



LEVEL 2 BALANCING

JUDY TURNBULL

IN TOUCH FOR HEALTH

AUGUST 1984

**ANNUAL MEETING
TAPE ORDER FORM**

PAGE 7

A SIMPLE APPROACH

HOWARD HARNACK

**ANNUAL MEETING
LEADERS**


VOLUME 2
NO. 5

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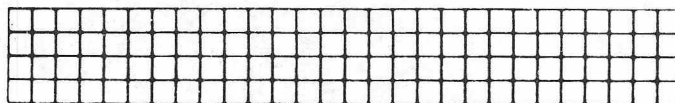
The purpose of the Touch for Health Publication is to disseminate information on research, methodology, results and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars and activities of the Foundation.

The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan, Apr, June and Nov. Foundation membership also includes subscription to the member's newsletter In Touch for Health published in Feb, Mar, May, Aug, Sept and Oct. In July, the annual Touch for Health Journal of comprehensive research papers, training information and applications. December, members receive the Annual Membership Directory.

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The Good News.

MESSAGE FROM JOHN F. THIE, D.C.

In a world that seems to thrive on the negative rather than the positive, it is sometimes difficult to see what positive things are taking place. Sometimes it seems that everybody is in a crisis. It is true that we are bombarded with facts that are indeed negative: We know that the statistics of of deaths caused by disease are not diminishing. We hear the greater dangers of nuclear war, the rising pollution in the atmosphere such as acid rain and other toxic fallouts. We feel the pressure of the economy: rising unemployment levels, interest and inflation rates. We feel the dissension in our educational system and the rising prison population level.

What we don't hear enough about is the positive things that are happening. We now have 4.5 billion people living on the same planet. That's 4.5 billion people that are breathing together, 4.5 billion hearts that are beating together. Never before has our world have been so rich in opportunity to share and touch each other all over the planet (and maybe sometime in the not too distant future, the solar system). We can talk to anyone anytime, almost anywhere, we can be almost anywhere in a day. Isn't that absolutely wonderful? As we know more and expand what we know to others the world becomes more accessible.

In our circle of Touch for Healthers, we now have more diverse types of people using this tool than ever before. Touch for Health seems to be part of any number of other techniques. More people than we could have ever imagined are touching as a result of what we are all doing. Touch For Health Instructors

today include medical doctors, nurses, chiropractors, psychologists, educators, osteopaths, physical therapists, occupational therapists, social workers, massage therapists, others involved in the health movement as well as many whose main profession has little if anything to do with the health field. The actual changes in the health field and the different people interested in the natural healing techniques in the past 10 years is a thing to behold!

One example of the expanding interest in natural healing is in the medical profession. The change in the medical profession has been dramatic. When I was in chiropractic college, there was not even one medical school that had a course in nutrition. Now almost every year medical schools are adding courses on nutrition and natural healing techniques. Post graduate studies in nutrition are being offered to the medical profession on all levels. Our Touch for Health program is in nursing schools, hospitals, and other institutions that were formerly for only the orthodox. Looking at the "whole person" in medicine was not present years ago. Now there is the American Holistic Medical Association, the International College of Metabology, and many other newer organizations which include M.D.'s as a majority of the membership. More and more M.D.'s are interested in and practice, when applicable, natural healing techniques.

More and more people are using touch as part of healing. The message is just beginning to come clearer and clearer that there is great benefit in using touch for enhancing health. The love that is generated when touch is being

GOOD NEWS CONTINUED

given and received has a ripple effect. One person touches one other person, who touches one other person until we are touching persons from nation to nation. International cooperation begins from these one to one person touches. "All you Need is Love" is a title of a song that was popular years ago. When we are loving and healing each other through touching we can alleviate the negatives and share in the positives.

I am excited about the role we have played in sharing touch with others. I believe that our touch has helped accelerate some of the positive changes that have recently taken place in the world and these changes in the health field makes our world a better place in which to live.

Be well, be alive, be loved

John F. Thie DC



**JOHN AND CARRIE THIE AT
THE LITTLE MERMAID IN
COPENHAGEN DENMARK**



ANNUAL MEETING

Stages Its Symphony

ANNUAL MEETING GO GETTER'S: Duke Pasquini (coach) and Annette Sensinger led our star studded cast of Touch for Health members to three exciting events at free time during the conference. Could you imagine our highly aware Instructors actually muscle testing mexican sales people for the product's reliability, and truth while bargaining in Tijuana, Mexico? One other trip fully arranged by Duke and Annette was the Wild Animal park located just outside San Diego. The highlight of the week was over 80 TFH members chartered the yacht "Invader" for a nighttime cruise in the San Diego harbor. Dancing and good energizing fun was complete in full moon over the bay. Thanks Duke and Annette for the memories.

