

How to Earn \$1000 a Week Teaching Energy Health Care Classes Empowering Families for FREE Self Health Care

by Ray Gebauer

2818 W. Lake Sammamish Pkwy SE, Bellevue, WA 98008. USA.
Phone: 425-957-1851 Fax: 425-603-9648

I consider Touch For Health to be such an awesome gift! I've used it consistently for twenty three years, at times as my full time profession. I love TFH and deeply appreciate Dr. John Thie for creating it, this gift with immeasurable value!

At the same time, I've been extremely surprised and disappointed in seeing how few people are benefiting from it. While there is nothing wrong with how TFH is currently taught or practiced, I believe that there has to be a way to reach *millions* of people with this awesome gift instead of thousands. TFH doesn't belong to just John Thie or to us. It belongs to all the families of the world, to be used everyday in homes, and not just for a few in practitioner's offices.

I am offering, in this paper, a possibility as to how to achieve this.

The only way I know of to make this dream a reality is to alter how we get this out to people. This begins with identifying and removing certain barriers that have inadvertently become unnecessary obstacles to the typical busy family and the general public.

The Overwhelming Obstacles in a TFH Class

1. Memorize the Latin names of 14 different muscles with their associated acupuncture meridian
2. Learn how to test them properly and accurately in a certain sequence
3. Learn five different ways to correct each muscle imbalance, using neuro-lymphatic points, neuro-vascular points, tracing acupuncture meridians, holding acupuncture points and origin/insertion techniques
4. Learn the theory of acupuncture, five

elements, meridians and energy flow

5. Learn how to evaluate posture
6. Learn how to identify and analyze a pattern of weaknesses so as to determine where to start the correction (or take the time to do corrections on ALL the muscles - the "Fix as You Go" method)
7. Learn various other techniques such as challenging, cross crawl, ESR, visual inhibition, how to use alarm points, etc.
8. Learn how to test foods and nutrients for stress or for use in balancing
9. Learn all this in 16 hours over two straight days
10. Doing a balancing takes 30 minutes with heavy dependency on the manual

What percentage of the people that you have taught actually use this and get a balancing every day?

Then if they really like this, we have more classes so they can learn even more: TFH 2, 3 and 4. Then we have other specialized versions of kinesiology on top of all this.

Then there is the instructor course. What percentage of people ever get that far? How many instructors do we have, and how many of them are active?

How many instructors take time to get a balancing every day? Do you?

While all this is excellent material, because it is so involved, complex and time intensive, very few people end up benefiting from it. That is the really sad part.

The Solution: The K.I.D.S.

The simple solution to complexity is simplicity. K.I.D.S. is an acronym that

stands for Keep It Duplicable & Simple. If we want to improve the quality of life for millions, and empower them with tools that they will actually use, we must use the K.I.D.S. approach.

But instead of making it more simple and less difficult, over the years we tended to have made it MORE complicated and MORE difficult. So many new Kinesiology's have sprung up, and they are all good and useful. But if the basic TFH class is overwhelming, what happens when you have all the advanced stuff? Yes it all has its place, but if we want millions of people benefiting everyday with TFH, we need to go the OTHER direction -- the K.I.D.S. approach.

What If ...

- What if there was a way to simplify muscle/energy balancing, so that people could get the same or close to same results without all these obstacles?
- What if people could do an effective muscle/energy balancing in less than one minute?
- What if this balancing was done without ever needing a massage table, and could be easily done standing or sitting?
- What if they could learn how to give an effective muscle/energy balancing in one 90 minute session and not even need to look at the manual?
- What if it was so simple, that after taking a six hour class just twice, they could teach others?
- What if we called it "Energy Health Care"?
- What if you could teach Energy Health Care (EHC) classes and earn \$1000 a week?
- What if teaching EHC classes gave you a way to fill your TFH classes?
- What if we could reach a million people in the next year?

The Energy Health Care Class Overview

I've developed this approach over the years as a result of my commitment to get the same results within a short time, and make it simple

enough and yet still effective.

I discovered that I could consistently get great results using only five muscle tests and a single set of reflex points that I could use regardless of which muscles were out of balance.

A few years ago, Dr. Sheldon Deal demonstrated that a regular pointer laser worked very effectively on acupuncture points, doing in five seconds what a needle takes 20 minutes to do. I also discovered that the laser eliminated the need to rub Neuro-lymphatic points.

The format and goal of EHC is basically the same as a basic TFH balancing. You test muscles, you make the proper corrections, and then you retest the muscles (the information sandwich).

Keeping the K.I.D.S. principle in mind, only five muscles are used. These five muscles represent (surrogate for) all fourteen meridians.

Again keeping the K.I.D.S. principle in mind, only two balancing (correction) techniques are used, and the procedure is always the same.

