



23 Ideas and Simple Applications of Touch For Health for Pain Relief

By

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Actually, these notes touch on far more than 23 specific ways we can use principles of TFH to relieve pain in the moment, and contemplation of the creative possibilities will yield far more things to try! Together, as a group, we will walk through as many of the **techniques** and ***talk through noted ideas*** as simply and quickly as possible. However, any single technique given here may yield additional surprising results with some patience, enthusiasm and additional time. ***The concepts*** presented here, have, in themselves, been shown to support emotional, mental, structural and energetic balance. They are amplified by the **specific touch energy balancing techniques** presented here for your enjoyment!

1. Check in with your own ***Self Awareness... (26-29)***: Notice how you are feeling overall, body, mind and Spirit. **Use Analog Scales** (73): Be aware of your energy/vitality and measure it, 0 is low energy, 10 is optimum. Also note any pain or discomfort 0-10.

Now Bring your awareness to any specific pain area, **and breathe** (26-29; 45-46)

Notice any change and reconsider your numbers.

2. **Drink Water!** (45-46): 70-90% of conditions will be improved or resolved by drinking more water! ... And as you do so, cultivate an ***Attitude of Gratitude***.

Appreciate the Pain as having a purpose- and be thankful that you *can feel* pain!

In TFH we Look at pain as a ***friendly signal*** (326) that something is out of balance: structural, emotional, energetic. It motivates us to find ways to come into balance.

Consider what is the benefit or ***“secondary gain”*** (329) of the pain. Avoiding a situation? Disability pay?

Can you benefit another way, without the pain?

Think beyond the pain; appreciate the good in your life. ***Reframe your focus*** (309) from pain to comfort/ function/ good feelings potentials that you want.

3. **Karada No Fushigi ~ Respect Mystery of the Body** (xiii)

We are not treating any particular condition, just tapping into the healing power of the body. Partly mysterious, but partly a dance of awareness we can learn to use; we often find an amazing shift in energy, attitude, and a great relief from tension, stress, pain and other symptoms of imbalance, even if we don't understand how it happens! ***We honor the mystery of this healing system***. We acknowledge that we do not need to know, nor will we every fully know how the healing really takes place.

We have collected and cultivated a variety of ways of creating a space and a context for the natural balance, flow and transformation of the body to happen. ***Just enjoy it and let it happen!***

Cross-Crawl for fun! (264-265): Just cross-crawl in various patterns and enjoy it! Try comparing the feeling of homolateral crawl. Have fun! Go back to Cross Crawl. Recheck how you feel.

4. **Know Your Pain** (326):

You have given your pain a number, so you are probably aware exactly where the pain is located. ***Is deep or superficial? Is it sharp, dull, aching, stabbing, burning?***

Even *emotional pains* usually have a strong physical component. **Locate your feelings.** Do you feel it in your stomach, heart, head? Do you know what is the cause? You may know specifically, have a vague idea, maybe just an inner knowing, or no idea at all.

Now, **Walk around** (265) and notice how you feel. How do your legs and feet feel? How is your rhythm? Pause and **firmly rub your Gait Points** located on the tops of your feet between the tendons (271). Walk around and recheck your gait.

5. **Zip Up, Switch On & Tune In** (36-39): Bring your awareness to any subtle sensations of your energy and vitality that you might have. **Zippping up the Central Meridian** can be extremely subtle. With practice you will notice you can *feel the energy*, and also reap greater benefits from this simple gesture. **Switching on your K27 points** is like a circuit breaker for your whole house. Think of Switching points as *improving flow and balance in polarities* (left/right, brain hemispheres, Yin/Yang, +/-, up/down, etc/etc.). **Tuning-in by unfurling your ears** improves comfort and range of motion turning the head, *and any range of motion!* Like K27, it addresses your whole posture and energy system!

6. **14 Muscle Dance** (68): Stand in a neutral, relaxed posture. Again, *notice* any pain, tension, stress or anxiety. **Enjoy a 14 Muscle Dance**, and notice sense of energy, pain, tension, range of motion as an indicator like a muscle test, and *perhaps a Metaphor* or message from your own unconscious, or body wisdom.

7. **ESR (Emotional Stress Release)** (38-40; 52; 80) ... *What is the Meaning of This?*

Stress and emotions can be a huge factor in any pain. Physical and emotional pain and worry can contribute to each other in a vicious cycle, or *attention to emotional and physical balancing can amplify improvements in an upward spiral.*

Easy Emotional Stress Release (38-40): **Hold one hand over pain and one hand over your forehead.** Be aware of how you feel, what is the sensation? Use visualization.

ESR and **remember** when you **first had the pain...**(329)

ESR and **imagine** (258-259) if it keeps on or **gets worse...** if it **totally disappears...** What is **likely future outcome** for you... what do you **look forward** to in the future?

PSR (260): Try to briefly **assume the position** from painful memory and hold ESR.

ESR and **Visualize** green, red, yellow, white, blue (262) Sounds? (263) Five emotions? (261) **Five Senses?** Elements, season/climate, life cycle, power etc.

