

Remembering Wellness with Touch For Health Notes on the Interview/Goal-Setting process

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“Whether we are on the threshold of a Golden Age or on the brink of a global cataclysm that will extinguish our civilization is, I believe, not only un-knowable, but undecided. The decision will emerge through what we do in the years ahead, for each of us will create a piece of the common future of all mankind... The best person to forecast your future is you!”
– Edward Cornish, President, World Future Society, December, 1993

I have found in my years of Chiropractic service, just as thousands of healers throughout the ages have learned through experience, that *it is probably more important to allow a person who is suffering to express their pain and its meaning in their life than to perform any given therapy.* If I had to choose whether to only listen to the “complaint” and perform no therapy or perform only my chiropractic therapy and listen to no complaint, I would almost always choose to listen. This is a safe bet because I know that the Soul heals itself and *I can only facilitate it..* This is why I often spend far more time interviewing a person about their goals than I do balancing their muscles.

I feel that this interview process is so important that I have added it as an appendix to the latest edition of the TFH Manual, and I have developed a 4-day workshop that focuses on interviewing and communication in the context of energy balancing. The healing power of caring interpersonal communication has always been at the core of my philosophy of Touch For Health. Back when we were first starting to teach this material and the classes were called “Health From Within”, we spent as much time studying and practicing our techniques of verbal interaction and effective communication as we did with muscle testing and touch reflexes. While the practice and experience of 40 years of touch healing

contributes to the consistently good outcomes I have with TFH/K, **there is a basic process that anyone can learn to use to greatly enhance the outcomes of energy balancing with TFH/K.**

The strength of the TFHS is that it is a safe and simple process, a “daily hygiene” approach to holistic health that can be done as easily and as efficiently as brushing our teeth and bathing on a daily basis. Just as it’s inefficient, dangerous and costly to wait until some major pain occurs in our teeth to pay any attention to them, we don’t want to wait for some major illness to remember Wellness. We focus our daily attention on the experience of wholeness that we know is our potential. Then we consider what blockages in the flow of energy are keeping us from our full potential. The muscle-testing biofeedback techniques of Touch For Health allow us to make an assessment of the balance of energy within the whole Soul as reflected in the state of the physical body. Remembering Wellness is an ongoing process of expanding our vocabulary to describe the full range of possibility of our own unique experience of life. This means learning, imagining and inventing not only many new words to express our goals, aspirations, dreams, desires, joy, happiness and ecstasy, but also a rich vocabulary to give voice, meaning, and fullness to our pain, suffering, defeat, failure and despair. Remembering

pain is part of remembering wellness where it is part of the process of allowing our life energy to flow and take us through the full range of our emotions, our thoughts, our actions and movements, our chemistry, our spiritual journey.

Who is your primary Care provider? *You are your primary care provider.* You are the one most qualified to assess your own experience of lived life and health. You are the one most qualified to appreciate the meaning of your experience as a unique Soul, created with your own individual purpose within the Telos of the universe. To care for your whole self, your whole Soul, **you need to take some time each day to assess your own experience, whether you are living your own life, the life that you were made to live and the life that will fulfill your unique Soul.** You need to remember what Wellness is for you in the context of your own unique lived life. You can then make the shifts in your energies, the changes in your postures, attitudes, choices and actions which will allow balance among the physical, chemical, emotional, intellectual and spiritual aspects of your whole Soul. You can come into harmony with your history, your context and your purpose. This may mean simply inhabiting your own space, being present in the moment of your own Soul, or it may mean embarking on a journey of self discovery which may include responsibly requesting assistance, council or therapy from others, whether your friends, your family or a professional health practitioner or other “expert”.

We all have moments when we find that we do not have the energy to do the things that we want to do, or else we cannot control our energy in an appropriate or effective way. Sometimes, if we stop for a moment to remember what we already know about our own Soul, we can recognize our own mistakes or unreasonable expectations and make a change. But so often we get out of touch with our selves, our own body/mind/spirit becomes a mystery to us. We forget our own Wellness. Perhaps we are able to benefit from the attention of a professional specialist who treats some named malady, but find that relief

of individual symptoms still leaves us wondering, “What is going on with me?” When we remember Wellness with Touch For Health, we take responsibility for our own experience and our own goals, but we also recognize that we are interdependent with other humans and benefit from contact with other people. It helps to have someone to talk to, to help clarify what we are thinking and feeling, and Remembering Wellness with TFH is a process which allows a very holistic awareness, expression, and transformation of our experience of life.

When we are helping someone to balance their energy with TFH, the Remembering Wellness approach recognizes the individual as the authority in their own life. We are there to HELP them increase their own awareness of their own physical, mental, emotional and spiritual aspects, and to sense the subtle or dramatic shifts that are taking place. We can be a catalyst in getting the healing system started, the life energy flowing and balanced for THEIR PURPOSES. Even when we use the techniques of TFH/K from the perspective of an authority figure (in the diagnostic/treatment model), we will get better outcomes, greater satisfaction, increased referrals etc. if we can take the time to find out what Wellness means for each individual.

