

**Double issue
FEB. - MARCH**

**relax and
gain health**

IN TOUCH FOR HEALTH

Looking forward to seeing you

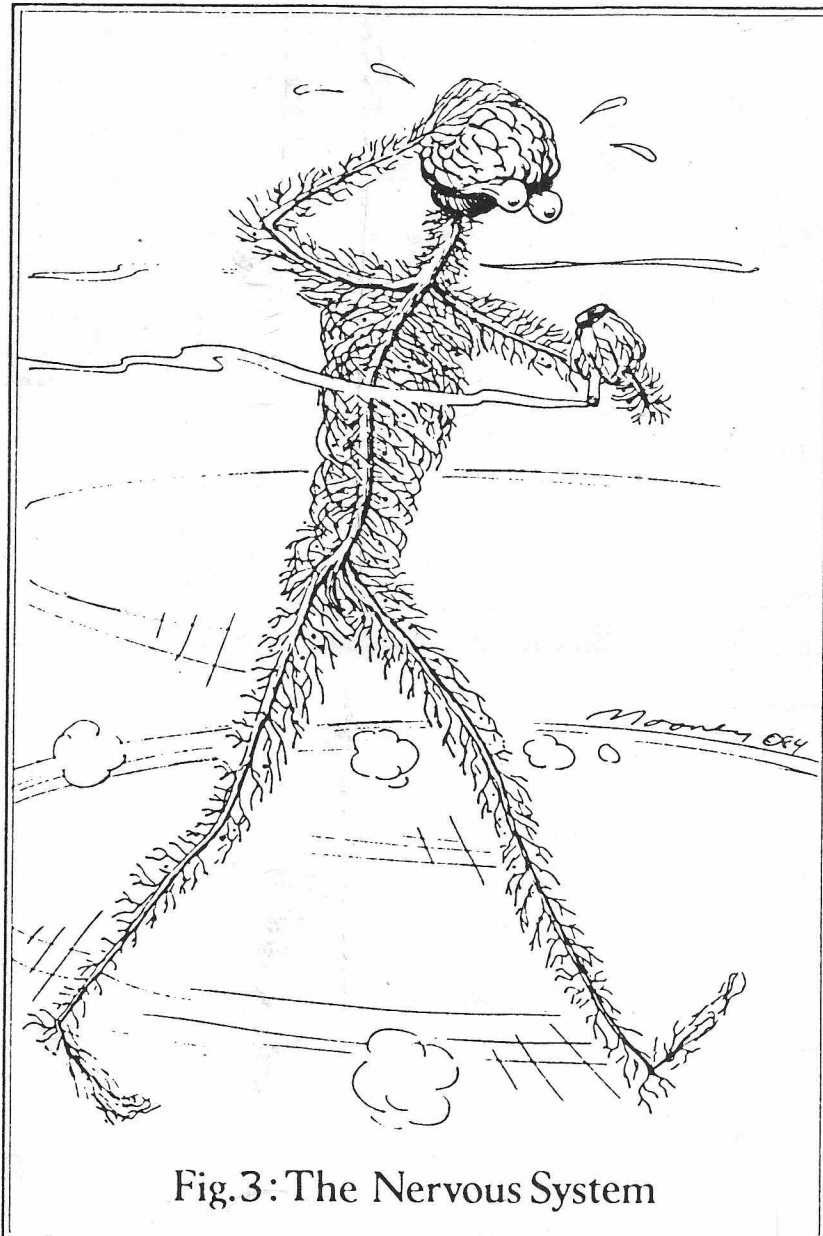


Fig.3: The Nervous System

©1984 Gerry Mooney. Reprinted with permission from Isaac Asimov's SF Magazine.

at the Annual Meeting

10TH INTERNATIONAL ANNUAL MEETING

**Touch
for
Health®**



AT THE

*University
of
San Diego,
California*

**JULY 9 - 14,
1985**

YOU CAN HELP, US TO GET
YOU THROUGH THE
REGISTRATION FASTER IF YOU
WILL TAKE CARE OF ALL THE
ANNUAL MEETING FEES PRIOR
TO JULY 1ST, 1985. THIS
WILL HELP THE FOUNDATION
HELP YOU. THANK YOU.

STRENGTH IN NUMBERS!

NURSES - Send me your
rosters of nurses taking
TFH, so we can get them to
the Annual Meeting and
have NINI (Network of
International Nursing
Issues) reach even
farther:

Ollie Euler, RN
28730 Dovernridge Drive
Rancho Palos Verdes, CA
90274 (213) 377-1391

TO ALL NURSES

Nurses can receive 20
hours of CEU's at the
Annual Meeting Update
program. (\$10 fee) Come
and enjoy the Instructor
Update requirements for
anyone who needs a brush-
up for their
certification.

LEARN

New holistic techniques, teaching skills - for educators,
health professionals, laypeople, instructors and children.
Come and meet our keynote speakers, International faculty,
Touch for Health Instructors and Members from all over the
world.

SEE AND HEAR

Distinguished members of our Board of Trustees present
inspiring and fascinating new material: Drs. John Thie,
Richard Byrne, Sheldon Deal and the International Faculty.
Gordon Stokes, Phillip Crockford, Richard Harnack, Nancy
Joeckel (USA), Coby Schassfoort (Holland), Peter Szil and
Bippan Norberg (Sweden), Jean-Francois Jaccard (French
speaking countries), Brian Butler (England), Bruce Dewe, MD
and Joan Dewe (New Zealand/Australia) and Paul Dennison, PhD
our Edu-Kinesthetics Instructor Trainer.

SHARE AND EXPERIENCE

Touch for Health experiences - learning, entertainment,
relaxation, vacation, health improvement - with new caring
friends and rejoice with old ones...

ENJOY AND RELAX...

Our talented TFH Members who have new and exciting
experiences to share. Our entertainment talent night -
zeatful singing, dancing and creative group activities such
as the moonlight cruise on the bay on a yacht.

SPEND

Many glorious hours in an isolated university setting in
beautiful sunny San Diego, California. A delightful vacation
land easily accessible by air, auto or train.

\$25 Discount if you register now or before 4/30/85
Or any new TFH Instructor who has registered by their first
Instructor Training Workshop in 1985.

There is a University off-campus charge of \$7.50 per day.
For commuters to the Annual Meeting, meals can be purchased
on campus on a cash basis.

NAME _____ PHONE(____) _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ COUNTRY _____

Conference Fee: \$158 Members of Touch for Health _____

\$195 Non-Members, Includes 1 year
Membership _____

Accommodations: \$167 Multiple Occupancy for 5 nights and 3
full meals per day. Starting with Tuesday
dinner. _____

\$209 Single Occupancy (Limited Single room
availability, so register early) for 5
nights and 3 full meals per day. Starting
with Tuesday dinner. _____

(818) 794-1181

TOTAL ENCLOSED: _____

Enclose a \$25 no-refundable deposit today and mail to:

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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.

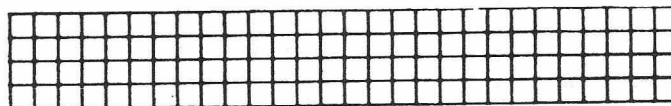
The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan, Apr, June and Nov. Foundation membership also includes subscription to the 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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IN TOUCH FOR HEALTH

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If a little knowledge is dangerous,
where is the man who has so much as
to be out of danger?

Thomas Henry Huxley

JOHN THIE, D.C.

TOUCH FOR HEALTH IS ...



10th Annual Touch For Health Conference
July 1985
"Touch for Health is..."

Touch for Health is people: people improving social, mental, physical, intellectual, chemical and physiological well being. Touch For Health is the ideas of people who have contributed to acupuncture touch and massage to improve the postural balance and reduce physical and mental pain and tension. Touch for Health is not a static group of techniques but a blossoming group of people who help each other.

