

**36th Annual  
Touch for Health Conference**

**The Emerging Health Paradigm**



**Greenville, South Carolina**

**July 7-10, 2011**

## **36<sup>th</sup> Annual Touch for Health Conference**

### **An Emerging Health Paradigm**



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This Journal is intended to provide educational and research information on vital energy balancing techniques that have been successfully used to reduce stress and pain. This Journal is not intended to provide medical diagnostic information, and the exercises presented herein are not intended to replace medical treatment where such is indicated.

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**Touch for Health Kinesiology Association**  
**7121 New Light Trail**  
**Chapel Hill NC 27516**

## **Welcome to the 36<sup>th</sup> Annual Touch for Health Conference: The Emerging Health Paradigm 2011**

On behalf of the TFH Kinesiology Association, the TFHKA Board of Directors, Office Staff, and our many Angels and Volunteers, I would like to welcome our members, distinguished speakers and vendors, students and interested public to our 36<sup>th</sup> consecutive Touch for Health Conference! This association is the legacy of the TFH Foundation that John Thie established in Pasadena, California from 1973-1990. From 1990 to today this has been a completely independent volunteer organization, affiliated with the International Kinesiology College, with enthusiastic participation of members of the Thie family, but evolving and persevering entirely through the efforts and leadership of our members and instructors.

These are exciting times as we reach a new tipping point in the paradigm shift from disease treatment *back* to Energy Balancing. Within our holistic, educational traditions, we have already been living the new Health Paradigm for 36 years, and it is fascinating to see what is occurring as science and popular culture is “catching up” with what we have (re)discovered since the late sixties to early seventies, and the ancient sages have told for millennia. At least since Copra’s *Tao of Physics* came out in the ’70s, we have seen that quantum physics has dramatically changed the scientific perception of the universe. Schrodinger described *entanglement* as not just one effect, but *the principle characteristic trait* of quantum physics. We live in a unified energy field connecting all people and all things, in a way that seems to transcend both space and time; and our work now stands as a strong prototype at the cutting edge of science and medicine as a practical application of ancient tradition and advanced physics. So the emerging Health Paradigm is really an optimum mix of ancient wisdom, revolutionary shifts in self-care and empowerment of the last 36 years, and the new insights available through the application of science and technology to the appreciation of the energetic nature of all creation. Perhaps the mysterious celestial alignment the Mayans forecast for 12/21/2012 will mark that moment when the “100<sup>th</sup> Monkey” shifts perception and appreciation of our universal connection, and suddenly the global shift is perceived by all humanity. Or perhaps there will be some ongoing trials and tribulations as we cope with some disequilibrium before each individual naturally finds their positive part in balancing the energy of each one, and all of us together.

As I was thinking about the nature of the emerging Health Paradigm, I happened across Dean Radin’s *Conscious Universe* and *Entangled Minds*. Dr. Radin’s explanations of quantum physics and its implications for human experience reminded me of some of the energetic principles described in the tomes I used to pull from my grandfather’s bookcase that described the Unity Principle as the first principle. Dr. Radin grounds the quantum observer effect in both controlled trials and a very long tradition of human experience and observation across cultures and throughout time. At the same time he grapples with a kind of natural resistance that exists within the culture of science. He makes very clear the uneasiness that many feel in contemplating what Einstein referred to as “Spooky action at a distance.” He describes his long and extensive efforts statistically documenting Psi effects (known more popularly as ESP) and his initial surprise at the fact of the “rational man” error (what is referred to in our TFH Instructor Training Manual as the “Factefugueing Syndrome” – that tendency to disbelieve anything that goes against our previous belief). The error is to assume that people will be swayed by the facts when enough

information is presented, when actually personal bias is REINFORCED by contrary evidence, rather than altered or eliminated.

This is a phenomenon that we have encountered for these 36 years of TFH and Energy Kinesiology, and is simply a fact of human nature. The great thing about muscle testing is that it gives us such a non-threatening, enjoyable path for people to try out to feel for themselves the effects of their thoughts, feelings, postures and attitudes on their vital energy -- and the *effects of balancing energy on their enjoyment of life*. The truth is, *the paradigm has already shifted*, but not everybody knows it yet, and there are still some strong established structures with a *vested interest* in maintaining the status quo, whether personal, academic or economic. The nice thing for us is that **we know that by simply envisioning and balancing for our positive goals, we can get energy flowing!** We don't always have to "fix what's wrong."

Last year Greg Nicosia, president of the Association for Comprehensive Energy Psychology pointed out that despite the unprecedented amount of documented evidence (primarily using the Emotional Freedom Technique [EFT]), the powers that be seem to feel Energy Psychology as a whole is so controversial that "there is no standard" as to the amount of evidence that would make it acceptable in mainstream psychology. Undoubtedly that will not stand up in court, but as more and more energy-based work begins to show up on the mainstream radar, we shouldn't be surprised if we encounter some resistance. Let's just hold our ESR points, accept people for where they are on their path, and keep on balancing!

On the other hand, Healing Touch is now an established feature in cutting edge hospitals around the country; energy work is increasingly becoming a key feature of Integrative Medicine, at the elite medical facilities, and **the patients are asking for it!**

\*\*\*\*\*

This conference marks the end of my term as president of the association, a period of some "growing pains" for the organization as we renew our vision for the future, and renovate our procedures and policies for the new economy/society of the 21<sup>st</sup> century. I was called upon by the board to help unify our passionate leadership, and "hold it together" through some rough transitions in our administration strategies.

I would like to express my thanks to the many hardworking board members and committee volunteers who have really "rolled up their sleeves" in our processes of regeneration. We have made important progress. As I pass the gavel to the 2011-2012 board, I am especially grateful to Earl and Gail Cook who have toiled for many years to build foundations for our information and procedures that should support the clear, accessible and efficient function of our organization for many years to come. Larry and Arlene Green also deserve special mention for their shepherding of the association, even to the extent of stepping into the role of running the office for the time being. I look forward to the day when these important leaders are freed up from day-to-day office functions, by the very sustainable structures and procedures that they are helping to establish to maintain the best of our long heritage, and embrace the even greater potential in our future.

Even as we develop our presence in the new virtual worlds of internet, wifi and cell phone face-time, TFH is after all about being physically present, and touching someone for the purpose of health – and this is part of what we

need to make accessible to some of our potentially isolated and out of touch online generation! Our conferences are a Family Reunion, a Floating Party, and an ongoing investigation and Seminar, supporting grassroots access to simple yet powerful tools as well as developing the emerging profession of Energy Kinesiology.

We need to keep in touch with each other, via the old ways of calling and gathering, and also make ourselves and our knowledge available through the social media, business networking, blogs, discussion boards, and photo albums, as well as upgrade and bring forward our legacy of conference journals and articles for the next generation to access and build upon!

In closing **I encourage you to be sure that you are card-carrying members of your Kinesiology associations-** TFHKA/IKC, EnKA/ IASK, etc. Your support of your Kinesiology associations makes an energetic and concrete, practical contribution to the emerging Paradigm. Step into your power as a member of these pioneering groups, an important contributor of experience, ideas, viewpoints, and of course funding! Your hands-on, grassroots spreading the word and supporting the work of your associations has already made a profound difference in so many lives. Perhaps 5,000 registered kinesiologists and supporters world-wide seems like a relatively small number (indeed, we still enjoy the accessibility that any interested member can meet the leaders and pioneers in this world at a conference or workshop). Those of us listed as members on the websites around the world are but the tip of the iceberg of “our people”-- those like-minded who have adopted and enjoy this work in our lives. Let’s find more ways to find each other, join together, whether through conferences, local gatherings, or via the new resources on the internet, and raise the public awareness of Kinesiology. But remember...

As a member, YOU are our most important resource, and the most important resource we can offer to the communities. As a lay practitioner, Certified Kinesiologist, public speaker in your community service organizations, or health professional using TFH in your practice and supporter of community awareness and self-care, YOU are living and creating the new Paradigm. Just do it. Make it known. Make it accessible. Find a space in your schedule for pro-bono community service, individually, or by organizing public service projects through your associations.

Join us on a committee or specific task -- bringing us your special skills that can be amplified through sharing at the association level to benefit many individuals, and thereby so many communities. Your touch can touch millions when you contribute that touch through your association.

This conference is an important opportunity to reach out, give a hug, join together with the leaders in the field – both speakers and participants -- and keep in touch throughout the year, keeping our energy up, balancing and feeling together and supported. Our website has had some resources for quite a while that have been underused. Right now we are revamping the website, upgrading the features and making them more intuitively accessible. Please keep logging on and finding ways to participate as this TFHK community space develops. One of the most exciting recent developments is that our new web hosting service can carry our member’s “websites” (via Wordpress templates) at no additional cost to members or the association. Web-savvy Kinesiology people: Please support us in creating the designs, templates, examples and how-to articles to support our many brilliant members to make their work more accessible to the public (and take full advantage of the free professional website layout through the Massage+ insurance, if you are using that).

Let's all post at least a one-page "website" that showcases our individual unique approach and work -- inspiration and motivation to share TFHKA. Commit to posting to our discussion boards monthly or weekly, submit your articles, post your classes, etc.

After all, YOU are the TFH Kinesiology Association, and YOU are the new Health Paradigm.

In Touch,  
Matthew Thie,  
President, TFHKA, 2008-2011

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## **Schedule of Speakers**

**Thursday, July 7**

*Welcome*

Matthew Thie

*Clinical Touch for Health*

Matthew Thie

## Clinical Touch for Health An Embodiment of the Emerging Wellness Paradigm

Matthew Thie, MEd

The **TFH clinical approach** refers in a generic sense to *teaching* TFH in a clinical setting, whether one-on-one in private sessions, or as part of a workshop where participants serve as case-studies and the concepts and techniques are learned through exposure to many authentic individual sessions, in addition to lecture, guided practice, and independent study and practice. Client/student education may be informal when TFH is integrated as an aspect /approach in the practice of chiropractic, massage, holistic nursing/medicine, acupuncture, psychology, coaching, sports/athletic training, energy medicine, mind-bodywork, Specialized or Energy Kinesiology, etc. without a formal training program or certification. The clinical approach may also be integrated with the standard International Kinesiology College (IKC) Syllabus and Instructor Certification program. Many practitioners have become Certified TFH Instructors with the main intention of using the techniques in clinical practice, and not necessarily teaching their clients to use the techniques for themselves; and a variety of professional kinesiology certifications have been developed around the world based in whole or in part on the fundamentals of Touch for Health. **John Thie's Clinical TFH™** refers to the particular way that TFH founder, Dr. John F. Thie, developed to practice and teach TFH, usually in an intensive retreat, emphasizing the basic core features of TFH, and enhancing them with an enriched approach to listening, dialogue, interviewing, goal-setting and use of metaphor to make the TFH balance a profoundly meaningful and transformative process, embodying the new Paradigm of Wellness development.

Touch for Health was not originally meant to be the

basis of a professional practice, but rather a practical home self-help tool to complement the professional care available through physicians practicing Applied Kinesiology. John Thie served as the first Chairman of George Goodheart's International College of Applied Kinesiology (ICAK), and envisioned TFH and Applied Kinesiology (AK) as elements of an integrated training program for physicians, paraprofessional assistants, and laymen. Some of his colleagues felt that sharing any of the AK information with lay people could be dangerous, or could result in a profession that would be in competition with AK.

Over the last couple of decades, it has become increasingly clear that TFH has contributed to the emerging health paradigm and worldwide profession of Specialized Kinesiology or Energy Kinesiology (SK/ EnK). Rather than being dangerous, TFH and EnK have provided millions of people with relief when traditional medical care had no diagnosis or treatment, or as an alternative to *inappropriate* and dangerous drugs and surgery. The sharing of the TFH model and techniques with the general public has resulted in a greater awareness and appreciation of the benefits of EnK and the new health paradigm, while at the same time increasing recognition of the value of those professionals with the extensive training to incorporate EnK in professional health-care and/or the disease-treatment model. When people find that their usual day-to-day wellness self-care is insufficient, and they are seriously out of balance, they will consult appropriate experts proactively and in a timelier manner than waiting until they are "sick enough" to go to the doctor, *or emergency room!*

The original Touch for Health Foundation, which John Thie established in 1973 in Pasadena, California was actually a vocational school and TFH was immediately recognized as continuing education for nursing and massage; but the initial 15 hour workshop (now expanded under the IKC to the 75 hour **TFH Synthesis**, including Proficiency assessment) was not intended to create therapists who would earn a living from their services, but rather *instructors* who could share the simple but profound ideas and techniques of TFH through a peer-to-peer, “each one teach one,” or family health-maintenance approach. Generally those who wanted to be therapists were recommended to start with massage or even consider chiropractic or another healing arts profession. Nonetheless, there have always been a certain number of unofficial *TFH practitioners*, using TFH alone, or usually in combination with other parallel kinesiology techniques, who responded to the demands for their attention, or simply always had the intention to pursue doing TFH balancing as a business.

Over the years, a variety of professional kinesiology certifications have been developed around the world based in whole or in part on the fundamentals of Touch for Health Kinesiology. In the United States, most of us are aware of the Energy Kinesiology Association’s establishment of common standards for levels of Certified Energy Kinesiologists (CEnK) (which would typically include the TFH Training as well as other kinesiology and health related information). These standards are parallel to national standards developed in Australia under their general professional Kinesiology associations. (Currently there are also Australian government recognized Certificate and Diploma level Kinesiology trainings available, integrated with standard units of study common to all healthcare certifications, available through government registered training organizations - again these would typically incorporate TFH as a standard component). The IKC, which maintains TFH training standards worldwide, also has a Professional School which recognizes Professional

Kinesiologists, Kinesiology training programs and training institutes.

Although TFH has been recognized as a fundamental element of most professional Kinesiology training programs (and today most TFH Instructors are also actively seeing clients one-on-one as some form of practitioner, sometimes based solely on their TFH Instructor certification), the TFH training per se has mostly been oriented to creating instructors rather than *practitioners*. Nonetheless, several TFH based professional designations do exist, and ***an internationally recognized TFH based practitioner seems to be inevitable***. Indeed, the intensive 50 hour advanced TFH Training is no longer referred to as the Instructor Training Workshop (ITW) since it has been recognized as an important component of any Kinesiology practitioner training. Of course, the goal of advanced TFH Training is still to know the material well enough, and practice communicating the concepts and techniques so thoroughly that you could teach it to others - whether in formal workshops, or as part of client education through the clinical process. This educational, self-responsibility model has been largely adopted throughout the field of Energy Kinesiology, and is an important element of the emerging paradigm.

The first TFH Professional Kinesiology Practitioner (PKP) program developed by Drs. Bruce and Joan Dewe was originally an extension of the basic TFH workshops. It later became a more extensive 1-3 year program based on New Zealand government standards, and expanded information developed by the Dewes, yet did not incorporate the ITW as a standard feature of practitioner certification. In the USA, several other TFH “Practitioner,” “Facilitator” or “Consultant” programs have been conceived, (such as Richard Harnack’s TFH Consultant and Kinetic Integration Consultant programs from the 1980s) though none are currently offered. In England, Sandy Gannon (current IKC President) developed a Professional TFH Practitioner program, basing the entire training on the essence of TFH: self-

responsibility, education, personal experience and development, and holistic balancing of body and mind (through in-depth study of the standard ideas and techniques of the TFH Synthesis and Instructor Training). Additional 15-30 hour modules include TFH *In-Depth* courses in Chinese 5 Elements, Body Mechanics and Reactivity, Goal-Setting & Metaphor, Practice Management, Communication, Emotional Stress Release, etc. This program is a more complete preparation for professional clinical practice that is well grounded in the educational, self-responsibility model. In Spain (Catalunya) there was a law passed recognizing several levels of Energy Kinesiology practitioners, starting with a basic training for TFH Consultants and eventually recognizing a diploma level Professional Kinesiologist designation involving eclectic kinesiology curricula and other health related information.

In Italy, similar *national* Alternative and Complementary Medicine legislation also recognizes a TFH Consultant program developed by former IKC President, Maurizio Piva, which he has delivered successfully for many years as a component of the training at his professional kinesiology institute in Lago Di Garda. Most recently, the IKC has formed a working committee to study the concept of an internationally **recognized IKC TFH Consultant** based on Maurizio Piva's model. The essentials of this training would be the TFH Synthesis (TFH 1-4 and Proficiency), additional case studies and clinical observation, the intensive TFH Training (with the *option* of Instructor Certification as part of the process), and **repetition of levels 1-4**, as part of a collaborative, mentoring approach to building the TFH program as well as developing Consultants. As TFH comes full circle from its original format as a minimal experiential workshop for lay people, to a professional TFH designation, 36 years of constant reinforcement of the profound principles of TFH make this a fundamentally different kind of professional practice that is currently no less revolutionary than it was in 1973.

John Thie was always striving to be this kind of TFH Practitioner, in the sense that he used TFH as the primary intervention in his chiropractic practice for over 20 years and constantly encouraged his patients to take good care of themselves, and learn practical ways to enhance their own wellness, rather than focus on fixing what was wrong with them. When he retired from chiropractic he thought he would wander off into the countryside and watch his grandchildren ride horses for the rest of his days. He turned over authority for the TFH program to the international Faculty who formed the IKC, and the membership formed the TFHKA to continue gathering, sharing and promoting TFH.

But John soon found he missed seeing people and putting his hands to work. So he set out to design a clinical approach to TFH that would expand on the educational and group energy effect he observed in his clinic and his workshops. He began working with clients intensively during weeklong retreats, exploring not only the TFH concepts and techniques for self-care, but delving deeply into each participant's life goals (and problems/pains/challenges) to create the greatest immediate personal growth, as well as provide the tools, motivation and vision to continue with their TFH practice.

For a long time, John had observed that many lay people, with minimal training, were obtaining great benefits from TFH balancing, but he also noted that he seemed to be getting particularly good results, and wondered what he might be doing differently. From 1994-2005 John investigated the aspects of his TFH practice that seemed to be most effective and developed his intensive TFH workshops, while also traveling the world lecturing on TFH, goal-setting, stress release, pain control, Effective Communication / dialogue / interviewing, and use of metaphor throughout the TFH balancing process. The result is **John Thie's Clinical TFH™** Intensive Retreat which follows the progress of a small group of case studies in a clinical approach; but also comprises the

particular way that John liked to work and teach, particular themes and approaches he emphasized, and particular information that has been largely included in the *TFH Complete Edition*, but is not necessarily presented in the standard TFH Synthesis (1-4 and Proficiency) workshops. Indeed, as the Synthesis maintains a stable form worldwide, it is better to add laterally or vertically to the existing structure with supplementary or complementary information; so that **John Thie's Clinical TFH™** approach will most likely become an additional workshop, or series of workshops complementing the TFH Synthesis workshops and Training, and adding a particular flavor from the founding roots for those who wish to teach in this manner, whether exclusively in session work, one-on-one with clients and / or as part of formal IKC Certified workshops.

### **Features of John's Approach to Clinical Touch for Health™**

#### **• TFH History from Thie Family Perspective**

An intention to serve, to help people, to be part of “making the world a better place” by empowering people with the **tools for self-transformation**.

#### **• The Holistic Model / The Pyramid of Health**

A **multi-factorial, holistic appreciation**, and balancing *in context* as the new paradigm. A fundamentally different approach than “cause & cure” or “diagnosis & treatment.”

#### **• Immersion into Authentic Case Studies to Discover Applications of TFH**

The **experience of TFH** is perhaps a more profound learning than the details of the specific techniques. **Feeling and observing many actual balances** allows intensive personal appreciation and analysis of the principles of TFH.

#### **• Communication / Listening / Interviewing Skills**

- The **client-centered** approach as educational, self-responsibility model; an embodiment

of the emerging paradigm in contrast to diagnosis & treatment.

- Specific concepts and **identifiable skills / techniques** drawn especially from Carl Rogers, Tom Gordon and Virginia Satir.
- (Tom Gordon's Effective Communication workshops for lay people served as the original foundational model for the TFH workshops and therefore the underlying philosophy of much of energy kinesiology: **person-centered psychology ~ simple skills and workshops for everyday use to make life better**).

#### **• Strong Emphasis on In-Depth Goal-Setting**

- John's clinical approach to working with human beings for their personal best rather than treating conditions or fixing what's wrong.
- Simple concrete steps for making Goals more effective and meaningful; John's **In-Depth Remembering Wellness** protocol for developing goals.
- Health/Wellness is our *natural* state; MORE than absence of pain and symptoms:
  - **Focus on the Positive** is MORE effective than “digging out” what's wrong!
  - We accept the **mystery** of how the body heals when we balance for a goal.

#### **• Creative Exploration of Meaning through Metaphor**

- Weaving story/dialogue with goal, energetic pattern, and life metaphors.
- Muscle functions suggest actions/gestures and can represent intentions/meanings. *Feeling* the muscle amounts to *Listening* for messages from the body, whether postural /structural, emotional, intuitive, spiritual, etc.
- Meridians / Organs serve as Metaphors, rep-

representing functions and meanings at every level of human experience - cellular, organ functions / relationships / cycles, overall vitality, sense of meaning and purpose in life, cultural meanings and traditions ... connections to the cosmos.

- Chinese Five Element Metaphors access the sensory / associative aspects of life experience through the five senses, emotions, seasons, climates, etc., including Dr. Thie's own adaptation of the concepts of cognitive development and belief systems to the Five Element cycles (Beliefs).

#### • Interviewing / History Taking for Pain Control

- **Purpose of pain** - Awareness/appreciation of *how pain serves a purpose in life*.
- **Context of pain** - What else is going on at inception or moment of pain?
- What is the *meaning of pain* in the greater context of life, and in perspective of our goals and vision for the future? Meaning of any diagnosis and treatment?
- **Recognize the person** - Pain / problem is part of a life story (not just illness).
- **RESPECT privacy**, comfort levels (We do not need to "pry out" anything!).

#### • Goal Setting and Balancing 14/42 Muscles and 14 Meridians

- "Fix as you go" or "*1-Point Balancing*" as the **core protocols** of a TFH clinic.

#### • Balancing with FOOD

- Food as Metaphor; food as Daily Balancing (Blessing/Intention).
- Food as *Subtle Energy Intervention*.

#### • Additional Techniques / Information / Quirks

based on participant interest/questions

- Debriefing and Q & A based on extensive clinical experience.
- Additional techniques from *TFH: The Complete Edition*.

#### • Have Faith

Know that the goal is already accomplished, as a Prayer that is already answered in *Karros time* even before we have spoken it. Intending the highest good, beyond what we may even know to ask or envision, we can begin to enjoy NOW that which will unfold in the fullness of *Chronos time*.

Just as John Thie was inspired and led by the interest and enthusiasm of his patients and students to make TFH available for everyone to use for self-care, in addition to its application as a clinical tool, he very much enjoyed talking with clients about their lives. He found that *listening* to them as part of the balancing process was extremely powerful, satisfying and even crucial to TFH as a process of empowering people to develop their own wellness, rather than attempting to fix what is wrong with them. His students particularly enjoyed his use of metaphor to help creatively **interpret the meanings** of dis-ease, discomfort, imbalances and pains, as well as desires, aspirations and goals – *in the context of their daily lives*, rather than diagnosing problems to fix. Drawing on the rich resources of the TFH process /experience, he found that the TFH metaphors often elicited startlingly specific conscious insight into personal life issues, even as it activated diverse areas of the brain/body/mind so that more of the whole system is activated and balanced. Indeed, John felt that he could achieve most of the desired results of TFH with Goal-Setting and Emotional Stress Release, of course using muscle monitoring as a powerful assessment of posture/energetic balance and indication and reinforcement of positive change.