The first balancing technique used in EHC is the easiest one we have: ESR, which is very much under utilized and under appreciated, yet very powerful. It can be used by itself or in combination with the second technique which is stimulating various acupuncture points with a simple laser.

In EHC, only nine points are used for balancing: the K-27's (Kidney 27) located in the sternal notch, and the eight beginning and ending acupuncture points of the meridians that are located on the face. Dr. Bruce Dewe M.D. refers to these eight acupuncture points as the Hypothalamic reset points.

In EHC, the only muscles tested are the Supraspinatus, Pectoralis Major Clavicular, Latissimus Dorsi, Teres Minor and Anterior Deltoid. These muscles are the ones easiest to test in any position, and there are only five to learn and remember. Again, the K.I.D.S. approach is the guiding principle.

Instead of having to learn the Latin names, which does not improve the quality of the balancing and makes the learning more

difficult, why not refer to the muscles in a more generic fashion (unless perhaps, you are teaching a doctor).

1. "The Fig Leaf" is the Supraspinatus
2. "Down and Out" is the Pectoralis Major Clavicular
3. "The Penguin" is the Latissimus Dorsi
4. "Chicken Wings" is the Teres Minor
5. "Slap the Legs" is the Anterior Deltoid

The EHC Balancing

The EHC procedure consists of three simple steps, that can be remembered using the acronym **A.C.E.** This stands for

- **Assessment**
- **Correction**
- **Evaluation**

(Details provided under "Class Outline")

Of the three steps (A.C.E.), the assessment takes the longest -- usually 30 seconds to two minutes, depending on how much set up you need to do. If you are creating a goal, which I strongly recommend, it could take several minutes. The correction normally takes 30-60 seconds. The evaluation takes a few seconds.

Doing Multiple Balances

Usually I will do at least two balances. The first one is just a general energy balancing without a specific goal. This clears away a lot of the general stress. Doing a second balancing is useful, even if all the muscles locked into place on the first test. Usually they don't, so after the correction, you can do another balancing for a specific goal.

The second balancing will only take a few minutes. Most of the time is taken in doing the assessment and crafting the goal.

Then if you want to, you can quickly do additional EHC balancings for separate issues. You can also do repeat a balancing for an issue (where all the muscles test with the set up being that you are testing on a different level, however you want to define a different level. I would first test to see if they would benefit from more balancing on the same issue (use a yes/no test). This is especially good to do on emotional issues.

EHC Class Outline

Empowering Families for FREE Self Health Care

Class ONE: Turning the Power Back On

Purpose of class -- Being empowered for self and family health care

The Mission -- Collectively empower one million families with the skills of daily self health care prevention and enhancement

Your Mission -- Take care of your own health with a daily Energy Health Balancing, and do the same for one other person each day; teaching others if you so desire

Required books and equipment:

Touch For Health Book, by Dr. John Thie

How to Cure and Prevent Any Disease, by Ray Gebauer

The Next Trillion, by Paul Zane Pilzer

Helium Neon Laser (pointer laser)

1. Sickness Care vs. Wellness Care (The Next Trillion)

- The Myth of Health Care as normally understood
- The Sickness Industry (medicine) is based on managing or suppressing symptoms

2. The Energy Model compared to the Mechanical Model

A. The body consists of energy. When we shift energy, we shift everything. E.g. A light switch controls light in a different location

B. The body is designed to automatically maintain and recover health

C. The Concept: Energy flow and blocks (or "shorts" in the circuit). We can "balance" the energy by identifying and removing the energy blocks

D. Identifying Energy blocks ("beaver dams" or "circuit breakers") with muscle testing

E. Switching the Circuit breakers back on (removing the blocks, or blowing up the

"beaver dams")

3. Emotional Stress Release (ESR) technique -- Releasing stress, emotional blocks and trauma

- Ask them to think of an area of stress (emotional or physical).
- Gently touch the frontal eminences on the forehead, above the eyes, and half way between the eyes and the hairline, on the slight bulge (eminence).
- Hold for 10-30 seconds, ideally until you feel the pulses synchronize or they take an involuntary deep breath.
- Ask them how they feel

Practice

4. The EHC Balancing

The EHC procedure consists of three simple steps, that can be remembered using the acronym **A.C.E.**

Assessment

Correction

Evaluation

The Assessment

The assessment, which is also the set up, consists of three parts:

1. Request permission to test; "Is it OK to test your muscles? Is there anything I need to watch out for?" (such as injuries).
2. Identify and state your purpose. If this is the first time they are experiencing a balancing, explain briefly what you are doing and what you are looking for. I explain it as looking to see if there is any blocked energy, or a "circuit breaker that is off". This is indicated by whether or not the muscle can lock in place. It is not an issue of it being strong or weak. If you are doing a goal balancing, determine the goal at this point. Have them state the final version of the goal out loud.
3. Have the person give you their subjective assessment by rating the severity of their problem on a scale from 1-10. Make 10 to mean what they want it to be, i.e. no problem, feeling great, etc. and 1 being the worst.