Duke Pasquini was at it again with a last minute volunteer Tia Olsen. As part of the transportation crew they did a great job to and fro. The airport arrivals first impression was our burly lovable greeter Duke. He shuttled many to the two dorm areas on campus...Where by David Kaler, Ruth & John Higgins and Paula Gray (Rosann-a-Rosann-adana) comprised our in house greeters. Our greeters are also know as the energy committee which was evident throughout the Annual Meeting. Paula was extremely loving escorting the 1st time Annual Meeting participants through the registration tables.

IT HAPPENED ONE NIGHT: As last minute preparations go TFHF Staff member Teresa Van Ornum, our spear header for designing the permanent International banners for the conference, illicited willing volunteers Martha Myers (New York) and another tasker Kim Vieira (TFHF/TH Ent. Store) into heavy-duty cutting and pasting of all of the countries represented by TFH members.

TFH'er's always have something to offer: At the skills auction this year, our members have so many trades and skills. From acupuncture, bach flower, reflexology and massage sessions to serenading by candlelight were all up for bidding. A great deal of the Administrating task for this handiwork was done by Anne Thompson (Reflexes are her game) and Ronnie Strong who really helped in this effort which raises money for sustaining the Touch for Health Foundation.

WE HONOR OUR OWN: Our Awards Chairperson has come through again. It must be five years at least. Peggy Maddox has initiated another production for the awards ceremonies where we honor outstanding achievers. It may take an achiever to know one as Peggy has gone beyond the call of duty many times.

THE MUSCLE AND THE MOVERS: As the whole TH Enterprises Store was setting up and leaving the conference. There were many helping hands who pitched in and made our life easier. Thanks for all those reactive muscles.

ENTERTAINMENT A LA TOUCH FOR HEALTH: Lovely Dia Terese did an outstanding job this year as our Entertainment chairperson. She put together a show from our talented cast of TFH members. Singing, dancing, comedy and spiritual uplifting pieces were all part of her plan. An evening which touches all the senses.

Our Leader Don Henley as the 1984 Annual Chairperson did a great job handling the rough and smooth edges of the conference. His control behind the scenes made it one of the best ever...Congratulations to our new 1985 Annual Chairperson Joy Lindsey (Mind/Body/EK) She has top-line plans for next year. The planning is now in effect...The MC, the highly professional Glenn Lockhart wove an informative, integrative string throughout the week. He made the transition from one speaker to another, a cool breeze.

CONGRATULATIONS TO THE NEW FACULTY MEMBERS: It is with great pleasure that we announce three highly recommended TFH Instructor's to the Touch for Health Foundation's Faculty. Jean-François Jaccard, who did an excellent translation and graphic quality for the TFH book in French. He represents the French/Swiss speaking countries. Oby Schasfoort is the official ITW trainer (Staffaculty) member for the Dutch. Our Swedish couple Peter Szil & Bippa Norberg have been appointed the ITW trainers for Sweden. And Dr. Paul Dennison is our faculty member in charge of the Edu-Kinesthetic (EK) program. Welcome aboard to all!

SAY JULY IN 85: The staff of Touch for Health Foundation, Liz, Denise, Theresa and Kim thank all of you for a top-line Annual Meeting and will see you next year.



SPECIAL MENTION: Dr. Paul Dennison is now on the Touch for Health faculty. As a life member of TFH, he will be in charge of the Edu-Kinesthetics (E-K) program. Welcome aboard!

Touch for Health Instructor claims TFH may have saved his life in a murder spree.

Steven Rochlitz, a visiting TFH Instructor and speaker to this year's Annual Meeting almost met the murderer who claimed over 20 lives in a San Ysidro McDonalds restaurant. Steven had gone into the same McDonald's 2 hours earlier to use the restroom. After returning from Tijuana, Mexico he was in San Ysidro where he was about to return to the restroom again shortly before 4 pm. He claimed that "fortunately TFH techniques made it unnecessary. Instead He took the trolley across the street about 1 minute before "that nut shot up the place. I guess TFH can save your life in more ways than one."



