



WOW!

That was a great presentation about TFH

By Larry Green

One of the best ways to interest people in TFH is by giving a public talk. If the thought immediately makes you tighten up inside, consider getting a balance! Public speaking is the most widespread phobia in the U.S. Fortunately for us TFH skills are useful for overcoming fears and unleashing motivation. Use what you teach for yourself; it empowers you and it becomes easier to promote something you personally use.

When I offer to give a talk I seldom mention Touch For Health as the topic. Most people have not heard of TFH. I offer instead to do talks (or short trainings of 1-2 hours) on 'Stress Reduction' and 'Natural Pain Elimination Techniques'. Most people know what these are and have an interest to learn about them. If someone is organizing the talk on your behalf at an organization they will have little trouble getting members/employees interested.

I begin by introducing myself and asking a few questions. How many people have stress? (Raise hands- it should be everyone). How many have pain? (Raise hands). I'll ask what people want to get from the talk? Who has heard of TFH and/or kinesiology? Who has heard about muscle testing? I want to get a sense of the audience. When people raise their hands about stress or pain I ask what stress and pains they have. I try to remember those who I think I can help quickly.

My main goal at the start of the talk is to try and WOW everyone in the first few minutes. My overall goal for the talk is to get them interested in using TFH skills. WOWing them at the start is just to get their attention, interest and a willingness to consider that everything else in the presentation is valuable. How to WOW people right away? Demonstrate something they have never seen before and something they probably considered impossible.

I'll ask if anyone has tight neck muscles in the group (of course someone will.) I ask those who raise their hands to rate the tightness on a scale of 0-10. Those with the highest discomfort I'll invite to come up front. I may do just one person, or a couple.

I then do auriculars without any muscle testing. I stand next to the person(s) in front of the group and we turn their heads as far as they can to each side. I do it with them. I ask the audience to watch and note the range of motion. Then I have the audience each check their own range of motion. I ask everyone to rate

his or her neck's pain on a scale of 0-10. Then I lead the whole group in doing auriculars. 'Rub and unfold the ears while looking straight ahead. Then repeat with head turned to each side'. Afterwards I have the people up front repeat demonstrating their range of motion. Almost always the audience can see the difference. I then ask the person(s) up front what the original pain number was, and what it is now. It usually has gone down. I then ask the audience to check their own range of motion and raise their hands if it improved. Most people raise their hands. I have them re-rate their pain and discomfort. People are impressed and surprised that something so simple actually worked. WOW in five minutes.

I then ask who has other tight muscles. I invite one or two people upfront and ask them to point to the pain spot, and rate the pain 0-10. I then turn their body so the pain area is facing the audience. I proceed to do the spindle cell technique on the pain spot and all around the immediate area nearby, without any muscle testing. I do the surrounding area to alleviate any local compensation. People can see what I do, it does not look like much of anything. This takes about ten seconds. I then turn my demonstration person to re-face to the audience (because I want everyone to see the look on their face) and ask them to re-rate the pain. Almost always it is better. If they had pain in both shoulders I began by doing the worst pain side first. Afterwards the other shoulder is usually now worse. I ask if they want the opposite side done too. They always say, "Yes," which confirms to the audience that it worked. I may do a few people in the audience this way also. Ten seconds for each person is all it takes. I try to make each person face the group so people can see their facial expression, which is usually worth more than all my words. Another 5 minutes and another WOW.

I next ask who here ever gets cramps? I then explain how to use the spindle cell on cramps and that this is the quickest way to get rid of a cramp. Now they have something useful to take home, something I gave away for free. WOW.

I then ask who has stress (of course everyone has some.) I ask who would like to lower or get rid of their stress? I want to engage the audience by asking these questions. I then tell them about the fight or flight response and how not just adrenaline, but over 100 different hormones are activated during flight or fight response. I explain how during times of stress blood flow in the brain and neurological activity change. 'During stress the frontal lobes get turned down like a dimmer switch. This is the portion of the brain that can think things through, compare and contrast, plan for the future. And that during stress the emotional center, the amygdala get highly active.'

Next I tell them I will teach them a simple way to counteract the effects of stress and reset the brain. It will change neural activity and blood flow in a short time, and allow them to feel less stressed in one minute!

I ask everyone to think of some stress in their life and rate the stress 0-10. I then have them think of this stress while doing ESRs. I allow them to do it at their own pace and to open their eyes whenever they are ready. This takes about 1-2 minutes. I ask them to re-rate the stress. I then go around the group and

ask each person to state what the original stress level was, and what it became after the ESR practice. In a group of 6 or more people there are usually some folks who had their stress go down a large amount and some who had a modest change, (maybe even someone who had no change). I explain that each person and stress is unique. Sometimes the stress goes down considerably and sometimes less. But they only spent 1-2 minutes doing this! WOW.

I then talk some more about stress and how they can use ESR at home. I mention they may begin to notice on the evening news people spontaneously using ESR without knowing why. I suggest they go home and make a list of 30 stressors in their life and do a one minute ESR session each day for the next month. I invite them to think about how less stressed their overall life would feel in a month if they did this. You could even have them take out a piece of paper and spend just 3 minutes beginning to compile their list of 30 stresses. This way they have a reminder when they get home in their pocket.

In 15-20 minutes I have gotten a WOW four times. Now the audience will want to pay attention to the rest of the talk. Depending on what I am promoting I might invite someone who has never done muscle testing to come up front and do it on them. While demonstrating I explain how wonderful muscle testing is. I like to use someone who has never been tested before because the look on their face when the arm goes down is often priceless.

I might also invite someone up and look for a weak muscle, usually an arm muscle from TFH 1. Then while the arm won't hold I have them touch the neurolymphatic point, which suddenly strengthens the arm. I then have them let go and retest, the arm goes weak again. Then re-touch the NL and test again and it re-strengthens. I'll ask them what happened and why. Of course they do not know so I can now explain all kinds of things about TFH.

The whole idea is to get people to see and experience that something amazing and valuable is available in TFH and if they come to a class or a session they will learn even more.

A little showmanship can get people energized. Too much can come across as phony or a scam. I want people to get excited about TFH so they will come and learn it for themselves.

When speaking be yourself, people can pick up on vibes and prefer genuineness. Show your excitement and encourage the audience to show theirs. Getting a WOW response from the audience is to grab their attention. After that have something useful to offer.