the muscles after doing the right side and the right side muscles were strong but the left side muscles were still weak. I thus came to the conclusion, that when treating only one side of the body, the person may feel off balance and I behoove everyone to work with both sides.

When I completed treating the left side, I started treating the right side. While treating the right side, the patient stated, after taking a deep breath, "Wow, I can breathe better, I'm not going to any hospital." I strongly encouraged the patient that, if there was any congestion coming back, he should come back to the office right away. Also he should see his medical doctor or go to the hospital. The patient stated that he would continue with me. His next appointment was scheduled for two days later. When he came back, I worked with his whole body, especially the chest and lungs again. He was doing 75% better. I worked with him for 3 treatments. He received one per week for the next 3 weeks and one month later for another tune-up. He had no further congestion, never went to the hospital, and he was a very happy individual. He told me it was much cheaper to come in than to lay in the hospital.

We are receiving 60% to 75% improvement after holding these anterior and posterior NL points and the person feels much better when leaving.

At times, a person has to come in several times for treatments, especially when the congestion does not fully clear out and tightness keeps reoccurring. When the person has deep chest congestion or a congested lymphatic system, then I proceed to work with the retrograde lymphatic massage. (Ref. 8. Walther, Vol. 1 pp. 217-231) (Ref. 4. Walther, 183,-186)

Conclusion

Ashley Montagu tells us the importance of touching and in his summary tells us "*the evidence points unequivocally to the fact that no organism can survive very long without externally originating cutaneous stimulation.*" (Ref. 9. Montagu, p. 333)

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Owning Choices

by Yvonne Bowman Burton

Twelve years ago, I was sitting across the desk from my gynecologist. He was telling me I should have a hysterectomy and then take replacement hormones. Some questions came to my mind as soon as the surge of fear abated. Could you take my uterus out vaginally, I wanted to know? "No," he said, "the right way to do you is through the abdomen." Would you take my ovaries out, too, I asked? "Yes," he said, "why leave them in to get cancer later on?"

I was frightened then annoyed. "Are there any alternatives?" I queried. "Well, you could wait out the condition until menopause in about five or six years and the condition will take care of itself. However, women don't want to withstand that much discomfort for so long, so the hysterectomy is the answer" he replied. The "condition" which had brought me to see him in the first place was an increase in the amount of menstrual flow and the passing of what I considered to be very large clots. The diagnosis was dysplasia.

Since I really did not quite understand what that meant or what ramifications might go with it, I decided to do some research. I found out as much as I could about dysplasia. I looked at statistics which showed that it did not significantly increase the risk of uterine or cervical cancer. I also read about estrogen replacement therapy. In the literature of that time, there did seem to be an increased risk for breast cancer with the use of synthetic estrogen. As my maternal aunt died at the age of 32 of a misdiagnosed breast cancer, that was not good news to me and I decided not to have the hysterectomy. At that time, it was somewhat unusual for a woman to make a decision which did not coincide with her doctor's advice. Some years later, my mother had a breast skin cancer. So, when I became menopausal, I again refused replacement hormones. Even today, as I see a different doctor at Kaiser (my health plan) I am always asked why I am not on Hormone Replacement Therapy. "It could protect you from heart disease, stroke

and osteoporosis", I am told by the medical profession. Last year, my doctor ordered a bone scan, presumably to prove to me that I had already suffered bone loss. No discernible bone loss was discovered. I did not think there would be. I eat well and walk miles in the hills behind my home. Therefore, I continue to choose what feels right for my body and decline.

I did look for ways to help myself naturally through menopause. Some complementary health care techniques which were helpful to me included the following. The list is not meant to be comprehensive, just ways which were helpful to me.

1. Breathing Technique for hot flashes, The Cooling Breath Method: moisten lips well with saliva, purse lips to form a very small o shaped opening. Inhale deeply through this opening and exhale through the nose. Repeat several times.

2. The Relaxing Breath (may calm racing heart rate associated with hormonal changes), Method: draw in a breath through the nose to a count of four, hold the breath to a count of seven and release the breath through the mouth to a count of eight. The tongue should be placed just in back of the front teeth throughout this breath. It may take practice to exhale with the tongue behind the teeth. The count is important to remember, 4-7-8, i.e., inhale, hold, exhale.

3. To keep the skin cool to relieve hot flashes, carry lotion and moist towelettes with you;

- a) Moisturize back of upper arms and back of neck with lotion. Lotion evaporates quickly, helping to cool the skin.

