

## **Energy Balancing in 60 Seconds with a \$20 Laser**

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How would you like to teach others a way of balancing that was so simple and foolproof, that people would actually USE the Touch For Health technology EVERY DAY?

How would you like to have a simple way to give YOURSELF a powerful TFH based energy balancing once a day IN LESS TIME THAN IT TAKES TO BRUSH YOUR TEETH?

Uncertainty is perhaps the biggest barrier to millions of people using the TFH technology on a regular basis for their personal benefit as well as for helping others. Most people just are not willing to take the time to master and implement this incredible technology we possess - and that is a tragedy!

One of my biggest frustrations and disappointments in teaching TFH classes (since 1981), is that close to 99% of those who attended would NOT use their new incredible knowledge outside of the class for more than a week or so.

### **Complication Produces Uncertainty and Inaction**

I concluded that one of the primary reasons that TFH has not spread as it could have is because it is perceived to be too complicated and people feel uncertain about how to do it accurately.

So the natural predictable (tragic!) result is that THEY DO NOT DO IT AT ALL!

### **A New Paradigm**

In this new approach (Energy Health Care) that I am going to teach you today, people can consistently get amazing results without any concern about whether or not their testing is accurate, or which reflex points to use or where to start, AND DO IT ALL IN 60

SECONDS, including on themselves, using just five muscle tests and a simple pointer laser.

### **Prevention - Think of Brushing your Teeth every day**

You can do a powerful daily general balancing for preventative reasons just like you brush your teeth for preventative reasons.

People don't wait until they have pain before they care for their teeth. Why wait until you have pain before you care for your life energy?

If preventing the accumulation of plaque on your teeth is important, than certainly preventing the accumulation of energy blocks (internalized stress) is even more important.

But if brushing your teeth was a complicated and lengthy procedure, and people were uncertain that they were doing it properly, how many people would be doing it at all? Sadly, that is the same challenge we have had with Touch For Health, and thus our slow growth.

### **The K.I.D.S. Approach**

An idea will spread far more rapidly if it is simple and duplicable. K.I.D.S. is an acronym for **Keeping It Duplicable** and **Simple**, which is exactly what Energy Health Care was designed to be.

**Energy Health Care** is a super simplified version of Touch For Health that uses a simple pointer laser, only five basic muscle tests (renamed to make them easier to remember) and a **SINGLE** correction, yet without sacrificing the great results you are probably used to.

Energy Health Care was created to be SO SIMPLE that it can be taught and mastered in a few hours by anyone, giving a person a skill that they can use daily for the rest of their lives. The entire workshop is eight hours, and includes extensive background information on the theory of energy balancing, how to master muscle testing, ESR, psychological reversals, dyslexia, allergies, food and supplement testing and plenty of practice time.

The 52 page manual for the class is available for free to anyone at

[www.EHealthCareWorkshop.com](http://www.EHealthCareWorkshop.com)

(People are strongly encouraged to also purchase the TFH manual as a back up reference.)

I have been using this system of Energy Health Care for many years and have been

teaching this class on an average of one per month (10-40 students per class) for over two years, with phenomenal results consistently, not only when I do the balancings, but when others do them.

### **EASY to become an Instructor**

To accelerate the spread of this simple system, I encourage everyone to teach the class themselves. To be certified to teach, they only are required to take it twice and agree to follow them EHC manual which they can copy freely.

Then they can certify others to teach the same workshop after any of their students have taken it twice from any certified instructor. I also have the entire workshop on video or DVD (6 hours) so that it does not morph or devolve into something else.

## **The rest of this paper consists of selected excerpts from the 52 page manual.**

The five muscles we use in Energy Health Care are representatives of and surrogates for all fourteen acupuncture meridians. The page numbers in the following table refer to the TFH Manual.

<u>#</u>	<u>Muscle Test Name</u>	<u>Latin Names used in TFH manual</u>	<u>Systems Associated With This Muscle</u>
1	"Penguin"	Latissimus Dorsi muscle (pg45)	Immune System, Blood Sugar
2	"Knee Slapper"	Anterior Deltoid muscle (pg89)	Gall Bladder
3	"Down and In" or "Fig Leaf"	Supraspinatus muscle (pg32)	Brain, Emotional State
4	"Chicken Wings"	Teres Minor muscle (pg79)	Hormonal System, Thyroid, Adrenals
5	"Down and Out"	Pectoralis Major Clavicular muscle (pg37)	Stomach, Emotional Stress

### **Using a Laser**

The common red (helium-neon) "pointer" laser shining directly at the body can be used to stimulate various types of reflex points, such as: neuro-lymphatic, neuro-vascular and acupuncture points.

The laser can also neutralize the stressful effects of toxins (pesticides, from insect bites, etc.) and allergens, including metal touching the body. It can also help alleviate many skin problems, scar tissue and moles, accelerate

healing of injured tissues, and double the potency of supplements. According to *Science News*, Oct. 5, 2002, "Laser equipment can reduce tumors, blood loss, pain, healing time and infections."