*Clinical* TFH can simply mean using some or all of the TFH techniques as part of a clinical practice as a kinesiologist, or massage therapist, chiropractor, acupuncturist or other allied healthcare practice. Or it can be an approach to teaching TFH via experiencing and/or observing many authentic individual balances, whether one-on-one or as part of a group experience / workshop. More and more types of Professional Kinesiology designations are emerging that

incorporate elements of TFH, and **TFH Professional practitioner / consultant / facilitator type designations are clearly inevitable**. John Thie had his own personal style of sharing TFH that he found very effective and certain areas or techniques that he emphasized; yet any training program that truly embodies the essence of the TFH approach, whether as home self-care, personal development workshops, or clinical practice, **MUST** involve the practice of **listening** and other communication skills. The moment of the TFH muscle test has been variously described as a hypnotic state, a mini-enlightenment, biofeedback and communication with the body, the subconscious, the enteric / emotional systems, the “gut” / intuition, etc. ***In this light, we can think of the entire TFH balancing process as a kind of listening simultaneously on many levels/aspects of the human being*** that in itself is balancing, energizing

and empowering to the conscious person. Each muscle test is a moment of listening - to the universe, to the soul; a moment of enlightenment, a moment of metaphorical reflection - related to emerging sensations / feelings / intuitions, or interpretations attached to the test and related ideas about the meaning of the test. We use TFH to help the person become aware of their imbalances in the context of their LIFE, to become more balanced and have the ability to function fully, fulfilling their mission, using their talents and finding greater meaning and joy in their lives and their destiny. I hope these notes on **John’s Clinical TFH** will help you to reflect upon, and reinforce and enrich **YOUR TFH practice** – at home, with friends, at work, throughout your life, and maybe even in your clinical practice!

## **Remember Your Wellness**

Remember to ***be well***

Focus on *your* Wellness; Remember ***how it feels*** to be Well

Think of a time when you had a **great feeling or experience**

**Use imagination** and Metaphor to create a vivid vision with five senses & more

***Feel it now***

Rate your remembered (or imagined) wellness zero to ten

Visualize your goal and compare how you feel now with

Your remembered / imagined / envisioned Wellness

YOU are creating *Your* Wellness!

Now Balance ~ Muscles, Heart ... Soul ...

Have Faith ... and so it is.

## Resources

<http://www.energyk.org> (levels of Energy Kinesiologist certification)

<http://www.ikc-info.org> (See Professional School tab for Professional Kinesologist info.)

<http://www.kinesiology.org.au> (See Membership tab for Kinesiology Practitioner info.)

(Google “kinesiology diploma Australia” or “Cert IV Kinesiology” to see many schools!)

<http://www.icpkp.com> (Dr. Bruce Dewe’s Kinesiology Practitioner program)

<http://www.kinesiologytraining.co.uk/> (Sandy Gannon’s Pro TFH Practitioner training)

<http://www.iksen.it> (Maurizio Piva’s professional training)

<http://www.iask.org> (An international forum for Kinesiologists)

<http://www.elmundodelbienestar.es/index.php/actualidad/noticias-suplementos-naturales/multinutrientes/118-la-regulacion-de-las-terapias-naturales-tendra-que-esperar> (This is a summary of the current status of Kinesiology/CAM legislation in Catalunya.)



Matthew A. Thie, MEd, collaborated directly with his father, John Thie, from 1996 until John's death in August, 2005. Matthew worked with John developing healing protocol, writing articles, teaching seminars around the world and working with students. Matthew has taught the Chinese 5 Element Metaphors to over 1,000 students worldwide, and trained over 100 Instructors.

A TFH Instructor Trainer (Faculty) since 2003, Matthew is the current President of the TFHKA and serves as Public Relations & Research Director of the IKC. He co-authored the *TFH Pocketbook with Chinese Five Elements*, and *Touch for Health: The Complete Edition*. He is a board member of Brain Gym International, and a member of the Energy Kinesiology Association and the International Association of Specialized Kinesiology.

Matthew teaches Touch for Health primarily in the Los Angeles area, and in other countries in conjunction with the international conferences. He continues John's tradition of teaching the Clinical TFH Intensive Retreats in Malibu, California. Refer to his teaching schedule and course descriptions at <http://www.Touch4health.com>; contact Matthew at 213.482.4480 or [matthewthie@gmail.com](mailto:matthewthie@gmail.com).





## **Schedule of Speakers**

### **Friday, July 8**

*The Neurobehavioral Aspects of Goal Setting*

Danny McLane

*CranioSomatics® for TFH*

Dr. Dallas Hancock

*Dancing to the Rhythms of the Cosmos*

Michelle Greenwell & Dr. Rashida Naraharasetti

*Accessing Multi-Dimensional Healing*

Dr. Mary Jo Bulbrook

*Establishing the Electrical Field Around the Human Body*

Dr. Sheldon Deal

## The Neurobehavioral Aspects of Goal Setting

Danny McLane, BA, LMT, CHT

What is it about kinesiology that makes it so effective?

What allows us to be involved in a process that brings about such rapid and long lasting change?

How does it work?

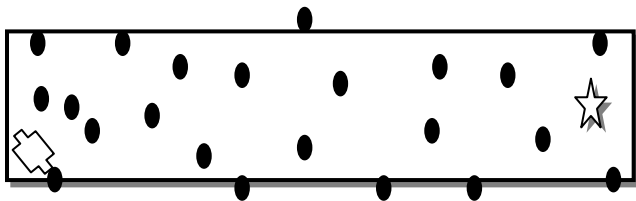
What is the functional component, the spark that makes the machine run?

These are the questions I have asked myself since I started in Touch for Health eight years ago. I have tested and analyzed every part of what we do and, let me tell you my friend, we do a lot of different things. So how is it that so many people doing such different things can all be so effective where others are not? What sets us apart from the rest of the healing community? I know that we like to feel included in the whole of the health care industry, but we all know that there is something special about what we do. So that's where I started my search. First I looked into the muscle test, because it was the most fascinating part of what we do to a new guy on the job. As I did further investigation I found out that the muscles we test and the way we test them are very similar to the gold standard in muscle testing, the method developed by Kendall and Kendall. That method of muscle testing is used by chiropractors, such as George Goodheart, but the application of them is very different than how we use them in kinesiology, the exception being we few who have studied Applied Kinesiology. Orthopedists and physical therapists use similar muscle tests. Do they get the same results we do? No. they get fantastic results and do a very good job, but their time frames about bringing strength back to a muscle are discussed in weeks and months, not seconds or minutes like what we commonly see. Granted, we do use the muscle testing in a different sort of application, but it seems to be more than just how hard you push. So **it has to be something more than just muscle testing.**

Next I spent time with the techniques, and my goodness, there are a lot of techniques that we use. Have you ever been in a session, thinking to yourself, "Man, I could really use a few more choices right now?" And then "invented" a new technique right there on the spot; I know I have. The more I got into the techniques the more I found them to be inconsistent. One time a neurolymphatic point would work and the next time it wouldn't, or I'd run a meridian and see the muscle test go strong, then go back weak, then strong; then it hurt, then it was ok. Just on and on like that. But it did produce better results for the clients than whatever they had ever had before. So that part of it was encouraging. I distinctly remember a presentation from Dr. Charles Krebs in Salt Lake City where he talked about research that showed that techniques are far more effective when applied strategically rather than at random. So **it has to be something more than the techniques we use.**

In conversation with some of my students, we were discussing how each of the techniques in Touch for Health comes from somewhere else, that the book was like an encyclopedia of healing techniques. "Then why do we learn it this way, why not just teach us the techniques and call it good?" one of them asked me, and it was only then that it hit me. It's the method, the synthesis that makes it work. So I looked at the process. What is so unique about the process? The standard procedure in western

medicine is to look at the dysfunctional part, measure it with tests, gage the results as compared to a standard with calculated deviations, then look to the standards of care, and apply the ascribed treatment. What do we do? We start with a status check of the whole person, in the moment in that exact setting, that precise frame of mind. Inclusive of not only what is happening with them but also what has happened to them in the past, and how they are adapting to those stresses. We look at the stimuli as well as the response. And we take it one step further. We also check them in relation to the outcome they want. Do you notice the difference here? We **set goals**. We are able to ask the most difficult and complex questions because we know that the person has all the answers that we or they may ever need to solve their own challenges. And there is the elegance of our system. A very smart man once explained to me what true genius is. He said, "Danny, hitting a target that no one else can hit is talent, hitting the target that no one else can *see* is genius." The point that he was making is a very clear one. In essence, what he was saying is that the distinction between good and great is the ability to know where to focus. The next time you are having doubts about goal setting I would strongly urge you to play a little game. It only has one rule and it is this: win the game. Here is an example of the game:



You may have an idea as to what you should do. You may even think you could win but the chances of winning are less than one in a million, and as far as clinical results are concerned, that would never keep anyone in business. You may think that you need to connect the dots or avoid them and make a line from the X to the star, or is it the other way around? Do you use the dots or avoid them? Or is the way to win to bisect the box into two equal parts

where there are as many dots on one side as the other? See? **There is no way to win the game without knowing the rules, without the goal.**

Why is it so important? For that, we need to get into the brain, more specifically, the neurology. Because all that we do in Kinesiology is centered around the neuronal pool. The central question of Kinesiology is this: Are there enough stimulatory impulses firing on a neuron to overcome the inhibitory impulses and cause the principle neuron to depolarize and fire, thus causing an action potential?

To further elaborate on the topic I'll include some basic neurology:

- A neuron is the smallest functioning part of the nervous system.
  - It has a body like other cells.
  - It has an axon that connects to other cells and transmits nerve impulses.
  - It has dendrites that receive nerve impulses from other cells.
- A nerve is the collection of axons that travel to a target tissue.
- A nerve impulse (action potential) is the chemical chain reaction that causes information to pass from the cell body, down the axon, to the target tissue.
- A nerve firing is a release of chemical substance at the end of an axon to a target tissue.
- Temporal summation is when one nerve cell fires upon another with great enough frequency to cause that nerve cell to send an impulse.
- Spatial summation is when many nerve cells fire upon a singular nerve cell with enough intensity to cause that nerve cell to send an impulse; can be positive or negative.
- Neuronal pool is the sum total effect that stimulatory impulses and inhibitory impulses have on the overall nervous system.

These neurons are functional parts of how we think, feel, move and function as people. Many people talk

about the mind-body connection, but really it's all just neurons. Look at our language, we use the word "feel" for emotions and sensations the same. We feel our emotions in our body. So as we approach the topic of goal setting we need to keep in mind that **the mind-body system is one unit**. What we are really measuring is the effects of stimuli on the neurology of our clients. We are, in essence, doing neurobehavioral studies in a very rapid and natural manner.

There are three very fascinating topics that I'd like to bring up to show you the elegance of how the brain works, how the brain processes information. The source for this information is from the BBC series called the *Reith Lectures*. They were recordings of a very accomplished neuroscientist by the name of Vilayanur Ramachandran, who is the Director of the Centre for Brain and Cognition at the University of California (San Diego). I'll present to you a small piece of a great lecture series that really does a fantastic job of illustrating the way our brain works.

Lions and Leaves: The first concept is one that most of us have had experience with. When you are looking at an object and your view is partially obscured by something, you can still tell what that item is. **Your mind fills in the blanks**. In fact there is a physiologic blind spot that every person has in both eyes, yet when you close one eye, you have a smooth full field of vision from that eye. Your brain fills in the blank spot. This is said to be an adaptation from long ago. Imagine sitting in a tree and through the leaves you see a bunch of yellow spots that are all close together. And if you were to connect the outline of those dots it would give you the shape of a lion. Thankfully our genius brain figured out that the most likely cause for there to be a bunch of dots shaped like a lion was that it was in fact a lion. Even though the leaves blocked out some information our brain was able to fill in the gaps. As it turns out it takes a bit more work from our brain to put the pieces together and that task is very stimulat-

ing to our neurology. **This shows the brain has the ability to compensate for informational deletions.**

Rats and Rectangles: There were experiments done with conditioning rats to prefer rectangles over squares. The rats were given two options: a rectangle with the reward of food, or a square with no reward. So they soon learned that the rectangle was rewarding. Then a new shape was introduced – a longer thinner rectangle. Classic conditioning would predict that the rats prefer the shape they were conditioned to over any other shape. However this is not the case. As it turns out, they prefer the more "rectangular" rectangle. It's not the shape they prefer; it's the idea of rectangularity. **The thought is much more functional than the object for stimulating a reaction**. It's the concept that is the most important part of any experience. **This research shows that the brain has the tendency to generalize information.**

Birds and Beaks: Niko Tinbergen did experiments with herring-gull chicks over 50 years ago. He was studying the behavior that they display as soon they hatch from their shell. As soon as they hatch they peck at the red spot on the mother's yellow beak so that she shares her food with them. Now since they are newly hatched and have never seen their mother, Tinbergen's interest was how they knew what their mother looked like. What his research showed was that they reacted to a beak without a bird attached the same way as if it was on a live bird, so it's not the mother they are hard wired to like, it's the beak. Or so it would seem. Tinbergen took it one step further. He took a long stick and painted it yellow and put three red stripes on it. And here's the interesting part: the chicks preferred it to the real beak so much that when presented with both options they pecked the stick and not the beak. It stands to reason that somewhere in their brains is a short cut that says, "Look for the 'beakie-ist' looking thing you can find." As it turns out, a 'beak' in their tiny new born bird instincts is defined by red contours. As you

might imagine this fact was a bit of a surprise, to find that an abstraction of a real thing was more stimulating on the deepest level, than the actual thing. **This shows that the brain has the propensity toward informational distortions.**

So here are three stories from neurobehavioral research that show how the brain has the tendency toward cognitive deficits that naturally occurs as stress builds up in the system. It's important to understand the natural functions of the brain because when we see it break down, sometimes we think that there is a major flaw of the system or a major breakdown within the system. But what we are really seeing is the dissolution of the elegant orchestra of individual parts playing in harmony with each other. **As the cognitive process breaks down, it does so in parts.**

This becomes extremely relevant when we get down to the matter of working on the cause rather than chasing symptoms. A guiding principal that is foundational is that **the brain, as an organ made up of neurons, protects itself from over stimulation.** If neurons are stimulated too much, they die. The research that was done on aspartame showed it to be dangerous as a neurotoxin in high concentration, specifically an excitotoxin, meaning that it excites a nerve to death, the same way that the hallucinogen "acid" kills brain cells. Conversely, if neurons are stimulated too little, they die. This was found out in laboratory studies of cultured neurons. Neurons were cultured in a dish and it was found that they naturally group together to stimulate each other. And if a single neuron is separated from the others, it loops back on itself for stimulation. In one experiment the researchers blocked a single nerve from looping back on itself, and it died. All of this is an exemplary way to demonstrate the concept that **an "all on" or "all off" nervous system cannot exist.** Instead it selectively turns up or down function - basic homeostasis.

With all these alterations, what we can readily observe is distortions related to the cognitive process.

It shows up as abnormal behavior that seems to follow a logical pattern but is inconsistent. To find the reason for this we can look at our own biology. Starling's law is a law of neurology that states that when a neuron fires, it fires and it's all or nothing. There is no partial firing with individual nerves. So how are there gradations of nerve impulses in a system that only has individual components that produce 100% or zero? It is the elegance of the neuronal pool. It allows for a system that is a lot like voting. Each nerve that sends an impulse can send a positive signal to promote an impulse or a negative signal to demote an impulse. Each neuron sends as many signals as are called for by the stimuli that are provoking it. This may be many or none at all. And the net effect of the average of all neuronal activity determines whether or not the nerve fires. This becomes very important in a little while, but first let's delve into neurons a little more.

In the study of cell biology we are shown that the internal mechanisms of a cell are almost solely focused on responding to the environment. The way that every cell in our body responds to the environment is through receptors on its surface. We are no different. We have specialized receptors for light, sound, taste, smell, movement, pressure, balance, vibration, heat, cold, and damage to tissue. It is through this immense network of highly coordinated nerves that we know our external world. It is this input that allows us to *create* an adaptation.

There is a second network of fibers that are responsible for *maintaining* an adaptation to the environment, a system that is entirely responsible for our learning and adapting new ideas, thoughts, feelings and concepts. It is also responsible for making sure that we retain some amount of our previous experience even when faced with new ideas. It maintains a reference point, so that we never change too rapidly and shock the delicate balance of the system.

The main difference between these two systems is the way they are utilized. And this is the tale of two

brains. The one brain uses the surface senses; the other brain uses the internal senses.

All nerves operate by ions moving across the cell wall through little channels. The surface senses, like sight and touch, are only active when there is new input in to the receptors. These nerves only send an impulse when they are stimulated by an outside force. In surface senses, these channels are normally closed, and require an external force to open. Once they open, the nerve impulse fires, then they reset. This can be illustrated by the idea of a remote control. Push a button, get a response, stop pushing the button, the response stops as well.

The internal senses like memory and time are regulated by a nerve with a different type of channel. The internal senses are regulated by nerves that have leaky channels, so they leak ions through the cell wall, and once enough ions have passed through the nerve impulse fires, then the nerve resets and the process starts over again. It's a loop that replays over and over again. This can be illustrated by the idea of a thermostat. The furnace heats the air in the house, the temperature rises to the set point, the furnace shuts off. The heat leaks out into the surrounding air until the temperature falls to a minimum set point and kicks the furnace on again. You can see how this part gets complex. Remember, it's as easy as plus and minus.

By understanding each of these systems individually we can move towards an understanding of how they work together. If we had just the surface senses we would remember nothing; we would literally never retain a habit and never show any long term adaptation to the environment. It would be strictly a moment by moment reflex to whatever the current stimulus was at that time. Conversely, if we had only internal sense we would have no reality to process. There would be no new information to integrate into the loop. We would be completely unresponsive to our environment. You may already see the slightest correlations to normal human behavior

in cases of high stress. The term "fight or flight" applies to a person's innate response to a threat.

A person will either lash out to try and minimize the threat or they will retreat to remove themselves from the dangerous situation. You may notice that in fighting, the external senses go into overdrive, often times ignoring thoughts of past or future consequences. And in fleeing, you may notice that the internal senses become dominant, causing the person to retreat into the depths of their own internal world and completely block out what the surface senses detect. During natural daily life, when stress is low, our two sets of senses coordinate so smoothly and seamlessly that we only notice harmony. This balance point is where we are most effective in our thoughts and actions. We consider new information with regard for previous knowledge. In traditional Chinese medicine this is explained with the concept of yin and yang, the balance between the internal and external. So in a practical understanding, we come to realize that there are some feelings that are so intense, the system blocks them out. It's better to blow a fuse than to lose the whole circuit. Here's another interesting side note. Each brain cell directly connects with thousands of other nerve cells, and serves to regulate all of them in some capacity at some point. This is the concept of the neuronal pool in action. So, losing brain cells has a cumulative effect.

Under stress, it's a known neurological phenomenon that one system may remain intact while the other has been changed by trauma or chronic insult over time. I'll provide two examples:

The first is of a woman. She has impeccable skills of perception. She notices everything right down to the last detail. She even recognizes aspects of a situation that most people do not. She is a fact finder and her surface senses are keen. However, her internal senses are skewed. She has individual data points correct. But when it comes to applying meaning to them, to extrapolating the net result of those data,

she ends up far off the mark. Her internal senses are not in tune with what reality states to be true. She has a faulty map of reality. She can't reason her way through a problem because of her inaccurate processing of true information. She has "mental" complications.

The second example is of a man. He is brilliant and can process information to the highest degree. He can derive meaning from chaotic and seemingly senseless data. He can sift and sort through a slurry of random information and draw several logically sound conclusions. He cannot, however, perceive the truth of the events happening around him. When he is presented with true information he can run it through his process with astoundingly accurate results. But when he is left on his own to collect data from the outside world, he is lost. His surface senses are in need of calibration, he misrepresents what is actual. So in effect he is incapable of reasoning his way through a problem because of his accurate processing of false information. He has "emotional" complications.

In both examples the end result is the same, but a correction for each would have to be very different. It is only with proper respect of the goal setting process that we can find these break downs and offer correction.

With all these facts, neurology seems complex. It is. The good news is that we, as people, are very easy to understand. Here is a good moment to elaborate on the difference between complexity and difficulty. Complexity describes how many factors or steps there are to consider. Difficulty describes the level of effort or skill that performing a particular task requires. That is to say that something that is very complex can be easy, like tying your shoes. Conversely something can be very simple but difficult, like kissing a crocodile. The action is simple, pucker lips, press to crocodile. But there are feelings that make it difficult. During a goal setting session it is imperative to distinguish if someone is having prob-

lems overcoming complexity (mental) or difficulty (emotional). Here's a little story for you:

An organic chemistry teacher I had was a very tightly wound individual with little room for laziness. He was an old-school, battle-hardened marathon runner with more than 35 marathons to his credit. His tests and lectures were exemplary of his unforgiving dedication to endurance. One night at around eight p.m. after two hours of organic chemistry down and another two to go, our class was starting to fade. We asked him to review one of the topics he explained just before a short break we had. He, in all his kindness said, "It's as easy as plus or minus, what's there not to get?" We all sat there trying to apply that principle to see which way the chemical reaction would go, gazing woefully at the cluster of symbols chalked out on the board. That night I learned a little chemistry, very little. But what I retained from that was a maxim that governs the very properties of the substance of the universe: **It's as easy as plus or minus.** I went on to study behavioral science with this principal lodged in the back of my mind, churning and grinding against all the other thoughts that had been thrown in there like crude stones in a rock tumbler. So as we work with people on their reaction to stimuli, we need to understand the factors that make a situation more or less stimulating.

Now, since we have investigated the processing and perception of information, let's move on to the qualities of stimuli that we respond to. These qualities have been broken down into 10 categories for ease of understanding. These are the elemental components that make up each stimulus and determine the response. Each of these qualities will have a stimulatory or inhibitory effect, depending on context. **And in the world of neurons, it's all or nothing.** There is either enough stimuli to elicit a response or there is not. To show a physical example:

One of my good friends is a personal trainer. He and I often joke around about how much weight we can



lift. In the process I said to him, “I can almost bench press 350 pounds 5 times.” He asked me, “You almost lift the weight or you can lift it almost 5 times?” He called me out because he knew I was joking with him, he knew I wasn’t quite up to 350 yet but I could do a lesser weight at 5 repetitions. So that goes to show that either a nerve impulse happens or it doesn’t.

The following is the list of 10 qualities of a stimulus that can make it more or less stimulating to a person. Included is a description of each.

**1. Novelty:** This is the quality of being unknown to a person. It causes much more neuronal activity due to the fact that parts of the brain must really work to define it in terms of what it already knows. This causes the brain to fill in gaps with assumptions.

**2. Intimacy:** This is the quality of connectedness. It causes us to *feel* about a stimulus. It is defined by our relationship to factors in the stimulus. It is the level of involvement in our life a stimulus has. It also determines how much of our life is effected by a stimulus.

**3. Perception (+/-):** This is the quality of evaluation by a person. This is where we assert our value system on the stimulus. We filter the actual reality based on what we expect or want to happen. Many times the frame of reference is built by experiences we have before the age of seven. This also where our feelings have the greatest impact on our experience. As it turns out the least impactful a stimulus can be is not positive or negative, it’s neutral. The old saying, “The opposite of love is not hate, it’s apathy,” broken down looks like this, “The opposite of strong (+) feeling is not strong (-) feeling, it’s no feeling at all.”

**4. Relativity:** This is the quality of relationship to other stimuli. It causes the brain to formulate associations to a particular event. These associations may be intentional or unintentional. They may be sensible or insensible. This is the tendency of the brain to create patterns and chains of events. It is also how we establish priority between events.

**5. Chronology:** This is the quality of the sequence of events. It is how we organize events in relation to each other in time. Chronology also leads us to assume causality, what event caused another. Most often, we assume that because two stimuli are related in time that they are related in cause as well. This is partly because neurons that fire together, wire together. This quality is the other half of how we form patterns and associations, along with the quality of relativity. There is also an element of time required to adapt to a stimulus. If the interval between occurrences of the stimulus is shorter than the time required to adapt, the stimulus overwhelms the neurology.

**6. Expectation:** This is the quality of preparedness. It comes from previous stimuli, from other instances where we have had experience with a similar stimulus. This activates the feed-forward mechanism in the brain that activates the imagination to create a sequence of expected events. When something matches these expectations it is less stimulating than it would be if it was a mismatch for our expectation. Sometimes this is referred to as a frame shift, when the chain of logic is broken and an unexpected idea replaces a more expected one. Expectation is different than novelty because it deals with pattern and sequence rather than initial exposure.

**7. Intensity:** This is the quality of amplitude of stimulation. It causes mental resources to be allocated to the event. The greater the intensity the more focus the brain will devote to the event. Some events have such small intensity that a person may not even notice their occurrence at all. Some stimuli have such a great intensity it causes the neurology to protect itself by selectively shutting off certain circuits.

