



An Introduction to Holographic Touch for Health

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Abstract:

When comparing a hologram to a conventional photograph, there are many properties that provide a more enriching experience – it's a three dimensional representation, thereby offering a more "realistic" view; it contains a vastly greater amount of data, providing more detail; each individual piece contains a representation of the whole; it is generated in a manner that is consistent with how we experience the world – by looking at relationships. Applying these concepts to the Touch for Health balancing model allows you to benefit from each of these properties, enhancing your partner/client's experience and results.

What is a Hologram?

3D is all the rage these days. You can go to 3D movies, watch 3D TV shows in your own home (with the proper equipment). You can even "print" three dimensional models created on your computer. Bringing 3D entertainment and experience to the masses has been a goal of the entertainment industry for decades. Why such a fascination? Because you live in a three dimensional world, and therefore desire to have as "real" an experience as possible when recording and re-creating live events.

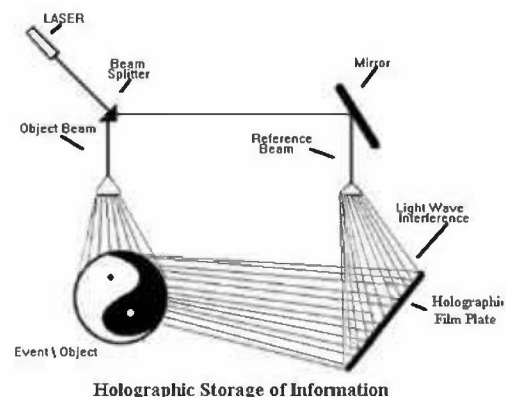
This is nothing new. Back in the late 1800s, when photography was still in its infancy, there were instruments known as stereographs. By placing a duplicate image side by side, slightly offset on a small board, and inserting it into a holder that you looked at through a viewer, you could see the scene you



were looking at in 3D. As a kid in the early 60s, when color photography was becoming more prominent, I remember having a small plastic version of this and you could purchase sets of different scenes, such as the World's Fair.

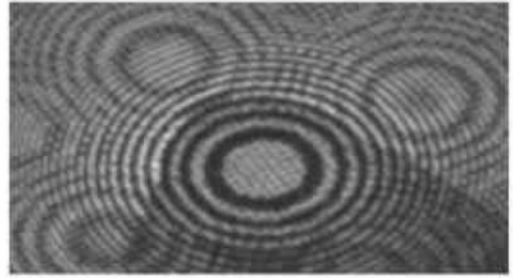
My parents also had an antique stereograph that I used to love looking at because the images were in 3D – even though I didn't know where the photos were taken or who the people involved were.

Holograms are three dimensional reproductions of still images that don't require a special viewer. They simply appear to float in space. Holograms didn't even exist until lasers were invented. A laser is a beam of organized light particles that allows it to travel great distances in a focused stream, as opposed to a flashlight that disperses light and fades in a matter of a few feet. When two laser beams collide and imprint on a specialized plate, the relationship of the two beams creates a massive amount of information that allows for



a three dimensional image to be projected, without looking through the clunky viewfinder of a stereograph! But the principle of creating it is essentially the same.

As seen in the accompanying diagram, one laser goes to the object that is being “holographed.” This beam is appropriately called the object beam. The second beam, however, doesn’t touch the object at all. This beam, the reference beam, supplies peripheral context information. It meets up with the object beam after reflecting off a mirror, creating what is called an interference pattern. This process actually mirrors how your own body works to interpret, perceive and experience the world around you.



When waves collide, it creates an Interference Pattern

A Little Experiment

Do this: Cross your hands over each other so that a triangle is formed by the thumbs laying on top of each other, and the fingers of each hand crossing each other perpendicularly. Using the triangle as a “window,” look at a small object or spot on a wall several feet away. When you can see the object, close one eye.



Do you still see the object?

The answer is probably yes, as the brain knows which eye to keep open so that you continue to see the object that you desire to look at.

Now...without moving your head at all – close the open eye and open the closed eye.

Do you still see the object?

If you’ve done it correctly, then no, you won’t see the object. Why is that? Because your non-dominant eye is not actually looking at it! It is taking in the area around the object, providing peripheral information and context for the object itself. Just like the reference beam in the making of a hologram.