- b) With moist towelettes, dampen back of neck, back of ears, forehead and back of upper arms for quick evaporation and cooling.

c) For TFHers, balance Triple Warmer meridian and other related systems.

4. Nutrition: Eat plant forms of phytoestrogens such as soy products, and arguably, wild mexican yams, and drink raspberry leaf tea . A balanced diet low in fat, sugar, caffeine and alcohol is always good.

5. Exercise: Regular exercise of 1/2 to one hour at least three times per week. Walking is an excellent form.

6. Complementary Health Care: Get "Touch for Health" balances and allergy identification and clearing; acupressure and/or acupuncture can be helpful in body balancing and pain relief; relaxing bodywork such as massage or Trager R work; stretching or Yoga; use positions to minimize abdominal cramping and pain such as lying on back and bringing knees to chest and holding and/or lying on back very near a comfortable sofa, bring buttocks to edge of sofa and place knees and feet on the sofa. Relax and do the relaxing breath mentioned above in addition.

I used the above with the notion that menopause is normal and natural and that there are simple ways to help myself be more comfortable through this phase of my life. Remember, too that this took place for me before we had most of the wonderful books now available on the subject. Two such books are Christiane Northrup's "Women's Bodies, Women's Wisdom" and Lonnie Barback's "The Pause".

Further back in my life, during my first pregnancy, I read that it was healthier for the newborn if the mother did not have drugs during labor and delivery. I decided to have natural childbirth but still to have an OB/GYN in attendance. He agreed to "go along with it, as long as the childbirth proceeded without complications." That year was 1958 and I sought out and attended natural childbirth classes. My son was born

using natural childbirth and I had an episiotomy I did not need. In retrospect, now I would even question the blanket use of the episiotomy.

Recognizing my choices are not right for every woman, the point is, we, as women, are faced with bodily changes in puberty, childbearing and menopause. There may be additional traumas and illnesses of the reproductive system to contend with. Given all of that, we are faced with either choices-action-and-intervention, or no action. Then if action is chosen, what action? Choices are highly personal. The handout shows the steps I followed in coming to my decisions. They may be helpful as a guide to anyone facing changes or medical interventions in the reproductive arena. Here again, are the steps:

1. Gather information. Find out all you can about the condition. Look at allopathic and complementary sources.

2. Look at Pro's and Con's. Make a list showing both and use as many sources as you can find. For example, America's Pharmaceutical Research Companies put out a series of booklets called HEALTH GUIDE. While they give some risk factors, their primary purpose is to sell the hormones they manufacture. Therefore consider sources and their biases.

3. Family History. See how the Pro's and Con's from above match up with family history and genetics (In my case, there was a family history of breast cancer but no known history of osteoporosis or stroke).

4. Feel and think about what feels right for you. In Kinesiology, we can even ask the body/mind!

It is in making informed choices about what is to be done to our bodies, that we take charge of, and responsibility for, our own lives.

Touch For Health and the Partnership Way

by David Fuerstenau

StarFire

The Partnership Way is:

- A relationship characterized by mutual respect towards maximum aliveness for all vs. relationships characterized by controlling others through fear
- A relationship of equals who respect the sovereignty of each other
- Based on nurturing rather than controlling (healing vs. allopathic)
- Love vs. violence/fear

The Partnership Way is a means of restoring and maintaining wholeness, harmony and balance which is challenged constantly by the current model of society relationship, which is in actuality the source of most, if not all stress in society today.

The Partnership Way and Touch For Health are both based on a common ground, of taking responsibility for oneself, and on respecting the sovereignty of an individual in the fullest measure. The models described in the book *The Chalice and the Blade* by Riane Eisler is a description of the source of most stress experienced by probably everyone in the world for the duration of recorded history. The stress produced by the way society is structured and therefore how we interact at a basic level is the stress that we are working to release and to return the body/being back to maximum aliveness and balance.

In Chalice the distinction between two opposing societal relationship structures is made as follows. The predominant model for the last eight millennia has been a hierarchical structure organized around power over others or domination by force and violence or the threat of violence. Previous to that and at various times during the same period there have been societies in which the predominant model is focussed on self-actualization of each member and mutual respect, nurturing and

honoring. A picture of the two would show the power hierarchy structures as layers of privilege and prestige, with inequality and separation based on fear between the layers, vs. a "body" of equally important, connected and differentiated members. In the human body it is the case that each cell has its own distinct vital role to play, none is more important than the other, and all together they make up the body, rather than the case that some cells are more important than others and the rest exist for the benefit of those few cells who enjoy some special privilege the other cells don't get to enjoy. On this basis alone it makes sense to me to pick the organic model.

