



TFH and ONTO-KINESIOLOGIE

By Alfred Manuel (France)

WOOD - Infancy and Early Childhood

"A student is not a vessel to be filled, he is a fire to be ignited" Michel de Montaigne

Like many, I started my learning with TFH. In 1996 I experienced the wonder of the my first muscle testing exchanges, perhaps clumsy at times, but always full of empathy. I realized deep releases, new understandings. Later I wanted to continue, deepen, enrich my "toolbox". I followed other workshops, I heard other bells, chased some mirages.

FIRE - Childhood and School Years

The landscape of kinesiology was not as abundant as today, but everything was open in 1999. With my friend Dominique Raynaud, I started, full of enthusiasm, to develop and disseminate our Onto-Kinesiology. I was far from TFH, the 14 muscles seemed a waste of time.

However, in 2001 I decided to return to the source and follow the TFH Instructor Workshop. This was a beneficial immersion in the roots, and a painstaking review of the 42 muscles, which allowed me to understand that the seed of all Kinesiology is carried in TFH. Promoting workshops and creating support for my own courses allowed me to take ownership of this work, always going deeper. Not long after, I chose to involve myself within the management committee of the French Federation of Specialized Kinesiology.

EARTH - Adolescence and Adulthood

I owe the greatest rethinking of my work at the TFH Metaphors workshop, that I attended in 2003 in Barcelona with Matthew. This module remains in my eyes as one of the highlights of my journey in Kinesiology. The workshop goes largely beyond the scope of kinesiology and proposes a worldview, an instrument for daily opening. After that, a wind of freedom, creativity and respect blew like a hurricane, stripping off all claims, rigidities and pseudo scientific aspirations still inhabiting my work. The path led back to basics: Always more Self-Aware!

METAL - Young Adulthood

Since then, our Onto-Kinesiology transformed, becoming much more respectful and aspiring to make us less deceived by ourselves. It accompanies us in the search for our most profound needs and proposes to verify that our choices and decisions are in coherence to make us happy in life!

Information proves to be the key to the whole process and the holistic approach of TFH is essential to enable us to intervene on the side or sides of the triangle of health that are best suited for the person.

Our work, that we still think is innovative, was condemned by some colleagues, but met a real success with our clients. Our positive results increased attendance at our clinics, allowing us to refine our practice, constantly evolving our work. In order to disseminate the results of our research and our emerging model, I chose to write a book and I had the joy of seeing it published *. Kinesiology fulfilled my life. And even invaded it ...

WATER - Late Maturity and Death

Rest had made me so vital, so, encouraged by my wife, Catherine, in 2010 we decided to leave for nine months traveling around the world. This break in the form of gestation, allowed me, along with a welcome recharge, to distance myself from my activity and reflect about my position as a practitioner. I gave very few sessions, but I had the chance to give two workshops as an introduction to muscle testing and kinesiology, the first in Chile, the other in Brazil. Evidence emerged: my passion remained intact, but I did not want to be a mechanic who comes to see you when you have a breakdown and who is expected to fix all your difficulties.

I realized that when we are treating patients, our tendency is to unconsciously fall back into "classic" methods, founded on a relationship in which a client gives all powers to a practitioner who is strong in his knowledge, who will apply the techniques that seem most suited without explaining them. I did not want to play doctor, running behind miraculous recipes and collecting tools with the purpose of healing others. Henceforth, I just wanted to help my clients to take ownership and responsibility for their own healing.

"Do what you want but be aware of your intentions" John Thie, D.C.

I join the lineage of John Thie who proposes that the keys of the healing process are self-awareness and good communication between the different parts that compose us. Building on the triangle of health, Onto-Kinesiology proposes a model whose ternary structure of the human being is composed of the conscious, the unconscious, formatted to ensure survival, and what we call the "profound nature", the unconditioned dimension that aspires to Life. Very often, the rules of survival and life are different, and sometimes are opposite. Our level of health reflects the level of harmony between conscious, unconscious and profound nature.

The resolution of our internal conflict happens most times via a new awareness, preceded by a widening of our perspective. From this emerge new needs and new solutions. This work also shows our tendency to confuse ends and means and proposes to be attentive to our different levels of needs, in order to verify what motivates our choices and decisions. Especially when we realize that under great stress, our unconscious survival programs automatically lead us to reproduce strategies that in the past proved their efficacy in equivalent circumstances ☺ ... although now we have evolved and they are no longer adequate ...

"The great revolution in human history, past, present and future is the revolution of those who are determined to be free." John Fitzgerald Kennedy

In France, the ongoing stress following different smear campaigns against kinesiology, pushed the lead-

ers of unions and federations to protect themselves and to protect kinesiology. The goal was to continue to exist, the means employed were (and still are) getting security and recognition from the authorities by trying to ensure the quality of the practitioners. For that, it was decided to get back in line, and become publicly known by imposing a career of validated studies inspired by the existing university model. The program is based on an accumulation of hours of training and culminating in an examination and report.

Who cares if we use a self-censorship!

Some echoes collected from stressed students, emphasized what to my eyes seemed to be discriminatory measures, hyper adapted to the "left brain" to the disadvantage of the "right brains". Many gave up, they disassociated themselves with the professional associations and the most creative chose Freedom. The need was to unify, but the means chosen under stress resulted in exclusion ...

I heard from Matthew Thie that muscle testing was considered initially as a secret reserved for chiropractors and health professionals alone.

John Thie wanted it accessible to all and offered his TFH. Hopefully the current processes for official recognition of kinesiology (curiously claimed by self proclaimed "professional Kinesiologists") are founded on openness and avoid a return to sclerosing corporatist sources.

WOOD – Infancy and Early Childhood

"Do not turn away from possible futures until you are sure that you have nothing to learn from them." Richard Bach

Years of research led me to apply the techniques of Onto-Kinesiology not only on humans, but also animals, plants and everything around us. Muscle testing was revealed to give access to a "Universal Translation Program" that would communicate with the living. From ancient times man has considered himself "above" creation and has sought to enslave nature, with disastrous results that we unfortunately know today.

I wish that kinesiology allows us to recover our proper place and develop a new biogenic communication with other realms, for the better health of all!

Alfred MANUEL – France

I began my professional career as "gendarme", then I've been an actor before meeting kinesiology in 1996. I am TFH instructor since 2001 and Metaphor's instructor from 2004. My friend Dominique Raynaud and I developed the Onto-Kinesiology in 1999 and have been teaching it all over the world.