Touch for Health is an ever growing body of people who are using their own body's energy to maximize their own health and the health of their loved ones. Touch For Health has become a way of life for many people. I, for one am one of those people, who use the same strengthening techniques as are taught in the basic classes in my own clinical practice. When I receive referrals of difficult problems that come from Touch for Health Instructors, members of International College of Applied Kinesiology (ICAK), and others using muscle testing methods, I still start with the basics. The doctors in Thie Chiropractic begin each examination with the same basic balancing that you use. The human body needs to use its own energy to heal itself. Touch for Health is that group of people who know how to release this energy. One of the tasks of Touch for Health is to spread the word on having more people learn these basic techniques. Therefore, Touch For Health is teaching.

You may want to know things that are said to be "beyond Touch for Health". Touch For Health is stretching the potential in one's mind and abilities as well as the potential of our health. The Touch For Health Annual Meeting is sharing a vast amount of information that is on the cutting edge of natural healing. Come and learn more: more about the essential basic balancing and more about the human body. Fine tuning the basics allows a greater understanding of the expanded knowledge.

One of the main objects of Touch for Health is, is to open ourselves to receive the healing spiritual power for ourselves as a channel for others.

Touch for Health is unlimited in its potential. Come to the Annual Meeting and share what you are doing. Be an active part of what Touch for Health is!

Some of the exciting things that are happening around the Touch For Health community are that

Warren Jacobs, M.D. utilized some Touch for Health techniques in his practice and got great results with very difficult cases. Instructor Donna Eden had him in one of her TFH classes. You will be able to read about his successes with his unique way of utilizing Touch for Health in medical practice in the next Touch For Health Times.

Instructor Trainer Brian Butler has just had the Touch for Health book printed in England. This will eventually result in lower costs for the people learning TFH and quicker response time for new books to be delivered to Instructors there. The people of England will benefit greatly. Congratulations Brian and thank you for all your efforts. We love you. You may want to know that Brian has the longest tenure as an overseas faculty member. He will be presenting at the 1985 Annual meeting and I am looking forward to his insights and enthusiasm.

Touch for Health is also being published in Australia due to the efforts of Tom Whitten and Back Row Press Publishers. Phillip Rafferty has done an outstanding job in reproducing the TFH reference chart, Acupressure-/Meridian chart, Color for Health book, Five Element book, and the TFH Five element chart. These people are doing an outstanding job of sharing the help that Touch for Health can give. The 1st Annual Meeting of the Australian TFH Associations was held in October and all reports herald it as a tremendous success. The New Zealanders have just accomplished the 3rd Annual Meeting. My special thanks to the excellent and loyal leadership of Bruce and Joan Dewe,

SEE TFH IS...PAGE 4

TOUCH FOR HEALTH IS ...



CONTINUED

our faculty members from New Zealand. They really have pioneered the path for great things to happen down under. Bruce Dewe, a medical doctor could be doing so many other things successfully as the brilliant physician that he is, but he chooses to help lay people and professionals learn Touch for Health --- A special appreciation to Bruce and to his lovely wife Joan.

You may want to refresh at a very special ITW. Brian Butler and Bruce Dewe will be doing the training at the San Diego, ITW just prior to the Annual Meeting. Many TFH staff members have said they sure would like to be in that ITW.

Coby Schasfoort has had her first ITW's since becoming a faculty member for the Dutch speaking people. Congratulations! Coby is a public health nurse and faculty member of nursing facilities in Holland. She is an outstanding person who utilizes Touch for Health in her private nursing practice as well as being our faculty member.

Also since the last Annual Meeting, Jean Francois Jaccard has taught the first ITW for the "Francophone people". (Jean Francois has coined Francophone to be the network of Touch For Healthers in France and Switzerland). Almost all the Touch for Health material is available in French thanks to the efforts of this Holistic practitioner in Switzerland. Jean Francois is our faculty representative for the French speaking people of the world. We look forward to his presentation at the 1935 Annual Meeting.

Phillip Crockford has been in Brazil fulfilling the final requirements for Jose and Henny Moniz de Aragao to be the faculty members in Brazil. They had their first ITW in that country and Touch for Health in Portuguese is now in existence. Phillip says that the people in that ITW were extremely well qualified and will be excellent teachers of Touch for Health. Jose and Henny will be presenting at the Annual Meeting also.

As you can see Touch For Health

is truly International. I urge you to submit your presentations early so that they can be published in the Annual Journal. Be sure to read the directions for submission as our editor, Kim Vieira, has made some special guidelines. (Call for Papers, Special Bulletin newsletter).

One final note, it is with regret that our board of directors has accepted the resignation of one of our first Instructor Trainers of the touch For Health foundation, Gordon Stokes. He has been our trainer for trainers, our perspective when all perspective seemed lost, our friend, our teacher - for many Touch For Health is Gordon Stokes and his listening, his gentleness, his being there. We will miss him. I will miss him. I wish him well in his new endeavors. I hope that you will help join in the tribute to all he has given to Touch For Health at this annual meeting.

John F. Thie, D.C.



Looking forward to seeing you at the Annual Meeting

Dear Touch for Health Friend:

I am the 1985 awards chairperson for the Touch for Health Annual Meeting this July at the University of San Diego. It is important that my committee single out for recognition instructors or other members who have attained exceptional accomplishments with TFH. The Foundation has records of rosters of all the classes given by Instructors. The bookstore keeps tract of the number of books they purchase but, many times there are Instructors that put in many hours of their time into new, inovative ways of using TFH. We wish to honor those who have given so much, by promoting TFH as a humanitarian service.

As a TFH Instructor, you can be of great assistance to us if you are aware of any graduate who fits into any of the categories listed below. If necessary please duplicate this form and send me your nominations. You may even nominate yourself, but please help so my committee can evaluate the deserving TFH recipient.

May health be with you always,

Idelle Weissenberg

Out off Awards Chairperson

here

AWARDS NOMINATION FORM

I nominate _____, for an award for one or more of the following reasons.

_____ Worker in public service, schools, hospitals etc., using TFH (short explanation)

_____ Has been responsible for written material, papers, book(s), or articles that have reached the public eye. (short explanation)

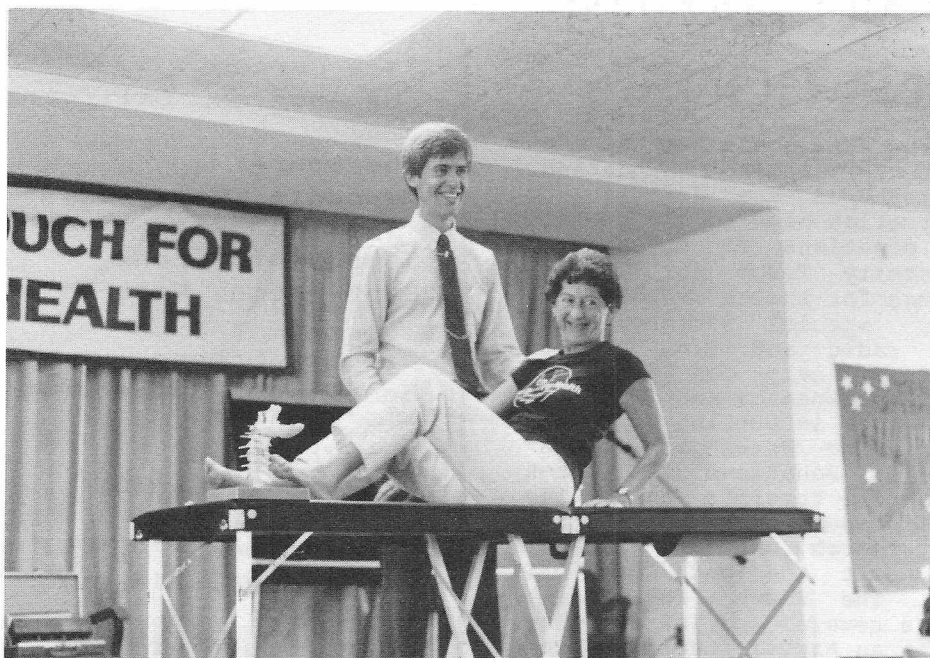
_____ Lectured or taught extensively to promote TFH in or outside the community. (Short explanation)

_____ Any other award potential, not mentioned above. (short explanation)

Mail to: Idelle Weissenberg
7296 Caminto Carlotta
San Diego, CA 92120
USA



HONORING OUR OWN. Receiving an achievement award from Dr. Thie, Jean Bonde, R.N. is doing outstanding work in the field of substance abuse. We look forward to her report at the 1985 Annual Meeting.



