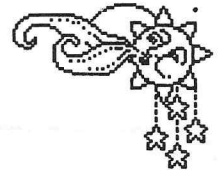
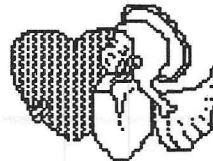
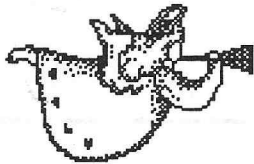
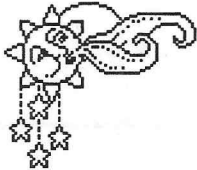


TOUCH FOR HEALTH®

The newsletter of the Touch For Health Foundation



FROM THE PRESIDENT

John F. Thie, D.C.

It's been an exciting time here in Pasadena. There is lots going on. The new changes in our computer programs allow us to communicate better and faster with all of you and the people that you refer to the office for information.

We have made staff changes and are going on with the programs that we started, as well as adding new ones. A number of volunteers, in Pasadena and around the world, have been giving a lot of time to make everything run smoothly. I want to thank everyone who is working with us, for it is their efforts which enable us to share the TFH programs abroad.

Take the time to read the messages of our new staff, people I know that you will be as pleased with as I am to have on board. They will be doing the things that will make it easier for you to share the synthesis of Touch For Health.

The new programs that were promised at the annual meeting are

CONTINUED ON PAGE 4

MAPS IS A WINNER WITH IRONMAN ATHLETES

John Varun Maguire

The *MAPS* fitness team convened on the Big Island of Hawaii from October 19 through 22 to bring the benefits of muscle balancing to triathletes from all over the world.



Ironman competitor, Andrew Fried, experiences a MAPS pre-race tune-up.

Leila Crockford, Marge Murray, Nancy Clark and I had the privilege of

CONTINUED ON PAGE 3

FROM THE DIRECTOR

Barry Greenberg

Hello! So often this simple word has marked the onset of many of life's most pleasurable relationships. The exchange of "hellos", followed by the natural social interaction, gives us additional life values to add to our already existing base.

Hello! I again say this not-so-simple word to all of you who comprise Touch For Health.

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A GREATER MARKET APPEAL

Robert A. Aboulache'

I would like to begin by introducing myself. My name is Rob, and I am the Foundation's Marketing Coordinator. I have extensive training in the health field, in developing and presenting programs, and in working with people in all walks of life. I am looking forward to participating with all of you through presenting TFH in as a dynamic and diversified way as possible.

CONTINUED ON PAGE 8

A SEASON FOR REBIRTH

With every new season comes the refining of the old. Winter reshapes the Fall leaves allowing the flowers of Spring to emerge. This cyclic continuation of transformation is what creates life on our wonderful planet. We, as human beings, are intimately involved in this natural process of evolution.

At the Foundation, we have taken the lessons brought to us by nature and have implemented them into our structure. We are reshaping the TFH materials to bring new programs to fruition. Not because we want to shed the old, but rather to honor and amplify them with the new.

Just as the leaves of Fall become the nutrients for the flowers in Spring, the basic TFH materials have become building blocks for the new. We are creating specialized, growth producing programs we know will expand your clientele. And, although they will be different, each will contain the essence of TFH.

As William Shakespeare so eloquently stated, "...a rose by any other name would smell as sweet." Touch For Health by any other name will still be as true, telling and instructive. We are excited to be part of TFH and look forward to working with you in this season of rebirth.

Robert A. Aboulache'



Mike Pigg begins the marathon leg of the Ironman, the world's toughest test of endurance, which he will go on to finish 2nd.

MAPS continued from page 1

working with over 100 of the world's fittest endurance athletes at the Ironman Triathlon World Championship on the Kona Coast. On Wednesday and Thursday we gave pre-race tune-ups to triathletes who visited our *Maximum Athletic Performance System* facility at the Ironman Expo. The response from them was very enthusiastic both during the expo and after the race on Saturday.

We worked with several of the athletes extensively before the grueling race which consisted of a 2.4 mile swim, a 112 mile bike race and 26.2 mile run in the blazing 90 degree steamy heat.

Triathlete of the year, Mike Pigg, met with me six weeks before the race. He has been working extensively with a chiropractor and a physical therapist who use kinesiology and felt right at home with *MAPS*. He quickly learned everything in the *MAPS* manual and was very open to my coaching on the mental aspects of the race. After our second session he said that for the first time he felt that

he could win the Ironman. His physical therapist visited us at the expo and said that she is very excited about learning *MAPS*. She also stated that in the four years she has been working with Mike, she has never seen him so "up" for a race. Mike took nearly 30 minutes off his previous best time, set a world record for his age division, and came in second place, just two minutes behind the winner, Scott Molina.