ESR and **Visualization** (38) of pain again as area, size, shape -- *an object?*

What's the purpose? **Are you ready to let go of it?** What will you do with it?

8. **Auricular Energy** with the Indicator Muscle (IM)(251-252): Turning the head* and check IM. **Balance by unfurling the ears** again. This is probably the number one most reliable crowd pleaser for creating obvious, concrete change in range of motion.

* Remember, it can be used with any range of motion!

Consider your Posture, Consider your attitude (326) **Is your "position" in a certain situation creating pain and awkwardness?** Are you stuck in an uptight posture, holding on to an attitude that is doing harm? Sometimes tension and restriction give us a signal that we are retaining a posture or attitude that is no longer appropriate. *Pain may be a signal to re-evaluate our situation.* Awareness of change in discomfort can also be *awareness of the potential for transformation in our lives*, and help refocus our vision.

9. Visual Inhibition (252-253)

Move the eyes left, right, up, down, etc. and check IM. **Balance by switching on** again.

Visualize how it will feel when you are less affected by pain and are realizing the things that you want in your life. **Move your eyes in all directions.**

Take a LOOK if there is something obvious causing your discomfort! If you are sitting on a tack, you want to deal with that directly.

10. Hard Heavy Pressure (57) Try moving through range of motion of the related muscles/ muscles near pain, then try **Firm pressure** along the length of the muscle to “iron it out”. What is blocked, held back, suppressed? This may be good to survive the moment and live to fight another day, but ***pain may be telling you it is time to release something.*** What is hard and heavy in your life?

11. Work the Neurolymphatics (NL) (50-52) in the normal way...

- a. ... then try **feathering the NL** (278) and recheck range of motion/muscle test
- b. **NL-Release**: Just hold the NL point and either end of the Meridian.
- c. **GENERAL massage** of the NL points

Remembering Pain...in Context: (330) What ELSE was happening when this pain first appeared?
Does it seem to relate to events in life, rather than any particular injury?

12. “Fire the Proprioceptors” (57-58; 278-279)

Jiggle the related muscle; **feather** the muscle again!

Inhibit the muscle with **spindle cell**, then facilitate (lengthen to strengthen)

Switch off and on with the **Golgi reflexes** at the ends of the muscle.

Focusing on positive function and intention allows greater healing than digging out "what is wrong":
What will you do with your energy when pain is less? (303-314)

13. Spinal Reflex (49)

Gently massage the spine **stretching the skin up and down over the vertebrae**. Try massaging side to side all along the spine. Notice which feels better.

Remembering Wellness (304)

Remember that the goal here is WELLNESS. ***What is the posture and the feeling that goes with focusing on Wellness?***

Remember a time that you felt really good- What was that feeling, what was the environment, weather, emotions, sensations...

If you don't recall one, pretend that you do, ***imagine*** what it would be like, is there a person who you think feels really good? Imagine what it would be like!

What is the title or feeling for that story? Can you envision having that kind of experience for yourself today or in the future? ***Imagining it is part of creating*** it... let the natural healing system come into harmony with your vision.

14. MERIDIANS (34-35)

Trace the meridian that *runs through* the muscle/area of pain. (34-35)

Or trace the meridian *related to* the muscle (might not run near pain!) (92-93)

Try tracing either “related” Meridian **backwards**; **Flush** back and forth; end with 3 traces forwards or backwards, whichever feels best. (273)

Meridian Dance: Trace all meridians, (CV, GV, then Time of Day or just start with ST); Let your partner run your meridians (**Meridian Massage**) (275)

Walk the meridian (280) that runs through it (hold one hand over pain site and firmly massage along meridian until a tender point is found, then hold both simultaneously. When the tender point is relieved, find a new one, when the pain is done, Meridian walking is done!)

Hereditary Possibilities: (330) Have members of your family suffered from similar pain?

Does your ***Genetic or Cultural heritage = Destiny?*** Or do you have ***significant choices*** which can change your function and life? To what extent does this relate to your pain?

15. Scars from Trauma and Surgery

Any ***scars*** (that relate to your pain) from injury or trauma?

Have you had *any* trauma/ surgery, whether or not you relate that to your pain?

Run the Figure Eights

Over the pain area or injury

Over any scar

Over the general areas of the body

Hold hand over pain area and trace figure 8's in the air and/or with your hips!

16. Neurovasculars

a. **Firm massage of the head** (278) and/or specific (related) NV points; Alternate light holding and firm massage of specific NV points/ whole head.

b. **CSFR-** (65) lightly pull apart from the crown (alternate awareness of "stomach"/ activate abdominals, pulling apart from midline, and check pain.)

Doctors, Diagnosis, & Treatments: Have you been told that something is wrong with you? Does your Diagnosis = Destiny? How do you feel about Medical care, effectiveness of treatments, hope for recovery, or quality of life?