Dr. Michael Allen demonstrating
on Instructor Elly Wagner

***INSTRUCTOR UPDATE* JUNE 7,8&9 1985**

DAY I

REVIEW OF 42 MUSCLES:
---origins & insertions
---actions
---test positions

STRENGTHENING POINTS THEORY & LOCATION
---Neuro-lymphatics
---Neuro-vasculars

SPECIAL MUSCLE TECHNIQUES
---Origin/Insertion technique to balance the body
---Strengthening/weakening technique to rehabilitate injured muscles

DAY III

TEACHING/PRESENTATION SKILLS & MODELS
---Presentation styles
---Curriculum for TFH I, II, & III
---Using accelerated learning in your classes
---"Sizing up" your class for a more successful teaching experience

REVIEW OF COMMUNICATION & TEACHING SKILLS
---Using active listening to answer the "real" question
---Structures of communication

MARKETING & LOGISTICS

DAY II

REVIEW OF ACUPRESSURE THEORY:
---Meridians: location, massage & meaning
---Over/Under Energy
---Alarm Point location
---Acupressure holding point theory
---5 Elements: theory & balancing

EMOTIONAL STRESS RELEASE
---Theory behind ESR
---Special applications of ESR to:
--accidents
--past trauma
--future events
--acquiring the positive

COST: \$175 for complete workshop
\$75 per day for partial workshop (please specify days)

Non-members must pay membership before or on day of workshop.

ANYONE REGISTERING FOR SATURDAY ONLY, MUST BE ABLE TO TEST ALL 42 MUSCLES & BALANCE WITHIN 30 MINUTES MAXIMUM.

(818) 794-1181

TOUCH FOR HEALTH FOUNDATION
1174 North Lake Avenue
Pasadena, California 91104

HELPING HANDS DONATIONS

Donations serves many needs for the non-profit Touch for Health Foundation. Touch for Health uses the donations to continue information back to the public. Thanks to the donations we are able to do: The quarterly Touch for Health Times, In Touch for Health newsletter, expo booths, special workshop advertisements, radio and T.V. productions. Donations help pay for the overhead, faculty expenses and all the support that goes in putting together Instructor Training Workshops (ITW's) around the world. Donations are often earmarked toward a specific goal. The Touch for Health Foundation has special accounts for research, one of which is to help support the work of Dr. Sheldon Deal. The Touch for Health Foundation has several special workshop funds. There is an Annual Meeting fund in which there is a special account to help finance members who could not otherwise come to the Annual Meeting. Just last year we opened a computer fund. Our goal is to purchase a computer system to help the Foundation in its data collecting. We have a scholarship fund which is applied toward the tuition of deserving people who could otherwise not afford to take the Instructor Training Workshops.

We don't wish anyone to give us money because we are in need. We have found that those who give get back many fold. The instructors who donate a portion of the proceeds from their classes seem to have bigger classes and/or classes with greater results, those who use Touch For Health get healthier and feel more of a part of the foundation and all the good work that it does. We want you to get the most out of your life and be a part of the life that Touch For Health can contribute and enrich.

We will miss one of our very active Instructors, Janet Youmans, RN, who recently passed away after a long illness with cancer. Janet was instrumental in getting TFH in several junior colleges. Her contributions in TFH to so many in her life will be remembered and missed.

Jack Caraco
Los Angeles, California

Sue Bohrer
Leucadia, California

John Henry Stone
Huntington, West Virginia

Gregory Stonne
San Diego, California

Ken Thompson
Brea, California

Carol Albee
Florissant, Missouri

Irene Gauthier
Southfield, Michigan

K. Joy Bradley
San Jose, California

Elly Wagner
Westlake, California

Helga Brandt (twice)
Menlo Park, California

Morris Knapp
10% of all his classes
Champaign, Illinois

Marjorie Ragon (twice)
San Bernardino, California

Julie French
10% of her class
San Carlos, California

Kim & Alice Vieira
Eagle Rock, California

Joan Voors
and each participant from her
basic class
Haarlem, The Netherlands

Special Personal Donations

Lorraine, Darrell & Marjorie Osborne,
in memory of Arthur M. Osborne

THE E-K CORNER

PAUL DENNISON PH.D.

AND GAIL HARGROVE

Homolateral Muscle Correction Makes the Critical Difference

Those of us who are using Dennison Laterality Repatterning are aware of the transformational nature of this important correction. Daily reports from teachers in schools across the nation confirm that Dennison Laterality Repatterning is essential to eliminating dyslexia symptoms, such as reversals and transpositions, in children's reading and writing. It is a conservative estimate that better than 80% of our students, adult and child alike, benefit by the elimination of stress when performing bilateral activities (such as walking, running, swimming, reading, writing, just to name a few), when guided toward hemispheric integration through Dennison Laterality Repatterning. We believe that stress, defined as a weak indicator muscle when imagining or doing a particular activity, is eliminated and learning abilities are maximized when people test strong on X and cross crawl and test weak on ll and homolateral crawl. We who work with E-K believe that Dennison Laterality Repatterning is one of the best gifts we can give to another person, when they are ready to accept it!

Building on this fantastic foundation, the homolateral muscle correction is making the critical difference for many people. In one of our more recent E-K sessions, a technique which evolved from Dennison Laterality Repatterning, homolateral muscle correction touches an even deeper level of integration and assures more changes. We see people roll off the balancing table with improved posture, facial muscles relaxed, and a new ease of movement never experienced before. People exclaim, "I feel so light!" "It's so easy to move!" "My pain is gone!" Often, chronically weak or reactive muscles are strong for the first time, as they now respond to signals from both brains, instead of only one hemisphere at one time. The stiff or rigid posture softens up; the loose, ungrounded, or collapsing posture suddenly supports itself without external muscular conflict.

Bernice is a typical example of the homolateral muscle correction in action. A basic E-K class graduate, Bernice volunteered to be balanced for reading during her advanced training. She began to read aloud for us, "It is

so...it is so....," then burst into tears of frustration. Here she was, a professional educator in front of her peers, unable to visually cross the midline with her eyes, without switching off the gestalt, movement brain. A diagnosed dyslexic since childhood, she verified that she had to read everything word by word, pointing with her finger. It often took two readings to understand the meaning of what she read. In E-K we know this syndrome well. The first reading is for the language brain to decode the words; the second reading is for the gestalt brain to get the whole picture and make associations with previous experience.

Bernice had already done Dennison Laterality Repatterning in her basic class, so she was strong on X and weak on ll. Using the priority system, we moved from one correctional realm to the next, delighted with the unfoldment of her unique adventure. With Touch for Health muscle tests, we discovered many homolateral muscles in her upper back and shoulders - a brain/body homeostasis which, in her case, resulted in chronic back and neck pain, as well as severe learning disabilities. After a few minutes of repatterning, all her muscles tested strong on X and weak on ll. As is usually the case, all her muscles were stronger than ever - as whole brain strength and energy flow is much stronger and locked in than "one brain at a time" strength! Bernice stood up with ease and grace and read smoothly and beautifully, without visual stress. She was immediately able to understand what she had read and was able to explain it in her own words. This time, when she wept, she shed tears of joy!

E-K is effective because it works in accord with neurological development, as

SEE E-K PAGE 10

T.E.N.