Third place finisher, Ken Glah from West Chester, PA (see Nov. '87 *In Touch*) is no stranger to *MAPS*. He is a client of Margaret Sheehan, who participated in the development of the course. Ken also took 30 minutes off of his previous best time and has had an outstanding season, winning a national championship in San Antonio, Texas in September.

Rob Zwierlein from Victoria, Australia, who had received excellent results from our work with him last year, made his first stop in Kona to schedule a one hour tune-up session. We went over all of the

procedures taught in the *MAPS* course. Rob got the greatest benefit from the creative visualization and sustained muscle techniques. The day after the race he beamed delightedly as he told me that *MAPS* had made an incredible difference in his performance. He said, "The race was unbelievably easy. My mind was in total control of my body and I was able to perform at levels well beyond what I've ever been able to achieve." He beat his goal for the race by over 20 minutes and wants to bring *MAPS* to the Land Down Under.

One aspect that has proven helpful in working with all of the triathletes is having them look ahead to see what problems could arise and develop strategies, both mental and physical, to deal with them effectively. Both Mike and Rob developed a strategy of drawing on the support of friends and family to tap a deeper inner strength and energy in particularly stressful situations during the competition. Rob also used his "never-give-up" attitude to drive him to a greater level of energy than he had ever experienced before in a race like this.

Leila and Marge made a big contribution to the women and men that they worked with. The two most noteworthy are 65 year old Max Burdick, from Salt Lake City, who placed third in his age division and Cliff Rigsbee, 35, from Honolulu, who far surpassed his expectations by finishing first in his age group. They reported that their work with *MAPS* made a significant difference in their performance.

Bob Wieland gave possibly the most inspiring and extraordinary per-

CONTINUED ON PAGE 6

Thanks To Everyone Who Is Working With Us !!!

From The President

continued from page 1

well on their way to completion. With these programs we will be able to reach more people and give health without drugs to the many people who need just this kind of help. We are not dropping any of the basic programs; we feel that they are still the fundamentals that everyone needs to understand to be an instructor and be able to transmit the new paradigm - health promotion through the use of energy balancing.

A lot of you are helping to develop new programs and we want more of you to participate in these program development projects. If you have ideas or have course curriculums that have been successful, please share them with us; you will be rewarded in the appropriate ways.

I am excited about 1989. I believe it will be our most rewarding year in terms of distributing the Touch For Health synthesis. The Annual Meeting committee is working hard and we expect the meeting to be even better than last year.

If you have anyone to nominate for awards please send the information on them to the Foundation. The great things that you and others are doing need recognition; don't be shy about yourself or others. The office cannot know what you are doing unless you tell us. We love to hear about wins! Read about the wonderful win of our resident faculty, John Varun Maguire, at the Ironman race. I'm looking forward to seeing you at the Annual Meeting and I hope that you will plan on encouraging others to mark their calendars. □

THE BEST GIFT IS A GIFT OF HEALTH

FROM THE DIRECTOR

continued from page 1

In the short time that I have been with TFH certain perceptions have become clear. The overall tone of Foundation people is stamped with the humanistic concern for the health and well-being of all humankind. The concern being the availability of TFH concepts on an international basis. Perhaps the most impressive aspect of TFH is the incredible support I have witnessed from the instructors and the membership. This support stems not only from the United States, but from so many countries and continents on our globe.

With this overview, I enthu-

siastically welcome my association with TFH. Clearly, we are blessed with a wonderfully developed teaching and curriculum core. This base must be strictly maintained and at the same time, expanded. Additional course materials will be created so as to enable us to reach a greater universe of people who can benefit from the Touch For Health synthesis. The fields to be covered are myriad; therefore, a tentative selection of TFH health specializations is in the process of being developed. AND we need your help; we must have your input regarding these new areas. It is essential that we all share in this development if it is to be successful. Send in your concepts and ideas. Help to write what you will be teaching

and practicing. More on this will be coming your way.

Touch For Health, having enjoyed a most wonderful posture during these many years, is now entering what we all believe will be the most exciting, vital, and far reaching stage of our world health career. Robert Browning summed it up with:

“Would you have your songs endure? Build on the human heart.”

I say “hello again” in my fullest sense of the word. I look forward to meeting all of you either in-person or through correspondence. The Annual Meeting will give us our best opportunity for this.