Briefly, let's look at some costs of the power hierarchy model, and some benefits of the body-based mutual respect and interconnectedness model.

The power hierarchy model is based on control through fear. Controlling even one other person takes a huge amount of energy and effort to accomplish, and if you imagine controlling all members of a population the size of the United States, you can see easily how impossible a task that is, and the enormous stress that would result for the controller. Then think about our President, Congressmen, Mayors, etc., and notice the signs of stress.

You can even try this on your own. Get a willing player to experiment with. Take turns one controlling the other in a physical way, staying safe. It could look like one person actively maneuvering a passive standing partner by the shoulders or arms, with the active one leading or moving the passive one in various directions of walking. It is up to the active one to provide the energy to start and stop the passive partner's movement, and to turn the passive one in new directions. Discuss if either of you felt any fear in this exercise. Then try a variation in which the passive partner actually resists being moved (not to the extent of pushing

back, just with the legs and body). This is too much work. Also discuss if there was fear or any other feeling for either participant in the exercise.

Also, In the hierarchy power model most members of the society will not get their needs met, or their full self-actualization will be sacrificed for the needs or goals of the few in the privileged layer.

Some of the benefits of the Partnership Way model are that all members of the society are not only free to pursue self-actualization, but also a main goal of the society is that each member be nurtured and supported to self-actualize. Ultimately no one will be happy unless all are happy. Each member of the society will enjoy respect, love, support, and personal sovereignty (their being is honored and safe).

Imagine the freedom from stress that this kind of society would provide for all its members. So the question is: How do we get there?"

There are many simple practices that lead us to living in a Partnership Way. Respecting and honoring others, honoring and loving myself, refusing to abuse or disrespect in any way others, actively applying my consciousness to the ways in which I interact as better than or worse than others, i.e. when I do not act as if all are absolute equal in value (not skill or ability). And Touch For Health.

Touch For Health is based on the principle that each person is sovereign, that they are honored and respected as valuable beings, and that each person has their own unique process, state and way of being, and the each body has its own absolute wisdom about its state of being, level of stress, and need for returning to balance and wholeness.

This is the reason that I love Touch For Health, that the system and the practitioner honors the sovereignty of the client or receiver. In fact, nothing else makes sense to me.

Regarding men and women in the Partnership Way, part of the focus necessary to bring the system back to balance (create a society that

honors the sovereignty of all) is to personally address the inequality of privilege and power between men and women which is an integral part of the power hierarchy model. This is not the only arena of inequality, layers of difference exist between women and women, men and men, adults and children, whites and other ethnic groups, religious groups, and on and on. The inequality between men and women is however more than just that men have privilege more than women. "Masculine" traits are more valued than "feminine" traits, and "masculine" ideals and philosophies are elevated over "feminine". This imbalance pervades many different levels of consciousness and action.

This is not to say that "masculine" attributes are "bad" and "feminine" are "good". This kind of distinction is in fact a strategy of the power domination hierarchy, a strategy of justifying holding privilege and power over others. Rather, we will thrive best when "masculine" and "feminine" are valued equally, though distinctly, and kept in balance.

Part of the cause of the confusion that arises when humans consider ideas, attempting to understand how things are, is that our minds by nature like to have pictures and models to compare and contrast to. This is fine in itself, but the human mind also tends to attach the label "good" or "bad" to the models and/or understandings it constructs. Then we get into stress, and make mistakes. So it is not a matter of getting rid of the "masculine" in favor of the "better" "feminine", or of giving the power and privilege to the women now instead of the men. What we can do is to create an equality and balance, not of power, but of respect, wholeness and aliveness.

It is helpful actually to remove the labels "masculine" and "feminine" from behaviors, qualities, traits and attitudes, and critically consider the behaviors, etc. directly, assessing the behavior's ability or appropriateness to support wholeness and respect and self-actualization for all involved vs. separating, abusing or restricting self-actualization. Then choose the behaviors, etc. that support wholeness, life, self-actualization for all, and respect for life.