Persons wishing to be in on the Touch for Health Edu-Kinesthetics Network (the purpose of which is to disseminate reports, studies, and information on research and progress using TFH and EK in schools and/or for learning) may inquire about this by writing Joy Lindsey, P.O. Box #0, Tarzana, California, 91356 or call 818/996-3299

KEEPING IN Touch

WAYS TO GIVE TO THE TOUCH FOR HEALTH FOUNDATION

There are many ways to make a gift to the Touch for Health Foundation just as there are many financial circumstances among friends of TFH.

Your concern for the Foundation can be translated into a substantial gift by choosing one or a combination of methods of giving which best suit your own financial situation. These various ways include:

Cash

This is the most common method of giving, usually in the form of a check. Sometimes there is a tax reason for using cash, since it is fully deductible, but generally it is the simplest way to make a gift.

Securities

Marketable securities, stocks or bonds, those listed on an active stock exchange, are attractive both to the donor and the Foundation. Often overlooked by donors, they can offer the same important income advantages as gifts of cash, especially when they qualify as appreciated long-term capital gain property. They are also easy gifts to value and transfer.

Corporate Gifts

Corporate Foundation gifts often allow a donor to make a more substantial contribution than may be possible otherwise. They also can be given in conjunction with a personal gift, again permitting a larger donation than either one alone. Many companies have programs which match or multiply an employee's charitable gift.

Please help Touch for Health to continue

Real Estate

Real estate, either that which could be put to good use by the Foundation because of its location or offers tax benefits to the donor because it has appreciated in value, is an increasingly popular method of giving. Similar to appreciated securities, if a gift of real estate qualifies as long-term capital gain property, its full value can be deducted and capital gain tax on the appreciation avoided. A home may also be given to TFHF, with the donor retaining life tenancy.

Life Insurance

Gifts of life insurance policies, subject to various tax restrictions, can be a way of making a much larger gift than might otherwise be feasible. There are a number of methods available, but frequently the one chosen involves a new policy on the donor's life, with TFHF as the owner and beneficiary. Because the TFHF would own the policy, the donor could deduct the annual premiums from his or her income taxes. Existing or paid-up policies also may be used as tax deductible gifts.

Bequests

Many friends of TFHF have chosen to honor the memory of deceased relatives and friends with a tribute that also serves the living. Bequests can be designated for specific purposes or simply as unrestricted gifts.

More information on giving methods above can be obtained by contacting the Touch for Health Foundation, 1174 N. Lake Avenue, Pasadena, California, 91104, Telephone (818) 794-1181. As a prospective donor your donation means much to keeping Touch for Health information successful throughout the world.

You are also advised to consult your legal counsel and or financial advisors about your own particular circumstances.

E-K CONTINUED

nature intended it for those human beings who are provided with optimal readiness experiences for learning with the whole brain. E-K techniques are producing sound results in re-educating the brain's integrative process. It is literally true, as thousands of E-K graduates are discovering, that one must crawl before one walks!

A PROPOSAL

Dear Staff and Members,

I've been wanting to write for sometime now to let you know how very much I appreciate all your hard efforts in keeping the Foundation running so smoothly. Your willing attitude to help one another when need be, love and concern shown to all. Some days you may wonder if its all worth it but believe me what you do hasn't gone unnoticed.

Because of the extra expense for those coming from abroad, I would like to start up a special fund for all those coming to the Annual Meeting this year in helping to lighten the load so more can come and enjoy the Annual Meeting. Enclosed is a check to start the ball rolling for 1985. If we all keep in mind there is 'more joy in giving than receiving' we will have a joyous 1985 Annual Meeting for all.

And believe it or not you're training me well, as I'm not only sending my membership dues in but a class roster besides. Now that ought to make a happy new year for you.

Keep up the good work and remember we're pulling together as we.....-Keep in Touch,

Marlene Smith
Colorado

ENERGY COMMITTEE ...

Hello there!

This is just a quick note to let you know of the good things we of the Energy Committee have planned for this years July 9th to the 14th Annual Meeting for Touch for Health.

One exciting plan we have is to have host/hostesses in the balancing room directing those that want to be balanced with those that want to balance and vice versa, that way maybe everyone will have more energy to spare or share.

We will be looking for those people who want to help out in this area to sign up or let us know by verbal or written communication. Hopefully there will be a sign up board out front of the balancing room for all who want to help in pairing others together and answer questions in the balancing room. It is mainly to give people direction and a sense of security that someone is there to help.

So please keep this in mind if you've been wanting to participate in the function of the meetings. We can always use all the help we can get. Please let us know as soon as possible if you are interested in helping. Just remember that no time is to late to help.

Another area that will be different by name and new by game is what was once called core groups. These will now be called TOGETHERNESS GROUPS.

Our goal for the TOGETHERNESS GROUPS is to be fun and exciting for everyone. Therefore we have come up with some ideas to bring people together and are looking for more input from all of you. So please bring your ideas to these groups at the Annual Meeting.

Some of the suggested ideas already given are:

Skits, Songs, Crosscrawls, Aerobics, Dance, Drama, Presentations, Demonstrations, Charade, Stories, Stretching, Meridian Lifts, etc.

TFH IS SHARING





HYPERTON - X

The Touch for Health is presenting Frank Mahony in a special workshop called Hyperton-X. This is a new concept developed by Frank, based on his work with the learning impaired and with gifted athletes. Frank has found a definite relationship between hypertonic muscles and mental and physical performance. Hyperetonus is caused by the spindel cell and Golgi proprioceptors being in a confused state, trying to protect the muscle from injury. This jammes the electrical circuits, confuses neurological signals and disorganizes the systems of the body. Release of key hypertonic muscles stimulates cerebral spinal fluid and enhances the performance of the endocrine system, resulting in whole brain integration and improved physical and mental performance. The results according to Frank Mahony are immediate and often profound.

April 20-21, 1985 9:00 am - 4:30 pm

Cost: \$170 at the door. If you pre-register it is only \$150. Send a deposit of \$25 to the class location: The Touch for Health Foundation
1174 N. Lake Ave.
Pasadena, CA 91104

Dear TFH Instructor-Member,

Become an Instructor Training Workshop Sponsor! Have you always wanted an ITW in your area but did not know how to go about it?

The Touch for Health Foundation has a Sponsor Agreement so you can be in charge of this special workshop and be rewarded financially for doing so. If you feel that you can be the one to pick a site and help fill the workshop the rewards will help the TFH movement as well as yourself. Please write or call for the "ITW Sponsor Agreement".

California State Department of Education
OFFICE OF PRIVATE POSTSECONDARY EDUCATION

Course Approval

INDEPENDENT EDU-KINESTHETIC INSTRUCTOR

BECOME A CERTIFIED INDEPENDENT EDU-KINESTHETIC INSTRUCTOR
ADVANCED EDU-KINESTHETICS (EK)

In the (EK) Advanced Edu-Kinesthetic Workshop (28 hours), candidates for the state-approved certification having completed study in (EK II), or Edu-Kinesthetics class II, will learn to present and demonstrate all the EK II skills. In the process, students will practice and experience problem solving, emphasis is on learning personal and group interaction, communication skills and effective class organization for teaching others.

The Advanced EK Workshop enables you to share new learning and body awareness techniques. Educators, health professionals and the layman are already using these techniques in their occupation and or towards their vocation.

Thursday Registration 8-8:30 am
Thursday through Sunday class 9 am-4 pm daily

EK INSTRUCTOR - INTEGRATED PERSON WORKSHOPS

PASADENA, CALIFORNIA

May 16-19
November 7-10

SAN DIEGO, CALIFORNIA

Monday through Thursday class 9 am-4 pm daily

July 15-18

COURSE: Advanced Edu-Kinesthetics Workshop

OBJECTIVE: Independent Edu-Kinesthetics Instructor

DESCRIPTION: The students learn how to present and demonstrate Edu-Kinesthetic skills. In the process they practice problem solving of the more difficult areas of dyslexia correction.

Teaching and learning is easy and natural due to the dynamics of muscle testing modeled by the

SEE NEW COURSE PAGE 13

by Michael Lebowitz, D.C.