When anyone does some “voodoo” on you, some ritual that is not fully explained or understood by you, you’ve switched models. Whether an MD pronounces some mumbo jumbo in latin and puts a diagnosis on you, or a psychic picks your status out of the air, tells you what’s what, cuts you out of the conscious, physical participatory process, that’s when you’ve switched models. That’s not to say you can’t benefit from utilizing other models where you cease to be the authority regarding your own Wellness and focus on combating disease entities. But Remembering Wellness is about maximizing your own awareness, experience and participation of your own Wellness.

When we remember Wellness, we do not make any diagnosis of a problem, but instead focus on our

positive goals. Goal Setting helps to de-emphasize our cultural preoccupation with negative symptoms. Instead, the whole soul is centered around our individual purpose and the soul's innate intelligence directs the optimal flow of energy for our desired outcome. Goal setting allows greater healing than digging out "what is wrong with you". So the first thing we do to facilitate remembering wellness is to listen to the Soul with whom we are working and establish a clear image of what the person wants to have happen. Then we want to hear what seems to be a problem interfering with Wellness at this moment in time.

Again, if this were the only part of the process I were allowed to do, I'd feel like I was doing the best thing. Since human Souls are dynamic, and their balance of energy is always shifting, and no one is more truly qualified to know what is right for themselves in any given moment than their own selves I would probably be better off doing nothing than guessing what was right, *in that particular moment, for that particular person*, without engaging the Soul in the process. We manage the infinite aspects of the whole Soul by attempting to address the Soul's need at the moment and in the context that we come into contact. Knowing that each thing we do affects all other things, if we establish a goal that is appropriate for the Soul at this moment we will most efficiently address the whole Soul.

The Goal-Setting Interview is a mental process which, in and of itself, helps to balance our energies and our postures towards a particular purpose. It is a process which helps to improve the probability of desired outcomes, defining what those outcomes are and harnessing the "placebo effect" of expectation and belief in achieving those outcomes. From an objectively measurable, "scientific" perspective, it is a process which maximizes the brain activity and the "multi-tasking", parallel processing of the brain (from which we infer a similar level of activity in the overall physical, conscious, emotional, and spiritual intelligence systems of the Soul).

My experience is that there is a different pattern of muscle/meridian imbalances for each different goal, and the more we develop a whole picture of that goal, the more fully the imbalances are reflected in the muscle tests AND the more profound the outcomes of energy balancing.

THE GOAL-SETTING INTERVIEW AS AN "INSANITY PROBLEM"

There have been many studies related to "insanity problems" in which greater brain activity in more diverse sections of the brain are exhibited in response to more complex or difficult tasks. Mental reflection upon a problem (particularly one's goals and life purposes) create physiological change in the whole Soul (as measurable by brain activity). When the thinking process is carried to the point of "disequilibrium", the point where we are thrown off balance by the mental challenge, there is a maximized brain function. Remembering Wellness with Goal Setting involves a dialogue process which is designed to maximize the conscious consideration of multiple significant aspects of our lives to the point that it becomes an "insanity problem" which involves as much as possible of the distributed intelligence of the Soul in multiple parallel processes. Goal Setting helps clarify and create goals that are in harmony with our true purpose, calling, or Telos of the Soul and serves as a catalyst which mobilizes the whole Soul towards a new equilibrium which integrates the achievement of these Goals.

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. Remembering Wellness with Touch For Health involves asking ourselves the big questions. Is there a power outside yourself that is greater than yourself? What is the image of the "Ultimate Reality" in your belief system? If you do believe that there is something greater than yourself, do you believe that you can draw on this power to have more abundance of wholeness in life?

It's of great personal value to contemplate that mystery. Deep down, we all have beliefs about the purposefulness of all creation (Telos) and our individual purpose within it. Most often our beliefs are implicit in our perception of reality and we are not consciously aware of our own assumptions. Belief in or about God can be an ongoing process of discovery, or a lingering doubt, a nagging question, a denied or neglected dimension of our lives. Remembering our spiritual nature is a lifelong process of living in disequilibrium and harmony with our highest values, our deepest beliefs, and putting our energy into what, in the end, really matters to us.

With the Goal set and the Soul engaged in a meaning rich exploration of purpose, we can then begin whatever Kinesiology or other healing modality that we prefer for balancing our energy. Yet, we have already taken powerfully therapeutic steps. Whether you substitute your own quiet contemplation for all of the Kinesiology and acupressure of TFH, or think of some other therapeutic modality in place of those letters, I believe that the process of Remembering Wellness can have a profound meaning in your lived life

Remembering Wellness Goal-Setting Interview Protocol:

When we Remember Wellness with Touch For Health, our aim is to assist ourselves, our family, friends, and clients to BE WHO WE ARE, WHO WE WERE MEANT, CREATED, SPOKEN FORTH TO BE. We use listening, questioning, discussion and energy balancing TFH techniques to be supportive in a process of becoming aware of, developing, and coming into balance with our own unique purpose(s) in life. Since I retired from my Chiropractic Practice I've been giving 6-day intensive Touch For Health seminars. Integral to the way that I am now teaching Touch For Health is an in-depth Goal Setting Interview Process. I have now developed a 4-day Communication Workshop in which we focus on the Interviewing and Communication skills that I use for Remembering Wellness with Touch For Health.

