

## The Legacy of Dr. John F. Thie and Future Directions of Touch for Health Worldwide

by Matthew Thie



Dr. John F. Thie's contribution and his legacy will live through so many people who will continue in the techniques and spirit of Touch for Health.

He counted his diagnosis (of aggressive Cancer in February of 2005)

as a blessing, because it did give him the opportunity to visit with so many of his friends and have his family gather around him, and know that he is loved and his life has made a positive contribution in the lives of those he has known, and even many people he will never know. He made a contribution in his profession, and to humanity through his work. And he danced to his own tune. It was a good life.

His presence and support is missed in his family, church and community, the profession of chiropractic, the International College of Applied Kinesiology, and throughout the field Touch for Health & Energy Kinesiology. Yet his words and deeds remain as a touchstone as we go forward in our lives. Carrie and Matthew Thie carry on the Mission of Touch for Health Education, with assistance from grandchildren Tim and Destin  Thie. But every person who touches for the purpose of health carries on in the legacy of John Thie. This includes all the TFH Association members, Instructors and Students, in the USA and Worldwide. So many people continue to use the concepts, system and techniques of TFH, each one teaching one, and making the world a better place, one person at a time. The IKC continues its mission of training TFH Instructors internationally, and the EnKA (Energy Kinesiology Assoc.) shares a parallel mission with the TFHKA

in creating a support and network for practitioners, instructors and students, and awareness among the general public, as does the IASK (International Assoc. of Specialized Kinesiology) on an international level.

Touch for Health has been acknowledged as a foundational training by most all of the international kinesiology associations, and is a key part of the training at kinesiology institutes and within most of the different kinesiology training programs. I think that TFH will remain a common denominator and common language among all people who practice any form of energy balancing with muscle testing. More and more, people are recognizing that within the philosophy and techniques of the TFH system, there is a great deal to study, so more hours are being devoted to study in depth. The IKC is approving more courses that allow a deeper understanding of the standard TFH Synthesis. In England they have developed a Professional TFH Practitioner training program. I think that this is an approach that will eventually be implemented worldwide. I think that Kinesiology will enter another major growth period and become much more known and integrated within all of the healing professions, as well as contributing to the needed shift back to empowering individuals to create and maintain their own Wellness, rather than wait until they are sick enough to go see a doctor.

Another association that has acknowledged the legacy of John Thie's work, and the TFH system is the Association of Comprehensive Energy Psychology (ACEP). Currently, this is perhaps the fastest growing group using kinesiology and energy work, with an attending explosion of available academic writing on the subject and a greater emphasis on scientific rationale

and professional research. This is creating an ever greater need for the fundamental knowledge and skills of TFH. We will need to expand the base of instructors as well as work to create awareness of what we have to offer and where the training is already available.

Our existing associations are working towards that end and both the structures for disseminating information and the participation of members are improving. In addition, the Energy Kinesiology Awareness Council was founded to coordinate and unify our efforts at enhancing communication within the Energy Kinesiology field, and increasing awareness of the benefits of TFH and Energy Kinesiology among the general public.

There are several significant developments that Dr. Thie was very satisfied to see realized before his death. Dr. Thie was able to see the final galley copy of *TFH: The Complete Edition* and we firmly believe that this enhanced and expanded reference will be a quality resource for years to come, as a platform for practitioners and instructors to promote their programs, as a reference for balancing and a tool for learning and teaching.

Dr. Thie was very happy to see the adoption of the eTouch program by many practitioners/instructors, and many new to TFH. Dr. Thie dreamed and worked for many years to create this teaching, learning and record-keeping tool and make it available to the public. Dr. Thie was especially grateful to Earl and Gail Cook who are the "Angels" who made this project finally real and also created the *eTouch Internet Gateway* to upload sessions for our worldwide research project, now named the John Thie Memorial Research Project ([www.etch4health.com](http://www.etch4health.com)) which will gather outcomes from thousands of participants around the world. Dr. Thie was able to participate in some of the initial tests of the Internet Gateway which is now up and running and we are now recruiting the initial participants whose efforts will attract many more, and eventually attract greater funding and more extensive research projects.

The original vision, of having someone in every family who can do some basic TFH energy

balancing, has never changed. That goal has not been forgotten by so many TFH instructors and practitioners and it is still part of the mission of the IKC and Kinesiology associations worldwide. We are still developing ways that TFH can be used by families, children and lay people to have happier lives and function better. The IKC is working on some training programs that will be even more accessible to all people. At the same time, there is an ongoing development of professionalism and ethics in the emerging field of Energy Kinesiology. Professional Trainings in TFH specifically are being developed and the TFH system forms a core element in many of the professional Energy Kinesiology trainings.

I (Matthew Thie) continue to enjoy and grow in my role as a TFH Instructor, teaching TFH synthesis (TFH 1-4 and TFH Proficiency) in Los Angeles. I am also carrying on in my father's tradition of teaching Clinical Intensives (Covering TFH 1-3 in an immersion approach) at Serra Retreat in Malibu. As an IKC Trainer, I am currently teaching the TFH Advanced Training (Instructor Training Workshop) in Los Angeles, Puerto Rico and Mexico, and I am developing an Advanced Clinical TFH Intensive seminar building on the skills of TFH 1-4, and incorporating many of the additional ideas that Dr. Thie shared in his workshops. This will be offered again in June of 2007. I have shared the TFH Metaphors around the world, with more than 1,000 students, and now want to focus on sharing this additional aspect of TFH in the USA, as well as recruiting more Instructors and Trainers to add this material to their teaching programs/practices.