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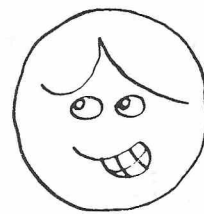
AGGRESSIVE



AGONIZED



ANXIOUS



APOLOGETIC



ARROGANT

KEEPING IT SIMPLE - ESR

RICHARD HARNACK-FACULTY

When we experience stress, be it emotionally or physically generated, our body goes through a series of bio-chemical processes which vary in intensity depending upon the severity of the stress and trauma. One of the effects of stress is the imprinting of the negative factors which then literally come back to "haunt" us. While we may "forget" a particular stress, our body remembers the stress every time we encounter a similar situation. This can have a cumulative effect which leads to our being in stress almost continuously.

TOUCH FOR HEALTH provides one of the simpler and more effective methods to reduce stress --- the Emotional Stress Release (ESR) technique. Teaching and using this technique can be very exciting, especially when you see the difference it can make for yourself and your students. The technique is simple, although its effects can be very profound. To demonstrate ESR for your class, follow this procedure:

1. Ask for a volunteer who may be experiencing stress. It is important that the person be a volunteer, as this particular demonstration needs implicit and explicit consent.

2. Test a strong indicator muscle, either the Pectoralis Major Clavicular or the Supraspinatus. This is helpful and necessary in order to establish an observable criterion (this is important for both the individual and the audience).

3. Have the volunteer focus on a specific stress event (emphasize specific and re-test the muscle. It should now test weak.

4. Hold the person's frontal eminences (#11 neuro-vascular holding point) and have them review the stress.

At this point in the demonstration you will need to be feeling for the pulses to synchronize and have the person tell you when they are through -- the two do not always coincide.

5. Once you feel the pulses, or the person tells you they are through, re-test the muscle while the person focuses on the stress --- it should now test strong. If the muscle still feels a little weak you can, with the person's permission, repeat step 4.

6. Thank the person and allow them to return to their seat. At this point you are now ready to answer some questions as to why and how ESR works.

When we go into stress what happens is that our survival mechanisms are activated. When this happens our body goes through two basic responses -- fight/flight. We may not actually experience the desire to fight or to flee,



Touch for Health Worldwide 1984

9th Annual Meeting

July 10-15 San Diego, CA

CASSETTE TAPE ORDER FORM

QUANTITY	SESSION	TITLE/SPEAKER	QUANTITY	SESSION	TITLE/SPEAKER
_____	1TH4	THE OLYMPIC STARS AND TORCH BEARERS Idelle Weissenberg	_____	17TH4	REACTIVE MERIDIANS/BLOOD AND LYMPH SYSTEMS Bruce Dewe M.D.
_____	2TH4	WORLD REPORT Dr. John F. Thie	_____	18TH4	"HAP BARHYDTS REACTIVES" Gordon Stokes "PROMOTING TFH - AN INTRODUCTORY PRESENTATION" Bonnie Epstein
_____	3TH4	INTRODUCTION OF THE FACULTY Dr. John F. Thie	_____	19TH4	"APPLICATIONS OF TFH IN NURSING CLINICAL PRACTICE" Mary Jo Bulbrook/Christine Way "NEW APPROACH FOR CORRECTING VISUAL INHIBITION" Wayne Topping Ph.D.
_____	4TH4	"TESTING TFH STANDING UP" Phillip Crockford "TEACHING TECHNIQUES" Brian Butler "HEALTH AS A CONTRIBUTION" Nancy Joeckel	_____	20TH4	"MERIDIAN MASSAGE REVISITED" Peter Szil "SURPRISE FROM ENGLAND" Brian Butler
_____	5TH4	"DOING DEMOS FOR THE PUBLIC" Coby Schasfoort "E.S.R. AND MULTIPLE IMAGERY" Matt Stricherz and Geneva Ferris	_____	21TH4	NATURAL HEALING RESEARCH (PART 1)
_____	6TH 4	"EK IN THE CLASSROOM KEEPING IT SIMPLE" Joy Lindsey "TURNING ON WITH SELF TFH" Carol Hitz	_____	22TH4	NATURAL HEALING RESEARCH (PART 2) Dr. Sheldon Deal
_____	7TH4	"TFH FOR YOUR QUADRIPEDAL FRIENDS" James Neal, Ph.D.	_____	23TH4	VICTORY IN SIGHT Grace Halloran
_____	8TH4	"HOMOLATERAL MUSCLES MERIDIAN BLOCKAGES TO LEARNING" Paul Dennison Ph.D.	_____	24TH4	GETTING YOU STRAIGHT ABOUT SCOLIOSIS Barbara Ehlers
_____	9TH4	"POSTURAL AWARENESS" Richard Harnack "SHORT TERM EFFECTS OF FOODS" Nancy Joeckel	_____	25TH4	TMJ SYNDROME AND HOW IT RELATES TO OTHER DISORDERS Michael Allen, D.C. N.D.
_____	10TH4	"USING STRUCTURE/FUNCTION IN TEACHING" Gordon Stokes "FILLING TFH CLASSES" Phillip Crockford	_____	26TH4	"TFH IN SWITZERLAND" Jean-Francois Jaccard "EK & TFH" Peggy McConnell
_____	11TH4	ADVANCED PAIN CONTROL Dr. John F. Thie	_____	27TH4	"ACUPRESSURE AND ACCUPUNCTURE IN SPORTS" David Nickel
_____	12TH4	"REACTIVE MUSCLE REVIEW TO ELIMINATE REACTION" Nancy Dougherty TFH IN PHYSICAL THERAPY Romy Paine	2 Tapes	28TH4	"BALANCING THE ATHLETE WITH MAHONY MUSCLE EXTENSION" Frank Mahony "MENTAL & EMOTIONAL CLARITY THROUGH CREATIVE PROBLEM SOLVING" Julie French
_____	13TH4	"AMINO ACID DEFICIENCIES & ALLERGY RELATED PROBLEMS" Steven Rochlitz	_____	29TH4	"TEACHING TFH TO THOSE WHO DON'T WANT IT" Brian Butler
_____	14TH4	"ACUPUNCTURE MERIDIANS TO COMPLETE MUSCLE TESTING" Richard Utt	2 Tapes	30TH4	"BREAKTHROUGH!" Dr. Richard Byrne
_____	15TH4	"REACTIVE MUSCLES" Richard Harnack "GENERATING CLASSES" Brian Butler	_____	31TH4	"TAO OF SEX" Tom Gibbons
_____	16TH4	"ASKING THE BODY QUESTIONS" Nancy Joeckel "THE OLD AND NEW OF ESR" Gordon Stokes			