Remembering Wellness is a conceptual framework and philosophy of approaching life that grounds the TFH techniques (as well as any other therapeutic/life-enhancing programs) in an ongoing process of life assessment and balance. The Following is a brief outline of the Goal Setting Interview Protocol that I am currently using. These steps are only partly sequential. Often I skip some elements of the protocol, or do them in a different order and I am usually doing several steps simultaneously depending on the circumstances, and my insight and intuition at the moment.

1. Establish Setting/Understanding

- Each Soul is in charge of his or her own goal(s). The individual Soul is the authority in his or her own remembering wellness process.
 - Establish a cooperative encounter/process in which each individual decides for themselves and says start or stop, more or less, yes or no, harder or softer, now, later, or never.
 - LISTEN: Acknowledge the person first. Allow all the participants to be themselves and express their own purpose(s), pain and meaning.
 - Use Active Listening to clarify what the person feels, what they believe about their thoughts, pains, emotions, and other aspects of their experience of life.
- ### **2. Set a Goal**
- What do you want (better) in your life? What performance, activity, or (emotional, practical, physical) problem or issue do you want to address in the goal-setting, energy-balancing process?
 - Is it appropriate for YOU? Is it a goal that you can own, accept for yourself, that you can feel like you deserve. (Not forced, no shoulds). Is it at an appropriate comfort level (NOT so small as to be insignificant, and not a goal that is really just going to stress you out.)

- Engage the **WHOLE SOUL** towards a goal that you can be enthusiastic about, that you genuinely, (whole-heartedly) **WANT**.

3. Take a History

- This can be an in-depth, clinical history or just a getting acquainted gloss of biographical info. and background of goal/issue.
- Establish rapport and acknowledge the person as a whole Soul within the context of their whole life and history, rather than a “patient”, sick person, or “body” (some object that you will work upon).

4. Extend the Goal

- When you reach your goal, what will it mean in your **lived** life? How will your experience of life be better? What changes might it create? What are some possible outcomes, results, consequences, and alterquences?
- If the goal is to stop doing something, to reduce pain, or address a particular problem, see if the goal can be **reframed** in a positive light. What will you be able to do or have in your life when you’ve resolved the problem. How will you spend the time and energy you presently spend on a behavior that you’re ready to let go of?

5. Remember Wellness

- Remember to be well. Remember how it feels to be well. Think of a time when you had that same feeling, that same experience that you want to have again. Use your imagination (**EVEN IF YOU HAVE NO ACTUAL RECOLLECTION**) to get as vivid a sense as possible of how it will be when you’ve reached your goal.
- Appreciate the Meaning of Pain and Symptoms. The full experience of our range of motions and emotions is part of living a full, whole life.
- Have faith. Act “as if” you know that your goal is already accomplished. Now it simply needs to unfold.

- Set it up. Make note of your planned outcomes in measurable steps.

6. Make an Assessment

- Take a moment to notice how you feel. Stand up, get a sense of your balance (have your partner observe your posture, how you’re moving, your ranges of motion).
- How will you feel when you achieve your goal?
- Make a mental note, or jot down your observations. I get great results using analog scales measuring the subjective sense of wellness/discomfort on a scale of 1 to 10.

7. Test the Supraspinatus

- Stress on the Supraspinatus indicates a “good goal”.
- If the supraspinatus does not show an imbalance, try rephrasing the goal until you’ve brought the issue (and the related energy systems) “on line”.

8. Do Something

- Do at least a 14-muscle balancing, or else meditate, contemplate related metaphors, go for a walk, consult with your loved ones, go see a healer, therapist, doctor, etc. Do something that will help you to integrate your newly clarified purpose and balance your energies.

9. Notice Change / Re-Assess

- Take some time to put your experience into words.
- Verbalize the **positive** changes in how you are thinking and feeling (physically, emotionally, and spiritually).
- Clarify and quantify your words with a new assessment on an analog scale.
- Be sure that you Re-test to affirm your energy balance in the whole Soul.

- Reinforce your experience of positive change by listening to your partner's observations and confirm those observations that are true for you.

10. Reassess Your Goal

- What parts of your goal have been transformed through the interview, goal setting and energy balancing process?
- Decide and make note of the next time/schedule for reassessing your goal, reassessing your Soul, and doing something to balance your energies.

I RECOMMEND A ROUTINE OF QUICK DAILY BALANCINGS

It's ideal to do balancing at the same time each day to keep in the habit. Then do in-depth goal-setting and balancing whenever an important issue or performance comes up, or whenever you're feeling "down", whether it's due to illness, depression, setbacks or just general listlessness and lethargy. You can do many balancings throughout the day when you're preparing for an important event, or recuperating from illness.