Many TFH In-Depth Courses are being developed around the world, devoting additional time to the concepts and details of Five Element Theory, body mechanics and muscle function/testing, Posture Analysis, Goal-Setting and Metaphor, Pain Control, Interview/History Taking, Communication skills, Practice Management, and other relevant topics.

It is exciting to see the rapid proliferation of so many ways to learn, teach and apply Touch for Health specifically, and Energy Kinesiology in general. Part of the legacy of John Thie is the specific Model and philosophy embodied in the

Touch for Health system: making Educational, Non-Diagnostic, Wellness-Oriented Energy Balancing available to everyone regardless of prior learning and without the need for licensing and regulation in order to touch one another for the purpose of health.

John Thie remained committed to a philosophy of freedom and dedicated to sharing the truth. The most important message I would have for kinesiologists is to seek the truth and share it freely with everyone, for the greatest common good.

Thank you to all of the people who take time from their lives to use their own hands to help the people in their lives to feel better and enjoy their lives more. This is the legacy that we can all continue.

## Features of “Touch for Health: The Complete Edition”

For 30 years now Touch for Health, John F. Thie DC's simple, safe system, distilled from concepts and techniques of Effective Inter-Personal Communication, Chiropractic, Applied Kinesiology and Traditional Chinese Medicine, among others, has been used successfully by lay people as well as in the clinical setting. Chiropractors as well as Medical Doctors, Acupuncturists, Massage Therapists, Nurses and even Psychologists have found that the holistic approach of balancing the muscular posture together with the Life Energy flow (the acupuncture meridian system: the Chi) is powerful both as treatment and as education of patients and clients. **Patient satisfaction and clinical outcomes are improved when the individual can become more aware and empowered in their own self care and health maintenance.**

*Touch for Health: The Complete Edition*, Co-authored with Matthew Thie, M.Ed., is a completely revised and expanded and improved version of the classic work. In full color and double the page-count of the original edition, it retails for \$28.95, *slightly less than the previous edition*. Covering the complete TFH 1-4 Syllabus of the International Kinesiology College, as well as Dr. Thie's detailed insights into Goal Setting, Pain Control, History

Taking and the Creative use of Metaphor to create self-awareness and change. Simply contemplating the related metaphors, whether silently or through dialogue, has been shown to often balance the meridian energy as indicated by muscle facilitation as well as changes in posture, attitude and energy. People consistently find the Metaphors add depth, meaning and FUN to the process J

We firmly believe that the quality, affordability and accessibility of the original TFH Manual has played an important part in the growth of TFH and Energy Kinesiology worldwide, improving the lives of millions of people, and remaining a holistic health “best-seller” for 30 years. *The Complete Edition* is now an even better introduction for the general public to many holistic/energetic, Wellness oriented concepts, and the foundational training in Energy Kinesiology for everyone, regardless of prior training or experience.

Our intention is that *The Complete Edition* will continue to serve as the premiere manual and textbook for learning, teaching, and practicing TFH and Energy Kinesiology, and be a catalyst for a new era of growth and accessibility of this amazing work: A key Reference for the standard IKC (TFH I-IV) Training; A resource for independent experimentation and investigation (a map for self-teaching as an untold number of people have used it over the years!); A Resource and Guide for diverse educational and clinical settings (From community centers and community colleges to the top academic institutions, from home-school/home-care to Institutions and clinics of modalities such as Massage, Acupuncture, Chiropractic, Sports Training/Therapy, Coaching, Psychology, Complementary and Alternative Medicine as well as orthodox allopathic bio-medicine.)

The new edition features a sturdy spiral binding, protected by a bookstore friendly hard cover and convenient dimensions. There is Full Color throughout, with improved photographs of the 42 muscle tests, both lying and standing, and more detailed muscle anatomy illustrations, showing both surface contour/landmarks and the underlying skeletal structures. As with the original book, *The Complete Edition* has

printed tabs that can be cut for quick reference to the meridians/muscles and an overview of all 42 muscles as “thumbnail” illustrations, in both meridian and anatomical order. There are numerous additional tables and diagrams, including the patterns of the 24-hour Wheel and 5-Element cycles, Acupressure Holding Points Theory, and multiple record-keeping forms for home or clinical use. Also included are inspiring TFH Success Stories, illustrating the types of benefits and transformations people have experienced.