**8. Frequency:** This is the quality of the time between occurrences of the same event. This is where we are able to adjust to events as they occur, or not. If the frequency of a stimulus is at a consistent, predictable rate then it becomes less stimulating. However, the *anticipation* of the event becomes more stimulating due to the role that expectation plays. If

the frequency is intermittent and at random intervals the *stimulus* becomes more profound.

**9. Duration:** This is the quality of experiencing an event over a period of time. This quality relates to the time component of endurance. It is the time involved in the active phase of a stimulus. This time can be related to a single stimulus or the continuation of a recurring stimulus over time. The longer the duration of stimulus the more impact that it has. This quality is factored in combination with intensity when determining the effect of a stimulus. The effect of duration can be seen in General Adaptive Syndrome with three distinct phases: Alarm (where the system fights or flees), Resistance (where the system adapts) and Exhaustion (where the system fails to adapt).

**10. Impact:** This is the quality of outcome. This is the amount of change that occurs as a result of an event. This determines the amount of adaptation the brain must undergo to remain effective at solving problems. If there is little impact on one's life then the stimulus is far less stimulating than if there was a long-lasting, pervasive impact.

Now that we have determined how to intentionally alter stimuli, let's explore a few examples. The first example is a funny comment I said to my friend when he asked me why he and I were friends. It went a little like this: "Well, you remember that one time a long time ago, when we did that thing that you do with all your friends and figured we'd do it as well, that was kind of unimportant and nothing ever happened because of it? Yeah, neither do I." Basically it is the sum total of all the least stimulating qualities of an event. That's a very vague example, so let's get in to some specifics.

Another friend of mine recently asked me how to impress a girl he just started dating, based on the fact that I "get how women think," as he put it. I said to him, "It's as easy as plus or minus," then smiled. Then I laid it all out for him. The first step is to know a bit about her past experiences, pitfalls to avoid (minimize negative perception), find out what

things she has never experienced (find sources of novelty), ask her what she likes (to guide experiences together that are relative to positive perception), and ask her about what her expectations for a boyfriend are (find ways to surprise her). When you have those details, mind them closely. Then he was to involve himself in ideas (Remember, the thought is not the thing or the action, it's the *thought* that counts.) that are directly related to what she likes, in a positive way on a frequent basis, consistently over a period of time, in ways that she would not expect and that leave a token or reminder behind and improve the quality of her life, even if just in small ways. I know it was a lot of information all at once, I could tell by the glazed-over look he gave me. I said, "Take out a sheet of paper and I'll run that by you again."

But really, what did I tell him? I told him how to stimulate her neurology, how to get and keep her attention. I told him how to be worth her time and attention. You see, I did for him what every guy wishes he had for the girl of his dreams; he has a specific method for expressing his feelings. He still needs to see it through; it won't work unless he really puts himself to task on it. But if she is the one he really likes, then it's a labor of love and a good way to get to know someone.

You see, **people make decisions out of rational self-interest**. Every decision ever made by a brain at any point in time has been the best decision that brain could have made at that time with the information available and values in place at the time. It is the way the brain is wired. You cannot make the second best decision. You cannot choose the inferior option. Your brain prohibits that decision and prohibits that option. If you look back in your life and find a disagreement with a decision that you made, you are really saying that your value statements have changed since that time. It's imperative to understand this concept because it absolves guilt and suspends judgment, thus allowing the creative process

to focus the goal setting process to the most appropriate goal.

The way the decision making process functions is fairly complex. However, this is where we see the concept of plus and minus shine through brilliantly. The study of economics uses a model that allows all the attributes of each option to be considered when making a decision. It's called a cost benefit analysis. Below is a simple version where three options for travel are being compared on three criteria. Keep in mind that this model accommodates very complex decisions with many options each with many criteria.

Travel to the conference			
	Flying	Driving	Train
Cost	- - - - -	-	- - -
Speed	+ + + + +	+ +	+ + +
Comfort	+	+ + +	+ +
totals	0	+4	+3

As we can see, as demonstrated by the simple number totals at the bottom and based on how I value each criteria, driving is the best option for me. There is a far more complex method of this that takes into consideration the value structure of the individual by weighting the criteria to make them more or less important than each other. That example is beyond the scope of this paper. But this shows us how people actually process information. Lucky for us we have a tool that is much faster at finding priority of one option as compared to another. But it's still very valuable to dissect each option in a complex decision-making process to very thoroughly understand the way a person places values on each criteria, or perceptive gaps in their thinking process. This gives us the ability to drill way down into the individual criteria for making a decision.

Now let's review. There are many ways that the mind-body system breaks down. By being aware of this we can make sure to factor out these breakdowns in communication. Setting goals is all about

asking the right question. This new way of investigating the topic allows for maximum impact with minimum effort.

Crafting the neuronal pool is, I think, the part where all the prior facts become relevant. When we set goals, we have the ability to increase or decrease the overall status of the neuronal pool. When we set a goal and do muscle testing we see a varied pattern of muscle imbalances. We note that every goal has a different pattern of muscle imbalance and corrective preferences. So I took it another step forward because I wanted to find out what would happen when I layered multiple goals on top of each other in a stack. The result was pretty intense. As you may imagine, some of the muscle imbalances canceled each other out, while some others were magnified. We see this same effect in nature, with wave forms. I also did a multi-surrogate stack where one person was the surrogate for three others at the same time. I would recommend against this procedure, as it can be taxing and overwhelming for the person on the table.

This outcome intrigued me, because if setting goals only brought up the negative aspects of a situation, then the effects would be additional, not interferential (meaning that they have positive and negative effects on each other). So with this concept I decided to see if I could distill out the positive aspects and leave only the negative aspects of the goal that have a stressful impact on the person. To do this I needed a way to measure progress in relation to goal. I really liked the model that Dr. John Thie and Matthew Thie used, but I wanted it to be a little simpler; I used the 100% scale instead of the 0-1000. Then with the tools of a kinesiologist at my disposal, I went to work. I set a goal, measured the person's relation to that goal and then started finding ways to make the dis-relationship greater. I started by telling the person to focus on all the hard stuff to think about and to use their imagination to really let it run wild, to exaggerate the negative aspects of the scene; also to do the opposite with the good thoughts and

feelings: tune them out, turn them down. I told them to also remember all the past times that there was anything like this that happened to them, and push it out in to the future too. What happened? It worked! I saw at least a 25%-40% decrease in relationship to goal. What does that mean? More on that in a moment . . .

I did the same investigation with hand modes. I used the hand modes to bring up and include all the stressful aspects of the goal and factor out all the helpful ones. At first I thought, "Wow, this is really cruel, making these people suffer the worst part of a frustration and taking away the sense of comfort." But then I thought about the SAID principal. SAID stands for Specific Adaptation to Implied Demand, and basically says that people live up to the expectations placed on them by their environment. This principal holds true in weight lifting as well as behavioral repatterning, both activities that, like kine-siology, are very neurologically demanding. So by putting someone at a deficit to start a balance, and then using the balance to adapt their neurology to be able to cope with the stress with no other resources, what we essentially did was to give them a greater range to improve within. That way, once all their comforts were restored they would be far more able to deal with the stress than would ever be really needed. In essence, we helped them develop a solution that would overcome any level of challenge that

they would be faced with. Clinically this means needing to fix a problem only once. So each balance we do is for a different goal.

I know I have covered a vast array of topics and it is my hope that I have shown that there is method and merit to being specific with goals and the goal setting process. What I would like to include for you and for the benefit of your clients are a few resources that you can take with you and use at your discretion as you integrate this and all other sorts of great information into your life. One such resource is the four box model, sometimes called a Punnett square. This model is used in biology for all types of comparative analytics, but mostly in genetics where the goal is to predict the outcome of offspring and what characteristics they will have. I have repurposed this model to further simplify the relationship of one idea to another. You see, there are two sets of neurology working at once in our system. We have two areas of perception in relation to our world. We have *self* and *non-self*. We also have two areas of impact that we recognize, also *self* and *non-self*. To make it easier to understand I have labeled *self* as "internal" and *non-self* as "external," and stimulus and response can play out in any combination of these areas. The model looks like this:

Basic Concept of Stimulus / Response		
Context / Stimulus	Content / Response	
	External	Internal
External	external external	internal external
Internal	external internal	internal internal

The idea is that the source of the stimulus can be either internal or external and the target of the response can be internal or external. This in and of itself is a very valuable bit of information to sift out 75% of the unnecessary aspect of the goal. By find-

ing the specific cause and effect, the relationship becomes clear and much more real to the client; this in turn has a more profound effect on the outcome of the balance. The following are a few examples from life that show the relationships of common topics:

Four Levels of Consciousness

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	conscious knowing	unconscious knowing
<b>Internal</b>	conscious unknowing	unconscious unknowing

Four Box Model of Ethics

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	Define situation	Select principals
<b>Internal</b>	Choose loyalties	Identify values

TSI Four Box Model

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	Behaviorist	Structuralist
<b>Internal</b>	Functionalist	Humanist

TSI is the abbreviation for Training Style Inventory. It is how people who teach tend to approach the training process. Usually the preferred style is

related to the most significant experience in their life. Most often it is this area that is in greatest need of healing.

Kolb LSI Four Box Model

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	Doing	Reflecting
<b>Internal</b>	Experiencing	Thinking

Emotional Intelligence

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	Social Skills	Social Awareness
<b>Internal</b>	Self-Management	Self-Awareness

Barriers to Communication

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	Culture	Filtering
<b>Internal</b>	Body Language	Judging

Steps to Success

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	(4) Acceptance	(3) Reward
<b>Internal</b>	(2) Experimentation	(1) Curiosity

Steps to Failure

<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	(4) Rejection	(3) Punishment
<b>Internal</b>	(2) Hesitation	(1) Doubt

Selling

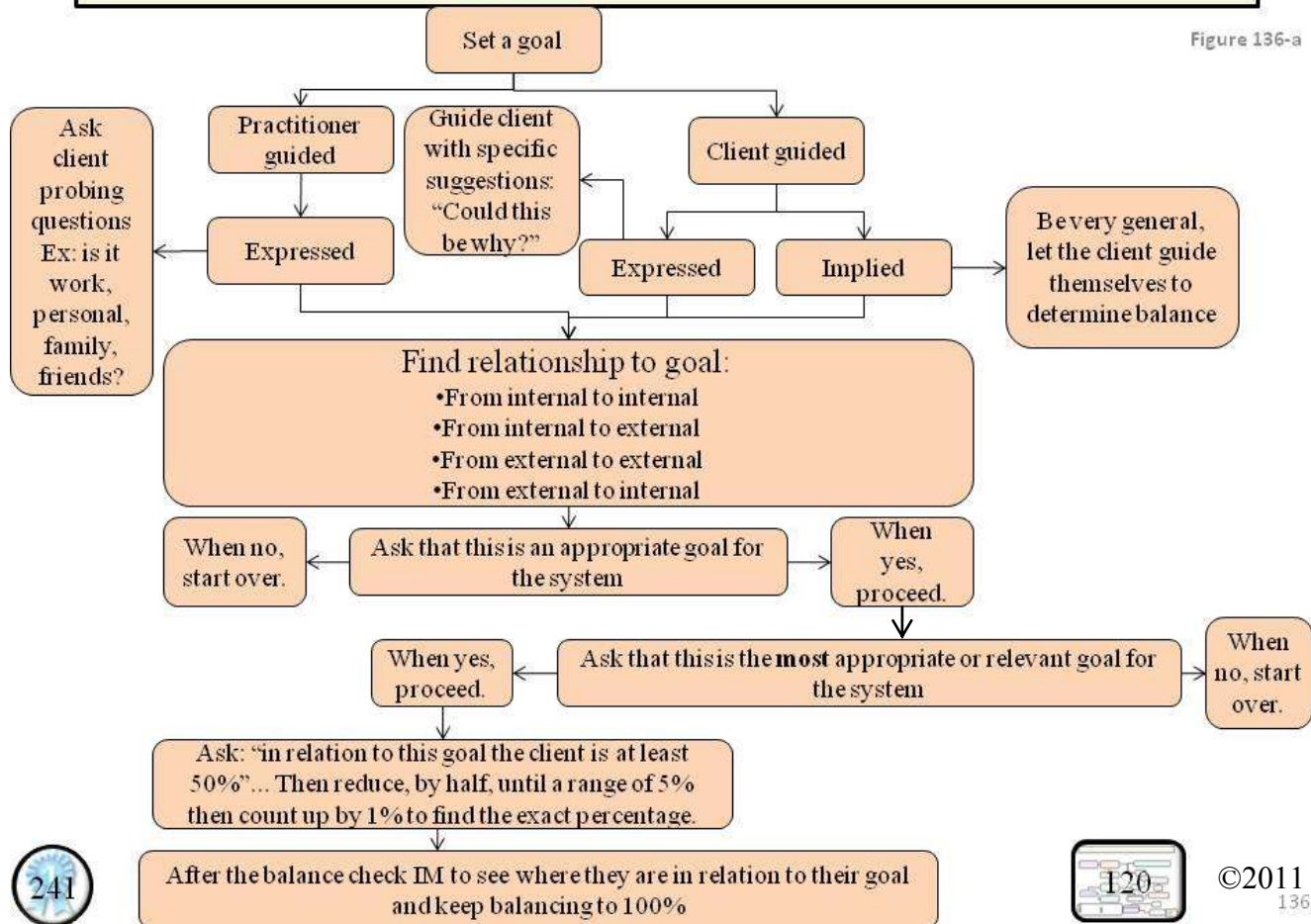
<i>Context / Stimulus</i>	<i>Content / Response</i>	
	<b>External</b>	<b>Internal</b>
<b>External</b>	Reputation	Credentials
<b>Internal</b>	Performance	Philosophy

It is my intention that by showing some examples as well as explaining the basis for the model that you will be able to follow the pattern. This will help get

you started in the investigation of the four quadrants of an experience. This is one piece of a larger goal setting process that I have included below.

## Goal Statements + Measure Flow Chart

Figure 136-a







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## CranioSomatics® for Touch for Health

Dallas Hancock, PhD(c), DC, LMT

Touch for Health is a multi-faceted approach to health and the healing process. From a broad perspective, muscle function is related to many other indicators of general health, from acupuncture meridians to organ function. From a structural perspective, one of the underlying tenets is that posture and muscle function are inextricably related. Although it is acknowledged that there are many factors which can produce inhibited muscle function, this presentation discusses function from the CranioSomatic perspective.

The purpose of this article is to acquaint conference attendees with reciprocal relationships between the position and function of cranial bones and musculoskeletal function throughout the body. Due to the limited time available, this will only be a brief introduction. Practical applications of CranioSomatics in the evaluation and treatment of simple sutural restrictions, cranial sphenobasilar synchondrosis (SBS) strain patterns, and chronic common cranial patterns will be demonstrated.

### Personal Background

I became acquainted with TFH in 1974 while attending chiropractic college in Los Angeles. I received my TFH Instructor's Certification in 1975 and taught classes for many years thereafter in Florida. For the last 35 years I have used TFH and Applied Kinesiology procedures in my clinical practice on each and every patient that I treat. Each patient treatment session always begins with an evaluation of specific musculoskeletal function and ends when I have successfully strengthened all muscles that I have identified as weak or inhibited.

After many years in practice, I arrived at several important conclusions. First, there were multiple musculoskeletal patterns of inhibited muscle function generally present in my patient population. Second, although the inhibited muscles in many of these *common patterns* could be strengthened using traditional treatment procedures, the inhibited conditions would return when the patient became weight-bearing and walked across the room. The muscles would again test *weak* when the patient was re-tested in the original positions.

Over a period of time it became obvious that many of these common chronic musculoskeletal patterns were compensatory to cranial strain patterns, which have characteristic effects on the osseous and soft tissue cranial components. As I developed successful cranial treatment procedures to release each of these cranial strain patterns, the related musculoskeletal patterns were also eliminated. It is important to note that when these musculoskeletal patterns had been corrected by my new cranial procedures, they did not return with walking or other weight-bearing activities. In fact, the previously inhibited muscles were generally still strong when tested on the patient's subsequent visits.

### Historical Perspective

The development of cranial manipulative procedures as a therapeutic modality appears to have originated in the United States. Cottam and Smith (1981) report that Ligeros (1937), a Greek medical doctor, used the libraries and museums of Europe to research cranial manipulation back to 1250 B.C. and found no examples of cranial manipulation in the ancient world of Europe. Cranial techniques for therapeutic purposes were developed in the first half

of the 20<sup>th</sup> century by two American physicians, Nephi Cottam, DC and William Sutherland, DO. Both men developed comprehensive systems of cranial techniques, but systems with notably different characteristics. Cottam's very direct sutural release procedures were compatible with the manipulative techniques used by early chiropractors and became associated with the chiropractic profession. Sutherland's concept integrated all of the bones of the skull and the sacrum into a single functioning unit – the craniosacral mechanism. Treatment of the craniosacral mechanism was a more holistic approach and became the cranial treatment of choice for the osteopathic profession.

### **Nephi Cottam, DC**

Dr. Cottam discovered the power and effectiveness of sutural release procedures in the mid-1920s when he provided immediate relief to a woman's severe headache using a cephalad lift to the cranial vault (Cottam, C., 1990). His application of the cranial procedure was based on a childhood memory that supported the concept that the bones of the skull were not fused and could be separated. Cottam remembered that as a child riding his pony in the desert he had observed the sutural separation of animal skulls drying in the sun. After studying the various sutures of the cranium, he began teaching his sutural release techniques in the late 1920s. By the 1930s his techniques were being presented in the United States, Canada, and Europe. In 1936, he founded the Cottam School of Craniopathy in Los Angeles and published *The Story of Craniopathy*.

### **William Garner Sutherland, DO**

Sutherland's developmental research in cranial technique was inspired by a "guiding thought" that occurred to him in 1899 as he stood viewing a disarticulated skull in a display case at his osteopathic school. The bones had been positioned in their normal anatomical relationships, but were slightly separated to allow observation of the individual bones. Sutherland observed that the beveling of the temporal bone resembled the gills of a fish, and he

thought this might indicate articular mobility for a respiratory mechanism (Sutherland, A.E., 1962). This thought was the driving force behind his later research and development of his cranial concepts and treatment procedures.

Sutherland concluded, by examining the articular surfaces of the cranial bones, that the cranial bones were capable of articular mobility. Through his palpatory skills he identified a constant, cyclical, physiological motion of the cranial bones. He postulated that this cranial bone motion was coordinated and controlled by the three main folds of the cranial dura mater, which he referred to as the reciprocal tension membrane. He also was able to palpate a cyclical motion of the sacrum which appeared to be synchronized with the cranial motion. He postulated that the sacral motion was linked to the cranial bone motion by the spinal dura mater. Sutherland's contribution to the cranial field was an elaborate unified system with treatment procedures, which he described in his book, *The Cranial Bowl*, published in 1939.

### **Cranial Bone Anatomy**

To understand the functional relationships between the cranium as a whole, individual cranial sutures, patterns of sutures (strain patterns), and the facilitation / inhibition of muscles, this discussion begins with a brief introduction to craniosacral anatomy and function. The skull has been described as the skeleton of the head and face. It consists of twenty-eight bones. Six of these are found in the middle ears and are inaccessible. The remaining twenty-two bones are divided into two groups. Eight bones form and complete the cranial vault and the cranial base that houses and protects the brain. The remaining fourteen bones form the face.

Cranial bones are functionally categorized as either midline structures or paired peripheral structures. This classification provides information on both the location and movement characteristics of each cranial bone. Four of the cranial bones are midline bones, located in the sagittal midline of the skull and their

movements are typically flexion and extension about transverse axes. The cranial midline bones are flanked by nine pairs of peripheral bones, much like the spine is flanked by peripheral structures: the twelve pairs of ribs and the upper and lower extremities.

The cranium is capable of a variety of movement patterns. The sphenoid and occiput, the two main midline bones, control the position and function of the other cranial bones just as the spinal vertebrae affect the position and function of the ribs, the pelvis and the extremities. The sphenoid controls the facial bones and the occiput controls the parietal and temporal bones. The peripheral bones of the cranium move functionally in internal and external rotation, as do the extremities.

### **CranioSomatic Concepts**

*Cranio* refers to the cranium or skull and *Somatic* refers to the body or body wall. *CranioSomatics* describes reciprocal, functional relationships between cranial restrictions and the inhibition of specific muscles. Each cranial restriction can generally be correlated with one or more inhibited (weak) muscles. Conversely, weak muscles can generally be correlated with specific cranial restrictions. It should be understood that there is no separation in function between the cranial components and the extra-cranial (somatic) components of the musculoskeletal system. The entire musculoskeletal system functions as a single unit.

Cranial movements relate to musculoskeletal function: changes to either the cranial portion or the somatic portion are reflected in reciprocal compensatory changes in the other. These changes can be the restriction of a single suture or inhibited muscle, or a pattern of sutural restrictions or muscle inhibitions. The cranial bones are constantly shifting their relative positions – moving automatically in response to changes in posture and daily activities, or in response to other internal or external influences. The natural, globally-coordinated movements of the body

are seen in the contra-lateral movements of the gait pattern. When we walk or run our gait pattern allows us to move efficiently around the flexible but steady midline of the body: our spine. The bones of the head also move in coordinated ways, which directly correspond to movements of the body. Patterns of movement will be discussed later.

By learning and applying CranioSomatic relationships a practitioner can identify sutural restrictions by evaluating the function of selected muscles. Conversely, an analysis of sutural restrictions can be used as a guide for identifying and treating musculoskeletal dysfunctions. When a sutural restriction is released the muscle function will return to normal. In the case of an unusual stress on a body joint or muscle (maybe from a fall) a gentle traction or range of motion movement of the involved joints may correct inhibited muscle function, and restrictions in the related cranial sutures will also be corrected.

### **Identifying Sutural / Muscle Relationships**

Sutural restrictions in the cranium can be identified by therapy localization (TL) along sutures (or palpation for tenderness along sutures), and challenge procedures can be used to evaluate cranial bone ranges of motion. Musculoskeletal patterns in the body can be identified by using manual muscle testing, TL, or palpation for tenderness along muscles. They can also be identified by evaluating spinal and extremity ranges of motion using palpation or challenge procedures. Some TFH practitioners may find it convenient to begin CranioSomatic evaluations by using manual muscle testing, TL and challenge to assess facilitation and inhibition of muscles in the body, and then using TL to confirm corresponding relationships in the cranial components. These evaluation methods will probably be the preferred choices for lay practitioners and others not skilled in cranial palpation. (Sutural restrictions can generally be released by digital pressure applied perpendicular to the suture; however, these techniques are beyond the scope of the present discussion.) Individual sutural restrictions can be identified by positive TL; they

can also be identified by testing the related muscles. The following is a sample list of sutural / muscle relationships:

- Frontonasal suture:  
weak leg adductors (+TL to medial thigh)
- Internasal suture:  
weak leg adductors (+TL to medial thigh)
- Nasomaxillary suture (distal):  
weak hip flexors (slight external rotation)
- Frontozygomatic suture: weak hip and shoulder flexors (neutral – no rotation)
- Anterior squamosal suture:  
weak shoulder abductors (internal rotation)
- Middle squamosal suture: weak shoulder abductors (neutral – no rotation)
- Posterior squamosal suture:  
weak shoulder abductors (external rotation)
- Parietal notch: weak teres minor muscle

### **Movement Patterns**

The sphenoid and the occiput are connected by a cartilaginous plate – the sphenobasilar synchondrosis (SBS). Two types of movement are described as occurring around this junction. One of these movements is physiological and the other is compensatory.

Physiological movement is subtle, continuous, cyclical, and relatively constant regardless of one's activities. The sphenoid and occiput exhibit a slight motion, alternately flexing and extending at the SBS junction. This slight physiological movement is accompanied by a slight corresponding external and internal movement of the peripheral bones. These subtle movements of the cranium are often associated with the cranial rhythmic impulse (CRI), which can be palpated throughout the body. These slight movements of the cranial bones may be considered analogous to the slight on-going movements of the ribcage in pulmonary respiration. Physiological movements do not appear to result in sutural restrictions or inhibited muscle function.

Compensatory movement is an alteration in the position and function of cranial components resulting from changes in posture, physical activity, or trauma. Prior to the fusion of the SBS junction in the mid-teens (Okamoto, et al., 1996; Liem, 2009), the sphenoid and the occiput can flex and extend, rotate in opposite directions about their anteroposterior axis (torsion), side bend relative to each other, and perform a variety of other compensatory movements known as SBS patterns. Each of these patterns is a unique arrangement of the midline and peripheral bones, as well as a unique musculoskeletal pattern.