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SIMPLE CONTINUED

but we do experience some level of anger or fear. These are basically biochemical responses which manifest themselves in some very definite ways. In the fight/anger response, our upper torso and head become suffused with more blood than our lower body, the muscles in our neck and shoulders become very taut and tense, and our face becomes reddish in color and hot. In the flight/fear response, blood drains from our head and upper torso, our face becomes pale and legs begin to tense up to run. The extreme flight/fear response is to faint or go into shock. Thus when we have a person focus on a particular stress event we are evoking the body's priority system for survival --- which is why the arm collapses. An arm sticking out in mid air is not a survival trait.

When we use the ESR technique, we literally bring the blood flow forward and up from our survival centers to the more generalized "thinking" portions of our brain. This has the effect of reducing/erasing the particular bio-chemical trigger in relation to the stress. Some possible physical effects of ESR are: Increased visula acuity (things seem clearer - brighter),

more sensitive hearing, a lifting of "mental fog", a general sense of relaxation or lightness.

The ESR technique can be used for past, present and future stress events. The brain does not understand time or objective reality --- everything can be equally "real", including bad dreams. Thus it is possible to use the brain as a time machine to go backward or forward and make present the past and future. The technique is the same for all.

The ESR technique aids in re-balancing our emotions and releasing pent-up energy --- encourage your students to use it.