### **Why the Laser Works**

The laser operates at a frequency of about 635-645 nanometers, which is also the basic frequency of the human body. Because of this fact, it is naturally therapeutic. According to Richard Gerber, M.D., in his book,

*Vibrational Medicine*, the Soviets were doing research with the helium neon (red) laser on acupuncture points back in the '70's, and even used Kirlian body scanners before and after to assess the energy states of the acupuncture points. He further states that energy introduced into the acupuncture meridian system with a laser (or sound, needles, electrical currents and even finger pressure) promotes the healing of diseases.

According to Dr. Sheldon Deal (one of my personal teachers), the author of *Advanced Kinesiology*, a laser will do in seconds what an acupuncture needle takes 20 minutes to do. The laser releases blocked energy to flow through the acupuncture meridians. It sends a surge of healthy energy down the energy pathways, clearing out the blockage like a plunger does when used on a clogged toilet.

### **Mayo Clinic Laser Safety Study**

Researchers at the Mayo Clinic in Rochester, Minnesota, evaluated commercially available class 3A laser pointers having powers of 1, 2, and 5 milliwatts (mW). To test the lasers, the researchers used three human study participants who agreed to have the laser beam directed at their eyes for a period of 15 minutes each. All of the participants had previously been diagnosed with eye cancer and were scheduled to have their eyes removed in the near future. "Other than transient after-images that lasted only a few minutes, we were unable to document any evidence of damage to any structures of the eye," according to Dr. Dennis M. Robertson and colleagues. Similar after-images can occur after having a flash photograph taken.

"Our findings support the contention that the potential for laser pointers to cause eye damage has been exaggerated" the authors write in the November/December issue of the *Archives in Ophthalmology*. "This is a valuable study that documents how difficult it is to cause injury with a laser pointer," said Dr. Martin Mainster, a spokesperson for the American Academy of Ophthalmology, in an interview with Reuters Health. "The fact of the matter is that commercially-available laser pointers are a very weak light source," he added.

The picture on the following page shows the K-27 acupuncture points (just below the neck area) and the hypothalamic reset points (on the face) as the small circles. Just shine the laser on these points for about 1-2 seconds each. The ESR Areas are also shown in this picture (the larger white ovals located on the forehead), but we will use finger tips on them.

### **Doing the Correction**



Have the person place the fingers of one hand around their navel, and the other hand on their heart, as in the photo above. Ask the person to focus on their physical heart and fully re-experience a time when they felt deeply appreciated. It usually helps to have them visualize breathing through their heart area as well.

Next, hold the ESR points and balance the K-27 points and Hypothalamic Reset points with the laser. This inputs the changes into the central nervous system, brings most of the meridians directly "on line" with the changes, and boosts the flow of communication between the nervous system and the meridian system. It also very effectively "grounds" the body's electrical system and links the heart strongly into the balancing, while concurrently clearing out emotional residue related to the areas and issues being balanced



**Kidney 27's and the Hypothalamic Reset Points (Acupuncture Points)**

<b>Location</b>	<b>Name of Point</b>
Between the end of the collarbone and the top of the sternum at the base of the throat (one on each side). (Have the person place the fingertips of one hand around their navel as a "grounding" point, and the other hand on their heart, all the time that you are using the laser.)	K-27, The end of the Kidney Meridian (one on each side). This is referred to as "Switching points"
1/2 inch below the middle of the lower lip	CV-24, End of the Central Vessel Meridian
1/2 inch above the middle of the upper lip	GV-27, End of the Governing Vessel Meridian
Nose- In the "laugh line" 1/2 inch from the sides of the nose	LI-21, End of the Large Intestine Meridian
Eye - 1/4 inch below the center, on the bone	ST-1, Beginning of the Stomach Meridian
Eye - inside corner next to the nose	UB-1, Beginning of the Urinary Bladder Meridian
Eye - outside corner	GB-1, Beginning of the Gall Bladder Meridian
Eye - end of the eyebrow	TW-23, End of the Triple Warmer Meridian
Ear - just in front of the middle of the ear, in the indentation created when you open your mouth	SI-19, End of the Small Intestine Meridian
Ear - Entire area inside of the ear	Extra Auricular points

### **Balancing Yourself**

You can do a general or goal balancing for yourself without even needing a partner! Simply Assess (test) your muscles, Correct using the laser (using a mirror can be helpful to make sure you are on the points), and Test (reactivate) your muscles again. Your testing does NOT need to be accurate for this to work! Remember to end with the cross crawl and humming.

### **Targeted or "Goal" Balancing**

#### **Balancing for what you specifically WANT**

You can do an energy balancing for whatever you want as a specific goal. This can be anything (physical, mental, spiritual, etc.). First, though, you may want to do a general balancing (without a specific goal) so that you have all muscles locking in place. This is recommended because it gives you a "base line," but it is not necessary to get results.

#### **Goal Balancing for Physical Concerns**

Select a health concern or problem to address. It is preferable, though not necessary, to convert it to a positive statement. This statement will describe the ideal outcome of the balancing as if it had already happened.

Put the goal in sensory-based terms  $\hat{u}$  see, feel, taste, hear, and smell  $\hat{u}$  and make it as detailed as reasonably possible. When the person comes up with a goal, have them state it out loud so you can help to verify that it's a totally positive statement. The alternative to a verbal goal is to do a "physical goal" by doing Circuit localization (explained on the next page). For best results, create both a verbal goal AND Circuit locate at the same time.