After fusion of the SBS junction, these compensatory movements may primarily involve the peripheral bones, with only slight movement occurring at the SBS. SBS movement patterns can still occur after fusion of the SBS junction due to the large number of cranial articulations or joints (over 100), flexibility of the vault bones that were formed in membrane, the flexibility of the soft tissues involved, and the flexibility of living bone, including the SBS junction. These characteristics allow the sphenoid and the occiput to share many compensatory movement characteristics with the spinal vertebrae.

Ideally, movements in the various cranial patterns should be symmetrical in both directions, with equal ease of movement, and the cranial bones should return to a *neutral* position after a movement has been completed, with no sutural restrictions or inhibited muscles. When the cranium is *stuck* in a compensatory pattern it will resist returning to the neutral position, and it is called an SBS *strain* pattern. The musculoskeletal system will also be *stuck* in the same pattern. In reality, the cranium may be in multiple strain patterns simultaneously, and in such cases, the body will also be in multiple patterns. Each strain pattern can be identified in the cranium by its unique pattern of sutural restrictions, and throughout the body there will be comparable specific patterns of inhibited muscle function.

A strain pattern is named according to the direction in which it is stuck. For example, if the SBS junction is flexed, the pattern is a flexion strain pattern. If the sphenoid has twisted relative to the occiput (with the right greater wing moving superior), the strain pattern is a right torsion. Each SBS pattern refers not only to the position and function of the sphenoid and occiput, but also to the position and function of all peripheral (paired) structures, both in the cranium and in the body. In the cranium, the peripheral bones are moved directly or indirectly by the sphenoid and occiput, which carry the peripheral bones with them into the various strain patterns. The position of the occiput directly affects the spine, and it influences the shoulder girdle and pelvis, which carry the rest of the body into compensatory patterns that mimic the cranial strain patterns.

### **Evaluating Cranial Strain Patterns**

Cranial strain patterns can be identified by restricted cranial ranges of motion, positive TL of sutural restrictions, and patterns of musculoskeletal dysfunction, particularly by inhibited muscle function. Note that inhibited muscles may exhibit positive therapy localization (+TL). SBS cranial strain patterns can also be identified by evaluation of the function of cranial muscles (e.g., challenging eye movements, jaw movements, etc.). The following lists provide procedures correlating some cranial and somatic relationships for 3 of the 10 cranial strain patterns that are often seen in the clinical setting: Flexion, Extension, and Right Torsion. The other strain patterns – left torsion, vertical strains, lateral strains, and side bendings with rotation, will not be discussed here.

**SBS Flexion Strain.** The spinal portion of this pattern is in Postural Extension (i.e., an increase in spinal curvatures). The pattern can be initiated by full inhalation. The presence of multiple strain patterns will result in mixed findings:

- Lower extremities resist internal rotation – positive challenge

- Weak shoulder and hip flexors – bilaterally
- Cranial bones move better into flexion / external rotation (palpation or challenge)
- Positive TL to lateral coronal suture – bilateral
- Positive TL to lateral lambdoidal suture – bilateral
- Eyes looking down – positive Challenge
- Mandible retracted – positive challenge
- Positive TL to the frontozygomatic suture – bilateral

**SBS Extension Strain.** The spinal portion of this pattern is in Postural Flexion (i.e., a decrease in spinal curvatures). The pattern can be initiated by full exhalation. The presence of multiple strain patterns will result in mixed findings. The findings for Extension should be the reverse of those for Flexion.

- Lower extremities resist external rotation – positive challenge
- Weak Tensor Fasciae Latae – bilaterally
- Cranial bones move better into extension / internal rotation (palpation or challenge)
- Positive TL to medial coronal suture – bilateral
- Positive TL to medial lambdoidal suture – bilateral
- Eyes looking up – positive challenge
- Mandible jutted – positive challenge
- Negative TL to frontozygomatic sutures

**SBS Right Torsion Strain.** The findings for this pattern will match SBS Extension / Postural Flexion on the right and SBS Flexion / Postural Extension on the left. The presence

of multiple strain patterns will result in mixed findings.

- Left lower extremity resists internal rotation – positive static challenge
- Right lower extremity resists external rotation – positive static challenge
- Shoulder and hip flexors – weak on left / strong on right
- Cranial bones move better into right torsion than left torsion (palpation or challenge)
- Positive TL to left lateral coronal suture
- Positive TL to left lateral lambdoidal suture
- Positive TL to right medial coronal suture
- Positive TL to right medial lambdoidal suture
- Eyes looking to the right – positive challenge
- Mandible shifted to the right – positive challenge
- Positive TL to left frontozygomatic suture
- Negative TL to right frontozygomatic suture

### **Functional Patterns versus Chronic Patterns**

Now we need to discuss an important distinction between two types of cranial and musculoskeletal dysfunctions. These dysfunctions occur and are discussed in the terms mentioned above – Flexion, Extension, Torsion, etc. – but they have significantly different characteristics when it comes to treatment. One type of pattern is usually temporary; these patterns are referred to as *functional* or transient patterns. Although both cranial bone movements and muscle function are restricted or inhibited, various therapeutic procedures can generally release the compensatory pattern and provide corrected muscle function. These restrictions of the cranial bones or body muscles can be considered *functional* patterns

because they change from moment to moment in response to one's activities, posture, or trauma. A functional cranial pattern could be a restricted frontozygomatic or temporozygomatic suture resulting from lying face down on a treatment table, or a global pattern of sutural restrictions resulting from a temporary anterior tipping of the pelvis.

The other type of pattern is chronic (going on for a long time); these patterns are difficult to treat successfully. In chronic, common cranial patterns, the muscles, fasciae, and other soft tissue elements involved in the cranial patterns appear to have adapted to their positions, and they have also resulted in patterns of muscle inhibition that do not respond to most therapeutic interventions. These patterns were discussed in my "Personal Background" above. These chronic cranial patterns can be considered *structural*. The characteristic musculoskeletal inhibitions of these patterns, and the cranial techniques for releasing the chronic, common cranial patterns that are maintaining them, will be demonstrated.

### **Conclusion**

Musculoskeletal compensation can occur as a result of many factors, including individual sutural restrictions and SBS strain patterns. Both the musculoskeletal compensations and the cranial patterns can be identified by manual muscle testing, therapy localization, challenge, and other evaluation procedures. For TFH practitioners who are familiar with these evaluation procedures, the identification and treatment of individual sutural restrictions requires only a modest amount of new information, mostly about the location of sutures, the muscle / suture relationships, and simple suture release techniques. These concepts and skills would be an asset to most TFH practitioners. Some other procedures, such as the release of SBS strain patterns, particularly the chronic cranial strain patterns, would be best performed by LMTs, nurses, and other practitioners who also have substantial study in anatomy and physiology.

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## Dancing to the Rhythms of the Cosmos

**Michelle B. Waines Greenwell, BA and Rashida Naraharasetti, MBBS, DO (MP)**

### Abstract

Have fun with us and the five phases of movement as we adapt ancient eastern and contemporary western dance forms to move your microcosm to the rhythms of the macrocosm. Identified energy blocks in the five elements, chakras and gates will open and limitations will be freed.

### Description

Using the five phases of movement of energy found in simple dance forms from both ancient eastern dances and contemporary western dances, we can change the flow of energy in the body. We can increase our exchange of breath; coordinate our brain and body synchronicity; increase energy, strength, flexibility and wellbeing; and we can open the pathways of energy to flow freely through the body. Once energy blockages in the five elements, meridians, chakras and aura have been identified through muscle testing, specific dance programs can be selected to balance the body and integrate the movement patterns to allow the energy to move freely through the identified areas. *Dancing to the Rhythms of the Cosmos* is a very powerful way to move energies to overcome limitations.

### Understanding the Need for Movement

Dance and movement in energy work offers incredible benefits to participants that go beyond the regular shifting that can occur with manual techniques. Moving the core of the body causes a shift in messages that cross the dimensions of the body to reach the extremities, while creating an information loop to the brain. Shifts in the body that have occurred as a result of other energy techniques will be able to root themselves and create a lasting line of message pathways that the body can rely on for future advancement.

This brain-body connection, along with the movement dimension, creates a whole new way for the body to adapt to new patterns and ideas, as well as to find a way to have these new ideas feel comfortable within the body. If there were any blockages or stuck transitional elements involved in a balance, the movement patterns help to rid the body of this inconsistency and move the body into a state of balance and cohesiveness. All the dimensions in the body respond to the movement patterns as they cross the midline and connect the bottom, middle and top of the body together, as well as with the brain pathways of communication.

### The Body

Changes that participants will notice with *Dancing to the Rhythms of the Cosmos* will be felt physically as the cardiovascular system harmonizes and the lymphatic flow improves. The body will develop an investment in a willingness to live, security will be felt through the systems, trust will engage; the metabolism will find a sense of self-preservation through its strengthening, sexuality will be enhanced, sensuality will be enjoyed, fertility will become achievable and creativity will be opened. The body's basic reflexes will be engaged. At the most basic level there will be a grounding that will occur to help the body feel connected to the earth and to itself as a whole. Stability will be achieved through the repetition of the movements and the comfort level of the body to perform the movements. The limbs will become centered on the body and the movement patterns through different levels of space will help the body to orient to this center. As well, gravity will be felt and it will be understood as a force to be worked with, rather than a force that takes over.

### **The Mind**

Many times individuals believe that if they are thinking about changes than they will have the willpower to make those changes successful. But what they have not considered is the involvement of the whole body in the process of learning and achieving. The mind has willpower, but it is given strength when the body connects with the mind. It is also easy to think that action can be taken, and it is another thing to engage the body in the action to make it happen. Personality, self-control, and communication are all tied in to how the body is able to express the thoughts of the mind. Love, empathy, truth, inspiration and inner peace are all a result of the mind's connection to the body, the ability to express the mind through the body and the result of the ultimate connection that is built through movement.

### **The Spirit**

Our mind is a complex place to build thoughts and ideas. The body is the vessel that allows us to act on those intellectual developments. But, it is the spirit that wills us to become something more of ourselves than presently exists, and motivates us to dig a little deeper and grow a little stronger. Once the body opens up to the potential in movement, the opportunity to share with others, and the ability to express oneself through the movement, a new level of enlightenment is achieved. Individuals often experience a new level of self-realization whereby a new recognition of the true purpose of life can be opened, where human experience can integrate and be sustained, where bliss can be openly and comfortably achieved. The spirit can find a shift of perception and fantasy, and a whole new level of enlightenment can be achieved.

*Dancing to the Rhythms of the Cosmos* creates an internal energy shift through the meridian flows and the chakra flows. As we work on the heart chakra and the aura we are able to make a connection with the microcosm to the macrocosm for an experience that brings everything full circle and all-encompass-

sing between our body, mind, and spirit and our connection with the universe.

### **How Dance and Movement to Shift the Chakras and Auras Came to Be**

First studying as a medical professional, Dr. Rashida spent many years working with patients as a physician. Feeling unfulfilled and limited as a medical professional, she believed that the universe had something in store for her that was more rewarding. Touch for Health graced her life in the spring of 2003 as a blessing from the Grandmaster. There was no looking back from there as she continued educating herself and gathering information from ancient energy sciences and techniques. Using her in-depth knowledge as a physician she is now able to integrate the traditional teachings of her native India with medicine and healing modalities. Her latest work combines some of the teachings of Carla Hanaford, incorporating how the stimulation of vision and hearing interconnects with the expressiveness of kinesthetic manipulation and foot coordination. Combining this inspiration with some of her childhood memories of dances from India, *Dancing to the Rhythms of the Cosmos* began. Quoting Carla Hanaford, "Connection with the full 'vibrational' presence of heart and mind allows us to live with more coherence, joy, adventure, play and creativity."

### **Chakras**

Chakras are the centers of awareness and psychic energy in the human body. Even though there are 88,000 chakras of primary and secondary significance in the body, we will be focusing on the 7 primary chakras to achieve realignment and rebalancing of the body, mind and spirit through movement and dance.

- Locations in the Body - Seven primary chakras or energy stations are situated along the spine from coccyx to top of the head.
- Influence on the Body - Each chakra influences certain organs and is associated with a specific hormone.

- Theme - Each chakra's theme depends on the function and influence of the particular chakra energy on organs and hormones.
- Number of Petals - Chakras are symbolized as lotuses through which the energy rises up from darkness into light. Each chakra has a specific number of petals.
- Character - Personalities and characters are identified in people with specific chakra dominance.
- Strengths and Challenges - Chakra strengths and challenges are perceived as the energies flow with ease and at times are blocked in the individual chakras.
- Signs and Symptoms of Blockages of Chakras - Ailments could be in the lower body or in the immune system and sexual and reproductive system; or regulating body temperature or health of heart, lungs or cardiovascular system; or communication skills; or clear vision and other health issues.

### **Aura**

The human aura is described as a subtle body of light that surrounds a human being from head to toe. The layers of the aura relay information between the body through its seven chakra energy centers to the external environment. Through these auric layers the microcosm interacts with the macrocosm.

- Layers of Aura - There are seven auric layers. The aura's energy field extends depending upon the overall health and well-being of an individual. The energies present in each layer communicate with adjacent layers, and then processes the information from the universe into the physical body and vice versa.
- Functions - Each layer of the aura relates to the physical, mental, emotional and spiritual conditions of an individual. Energetic vibrations of a person's thoughts, feelings, state of health, awareness, and past experiences are stored in the different auric layers and are processed to keep the person in perfect health.

### **Meridians and Elements**

The five elements in the Chinese meridian system are Fire, Earth, Metal, Water and Wood. These elements find their representation in the five seasons as well as they do in the human energetic body. As these elements are interconnected with one another and support one another in nature, they do the same within the human body.

- Number of Meridians and Elements - There are 14 Basic Meridians, 8 Extraordinary Meridians, and 5 Elements. The elements in nature support each other to have smooth flow of universal energy, and likewise the different organs and systems in the body support each other in a smooth flow of internal energy.
- Color - Each element is represented by a specific color, and color is one of the ways to use the five elements principle to bring harmony to the body.
- Sound - Vibrations created in the body by sound waves balance our energies at the cellular level. Over 80% of our body consists of water and the ripples and patterns created by sound can raise or lower the frequency in the body to promote healing or disease.
- Character - Personality characteristics are identified in people with specific element dominance.
- Strengths and Challenges - The presence of strengths and challenges in the element or meridian energy flow can produce changes in body, mind, and spirit.
- Signs and Symptoms of Blockages of Meridians - Emotional outbursts, physical weakness in specific muscles, lack of confidence in ability, feeling of unease about situations, illness, lower energy level, depression, lethargy, sleep disturbances, lack of flexibility in muscles or cramping are all possibilities of malady in the meridians and elements flow.

### **The Five Phases or Stages of Movement**

Using the five phases or stages of movement found in simple dance forms from both ancient eastern

dances and contemporary western dances, we can change the flow of energy in the body. This can be done in two ways. There is an overall experience of a complete work – with several different choreographic ideas all culminating in one finishing piece, or there can be an exposure to each part as you pass through one piece of music with one collective choreography.

1. Dormant Stage - The dormant stage is where the body is at rest and prior to any movement for health sake. This dormant stage can include walking for daily activities, domestic chores, work or interacting with family. It includes the day to day movement patterns that are used just to conduct regular activities like cooking, driving, working, reading, interacting with friends. Most of these activities do not engage the manipulation of the shoulder and hip seams of the body whereby messages travel up and down the body to reflect the status of the health of all of the systems. These activities usually do not cross the midline of the body and engage a pattern of hemisphere interactions. Most daily activities are controlled by the dominant side of the brain with little interaction between the hemispheres to engage full comprehension of learning within the brain and the body. These specific daily activities are required to accomplish daily living necessities, but they are not engaged in for the purpose of healing or aligning the energies in the body, or for building coordination between the brain and the body.

2. Experimental Stage - This stage of movement involves understanding where movement is not working well for the mind, the body or the connection between the two. Using muscle testing, blockages of energy can be determined and a priority required by the body for correction. Using a checklist for possible correction opportunities, muscle testing can determine if one specific movement is required, or if a series of movements can be coordinated for the correction. The correction may involve the chakras, auras, elements, and / or meridians, as they are related to the movement choices.

3. Orientation Stage - Using a warm-up sequence that includes Hydration, Breathing Techniques and a specific Foot Rub, the body will be ready to engage in dance and movement. Omitting this vital aspect of the phases can result in a body that is not grounded, lacking in stability and balance; an inability to be centered in the movements and a tendency to move against gravity rather than with it. Once the body repeatedly recognizes these initial details, it will easily engage in activities with a minimum amount of effort to prepare. Some programs may require the body to add flexibility exercises here or after completion as well. This can be muscle tested to determine what is necessary for the body to work optimally.

4. Completion Stage - Once the body has been muscle tested to determine the areas of need, the priority of movement required, and the sequence of movements that the body wants to experience, the whole movement package can be delivered. This sequence of movements may be one song with many elements included that will move the priority indicated, or the experience may be a series of dances choreographed to assist each aspect in culminating a whole experience for the body. Once completed, the body can be muscle tested to determine what, if any, of the movements will need to be repeated and if they should be assigned as homework. Individuals who are utilizing this work will have specific outlines to follow for themselves. Groups of people will have a collective choreography to experience with many elements pertaining to the group. The homework assignment for each person may only utilize a portion of the whole experience, but it will be a part that pertains to them specifically.

5. Liberation Stage - This celebration dance may be performed as a collective group, or may be one selection chosen for an individual to bring the whole body's learning together and process it as a complete package. For groups, this may be performed as a circle dance. The circle dance may produce more profound shifting if it includes a song to sing that will help with vocalizing and opening any emotional

blockages and allowing for a fulfillment of the body to change the vibrational element within.

### **Foundations to Movement**

Before engaging in a dance with the universe, it is important the body and mind are first integrated. Western warm-ups would include some small movements, perhaps some initial stretches, and a little bit of water to get the blood pumping in a “warming up effect.” There is no integration of brain and body, nor is there a fluidity of expression that engages the body to work as a unified being. *Dancing to the Rhythm of the Cosmos* changes the way your body will initiate movement, coordinate and perform with strength and flexibility, and produce an experience that moves you from the microcosm of your being to the macrocosm of the universe.

There are **Three Foundations of Movement** that should be remembered every day: Water, Breathing, and The Foot Rub.

### **Water**

Before engaging in any activity it is essential that the brain and body are hydrated. Adequate water in the body allows for the cells to work efficiently, and helps to send messages across nerve endings. For coordination of movement, the brain and the body need to send information quickly and water is essential for this communication. If the body is dehydrated, the organs will be the first to receive fresh water, then the muscles and lastly the brain. Performance is compromised if the body is in stress due to a lack of water.

Fresh, clean water should be taken into the mouth, swished around and then swallowed. This technique allows the receptors in the mouth to receive the information that the body is receiving water, and the body is able to respond to send the water where it is needed the most. It is important that individuals do not wait to drink water until just before they start moving. It is important that the body is always hy-

drated and that water will be available for the muscles at this time of exertion, rather than to the organs that are lacking water. Water is best drunk at room temperature for maximum absorption in the quickest amount of time. Throughout the day the body requires approximately six-to-eight cups for regular movement, and for more movement and exertion, it is recommended to add two-to-four cups more.

### **Breathing**

Breathing is absolutely vital for *Dancing to the Rhythms of the Cosmos*. Most people breathe with a shallow breath from the top of the chest cavity. They breathe because the body takes care of it for them, and as long as the pathway seems clear, breath is not given much further consideration. According to Chunyi Lin, a Qi Gong master and energy worker, 40% of a person’s air stays stagnant in the lungs and is never exchanged. Within this air can be toxins, heavy energy, virus, fungus, emotional blocks and more. This air can contaminate the other 60% that may be exchanged throughout activity in the day. We need to feed our body with each breath that comes into our lungs. We need to breathe deeply and fully to exchange all the air in our lungs so that no stagnant air can remain to toxify our systems. There are many different breathing techniques that people have developed over the centuries. What they all have in common is the ability to exchange air fully. Most important is that we take the time to breathe deeply for 15 minutes each day. Optimally, Chunyi Lin expresses this as less than six deep breaths per minute for the fifteen minutes. To determine if you are breathing deeply on a regular basis, notice your breath. Pay attention to how your chest cavity feels. Notice if the top of the chest rises and falls, if the diaphragm moves out and in or up and down, if the stomach moves out and in. Do the shoulders rise with the breath? Is the neck held with tension while you breathe? Is your jaw clenched? Is your mouth open or closed? Do you breathe through your nostrils? Are both nostrils taking in air equally? Does the air seem to whistle or have congestion associated with it? Once you have noticed your

breathing, tap with one hand from the shoulder to the wrist of the other arm for about 5 seconds down each arm. The arm should be extended with the palm facing up. Breathe in and notice any changes. Just this little energy shift can change the way you are bringing oxygen into your body. As well, this change in energy can be felt throughout your body with a deeper level of concentration and awareness.

In Kenneth S. Cohen's book, *The Way of Qigong: The Art and Science of Chinese Energy Healing*, he warns his readers that "... efficient, healthy respiration is not the same as deep breathing," (p. 111). He makes special note of the need for **quality** of breath, rather than **quantity**. Air needs to be exchanged with "... ease, grace, and efficiency," rather than with a "... rapid expansion and contraction" of the lung cavity. If the air exchange is fast and forceful, the body reacts by constricting blood vessels. In return, oxygen can become glued to the hemoglobin molecules and restricted from being released to the adjoining cells.

Avid sports enthusiasts may feel that they are breathing deeply and exchanging a maximum amount of oxygen with the cells, but this may not truly be the case. With a focus on breathing in a relaxed manner, the body can have a more productive exchange of oxygen and carbon dioxide that provides more nourishment for the body than extreme exercise. This is not to say that one should not engage in physically demanding exercise. This is important on many levels. It is to say that one should make sure that they take the time to really breathe with integrity for the health and healing components found in each breath. Warm up and cool down opportunities can provide such moments for the individual during a training session.

### **The Foot Rub and How It Came to Be**

Michelle began her career in Touch for Health in September 2002 when her dancing body was in such pain that she could no longer walk and was only able

to move a few meters at a time. She was teaching dancing from a stool with assistants to demonstrate for her. Michelle was in her mid-30s. A year previous to this state, a modern dancer and teacher from New York, Lynn Simonson, was presenting at a workshop and was discussing the privileges of all the injuries she had received over the years, and how at the age of 60 she had a body that was free of that pain due to her work with TFH. Michelle jotted those three words down, *Touch for Health*, and then began searching for more info. In the fall of 2002 Michelle met instructor and practitioner Greg Webb of Calgary and began working with him and learning TFH.

Because of Michelle's needs as a dancer to have feet that could work pain free, she focused some of her healing techniques on the processes that freed the emotional pockets of pain in her feet. Gaits were the first techniques to be utilized and "The Foot Rub" was born. Using the initial ideas introduced in the TFH textbook for rubbing the Gaits, Michelle spent many more years listening to others and learning their techniques, as well as applying other ideas to the feet. "The Basic Foot Rub" and "The Long Rub" were born of experience obtained from her dance students and their noticing of what was important to them and where the greatest gains could be made. Before any movement activities begin, it is essential to the body, mind and spirit to prepare the body with the techniques shared below.

### **The Basic Foot Rub**

Our feet begin and end the day for us as we go about our daily routines. They are our stability, our balance, our grounding, our centering, and our sensors for assisting the rest of the body with how to move effectively and safely. On a physical level the soles of our feet send messages throughout our body to indicate how we are moving, what muscles are required for the movement, and how to adjust to maintain our equilibrium. Our brain and our body respond accordingly to the information, and patterns of movement are established. TFH considers that there

needs to be a synergistic and antagonistic synchronization of muscles for normal coordination of muscles. There also needs to be an emotional readiness in the body to move as required, as well as a desire by the brain to carry out a set of movements. It is a whole integrated approach by the body, through the feet, with the brain that determines the success of movement for an individual and the experience that movement will produce. Non-integrated movement may be indicated by a feeling of tiredness, a stumble, a sore ankle, a cramp in the lower back, a weakness in the legs, or a disconnection of thought and movement. As well, a resting body may not be ready to adjust from that state to a moving state, or a fight / flight status of back brain instinctual movement.