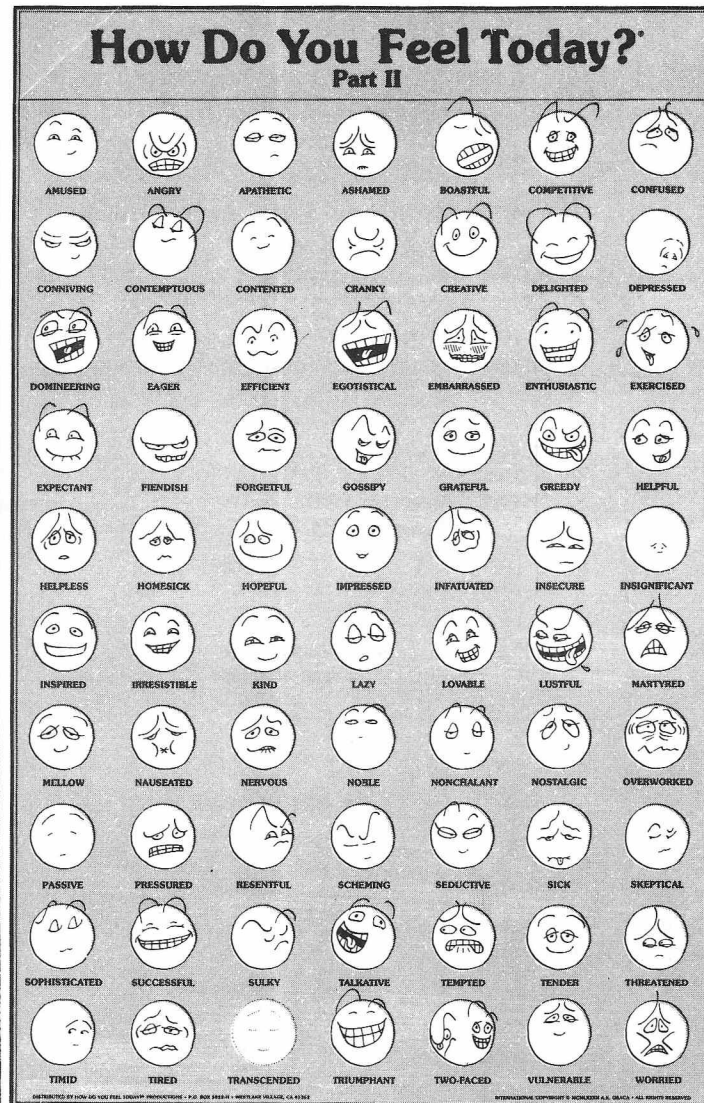
Further reading:

Selye, Hans, **THE STRESS OF LIFE**, rev. ed., McGraw-Hill, 1976 - **STRESS WITHOUT DISTRESS**, Harper & Row, 1974

Stokes, Gordon & Daniel Whiteside, **UNDER THE CODE**, Three In One Concepts, 1982

Joeckel, Nancy, **SAY YES TO STRESS**

All of the books above are available through TH Enterprises, 1200 N. Lake Ave., Pasadena, CA 91104 (818) 798-7893



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ITW TRAINERS BRUCE AND JOAN DEWE

NEW ZEALAND-AUSTRALIA

This is a letter Joan and I received from one of our TFH Instructors.

Pat Cash is a mid-fifties farmer's wife who lives in a very small town in the middle of New Zealand. She is a very unassuming lady who really doesn't think she does anything wonderful or special at all.

Joan and I are sharing her letter with you because we feel that she typifies the reason that we are in the business of sharing TFH. We also believe that she brings to fruition your dream of seeing TFH used in the system of family care and neighborhood preventive care.

Joan reminded me that Pat's mother who suffered a stroke some years ago has made remarkable progress as a result of Pat's loving care in the form of balancing her daily, teaching her cross-crawl and insisting that she use this as part of her own daily program. Grandma is made to cross-crawl march around the circular drive of the 100-year old farm homestead daily at least once!

I trust that this letter brings as much joy to your heart as it has to both Joan and myself.

Bruce & Joan Dewe

Dear Joan,

...Many thanks. I have 13 in my morning classes and 13 at night. They are going well. I do an average of 10 "balancings" a week and still find it incredible what TFH seems to do for people. My main aim is to get it into as many homes as possible so that families and friends can help each other and it is very heartening getting reports back on benefits people are having from using TFH techniques for themselves.

It was by chance that Brian saw Bruce's first advertisement in newspaper and we went to that first Fri evening

lecture. I did my first basic workshop that weekend. I have had many benefits from TFH and so have my family. All thanks to you and Bruce.

Our daughter has organized a weekend workshop in Le Kuiti and has interested quite a number of the staff from the hospital there, and our other daughter has recently done her second basic course and our grand-children are into "cross-crawl" from birth!!!

Pat Cash

LETTERS

FROM TFH ASSOCIATION

VICTORIA, AUSTRALIA

Marianne Rafferty

It's a great feeling when you can finally see that all your aspirations, goals and efforts are coming to fruition. This is how we, in the Victorian TFH Association, are feeling at the moment. It has taken several years and a great output of energy but at last things are coming together for us. TFH is on everyone's lips - from natural health care practitioner to community organizations to athletes and of course to all those in the community who are eager to take charge of their health. Our Association is in its second year and is becoming more professional. We have a network of active Instructors who are doing the Foundation and (ITW Trainer's) Bruce and Joan Dewe credit, and we are looking forward to the first Annual Meeting in Australia (Queensland) this September, followed by one in Melbourne in 1985.