1. Start by asking the person, "**What do you want?**" It is important to have *them* come up with the wording because it when is in *their* words, it will be more effective. *Also find out what difference it would make for them to get what they want and include that in the goal by tagging on a "so that" phrase. E.g. "so that I can walk up stairs, or hike, etc."*

Here are two examples of converting a negative problem to a positive statement/goal:

<b>Convert this</b>	<b>To the following:</b>
"I have back pain"	"My back is strong and stable, moves freely and supports me so that I can...."
"I have a headache"	"My head is clear and comfortable, so that I can ..."

2. Have them rate the problem from 0 to 10 (0 is no problem and 10 is the worst it can be).

3. After the person says their goal statement out loud, test a muscle. The muscle should unlock, because the goal is inconsistent with the way things currently are -- we have not done the balancing yet. It is like saying a lie, so it creates stress that creates unlocking.

4. Do an EHC balancing (**Assess, Correct, Test**) finishing with a few seconds of humming and cross crawl.

5. Have them rate the problem again on the 1 to 10 scale to see how much it improved. Do the laser points again if you are not satisfied with the results and/or do more ESR.

#### **Circuit Localization (CL)**

If you put your hand (like a probe) or they put their hand on an area of the body that has stress, then muscle test; the muscle will unlock. This "locates" a circuit where there is blocked energy. E.g. if you "circuit locate" (CL) over the heart or liver and the muscle unlocks, you know there is stress in that area. Now you can do a regular balancing for that part of the body, either with your hand in place the whole time, or by doing a "Pause-Lock"

#### **Pause-Lock (PL)**

Pause-Lock (PL) is a way to keep a person's system focused on a particular concern while you go through the balancing process. To do a PL, have the person being tested focus on the problem or do a CL, and spread their feet apart to shoulder width. This holds or locks in the distorted energy pattern into the hip joint until they resume close that joint.

### **Stacking Multiple CL's**

You can stack multiple CL's into the same balancing by transferring the data the PL is holding into another form kind of PL that uses the TMJ (jaw joint). E.g. CL your liver. After you do a PL, CL another part of your body, e.g. your heart. PL this by opening your jaw as wide as you can. This captures the data for both CL's. Disengage the hip PL by putting your feet back together and immediately spread them apart again (the hip PL). Close the jaw. Add another CL, such as your pancreas and PL that with the jaw, which now holds the information for all three CL's. Switch that to the hip PL and close the jaw joint (TMJ). You can keep stacking as many as you want by going back and forth. Then do the balancing.

### **Goal Balancing for Emotional Concerns ("Energy Psychology")**

Non-physical issues are often based on fear or anger, which are the emotional components of the "fight or flight" dynamic that goes into operation whenever you are under stress. Emotional concerns can also involve grief, sadness or depression.

*The cause of ALL negative emotions is a disruption in the body's energy system.*

### **Goal Balancing Examples for Non-Physical Concerns**

There are hundreds of issues one can address in balancing. Here are just a few examples, including how to convert some of them into goals:

1. Concern (anxiety about) for what other people think of you  
*Convert to: "I am fine with whatever someone thinks about me"*
2. Fear of not being important and worthwhile (most people do not)  
*Convert to: "I am important and worthwhile" (you could add, "even when ... happens")*
3. Fear of being stupid or dumb, or not knowing or having the right answer

4. Fear of not being good enough (for yourself, parents, spouse, God, etc.)  
*Convert to: "I am capable, even when I make mistakes."*
5. Fear of taking risks or getting hurt  
*Convert to: "I enjoy adventure" or "I am comfortable in taking risks."*
6. Not being able to let go of tension or anxiety (vs. being relaxed and calm)
7. Your appearance (your face, height, stomach, legs, thighs, whatever)
8. Liking or accepting yourself
9. Your gender; issues about sex
10. Concerns about your future; feeling hopeless or lost
11. Not trusting men (or women) or a certain person
12. Not feeling loved by \_\_\_\_\_ (a parent, spouse, friend, God, etc.)
13. Not being able to forgive someone (including yourself); letting go of resentment
14. Bitterness or resentment (not able to forgive yourself, parent, spouse, friend)
15. Feeling good about yourself even when \_\_\_\_\_ (describe; e.g. disrespected)
16. Phobias: fear of heights, spiders, snakes, bugs, open places, water, etc.  
*Convert to: "I enjoy being up high (or in the water, around bugs, etc.)"*
17. Needing to be right (i.e. fear of being wrong)
18. Fear of rejection or failure
19. Feeling overwhelmed
20. Tendency to be harsh or demanding
21. Getting upset when things don't go your way (thinking that they are supposed to!)
22. Being critical or judgmental of a certain person or yourself (we all do this)  
*Convert to: "I appreciate and accept others (or myself) the way they are"*
23. Needing to control or dominate others (or to avoid being dominated)
24. Letting go of an injustice or something in the past
25. Your boss, job or business
26. Concern about finances
27. Being indecisive