### **Noticing**

What does the body feel like, look like, respond like? Observe yourself walking across the floor and notice how the body feels with each stride. Does the foot roll in a specific direction? Does the body shift from side to side while walking? Are the footsteps heavy, light, long in stride or short? Do the arms swing equally on both sides? Is the foot stepped on completely and evenly? Standing in first position with heels together and toes turned to the corners, do the feet rise to the ball (of the foot) with ease? Do the ankles stay straight or roll out? Standing in parallel first position, do the ankles stay together to rise to the ball of the foot? Muscle testing can be used to show the change in energy associated with different movements, and where weakness is indicated. Observe also the alignment of the body while standing: ankles, knees, shoulders, ears, eyes even from right to left; chin straight and head in alignment with spine; ear, shoulder, hip, ankle are in a straight line down the side.

### **Muscle Testing**

If muscle testing is possible, check each of the points on the foot listed below to determine which point needs to be rubbed. As well, muscle check each of the other corrections listed to see what the body is

requiring. For those who do not know how to muscle test, just follow the rub through. Any points that are not integrated will be integrated, and those points already on board will get a little extra boost.

### **Working with Children**

During the Basic Foot Rub, you can sing: "This is the way we rub our feet, rub our feet, rub our feet; this is the way we rub our feet before we dance (play, run, ride, score, jump, swim) today. This is the way we shake our feet, shake our feet, shake our feet; this is the way we shake our feet before we dance today. This is the way we pull our toes, pull our toes, pull our toes; this is the way we pull our toes before we dance today. This is the way we hug our feet, hug our feet, hug our feet; this is the way we hug our feet before we dance today. This is the way we strengthen our feet, strengthen our feet, strengthen our feet; this is the way we strengthen our feet before we dance today."

During the Toe Pull you can sing: "This little piggy went to market, this little piggy stayed home, this little piggy had roast beef, this little piggy had none, this little piggy went wee wee wee all the way home." We can also sing: "Stacey went to dance class, to dance a pirouette, she tried to do a jete, and she learned to spot her head, and then Stacey went squeak squeak squeak squeak all the way home." (Stacey is a little mouse that dances from the book and CD, *Stacey on the Keyboard*, written by Michelle.)

### **To Correct**

*For Children:* With foot placed on the floor, rub down between the bones of the foot with one hand. Do only one foot at a time so the brain and the body have a chance to connect with one side of the body only through that foot and its corresponding brain hemisphere.

*For Adults:* If flexibility allows, place the finger tips between the bones of the foot and put the thumb be-

low the ball of the foot and into the arch of the underside of the foot.

- Rub all points between the bones of the foot with firm pressure. Between the big toe and second toe is the Front Gait, between the second and third toe is the Lateral Gait, between the fourth and fifth toe is the Contralateral Gait. The counter pressure applied with the thumb into the bottom of the foot is stimulating abduction of the muscles and the end of the Kidney Meridian (K1). Note: If there is an emotion holding in the foot, and there is a sore spot, hold the spot and then rub it until the pain subsides.
- Rub the points along the sides of the foot. Behind the big toe towards the foot is the Rear Gait. Behind the little toe towards the foot is stimulation for the adduction muscles.
- Shake up the ball of the foot by twisting the bones back and forth. Stiffness through this part of the foot can be indicative of dis-ease that may occur in other parts of the body. Shoes that constrain the foot during movement can reduce the amount of flexibility available for this part of the foot, and can cause the body to create compensating patterns of movement to accomplish required tasks. Patterns established as a result of improper footwear can create imbalances through other parts of the body.
- Pull out each toe and circle it around several times ("This Little Piggy"). By opening the space between the bones, the joint is able to fill with space and fluid to help rejuvenate tissue. Repeated hard impact on the ball of the foot and toes can result in these joints being jammed, thus decreasing blood flow and healing circulation to the toes.
- Squeeze the foot all over and around the ankle and give it some *love*. This wakes up the sensors all over the foot and allows corresponding points in the body to also awaken for further information. Including the ankle allows the muscles, tendons, ligaments and fascia that wrap over the joint to come alive and become a part of the process for strengthening.

- Lengthen to Strengthen: Place finger tips together in the middle of the top of the foot and pull the fingers the length of the muscle fibers out to the toe and ankle in opposite directions. Repeat on the bottom of the foot. This can also be done over the ankles, all the way around. This is especially helpful for those people who have weak ankles or have had a rolling injury to their ankles previously.

### **To Complete the Process**

Put one hand on the forehead and one hand on the back of the head. Breathe deeply and allow the energy to shift from the root chakra to the crown chakra. This will lengthen the amount of time the adjustment will hold.

### **Applications**

There is a direct connection from the foot to the multitude of networks with the body, mind, and spirit. The Foot Rub, done fully and completely, can remove the blockages that produce the outlined symptoms set out in the following examples as well as many other blockages.

- Sports: Pressure receptors in the foot are linked to the mind and processing information. Clearing the foot centers before a workout increases memory capacity, and completing the workout with a rub locks in the information covered and assists with memory storage.
- ADD and other learning blocks: The receptors in the foot assist with processing information and establishing pathways of communication between hemispheres.
- Coordination problems in the feet and the body.
- Changing life direction, or being held back from stepping into something new or difficult by fear.
- Trouble walking, difficulty balancing, transferring weight, stepping completely on the foot, or feeling grounded.
- Arms that don't swing much, fluidity of movement, open and wide stride.



- Foot cramps, lack of muscle usage in all of the toes, height for springing or jumping activities.

### **Give Yourself a Little More**

Tap Kidney 1 – Find the center spot just below the ball of the foot, either tap this spot 100 times for an increase in energy, or rub the spot for 30 seconds. Do not do this before bedtime as it will energize the body, rather than relax the body. In China, Qi Gong practitioners use this technique before they begin their day, as it is one method to fire up all the systems in the body.

Pull out Foot Sensors (“Toothpaste Squeeze”) - Placing hands in the center of the foot, squeeze and pull out towards the toes focusing on a different toe with each pull. This technique awakens the gaits, muscle fibers and tendons. It also sends messages to other parts of the body. Try to keep the pressure even around the foot.

Between Pinky and Fourth Toe Bones, rub just behind the toes. This aids in releasing the hip muscles to allow for more freedom of movement when swinging the leg or doing stretching movements.

“Roll Up” – Create the “roll” by pulling the fourth and pinky toes up towards the top of the foot by placing pressure into the first knuckles of these toes and stretching the toes. Stimulation of the first knuckle and the toes helps release the muscles within the hip joints. This technique can be repeated down the outside of the foot, as well as over the ball of the foot. This awakens the sensors in both these areas to send messages back to the brain.

Heel Pull - Placing finger tips into the heel, pull the fingers down the heel to the back of the foot and up the back of the heel. This one is hard to do on your own foot. If you have a partner, have them position themselves near to the knee and reach down to the foot for the best leverage. Repeat this pull several times across different parts of the heel.

Shake the Foot and “Ankle Cracker” - Lifting the foot from the floor, shake it so it moves on its own. People who like to control situations have a tough time letting the foot relax enough to move freely. This is a very good exercise for them. Or, if you have a partner who can hold on to the foot at the ankle, they can shake the whole foot from the ankle joint. This exercise provides a release of tension for those people who have never thought of relaxing the foot before. Then, hold on tight around the ankle and provide resistance while the foot is rotated in both directions. This helps to awaken the muscles, tendons, ligaments and fascia that cross over the muscle joint and insert into the foot and into the bottom of the leg. A new sense of awareness comes with this technique.

Squeeze Toes - Hold hands over the toes and give a gentle squeeze. Open the toes of the foot and try to release the hand squeeze with the toes. This can be very difficult for many people as the muscles fibers in all of the toes do not usually work equally. In fact, there may be toes that have no strength at all. This exercise will help to awaken all the muscles useful for the toes functioning.

Open Toes - With the toes spread apart, try to squeeze the hand over the toes and close them up. There will be an imbalance of strength for this one as well, and can be repeated to feel all the toes firing underneath the hands. Another exercise that works in a similar fashion is pretending to play the piano keys with the toes or picking up small objects like a marble with each toe and then dropping it. It is important to make sure that all toes have functioning muscles as they help with balance and coordination of movement. If there are any toes not working, they cannot contribute to the program required and an inefficient pattern of movement can establish itself in its place.

Push Toes Down - Placing hands on top of the foot, provide light pressure to the foot and have the toes resist moving down. The pressure can be gradually

increased as the foot strengthens and improves. Make sure that all of the toes are motivated to participate in this movement in coordination with the foot. Toes that remain isolated from the foot cannot help to create a strong movement pattern.

Push Toes Up - Placing hands on the bottom of the foot, provide light pressure to the foot and have the toes resist moving up. The pressure can be gradually increased as the foot strengthens and improves.

Side to Side - Placing hands on the foot, provide pressure to one side of the foot and resist with the foot, and then provide pressure to the other side of the foot. Again, pressure can be gradually increased as the foot strengthens and improves.

Babinsky Reflex (from Masgutova Method) – Place finger in side of arch of foot and pull fingers apart towards the heel and the big toe (lengthen to strengthen), push fingers in as reach edge of this space. Repeat moving inwards on the foot slightly, and then repeat moving in a little more towards the center of the arch of the foot. Pull back on the big toe and the ankle so they are fully flexed back, and hold this position for 30 seconds. The power that comes from the big toe as a result of the Babinsky Reflex is very important to strength and balance. For many people this reflex does not function optimally.

Achilles Tendon Stretch – Flex the whole foot back and the toes, then place fingers on either side of the tendon at the heel, pull down the length of the tendon towards the calf muscle.

#### **Activities to Awaken the Chakras, Aura Energy, Elements and Meridians**

- Tai Chi Ball (or Scarves) – Figure 8 energy alignment for the whole body
- Tai Chi Ruler – meridian pathways and aura opening
- Tai Chi Bubble Bath – Aura gathering, meridian opening, element involvement

- Scarf Dancing – Heaven chakra including the heart meridian
- “Criss Cross, Oh My Gosh” (for children) - realigns the meridians, which realigns the elements; cross crawls for brain integration as well (also found on YouTube with children’s performer Dan Devion)
- “Hickory Dickory Dock” (for children) - realigns the chakras from the earth to the heavens, as well as solidifies basic reflex patterns of the lower body: grounding, stability, gravity, centering and balance (also found on YouTube with children’s performer Dan Devion)
- “Scat Like That” (for children and adults) - Sound balancing with Chakra shifting
- “Peacocks and Eggs” (for children and adults) – realigns the meridians and the elements, engages the spine to stimulate all of the organ systems
- The Lion (for children and adults) – realigns the chakras from the heaven to the earth
- Jump Rhythm Jazz Project ABCs – Group Power with holding hands, throat chakra alignment through singing, as well as the other chakras through movement (from Billy Siegenfeld’s work)
- Inner Smile – opening elements and meridians to change the function of the organs
- Mudra Movements – balancing for all possibilities

#### **Dances to Awaken the Chakras, Aura Energy, Elements and Meridians**

- **Tap** – Fruit Salad (Earth Chakras), Hot Chocolate – Tap Warm-up
- **Jazz** – Dancing on Water
- **Cape Breton Square Set** – Basic reflex integration, group energy sharing and shifting, aura and chakra alignment
- **Hip Hop** – The Basketball Dance
- **Traditional Indian Dances** – Bharatanatyam, kuchipudi for chakra awakening and alignment; Garba for alignment in cosmic gathering

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**Michelle and Rashida** first met in 2005 at the International Touch for Health Conference in North Carolina. That momentous occasion, for all who were blessed to experience the work of the many great minds who gathered for this event, was also the beginning of an incredible relationship for two TFH enthusiasts. Michelle and Rashida formed an incredible energetic bond instantly. They would not see each other or communicate again until 2007 in Salt Lake City, Utah at another TFH convention. Once again their friendship blossomed with an energy that was empowering and eye opening. They knew that their individual work would eventually culminate in a collaborative effort, and they set their sights on being presenters for the TFH Industry. Michelle and Rashida came together again in 2010. This time, their independent work was now forming a bond that would link their two worlds in a never-before-seen project! *Dancing to the Rhythms of the Cosmos* was born out of Michelle's work as a dance teacher and studio owner for two decades; and Rashida's history of Indian traditions and her vast knowledge of the cosmos, mudras, chakras and aura energies. Their knowledge is in-depth, their enthusiasm is contagious and their passion for their work is an inspiration for others to chase their dreams.



**Dr. Rashida Naraharasetti**, MBBS, DO (MP) is an osteopath and TFH Instructor with a 25 year background in conventional medical practice and physiotherapy. She uses a blend of Vedic philosophy and a variety of ancient energy modalities to empower people to discover their own unique journey towards living a healthy life and manifesting their dreams and living to their fullest potential. She currently operates her own consulting business in Toronto, Canada.

Contact Rashida at 1214, 80 Forest Manor Road, North York, ON M2J 1M6, Canada; [rashida23@gmail.com](mailto:rashida23@gmail.com) or 647.228.1405.



**Michelle Greenwell** (BA Psych, TFH Instructor, Tai Chi Instructor, consultant, author of children's books and CDs) is a dance and movement specialist who is passionate about helping others to move easily and pain free, while reaching their highest dreams and potential. Combining her vast knowledge (from TFH, Brain Gym, Masgutova Method, Dance History and Technique, Musical Knowledge, Tai Chi, Qi Gong, and personal experience - to name a few resources), Michelle has created a series of exercises to help people stay active and healthy through movement, while enjoying the pleasure of being motivated by music and singing along, for great fun and emotional empowerment.

Contact Michelle at 4614, Route 252, Mabou, Nova Scotia, Canada B0E 1X0; 902.945.2967 or [info@dancedebut.com](mailto:info@dancedebut.com), [www.dancedebut.com](http://www.dancedebut.com).

## Accessing Multi-Dimensional Healing

**Dr. Mary Jo Bulbrook, RN, EdD, CEMP/S/I, CHTP, HTCP**

### Abstract

Experience the magic of time- and event-specific interventions that promote multi-dimensional healing using a variety of energetic tools for assessment and interventions: storytelling, energy medicine process, meditation and muscle testing. These tools not only pinpoint the healing crisis point but serve to promote healing complementing a Touch for Health or other energetic practice.

### Description

Throughout the journey called life we are affected by a variety of events that serve to influence our lives, leaving a lasting energetic imprint on body, emotion, mind and spirit. To pinpoint the offending compromised energetic system is a critical aspect. Learn simple, interesting and fun ways to identify how to intervene using TFH, kinesiology or any other energetic means to shift and heal the imprinted psyche.

As healers we need to upgrade energetic hardwiring and clear out the debris slowing our energetic flow and capacity to access higher frequencies. This practical course focuses on assisting healers to achieve this goal. The violet flame meditation is one tool that facilitates being able to achieve advanced healing. The drawing graphic on this page will be used to meditate on and upgrade your healing frequencies after an energetic assessment of the 12 chakra system and timeline patterning of energy during what is termed the Energy Medicine Process.

For those who understand “computer” associations: Does your energetic healing hard-drive need updating or defragmenting? Have you reached a plateau and are ready to go to another level in healing the self and other? Experience the magic of 12 chakra analysis and healing. Clear spiritual blocks to ad-

vanced healing abilities. Explore how to harness the power necessary to accelerate multi-dimensional healing. Experiment with linking the outer auric layers of the field with the inner layers with Divine Source to alter our energy systems and our realities.



Another tool will include the “Expressions for Healing Story Telling” process of *Becoming a Healer*. This will map your individual journey on your healing path and what will serve to focus the healing strategies. The angel net process will be used to clear unwanted thoughts, emotions, physical energy and unwanted spirit attachments.

The meridian tune-up as developed by Dr. Bulbrook will be illustrated and practiced to clear other limiting beliefs that hinder your progress as a healer. Join in this practical workshop to enhance health and personal well-being in your life as well as in your role as a healer.



**Dr. Mary Jo Bulbrook**, RN, CEMP/S/I, CHTP, is a pioneer (starting in 1976 during the early days of Touch For Health) in the application of energy therapies in health and healing with over 35 years world experience teaching in Australia, New Zealand, Peru, South Africa, Chile, Canada and throughout the USA. She has combined TFH with Transform Your Life through Energy Medicine, Healing Touch and Energy Psychology offering a wide spectrum of ways to support the healing process through Energy Medicine Partnerships.

For information how this work is combined with TFH, visit [www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com).

## Establishing The Electrical Field Around The Human Body

**Sheldon C. Deal, DC, NMD, DIBAK**

### **Abstract**

The existence of an electrical field around the human body has been hypothesized and alluded to for many years. Herein lies a method of measuring this field and the many applications thereof.

### **Background**

This field has been called by many names, ranging from the electromagnetic field to the auric field. With a micro volt meter you can show an electrical charge extending from the body from two to three inches. This distance increases around the heart and around the head. Kinesiologically, you can show that white sugar will weaken a normal indicator muscle by placing it on the body. The next question is, "Does it have to touch the body?" By placing an inert object on the body, such as a wood stick, you can now run the sugar down the stick while continuously pressing on the test muscle and the muscle will go weak when the sugar approaches two to three inches from the body.

This experiment can be repeated over and over again with the subject blindfolded and the tester blindfolded with always the same result, proving that the body can sense the presence of the sugar at that distance. Sugar is a non-nutrition substance that the body recognizes as a void, which it tries to fill, and a temporary weakness occurs. The test must be done immediately before the body can compensate for the weakness. The advertisers call the substance pure, which means they did not add anything. However, they do not tell you what they subtracted. The Russians have identified up to 90 different trace elements in honey. We call white sugar deficient in 89 elements because it is nothing except a pure carbohydrate after it has been processed and bleached of the original nutrients.

### **Application**

We can put a substance in this field to see if it strengthens or weakens the body. There are three possibilities: a wanted substance will strengthen a weak muscle, or an unwanted substance will weaken a strong muscle, or the substance will neither weaken nor strengthen, which means it is a neutral substance. This procedure can be used for nutrition, drugs, suspect allergens, cosmetics, dental material, etc.

One advantage is that the tester does not lose the indicator muscle when the substance is removed from the body, as can happen when you put it in the mouth and it gets into the taste buds. This overcomes bad tasting substances and toxic substances that might be otherwise dangerous to put in the mouth. Always remember to test right away, before the body can compensate. A substance that weakens when left on the body will not show weak after awhile, but the body will be more fatigued at the end of the day if the substance is not removed. Hidden reactions can be detected by placing the substance under the south pole of a magnet, which acts as an amplifier. Some doctors use the magnet to test all their substances.

Although the body never lies, it is more accurate to take the tablets out of the bottle to do the testing. This eliminates the possibility of the test being influenced by the material of the bottle, the color of the label, the glue on the back of the label, the color of the ink, the material the lid is made of, etc. In other words, you are asking too many questions at one time.

Fritz Albert Popp, a German scientist, was the first to measure the wave length of this electrical field. He found it to be 635 nanometers. This is somewhere between red and orange on the electromagnetic spectrum. He also found the photons to be emitted coherently, which fits the description of a laser light. In other words, we humans are emitting a weak laser light from our bodies. This acts as a carrier wave, such as a radio station broadcast on, which can carry modulated waves on top of to produce the various sounds we hear on that station. Since a helium neon laser also has a wave length of 635 nanometers, this explains why a helium neon laser is to therapeutic to the human body.

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**Dr. Sheldon Deal** is a Chiropractor and Naturopath. He first became interested in kinesiology when he met Dr. George Goodheart in 1970. He was later asked to be one of Dr. Goodheart's Study Group Leaders and was one of the original group of physicians who later became known as the "dirty dozen." It was this group that went on to form the nucleus of the International College of Applied Kinesiology (ICAK). Throughout his career, Sheldon has worked closely with Dr. George Goodheart and Dr. John Thie. Dr. Thie was the ICAK's founding Chairman in 1972

and served until 1976. Dr. Deal served as Chairman of the College from 1978 to 1983. Today, Sheldon serves as President of the ICAK Board of Examiners and the Technical Advisor to the Association of Specialized Kinesiology (ASK).

Visit [http://www.swanclinicaz.com/dr\\_s\\_deal.html](http://www.swanclinicaz.com/dr_s_deal.html) for more information.

The doctor's hand can be positioned over the patient's body at the same distance that the sugar caused weakness to test for the different chakras. Then different sounds or colors can be used to see if they will change the original findings.

## Conclusion

The presence of this electrical field can be used by way of muscle testing to answer many questions. Its therapeutic application is unlimited. It is safe and non-invasive and can be demonstrated to exist to the skeptic.





## **Schedule of Speakers**

### **Saturday, July 9**

*Reading Faces to Understand People*

Naomi Tickle

*Touch for Health, Mindfulness and Brain Plasticity*

Earl Cook

*Energy Medicine for Pets and Animals*

Dr. Mary Jo Bulbrook & Larry Green

*Consciously Creating Trust with our Clients/Students*

Stephanie Shipper

## Reading Faces to Understand People

Naomi Tickle

Face Language is based on ancient wisdom using modern day technology for determining your innate abilities and talents. It validates much of what you already know and will assist you in developing a heightened awareness of yourself and others. Researched from the 1930s - 1960s, it was found to be 92% accurate. The results are similar to any of the career or personality assessments available today. The major difference is that it is specific, instantly recognizable and easily applied within the first 30 seconds of meeting someone.

Today Face Pattern Recognition is used for career guidance, relationships, sales training programs, human resources, communications and personal development. During this workshop series you will learn how to quickly recognize some of the key traits which will assist you in all areas of your business

and personal life. The first step is to develop an awareness of our own traits and how we communicate.

### **The Benefit**

- Developing business relationships
- Identifying your clients preferred buying style and increasing your sales
- Identifying the strengths and challenges in business and personal relationships
- Selecting the best people for the job
- Helping you avoid much of the miscommunication experienced at work and at home
- Understanding your own traits and those of others

### **Close Set Eyes - Just Tolerant**



These individuals like people to be on time. They do not like interruptions and are very good at details. Give them a five minute warning before interrupting them. This trait is often seen in accountants, dentists, dieticians, teachers and professional tennis players.

**Notes:**

### **Wide Set Eyes - Very Tolerant**



These people tend to be more laid back. They can handle many different projects at once; their challenge is to stay focused. They are not as good with details, and see more of the big picture. They are very tolerant people. This is not to be confused with impatience. The trait is often seen in politicians such as Hillary Clinton.

**Notes:**



### **Backward Balance + Close Set Eyes Trait Cluster**

The head is wider behind the ear compared with the front. Individuals with this trait tend to replay situations over and over in their head. It is hard for them to let go. This trait, combined with close set eyes, indicates that this individual will go down to a deep hole, and it is hard for them to climb out.

**Notes:**



### **Exposed Eyelids - Get to the Point**

Individuals with this trait like to get to the bottom line. If you go on and on with these people they will either interrupt you or finish off your sentence. "I know where you are going, just get to the point." Once they get the general idea they will want to take action. If necessary, they will go back and check the details later.

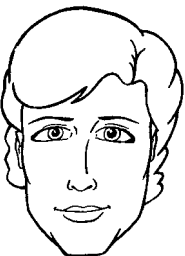
**Notes:**



### **Eyelids Covered – Very Analytical**

People with this trait are extremely analytical. They will want to know all of the reasons behind everything before making a decision or purchase. They enjoy taking things apart in order to understand how they work. Because of this natural instinct they will often over-analyze a situation or problem. This can delay things from getting accomplished. There is a tendency to make things more complicated than they need to be, especially when it comes to the more practical things in life.

**Notes:**



### **The Perfectionist - The Outer Corner of the Eye Lower than Inner Corner**

These individuals notice every little error or flaw. They are amazed when other people fail to see mistakes. To the perfectionist they are so obvious; surely other people must notice them. These are the people for whom nothing can be perfect enough. They seek perfection in themselves and others. They are very quick to find fault and criticize other people's work. Nothing is ever good enough. Combine this trait with Low Self-Confidence (Narrow face), and these individuals may suffer from low self-esteem. They rerun the "never good enough" over and over in their heads, especially when combined with Backward Balance (more head behind the ear than in front).