"Body Mechanics" is a self-help manual for you to help your family, friends, yourself, and possibly patients to achieve an optimum state of health. This book, unlike most others, traces your health problems back to their causes. It shows you how to recognize the first signs and symptoms of problems that 20 years from now may turn into a chronic debilitating disease like arthritis, diabetes, cancer, etc.

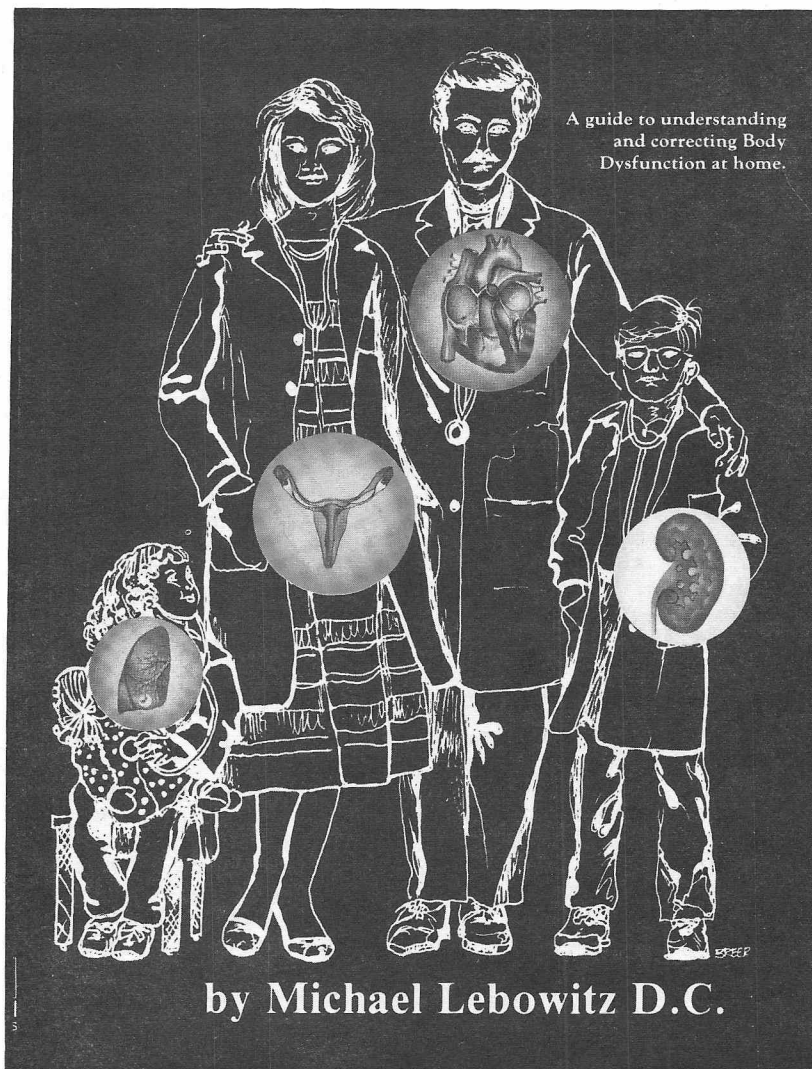
The physiology of the human body is explained in a way that you will understand the processes behind the disease states and why certain unhealthful practices cause diseases. Simple tests you can do at home to help you get a clearer picture of the health of every organ and gland in your body are given with easy-to-follow directions and photographs.

Simple natural remedies to correct and prevent body dysfunction are given in detail so you can put yourself on a health-maintaining or health-restoring program.

The book is somewhat technical at times, but with careful study the layperson will come through with a clear understanding of health and how to achieve it. The professional will find much valuable information on causes of disease processes and many simple tests and remedies to add to existing regimens.

Dr. Lebowitz is a summa cum laude graduate of Western States Chiropractic College, and has spent the last four years in practice and careful study of the systems of the body. He has used the techniques in this book successfully to treat many chronic cases that were not able to be helped with traditional approaches.

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NEW COURSE CONTINUED

Touch for Health Foundation this year. So add another vocational skill in addition to being a TFH Instructor. Become a certified EK Instructor through the Foundation.

The Advanced E-K or E-K Instructor Training course is personally taught by our faculty member and author Paul Dennison, Ph.D. Joining Paul is Touch for Health Instructor Gail Hargrove. Paul and Gail are able to help you discover how "hidden blocks" to learning inhibit your creativity, your children's ability to learn and your students "apathy" are all part of a reversible process. Years of frustration can be removed as you discover how to "switch-on" your abilities and help others to grow.

Call the Touch for Health Foundation for details.

Dates:

May 16-May 19

July 15-July 18 (San Diego Annual Meeting)

November 7-November 10

A new approach for the ITW!

Yes the core of TFH has a new style. While continuing to hold TFH Instructor Training Workshops once a month at the Foundation we will be arranging a "semester" style course of the ITW. April to June for two evenings a week to take the ITW. Tuition is \$550 for the 10 week course.

To all Touch for Healthers, Pasadena, California and surrounding areas.

Occasionally, we get requests from students of our workshops needing a place to stay besides expensive motels. In fact we got several calls from out of the country for this arrangement. We are asking for help from you in this matter. If you have an extra room that you are willing to rent for a minimal fee, or even space on the floor, we are sure they will supply their own sleeping bags. We would appreciate you contacting the Foundation. This could also provide you with the experience of another first timer not to mention the exchange of balancings from the incredible ITW. Reach out and touch someone.

UNIVERSITY OF WISCONSIN - Superior



DR. RUSSELL F. SMILEY
Associate Professor
Coordinator of Health
Touch for Health Instructor

Department of Health
Physical Education & Athletics
Superior, Wisconsin 54880

Office: (715) 394-8513
Home: (715) 394-9482

We want to share with you and other Touch for Healthers a major win we had, and are continuing to have with the teaching of our last two TFH classes. What we have observed still has us shaking our heads in disbelief. To be more specific, the students learned the course material more easily and more rapidly than any previous TFH class we have taught over the past 4 years.

Even more amazing was the confidence students displayed in correctly performing the muscle tests. The second time the first class did a complete rebalance 5 of 7 pairs completed the "balance as you go" within 25 minutes. One pair finished in 13 minutes. In the other class which was taught at the University of Wisconsin Superior, and meets for 11 weeks for 22 hours, the results were even more astonishing to us. At the end of the 6th week (12 hours) the entire class could complete a 14 muscle rebalance using "The Wheel". I observed one freshman student demonstrating, instructing and then rebalancing 4 of her peers with patterns on "The Wheel". There was even a 3 week holiday break between the 3rd and 4th class session!!! In the past, retention dropped off over vacation, but not this year. Why the big difference from earlier classes? What did we do differently? The only new thing we did was play 2 SCWL Subliminal Technique Programs (audio tapes)... "Self Confidence" and "Memory". We played these programs both as background and simultaneously with music. Since we had used a number of the subliminal programs at home with very positive results, we figured why not use a couple of tapes in our TFH classes. We believe we have a duty and responsibility to serve our students and help them to learn the material more

SEE "A WIN" PAGE 14

Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information upon it.

Samuel Johnson

"A WIN" CONTINUED

easily and effectively. We were surprised at how impactful the tapes appear to be on student learning.

We would be interested in hearing from other Instructors who have used any programs of the subliminal nature with their classes as there are a number of manufacturers of subliminal tapes available on the market. We have a preference to the SCWL Subliminal Technique by Midwest Research as these tapes have qualities not available in other subliminal tapes. We'll keep you posted on new developments. Feel free to give our names and address to other TFH Instructors for questions and information.

Hugs and Love,

Russ & Camie



CONGRATS

We have been pretty busy as you can see from the photo.

Yes, we finally did it! And it was great. Its' been ten whole days now. And they said it wouldn't last!
Love Fay Ferris-Stricherz and Dr. Mathias Stricherz

Marriages.....

Things have been great, doing kinesiology up to about 6 hours daily. Its' wonderful! Oh! Getting married to my chiropractor.