The Key

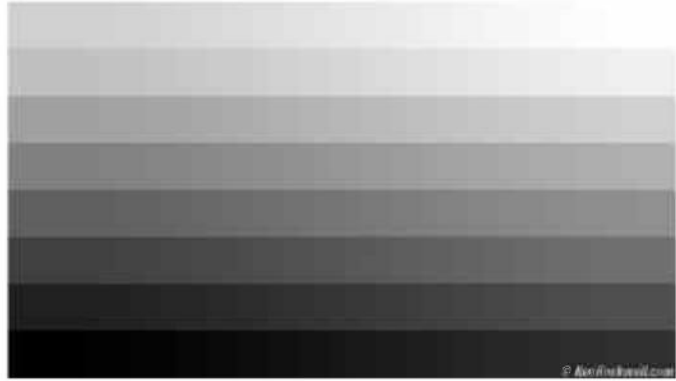
What this all means is that, in order to perceive three dimensional experience, you require two data points. It’s the relationship between them that creates the three dimensional construct. This relationship creates some fascinating underlying factors that go beyond just the three dimensional part we see. Two such properties are particularly relevant to us in our balancing process.

One is that, by bringing these two points together, a massive amount of extra data is created. It is similar to the process of color re-creation on your computer or TV.

When you look at your TV or computer screen, you are really seeing only three primary colors – red, green and blue (RGB). Yet when combined, each with various levels of intensity (saturation) and brightness, the monitor is able to create billions of colors. It wasn’t always this way though! Remember when your computer screen had what was called 8 bit color?

A screen is made up of thousands of light generating “dots.” The “bits” are amounts of color data available per dot. With only 8 bits of data generated per dot on your screen, the screen was only able to recreate “Hundreds of Colors” (as presented in the display choices of your computer). This created

visible “artifacts” when you looked at your screen – “banding” between colors (poor transitions that were visible when similar shades of colors were next to each other), pixelation. Certain details were not visible, such as rich shadows. Highlights were “washed out.” Pictures simply didn’t look real.



As technology improved, more data was able to be put into a dot, allowing 16 bits per dot – twice as much data. All of a sudden your monitor went from “hundreds of colors” to “*thousands* of color!” A mere doubling of data created exponentially more colors. What a difference that made! Shadow details became richer. You didn’t see the transition between colors when looking at complex scenes. The extra data, on one hand, meant a richer general experience, and at the same time allowed you to see more minute details more easily as well. Technology continued to improve, increasing to 24 bit, and suddenly we had millions of colors! Today we have 32 and even 48 bits available, allowing for re-creation of very realistic color, and also allowing for the 3D movies and TV you are able to watch. This is all possible due to the extra amount of data and information, the detail, required to do so.

These same principles apply to sound as well, but I won’t go into that here – you get the idea.

Returning to creating a hologram... you need the two beams to come together, slightly offset, for the three dimensional image to be created and perceived. We don’t yet have the technology to easily do this for moving images, which is why you still need special glasses, similar to looking at a stereograph, in order to watch 3D movies. This is largely due to the immense amount of extra data required to create a moving hologram, along with the ability to play it back fast enough – similar to what was necessary to make movies from photography 100 years ago without seeing jumpy transitions. For now, what we have are still image holograms, and they are pretty amazing to see. Nevertheless, it’s likely just a matter of time before we have the technology to create scenarios such as what we are familiar with in Star Trek and other science fiction representations of holographic virtual realities.

The important point here is that, while holograms have massive amount of extra data that provide a means of creating a more realistic overall experience, they also provide the ability to zero in on details with an amazing amount of precision – to “zoom in” to a particular part of the picture and see it extremely clearly. This metaphor becomes very important to the uses we will be discussing further relative to energy balancing.

There is still one more critically important property that all this data in a hologram provides.

When you look at a normal photograph, perhaps of two people, and cut it in half, you now see one person on each piece of the paper you’ve cut. Cut it again in half and you know what happens. If you cut it into lots of little pieces, the people are no longer recognizable. You would have to spend a lot of time putting the puzzle together to figure out who they are.