Experiment with replacing the idea "masculine" or "feminine" along with all their connotations, with a simpler idea. A useful and fundamental bipolar construct is that of an "active" and a "silent" principle. This is different than active and passive as in the Tao, or yin and yang, or active and receptive. The fundamental opposite of active is silent, or still. Passive has a connotation from other contexts that confuses this idea. Active means energy moving, silent means energy in potential, not the absence of energy. Together, these two hold all that exists. This is the foundation of being that the human mind has confused as it tries to do what it tends to do, to bring understanding and meaning by comparison to other models and ideas. The value of the distinction "masculine"/"feminine" has been distorted and confused from the foundation bipolarity of active and silent.

Ultimately, we are both active and silent, and each has equal value, and we can safely conclude that we must have then both values that are now characterized as "masculine" and "feminine" to be whole and in balance and harmony. Not distortions of these qualities, however, which is the stuff of the power hierarchy based society or individual

I propose a balance that you can do, which we will do in the group during the conference, on the theme of choosing to support wholeness, mutual respect, self-actualization for all, respect for all life, and the inter-connectedness that underlies everything rather than separation, and relating as better

than or worse than. We will do a Somatic Integration Process™ to defuse our stress and re-establish balance and harmony based on this model, the Partnership Way.

We wish you peace and partnership towards wholeness!

Suggested reading:

- The Chalice and the Blade
- The Partnership Way
- Sacred Pleasure all by Riane Eisler
- The End of Patriarchy by Claudio Naranjo
- Love and Awakening by John Welwood
- Embracing the Beloved by Stephen and Ondrea Levine
- Conscious Loving and every book by Gay and Kathlyn Hendricks

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Ethics: Opportunism and Sovereignty

by Debra Hurt

"When love rules, there is no will to power;

and where power predominates, there is love lacking.

The one is the shadow of the other." --C.G. Jung

Operating Definitions:

Opportunism n. the art, policy, or practice of taking advantage of opportunities or circumstances esp. with little regard for principles or consequences.

Sovereignty n. 1 obs: supreme excellence or an example of it. 2a: supreme power, esp. over a body politic. b: freedom from external control: AUTONOMY c: controlling influence. 3: one that is sovereign, esp.: an autonomous state.

Ethics n. 1 the discipline dealing with what is good and bad and with moral duty and obligation. 2a: a set of moral principles or values b: a theory or system of moral values c: the principles of conduct governing an individual or a group.

Opportunism, Sovereignty and Ethics represent three crucial areas of concern in our work with clients. Opportunism, the danger of manipulation or abuse of power inherent in any interaction. Sovereignty, the goal of integration of the individual. Ethics, the code of conduct governing the process.

Opportunism is found in nature; in fact it is the backbone of the food chain. Simply stated, it is one organism's seizing a moment of advantage over another to feed itself and its young or to propagate. In other words, one organism's brother is another organism's dinner... or husband. No blame is assigned. Food supply, numbers, temperature, season, etc. dictate behaviors that are "hard-wired" into the organism. We accept this as "natural law."

Humans, generally, consider ourselves to be at the "top" of the food chain may not give this much thought. However, we are an integral part of this process at every level. For example, when we "catch a cold" it is simply the result of a micro-organism taking advantage of the physical, emotional and mental climate within the system to propagate itself. When such an advantageous climate doesn't exist, we don't "catch the cold" even after being closely exposed to someone who has. If we do provide the proper atmosphere for the organism to proliferate, our systems must then respond by recognizing the invasion and marshaling the inner forces that can combat it and so return our body systems to their normal integrity and proper functioning.

Opportunism exists in human behavior as well, though with added dimensions not found in other organisms: intention and choice. Food supply, numbers, temperature, etc. still dictate certain "hard-wired" behaviors, but we can generally choose how these drives are expressed. The power of intent is present in our daily interactions where it may be innocent or manipulative. It is certainly present in our work with clients "When two people meet, the totality of their psyches encounter each other, conscious and unconscious, spoken and unspoken, all have their effect upon the other...This concept of relationship is naturally very difficult to prove. But most interested observers of interpersonal relations...are repeatedly struck by how much more transpires and is exchanged between two people than is ever expressed in word or deed."1

No area of life is free from these opportunistic influences: not education, not love, not religion, not the "New Age," not flower essences, not even Specialized Kinesiology. Why? Because we live on a planet of duality; a material reality in which polar opposites exert a dynamic force toward and against one another to keep the system from flying apart. The ancient Chinese philosophers gave these two polar forces names--yin and yang--and postulated that their harmonious and interdependent action was the underlying force from which all creation was derived. This polarity is also reflected in the "light" and "shadow" of our actions and choices.

