



The Kinesiology = my life

By Zsuzsanna Köves (Hungary)

"If you set to the lake of truth, and sail with favourable winds, and your canvas is not deprived from its sheets, your boat will not be slow..." (Ancient Egyptian author)

I met kinesiology first in my life in 1994. I thought it is wonderful to help people. I made a quick decision to become a Touch for Health Instructor in August 1995. Soon after, in December I became Three in One Concepts Instructor.

Who was I in 1994? I was an ill, bitter, convulsively struggling teacher, who felt very sorry for herself, striving for survival (or for death?) with her five children. After two cardiac infarction and a tumor surgery, I was having one heart attack after another and living on six different medications each day.

I started to learn kinesiology; a couple months later I made an astonishing realization. The heart attacks were straggling behind and I felt an unknown inner peace spreading everywhere in my body. I started to watch myself consciously and I realized that it was wonderful to help others, but the most important was that I myself had changed. It was almost 20 years ago. My heart is totally healed and I can tell that I am in good health. The basic items in my "home medicine chest" are kinesiology and Touch for Health. It's not only my body that has changed, but my way of thinking and also my general emotional life. For me kinesiology is not only a method, but also a philosophy. The philosophy of living healthily, harmoniously, successfully and happily.

My wonderful instructor, Aria Den Hartogg, became an example for me: her knowledge, love, humility serves as a model for my life. I owe my first meeting with John to her. John's support, integrity, his service to humanity and also his knowledge kept me spellbound. In 2000 in Zurich, at the IKC Congress, he encouraged me and gave wonderful support to promote kinesiology in Hungary, to spread and help it to take its due place. This was the first time when I felt that the only way to requite the love and trust I got from him to creditably teach and spread the miracle of this work, which brought a positive change into my life, that makes me keep going and being happy: kinesiology.

My strength is not the research, not the theoretical work. My strength is – maybe – my authenticity, and the energy I can put into organization and coordination. The three Hungarian and two IKC conferences which were organized in Hungary, the several thousands students who could help themselves, their families and those around them, who live the philosophy of kinesiology and all those clients who could choose a healthier, happier, more fulfilled life with the help I could offer, this is my life.... And since I choose to be happy, my family, my children and grandchildren are also successful and happy.

For all of this I feel very grateful above all to John Thie and Gordon Stokes and to everyone who touched my life and taught me. Thank you, that I can be here and celebrate with you!

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Touch for Health instructor
Touch for Health Metaphor instructor
Brain Gym teacher
Stress Release advanced instructor
Three in One Concepts advanced trainer
Brain Formatting instructor

I was born on 22nd January 1952.

I first got acquainted with kinesiology in 1994. A year later I obtained an instructor degree in Touch for Health (I completed the Master Class with John F. Thie - founder of Touch for Health) and in One Brain. I became a Brain Gym instructor in 1996 and a Stress Release instructor in 1997. In 1997, I became an advanced One Brain instructor; in 2002, an advanced Stress Release instructor; in 2007, a TFH Metaphor instructor and in 2008, an advanced EDU-K instructor.

I also studied Hyperton-X, LEAP, testing primitive reflexes, Astro-kinesiology, Sportkinesiology and Biokinesiology. I have taught kinesiology in the Hungary, Russia, and Romania.

I organized three Hungarian congresses, including the International Kinesiology Conference 2001 and 2011 held at Kecskemet, Hungary of which I was the director. In 2002, I became member of the Hungarian Examination Board of Kinesiologists. I am a member of the Expert Committee run by the Hungarian Ministry of Health and now the dean of the Hungarian Professional Kinesiology School.

In my work I try to help everyone to become his or her own successful healer. I help them find their own way and I try to achieve that they live life happily. I would like them to be themselves to the highest good of all! I help them to see not just look.