A hologram is different. If you do the same thing to a holographic plate that you did to the photograph, and illuminate even just a small piece of the original, *you still see the entire image*. It might be “fuzzy,” less sharp, but the whole image would still be there. Remind you of anything in the body? Right! DNA. From any single cell, the ability exists to clone another entire version of you. This same principle is inherent in a holographic image.

When you combine this concept with the data element discussed above, you begin to see the advantage of having more detail while at the same time recognizing that you are always still looking at the whole.

Why Does This Matter?

You experience the world in 3D. You see and hear in three dimensions. More importantly, you exist in three dimensions. So why wouldn't you approach health and wellness in the same manner? There is much to be gained.

Eastern philosophy and medicine took this approach thousands of years ago, always looking at the interaction between man and nature to come to an understanding of how to exist in the world. It affected how people grew their food, how they made choices about their health, how they interacted with each other, and indeed, how they looked at the world in general. It's all about relationships.

This is in stark contrast to the development of Western cultures, which was more reductionist and separatist in its approach, looking to control the forces of nature and figure out how things work at the most minute and detailed level, often ignoring the larger picture and the relationships involved. An example of the result of these diametrically opposed viewpoints is how health and spirituality are viewed in Eastern and Western cultures. In the East, health and spirituality are integrated – how one acts, behaves, lives and eats are all connected as part of the spiritual construct. In the West, you have religion and science-based medicine – they are hardly integrated! There's not much conscious connection between either of these and how we eat, as seen in the health challenges facing many western societies, today.

One reason you love Energy Kinesiology is that it bridges East and West, combining the best of both worlds while approaching health and well-being holistically. You use tools that come from Eastern "medicine" and philosophy as part of your toolkit. For example, in Touch for Health, you have the Acupressure Holding Points (AHPs). These points are actually holographic in nature. AHPs are specialized acu-points known as Command Points. The definition of a Command Point is: *Those points on each meridian that relate the meridian to each of the elements.* In other words, for each meridian, there is a Fire Element Command Point, and Earth Element Command Point, and Metal, Water and Wood Element Command Points. Everything relates to everything else. In our holographic model, the meridian the point lies on is the object, while the element provides the context, the reference.

When you use these extremely powerful points, you address a specific relationship rather than just a single two dimensional entity. The problem is, we wait for the body to indicate it wants to use these points for balancing, but gets there from assessment of a single data point/two dimensional perspective – one muscle, one meridian. Why not broaden the three dimensional concept throughout the process?

In order to do so, it is necessary to approach the assessment of energy imbalances from a holographic perspective in addition to the balancing part. This means looking at relationships from the very beginning. In addition to the extra amount of information this provides (more on that later), you then have the

opportunity to apply *all* your balancing modalities holographically as well, not simply the ones that have 3 dimensionality inherently built in such as AHPs. This is what you're going to learn how to do here,

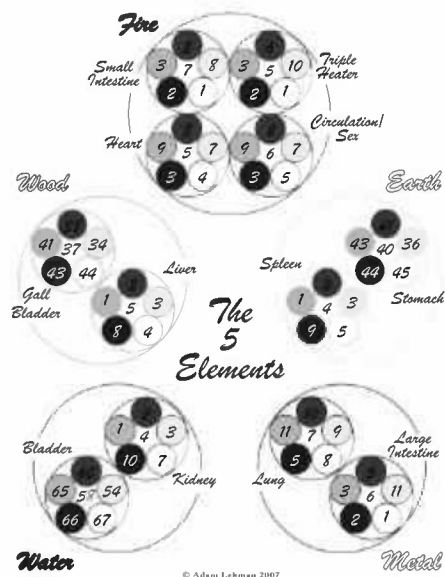


Chart showing the 5 element points for each meridian

using the Touch for Health tools you already know. But before diving in, let's re-visit the holographic principles mentioned in the beginning of this paper and apply them to the Touch for Health 14 muscle balancing model.

Holographic Principles: 3 Dimensional Balancing

As mentioned earlier, you see in three dimensions because you have two eyes, and you hear in three dimensions because you have two ears. A hologram is created by having two lasers collide. In other words, you need two data points to create a three dimensional construct. In terms of our process, this means always looking at *the relationship between two meridians* during the assessment of energy imbalances. The first meridian is the object meridian, the focus of your attention. The second is the reference meridian, the meridian that creates the context and provides valuable information about the nature of the imbalance.