Expo SUCCESS.

Name _____

Street _____

City _____ Zip _____

Phone () _____

- ☐ I am interested in classes
- ☐ I am interested in more info
- ☐ I was "Touched for Health"

WHole Life Times Expo Report 1984

The Touch for Health Foundation sponsored a demonstration booth at the Pasadena Convention Center this past June. The response from participants were not surprising as usual. They were fantastic! 17 Touch for Health Instructors balanced over 375 people during the three day expo.

Class information was made available and a free Touch for Health basic class was offered to attract interested people into the program. The promotional stickers "I've been Touched for Health" was passed out to every interested person with a ascending number on it. The lowest number at the booth is entitled to the next position available for a balancing. The suggested donation of only \$2.00 covered the booth expenses. Thanks to all who participated and if you are interested in being involved with Expos, write to the Touch for Health Foundation.

Sympathy is expressed in the passing of Elizabeth Foreman. She just refreshed from one of Gordon Stokes ITW's. She died from cancer.

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ENERGY FLOW STIMULATION

RUSLAN AND RAHAJU MORRIS

JAKARTA, INDONESIA

At last years Annual Meeting in 1983, we demonstrated Energy Flow Stimulation (EFS) technique. In this article we will review our experience in San Diego and report on further developments.

EFS is a technique which stimulates or unblocks the flow of energy throughout the body. It is simple and only takes a minute or two. The energy can be felt both by the doer and the subject. A result is fewer muscle imbalances on before and after testing.

It works like this:

1. Clasp your hands together as you read this. The hand on top is your positive hand.
2. Relax yourself, turn off your thinking, and try to feel your own energy flowing.
3. Have the subject sit or lie down, turn off his mind, and relax.
4. Hold your positive hand an inch or two above the subject's head, and your other hand (negative) an inch or so above the first one.
5. Feel the warmth between your hand and his head. Adjust the distance of your hands from the subject to the place where it feels the warmest.
6. After holding your hands above the head for a moment, slowly move them down the body to the groin, and trace the central meridian, always an inch or two above the body. As you are doing this

your hands are aware of the warmth.

7. Linger above any area where there is no warmth (an energy blockage) until it becomes warm.

8. Stop after you reach the groin area, and ask the person if he feels the energy flowing, if it is reaching his fingers and toes.

9. If the energy is not reaching the fingers and toes yet, start with your hands above his head as before, and trace the central meridian again, being alert for cold spot blockages.

10. Quickly run the central meridian from the groin to the mouth.

At the Annual Meeting we asked for volunteers to demonstrate. The results were gratifying beyond our expectations. There was a synergism which is described by Dr. John Thie in his introduction to the Touch for Health Workbook as follows:

"The more minds that work together for one purpose, the greater the chance that the universal intelligence will make that purpose hold together."

The first volunteer was tested by another volunteer - 8 of 14 muscles were out. After 2 minutes of EFS by Ruslan Morris, retesting showed all 14 muscles to be balanced. Additional volunteers went through the technique with quite good results.

How effective is EFS? We now find that if there are still muscles out of balance after EFS, it is due to one of the following: Not enough EFS, so do more, Emotional Stress, so do the TFH ESR technique and reactive muscles, so correct them.

EFS is so simple that it can be readily applied to those who have not yet taken TFH. In this respect it joins other techniques towards balancing the body.

What is EFS? While we do not

EFSCONTINUED

know for sure, it appears that we are activating the inner regulating meridian which flows from head to pelvis, connecting up the surface central and governing meridians. This may overlap at the same time as we are working the Chakras

NEWS FROM BRIAN BUTLER ITW TRAINER ENGLAND

TFH ON BRITISH T.V.?

Robert Eagle, producer of the Channel 4 television program "Well Being" attended a Touch for Health class for three hours. He came especially to see and experience food testing and TFH. He participated with enthusiasm and goodwill, and asked some basic but penetrating questions.

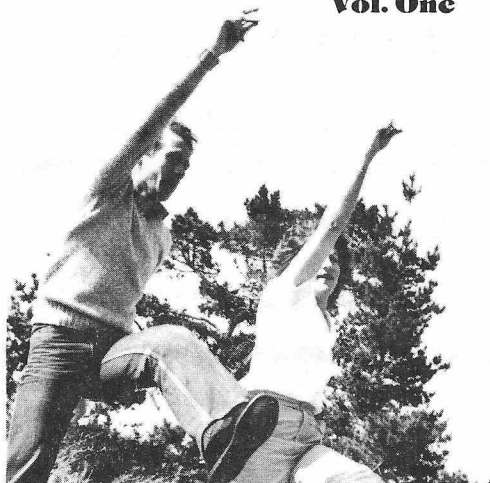
He volunteered to be balanced and tested for his reaction to various foods, and then obviously enjoyed workshopping out the various techniques. He had only seen it briefly before, humorously presented as a party trick to amuse. (A great pity!) Fortunately he had not allowed this event to prejudice his open mind to muscle testing.

