in FOR TOUCH HEALTH®

ISSUE TWO, 1989



The newsletter of the Touch For Health Foundation

# HEALTH AT OUR FINGERTIPS

When it comes down to it, we are each responsible for our own well-being. Sure, it's true that the environmental pollutions that surround our every breath are dependent on others' actions, as are our every day encounters with other people. But to say that we can't do anything about it is to put ourselves in a victim role, a role that can only cause anguish and discomfort.

The truth of the matter is that we do have the power to change, to influence, and to transform ourselves and our planet. This is an awesome responsibility, a responsibility that depends on our informed actions. And like everything else in our human abilities , we wouldn't be given the responsibility unless we had the power to handle it. So, I ask, are we doing what is necessary for our optimum well-being? Or that of our planet's?

Here at the Foundation we educate people with the proper tools for well-being. The next step is for those people (us) to act on what they (we) know. Practicing touch healing, for ourselves and others, is central to our purpose as Touch for Healthers. So is continued education in personal and planetary well-being.

In this day and age it is easy to find information about anything. And, as we well know, information when coupled with interaction initiates learning that is fun, exciting, and memorable. That is the very throne on which Touch for Health reigns. It is with this intent: creating an experience to remember while giving you tools and techniques that will enliven your very existence, that we invite you to attend this year's Annual Meeting.

*Enliven your very existence, attend this years Annual Meeting*

We are excited in presenting "*Health At Our Fingertips*" as this years theme. We will explore the dynamic interactions between each and everyone of us and the whole of nature.

This year's Annual Meeting is dedicated to furthering our skills in the Touch for Health synthesis while initiating a well bonded world community. Our program is filled with excellent workshops and presentations designed to enlighten all of us who are committed to wellness. In addition, the many informal activities at the Meeting will inspire friendships to develop, friendships that can last a lifetime. More information about the Annual Meeting is enclosed on page six, as is an application form for your convenience.

We are encouraging you to sign up early for the Annual Meeting for two reasons. One, so that you can save money. Two, when you register early we have the ability to make better preparations with the University of San Diego for all of the magnificent functions scheduled. So, if you're planning to attend, don't hesitate - send in a down payment of $100 and you're in with the discounted price.

Moreover, you will be carrying on with the tradition of healing yourself and the planet, a responsibility we cannot escape no matter what we do. We have all learned that we are intricately woven with the Universal Intelligence that lives within and around us. Let us continue to use this understanding towards bettering our conditions. The 14th International Touch for Health Annual Meeting is the place to learn "hands-on" practical skills to touch the life of every person that you encounter. See you there!

# From The Editor:

You will find this edition of the *In Touch* to be informative and inspiring. Our collection of articles come directly from you. Your submissions are truly encouraging. Keep it up! This is the kind of issue we want to continue presenting.

It is motivating to have a Foundation of people that want to unite and teach each other about better ways of being healthy. I know there are many magazines that bring you in-depth information about Holistic health methodologies, some of which are excellent. However, we offer you the personal recognition you deserve, by printing your articles and by building on your suggestions. And, that's what the Touch for Health family is all about - togetherness in education.

Robert A. Aboulache'

# From The Director:

by Barry Greenberg

The Touch For Health synthesis - I have heard the words powerful, transforming, healing, etc., etc.. BUT the question of actual efficacy still lingered in my mind. How could I (me) evaluate the actual effect of TFH applications? I (on a personal level only) needed an external objectivity to look to. As my friend Elizabeth Barhydt has so often said to me, "The Universe Will Provide". And now we begin - - - -

Four lonely figures trudged hesitantly through the Backside Stable Area of Santa Anita Racetrack. It was barely six o'clock in the morning but the hubbub and activity of grooming, workouts and exercise of the equine inhabitants was in high gear. The four were easily identified as "aliens" by the visitor passes affixed to their shirts. Quickly turning into Barn #78, they were greeted by an obviously apprehensive gentleman and a muffled conversation took place.

The now expanded party of five pierced further into the recesses of the barn and came to a stop at the stall containing the fine thoroughbred race horse named "Pocketful of Aces". "Aces" was to run in the fifth race at Santa Anita on this very day. There was a problem. "Aces", although physically appearing fit and healthy, had not run anywhere near his capability in the last four months. The trainer and owner were utterly baffled. The veterinarian affirmed the horse's good health. Why then did "Aces" not run to his former speed potential, was he just a (dreaded word) Quitter? Clearly this was a case for DR. BRUCE and JOAN DEWE or - - - TOUCH FOR HEALTH TO THE RESCUE.