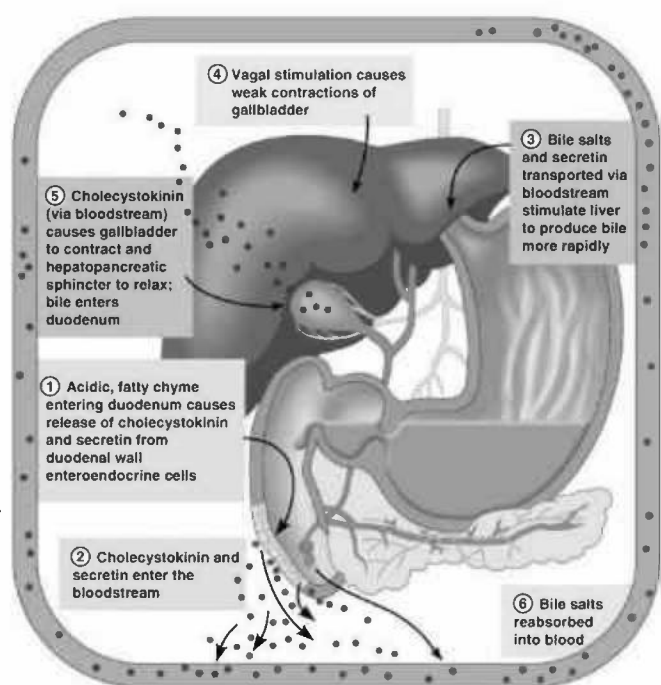
Holographic Principles: More Data/Information

A hologram has exponentially larger amounts of information in it than a traditional two dimensional photograph. This vast amount of information allows for the three dimensional image to be created.

In the same manner, when you bring together the relationship of two meridians, you get much more information about the imbalance a person is experiencing. Consider this example: you find that *Pectoralis Major Clavicular* unlocks, and therefore consider there to be an imbalance in the stomach meridian. This is a very large and vague picture! Like looking at a computer monitor with 8 bit color. The stomach meridian has 45 points (including all 5 Command Points). It has several muscles associated with it. The organ has many anatomical parts and physiological functions. So what exactly are you balancing when you rub the neurolymphatic reflex or hold the neurovascular points? Where does that balancing energy get directed to? Because there are many imbalances within each of the various elements, the energy likely gets disbursed, used generally, and doesn't fully get to where the real need is. This is similar to what often happens when you take nutritional supplements – they get used by the body where the need arises first rather than the most necessary place. As a result, your balancing has a nice immediate short term effect, but perhaps is not fully addressing the more important underlying issue(s).

When you identify a reference meridian, looking at the *relationship* involved in a muscle/meridian imbalance, you are zeroing in on what the body wants more specifically. Knowing this relationship provides an enormous amount of information that gives you, the practitioner, a means to better understand your balancing partner's underlying issue. You now have the opportunity to feed back that information to your client in the form of questions that can lead to a better understanding of what solutions might be available. It also allows you to better focus your intent on what you're aiming to accomplish when you apply your balancing modalities.

As an example: sticking with our *Pectoralis Major Clavicular* imbalance, let's suppose that you identify the reference meridian as Gall Bladder. This provides more specific possibilities of what might be going on. E.g. – The stomach produces



hydrochloric acid, of which proper levels are necessary to trigger stimulation of the gall bladder to release bile – important in fat digestion (Steps 1, 2 & 5 in diagram). Knowing this, you might ask your balancing partner/client what his/her diet is like, if s/he experiences discomfort after eating fried or fatty foods, etc. This allows you to more quickly get into a conversation about diet and lifestyle issues specific to this relationship, rather than simply that there's a stomach imbalance with the myriad of possibilities that "a stomach imbalance" contains.

Another example to consider is the *emotional* relationship, which can have a powerful influence. Instead of asking the person simply about sympathy/empathy (the emotion related to the Earth Element, which includes the stomach meridian), you might ask about the relationship between sympathy and anger (the emotion related to the wood element, which includes the Gall Bladder). A whole new and richer story is likely to emerge from that!