The Correction

1. Do the energy assessment by testing the five muscles
2. Re-establish Energy Flow (by removing the energy blocks) using ESR while you use the laser on ALL the acupuncture points. You can take the time to test each point to find the priority point, and then just stimulate that point, which will correct all the others. But this takes longer, and makes it more difficult for someone to learn and duplicate. I have found it to be unnecessary
3. Reactivate the muscles as you retest the five muscles

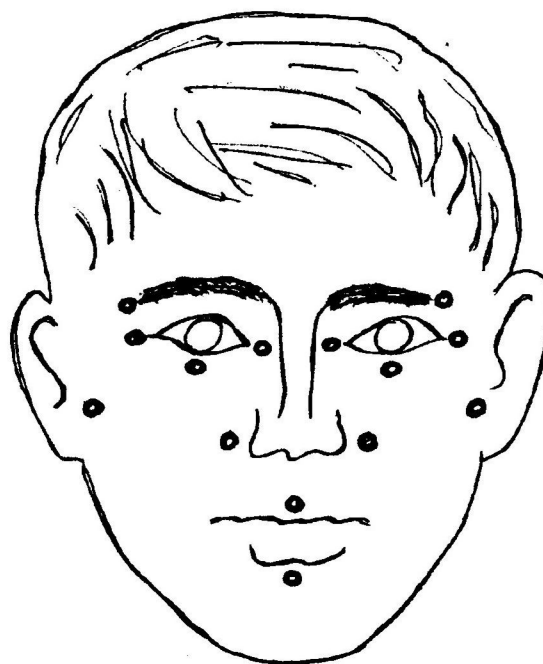
The Evaluation

(In the unlikely event that there were still muscles that did not lock into place when you retested (which I find to be very rare), then just repeat the correction and retest)

Request feedback on the same scale from 1 to 10, ten being best.

5. Demonstration of Energy Assessment with Five Muscle Tests

6. Blowing up the Beaver Dams (releasing blocked energy) with a laser (these are all acupuncture points on the end or beginning of a meridian)



1. Sternal Notch (K-27) -- on the chest, 1.5 inches from midline, just below collar bone (always have the person put one hand over the navel when activating this point, as a "grounding" point)
2. Just below lower lip (GV)
3. Just above Upper lip (CV)
4. Side of Nose -- 1/4 inch on either side of the end of it (on the face) (LI)
5. Eye 1/4 inch below center (ST)
6. Eye Inside corner (UB)
7. Eye -- End of Eyebrow (TW)
8. Eye -- Outside corner (GB)
9. Ear -- 1/2 inch in front of ear lobe (SI)

If you tested each point, there would be one priority point, that when stimulated, would correct all the others. But it is faster to just do them all.

7. Learning how to do the five energy assessments

- A. Using each muscle as an indicator, you are looking to see if there is stress or an energy disturbance in that circuit (a disturbance in the Force), or to use a computer metaphor, a corrupted file
- B. You will be looking to see if the person is able to easily hold their muscle locked in place. If it does not lock, there is an energy disturbance or block in that circuit (meridian). Do not think of the muscle as weak or strong. You are looking to see if the "power" is on. You are looking for a solid lock.
- C. Use a slow steady pressure using the two by two by two rule: two pounds of pressure for up to two seconds, and up to two inches of movement (if it does not lock)

Five Indicator muscles to be tested for the ability to lock in place:

(These five muscles are "representatives" of the fourteen acupuncture meridians that are tested in a Touch For Health balancing)

- 1 -- "The Fig Leaf" is the Supraspinatus
- 2 -- "Down and Out" is the Pectoralis Major

Clavicular

3 -- "The Penguin" is the Latissimus Dorsi

4 -- "Chicken Wings" is the Teres Minor

5 -- "Slap the Legs" is the Anterior Deltoid

8. Learning how to correct energy imbalances with 2 simple techniques (can be done separately or together.) ALWAYS at least do ESR, with or without a muscle test

- ESR -- Releasing stress, emotional blocks and trauma
- Blasting away the energy blocks (or beaver dams) with a laser (clearing the pathway)

9. Reactivation (the "information.sandwich")

- Testing the muscle BEFORE the correction identifies for your bio-computer the point of energy blockage
- Retesting the muscle AFTER stimulating a reflex point allows the system to experience the correct energy flow and reinforces the balancing

10. Reassessment. You are looking to see if the muscle locks (is there still an energy disturbance in the life force of each system?)