The four persons were, Bruce and Joan Dewe, John Thie, and Barry Greenberg. The fifth person was the renowned trainer Charles Marikian.

*CONTINUED ON PAGE 11*

# PIN UPdate

By Robert A. Aboulache'

The wheels are flying, the hopes are high, this month we launch a major promotional campaign for the ***MAPS*** program. We have developed publicity packages, promotional materials and a listing of all the private athletic clubs in the Southern California region.

Our next step that follows is the actual contact, free demos - and making the sale. The key is creating the contact; getting our foot in the door. The cover letter, the promotional package - that's our ticket. If we present ourself in a stylish, professional manner we will get a sale.

So why am I telling you this? To be quite frank, if this works for us - then you PINner's will be next. We will expand this to you - to your area. The promotional materials, the publicity packages, and even a copy of the cover letter - the whole kit and kaboodle.

Of course, once we get in with a free demo, we need to be able to sign up people, sell books and distribute brochures. This is all in the planning - yours and mine. It's not as easy as it sounds, but don't kid yourself, it doesn't need to be hard. Enjoy the process, and keep a positive vision of your ultimate goal.

I'll fill you in with the developments of the ***MAPS*** promotion. We suspect a success, one that will accelerate Touch for Health's growth into the next millenium, one that I'm sure you're going to be a part of.

Keep the faith!

# DR. JOHN F. THIE

The Pasadena office of the TFHF is humming with all kinds of new things. We now have four full-time staff members that are doing things that everyone will enjoy knowing about. We are sending out more answers to inquiries than we have in a long time. More classes are being promoted. The *MAPS* program, introduced last year, has its updated manual completed and is available to those teaching that course. I am excited about the *MAPS* program and the benefits it has given to so many people in enhancing their performances. These benefits are seen on every level of athletics.

As I write this I have just completed the Touch for Health, *Professional Health Provider level 1* course with Bruce Dewe M.D. and Joan Dewe M.A., the developers and teachers of the course. I want to urge any of you who want more advanced TFH materials to take this course. Today I am starting the *Professional Health Provider level 2*, and I will report on it in a later issue. The level one course has some very powerful techniques and muscle tests which enable you to work on other parts of the body which are not covered in the TFH book. The Dewes are marvelous teachers I would urge you to take these programs, especially this first course of additional materials. Even if you are not going to be doing any more than teaching TFH, it will give you more confidence in what you are already doing.

The Annual Meeting program is completed. I believe that it will be the most informative we have ever had. The short courses, which you can teach, will be offered as a pre-meeting special benefit for no additional charge. The courses will be *Stress without Distress* and *Tibetan Energy*, both have been given successfully in Austral/Asia by TFHers as three hour courses utilizing the TFH concepts. These programs will be taught by Bruce and Joan Dewe. As you may remember, the new plans of TFH are to have short courses developed that will share information in easily digestible pieces, so that those that would benefit from taking more courses in TFH, or going through the PHP programs, can be introduced to our methods.

If you haven't already made plans to attend this year's Annual Meeting at the University of San Diego, tell a friend and get a group together and attend. It's really going to be a great meeting.

Membership in our organization is rising and we know that you will want to share this issue with others who would benefit from being a member. The world needs more ways of finding wholeness and the TFHF is supplying some of those methods. Why not bring others onboard to help make our world a better place through *touching for health*?

John F. Thie, D.C.


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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.



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# There Is More To Touch for Health Than Physical Touch

by Carey Elizabeth Mitchell

One of the most overlooked aspects of Touch for Health is the creation of unity and oneness of Humankind that affects each person associated with Touch for Health. Quite a bit of emphasis is placed on hands-on training, which is understandable as Touch for Health is a physical technique.

However, there is a lot more to it than physical touch. We learn in Intro TFH class that it is appropriate and acceptable to share TFH with others - even strangers. In some classes we may participate in roleplaying, so that we may get used to the idea of approaching friends and strangers with our knowledge. Though we may feel awkward during these exercises, we understand the importance of making Touch for Health available to others.