We all have thoughts, fantasies, projections about our clients, agreements--spoken and unspoken--we have entered into with them. If we subjected each of these "contracts" to objective scrutiny we might be shocked to discover the true nature of some of them. "The awareness that human existence is both joy and woe is prerequisite to accepting responsibility for the effect of one's intentions. My intentions will sometimes be evil... but I ought to do my best to accept it as part of myself rather than to project it on you."²

We gain little by trying to suppress these thoughts, we lose everything by trying to deny them. "...Our capacity for evil hinges on our breaking through our pseudo-innocence. So long as we preserve our one-dimensional thinking, we can cover up our deeds by pleading innocent. This antediluvian escape from conscience is no longer possible. We are responsible for the effect of our actions, and we are also responsible for becoming as aware as we can of these effects."³ Our awareness of our lapses into self-serving opportunism or our falling prey to the less developed parts of our natures in part disarms the shadows looming over the client/practitioner relationship of much of their power. Power that is exerted not only on our verbal interactions but on non-verbal, energetic, sensual and sexual undercurrents as well. Clear intent requires a constant process of self-examination.

Opportunistic behavior in humans takes advantage of the physical, emotional, mental

or spiritual climate within an individual or a society in order to amass power and extend one's energy and influence. Opportunistic individuals especially prey upon those who lack confidence in their own inner authority. Your client may come to you precisely because her inner authority, her sense of sovereignty has been compromised. She must risk trusting you as a competent guide and fair witness to help her find her way back to it. We may well feel empathy for her based on our own experiences, but when we make assumptions or declarations that we UNDERSTAND what is going on for her or fall prey to the belief that we KNOW the way back to her point of balance, we trivialize her experience.

Considering the client has taken the step to ask for help with resolving the imbalance it falls to the practitioner to establish rapport and to create a safe environment for her. She deserves this regardless of how she got to her current state. Our job is not to pass judgment on the quality of her passage but to be a fair and attentive witness to the part of that passage into which we have been invited. To increase the drama of the situation or to inflate one's role as a practitioner is to distort the process for our own ends. We also do this by presenting an attractive package that answers all questions, meets all needs, cures all ills. Though an elegant and effective tool for the implementation of many innovative techniques, we must be careful not to offer kinesiology as a universal panacea. The exchange required for the acceptance of such a package is slavish adherence to its principles and dictates. We are, in affect, asking the client to surrender her sovereignty in exchange for guaranteed peace.

In every session constant choices must be made by both the client and practitioner. Conscious, subconscious, unconscious, and body level choices. We are responsible not only for choices that have impact only on ourselves (as if there WERE choices that did not reverberate past ourselves...) but even more accountable for those we make in interactions with others, especially those others that display their woundedness or vulnerability to us in hope of finding help.

In the recent film of Robin Hood, a Muslim--saved by Robin during his escape from prison--pledges to follow him until he can return the favor and save Robin's life. Only this could discharge the obligation that he owed for his salvation, only this could balance the energy. If we take credit for the successes of each and every client with whom we come into contact that's A LOT of energy that we're owed. That's a lot of people following us around. How can these people ever repay their debts to us? When we enable our clients in their process of unfoldment, they do not become indebted to us. We don't hold the imbalance of energy over them. They acknowledge that they've hired a guide to help them safely explore the uncharted worlds of their inner landscape. Once the expedition is complete, we are discharged and the client continues the ongoing process of evaluating the physical, emotional, mental and spiritual data collected during the expedition.

As we evolve as individuals during the arduous journey from birth, through childhood, adolescence, young adulthood to maturity and finally through our passage out of the realm of physical existence we transit myriad developmental stages. Passing through each stage we glean skills that ensure our survival in whatever environment in which we find ourselves during that stage. Along the way we develop discernment--the ability to evaluate incoming information and experiences in terms of how they affect our internal and external realities, support our basic nature, and relate to the system of mores that we've adopted. This contributes to both our survival and our quality of life.