As you can see from the above examples, simply identifying the relationship between an object and reference meridian provides a more focused approach. Balancing the relationship goes directly to the core connection. In the procedure that follows, you will learn, using a small modification to the balancing techniques you already know, how to direct your balancing energy *to the specific relationship*.

Holographic Principles: Representation of the Whole

As mentioned previously, even a small piece of a holographic plate contains a representation of the whole image. What this means in balancing is that, even though you are being more specific in the relationship you're directing energy to when you activate reflexes (or any holographic balancing modality you use), you are also affecting the whole person. You see more details, while also having a richer general experience – not just by accident, but consciously, due to the holographic balancing process. This is why, when doing the Holographic Touch for Health system, it is not unusual for one pair of meridians to balance the whole system.

How We Experience the World

How do you experience the world? Through relationships. Everything is relative. Sound, taste, touch, smell, all the senses. You define your experiences in relation to others, liking one thing better than another, but not as much as something else. When given a choice, you pick the things you like better. These choices become easier when you can make comparisons.

You *have* relationships – with people, your job, your environment. How those relationships are doing plays a significant role in defining your experience of life itself. It's how you enrich your life – or not. Life improves when your relationships are going well. It's what you "work on" to change in order to get better when they're not going well.

So why not start by identifying the relationships that need addressing in order to feel better to begin with?

This is the purpose of the holographic approach to balancing, and you can do it *easily with the Touch for Health skills you already know*. From there, you can grow into new and exciting ways of assessing and addressing imbalances in a holographic, three dimensional manner. This is what is possible with Holographic Touch for Health.

Holographic Touch for Health

I first came across the holographic concept through my training in Applied Physiology, the work of the late Richard Utt, L.Ac. Utt developed a holographic assessment approach through his research of muscle monitoring physiology, and then applied it to his already existing balancing system. I admit that I was, at

first, resistant. But as I worked more with the holographic model, I came to appreciate the brilliance of it. Utilizing the concepts and system, my work benefitted – my clients responded and noticed differences faster.

One could say that all natural healing methods access the holographic nature of the universe on some level. But Utt's approach was the first – and other than other modalities derived directly from it, remains the only method I've come across that *consciously utilizes* holographic principles for both assessing and balancing energy.

Interestingly, Applied Physiology (AP) has a reputation for “being difficult.” Yet it grew from the same Applied Kinesiology principles that Touch for Health did, using many of the same tools in its initial stages. Perhaps it's simply more detailed, as you might imagine due to the extra amount of information inherent in a hologram. But it really isn't hard! Unfortunately, the aura/myth persists to this day.

In an effort to bridge the gap, I adapted the holographic principles that Utt drew from for AP and applied them to the Touch for Health balancing model as a means of bringing 3D technology to the TFH assessment and balancing process.

In the appendix, you'll find a simple method of taking any muscle from Touch for Health and creating a holographic context for it. Once established, it becomes easy to balance holographically using neurolymphatic and neurovascular reflexes. More options exist as well, of course, but for the purposes of this presentation, this is what you'll be using. In the full Holographic Touch for Health 1 training, you learn a complete *system* for applying these principles in an *efficient* manner that will make your balances faster, deeper and more effective. Utilizing the system allows you to integrate other balancing modalities holographically as well. In a short time, you will be an expert holographic balancing practitioner, with all the inherent advantages, and getting great results!

Conclusion

In this paper, you have been introduced to the concept of balancing using a three dimensional holographic model, with the many advantages this model offers. By updating the current Touch for Health paradigm via application of this model to the basic 14 muscle balance, you are able to:

1. Better understand the imbalances that show because of the relationship established
2. Address the more specific underlying issue(s) your partner/client needs, while also addressing the whole person
3. Send the balancing energy more directly to the relationship/issue identified
4. Focus your intent more powerfully due to your understanding of the relationship involved.

When utilizing this model within the system of Holographic Touch for Health, a more efficient balancing process is achieved. I invite you to explore this process and learn how a Holographic Touch for Health workshop benefits you. Certified Touch for Health Instructors have the opportunity to become Holographic Touch for Health Instructors as well.