But, how many of us Touch for Healthers have really taken the initiative with a stranger to help them out when they needed it? We need to remember that we are a special bunch with an understanding that we should be excited to share with others. We must not overlook the importance of human interaction and sharing that helps to bring us all together as one. This is what Dr. Thie wanted when he introduced Touch for Health, and it is our responsibility to keep his dream alive by helping people to become more aware of their bodies.

We at the Foundation would like to hear from anyone who has shared Touch for Health with a stranger. Please take a few moments and drop us a line - share with us. We will publish as many stories as possible in our next *In Touch*. Please submit your stories to Carey.

***...human interaction and sharing helps bring us together as one.***

# *MAPS* Masters Moguls

John Varun Maguire

In February, John Varun Maguire took *MAPS* to Aspen to work with world class skiers. Arne Blix (pronounced Ar-nie Blicks), a professional mogul skier from Norway, was very pleased with the results of his *MAPS* coaching session. He discovered how to correct the instability in his left hip and knee by doing *origin/insertion technique* and *neurolymphatic reflexes*.

Arne particularly liked the *Emotional Stress Release and Creative Visualization technique* that he used several times to prepare effectively for the World Championship four days later in Austria. As a result of using this technique, he reported that during the competition he was relaxed and poised, completely focused on his goal. On the last run he skied so hard that he broke a binding and lost his right ski. He finished the last 150 meters navigating very difficult moguls on one ski and completed the event by making a spectacular aerial jump with a perfect landing! When asked how he was able to stay up after losing a ski, Arne replied, "I saw my goal and went for it. There was nothing else to do, but finish the race." By staying up on the final run he placed seventh in the world.

Two weeks later Arne raced in the Norwegian Moguls Championship. In preparing for the race he used the origin/insertion technique to bring his left knee, which had suffered from the stress of his finish in Austria, back to 100%. He also continued using the *Creative Visualization technique* with great success. While holding his frontal eminences, he recalled a time when he had done his best skiing. To get in touch with the state that he was in when he skied his best, he focused on what he saw, felt and told himself during that performance. Remaining in a state of confidence, poise, and power, he visualized skiing perfectly in the upcoming race and vividly imagined himself winning.

When it was time for the race, Arne was in peak mental and physical condition. He went on to put in an outstanding performance and won the championship.

Arne is excited about the results he has received from using *MAPS* and is looking forward to applying these skills next year to achieve his goal of being the world champion.

# OVER ENERGY

by Elizabeth and Hap Barhydt

How often have we gone home from a Touch for Health class and tried to show our family or friends what we learned only to find that everyone had strong muscles no matter what we did or how hard we tried to find a weak muscle? What we are finding are "over energy" or "frozen" muscles.

A "frozen muscle" is a muscle that remains "strong" (i.e., tests locked) even when it receives an unlocking signal. A frozen muscle is a muscle that is so highly energized that it will not relax and unlock when it receives a signal to unlock from the brain. In our modern high stress society it is not uncommon for a large number of our neck and shoulder muscles to be chronically frozen. This not only leads to stiffness and pain, but also results in a continuous, fatiguing energy drain.

In this use of the term "frozen muscle", as stated above we simply mean a muscle that does not test unlocked when it receives an unlocking signal. We are not referring to a muscle that is injured or paralyzed.

What do we mean by an unlocking signal? Here are some simple examples:

- Thinking of an unpleasant situation before doing the Emotional Stress Release.
- Saying, "My name is (use an incorrect name)."
- Doing the cross crawl before right-left brain integration.

When testing a balanced muscle, any one of these activities cause the muscle to test "weak" or unlocked.

When a muscle is frozen (that is, over tension or over energy), the corresponding meridian is also over energy, and vice versa. If there is an over energy meridian, one or more of the muscles associated with that meridian will be over energy or frozen.

For a normal balanced muscle, the muscle energy level is slightly above the threshold required to lock the muscle, and an unlocking signal depresses the muscle energy level below this threshold so that the muscle unlocks and tests "weak".

For a muscle that tests "weak" or unlocked when we do a standard Touch for Health muscle test, the muscle energy level is below the threshold required to lock the muscle; so the muscle tests weak even when an unlocking signal is not present.

A frozen muscle and its related meridian are over energized, and an unlocking signal does not depress the muscle energy level sufficiently to drop below the threshold and cause the muscle to unlock and test "weak". Thus the muscle tests "strong", or locked, with and without the presence of an unlocking signal. We can call a frozen muscle an over energy muscle, or an overly tense muscle.