17. (Headache) Pain Release Points

- a. The "**Magic Gallbladder Points**" where the tips of the fingers naturally reach on the side of the leg on the leg (197) on the GB Meridian. **Activate/Notice pain; Rub (Hold 7 seconds & release 7 seconds and repeat); Notice tenderness; Reassess pain; Repeat.** These might relate to headaches on one side of the head ~ "Gall Bladder" headaches along the many GB lines on the sides of the head. Could be related to toxicity, "heavy" foods, ***heavy aspects of your life?***
- b. The "**Sore Spots**" where your thumbs naturally reach your chest when you bend your elbows. (Firm massage of these NL points for the neck muscles, 115) -between the 2nd and 3rd ribs, 3 1/2 inches from the sternum- often bring immediate relief from neck and shoulder pain and tension!) Activate/Notice pain, rub, notice tenderness, check back to your pain, repeat.
- c. The "**Reach Around Points**": Reach with right hand across front of chest and **massage left side at base of skull** (NL points for Neck muscles, 115), "**play the piano**" along the tops of the shoulders, and **massage next to the spine at T2** AND reach under opposite arm to massage lateral edge of shoulder blade ~ notice tension there and work it. (NL for Levator Scapulae, 113)

JUST TRY IT! YOU'LL LIKE IT! OR Go Fish! (74-75; 308)

Fish a Five Element Emotion (related to self/other/circumstances/ things)

Fish a life area to contemplate (self, partner, family, work, Love, Play...***what do you guess might be***

significant?)

18. Pulse Points (71): Relating to deeper flow of the meridians, while Alarm points relate to the superficial flows, the pulse points will indicate the “charge” related to the pain.

- a. **Check the pulses** to indicate *over-energy related to pain*. **Sedate** with Acupressure Holding Points (AHP), **or tap the either end of the related meridian.**
- b. Check Pulses; **Tap the corresponding Pain tapping points** (Of the first pair of AHP, the one on the related meridian- 281). Tap 30 times on opposite side; complete 3 repetitions on opposite side, then 3x same side, then go back to same side and continue alternating. **Or tap the either end of the related meridian,** *following the pattern of 30 taps on opposite side, 3 times, then continuing on the same side, etc.*

Don't Should on yourself! (307)

Be aware of your own or other's expectations, and any negative self-talk that is running in your head about how you *should be* or *should do*. Be careful of perfectionism and utopianism. Consider that you are *Good Enough* right now!

19. Check and Balance Opposing/Related Muscles (277)

Check and balance muscles that relate to/ oppose the function(s) that activate the pain. If you don't know the muscles or their other reflexes, just **contract, test, relax, jiggle and retest!** *George Goodheart will smile down on us in heaven*

Extend your goal... (309) When the pain is gone, what will be better? When that is better, how will your life be better? What is the ultimate potential benefit?

20. Repeated Testing & Restrengthening (Simulate Fatigue- 276)

Repeatedly test until “fatigue” (unlocking) **and re-strengthen** a muscle; Repeat. Typically the muscle can eventually hold effortlessly under 15 or more repetitions of testing! SR & NL are ideal, or simply feather and jiggle the muscle to reset!

Check in for Transformation! Reassess not only if Pain has changed... ***Have YOU changed?*** (305) Has your posture, attitude, Vision changed? Has there been any transformation of how you view yourself and the world, and your motivation and goals?

21. Reactivity

Barhydt Reactive Pattern Shortcut (293): Hold **one hand over the head and check IM** as your (*unofficial!*) indicator for some kind of reactive circuits. **Switch-on** again! (36). Recheck IM. If clear, **challenge by wriggling** and using as many muscles as possible all at once including facial, and tongue! (**Have fun!**). Recheck for reactivity as above; Switch-on; Repeat challenge (wriggle); Repeat until clear.

CRM: (297) **Put a muscle in circuit**, (Activate the Reactor - “hero” or “bully” with pain or tension- and simultaneously bring your feet shoulder width apart)

... then **test or activate opposing** or partner muscles and note which are “reactive”.

Close circuit; **Inhibit Reactor muscle and put in circuit.**

Reactivate the other “reactive” muscles. Close circuit.

Reassess Pain 0-10

22. Time of day balance! (274): NOW **reinforce with Time of day balance.** Just work all the convenient reflexes for the basic muscle related to the meridian of the current time of day! Get your neighbor to

rub your SR and NL on the back; rub your NL on front. Each one hold their NV points for a few moments, and just be aware of whatever you are feeling. Any pleasant sensations or discomfort? Breathe. Now let's trace the meridian for time of day. Jiggle the muscles!

Look around the room and see how is your vision doing? How do people look to you? How are you feeling? We have *thought about various aspects of our lives* as part of this experiment and experience. Now let's come back fully into the present and see how we are feeling overall, and check your numbers one last time 0-10.

23. Give somebody a hug!

Although this is not written up in the official procedures, we have a long tradition in TFH of giving appropriate hugs, and I generally end my sessions with a hug! In closing, consider giving someone near you a hug .