**Notes:**



### **The Volunteer - Ski Jump Nose**

These individuals are the volunteers and will go the extra mile for you. They bend over backwards to help you. They make great hosts or hostesses and will be happy to wait on you hand and foot. They have a hard time delegating tasks to others. Their lesson is to avoid taking on everything themselves; otherwise people will take advantage of their good nature. Their other challenge is to charge the full price for their services. They do not find it easy to ask their clients for payment - "Pay me next time," or "Don't worry about it."

**Notes:**



### **The Administrator – Convex Nose**

Individuals with this shaped nose look for the best price. These are the bargain hunters. What does it cost, is it worth it, and can I get it for less? It makes their day when they can haggle the price down on something they have bought. They are more concerned about the value of something. If they also have very thin lips, they will be very tight with their money.

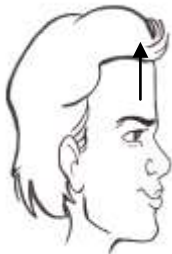
**Notes:**



### **Sloped Back Forehead – Quick to Think**

Individuals with this trait are very quick to respond and can think on their feet. Often they will jump to conclusions without getting all of the details. They become quickly annoyed when others around them are slow to respond. They like to act and move on things right away. If you have this trait, understand that not everyone moves at the same speed as yourself. People with this trait leave things to the last minute, from studying for an exam to leaving for the airport.

**Notes:**



### **Vertical Forehead – Sequential Thinker**

This trait indicates the way an individual processes information. These individuals are linear thinkers. They need a step-by-step approach to learning new information. If they miss a part of what is being said, the rest of the information will go over their heads. They need to have all the pieces to be in place. Many children with this trait are often thought to be slow learners. This is not necessarily the case.

**Notes:**



### **Wide Face - High Self-Confidence**

Individuals with this trait need to be challenged or they get bored. People with wide faces are naturally very confident and love a challenge. If their work is not challenging they will become quickly bored. This trait is often seen in leaders of companies and organizations. These are the people who take a weekend course and then hang out their sign and work with clients the following week. They fake it 'til they make it. - Hilary Clinton, Bill Gates.

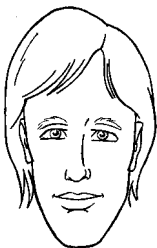
**Notes:**



### **Narrow Face - Builds Confidence**

Narrow-faced individuals build their confidence through knowledge. They find new situations intimidating and become very anxious to the point that they walk off the job if they have insufficient training. Once they have the knowledge needed, they are very confident - Jennifer Aniston, Hugh Grant, Julia Roberts.

**Notes:**



### **Fine Hair – Texture of the hair**

The finer the hair the more sensitive the person is to sound, taste, touch, smell and feelings being hurt. It takes less time to get under their skin. If you are in a noisy location, find a quieter place to talk. If you have a loud voice, soften the tone.

**Notes:**



### **Coarse Hair**

It takes a lot more time for situations to get under their skin. They may appear to be less sensitive than the finer haired individuals, like the saying, “It’s water off a duck’s back.” They have feelings but it takes a longer time for them to surface. Most politicians have coarse hair.

**Notes:**



**Naomi Tickle** is an international speaker, career consultant and author of *What Makes People Tick and Why*. She was first introduced to Personology (face analysis) 22 years ago. Amazed by the accuracy, she could immediately see how this approach could help individuals better understand themselves and the people they meet with. Naomi has appeared on CNN, Fox News, NBC, BBC, Good Morning America and numerous television radio interviews around the world. Her clients include Norwich University, The Commonwealth Club IBM marketing division, The World Trade Center, AT&T, National Semiconductor, College Administration Conference, Orthodontist, FAMA conference plus many more.

To learn more about this fascinating study, go to [www.naomitickle.com](http://www.naomitickle.com) where you can order her book, *You Can Read A Face Like A Book*, and the face reading card decks that have a sketch on one side and brief summary of the trait on the other side.

## **Touch for Health, Mindfulness and Brain Plasticity**

### ***Soothing the Amygdala, Harmonizing the Hippocampus and Growing the Corpus Callosum***

**Earl Cook**

**Our objectives in Touch for Health are very simple:**

1. Improve posture by balancing the subtle energy system.
2. Reduce the negative effects of stress before, during and after challenging times.
3. Help people identify, verbalize and focus on meaningful goals.

**John Thie, DC**, founder and author of Touch for Health, often stated how he and many others in our field recognize stress as a primary cause of multiple types of illness and distress. Today, the short- and long-term detrimental effects of prolonged stress and trauma are being recognized and being studied in many disciplines. Of special interest to those of us in TFH is that an increasing amount of attention is being placed upon the mind-body aspects of the stress process and its effects.

**Ruth Buczynski, PhD**, President and Co-Founder of The National Institute for the Clinical Application of Behavioral Medicine (NICABM) has recently been hosting a series of **online mind-body webinars**. The webinars have included some of the leading researchers in the U.S. working in the areas of brain science and psychotherapy. This article presents some of the viewpoints of participants of the NICABM web events along with statements made by Dr. Thie during his lifetime.

The focus of the NICABM online series has been the stress response system, memory and learning, and the effects upon the body that prolonged stress and

traumatic events cause. This series is focusing on the mind-body connection and how techniques that focus on this psychosomatic connection are working as powerful interventions. Dr. Thie stated on many occasions, “Up to 90% of our everyday, common and non-serious health issues do not require the skills, resources and attention of our highly-trained professional healthcare workers.”

**Dr. Rick Hanson**, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*, offers a similar viewpoint as Dr. Thie and stated in the NICABM series, “Most suffering is not physical or emotional agony but everyday stuff like stress, worrying, feeling left out and anxiety.”

**“Most suffering is not physical or emotional agony but everyday stuff like stress, worrying, feeling left out and anxiety.” - Dr. Rick Hanson, author of *Buddha's Brain***

**This article presents my opinion** about how the ideas presented in the webinars relate to TFH and, generally, to the energy kinesiology and energy psychology fields. While the primary focus of the professionals in the webinars is serious trauma and mental and emotional illness, their insights into the stress response system and their belief that mindfulness and brain plasticity are powerful interventions and preventive measures should be of particular interest to us as we work with common daily stress issues. **Note: This article is about the everyday life issues we face on a routine basis. For all serious and life-threatening issues, seek professional advice.**



The stress response system of the body is complex involving neuroendocrine, cellular and molecular infrastructures. It receives and integrates a variety of neurosensory (visual, auditory, somatosensory, nociceptive, visceral) signals arriving through distinct pathways. The limbic (emotional), cerebral, and memory processing functions are all involved and their degree of involvement is determined by the intensity of a stress or threat and the individual's ability to process and manage stress. The way that the stress response system responds in either creating distinct life experience memories, or subconscious capsules of fear and trauma that have no conscious connection, is decisive in causing positive or negative health results.

One of the speakers, **Robert C. Scaer, MD**, neurologist, renowned specialist in trauma and author of *The Body Bears the Burden - Trauma, Dissociation and Disease* states, "If we start to follow the effects of the hypothalamus-pituitary gland-adrenal axis (HPA Axis) we see that trauma is the root of all illness. Our negative life experiences directly affect our immune system."

**"If we start to follow the effects of the hypothalamus - pituitary gland - adrenal axis (HPA Axis), we see that trauma is the root of all illness. Our negative life experiences directly affect our immune system." - Robert C. Scaer, MD, author of Your Body Bears the Burden**

Much of the discussion in the webinars has been about how the stress response is triggered in the cores of our central nervous system in the survival reflexes and memories and then passed through our emotional and cerebral centers for review and evaluation before being committed to memory. In Scaer's theories, this is where the process can take several paths and intensity of response depending upon the perceived severity and duration of the threat or stress and our ability to process stress.

There is a critical moment in the process where the stimuli from the survival memories are modulated

by the limbic emotional, learning and memory capabilities interacting with the cognitive areas of the brain to create a response. If the survival response is strong enough or the survival memories are congruent, then the cognitive review and orderly posting of the event to explicit memory is bypassed.

**Dr. Rick Hanson** further states, "Our brain is Velcro for negative memories and Teflon for positive memories. We are wired with a negative bias. It's part of the survival instinct so negative memories easily stick and positive memories slip away." Scaer states that the brain is extremely efficient at taking a snapshot of all the stimuli from the different systems during a stressful or traumatic situation and storing this information into capsules of stimuli that reside in sub-conscious implicit memory.

**"Our brain is Velcro for negative memories and Teflon for positive memories. We are wired with a negative bias. It's part of the survival instinct so negative memories easily stick and positive memories slip away."- Dr. Rick Hanson, author of Buddha's Brain**

These dissociative memories will run with their highly charged capsules of experiences (fear, pain, stress, anxiety, etc.) running in background memory below the level of consciousness without a link for the person, and the body doesn't know the threat has ended. This also causes people to overreact to situations because the underlying memory is triggered by something in the *capsule* of experiences. However, it can also have the opposite effect and cause people to turn off and disassociate from present reality. So, once again there is balance to be achieved.

Our brain's limbic (emotional) system normally reviews our experiences in the hippocampus with input from the amygdala. If they fit our personal narrative or if they are accepted as a new learning experience, they are efficiently submitted into long-term memory by the hippocampus. This is an orderly process and these explicit memories are filed with attachments to consciousness that can be used to

spur the memory in the future. But, this orderly process takes time. During trauma this orderly process gets bypassed by the need for survival, whether they are real or falsely perceived threats. In these cases, the memories do not go through the orderly review and submittal to memory process involving the hippocampus, dreams and the amygdala. As a result, the traumas are committed into memory without the proper timestamps of beginning, middle and end and do not have an attachment to conscious memory and dissociative memories are created.

These disassociated traumas and memories are also stored throughout the body. As we know in TFH, when we do a TFH balance, we often find areas of stress or dysfunction present in the energetic kinesiology system. People will often tell us, as we come across an unlocking muscle, “Yeah, that’s my bum shoulder that I hurt when . . .” Often, there are stories associated with the dysfunction that we find during the muscle testing, stress monitoring, energy balancing session.

**Babette Rothschild, MSW, LCSW** in her NICABM presentation entitled, “The Body Remembers: Harnessing Somatic Memory in the Treatment of Trauma” states, “Motor development is linked with psychological development. In the early 90s it was recognized that there were body and psychological aspects to trauma, both body and mind. The body keeps the score book of traumatic events and that is what makes the link. The alternative people realized that there is a link and this fact has caused a major leap in psychology.”

**“The body keeps the score book of traumatic events and that is what makes the link. The alternative people realized that there is a link and this fact has caused a major leap in psychology.”**

**- Babette Rothschild, MSW, LCSW**

**Pat Ogden, PhD**, author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* says that traumatic memories are implicit and separated from the conscious brain's cognitive areas of speech and

expression so the person finds it difficult to find words and language to describe the event. Therefore, she thinks that a traditional therapy narrative *top down* approach is not as effective as finding the trauma's location in the body and working *bottom up* from the body to the mind. Ogden says that approaching it from a perspective of the body stimulating the memory in the brain is important so that an attachment for awareness and remembering can be made to the memory so that it can be understood in a cognitive sense and then dealt with.

One of the most hopeful developments in this area is the concept of brain plasticity . . . that the brain does and can change beneficially with some types of stimuli, nurturing mindfulness (awareness of states and processes) and through movement and learning. The researchers agree: If the body can be allowed to reset itself to a state of balance and homeostasis after a stressful event, then the immune system is enhanced and the many negative efforts of the stress response system are avoided.

### **Mindfulness**

A central part of mindfulness is being aware of one's own state of being and finding ways to enhance life without unnecessarily triggering the HPA Axis during our daily lives.

Important factors in fostering mindfulness and processing stress that were presented were:

1. Be especially mindful of early childhood development and the need for touch, nurturing, love, support and stimulation for learning and resolving challenges. We need some stress in our lives to grow and survive. Children need good examples of handling stress from those around them and they need opportunities to learn and establish their own healthy stress response processes and resiliency to stress.
2. Do anything where there is a conscious effort to focus, breathe and increase awareness of internal stimuli whether it is, for example, meditation,

fishing or chess.

3. Perform moderate exercise such as walking and dance that increase circulation and brain activity but do not activate the stress-response system.
4. Learn a musical instrument.
5. Get into new social situations.

### **Brain Plasticity**

Part of brain plasticity is getting people moving and into a new environment which gets old and new circuits firing in the brain. This action provides new stimuli from the senses . . . new sights, new sounds, new smells, new people, new circumstances. Firing circuits can cause neurogenic and new connections in the brain and is a good state of preparation for learning. It is also a foundation for creating healthier, more efficient and positive internal brain connections. In the theories of brain plasticity, the opposite states of disassociation and hopelessness can cause the opposite effect - *neuro-apathy*. When there is evidence of trauma, Babette Rothschild suggests starting at the end of the trauma by saying, "You survived! It is over. Tell the brain and the body that it is over. You are here now. Now let's do something new. What are you good at doing? What makes you happy?"

### **Plasticity through Goal-Setting**

With TFH goal-setting, Dr. Thie emphasized, "Assist the person in identifying what is important to them. What do they want to do in life? What is their purpose in life? What is their calling? What's important to them? What are they good at?" Then as we test and balance the muscles and subtle energy systems, we are stimulating the brain causing plasticity and mindfulness when the neurons fire, some which may not have fired in years due to inactivity. I think this is the use of a wonderful ability we have as humans - *transcendence*. We can look forward and place our focus or sights on where we wish to go and we can create and experience hope. Some stress actually has a positive effect upon us as we learn, grow and become stronger in our ability to cope with

stress and be resilient.

**Bill O'Hanlan**, psychotherapist and author of 29 books stated in the NICABM series, "People are strongest at the places where they have been broken. They have developed strengths and developed ways to overcome. People are resilient. They can thrive as a result of trauma. Sometimes trauma can cause growth in positive ways, spiritual sensitivities, new personal relationships, finding purpose in life. So, positive things can come out. Growth often follows trauma." He continues, "When having positive emotions, implicit views of oneself and the world in whole body ways, we are having positive states of the mind that are sculpting the brain. What the sculpting causes the brain to do is to generate positive thoughts that further sculpt the brain to have positive thoughts. This deepens the ability to stimulate the parasympathetic system which is the antidote of the fight / flight / freeze stress response."

In dealing with trauma and stress, Rothschild also made the statement, "If people get adequate support in the immediate aftermath of a trauma then they are less likely to develop PTSD and dissociative memories." Dr. Hanson states, "Give your clients tools that they can help themselves from the inside out." I heard Dr. Hanson's statement and thought, "What about the awareness and mindfulness of the mind-body link that we provide through our TFH muscle-testing energy balancing and the stress reduction techniques that we include with ESR and meaningful goal-setting?"

**"If people get adequate support in the immediate aftermath of a trauma then they are less likely to develop PTSD and dissociative memories."**

**- Babette Rothschild, MSW, LCSW**

### **Detecting the Effects of Stress with TFH**

In TFH we can demonstrate the immediate effects of stress through a simple muscle test of the pectoralis major clavicular (PMC) muscle. We can monitor the response of the muscle when contrasting the pondering of a thought of a safe place as opposed to the

result of the muscle test with the introduction of a mental/ emotional / biochemical / light / sound / vibrational stressor. What do we use in TFH for this to help people minimize and reduce the effects of stress? The TFH Emotional Stress Relief (ESR) technique is a tool that can be used at many times by people to help themselves manage the HPA Axis and stop or moderate its negative effects by using it before, during and after stressful and traumatic situations. This technique is taught the first day of TFH training and is repeated in each level.

We use the ESR techniques to move the consciousness and blood flow from the centers of the Fight-Flight-Freeze-Feign Response, located in the reptilian survival brain, to the forebrain where our reasoning and cognitive abilities take over and we realize that we have options. This is mindfulness. Just realizing that you have this ability as a human is comforting and reassuring to most people, and therefore stress reducing. Moving this consciousness from the rear brain to the forebrain has the effect of disarming the HPA-Axis with many beneficial results.

**“You can actually grow your brain circuits. They grow larger with learning and movement.”**  
- Bill O'Hanlan, LMFT

Bill O'Hanlan also stated, “You can actually grow your brain circuits. They grow larger with learning and movement. A simple intervention for depression . . . do a walking session with them to get the brain working again. Find old brain circuits that were well developed in the person and where they were more productive and get those active again. Change the brain.”

#### **Movement and Firing Circuits with Cross Crawl**

In TFH, we often use the cross-crawl kinesiology exercise techniques to awaken the brain and to get the circuits in our brain firing. **Drs. Paul and Gail Dennison** built Brain Gym using movement-generated learning techniques for use in schools. They have expanded the techniques and they now are helping children around the world overcome

learning difficulties and better prepare them for learning. They do this by going through a series of kinesiological movements to get the circuits firing and in a receptive state for learning - brain plasticity. Neurons that fire together grow together.

Ruth Buczynski states about exercise and depression, “. . . patients who exercised experienced a 20% decrease in anxiety compared to those who didn't exercise. We've known for years that exercise was helpful in treating depression but a new study published in the *Archives of Internal Medicine* reported that patients who exercised experienced a 20% decrease in anxiety compared to those who didn't exercise. Researchers from the University of Georgia analyzed the results from 40 randomized controlled clinical trials involving nearly 3,000 patients who suffered from a variety of medical conditions. In 90% of the studies, participants who were assigned to the exercise group exhibited fewer anxiety symptoms, including worry, apprehension and nervousness than those participants in the control group.”

**“Mindfulness can change the wiring and growth of the brain. Highly skilled Buddhist meditators are able to change their EEG by changing their breathing.”** - Daniel Siegel, MD, author of *Mindsight, the New Science of Personal Transformation*

**Daniel Siegel, MD** author of *Mindsight, the New Science of Personal Transformation* stated, “Mindfulness can change the wiring and growth of the brain. Highly skilled Buddhist meditators are able to change their EEG by changing their breathing. Oxytocin is a nurturing hormone. Buddhists cultivate compassion. So, does meditation increase the production of oxytocin?”

The amount and amplitude of stressors have dramatically increased in our modern society and most of these are caused by common factors in our lives - work, finances, relations, school and embarrassing social situations. For these common, everyday stressors, there is not enough time, finances or pro-

professional help available to address each situation for everyone! So, what do we do?

### TFH in our Daily Lives

**Prevention:** The effects of a postural balance are that circuits in the brain begin to fire again, keeping the brain in a state of plasticity where the capability to learn is enhanced, stress is reduced and a general feeling of wellness, balance and homeostasis is reached. Goal-setting helps focus on the future with a positive anchor to attach new neural growth and connections.

**Maintenance:** Getting exercise and attempting something new in one's life is offered as a good way to break out of depression, reduce stress and overcome the effects of trauma. People often have nagging everyday aches and pains that may prevent them from exercising. A TFH 14-muscle balance is a great way to keep the circuits firing and the subtle energies flowing.

**Intervention:** TFH is a non-diagnostic model and is not used for the diagnosis or treatment of disease. For all serious and life-threatening issues, always seek professional healthcare attention. For those thousands of everyday stresses and lesser traumas that we undergo in our daily lives, TFH is an excellent holistic model using relatively simple means to help the body maintain its balance and homeostasis. For example, there is beginning to be acceptance within the traditional healthcare community that the mind and body are connected. There is also widespread acceptance of the negative effects of prolonged stress as the evidence continues to mount. As the world begins to accept these facts and look for ways to implement the knowledge learned, we see that TFH, as well as other energy kinesiologies and energy psychologies have been using these techniques since the mid 1960s.

### Our Simple Objectives

1. Improve posture by balancing the subtle energy system.
2. Reduce the negative effects of stress.
3. Balance using a goal.

### Effects upon Our Wellness and Overall Health

1. **Postural balancing** resets muscular circuits that have been turned off due to stress or trauma or not being used, and allows inactive circuits to start firing again which can help create positive brain plasticity.
2. **Reduced stress because of ESR** is where we work to prevent the HPA Axis from inappropriately firing by moving the consciousness from the survival brain to the cerebral forebrain, initiating the touch reflex by lightly touching the neurovasculars on the forehead.
3. **With goal-setting**, we move the focus and the consciousness to something that is meaningful for the person which creates new neural activity in the brain and attachments for these goals which become explicit memories in this process.
4. **By finding stress in the body**, we can help identify and re-associate implicit memories to their source so that they may be remembered and mindfulness of the event be used for healing.

### Chi and the Subtle Energies

The subtle energy system of Chi and the acupuncture meridians which we work with have not been mentioned in these discussions. The speakers are promoting the mind-body psychosomatic interrelationships. TFH is an excellent protocol that can be used by lay people and professionals for everyday issues that we routinely face in our lives. Exercise is routinely offered as a great way to change the overall health of a person on many levels. But people often develop aches and pains that aren't serious enough to

see a doctor; however, they are serious enough to prevent the person from getting exercise. With our TFH balancing techniques, many of these common aches and pains disappear as a result of a TFH muscle and energetic balance.

Another example is that people often lose their motivation or become stressed for a number of reasons. The TFH ESR techniques are powerful to use before, during and after stressful or traumatic situations to help calm the HPA Axis stress response system. Goal-setting is a great motivational aid to help people define their goals and express them to explicit memory with positive neural connections.

Touch for Health presents a systematic protocol to work with individual energetic circuits for restoring their continuity and function. According to these researchers, the effects of these actions have the ability to increase brain plasticity through causing old circuits to refire, and through goal-setting we are helping people to rewire their internal circuits of the brain and anchor these to meaningful goals for the person. This process involves mindfulness as the person being balanced experiences aspects of their body and mind and their relationship they never knew existed. Unlocking blockages in the energetic system can restore function and understanding through reestablishing attachments between aches and pains in the body with specific implicit memory events, thereby providing a link for resolving issues.

The biofeedback nature of the muscle test, as an effective monitor of the effects of stressors and connection to traumatic events by providing immediate feedback, is one of the most powerful tools we have in understanding mind-body relationships.

**Therefore, I believe Touch for Health is an excellent tool for:**

- Helping people maintain the balance in their lives that assists them in achieving their natural homeostasis through postural balancing and

emotional stress relief.

- Reconnecting and building new neural circuits through meaningful goals.
- Helping people remain active and exercising, with all of its health benefits, by providing a natural way to reset the body so that many common nagging aches and pains are reduced or often resolved.

**“As the evidence is showing, any time we can help the body maintain its balance and homeostasis without engaging the Hypothalamic-Pituitary-Adrenal Axis and without creating dissociative memories associated with stress and trauma, we are assisting the body and mind and the whole person.” - Earl Cook, Professional Touch for Health Instructor, Chair Research Committee, TFHKA**

For more serious cases and once a person is under professional care, TFH also offers many benefits as a complementary model to assist a person in preparing for or recovering from physical events such as surgery and injury while also offering techniques useful for addressing the emotional trauma often associated with these events. As the evidence is showing, any time we can help the body maintain its balance and homeostatic without engaging the Hypothalamic-Pituitary-Adrenal Axis and without creating dissociative memories associated with stress and trauma, we are assisting the body and mind and the whole person. The psychosomatic link between trauma stored in the body and dissociative memories in subconscious memories is especially interesting and should be explored more by researchers. These are exciting times.

It is my assertion that we teach and have been teaching the principles of mindfulness and brain plasticity in TFH for many years.

In this paper, I offer 10 statements or theories from leading researchers in brain science. I will then compare these to the TFH techniques that we regularly use in our practice of TFH while we focus on

wellness. There is a close connection between the stress response and our memory processing systems and the body, and the theories fit well with our holistic model.

As more becomes known about mindfulness, brain plasticity, neurogenesis and the stress response and memory processing systems, I believe that science will rapidly begin to provide us with answers about how our TFH techniques work. Therefore, I wish to present some of the latest scientific thinking as it relates to the holistic model with which we work.

In the following section, I present the specific TFH techniques and offer my opinions on how I think these accomplish what they do when viewed through the perspectives of mindfulness, neurogenesis and brain plasticity. First, the basic concept by some of the leading brain researchers from the fields of medicine, psychiatry and psychology is presented. These statements are followed by the TFH techniques which I hypothesize are related to the statement(s) of the researcher.