### Muscle Test for Presence of Frozen Muscles.

Test the indicator muscle while holding thumb pad on index fingernail with one hand. If the indicator muscle tests unlocked, frozen muscles are present. If the indicator muscle tests locked, repeat the test while holding thumb pad on index fingernail with both hands. If the indicator muscle tests unlocked, frozen muscles are present. If the indicator muscle tests locked both times, then there are no active frozen muscles.

Since the meridian associated with a muscle is always over energy when the muscle is frozen, this also in effect is a test for the presence of over energy meridians.

This muscle test is a "mode" test. "Modes" are sign language for asking the body-mind questions. As with spoken languages, "mode" languages can vary for different users. Also a given "mode" may have different meanings at different times for the same user. In this case the "mode" sign is holding the thumb pad on the index fingernail. "Mode" languages work as long as the user understands what the meaning is intended when doing the muscle test.

### Muscle Test for Specific Frozen Muscle.

The following procedure may be used to check if a specific muscle is frozen:

1) Say, "My name is _____", using your correct name and test the muscle.

2) Say, "My name is _____", using an incorrect name and test the muscle.

Normally the muscle will be switched on for the first test and switched off for the second test, but if the muscle is switched on for both tests, it is frozen or over energy.

Note: If the muscle is switched off for the first test and switched on for the second test, the muscle balance is OK, but polarity switching is present. This is an imbalance in the brain control circuits and can usually be corrected by doing the correction for Visual Inhibition (page 122 in the *Touch for Health Book*) or by doing the Five Finger Quick Fix (see the recent *In Touch* article on Trilateral Integration).

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# Annual Meeting Highlights

This is it. Now is the time. If you want excitement, joy, and education, this year's Annual Meeting will fill your every expectation. We're not saying this because we're trying to make a sale - we're saying this because it's true!

We have a full schedule of educational workshops that implement the different applications of the TFH synthesis. We have scheduled: Dr. Thie, Dr. Dewe, Dr. Deal, and Dr. Goodrich, to mention a few. Each of our speakers will dynamically show you how to better take care of yourself and your loved ones.

If you're an instructor, you will especially love this year's Annual Meeting. We have scheduled various mini-workshops designed so that you not only learn new techniques, but you also will be certified to teach these courses yourself. This will undoubtedly make you more marketable. In addition, it will make you more confident and competent in your people skills.

For those of you who are not instructors, we have scheduled some wonderfully exciting programs for you, too. Not only are you open to attending the mini-workshops, but if you take the Kinetic Education Instructor Training (KEIT) after the Annual Meeting - you too will be qualified to teach those courses. We also have included basic courses that will allow you to better comprehend the TFH synthesis, thus making it more applicable in your life.

For one small fee you will be open to attending the entire Annual Meeting and all the workshops. In addition, if you stay at the University of San Diego with us, we will include all of your meals. Moreover, we have some very exciting activities scheduled, activities that will allow friendships to flower. There's a cruise, a talent show, a dance, a banquet - and all for one low price!

So, fill out the registration form and experience the fun, the action, and the educational materials. SIGN UP EARLY SO THAT YOU CAN COME IN ON THE DISCOUNTED PRICE!

# Dr. Dewe Specials

## Professional Health Provider Workshops I & II

The Professional Health Provider Workshops have debuted in Pasadena. They have had a tremendous response. Besides the laughs and the inspiration the participants shared, their enthusiasm highlighted their every move.

Every participant shared that the PHP courses are among the best workshops they have taken. The skills presented in this course truly bring health to your fingertips, it brings all of the advanced techniques together.

It is a course that answers the what to do, when question. If you've ever wondered about when to use a certain technique, or what exactly to do to help someone, this course offers you the answer.

As one of the participants shared, "The thing I loved was its inclusiveness - they showed me how to incorporate the skills I learned in workshops outside of Touch For Health."

