

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 ~~stun~~ 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

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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 arm *Am* doing now" instead of "why is this happening to me?"

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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