### **Ten TFH Techniques for Mindfulness and Brain Plasticity**

**1. *When working with someone who is suffering from extreme stress of mental/emotional trauma, attempt to reconnect with times, skills, places and people that represent better or the best times of a person's life. The circuits (memories) are still there but they are turned off due to depression, or sometimes overcrowded and locked out due to trauma or anxiety overwhelming them. Reactivate those positive circuits and then build onto those new neural circuits through focus to help a person overcome their depression.*** - Bill O'Hanlan, LMFT, author of *Solution-Oriented Hypnosis – an Ericksonian Approach*

### **What we do in TFH**

- a. Help people identify *safe places* in their mind and memories and then demonstrate the positive effect of the safe place by using the muscle test and Emotional Stress Relief (ESR) technique.
- b. We reactivate non-functioning energetic and neural circuits through our muscle testing and touch techniques. Does this assist in helping people reconnect with their positive memories of the past and/or better times? My belief is that it does.
- c. We use goal-setting to identify meaningful goals and demonstrate before and after effects of pondering the goal and the presence (unlocking muscles) and absence (locking muscles) of the effects of stress. Either reconnects with current circuits or starts neurogenesis of new cells and circuits.
- d. We have people focus on meaningful areas, to turn on non-functioning circuits with the result that the consciousness moves, promoting positive brain plasticity and growth. This helps to re-ignite the hippocampal region for memory processing and soothing the amygdala. This metaphor of soothing the amygdala is similar to training an overly-protective dog . . . we must tell the amygdala, "Down boy. Calm down. This thought is good. It's OK to focus on this goal and to want to achieve this."
- e. By using our TFH balancing techniques, we help people bypass the stress response system and log new memories (goals) in new areas of memory without the negative stress component attached. My hypothesis: Similar to the *Anchoring* technique of Neuro-linguistic Programming (NLP), we establish the goal in an area of our cerebral cortex as a point of consciousness where new neural growth (neurogenesis) can begin to occur, causing brain plasticity, so that thoughts of the goal in the future occur in a

region without the stressful components attached. Then when thoughts of the goal are activated it causes these new circuits that are “firing together to grow together.” (This concept of neurogenesis was first outlined by the Canadian psychologist Donald Hebb.) Whereas, stress associated with a goal causes avoidance, the absence of stress promotes an environment of positive attraction to the goal instead of avoidance, causing the person’s endocrine system to produce beneficial hormones and neurotransmitters which positively affect the immune system with better mental, emotional and physical health being the result.

**2. *Get people moving and into new environments with new personal interactions to help them overcome depression, anxiety and even Post Traumatic Stress Disorder (PTSD).*** - Babette Rothschild, MSW, LCSW; innovator of Somatic Trauma Therapy.

### **What we do in TFH**

- a. We balance people so that the circuits start firing again and the body functions optimally so that when they begin new physical and social activities their body and mind are better prepared.
- b. We address common issues that people face on a routine basis in their daily lives that don’t require the time, resources or attention of the medical system. Once people begin to move again and use muscles and movements that have been inactive for awhile, they often face the common muscular issues that TFH can assist.
- c. We use ESR to assist people in overcoming the detrimental effects of their embarrassing moments, fears, and traumatic times that are keeping them from becoming comfortable in new social situations. ESR increases blood supply in pre-frontal cortex regions where our reasoning and rational thought processes occur. When we see that we have options

and choices this helps to calm the stress response system so that we do feel that our back is up against the wall with no choices except fight, flight, freeze or feign.

**3. *Our normal memory processing system is usually very orderly and the process stretches over days, weeks or months while, sometimes, the learning process even takes years. We think about the experience or information, ponder it, dream about it, compare it to our memories and, eventually, it is submitted and filed in long-term memory. The memory is similar to a movie with a beginning, middle and end so that in the future we can access the memory at any of these points and relive them. The storage of negative traumatic events, though, bypasses this orderly process and the “movies” gets submitted to memory. Due to the time constraints of traumatic memories they get submitted to our subconscious with all the intense stimuli attached; but there is no conscious connection to our mind where we can stop, pause or start the movie. Still, though, the traumatic “movie memory” influences everything we do as it runs below the surface of our conscious memory; but the connections for control are missing. Often, people cannot talk about the trauma because the memory has by-passed the state where verbal memory is attached. Therefore, to be able to heal, researchers are now saying that the person needs to reconnect to the memory for recognizing that it is there and to re-establish a conscious connection, but there is a “Goldilocks” amount of time for focusing upon this. It should be long enough and deep enough to recognize the power of the stimuli but not long enough to cause the person to take what brain researcher, John Arden, PhD, calls “another lap of hell,” which causes neural circuitry growth of the memory, causing a “deeper rut” and a vicious circle effect.*** - John Arden, PhD, author of 29 books, including Rewire Your Brain: Think Your Way to a Better Brain



### **What we do in TFH**

a. We use a combination of techniques such as Postural Stress Release and ESR for past trauma:

(1) to identify a *safe place* in the mind for establishing a link to non-stressful memories and perceptions;

(2) to demonstrate the effect of a locking Indicator Muscle when thinking about the *safe place* and then the effect of an unlocking Indicator Muscle when thinking about the trauma. We then use guided examination of the trauma while focusing on the stimuli (What did it smell like? What did it sound like? What did it look like? What did it feel like?) as we use ESR and touching the neurovascular points on the forehead to stimulate increased capillary blood supply to the pre-frontal cortex where rational thought occurs; thereby moving the consciousness from the center of the flight-flight response system in the hind brain to the forebrain. We then demonstrate the effect of a locking Indicator Muscle when the person thinks of the trauma. We help re-establish a connection of the trauma in a safe and effective manner while demonstrating the immediate effects the trauma can have on the function of a muscle: Stress causes functioning muscles to unlock when the attention is placed on the stress/trauma before the ESR, and then after the ESR we demonstrate that the stress response no longer causes the muscle to unlock.

b. Dissociative memories are often not linked to the conscious brain's areas of speech and expression so that a person suffering from PTSD or severe stress or trauma cannot describe the trauma, but the body will do so through its expression of unlocking muscles and imbalances. In TFH, we can identify this pattern of imbalance which we can then address and often correct using the TFH techniques.

**4. *One of the most important things to tell someone that went through trauma is, "You made it! You survived! You are here now!" They must learn to push the "Stop" button on the "movie" of the past trauma (if it can be identified) to stop its negative***

*effects.* - Babette Rothschild, MSW, LCSW, psychotherapist, body-psychotherapist and innovator of *Somatic Trauma Therapy*

### **What we do in TFH**

a. With our goal-setting, we make concise, affirmative statements stated in the present:

"I am . . .," "I choose . . .," etc. to ground a person in the present rather than the past or future.

b. We demonstrate the immediate effects between the *safe place* and the stressful thought when using an indicator muscle.

c. We balance on the present goal and *safe place* focusing on the goal. People often describe a feeling of being "lighter" after a balancing session as if the load of the stress and/or trauma has been lifted as a result of balancing in the present using the TFH techniques.

**5. *"You must heal the body through the mind and you must heal the mind through the body."* - Candace Pert, PhD, author of Molecules of Emotion**

### **What we do in TFH**

a. We work with a holistic model where we recognize, respect and utilize the connections and associations between the mind and body.

b. We understand the effects as the electrical/emotional systems interrelate and interact with the structural and biochemical systems of the body.

c. Nearly all of our techniques in TFH embody a mind-body component.

**6. *Researchers in the new brain science find that the whole person has more areas of their brain connected and involved in the decisions of their lives. Some people are predominately left- or right-brained and don't fully integrate their brains.***

*Moderate, non-competitive exercise is one of the most beneficial ways to create neurogenesis and growth in the brain. Exercise helps to stimulate the production of Brain Derived Neurofactor (BDNF) which is like Miracle Gro™ for the brain. Brain function localization has been identified over the past decade through research and scanning of the brain during different thought processes.* - John Ratey, MD, author of *Spark: The Revolutionary New Science of Exercise and the Brain*

#### **What we do in TFH**

a. We do cross-crawl exercises which stimulate the coordination between the hemispheres of the brain. Paul Dennison, PhD, founder of Brain Gym and EduK, recently opened his address in Kyoto, Japan in a booming voice with this statement, “Kinesiology is Movement!!! We teach people how to move and how to move in beneficial ways to benefit their ability to learn and to be healthy!”

b. We use the Switching On technique to connect different energy centers of the body to allow the whole body to function optimally and to participate in our functioning.

c. We use Gait Testing and Correction for assessing and restoring the proper firing of circuits associated with fluid movements.

d. We use 14-42 muscle testing and balancing techniques which we theorize get the energy flowing through the body in a continuous pattern rather than being blocked or disjointed. Blockages of energy cause pain and non-optimal performance of the body with subdued functioning of the immune system.

**7. *Stress produces many negative effects upon the body and even negatively affects the ability of new cells to replicate. Healthy cell replication and neurogenesis is required to keep our immune system healthy. If we start to follow the effects of the HPA Axis, we see that trauma is the root of all illness.***

- Robert C. Scaer, MD, author of *Your Body Bears the Burden of Trauma, Dissociation and Disease* and Wayne Topping PhD, author *Wellness Kinesiology*

#### **What we do in TFH**

a. We help people prevent the negative effects of stress by using ESR and our other TFH techniques to assist them in identifying meaningful goals, helping to instill mindfulness into their consciousness and becoming aware of the power of their own thoughts to change their lives.

b. We demonstrate by using muscle testing, the difference between positive and negative thoughts.

**8. *Most suffering is not physical or emotional agony but everyday stress, worrying, feeling left out and anxiety.*** -- Rick Hanson, PhD, author of *Buddha's Brain – Practical Neuroscience for Happiness, Love and Wisdom*

#### **What we do in TFH**

a. As John Thie, founder of TFH said many times, up to 90% of the everyday issues facing us in our lives do not require the attention, skills or resources of our highly-trained medical doctors, psychologists or psychiatrists. So, we use our TFH techniques and focus on the everyday, common, non-life-threatening issues which still confront most of us daily.

b. We also focus on defusing the effects of stress using the various forms of ESR, Postural Stress Release and Goal-Setting because as stated by Robert C. Scaer, MD, “If we start to follow the effects of the hypothalamus-pituitary gland- adrenal axis (HPA Axis), we see that trauma is the root of all illness. Our negative life experiences directly affect our immune system.”

**9. *Mindfulness is the ability to look inward and be able to assess the state of your body, mind and spirit coupled with the ability to then calmly focus on those areas where we wish for new growth to occur and cause them to occur. Focus = attention = fires neurons = causes neurogenesis = new growth.***  
- Rick Hanson, PhD, author of *Buddha's Brain – Practical Neuroscience for Happiness, Love and Wisdom*

#### **What we do in TFH**

- a. We focus on the present and goals while balancing the subtle energies.
- b. We balance the body holistically by involving and being aware of the connection and interaction between Mind / Body / Spirit / Nutrition / Our Thoughts.
- c. We teach our students and clients to be aware of the subtle changes in their bodies, energies and lives.

d. We demonstrate the immediate effects and differences between our positive and negative thoughts with locking or non-locking muscles.

**10. *To be healed, you must take the attention off yourself and focus on helping others.*** - Multiple Researchers stated this.

#### **What we do in TFH**

- a. Thanks to the vision, courage and determination of Dr. John Thie, TFH techniques are available to all of us so that we can learn and teach ways we can help our friends and family. Helping our family and friends takes the focus off our own problems and places it on helping others. By doing this, the focus on our own problems is not reinforced which causes the *nocebo* effect to kick in, causing neural growth in the negative areas.
- b. We focus on the positive and enable the placebo effect and the immune system to be more active in achieving homeostasis.

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## Energy Medicine for Pets and Animals

Mary Jo Bulbrook, RN, EdD, CEMP/S/I, CHTP, HTCP



### Abstract

Explore some simple ways to help animals heal using energetic assessments and interventions. The following will be discussed and illustrated for horses, dogs and cats: chakra system, energy field, hara line, meridians and core star with a brief description how each differs between species. As one enters the world of the animal and communicates through heart centered connections, it is possible to not only heal the animal but experience the animal healing humans as illustrated below. A spontaneous intervention while one of the participants of the Energy Medicine Partnerships South African tour laid on the ground to rest was initiated by this healer dog. It shows that animals are intuitive, loving and caring sharing a mutual healing exchange when giving the opportunity!

Vignettes from Energy Medicine for Animals taught in South Africa, Australia, and Canada and in the USA will be shared, illustrating what is possible to support animal healing and human healing. One key intervention that will be practiced and debriefed is Spiritual Attunement with Animals.



### Description

Based on seven years of applying energy work to animals, this presentation will demonstrate practical ways for you to support caring for your small or large animals. Illustrations of the animal energy system will be given with opportunity to ask questions regarding specific animal issues. This is a free flowing discussion and interaction that is based on participants' background, interest and need. Through Energy Medicine Animal Program (EMAP) a wide spectrum of hands on healing processes and interventions are offered that supports the animal / human exchange.

## Spiritual Attunement with Animals Making Heart Connections



*Purpose: To form an energetic communication pathway between the animal and the human – whether to deal with a concern, behavior, issues, speaking with them or sending love and appreciation.*

Procedure: Stand near the front and to the side of the animal.

1. Place one hand on your heart center and one hand pointing up towards Spirit.
2. The hand pointing up to Spirit now points to the center of the earth. This helps to ground the experience and for you to manifest what is in your heart.
3. The hand pointing to the earth stays and the other now moves to the animal's heart – connecting the animal to the earth.
4. Leaving the hand on the animal's heart chakra, move your other hand up pointing to Source. Wait until that connection is solid.
5. With the one hand remaining on the animal's heart chakra, move the other hand to a horizontal position, pointing towards the tail and timeline. (The purpose of the timeline is to link the animal with their ancestors and their tribe.) Establish that connection.
6. Now, move one hand to your heart, so that one hand is on the animal's heart and one is on your heart. Establish the energetic connection and exchange of energy.
7. Experience the flow of energy between the two of you.



Use this sequence in combination with any scripting you want. For example, when you connect your animal's heart to Spirit, you may say words to honor his/her heart to Spirit, or say how important she is to this world, etc. As you connect him/her to the earth, you can recognize the support of the earth to her presence in this life, asking for grounding and stability, etc. It is one of the main ways to connect to the animal and form a loving bond and assists with interspecies communication.



A pendulum can be used to check the chakras, energy field and hara line of animals. Modulation of energy is easy to do and serves to provide an

energetic boost to blocked energy flow as illustrated in this horse picture below.



Pendulum Assessment



Scanning Cats Energy



Connecting Hearts between  
Human and Horse



Modulation of Energy Hands  
Above / On



Clearing Spine



**Dr. Mary Jo Bulbrook**, RN, CEMP/S/I, CHTP, HTCP is a master teacher and practitioner in applying energy therapies to promote health and healing with over 35 years' experience teaching in Australia, New Zealand, Peru, South Africa, Chile, Canada and throughout the USA. Since 1976 Mary Jo has combined TFH with Transform Your Life through Energy Medicine, Healing Touch and Energy Psychology addressing physical, mental, emotional and spiritual health. The material in this presentation is from case studies and theoretical work in the countries listed.

For more information visit [www.energymedicinepartnerships.com](http://www.energymedicinepartnerships.com).

## Energy Medicine for Pets and Animals

Larry Green

*This paper assumes the reader is familiar with some or all of the teachings from Touch for Health Kinesiology, other trainings in kinesiology, EFT and other fields related to energy healing. If you find something of interest in this article that you do not know, consider getting some more training. Also feel free to contact the author for advice and clarification.*

In TFH I we teach surrogate testing and tell our students that this can be used with animals as well as with babies, invalids and other untestable people. TFH instructors are trained to tell students that when we use surrogate testing there needs to be skin-to-skin contact during the testing. I usually add that skin-to-fur contact also counts. Our understanding is that we can access information of another being through surrogating testing. This includes finding stresses at physical, emotional, mental, spiritual and energetic levels, and also testing to find which interventions facilitate the system's self-healing.

To illustrate how we can use kinesiology skills with animals I will share some stories. The basic TFH I "fix-as-you-go" balance can be as useful for an animal as it is for humans. I once went to a veterinarian's office to give a talk. They asked me to do some balances on the animals. They brought me a cat that had not eaten for two days even though it had food in its cage. First I explained how TFH works and then balanced one of the veterinarian assistants. This vet tech had never been muscle tested before that day. Next, while the vet tech held the cat I re-tested all the meridians using her as a surrogate, and of course a different set of meridians were off. One correction that showed up was for the bladder meridian (peroneus test). This muscle has a neurolymphatic point that is one inch to either side of the navel. I was not sure where the navel was on a cat, but I had

room full of experts and so I asked the surrogate where the landmark (navel) was on the cat. She showed me and we rubbed the corresponding area for the neurolymphatic points on the cat that we would rub on a person.

We ended up doing a standard TFH I balance with three meridians needing some work. We corrected all three using the same reflex points on the cat that correspond to the points anatomically we use on humans. When we were done they returned the cat to its cage and the kitty immediately began eating the food that had been there previously. Although we did not have a stated goal, the intent of the people in the office was like a goal, i.e. help the kitty get her appetite back.

In TFH III we teach some basic work using emotions. In the Professional Kinesiology Practitioner (PKP) training a much more in-depth set of teachings on emotional clearing is taught. Other systems like One Brain, Psych-K and others also teach more in-depth emotional clearing methods using kinesiology. You can use ESRs and other standard emotional release techniques on animals as well as on humans. A friend once asked me to balance one of his three golden retrievers. He had two golden retrievers that loved to ride in his car, but the third one would cower in the corner and shake when told to get in the car. This dog had to be picked up and physically placed in the car. When I started testing the dog it came up that emotional issues were *online* (needing to be addressed). As I gathered more information (through muscle testing) it came up that the dog had an issue with my friend's parents. I asked my friend about this. He was surprised and answered, "Yes." His parents did not like the dogs at all. When the family went to visit his parents there was always



“stuff” about bringing the dogs. I did some emotional clearing and afterwards suggested we see how the client (the dog) would respond to getting into the car. So my friend, his wife, I and all three dogs went into the garage. When the car door was opened all three dogs immediately jumped into the car. My friend and his wife both stood there with their jaws hanging open.

I am a big proponent of Emotional Freedom Technique (EFT). Some people know it as “the tapping technique.” When I tell people they can do EFT on animals, I often hear back, “The pet won’t hold still for it.” This story illustrates how to do it with any animal. Our neighbor used to have a dog named Beau. Beau lived outside 98% of the time and thought everyone who lived on our street (a gravel road out in the country) was part of his pack. Whenever I would walk the half-mile to the mailbox, Beau would always come along. Beau had one bad habit. He liked to hide in the trees near the main road and chase trucks. He never chased cars, only pick-up trucks or bigger vehicles. He would wait in hiding and at the last moment jump out and try to bite the tires. One time he got hit and broke his jaw and his hip, lost one eye and was lucky to survive. After recovering he stopped this truck chasing behavior for a while. Later he started up again, and got hit a second time but with less damage.

Each day when I would walk to the mailbox I did not know if Beau would renew his truck chasing game. Over time he began doing it more often, until he was doing it about 50% of the time. I became worried that he would have a fatal accident but could not catch him to stop this behavior. One day while approaching the road I decided to try EFT on Beau hoping to end this behavior. Beau was about 20 feet away and I began tapping on his meridian points from a distance with the intention that I was actually tapping on his body. I actually tapped into the air and at the points on his body while using the set-up phrase standard with EFT. I self-tested how many rounds to tap. When I was done I had no idea if it

had worked. From that day on, however, for the rest of his life, Beau never again chased a truck again.

Another great way to assist animals is with Bach Flower and other flower essences. You can also use homeopathics and essential oils but both of these can be problematic. When I teach classes on energy work with animals I strongly suggest people stay away from using homeopathics and essential oils with animals unless they have specific training. Essential oils on animals’ fur can be very intense as they often have a very sensitive ability to smell and to feel oils burning their skin, and might lick them off. Flower essences, on the other hand, have a lot of up side and no reports of contraindications that I have seen. A simple way to work with the flower essences is to focus on an animal’s challenge and put that in circuit, then test through the flower essences looking for the one(s) that change the response. I’ll also test if it works best to put the flower essences in their water or food, rub it on them, administer it direct to their mouth, etc. And I’ll also check for how many drops per usage.

Mammals all have acupuncture meridians that are very parallel to ours. There are meridian charts that can be ordered online for dogs, cats and horses. Anything meridian related that I have learned to use with people, I will also use with animals. If you want to trace the meridians on an animal, they are almost exactly in the same places as on humans anatomically. As with EFT, meridian tracing can be done from a distance if needed.

A friend and colleague who is a TFH teacher likes to go the ASPCA to work on the animals. Whenever we share stories of working with animals she always reminds me, “Half the time it is the owner who needs the balance.” She means that the animals are reflecting the owner’s imbalances and issues. Our pets can be both very empathetic towards us and/or a mirror to us. I had a massage therapist call me once to work on her dog. She told me her dog had been running in the woods, ran into a stump and had hurt

its right front shoulder. The dog had not recovered for a few weeks. As we talked she also mentioned she was currently not working due to a bad shoulder. I asked which shoulder and she said, "The right side." I then asked her, "Who hurt their shoulder first, you or the dog?" She thought for a moment and with surprise realized she had hurt her shoulder about five days before the dog. I then said, "I will balance your dog's shoulder, but you both will get the result." I figured that the placebo effect gave me a 30-40% chance of getting the result for her, and the idea of intention along with an energy connection made the odds better. I proceeded to work on her dog's right front shoulder. When I was done the dog walked without a limp. The massage therapist's shoulder, which I had not worked on at all, was also

all better! This can work both ways - you might find that by balancing the owner, their pet gets better.

These are ideas on how to use kinesiology skills with animals and pets. Based on my experiences the skills we teach in TFH and other kinesiology systems translate very well to animals. I have successfully used reactive muscles on horses, I have had clients report ESRs work well on pets, I have heard an unconfirmed story of a famous AK doctor who went to a local zoo and helped a lion restore his roar, my wife has restored a dog's eyesight which the vet said afterwards was not possible to restore, and many other stories can be told. I encourage you to experiment with the pets in your life. If you have any good stories or questions please share them with me.



**Larry Green** is a long time TFH instructor, past national president of TFHKA and currently co-director of the TFHKA office. He is also the creator of the *Energy Medicine for Pets and Animals*, *Kinesiology for Horses* and the *Miracle Workers Training* programs and classes.

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## Consciously Creating Trust with our Clients and Students

**Stephanie Shipper**

*By becoming a student of ancient success formulas, we create a bond with our client, creating an unconscious trust and satisfaction*

The time and business that a client gives us is in direct proportion to the trust and respect we have built; therefore our success and ability to thrive hinges on consciously creating a relationship that unconsciously speaks trust.

### **The Three Heated Complaints**

Underneath all complaints regarding lack of trust are what I call the three heated complaints:

- You didn't listen to me and hear what I said.
- You don't understand what I said.
- You don't perceive where I'm coming from or what I'm about.

Most people don't automatically expect agreement. They understand by a certain age that complete agreement is rare. What is unconsciously expected (and therefore becomes the recipe for trust and respect) is:

- being listened to
- being understood
- being perceived correctly

Success in our client relationships occurs when we build an environment that assures that these three requirements are satisfied.

### **Clues to Creating Trust and Respect**

Trust is created by rapport . . . defined in Webster's as "removing the perceived differences between our-

selves and others." One way to learn about the magic of rapport is by examining rituals practiced in mating/attraction dances and ancient hunting rituals. When rapport is observed in the mating rituals of mammals, we see that the formula preceding chemistry and mating is a series of "matches" consisting of matching voice and movement, and mood (emotions,). This type of match is known as mirroring.

### **Consciously Creating Trust with our Clients/Students**

This mirroring forms *the dance* often referred to as courtship or flirtation. Physical, tonal, and mood mirroring is compelling (in that the individual views himself mirrored in the counterpart's gestures, tone, and manner). This self-viewing triggers an unconscious biochemical relaxation response associated with safety.

Trust / Rapport in Mating / Attraction dances is created by:

- matching/mirroring physical movements, breathing patterns, expressions, intensity and or ease
- matching/mirroring tonality, i.e. syntax, inflections, accent, regionalisms, word choices
- matching mood and emotional expression

After following these first three responses over a matter of minutes, *self-observation* occurs. A biochemical relaxation response is triggered by self-viewing, and the person relaxes and moves into deep rapport.