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Please visit Adam's website: www.kinesiohealth.com, and sign up for his mailing list to receive workshop schedule updates and other information.

You can contact Adam via email: adam@kinesiohealth.com – or by phone: 1-707-328-2838.

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Appendix

Procedure

1. Identify a clear indicator muscle using either spindle cell technique or zip up/down Central Meridian.
2. Begin to do a 14 muscle Touch for Health balance as you normally would, except...
3. When you find a muscle that unlocks, use *Circuit Retaining Mode* **as you test the muscle**. The meridian related to the muscle is the *object meridian*.
 - a. To do Circuit Retaining Mode, have the client put their feet apart beyond shoulder width **as the muscle unlocks**.
 - b. **Important!** Once the feet are apart, they must remain that way until balancing the muscle/meridian is complete.
 - c. **Option:** You can do this with *each* muscle, regardless of whether or not it unlocks when you initially check it. It is not unusual for the following steps to show significant information for a muscle that initially holds.
4. To find the reference meridian, touch each alarm point while monitoring the indicator muscle (IM) established in Step 1.
 - a. **Note:** By putting the object meridian muscle in circuit retaining mode in Step 3, you are now holding a stress in the body (unless it didn't unlock, as in 3c). As a result, in most cases, the indicator muscle will now be unlocked. Make sure to check it before you start to touch the alarm points so you know your starting point with the muscle. If the IM is unlocked, the alarm point will show by causing IM to *lock*.
5. If more than one alarm point causes the indicator muscle to change, then use priority mode to identify which one is the priority to use for balancing. (This is the one step that utilizes something from outside original Touch for Health)
 - a. Priority Mode is activated by putting the tip of your middle finger into the crease of the thumb (see graphic →).
 - b. Hold Priority Mode and recheck the alarm points that indicated in Step 4. Now only one should show a change in the indicator muscle.



- i. If you find more than one priority alarm point, do the remaining steps for all priority reference meridians.
 - ii. If no priority alarm points indicate, skip the muscle and return to Step 3 – find the next muscle in the 14 muscle balance sequence and continue from there.
6. Apply Neurolymphatic Reflex Points to balance – holographically! Both object meridian and reference meridian Neurolymphatics will be stimulated simultaneously.
 - a. The client rubs the reflex for the object meridian – the meridian of the original muscle imbalance in Step 3 that is being held in Circuit Retaining Mode.
 - b. The practitioner rubs the reflex for the reference meridian – the meridian of the priority alarm point that indicated in Steps 4 & 5.
 - c. If using the reflexes on the back, and the client can't comfortably reach them, then the practitioner rubs the points with their dominant hand while the client touches that hand or arm. The practitioner also rubs the reference meridian reflexes with the non-dominant hand.
7. Repeat Step 6 using Neurovascular Reflexes.
 - a. Use the same rules as for neurolymphatic reflexes – the client gently holds the reflexes for the object meridian, the practitioner holds the reflexes for the reference meridian.
 - b. Ideally, you want to have the reflexes pulse and synchronize. This sometimes takes awhile.
8. Recheck the object meridian muscle to see if it now holds. If so, close circuit retaining mode by putting asking the client's to put their feet together.
 - a. **Option:** Even if the muscle holds, prior to closing Circuit Retaining Mode, check the alarm points again to see if another priority alarm point shows (Steps 4 & 5). If so, repeat steps 6 & 7. Continue to do this until no priority alarm points show for the muscle in circuit.
 - b. If doing the optional step, remember to recheck the indicator muscle before checking the alarm points. If will likely now hold having done some balancing, and an indicator change will be an unlock.
9. Continue with the 14 muscle balance, repeating the above process for any muscle you find out of balance (or optionally for all muscles).
 - a. If any muscles were skipped in Step 5 because no priority reference meridian alarm point was found, re-check them now to make sure they are clear.

Additional Note:

- ☯ The above procedure is a basic, step by step holographic style balance. In Holographic Touch for Health 1, a more efficient system is presented to speed the process and offer more depth. However, this provides an effective introduction to holographic balancing.
- ☯ The system of Holographic TFH easily allows the practitioner to approach any imbalance or goal with this new model of balancing.