I would like to thank Gary Peattie and the entire staff of our publisher Devorss & Company, for the massive amount of work and resources they put into *The Complete Edition*, and **I encourage all of our TFH'ers to express their thanks as well, and take advantage of this tremendous resource.** Make sure all of your current and former students and/or clients READ this new edition, and go ahead and renew your commitment to educating your community in these methods to *Develop Awareness, Balance Posture and Life Energy, & Enjoy Life*; **The Event Managers at your local bookstores, including the big chains like Barnes & Noble or Borders, will be happy to coordinate your lecture/demonstration** of this easy, simple, safe system of Energy Kinesiology (muscle-testing and energy-balancing) with goal-setting and creative visualization to help you:

- Clarify your **personal vision & Passions**
- **Clear** mental/ emotional/ physical and energetic blocks
- **Relieve pain and tension**
- Balance your energy flow to enhance your personal bests, achieve more consistent and frequent **peak performances** and **reach your life goals.**

This is a Win/Win/Win Process, increasing awareness and access for the Wellness of the public, bringing more traffic and sales into the bookstores, and building up the profile of local instructors/practitioners, increasing their volume of students/clients.

## “Touch for Health: The Complete Edition,” Recommended Reading

*Touch for Health: The Complete Edition*, covers the complete IKC TFH 1-4 Syllabus, as well as Dr. Thie's insights into Goal Setting, Pain Control, History Taking and the Creative use of Metaphor to create self-awareness and change.

**TFH Instructors**, will want to read over the following sections so that you are aware of additional information and techniques beyond your 1-4 Manuals: Introduction, Muscle Testing\*, 16-24, 41-47, Goal Setting, 72-73; 87-89; 303-314 Pain Control & History Taking, 326-331, Assessment Balancing, Simple Model (No Over-Energy): Wheel, 236-238; 25E, 40-244, Creative use of Metaphor \* 66,67; 215-223; Four Health Roles: 333-334

**Non-Standard techniques (Not IKC 1-4)** described in *The Complete Edition*  
**Attractor Value:** 312, Fishing for Issues: 308, Reactive Muscle Shortcut: 293, Test Also/ Related Muscles: 65; Opposing Muscle Strengthening, 277, Sedating & Re-strengthening, 278, Repeated Muscle Testing, 276, Food as Metaphor, 323

### **\*TFH Pocketbook with Five Element Metaphors**

Introduction 3-6 , Options for Balancing 18-21, **Touch Reflexes** review 12-17; 21-28, **ADDITIONAL** Tips on **Muscle Testing** 28-39, Five Elements 74-80, **Metaphor Protocols** Fix-as-go & Assessment, 4 Health Roles 182, Reference: Details of 111 TFH Metaphors 93-177

The following table provides a suggested guideline for students and teachers of TFH for relating the different sections of the new Complete Edition to the regular TFH Synthesis syllabus.

<i><b>TFH Level</b></i>	<i><b>Reading Recommended for Students</b></i>
Before TFH 1	Foreword, I-iv; Intro, v-xxii; Evolution of TFH, 3-15
During TFH 1	Muscle Testing 16-24; Posture 26-29; Meridians 30-36; Review Pre-tests and Touch Reflexes 36-66 <i>Test Also/ Related Muscles:</i> 65; Opposing Muscle Strengthening, 277 [Review TFH 1 techniques]
Before TFH 2	<i>Test Also/ Related Muscles:</i> 65; Opposing Muscle Strengthening, 277; Review Muscle Testing*, 16-24, 41-47 *( <b>Pocketbook</b> :Tips on Muscle Testing, 28-39)
During TFH 2	[Review TFH 2 techniques as written in course manuals vs. in Complete Edition]
Before TFH Metaphors (For Instructors who have had 1 Standard update, the Metaphor workshop counts as a subsequent update.)	Goal Setting, 72-73; 87-89; 303-314 Creative use of <i>Metaphor</i> * 66,67; 215-223; (NOTE: The metaphor workshop can be taken any time after TFH 2, and is <b>not required</b> for attending TFH 1-4, Proficiency or the ITW)
During Metaphors	( <i>TFH Pocketbook</i> : Introduction 3-6; Five Elements 74-80; Metaphor Protocols Fix-as-go & Assessment )
Following Metaphors	( <i>Pocketbook</i> : Review Details of 111 TFH Metaphors 93-177)
Before TFH 3	Review Details of Wheel and Five Element Balancing, 236-238; 240-244
During TFH 3	[Review TFH 3 techniques as written in course manuals vs. in Complete Edition]
Before TFH 4	Review tests of 42 muscles Lying and Standing, 92-229; Preview Anatomical order 284-289
During TFH 4	[Review TFH 4 techniques as written in course manuals vs. in Complete Edition]
Before Proficiency	4 Health Roles: 333-334; Pain Control & History Taking, 326-331 <i>TFH Database</i> : 238-239 ( <i>Pocketbook</i> : Tips on Muscle Testing 28-39)
During Proficiency	<i>TFH Database</i> and be sure you are comfortable with all of the techniques listed- 238-239
Before ITW	<i>Database</i> approach mastery 238-239 Non-Standard techniques (Not IKC 1-4) described in the Complete Edition: <b>Attractor Value</b> : 312 Fishing for Issues: 308 Reactive Muscle Shortcut: 293 <i>Test Also/ Related Muscles:</i> 65; Opposing Muscle Strengthening, 277 Sedating & Re-strengthening, 278 Repeated Muscle Testing, 276 Food as Metaphor, 323