### **Symptoms of Safety**

Scientists have measured responses of those who match and found these responses to be highly detectable:

- facial palette roseation (blushing)
- uncontrollable smiling and nodding
- synchronized movement, tonal, and emotional responses
- warm perspiration
- pore dilation (measured by putting a magnifying glass on the skin)

Pore dilation is a literal “opening up” that precedes a generalized relaxation response. At this point the client becomes open to our ideas and input. Because the client is literally open (physically), they become open emotionally, receptive to change, and often share things that they not have been comfortable sharing previously. Clients who are mirrored frequently comment, “I feel like I have known you for a long time.”

This same mirroring/matching phenomenon can be observed in pre-hunting rituals. Ritualized dancing/chanting (common to all hunting and gathering societies) is characterized by rhythmic dancing and chanting that mimics the animal being pursued in the hunt. These unusual ritualistic practices calm

fight/flight tendencies and enable the hunters to cross into the territory of “the hunted.” Hunters seek to guarantee their success in the field by “becoming” what they hunt in ritualized dances.

### **Growing Trust**

By becoming a student of ancient success formulas, we engage a kind of bond with our client, creating an unconscious environment of trust and respect.

When our client sees, hears, and experiences him/herself through our conscious choice to mirror, fight and flight instincts quiet, and unconsciously the person opens to us. When the obvious differences between us and the client are minimized (tonally, physically, and in mood), rapport begins. When rapport begins, we have successfully arranged to grow trust.

At this point the three heated complaints disappear. When we are “with ourselves,” we experience that we are listened to, understood, and perceived for who we are. Satisfaction and continued relationship follow customer trust.

Consciously select for trust and respect. Build the ideal relationship with your client through ancient, time-tested strategies.



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## **Schedule of Speakers**

### **Sunday, July 10**

*Contributions from Biokinesiology*

Wayne Topping

*Cracking the Dyslexia Code with Books Neural Therapy*

Dr. Phyllis Books

## Contributions from Biokinesiology

### Wayne W. Topping, PhD

*On August 9, 2010 John Edmond Barton, developer of Biokinesiology (BK) and one of the pioneers in the world of kinesiology, passed away at the age of 72. Today I have chosen a topic to honor my mentor and friend, John Barton.*

When I first met John Barton in the summer of 1979, I was impressed by the number of ways he could balance a muscle and I was intrigued by his use of at least 361 pairs of emotions. Consequently, I decided to take a 290-hour Biokinesiology Practitioner Course in 1980 at the Biokinesiology Institute in Talent, Oregon; then a subsequent 184 hours of further training between 1981 and 1988. I was invited to teach Biokinesiology overseas beginning in 1984 and over a period of years split it up into more specialized modules – Biokinetic Exercises, Energy Centers, etc., for teaching convenience.

The Biokinesiology Institute's Practitioner Training was no longer available after 1981; consequently I saw it as one of my missions over the years to introduce some of Biokinesiology's concepts to the Touch for Health community so that others could benefit from John Barton's vast research. Today I shall be demonstrating some of these concepts as we focus on the Quadriceps.

#### Quadriceps

Quadriceps means four-headed muscle and it occupies the front of the thigh. Only one of the four muscles – Rectus Femoris – crosses the hip joint. The other three muscles – Vastus Intermedius, Vastus Lateralis and Vastus Medialis – all originate on the thigh. All four muscles insert into the patella (knee cap) which is then connected by way of the patellar ligament into the tibial tuberosity. Thus these muscles need to be in balance to prevent deterioration of the knee joint. The Quadriceps muscle group has

two primary functions. When we walk, Rectus Femoris and Psoas initiate the flexion of the thigh at the hip, and then the four Quadriceps muscles extend the leg at the knee so that we can take our stride.

For perhaps the first 20 years I was involved with Touch for Health we tested Quadriceps by flexing the thigh at the hip, then pushed on the distal end of the thigh to straighten the leg. This tests the Rectus Femoris muscle only. One or more of the other three muscles may have been out of balance but our muscle test was not able to let us know this. As soon as we began doing a two-handed Quadriceps test - one hand pushing on the distal thigh and the other attempting to flex the lower leg at the knee - we were then testing the Vasti muscles. However, we were often picking up imbalances in Vastus Intermedius only as its muscle fibers run parallel to and directly below Rectus Femoris. In Biokinesiology we had slightly modified tests that allowed us to differentiate all four muscles of the Quadriceps group.

#### Monitoring all Four Quadriceps Muscles

- **Rectus Femoris:** Client lying on back. Raise thigh 70° from table, lower leg is horizontal and supported by one of practitioner's hands. Press raised knee to extend leg back to the table.
- **Vastus Intermedius:** Client lying on back and practitioner standing on client's left side. Client flexes right knee 45° and keeps right foot flat on the table. Practitioner raises client's left leg 50° and places arm under the raised left leg with the hand resting on client's right knee and their left leg supported by practitioner's arm. The foot is kept vertical and the ankle of the left leg is pressed downward.

- **Vastus Lateralis:** Testing position is exactly as for Vastus Intermedius except that the foot is rotated medially. The distal end of the left leg is pressed downward, and slightly medial.
- **Vastus Medialis:** Testing position is exactly as for Vastus Intermedius except that the foot is rotated laterally. The ankle of the left leg is pressed downward and slightly lateral.

### Hypertonic Muscles

In BK we recognize three conditions for a tissue. It is:

1. in balance,
2. showing a deficit of energy (e.g. hypotonic muscle), or
3. showing excess energy (e.g. hypertonic muscle; John Barton called it “overstressed”)

Whenever you test or monitor a muscle, run a hand up the Central Meridian or Governing Meridian to surge more energy through the circuit, then remonitor the muscle. If the muscle unlocks, it has too much energy.

The kitchen door held in place by two springs, as illustrated in Figure 1 on page 5 of *Touch for Health: the Complete Edition*, is a simple model to illustrate how when one muscle weakens an opposing muscle tightens. Thus a general weakness in the Quadriceps (hypotonic) can cause a tightening of the Hamstrings (hypertonic) and the abdominal muscles becoming hypotonic can cause back muscles to become hypertonic. Vastus Lateralis and Vastus Medialis often show this hypotonic / hypertonic relationship.

### What Are We Testing?

Whenever we do a muscle test in TFH we assume that we are testing the muscle. John Barton used circuit locating to determine what was out of balance and found that it could be muscle, tendon, ligament or fascia. Thus when we are monitoring the Vastus Intermedius muscle, an unlocking muscle test could

be due to the muscle being hypotonic, or its tendon. This is important because the nutrients and emotions to balance the muscle and its tendons are different. Also, the biokinetic exercise that balances the muscle will balance the tendon but needs to be held for twice as long.

By circuit locating tissues, and using emotions to see which meridians they were correlated with, John Barton was able to link over 1000 different kinetic tissues – muscles, tendons, ligaments, cartilages, fasciae, intervertebral discs, and synovial membranes – with their respective meridians. To give you some idea of what this means let’s consider the Heart Meridian. In TFH we have one muscle associated with the Heart Meridian: Subscapularis. In BK we have 54 kinetic tissues associated with the Heart Meridian!

### Another Antagonistic Relationship

Earlier we discussed the physical relationship between agonists and antagonists such as Biceps and Triceps. John Barton recognized that an energetic pairing also existed, but based on meridians.

Imagine two tissues (*A* & *B*) that are in balance on opposite ends of a see-saw (teeter-totter). When one end of the see-saw goes down, such as a muscle becoming hypotonic or not having enough energy, then the tissue at the other end of the see-saw becomes hypertonic or now has too much energy.

If tissue *A* is related to the Gall Bladder Meridian then tissue *B* is related to the Liver Meridian, *A* could be related to the Spleen Meridian and *B* related to the Stomach Meridian. This is the husband / wife relationship within each of the Five Elements.

The Eight Extra Meridians are paired as shown below:

- Central – Governing
- Vital – Belt
- Mobility Yin – Mobility Yang
- Regulating Yin – Regulating Yang

Balancing out one end of the see-saw should balance out the other end simultaneously. This phenomenon has some obvious advantages. For example, the antagonist to the Vastus Medialis Tendon is the Pubic Cartilage. The same nutrition will balance both tissues. Working with the series of emotions for one of the tissues should balance the other. However, doing the biokinetic exercise for Vastus Medialis Tendon, whether it is hypotonic or hypertonic should help balance the Pubic Cartilage also.

You might be wondering, why is it important to balance out a cartilage, fascia, disc or tendon? Symptoms occur whenever a specific tissue is out of balance. When that tissue goes back into balance the symptoms disappear. For example, on one occasion I was eating a raw salad when I suddenly had severe abdominal cramping. I muscle checked to see if I was allergic to any of the ingredients and discovered that I was temporarily sensitive to carrots. I looked up carrots in the index to the *Allergies: How to Find and Conquer* book put out by the Biokinesiology Institute. The following six tissues were listed:

- Abductor Hallucis Medial Head #2
- Obliquus Capitis Inferior Upper
- Bulbocavernosus Tendon
- Semitendinosus Tendon
- Iliacus
- Serratus Posterior Superior #1 Tendon

I circuit located each, found that the Iliacus muscle was out of balance, did the biokinetic exercise for this muscle and my intestinal cramping disappeared immediately.

As an aside; some might not be comfortable balancing people to eliminate allergies, so let me give you another perspective. Allergies are just one of many symptoms that a person can manifest when a specific tissue is out of balance. Therefore, you can use the allergen to identify a specific tissue which, when balanced, can eliminate many symptoms the person may be manifesting. I remember working with a

woman who had tailbone pain for about three weeks and a long-standing milk allergy. I circuit located seven different tissues that could result in sensitivity to milk products and found the Coccygeus Extensor muscle bilaterally weak. The symptoms John Barton listed with this muscle are:

- Allergy to milk products, alfalfa sprouts
- Allergy to Alfalfa, Laxative, Comfrey-Pepsin, Kelp, Herbal Diuretic (These five products are all supplements from the Douglas Cooper company).
- Gas.
- Disorientation.
- Tailbone pains. Malalignment of tailbone. Tailbone bent forward too far.
- Teeth on edge?
- Temporal headache.

I balanced this tissue by working with emotions. Muscle testing now indicated that the sensitivity to milk products was gone and her tailbone pains had disappeared. She was so excited that she went upstairs, woke her husband up, and showed him how she could bounce up and down on the side of their bed, free of pain!

### **Back to the Quadriceps**

While a muscle such as the Latissimus Dorsi, Teres Major or Teres Minor behaves as a single muscle regarding nutrients, emotions and primary meridian, some other muscles can be subdivided further. For example, although we in TFH regard the Anterior Serratus as a single muscle, in BK John Barton found it to be a group of nine distinct muscles and their tendons related to at least 12 different meridians. In BK Serratus Anterior #3 is the same as the muscle test we do in TFH and it is associated with the Lung Meridian.

The four muscles of the Quadriceps group are generally recognized as four distinct muscles. However, the Rectus Femoris is attached by two separate tendons at its origin – namely Rectus Femoris Straight



Head tendon and Rectus Femoris Reflected Head tendon. The two tendons and the two parts of the Rectus Femoris muscle to which they connect behave as four quite distinct units, with different emotions and meridians. They are so close together that the same biokinetic exercise that would balance one should balance all four simultaneously. The distinction is important, however, because the symptoms related to each are quite different. As an example:

- **Rectus Femoris Straight Head Tendon:** Allergy to every food except figs, raisins, potatoes, citrus. Knee pains. Difficulty in raising legs while walking. Sensitivity to polluted water.
- **Rectus Femoris Reflected Head Tendon:** Allergy to apricots, honey. Weak legs. Malaise. Pain in occipital bone. Posterior (occipital) headache.

Before, I mentioned that balancing one end of the see-saw will balance the other at the same time. The following example illustrates how useful this can be. The antagonist tissue to Rectus Femoris Reflected Head Tendon is Bulbocavernosus Tendon. In the book, *Allergies: How to Find and Conquer*, John Barton lists the following symptoms for this tendon:

**Bulbocavernosus Tendon:** Allergy to proteins, yogurt, cheese, nuts, grains, curly dock, carrots, cabbage, broccoli, rice, legumes, garlic, Iron (Cooper's supplement), cats. Gas. Runny nose. Pain during intercourse. Tailbone plexus out of balance. Pain in the tailbone area. Headache or tenderness in the back of the head. Temporal

headaches (Sphenoid bone). Sacral pains. This muscle is frequently traumatized during birthing.

Considering that this tendon is on the pelvic floor for women, one can immediately see the advantages of balancing out the other end of the see-saw, i.e. Rectus Femoris Reflected Head Tendon!

### **Biokinetic Exercises for the Quadriceps**

#### **A. Rectus Femoris Straight Head & Reflected Head; Vastus Intermedius**

1. Stand with your feet about 1-½ feet apart, pointing feet forwards.
2. Bend forwards from the hips until your body is horizontal.
3. Grasp your knee caps and pull them upwards, keeping your knees locked backwards.
4. Rest for one minute.

#### **B. Vastus Lateralis**

1. Stand with your legs about 2 feet apart and turn your left foot in 45°.
2. Hyperextend your knee, bending forward and slightly to the left and pull firmly up on the knee cap.
3. Rest for one minute.
4. Repeat for right leg.

#### **C. Vastus Medialis**

1. Stand with your feet about 2 feet apart; turn your feet out about 80°.
2. Bend forward at the hips while keeping your upper torso straight and pull up on your knee caps.
3. Rest for one minute.

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## Cracking the Dyslexia Code with Books Neural Therapy™

**Phyllis Books, MA, DC, CCN, DACBN**

Many children cloaked in dyslexia, ADHD and autism spectrum disorders, are very gifted beings. Children labeled as *indigo children* and *crystal children* see the world from a very different vantage point. ADHD children probably think we “normal” folks are really boring and uninteresting. The question becomes: How do we harness their brilliance and dismantle their challenges and obstacles, so their full potential is unleashed? What can we do to insure healthy leadership in a brave new world?

Dyslexia is a complex code. Traditional education and medical approaches to dyslexia and other neurological conditions are limited in their ability to actually help because they don’t actually understand where and how the problem originates. They are trained to compensate or mask the problem; but they never really crack the actual issues that created the dyslexia in the first place.

As kinesiologists, we have tools that enable us to actually determine the exact sites within the developing brain, the unspoken or unconscious agreements made, and the correct re-routing and re-directing of neurological and energetic pathways to reverse the dyslexia. Our job then is to stay abreast of the newest findings in neuroscience and epigenetics so we can be more specific and streamlined in our sessions.

Luckily, we have a researcher, Charles Krebs, who after his near fatal scuba diving accident, now swims in the world of multi-sensory neurons and glial cells and translates new scientific research into practical applications for us kinesiologists. In the Brain Gym world, we have Carla Hannaford, a neurobiologist, who explains the neurophysiology of learning and

explains how various brain gym movements actually help us.

Although I was originally trained as a teacher, it wasn’t until I became a chiropractor that a lot of challenges the children were having made sense to me. Because my master’s degree was in communication, it was natural for me to look at their learning problems as communication breakdowns. Only the breakdowns were occurring on the inside of the body, and there was neither language nor life experience to describe them.

My earliest exposure to breakthroughs with dyslexia and other learning differences was with one of my first mentors, Dr. Carl Ferreri. Back in 1987, he asked me to start teaching with and for him in various countries. He was known in Sacral Occipital Technique (S.O.T.) circles for seemingly sleeping through lectures, and then raising his hand and asking totally surprising and profound questions. His unusual viewpoints and ways of putting new pieces of information together taught me to do the same. In 2002, I was the first speaker and he was the last at an S.O.T. Cranial Seminar. He sat in the front row and afterward came up to me raving, “I can’t believe where you’ve taken this work.” “You taught me well,” I replied. “You taught me to never stop asking questions and to keep looking for more ways to help the human condition.” He was such a pioneer with a big heart for helping humanity.

Two other mentors bear mentioning here as they have shown me the benefits of being thorough and looking into the future. One is Dr. Ted Morter, originator of Bio Energetic Synchronization Technique (B.E.S.T.), who back in 1983 demonstrated how we

respond to the electromagnetic field, how our emotions and belief systems affect our health, and how nutrition plays a role in eroding or helping our decision making and learning abilities.

Dr. Donald Epstein, originator of Network Spinal Analysis, taught me to see in other dimensions, to feel beyond the body, to feel and sense where “in the field” a problem might be stored, to step through myself into a great sense of knowing. Ironically, he is also dyslexic. I witnessed how brilliant someone can be who just accesses information differently. As a child he was put on dilantin for seizure, which exacerbated the dyslexia. His only regret though, was not that he was dyslexic. It was that he was clumsy and awkward as a child.

Then, of course, we have Bruce Lipton, the guru in the world of epigenetics who wrote *The Biology of Belief*, which blows a lot of the hopeless “dyslexic is permanent” belief out of the water, showing that once we are born, nurture (not nature) determines how genes will be expressed or not. And Dr. Roger Callahan of Thought Field Therapy (TFT) and Gary Craig of Emotional Freedom Technique (EFT) demonstrate how once hopeless diagnoses in many illnesses can be reversed by tapping on meridian points, which neutralizes the electrical charge and dismantles the problem. All of this means that so much change is possible if we just open our minds and hearts. All of these great folks are examples of staying open to new avenues of possibilities.

Books Neural Therapy™ is an ever evolving technique. It is based heavily upon the techniques and people mentioned above, as well as many other modalities utilizing muscle testing and five elements theory. It incorporates concepts of survival from both a male and female point of view. It looks for unsynchronized or under-developed neurological glitches, primitive reflexes, wiring and communication between various functions and parts of the brain. It considers fluid systems as capable of imprinting new energetic signatures inside our cells

that actually match our resonance to the resonance of the earth. It relies on cranial work, especially the sphenoid. It identifies sabotage patterns, self-esteem issues, seeing oneself accurately (not distorted or “less than”). It removes obstacles which then allows integration and synchronization; it allows the deep potential and real self to emerge.

### **Basic Tenants of Books Neural Therapy™**

- BNT™ helps “turn on” the brain so all parts of the brain work as a well-orchestrated symphony. When one or more neural pathways are obstructed, some functions are not executed efficiently or not executed at all.
- BNT™ recognizes that errors or “shorts” occur when there is a malfunction in the sensory system (input to the brain) or the motor system (output from the brain). Sometimes the malfunction affects only one area of functions, and sometimes another area can fill in temporarily. When the malfunction persists over time without correction, eventually other systems become depleted as well. Eventually the whole system (human being) operates with less accuracy and efficiency.
- BNT™ recognizes that different layers of the brain provide different avenues of learning. Multi-sensory neurons are showing us how neurons can cross-fertilize or pollinate other areas of the brain. The cerebellum, once thought to be relegated to basic brain activity, is very involved in navigation routes throughout the brain.
- BNT™ recognizes that sometimes we have to *defrag* the brain (that is, take information which is stored randomly and in remote areas of the brain and bring it back to more central locations) so that the brain can operate most efficiently. With BNT™ we can upgrade the internal neural network of a human being.
- BNT™ recognizes that although we human beings can get stuck in survival systems, we are capable of operating in an open-ended and dynamic way of being. Calming our “reactive”

survival brain and activating our forebrain is essential for the well-being of the planet.

- BNT™ is slow, gentle and deep. Tenderness, compassion and receptivity require the practitioner to be fully present and available. To know the technical motions and when, how and why to use them is essential and will become automatic over time. Tuning in to the client while providing security and confidence is what allows the client to reveal and release information stored in the reptilian and other than conscious levels of the brain and nervous system.
- BNT™ is about connections and communication. It is about restoring original goodness and innocence. It is not about fixing you; it's not about replacing parts. It's about re-connecting you and reforming yourself with you as an active participant in this remolding of your life. It's about reconnecting you to the part of you that is, and always has been, pure and whole.
- BNT™ looks at life as energy, which is neither good nor bad; it just is. When there is movement of energy, there is life. According to Elaine DeBeauport in *Three Faces of Mind*, "To be able

to value our instrument (our body), we must identify with the purity of this formation. We need to consider our bodies as forming part of creation . . . and consequently pure and sacred. We need to accept ourselves first as creation." I would add, we need to accept ourselves, period. How else can we accept another?

- In BNT™ we work on building a strong and resilient foundation. "Nothing beautiful ever hurries." We allow time for the foundation to become rooted and strong.
- In BNT™ we learn tools to help restore the sense of peace and health in the nervous system. Below and behind the histories stored in our bodies, is a layer of peace.

Dyslexia can become a temporary condition. One out of five children is considered dyslexic. Wouldn't you like to be who helps those little caterpillars not get stuck in their cocoon, but emerge into beautiful butterflies? All of nature would applaud you.



**Phyllis Books**, MA, DC, CCN, DACBN, has been a holistic chiropractor and nutritionist for 25 years; and as such, has incorporated Brain Gym and many kinesiology tools into her specialty of pediatric neurology. She has a Bachelor's degree in education from Michigan State University, a Master's degree in education and communication from the University of North Texas and a Doctorate of Chiropractic from Parker College. She has taught kinesiology methods on three continents and was awarded

Outstanding International Alumni by her alma mater. In 1994, she founded the Assisi Foundation, dedicated to promote self-value and self-responsibility for children worldwide. In 2001, she trademarked Books Neural Therapy™, a neurological and structural therapy to improve learning and behavior. Since January 2011, Phyllis has chaired the Brain Gym® International Board of Directors.

Learn more at <http://www.booksneuraltherapy.com/>.



## 2011 Touch for Health Kinesiology Conference Schedule

Thursday 7 July	Friday 8 July	Saturday 9 July	Sunday 10 July
4:00 -- 7:00pm Registration	8:45 -- 9:00am Welcome & Announcements	8:45 -- 9:00am Welcome and Announcements	8:45 -- 9:00am Welcome and Announcements
7:00 -- 7:30pm <b>Matthew Thie</b> Welcome	9:00 -- 10:30am <b>Danny McLane</b> <i>The Neurobehavioral Aspects of Goal Setting</i>	9:00 -- 10:30am <b>Naomi Tickle</b> <i>Reading Faces to Understand People</i>	9:00 -- 10:30am <b>Wayne Topping</b> <i>Contributions from Biokinesiology</i>
7:30 -- 9:30pm <b>Matthew Thie</b> <i>Clinical Touch for Health</i>	10:30 -- 11:00am Break / Vendors / Bookstore	10:30 -- 10:45am Break / Vendors / Bookstore	10:30 -- 10:45am Break/ Vendors/Bookstore
	11:00am -- 12:30pm <b>*BREAKOUT*</b>  <b>Dr. Dallas Hancock</b> <i>CranioSomatics® for TFH</i>  <b>Michelle Greenwell &amp; Dr. Rashida Nara</b> <i>harasetti</i> <i>Dancing to the Rhythms of the Cosmos</i>	10:45am -- 12:15pm <b>Earl Cook</b> <i>TFH, Mindfulness and Brain Plasticity</i>	10:45am -- 12:15pm <b>Dr. Phyllis Books</b> <i>Cracking the Dyslexia Code with Books Neural Therapy</i>
	12:30 -- 2:00pm Lunch	12:15 -- 1:30pm Lunch	12:15 -- 12:30pm Conference Closing
	2:00 -- 2:50pm Discussion / Focus Groups / Group Activity	1:30 -- 3:00pm <b>TFH Annual Meeting</b>	1:30pm Post-Conference Work-shops Begin
	2:50 - 3:00pm Break	3:00 -- 3:15pm Break / Vendors / Bookstore	
	3:00 - 3:50pm Discussion / Focus Groups / Group Activity	3:15 -- 5:15pm <b>*BREAKOUT*</b>  <b>Larry Green and Dr. Mary Jo Bulbrook</b> <i>Energy Medicine for Pets and Animals</i> <b>Stephanie Shipper</b> <i>Consciously Creating Trust with Our Clients and Students</i>	
	3:50 -- 4:00pm Break		
	4:00 - 5:30pm <b>Dr. Mary Jo Bulbrook</b> <i>Multi-Dimensional Healing</i>		
	5:30 - 7:00pm Dinner		
	7:00 -- 9:00pm <b>Dr. Sheldon Deal</b> <i>Establishing the Electrical Field Around the Human Body</i>	5:15 -- 6:00pm Prep for Banquet	
		6:00 - 11:00pm Banquet	