It was obvious to the whole group that he thoroughly enjoyed himself and was frankly amazed at the whole procedure! Several days later I received a call to ask if I would mind being filmed for the program. So I went along and spent three busy hours filming food testing with one of the studio's staff and the presenter. I understand that the edited result may be about two minutes long which is really good when you think that many advertisements on TV are as little as 5 seconds!

The program is planned to show on an evening in April and it will feature how people deal with allergies. Robert Eagle was kind enough to say that he did not feel that this short glimpse did justice to TFH and that he may well do something else at a later date, to cover it more fully.

TUNED-UP TOUCH

Vol. One



Phillip Crockford and Patrick Clark

Songs for learning and remembering
the basics of TOUCH FOR HEALTH

— including CROSS-CRAWL MUSIC

TUNED-UP TOUCH, Vol. One

Phillip Crockford and Patrick Clark

STEREO

Here are two superb aids to learning and teaching Touch for Health. Phillip Crockford, Instructor Trainer for Touch for Health, has with the rest of the faculty, searched for and found many ways to use new learning technologies in Touch for Health classes. In his investigation of Super Learning techniques, he found the use of music greatly facilitated his student's learning abilities. Super Learning techniques are featured strongly in the new Instructor Training Workshops. The cassette tapes that Phillip developed are aimed at utilizing Super Learning and supporting beginning students and teachers of Touch for Health.

TUNED UP TOUCH is designed for basic class students to either buy from their teacher or have with the book as part of the class. Many teachers also report that they are extremely valuable as a learning aid.

TUNED UP TOUCH VOLUME I was a collaboration with Carmel, Californian musician Patrick Clark. Side 1 features



NEW AGE ODE

Sadly, those in this godless age,
Who oft ignore the timeless sage,
Who warned: learn the lessons from each page...
Or you'll repeat the self-same stage.

Instead of living as they ought,
Enthralled by wondrous powers of thought,
Enriched by ev'rything they're taught,
Fast in negativity.....caught.

Self-impressed above his station,
Darwin's mental aberration,
Is a crude abomination,
Which denies our God's creation.

Swallowed whole by gullible folk,
This stupid lie is not a joke.
Does God just laugh, as men fun poke
At what was made when The Word spoke?

How sad of men thus to reject,
The maker of a world perfect
In every detail, yet subject
To such treatment by the "elect".

Religion too's a woeful curse,
When "Christians" kill, there's nothing worse...
Unless it be words, harsh, and terse,
Rather than pure love - the reverse!

Alas! Some men are full of lust,
And do not put in God their trust,
And do not believe, as we must,
That God is love, and good and just.

This faith, worth more than any gold,
Is what stops love from growing cold,
And helps us cope as things unfold.
Which may get worse, or so I'm told.

But this is not a tale of doom,
For in this world, there's plenty room,
For lots of joy, and less of doom,
Even, or if, the end's a tomb....

Which it is not! We do not die!!
For this is just another lie,
Put out by some to make men cry,
And spend their lives, an endless sigh.

To be sad is a waste of time!
Each hour we hear our life's clock chime,
It's far better new heights to climb,
And fill our hearts with thoughts sublime.

So wear a bright smile, not a frown!
Look out and up, not in and down!
Let others play the foolish clown.
Live life wisely, and earn renown.

Let others conform to worldly ways,
As we help others through the maze,
And give them love, in turn they'll praise
The part of you that with them stays.

It really does not make much sense,
To sit ones life out on a fence.
Make life a rich experience,
And let new life today - commence!!



Brian H. Butler
Touch for Health
Instructor Trainer

PRESENTED AT THE 1984 ANNUAL MEETING

TUNED-UP TOUCHCONTINUED

the muscle dance song - a song which describe the position and range of motion of each of the 14 basic muscle tests. The next track is the Neuro-lymphatic Medley - Phillip talks a student through the front neurolymphatic points of the 14 muscles and then this is followed by Mary Marks, D.C.'s famous chant. It brings humor to the class and students report they love to do it at home with their tape. Following the Marks track is the Neurovascular Rock, a simple pop tune (which sells muscle tests well) and it describes the locations of the 14 neurovascular points, and links these locations with the names of the muscles related to each of the points. The last song on side one is called To Help Someone. This is a beautiful song written by Patrick which tells about the nature of healing and the joy of helping each other with Touch for Health.