**The Professional Health Provider Workshop will be touring the North American east coast the first of May, 1989.**
**Sign up by contacting the TFH Foundation at (818) 794-1181**

# ANNUAL MEETING

July 11-16, 1989 at the University of San Diego

## Registration Form

Name _____ Name (if couple) _____

Address _____ Address _____

City _____ State/Prov. _____ City _____ State/Prov. _____

Country _____ Zip/Post code _____ Country _____ Zip/Post code _____

Membership # _____ Telephone _____ Membership # _____ Telephone _____

**REGISTRATION FEE:** A non-refundable deposit of **$100.00** before May 15, 1989 reserves the discounted price.

Registration fee sent *before* May 15 ☐ $225.00 (U.S.) per person, *after* May 15 ☐ $295.00 (U.S.) per person

Weekend rate *before* May 15 (3 days) ☐ $195.00 (U.S.) per person, *after* May 15 ☐ $235.00 (U.S.) per person

☐ √ if first time attending a TFH annual meeting.

**ROOM & BOARD:** Room rates include 3 meals per day.

☐ $50.00 a night per person (double occupancy) ☐ $60.00 a night single occupancy

☐ *We* would like a double room ☐ *I* would like to share a room ☐ *I* would like a single room

Please try to place me with _____ whose telephone # is _____

☐ √ if Smoker ☐ √ if vegetarian

T-Shirt size ☐ small ☐ med. ☐ lrg.

**COMMUTER FEES:** Does not include meals.

☐ $15.00 a day per person

I (we) will be staying these **nights** (enter *N* in dates below), or commuting these **days** (enter *C* in dates below).

| TUES | WED | THUR | FRI | SAT | SUN | MON | TUES | WED | THUR | FRI | SAT | SUN | MON | TUES | WED | THUR | FRI | SAT | SUN | MON |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |

Room & Board is ☐ $50.00 ☐ $60.00 x _____ (indicate # of nights) = $ _____

or Commuter fee is ($15 per person per day) x _____ (indicate # of days) = $ _____

**COURSE TUITION:** Includes all course materials.

| | | Single | Couple | |
|---|---|---|---|---|
| **Facilitator Program** July 5-9, 1989 | Regular | ☐ $465 | ☐ $ 750 | $ _____ |
| | *by May 15* | ☐ $395 | ☐ $ 695 | |
| **Kinetic Education Instructor Training** July 17-23, 1989 | Regular | ☐ $785 | ☐ $1250 | $ _____ |
| | *by May 15* | ☐ $695 | ☐ $1195 | |
| **Professional Health Provider Workshop III** July 6-9, 1989 | Regular | ☐ $400 | ☐ $ 800 | $ _____ |
| **Professional Health Provider Workshop I** July 16-19, 1989 | Regular | ☐ $400 | ☐ $ 800 | $ _____ |
| | | | **Total Tuition** | $ _____ |

**Included in your registration fee is the following TFH information:**

- Business Breaks
- MAPS Update
- One-on-one skills
- And the many program speakers from all over the world sharing Touch Healing with you.
- Basic TFH updates
- Bruce Dewe mini-workshops

## TOTAL CONFERENCE FEE

☐ Check ☐ Money order

☐ Visa ☐ M/C

_____

Amount Enclosed or Authorized

Signature _____ exp. date _____

Amount Remaining

# NON-FICTIONAL PHANTASIES

This section of the *In Touch* is dedicated to all of you. The stories and successes are yours. They all share the common spirit that magically heals and unites people with their higher purpose. Like a phantom guiding our every move you will discover the wonder that fills our everyday life.

## ALL IN THE FAMILY

My wife suffers from migraine and an attack can last from four to five days.

Since applying T.F.H. we not only stopped the attacks but it seems that we have succeeded in preventing them.

This is only one of the successes I have enjoyed and am interested in learning more about T.F.H.

***A.L. Emmett,***
*33 Lena St., Naudeville, Welkom 9460, OFS R. of S.A.*

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## WHAT I AM AND HOW I GOT TO BE

Hi, everyone! My name is Mary and I would like to tell my story about how I got involved with Touch For Health and what this experience has done for me.

I was introduced to Touch For Health and Applied Kinesiology by a wonderful man named Barry Whittaker, Brampton (Toronto), Ontario, Canada. Four years ago he used AK during my nutritional counseling and told me about the Touch For Health Foundation. Imagine my surprise when I realized the address was fifteen minutes from my parents (where I grew up), 3000 miles away!

I visited the foundation and became a member. I was tempted to take some of the courses right away, but time and circumstances were not right at the time.

Skepticism from others and a lack of knowledge about AK on my part created self doubt and I moved on to other interests. Then, while visiting the Creative Health Institute (918 Union City Rd., Union City, Michigan 49094) last year, I met the owners, Don and Mavis Haughey. Don held a class in AK and rekindled my interest in Touch For Health.