Kristin Campbell

ISRAEL



זאב בולגר

רח' השקדים 13/2
קרית טבעון 36000
טל. 932444-04

Dear John Thie,

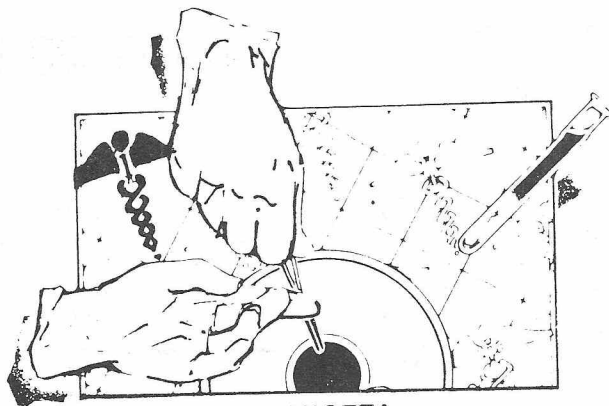
Thank you very much indeed for your warm personal letter of appreciation. I am so happy to know that you have received positive feedback about our work in Israel - when I say "our", I am thinking of my work for Touch for Health as a partnership with you and with the many dedicated workers that you have inspired all over the world. I will treasure your letter as a lasting reminder of our shared achievements and aims.

Teaching is going ahead again in healthy bounds to my great satisfaction. Yesterday we completed another basic workshop in Tel Aviv (the second basic course this year) and most of the pupils signed on for the advanced course at the end of the month. This will probably bring the number of people awaiting TFH III to the right number for a workshop. It looks as if my dream of holding an intensive residential seminar including TFH I-III also will come true this year. I am continuously impressed by the enthusiasm that TFH brings to students, newcomers and oldtimers alike. TFH is truly a great opportunity for bringing people to better awareness of posture, energy, relief of pain, and health.

I have noticed an increasing number of sports people (and of medical and paramedical professionals) among our students, and I am now getting ready to make an intensive effort to strengthen the contacts that Idelle Weissenberg (San Diego, Instructor) was so successful in making during her last year's visit to Israel.

Keeping in Touch,

Leslie K. Bolgar



JUDY PAGNOTTA

Network of International Nursing Issues

NINI News

Judy Pagnotta

Touch for Health is a marvelous tool for maintenance of good health and prevention of illness, but as Instructors of nurses we are constantly asked by the nursing community how to use these techniques in the treatment of illness. How can Touch for Health be used in the hospital, nursing home, by visiting nurses, public health nurses, and where ever else nurses may be interacting with patients. One of the main goals of NINI is to share the ways different nurses use Touch for Health professionally.

We had some new ideas surface last July at the Annual Meeting, so get your pencils ready. One private duty nurse found that running the kidney and bladder meridians helped make the catheterization of her male patient much easier on him. He was apparently paralyzed and catheters were part of his daily routine, and had become very difficult for him. Holding the frontal eminences helps control headaches, and when used with deep breathing, controls nausea. In fact, you can use muscle testing to see whether nose or mouth breathing will be most effective for a patient with nausea. Running the central meridian while the patient dangles prior to ambulating will help him to walk.

The following techniques have been mentioned in previous years, but for those of you who are new, I will include them. It is often easier to do a meridian massage on a bedridden patient than a 14 muscle balancing and the results are similar. The patient gets balanced. Running a particular meridian related to a diagnosis several times a shift seems beneficial, such as the lung meridian for chronic or acute lung disorders, or the heart and CX meridians for coronary problems, etc. ESR helps calm a patient facing some new procedure, surgery or whatever. You can help that patient visualize and/or understand the procedure, thus erasing much of the fear. You can also use ESR

to help calm someone who is showing an abnormal EKG and in several cases that I know of, this has caused improvement on the monitor tracing.

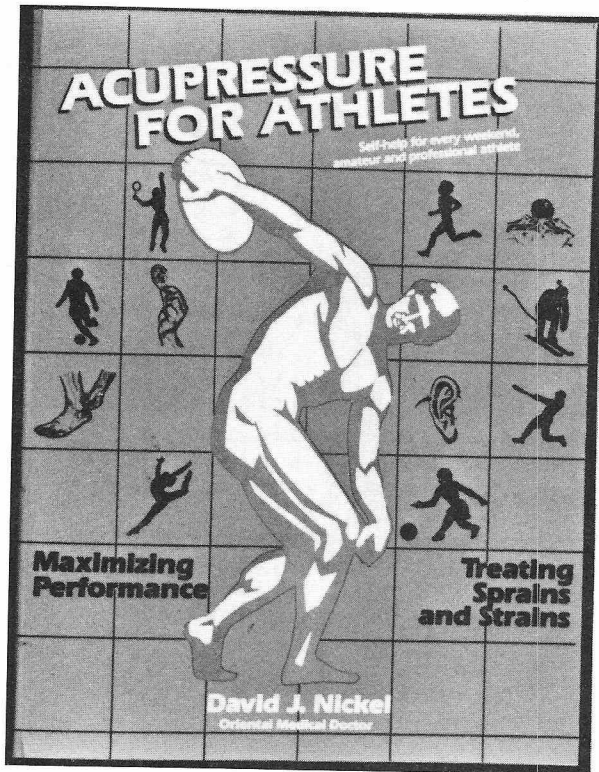
One of the things we should emphasize when dealing with professional nurses is the tools we have in Touch for Health to keep the practitioner healthy, such as ESR for the stress levels of the nurse. This is one of the greatest benefits I have found. I can keep myself tuned in and am therefore much more able to deal with whatever the day brings me. I am much more useful to my patients.

Hope these tips have caused you to start thinking. When you come up with some more ideas, let me know. This valuable information needs to be shared, and that's what NINI is all about.

The 1985 Annual Meeting Theme submitted by Instructor Trainer Gordon Stokes will beTOUCH FOR HEALTH IS...



GOOD FUN AT THE ANNUAL MEETING
WITH CAROL HITZ & ILA GERDING



Acupressure for Athletes gives self-help.

Athletes and fitness enthusiasts now can treat most of their own common sports injuries, such as sprains and strains, simply by pressing certain sensitive points on the body, hand or ear.

Dozens of safe, simple, do-it-yourself acupressure treatments are outlined, sport by sport, in the new book, *Acupressure for Athletes: Self-Help for Every Weekend, Amateur and Professional Athlete*, by a long time Touch for Health Instructor and now doctor of acupuncture, Dr. David Nickel.

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BILLS, BILLS, BILLS

There are a lot of legislative bills going before our government that many good people have been sending to the TFH Foundation. The Claude Pepper bill on "quackery" outside the medical profession has been the most popular. There are other strike force bills against "holistic health techniques". We know that you know where we stand on all these issues. Unfortunately, the Touch for Health Foundation is not able to take action by law. The Foundation is a not-for-profit organization which is "unable to influence legislation". So please understand our position and let's keep TFH techniques working out there!

The Third Annual Los Angeles Whole Life Expo

The Touch for Health Foundation is going all out at the next Whole Life Expo May 31st, June 1 and 2 at the Pasadena Conference Center. The Foundation has purchased a booth along with the TH Enterprises Store and a first, the Thie Chiropractic Clinic. The Clinic will staff their booth with doctors doing posture evaluations. The TH Enterprises Store will be offering several of the best alternative health book selections and of course, Touch for Health books and charts. The Foundation is in need of volunteers who will be able to offer experiential TFH balancings. We will be asking for a donation of \$2.00 to help cover the expenses from those you balance. If you are interested we would love to send you the details. So come see the expo free and practice your skills as a TFH Instructor!

A FAIR

Letters:

I did a fair in Port McNiel and demonstrated TFH. 50 cents for 14 muscle and \$1.00 for more.