Happy Holidays. □

TRILATERAL INTEGRATION

PART 1

By Elizabeth and Hap Barhydt

Before doing any balancing most people muscle test strong after homolateral exercise and weak after cross crawl exercise, when using a balanced indicator muscle. This condition is attributed to a lack of right-left brain integration and is often accompanied in various degrees with signs of dyslexia and hyperactivity. In the Enhanced Learning courses (formerly called Switching On) this is called a Unilateral state of integration.

The technique that we like to use to establish right-left brain integration is to cross crawl while looking straight up with the head level and humming. The looking up and humming activates the reflex brain (the visual integration hemisphere) without having to be concerned about whether to look up to the right or to the left. This is especially useful in a classroom situation where it is not feasible to check people individually. After this exercise the person will usually muscle test strong to cross crawl and weak to homolateral, when using a balanced indicator muscle. In the Enhanced Learning courses this is called a Bilateral state.

Bilateral repatterning was discovered by Dr. Paul Dennison and

has created a revolution in the correction of dyslexia and hyperactivity and in the improvement of academic performance, particularly when accompanied by improved control of food, substance, and other environmental sensitivities.

We have now discovered that there is a tri-lateral state of integration where the brain is integrated in all 3 dimensions: right-left, up-down, and front-back.

Incidentally, a common short cut for testing cross crawl and homolateral is to muscle test while the testee looks at a card with vertical parallel lines, ||, for homolateral and a card with an X for cross crawl. You can also use a single card with parallel lines, holding the lines vertically, ||, for homolateral and horizontally, =, for cross crawl. Or more simply, you can hold up two fingers vertically for homolateral and horizontally for cross crawl.

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TOUCH FOR HEALTH FOR COUPLES

By Rosemarie Sonderegger

Introduction

Reading the newsletter of the Touch For Health Foundation the word FITNESS caught my eye. There are many ways and many levels through which to stay fit:

- working out physically
- having a fulfilling job
- living in a harmonious relationship with a man/woman

This article discusses ways to detect and eliminate energy blockages that prevent two people from having a fulfilling relationship.

Motivation

Working with couples, I've come across so many wonderful people who seemed to be capable of everything and yet, in their private life they are not or have not been fulfilled. I therefore start by using GOAL BALANCING according to Bruce Dewe's presentation a couple of years ago.

There were other helpful techniques such as: balancing with the 5 elements and the colors, balancing with Dr. Warren Jacob's Balance, or Educational Kinesiology.

Goal setting

The result is as good as the goal that was set. That's why we'll have a look at the Human Personality, according to Transactinal Analysis (TA).

CONTINUED ON PAGE 7

TRILATERAL INTEGRATION *continued from page 5*

We have now discovered that there is a Trilateral state of integration where the brain is integrated in all 3 dimensions: right-left, up-down, and front-back. For people in a Trilateral state of integration a balanced indicator muscle will test strong after either homolateral or cross crawl exercise. It is important that the indicator muscle be in a balanced state, since testing with an over energy ("frozen") muscle will also give a strong response after both homolateral and cross crawl even though the person is still operating in a Unilateral or Bilateral state of integration.

Trilateral integration can also be checked by touching five fingers to the body and testing a balanced indicator muscle. Either the testee or the testor can do the touching. If the muscle remains strong, the brain is in a Trilateral state of integration. If the muscle unlocks, one or more directions are out of balance.

Occasionally you will find a person that muscle tests strong to the Five Finger test just described, indicating a Trilateral state of integration, but muscle tests strong after cross crawl exercise and weak after homolateral exercise. In all cases that we have encountered, we have found a pelvic imbalance to be present. The test for this is to touch the front of the crest of the hip bone (ilium) with one hand while testing a balanced indicator muscle with the other hand. If the muscle unlocks, a pelvic disturbance is present. Be sure to test both sides. This

imbalance can often be corrected by rubbing the front and back neuro-lymphatics for the psoas, gluteus medius, and fascia lata muscles and then retesting to anchor the correction. After balancing the pelvis, the person will test strong after both cross crawl and homolateral exercise, if they are in Trilateral integration.