So..... I phoned the Foundation so I could learn more about what TFH is and how it works. I got the necessary information and I have since completed Introduction to Touch For Health (Lorraine Osborne), Enhanced Learning I & II (Sandee Taylor), The Facilitator Program (John Varun Maguire) and Kinetic Education Instructor Training (John Varun Maguire). Think that was enough?!? No way!

In June I start teaching Touch For Health at the Creative Health Institute. This is like a dream come true. Seven years ago I attended a lecture at the Institute and decided that it would be a wonderful place to work. Now that desire is a reality, thanks to Touch For Health. Through the people here at the Foundation and my class mates, I have learned to use my own abilities to accomplish things I never thought possible.

I learned that I can do what I have always wanted to do; what I have always known (deep inside) I would do. That is to help people feel better, doing whatever works for <u>them</u>. Touch For Health is something I can teach people to do for themselves.

I learned that I AM A FACILITATOR..... a person who helps another do better, a catalyst in the living process of being whole, a guide/teacher/student of life and living. I <u>know</u> what I pass along to others will help them because these things helped me. It is through this personal experience that I draw my enthusiasm and knowledge to create the energy to do what I want. To make it easier for someone else to help themselves and simplify life in these fast times. To promote well being in others around me. To touch other people's lives and be remembered for a kind healing touch.

**What more could I ask for?**

***By Mary J. Walkem***

# *Superlearning* TOUCH FOR HEALTH

by Hanne Lubin & Gette Johansen

Some years ago when we started teaching Touch For Health (TFH) in our school in Copenhagen, Denmark, we experienced that it was just as difficult for our students as it had been for us to learn all the dry facts such as the Latin muscle names, what meridian the muscles related to, test positions and the rebalancing points.

So one day we sat down and thought it through. We already knew about Superlearning. Why not combine this excellent technique with TFH? We produced the tapes in Danish for our students in our TFH workshops.

The effect was amazing. We used the tapes during our workshops and the students listened to them at home. The atmosphere got so much better, so much more relaxed.

Now our students really enjoy learning and nobody feels lost anymore. With Superlearning tapes the students actually learn all the muscle names, meridians, test positions and the rebalancing points very quickly and without any stress.

But why keep this wonderful tool to ourselves? So now it is time for the English speaking part of the world to enjoy TFH by means of Superlearning.

**What makes Superlearning so efficient?**

Superlearning is a form of holistic education. It involves both body and mind working in harmony while learning. It is based on the idea that the mind is able to learn faster and more easily when the body is running at a more efficient level.

For years physiologists have reported that if people relaxed muscular tension they could better remember what they had studied.

**Superlearning is based on the idea that the mind is able to learn faster and more easily when the body is running at a more efficient level**

Normally in learning situations we tend to function in our dominant brain. This means that we perceive information in details. We analyze and judge the information according to our image of the world, our belief system.

In a normal learning process stress is a major factor due to fear of not succeeding. Also heavy mental work seems to raise the pulse and blood pressure and the brain waves speed up to beta level.

On the other hand the alternate brain perceives holistically. It records whatever happens as is, without judging or cutting it up and so it is our fair witness.

Science has proven that when this brain is on it produces alpha waves. This happens automatically when we are in a deep relaxed state of mind, ex. just before falling asleep. Alas, for most people the dominant brain is in charge 95% of the time.

Studying people with supernormal abilities, yogis with super memory and instant calculators shows that when they perform their astonishing mental feats, their bodies are in a state of rest, their brain waves are at a relaxed alpha rhythm, their heart beat at a slower rhythm. They do not strain, will, or coerce the mind to function. It happens effortlessly. It actually seems to happen <u>because</u> physical and mental efforts are not involved.

So how do we obtain this relaxed and at the same time alert state of mind?

Drawing on yoga theories on music and research in psychoacoustics, an important observation has been made.