I had them three deep waiting for their turn. It more than paid for the booth. 26 people the first day and 36 the second day. I got 54 names of people who are interested in taking a class and its' a small fishing village. Looking forward to setting up this next class there. The people are so nice. Yours truly,

Pat Hafley
B.C., Canada

BROKEN ARM EXPERIENCE

In December 1984, my daughter Rebecca injured her arm when a swing collapsed and the top rail fell onto her arm. We took her to the hospital and the arm was X-rayed. It was pronounced "not broken" and Rebecca was sent home with an arm support.

My wife and I were not satisfied because of the large amount of swelling in the arm. Therefore the next night while Rebecca was asleep my wife touched her and we carried out the Touch for Health surrogate muscle testing on my wife asking questions about Rebecca's arm.

The answer were clear. The muscle tests said her arm was broken and up high near the shoulder joint.

We therefore took her back to the hospital the next day and insisted on new X-ray (even though we don't like too many X-rays). The result was a confirmed break in a position not reached by the first X-ray, and in the words of the doctor "a bad break needing some traction".

Touch for Health does not mend broken bones but in this case the Touch for Health methods aided in tracking down the problem area so that the doctors could focus on the right spot and successfully help a little 8 year old girl's arm.

C. Broome (Ballarat)

HUGS

It's wonderful what a hug can do.
A hug can cheer you when you're blue.
A hug can say, "I love you so,"
Or, "Gee! I hate to see you go."

A hug is, "Welcome back again,"
And, "Great to see you!",
or "Where've you been?"
A hug can soothe a small child's pain
And bring a rainbow after rain.

The hug! There's just no doubt about it.
We scarcely could survive without it.
A hug delights and warms and charms.
It must be why God gave us arms.

Hugs are great for fathers and mothers,
Sweet for sisters, swell for brothers,
And chances are some favorite aunts
Love them more than potted plants.

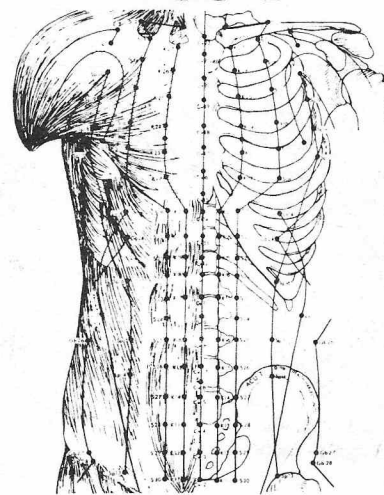
Kittens crave them. Puppies love them.
Heads of state are not above them.
A hug can break the language barrier
And make your travels so much merrier.

No need to fret about the store of 'em,
The more you give, the more there are
of 'em.

So stretch those arms without delay
And give someone a hug today!

— Anonymous

ACU-T



The Acupuncture T-Shirt

Health Harvest, Unlimited

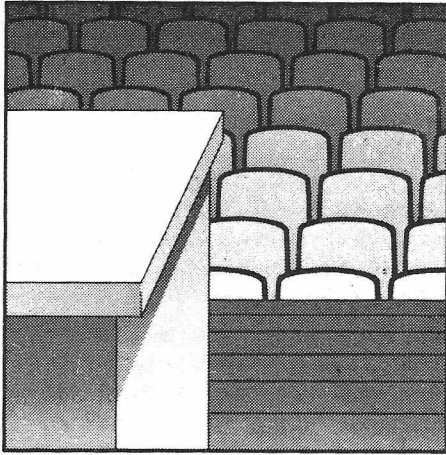
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\$ 10.50 EACH LESS 10%

The "Acu-T", or Acupuncture T-shirt, was conceived of and designed primarily for your education and enjoyment. There is a growing interest in our culture of the Oriental medical system, whose origin goes back some 5000 years, and I believe it is still a very important means to prevent or treat illness. This system views people's health as the delicate balance between the inner being and the outer world; illness is seen as a manifestation of our disharmony with nature, i.e. the universal order.

The basis of the ancient science/art of Acupuncture is the circulation of energy within the body. This energy, called "Chi" or "Ki", flows along pathways called meridians, just as lymph and blood flow through their appropriate vessels. While the energy circulates freely, one experiences ease, harmony, and health; but when there is disruption of this flow via stress or resistance within the body, a stagnation of energy occurs and thus, the potential for dis-ease. Emotional balance, mental relaxation, protection from weather extremes, proper nutrition, and adequate exercise are all important for the free flow of this life force energy and our good health.

AT TH ENTERPRISES



CALL FOR PAPERS

Deadline approaching:

The Touch for Health Foundation of Pasadena, California has announced a Call for Papers to be delivered at the 10th Annual Worldwide Meeting July 9-14th at the University of San Diego, California.

You are invited to submit a paper in order to present at the Annual Meeting. The papers should relate to Touch for Health, Holistic Health Care and or research in these fields. Titles, abstracts, original conclusions, and documentation must be received by May 31st, 1985.

WHAT TO SUBMIT

1. An abstract or brief summary of the paper.
2. An outline of the proposed presentation for those who are presenting only. Include the approximate time needed to present. 15, 30, 45, 60 or 90 minutes. Include any audio/visual equipment or special facilities desired.
3. The paper should be no longer than 5 pages and camera ready. The paper should be edited, typed on an 8 1/2 by 11 paper with at least 1/2 inch margins on all edges. The paper will appear in the 1985 Touch for Health Journal as you submit it.
4. Drawings, photographs and other graphics are acceptable. Black and white is the best for reproducing the most professional images.
5. If scheduling is necessary for a "mini-experiential workshop" please indicate so. We have a room in the schedule for after lecture hands on workshops. Please indicate the amount of time and what you wish to share with us at the meeting.

WHEN

The deadline for the Touch for Health 1985 Journal is May 31st, 1985, but for those who deliver their papers early are given time slot preference and advertising space.

WHERE

Send your papers to Call for Papers, C/O Touch for Health Foundation, 1174 N. Lake Avenue, Pasadena, CA 91104, USA

Another way with the five elements

JOHN WHITE

In recent years the west has learned a lot of fundamental things from the east. But because the east is fundamentally different, the healing applications and ideas do not match the western civilization's own belief system. We tend to think that an idea and its particular application are one and the same thing. This seems to be the case with Five Elements, where just one approach has been accepted as the only one. I would like to share a variation, modified for easy TFH use.

There are basically two simple steps to this method: First is to find the area where trouble originally became manifest and then spread. The second step is to check for acausal area, which may not be manifest.

Mark only the weak muscles on a Five Element diagram. That is where trouble is manifest. Temporarily disregard what we infer to be 'overs' and 'unders'. This is done because by tradition about forty factors were used to evaluate the energy state, and when we TL (therapy localize) a pulse point, a positive test just means disorder somewhere, not which factor. If we then TL an alarm point, we just get an overload reading, which may mean either an excess in a strong meridian or a weak meridian just blowing a fuse in normal use. Don't worry too much about whether the weak muscles are on either Yin or Yang polarity. Energy should flow. If it does not, it is a local passage point problem, not a Five Element problem.

So after those deletions it just has to be simple!

STEP 1. THINGS MANIFEST

We have a weak muscle mark up on the Five Element Chart. At this stage we are just looking for where trouble was first manifest and then spread 'downstream' on either or both of the circuits, and then maybe spread again. So we just look upstream from each Element marked weak and see if we backtrack or converge on to one area.

The thing that often throws us is that there may be more than one set of linked trouble. That is why the ancients needed to consider about forty factors, their best guess just had to be right first time. With TFH/AK we can simply check our best guess and see if it is right. This is how I work.

Offer a nutrition for test that relates to our best guess. Then: -

(a) If all weak muscles strengthen, then we have found the culprit the first time. The energy increment from that nutrition gives a strong response in that key trouble area, then the area energy gives a response in the muscles to which trouble has spread.

(b) We get a strong response in the key area, a clear response but with less snap in the other areas. I take this to mean that we have found our culprit, but other areas that have suffered in consequence also need work.

(c) Most muscles strengthen as (a) - (b) but one area does not. So review. Check if our best guess is an oversight. If the odd man out is upstream of our best guess, then we may be testing the next in a sequence of trouble and the odd man out might be the key area. If this is not the case we have another distinct trouble point. In which case, I cross check the nutrition as indicated.