Trilateral repat- ternung can be accom- plished by doing the Five Finger Quick Fix

Trilateral repatterning can be accomplished by doing the Five Finger Quick Fix that we introduced at the 1986 Annual Meeting. Our current version of the Five Finger Quick Fix is to touch around the navel with the five fingertips of one hand while rubbing the following points with the other hand:

Right-left:brain buttons
(both K27s)

Up-down:earth button
(lower lip)

Front-back:space button
(upper lip)

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ARE YOU MOVING ?
PLEASE LET US KNOW!
 TOUCH FOR HEALTH
 1174 NORTH LAKE AVENUE
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 (818)794-1181

MAPS ... *continued from page 3*

formance of anyone in Kona and Geary Whiting, Touch for Health instructor and consultant from Long Beach, California, was there with him each mile of the course. Bob, who lost his legs in the Vietnam War, races in marathons, not with a wheel chair, but with his arms. This was his first appearance at the Ironman, for which he had a bike specially built that he could peddle and steer with his arms. He began the swim Sunday morning, completing the 2.4 miles in 1 hour and 43 minutes. His 112 mile bicycle tour of the frying-pan-hot lava fields along the wind-swept, hilly terrain of the Big Island took him 32 hours. At 3 pm on Friday Bob finished the race after putting in an amazing 80 hour marathon run along the blazing Queen K Highway. He slept a total of 11 hours the entire five days. Geary assisted Bob in completing this incredible performance by working with him on short breaks about every hour of the race, tuning up his muscles and meridians.

Geary has been working with Bob for over two years and is very pleased with the difference that Touch For Health techniques have made in his performance. Bob improved his LA Marathon time by 18 hours the first year that Geary worked with him. Geary said that he combines acupuncture and running meridians, K 27's, ESR and origin/insertion technique in his work with Bob, along with Shiatsu and sports massage techniques. An interview with Geary will appear in a future issue of *In Touch*.

The dramatic success of *MAPS* at the Ironman and keen interest of the

CONTINUED ON PAGE 8

TFH FOR COUPLES

continued from page 5

"It is most fruitful to think of the human personality as being divided into three parts, or even better, to realize that each individual is three different persons, all pulling in different directions ... so that it is a wonder anything ever gets done." And, this is where the remarkable TFH opportunities come into play.

Ego states are our psychological realities. The Parent (P), tells us what we ought to do and how to behave, how good we are, how bad we are, and how much better or worse other people are. (critical or judgmental).

The Adult (A) is the voice of reason, taking in information from the outside world, and deciding on the basis of reasonable probabilities what course of action and when to take it.

The Child (C) indicates that every man or woman has a little boy/girl inside of him/her. It is the child he or she once was. If properly approached, the child is creative, spontaneous, loving, playful, clever, just as real children are. IT IS THE BEST PART OF THE PERSONALITY.

Within these three personalities, all pulling in different directions, there is much room for energy blockages, psychological reversals that prevent us from being happy within ourselves and with our mate.

We therefore set the goal in order to reduce the tension within ourselves and harmonize the three ego states within ourselves. Having this in our mind, goals will sound like this:

I allow myself ...I am worth ...
= Parent ego to Child ego

I am ...I do ...= Adult ego

I must, I have to ...I need to ...
= Negative Parent, not allowing choice, energetically forcing

EXAMPLE

I allow myself to have a lot of fun in life.

I have a lot of fun in life.

Life must be fun. Life is a strain.

Testing these phrases, the first and second phrase should hold and the third one should not lock in. If the indicator muscle does not lock in on the first or second phrase, a GOAL BALANCE may be helpful.

Psychological reversals

Here are some psychological reversals that seem to be quite common and have been of help to correct many times:

male/female

verbal: It is fun to be a woman/man
+Test

nonverbal: Imagine yourself being your sex (man/woman) +Test

verbal: A woman/man's life is a strain
+Test

verbal: A man is as valuable as a woman
+Test

A woman is as valuable as a man

CONTINUED ON PAGE 8

BUSINESS BREAKS

by Richard Harnack

Business Breaks, a new course being offered by the Touch For Health Foundation, is designed to help both executives and line staff in offices and corporations. The goal of this program is to increase productivity, while decreasing on-the-job stress and stress related illnesses.

The eight hour course focuses on specific job problems and trains participants in techniques that are practical in dealing effectively with these issues. This course has been designed to be flexible enough to implement in a series of two hour mini-workshops.

The first part of the class deals with "breaking away from stress." It identifies the major sources of job related stress and gives specific examples of simple exercises to alleviate the tensions that may have accumulated.

The workshop then teaches the participants how to "break through to high productivity." It focuses on enhancing creativity and productivity through positive goal setting coupled with reinforcement techniques.

As the workshop unfolds, effective tools for success are presented. Increased stamina combined with enhanced brain integration insures the highest quality of performance.