In other words, as one interacts over time with external events and relationships, one's commitment to one's own internal responses (emotional, mental, spiritual, physiological...) generates the sense of "internal authority." This is the sovereign nature exerting itself in relation to outside forces. The definition of sovereignty above lists two aspects of this inner process: 1) the desire to express one's true nature in an harmonious (supremely excellent) way and 2) to experience freedom from external control: AUTONOMY, so as to embody and express one's uniqueness as an individual.

Unfortunately, not everyone's systems of evaluation are "equally created." Those who emerged from childhood with a badly damaged self concept, perhaps due to abuse or neglect, may not even be aware of the existence of this inner mechanism of discernment, allowing any strong personality to provide direction and opinions for them. Or the commitment to one's own inner responses is lacking, having been denied safe avenues of exploration and validation. They may not be not as likely to rely on the validity of inner authority as someone who emerged from childhood with a strong sense of self worth and accomplishment. Most of us probably fall somewhere in between these two extremes.

What is the remedy? To progress, to commit ourselves unceasingly to the exhilarating process of our own unfoldment. To experience and express our unique vision, to strive to arrive at the embodiment of the Divine (or whatever you know it as...) as we have come to uniquely express it. Many tools are available to us in this process. One of the most important of these is the development of inner authority because in claiming our inner authority we also embrace the responsibility for what we create with our thoughts, feelings, words and actions. It is a process basic to the balance of both client and practitioner. To provide a safe atmosphere for our clients to experience this same process and to consciously encourage them toward self-understanding and autonomy is the greatest gift that we have to offer. They will live with the choices they make, they will treasure or abdicate their sovereignty, they will carry the ultimate responsibility for their lives. And what awesome power that is!

You may be the agent of change in someone's life but seldom for reasons under your control. Often for what is not said, but done. We don't control how people have insight into their lives, we can only provide as much stimulation to that end as we can. People experience inner authority in many different ways, from the "voice of conscience" to "gut feelings." Some contact this inner knowing through the spiritual, some through the mental, some through the physical, some through the emotional--all paths are equally valid.

To develop a rapport with and trust in your own inner authority start with observation. When you encounter a new situation, a new person, new information--check in with all your systems, all your senses. What do you feel in your body about this new situation? What emotions arise spontaneously to it? What thoughts or fears come up immediately? Note your responses in as much detail as possible and observe how your relationship with this new situation or person or information unfolds. Commit these notes to paper while they are fresh in your mind. Try to remain as neutral as possible in your observation.

As you become more at ease with your initial responses, delve still further. In what way does this new situation echo one (or many) from your past? In what way does that limit you? Are you being asked to give up past limitations or future potential for growth in your interactions with this new person? In what ways or in what areas are you being asked to give up your autonomy in order to participate in this new information? These are just a few possible questions you might use to make your vision more and more precise. Refer back to your notes on your initial responses from time to time to compare them to the actual outcome.

The ultimate goal is greater self-understanding and clearer, more direct contact with both your internal and external worlds; greater confidence in your own internal authority. The ultimate benefits are being a better integrated, autonomous individual with expanded perception and greater tolerance of the infinite diversity offered by this fascinating planet.

When someone thrusts out a hand for help as they slip toward the gaping abyss of physical, emotional, mental or spiritual confusion, pain, exhaustion or fear as compassionate humans we have a moral obligation to reach for and clasp the hand as to slow the descent. As practitioners, we may also use whatever tools we have mastery of:--"ladders", "ropes", "safety harnesses"--to reverse the direction of movement. But

this help, these tools are no more than agents of the clients intent to change course. This change may require the exchange of energy such as money. You may spend most of every day engaged in grabbing the flailing hands of sliders. Show gratitude for the honor bestowed on you as people draw you, in confidence, into the intimacy of their inner world. Tread lightly there, without smugness, without judgment, without pride. Be grateful and utter a silent prayer that when YOU are the slider--and you will be--that you will be shown the same respect and deference.

But don't do any of this because I told you to...

*"Life consists of achieving good not apart from evil but in spite of it."*⁴

FOOTNOTES

- 1 Guggenbuhl-Craig, Adolf. Power and the Helping Professions. Spring Publications, Dallas, TX, 1971, page 10.
- 2 May, Rollo. The Dangers of Innocence. Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature. Jeremy P. Tarcher, Inc. Los Angeles, CA, 1991 p.174.
- 3 *ibid.*, p. 175
- 4 *ibid.*, p. 175

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