It is found that a specific form of music with a specific rhythm can induce a relaxed state in the body and at the same time leave the mind alert and able to

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# REMEMBERINGS OF ..... SATIR

**by Sara Aeikens**

A mentor of mine once asked me what was unique about me that I would have to offer my future counseling clients. That caused me to wonder - I wasn't sure. Later on, the answer emerged as a discovery - yet it was an intangible one. It became a reality for me when Virginia Satir helped me manifest the essence reflected from within. When I was in Virginia's presence, I felt from her a deep and unspoken respect for my uniqueness. Her "being" nearby seemed to soften any surrounding and create a sense of safety. I experienced time lengthen and relax when I was with her. Her unspoken confidence to consider each experience as a positive challenge was empowering, along with her stories reflecting her vision for changing the world.

*SALVATION IS A STATE OF SELF ESTEEM*

At a Tiyospaye Black Hills Conference, she took the time to watch a clip of my "*Massage for Everyone*" video tape, gave me concrete suggestions, told me what she'd do for active support, and followed through. She endorsed my then still unfinished video, because she trusted me, a trust which was mainly intuitive. She not only helped motivate me to complete the video, she was also a model for trusting my intuitions.

Her supportiveness of my work with Educational Kinesiology (learning through movement), resulted in my leading in a large spontaneously formed conference exercise group for learning brain integration exercises. This aided me in making connections for doing a workshop on similar material in Southern Germany the following spring in 1988. A very special experience I had with Virginia was during a December 1988 visit to San Francisco. I was planning to visit her office in Palo Alto, but instead, she offered to come see me at the Mercy Retreat Center, where I was attending a national conference on "The Church and Contemporary Cosmology." During afternoon break, a half a dozen of us who knew Virginia sat in the main conference room sharing our thoughts and feelings on the origins of the universe, while about 100 surrounding theologians and scientists (mostly men, and mostly dressed in suit and tie attire), quoted their own statistics of the stars. Virginia commented on how we each reflect our comfortability with our body. She noted that not many looked like they were at home with themselves. (This was definitely a left brain conference!) She went on to say that she sees basically three kinds of behaviors:

"There are people who know something has happened, but haven't developed the internal connectiveness. There are people who believe and act like they've already "got" it, and they're the worst kind. The scariness is that they have nothing to connect with - they're in limbo. Then there are those who have been given permission to join the new consciousness, who sparkle, and they know they aren't searching, but they are "being". They KNOW about it."

Virginia went on to share her excitement about the changes she saw taking place - "more and more people are connecting up - answering the question of 'who do you think you are?' Jesus is human, human," she exclaimed. She talked about how "salvation is a state of self-esteem. We set up an artificial structure and consider it a fact, setting up good and bad, right and wrong. Mutually agreed upon information is no real facts in the universe," she noted. "All science began with, and it's all in the right brain. We may access information through the help of the left brain, but all real healing takes place in the right brain. We use our thoughts to make us sick or well or to control other people. How can we deal with differentness? Words don't convey the images, so we need to ask (others) about their images to help us get to an acceptance of diversity. We are in an era of service and communication - the highest form."

I have asked Virginia on several occasions if she sensed something happening globally at a spiritual level. She responded by sharing she felt that "the world is so ready for what I have to say. We are about ready for a (spiritual) break-through that will startle the world."

*CONTINUED ON PAGE 11*

## Over Energy (cont.)

### Balancing a Specific Frozen Muscle.

Since over energy meridians can be balanced by tapping the alarm point for that meridian, any particular frozen muscle can be balanced by tapping the alarm point for its associated meridian. The meridian associated with any particular muscle and the location of its alarm point may be found in the *Touch for Health Book.*

### Frozen Muscle Basic Balance Exercise.

Place thumb pad on index fingernail and lightly touch the Stress Release points on forehead with middle and ring fingers using both hands. Visualize the tight muscles relaxing. This exercise will balance all the currently active frozen muscles. It will also balance all over energy meridians.

This exercise makes use of "mode" language to tell the body-mind which type of stressor to balance with the Stress Release exercise. Note how it combines the "mode" signal described above for muscle testing for frozen muscles with the standard Touch for Health Emotional Stress Release exercise.

For more information on Basic Balance Exercises, see the new book *Self-Help for Stress and Pain* by Elizabeth and Hap Barhydt, now available at the THEnterprises Store.

• • • • • • • • • • • • •

## Rememberings of... Satir

She envisioned us all working and connecting together with love in the world to become a spiritual community and she still took the time to interact very effectively on a one-to-one basis. I think smiles as I picture her large "being" stooping way over and reaching underneath her skirt to pull out her very own self-esteem from between her legs - to give birth to her specialness! Virginia had the courage to believe and know that she made a caring difference in the lives of individuals, regardless of the labels they carried,while at the same time never lost sight of the vision of literally having a dynamic impact on the whole world. I feel blessed and honored to be a part of that sacred process.