CONTINUED ON PAGE 8

TFH FOR COUPLES

continued from page 7

Closeness/Distance

verbal: It's okay to be close +Test

Closeness is dangerous+Test

nonverbal: Imagine a man/woman coming close +Test

Imagine yourself approaching a man/woman +Test

verbal: I allow myself to keep in touch with my needs +Test

I need to give myself up +Test

Body Contact

verbal: My mother/father determines my sex life +Test

I determine my own sex life +Test

nonverbal: Imagine a man/woman touching you +Test

Imagine yourself touching a man/woman +Test

verbal: I am worthy of having a fulfilling love life +Test

Looking at relationships energetically, problems become challenges. You will realize that an energy blockage between two people always has its roots in both personalities. Reproaches are superfluous. There is no "because of you" or "it's your fault", etc. It is more "Let's find out ..."

Precaution: Not everything has to be tested. We have our heads to think. Sometimes we are thinking in circles or we are misled by our thoughts (Parent ego) and this is where muscle testing can be helpful to provide clarification.

My experience of the past months has shown that the pattern of our intimate relationships reflects on our professional life as well as our everyday life. Especially in our work with people, touching them, encouraging their healing potential and balancing them: we relate to them as MALES or FEMALES, we are aware of CLOSENESS and DISTANCE, we have BODY CONTACT and as we all know THERE IS NO TOUCH WITHOUT BEING TOUCHED.

I therefore encourage you to experiment with these phrases or goals and create your own in order to be in tune with yourself and the people around you.

MAPS... *continued from page 6*

athletes who have experienced this work indicates that this program is going to be widely popular and make an enormous impact on athletes around the world. We need more instructors to meet the increasing demand for seminars. If you are not currently certified to teach MAPS and wish to be, contact us at the Foundation to find out how you can become part of the winning team.

BUSINESS BREAKS

continued from page 7

Business Breaks will premiere in St. Louis on January 12, 1989, taught by its creator, Richard Harnack. The Pasadena premiere will be on February 15.

MARKET APPEAL...

continued from page 1

I'm really excited about the growth that is happening here at the Foundation. We are working diligently towards this expansion. Included will be new programs that will enhance the TFH materials while developing greater market appeal. This expansion will create greater financial opportunities for all of us.

This specialized format of classes will give us a more focused target of potential students. This primarily means one thing - untapped markets will present themselves, thus giving us opportunities to contribute to more people with the benefits of

our work.

Since the programs are specialized, you will be able to partake in their development. Because of your experience and expertise with TFH, and your specialized interests, all of your input will be greatly appreciated. If you are interested in developing, and/or assisting in the development of classes and/or curriculum please contact Varun or me and we will further explore the possibilities.

I look forward to working with all of you in this great period in the history of Touch For Health. If you have any questions or any suggestions please contact me at the Foundation.

New Courses

To be Presented by

Dr. Bruce and Joan Dewe

Professional Health Providers Workshops I & II

Dr. Bruce Dewe, M.D. from New Zealand will be presenting for the first in the Unites States and Canada his advanced TFH courses for professional health practitioners. He is chairman of TFH faculty, member of the Board of Trustees, and director of TFH South Pacific.

Bruce, with his wife Joan, brings to us some of the skills he uses successfully in his own preventive medical practice. These include extra muscles of the arm, hand, foot, neck, shoulder, and spine and such techniques as ligament stretch, retrograde

BALANCE CLIENTS FOR HEALTH & WELLNESS

lymphatic, sustained muscle use, dural torque, pelvic corrections, contra lateral joint interlink, and shock absorber corrections.

Dr. Dewe brings all your TFH skills to your fingertips in a synthesis that allows only the priority correction to show at any given time. His program incorporates skills from the old Chiropractor's Assistants Workshop, but uses simple, safe, non-chiropractic corrections.

Bruce and Joan have the rare ability to simplify difficult concepts into easy, practical skills that enable you to achieve a greater level of clinical competence.

Over 200 TFH Health Professionals in Australia and New Zealand use this amazing Professional Health Provider (PHP) format in balancing their clients for better health and wellness.

In April and May 1989 Bruce and Joan will be teaching in various locations. PHP I & II comprise 8 days. The prerequisite is TFH 3, the ITW, or the TFH Facilitator Program. Those people who have completed TFH 4 & 5 with Ron Barnes may choose to take only PHP II.

A schedule of dates and locations will be announced in the next issue of *In Touch*.

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HOLLAND

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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 and its members.