- Retest the five muscles to determine if they now lock in place (i.e. is the energy flowing; are the blocks removed?)
- On a scale from 1-10 how do you feel (or how is the condition)?
- Restimulate all the points if there are any muscles that still unlock or cause pain. Then retest the muscles

11 Practice

Review and Questions

Sharing -- what did you get out of this class?

Preview of next session: Targeted (Goal) Balancing; Demonstration

Choosing a partner for daily check in

Spreading the news: In 90 seconds, list the first names of the people who you feel

could benefit from this class. Give a prize (e.g. a book) for whoever has the most names. Congratulate, applaud and present with gift

The Mission -- what is at stake (the quality of people's lives)

Assignment

- Review notes later tonight and again within 24 hours
- Listen to the cassette tape overview
- Convert health concerns into health goals; bring written list next time
- Give and get at least one energy balancing every day (five minutes a day)
- Write your experience each day
- Daily call with your partner
- Read Introduction and chapters 1-3 of *How to Cure and Prevent Any Disease* and section eleven on defusing stress in the Appendix
- Read the first 30 pages in *The Next Trillion*
- Consider the possibility of teaching this class to others
- What are you willing to commit to?

Class TWO: Targeted Balancing

1. Wins, Questions, Discussion, Review and Practice
2. Balancing for a specific health concern as a goal
3. Balancing for emotional issues as goals
4. Balancing for skill improvement as goals
5. Practice

Review and Questions

Sharing -- what did you get out of this class?

Assignment:

- Give and get an energy balancing every day
- Daily call with your partner

- Read chapters 4 to 6 of *How to Cure and Prevent Any Disease* and sections one and two in the Appendix

- Commitments for this week

Class THREE: Balancing with Foods and Nutrients

1. Wins, Questions, Discussion, Review and Practice
2. Identifying toxins, health depleting foods, energy disturbing food
3. Balancing with food and supplements
4. Identifying and eliminating allergies
5. Practice

Review and Questions

Sharing -- what did you get out of this class?

Assignment:

- Give and get an energy balancing every day
- Bring written report of results from each day
- Daily call with your partner
- Read chapters 7 & 8 of *How to Cure and Prevent Any Disease*
- Commitments for this week

Class FOUR: Further Tools for Balancing

- Wins, Questions, Discussion, Review and Practice
- Balancing for reading and learning disabilities
- Balancing with other techniques using the TFH manual
- Practice

Review and Questions

Sharing -- what did you get out of this class?

Assignment:

- Give and get an energy balancing every day
- Bring written report of results from each day
- Daily call with your partner
- Read chapters 9 & 10 of *How to Cure and Prevent Any Disease*
- The mission -- what is at stake
- Commitments
- TFH Membership, classes and conference

Making \$1000 a Week Teaching EHC Classes

Because EHC is simple to learn and simple to teach, you can earn \$1000 each time you teach one class of just ten people. You can do it in your home or the home of one of your students, and let them take it for free.

Your students pay \$100 tuition for a class that consists of four sessions of 90 minutes to two hours, held once a week.

If each class is twenty people, and you did two classes a month, in twelve months you would earn \$48,000 plus the income from TFH classes that came out of the EHC classes, book sales or any thing else you offer. Most of these people will be **referrals** from people taking your class, IF you ask for them at the first class, and at the end of every class.

A good way to enroll people is to offer a free introduction class and enroll people for your four session class.

It is important to offer a strong guarantee. Here is what I recommend:

Double your money back guarantee of satisfaction. We expect you to be *thrilled* with the value you have gained from this class. If, however, at the end of the course, you feel you have not received at least \$200 of value from this class, we insist on giving you **DOUBLE** your money back, if you request it in writing and have fully participated by having completed all four of the classes and all

of the assignments (5 to 10 minutes a day).

Tell people up front that there are two ways to get their class for free. They can refer ten people who take the class, or they can take the class twice teach it themselves.

You will encourage your students to take your class a second time as a review. They will pay you \$20 for any individual session or \$50 for all four sessions if they pay in advance.

Your students can teach their own class after they have taken your class a second time and feel confident that they can do it on their own. If they want you to assist them in their class, you split the revenue.

When a person begins teaching classes, they must agree to invest 10% of what they earn back into the organization as an incentive for others to enroll in the mission of teaching this material (first year, 10% goes to their teacher). This is based on agreement and commitment, on keeping their word congruent with the Golden Rule. As a TFH instructor, you would pay 10% to the TFH organization.

If just 10% of your students teach just ten classes of just ten people per class, that will generate for you another \$48,000 of income as they pay their 10% to their teacher (in this case to you for the first year).

Summary

The EHC, based on the K.I.D.S. principle, is a possibility of a way to far more quickly reach a million or more people with the skills of self health care using the principles of Touch For Health.

I invite you to give it a try.