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## Superlearning TFH

concentrate. Just by listening to the music the rhythms of the body, heartbeat and brain waves tend to synchronize themselves to the beat of the music. Brainwaves show a decrease in betawaves and brainwaves slow down to the alpha rhythm.

So a relaxed state of mind and body in synchronized rhythm are the two basics that make Superlearning tick and the ingredients that our Superlearning tapes contain.

By listening to our Superlearning tapes you get into a state where your brain produces alpha waves, your body is relaxed and your mind is alert. The meditation at the beginning and the special music create this state of mind.

On the tapes we have included all the "dry facts" of TFH. You simply relax and listen to the beautiful music and you LEARN all about muscle names, meridians, test positions, NL and NV points.

In this way you will learn very quickly and effortlessly, and the information will be available to you whenever you wish.

The series include three TFH tapes. All the A-sides start with a short meditation to calm the body and mind. On each A-side you find 14 different muscle names, the related meridians, test positions, the neurolymphatic points and the neurovascular points. On the B-sides you learn respectively the meridians, the alarm points and the 5 elements.

The authors, Hanne Lubin and Gitte Johansen, are TFH and Stress Release Instructors, and are facilitators from Three In One, Burbank. For several years they have taught kinesiology at the School of Biokinesiology in Copenhagen.

The tape series Superlearning can be ordered from THEnterprises or the Alpha Institute, 77 A Skovvej, 2920 Charlottenlund, Denmark at $14.50 a piece.

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## From The Director:

Joan and Bruce entered the stall, took "Aces" in hand and proceeded to test and balance for the next forty five minutes. Mr. Marikian, having never even heard of TFH watched in total awe. Dr. Dewe's evaluation contained several aspects, one of the major ones being fear of performance. With a wide smile Dr. Dewe proclaimed, "A really nice little horse and I think he will do very well today, yes, very well indeed". I quickly queried curiously as to whether this meant that "Aces" would run in the specific speed spectrum he had exhibited in bygone months. Dewe's direct delineation decidedly was "YES". The fearsome foursome forged their way to the parking lot and back to the sanctity safety and sanity of the Foundation.

Time warp - - Santa Anita, fifth race. They're off and running.

"Aces" —— Odds 50 to One. The new "Aces" is impeded twice on the backstretch, is forced wide on the turn for home, and is now faced with a wall of horses in front of him. In ninth position he charges the pack, threading his way through a hoard of hooves "Aces" overtakes his erstwhile equine equivalents and emerges a victorious third (missing second place by a nose). The trainer and I are sore throated from joining with the roar of the entire grandstand in support of "Aces".

And so it becomes clear, TOUCH FOR HEALTH does work. And IN SO MANY WAYS.

*Barry*

# IN TOUCH FOR HEALTH

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## NEW EDITIONS FROM THENTERPRISES

**Self Help for Stress and Pain**, *Simple energy balancing for home office and athletics*. Hap and Elizabeth Barhydt, Touch for Health Foundation, 1989.

This book and workshop manual brings together all of the techniques necessary to bring stress and pain relief to your fingertips. It presents an easy-to-follow guide representative of the Touch for Health synthesis.

**The Thinking Body**, Mabel E. Todd, Princeton Book Company Publishers, Princeton , New Jersey, 1989.

This book is a classic in the study of human physiology and the effect psychological and mental processes on human movement. It is a profound study of bio mechanics, anatomy, kineseology, and physiology, all brought to bear on a study of movement education. The purpose of the book is to re-educate us in our movements.

**Listen To Your Pain**, *An active persons guide to understanding, identifying, and treating pain and injury*, Ben E. Benjamin, Ph.D., and Gale Borden, M.D., Penguin Books, New York, 1984.

If you've hurt yourself playing tennis, skiing, dancing, or running, now you can find out just what those aches and pains are - and what to do about them. This book is a completely illustrated, medically sound guide to all the strains and stresses that can afflict active people. Ben E. Benjamin, author of *Sports Without Pain* and *Are You Tense?*, explains every major injury, from tennis elbow to torn cartilage and offers possible treatment and rehabilitation choices.


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