The Touch For Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the Curriculum Catalogue and "In Touch For Health," (sent to all members). Members also

receive the "Touch For Health Journal" of comprehensive research papers and training information and applications. The Journal is published in July of every year. Members also receive the Membership Directory.

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A CALL FOR PROFESSIONAL PAPERS

To Be Delivered At The 14th International
Touch For Health Annual Meeting
On the Campus of the University of San Diego,
California, July 11 Through July 16, 1989

Practitioners, students, laypersons and professionals in the field of touch healing are invited to submit papers to be delivered before the fourteenth international Touch For Health Annual Meeting to be held on the campus of the University of San Diego, California, U.S.A., July 11 through July 16, 1989.

Preliminary information about the annual meeting sessions will be announced in the upcoming "In Touch" newsletters. This years theme is "Health At Our Fingertips." The International Faculty will meet on Monday, July 10, 1989. A special pre-meeting workshop, such as the "MAPS" course which premiered in 1988, will be held on Tuesday, July 11, 1989 prior to the opening session.

A brief abstract summary of not more than 100 words is to accompany your paper. Please see the following guidelines for preparation of papers. All entries must be postmarked no later than February 15, 1989.

GUIDELINES FOR PREPARING PAPERS

LENGTH:

Papers should not exceed ten (10) double-spaced typewritten pages. We are unable to accept papers which are hand-written or single-spaced.

STANDARDS OF ACCEPTANCE:

1. "Technique" papers should include full descriptions of the procedures involved in easily understood English.
2. A bibliography of relevant reference material should be included at the end of the paper.
3. Footnotes are to be numbered and put at the end of the paper before the bibliography.
4. A brief abstract summary of the paper of not more than 100 words and a 2 - 4 sentence bio is to accompany the paper. These may be published prior to the meeting and may be used in publicity.
5. Due to the time involved in publication we will be unable to guarantee a paper's publication if received after the deadline. All papers post-marked on or before the 15th of February 1989 will be considered for the Journal of the Annual Meeting. Any papers post-marked after this date will be considered for publication in the regular issues of "In Touch."
6. Artwork and graphs are to be "camera-ready" and in black and white. (Continued on page 11...)

EDITORIAL POLICIES:

While all papers submitted by February 15, 1989 will be considered, none will be accepted automatically. If the above structural requirements are met, the editorial committee will read each paper and judge its value as to over-all quality and appropriateness to Touch For Health.

1. If the committee feels the paper needs revision, the paper will be returned with suggestions.
2. If the committee judges the paper as extended "advertisement" for a particular technique, school of thought or person, the paper will be returned for revision.
3. All articles, once accepted, become the sole property of the Touch For Health Foundation. No copyrighted or previously published articles will be accepted without appropriate release by the first publisher or holder of the copyright.

TO SUBMIT YOUR PAPER

Please include your whole paper as well as requested information in one mailing.

Mail your paper, unfolded, to:

Touch For Health Foundation
Attn: 1989 Annual Meeting Journal
1174 North Lake Avenue
Pasadena, Ca. 91104-3797

The Touch For Health Foundation is not responsible for any papers lost in the mails. If you wish to assure yourself your paper was received, please attach a return receipt.

If your paper is on a Macintosh or I.B.M. compatible computer, send us the appropriate software, containing the text.

THE DEADLINE FOR PAPERS IS FEBRUARY 15, 1989

TRILATERAL INTEGRATION CONTINUED FROM PAGE 6

Note that touching the five fingers around the navel eliminates the need to touch the earth button on the pubic bone and the space button on the coccyx and makes the exercise more suitable for classroom use.

The principal advantage of Trilateral integration and the Five Finger Quick Fix is that you can now do either homolateral or cross crawl activities without loss of energy. An-

other advantage is that the Five Finger Quick Fix is very quick and simple to do. However it is important to follow up the Five Finger Quick Fix with cross crawl and lazy eight exercises for anchoring. If a person is still having difficulty with cross crawl after completing the Five Finger Quick Fix, have them look straight up with eyes only and hum while cross crawling.

Another neat advantage of the Five Finger Quick Fix for Trilateral repatterning is that it can be done in a

surrogate mode. Anybody touching the person doing the Five Finger Quick Fix, or touching a chain of people connected to that person, will also be repatterned to a Trilateral state of integration. This is very useful when working with babies, stroke victims, and other people that have difficulty balancing themselves.

More details on muscle testing to illustrate more fully on how Trilateral integration works will be given in Part 2, to be published in the next issue of *In Touch*. □