(d) The muscles in the area directly related to nutrition strengthen, but the others do not. In this case we may have hit on the odd man out the first time. Disregard him and review the pattern for another good guess. Or it could be that we have hit on the tail end in a chain of consequence.

If we are without nutrition for strengthening purposes then we can often get a similar effect by TL to NL's or NV's in the area to which I offer nutrition. No difficulty other than having to hunt around a bit.

5 ELEMENT CONTINUED

STEP 2 LOOKING FOR UNMANIFEST CAUSE

"The Tao is through which the ten thousand things are done, but it does not change." This is similar to Jung's concept of Synchronicity. The way that things happen in life through an acausal connecting principle. So having established a pattern of causality in the manifest weaknesses, we admit the possibility of an acausal relationship where any of ten thousand things could have started the whole trouble.

It is hard to find the thing, but it is possible to find the area and wake up the 'Official' of the Element in which the disharmony exists. It is his problem. Our problem is to find him.

So having discovered the area where things first became manifest (step 1), there are three areas this could be. First is within the actual area that we first locate. If we do not find disharmony elsewhere it is probably disharmony which will manifest trouble in that same Element. So we look at the 'upstream' Elements and test again with nutrition. I find that an herb is the best nutrition for this step. If you do not know herbs, contact an herbalist who will be able to provide Five Element teas. These are specific for each Element.

We offer the herb in nutrition testing. If there is disharmony in that area, one will get a muscle response in step 1. This will have its own effect 'downstream'. A simple herb will anchor our balancing work, reduce nutritional indications and help that person cope better.

If this seems all oriental mumbo jumbo, just think of any office. At times we find people who discharge their job description to perfection, but they might fail when it comes down to communication among office workers. We need to wake them up. And the Chinese idea of a little 'Official' in charge of the affairs of each Element, and that Element sub offices in each of the other Elements seems very practical. We wake him up with an herb and he starts

chasing round harmonizing his ten thousand things. And maybe the person you are working with will be able to tell which thing it was a few weeks later when their little 'Official' has gotten around to telling them. Each flower remedies also seem to work this way if they are indicated.

COMPARISON

Remember the Billiard Ball case in Five Elements. Here a rather lazy official has over energy building up in one Element, and another Element is suffering. This example is derived from the Five Element mechanics of shunting energy by needle. So at that level it is correct. By a step 1, step 2 approach, we not only identify lazy officials in similar cases, we are on the look out for them in every case.

If we have a wheel pattern, we can also look 'upstream' of our key point and see if there is a step 2 Five Element involvement.

Injury does not tend to follow Five Element patterns unless it is the spin off from old injuries. If there is no distinct pattern it is often a nutrition/digestion problem. so we can test all points between where food goes in and comes out, help restore a good digestion, and then a Five Element pattern seems to emerge.

FINAL CHECK

Pulse and alarm points should be clear. If not, we might have passage point problems or perhaps still active pain. At this point we can give better attention to local problems.

THINKING AND FEELING

The Tao says: -

"Give up sainthood, give up wisdom, and things will be a hundred times better for everyone."

And it really describes the TFH relationship where we put ourselves aside and offer a simple helping relationship to another person in terms

SEE 5 ELEMENT PAGE 21

5 ELEMENT CONTINUED

of their values and understanding. It is very much a feeling relationship that is beyond mere wiring circuits in the body. We are in circuit with everything. And the Five Elements or Five Transformations deal with the relationships and transformations in creation...the "ten thousand things" which are done through the Tao. So it is a matter of both thinking and feeling.

Jung held that we each have a collective unconscious which holds race memory akin to myth and folk memory, and our feelings tend to expression and recognition in that style. So by linking our folk memories with seasons we get closer to what the Chinese felt about Five Elements. And translating from Chinese needs all the help it can get if we are to understand it. So : -

EARTH. Season is fall, and many parts of the world do not have this season. But it is the phase of ripening and rotting. So we have the spirit of harvest. The caritas love that we express at Harvest Festival and Thanksgiving. A full harvest allows us to show care.

METAL. Season is Autumn. Separation, loss, perhaps grief. But should the tree grieve for the fallen leaf? If we have our measure of caritas love we can let it go, to recycle through the forest floor to live again. Our customs of Bonfire night, fire leaping to singe off the old vibes, all halloween eves customs.

WATER. Season Winter. Perhaps we have separated from too much. Will the low sun rise again? So with sympathetic magic we bring green growing things to the home. We light candles to bring back a sun. We celebrate in Christmas the birth of hope in a winter of fear.

WOOD. Season of Spring. The trust of a seeding cracking stone. The symbolism of Maypole and Bower. Boys with a driving chant..."We're away to the woods tonight to bring the summer in. We

celebrate the risen Christ.

FIRE. Season Summer. The splendour solis of the Alchemists. And every living thing an alchemist creating from life of the sun. The dressing of ancient wells, stones, and the churches built upon them with flowers in tribute to this living alchemy. We are en fete with our holy days...and enjoying our holidays.

Editors note: Thanks to John White and his wife Heather for their contributions to TFH. John White "crossed his heart" that he teaches TFH the customary way. He feels this article will help people in the Five Element theory "who cannot get the hang of the accepted way". And he further noted "it might have been the regular way if it had been the first imported to the West".

HERE'S YOUR CHANCE TO PARTICIPATE IN THE 1985 ANNUAL MEETING IN A **BIG WAY !**

HELP TO CREATE THE "TOUCH FOR HEALTH" SPIRIT
AT THE UNIVERSITY OF SAN DIEGO THIS SUMMER.
WE WANT TO DISPLAY BANNERS CREATED BY YOU!
THE THEME THIS YEAR WILL BE:

TOUCH FOR HEALTH IS....

SO MAKE A BANNER TO MAKE A STATEMENT.
WHAT IS TOUCH FOR HEALTH TO YOU?
TO YOUR FAMILY? TO YOUR COUNTRY?
PAINT IT, TIE DYE IT, EMBROIDER IT, GLUE IT, APPLIQUE IT,
DO IT ANY WAY YOU WANT!
(JUST BE SURE YOU DO IT ON MUSLIN 3' X 2')
SEND IT TO THE TOUCH FOR HEALTH FOUNDATION
BY JUNE 21, 1985.

**LET'S MAKE THIS
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**LOOKING FORWARD TO SEEING YOU AT
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ANNUAL MEETING JULY 9-14, 1985 IN SAN DIEGO**

**WHERE TOUCH
FOR
HEALTH IS...**



- ... a new format with several choices of small workshops or hands-on sessions each afternoon
- ... a balancing room with coordinating Host/Hostess to give you a chance to:
 - practice new skills
 - brush up on old ones
 - get balanced yourself
 - teach others
- ... a presentation of papers and experiential workshops. (See Call for Papers)
- ... Instructor "update", new techniques and ideas
- ... another moon-light cruise on the bay!
- ... a chance to explore and participate.

WE NEED: VCR video tape recorders and cameras (and you to help run them);
Hosts and hostesses for the balancing room;
"Hug therapists", of course;
Transportation people to pick up others at the airport on July 9th;
Presenters of papers and experiential workshops;
Banners (see enclosure);
Skills to auction, such as reflexology, energy balance, art work, etc., even plants to share;
And your energy;

- ... Please make a note on the top of your registration form (or send a note or call if you have already registered) as to what you would like to do. I can then give your names to the various chairpersons.

Registration form is enclosed -

- ... Early registration, by April 30, is \$25.00 off.
- ... If you and your roommate wish to be housed near others, please put this in writing on all your registration forms. Early registration will receive priority on this. Send a note if your registration is already in.

**TOUCH
FOR
HEALTH IS...**



**ENERGY
KNOWLEDGE
SKILL
FRIENDSHIP
FUN
OK!**

See you in July.

Joy Lindsey
Joy Lindsey, Chairman
TFH Worldwide 10th Annual Meeting