SIDE TWO:

Is a mix of cross-crawl songs. The first one is at a very slow pace, so beginners can get the hang of it. The words describe the movements of the cross-crawl. The next track is longer, faster paced and called Cross-Crawl Disco. Once again, the lyrics describes the various cross-crawl movements, side-ways, knees up etc. Track three on side two is a lively country style song with a humorous lyric (don't grab your partner and dosie-doe 'cuz the cross-crawl isn't done quite so!") The final track on side two is called appropriately the Touch for Health song, a medium paced song with a good beat in a perfect cross-crawling tune with lyrics that fully describe some of the benefits of Touch for Health.

SIDE ONE

The Muscle Dance Song
Neuro-Lymphatic Review
Neuro-Lymphatic Medley
Neuro-Vascular Rock
To Help Someone

SIDE TWO

The Cross-Crawl Song
Left Right Disco
Cross Crawl Country
Touch for Health Song



STEPS INVOLVED IN LEVEL TWO BALANCING JUDY TURNBULL

Having just completed my first ITW in Seattle, Washington, I am looking forward to sharing Touch for Health with more and more friends and clients in the San Francisco Bay area. During the ITW a fellow student encouraged me to write up my presentation for consideration in the newsletter, so here it is. My topic is on the steps involved in a level II Touch for Health balancing since I have never been able to find a full, clear explanation of the process in the TFH text or workbook.

Steps in TFH Balancing (Level II)

1. Ask is there any reason that I should not test and is there anything that I should be aware of.
2. Explain the testing and what it is indicating about organized/dis-organized muscle response due to the flow of energy through the body meridians. Whos the range of motion and amount of light pressure you will be using to conduct the tests. Ask the person to exhale with each test.
3. Test a strong indicator muscle.
4. Check for polarity switching by testing the indicator muscle with the alternate hands. Correct with K 27's and navel rub.
5. Test for Visual Inhibition.
6. Balance, if needed, with K 27's and navel rub.
7. Retest for Visual Inhibition.
8. Test for Auricular Exercise.
9. Balance, if needed by uncurling ears.
10. Retest for Auricular Exercise.





"Anyone who sets his goals high is bound to have a certain number of failures. Babe Ruth set a record for the number of home runs hit. We tend to forget he also set a record for

strike-outs. He didn't let that worry him...he just kept on swinging for the fences."

Charles Lipscomb

This completes what might be termed the preliminary part of the balancing process. Steps #1-10 are important if someone has never been balanced before or does have problems with switching.

11. Test Supraspinatus.
12. Balance, if needed.
13. Test Teres Major.
14. Balance, if needed.
15. Test remaining 12 muscles. Note imbalances on your 5 Elements chart, but don't make corrections. Remind the person to breathe with each test. If there are lots of muscles "out" then it might be advisable to use Emotional Stress Relief points first before starting steps #11-15, again.
16. Check a strong indicator muscle.
17. Test Alarm Points with a feather-light touch. Remember you both need to breathe.
18. Note over-energy meridians on your chart.
19. Decide where to begin balancing:
 - (a) 4 Under-energy meridians in a row, use the wheel.
 - (b) Random Pattern - use 5 Elements with Yin meridians being balanced first.
 - (c) Over/under energy within the same element - use the Junction Point as given in Stokes/Whiteside's TFH 5 Element book.
20. Select method and meridian for correction.
21. Test all imbalanced muscles with the selected correction being held. That is, you would be holding the neuro-lymphatic point, neuro-vascular point, meridian beginning or end point, origin-

insertion of the muscle, or acupuncture holding points. While holding the one selected point, the imbalanced muscles being tested should now show strong.

22. Make the correction.
23. Retest all muscles and if not balanced, go back to the steps #15, 17, 19 or begin checking the associated muscles for the particular meridian(s) which is not clearing up.
24. Challenge. If muscle goes weak, stimulate the correction point and recheck.
25. Test Gaits and balance, if needed.
26. Optional, hug each other!

I hope this is helpful to others just starting out with Touch for Health II and III classes. Good Luck.



**THERESA VAN ORNUM SHARING
TFH AT A RECENT EXPO**