

Keeping...

In Touch

The Newsletter for the North American
Touch For Health Association

Winter 1990

Volume 1

Issue 1

Building the World - Together

by Robert A. Aboulache, M.A.

Together we build our world. Together we are building the Touch For Health Association. The combined efforts of the membership has been outstanding. We are just beginning to manifest the synergistic growth of the Touch For Health Association from its metamorphosis of this summer.

This newsletter is an outgrowth from our combined efforts. We have brought together authors and practitioners of Touch For Health to create this newsletter. It is inspiring. We have articles from people all across our continent. We have successfully, through the great networks of telecommunication and postal services, created a newsletter that is dedicated to seeing the Touch For Health synthesis continue. If this isn't evidence enough to honor the great potential inherent within our cooperation, then what is?

As the former director of the Foundation, and editor of the *In Touch*, I can honestly say that this great spark of comradery demonstrates that we are dedicated to seeing the fruition of the TFH ideals alive throughout our world. We have had over a dozen Touch For Healthers contribute their time and energy to seeing this newsletter completed and into your hands. This is more than we have had in my entire two year affiliation with publishing the *In Touch*. I am encouraged.

This *In Touch* is our first newsletter by the North American Touch For Health Association. It will be published quarterly. It is our intention to have sections in each newsletter devoted to: international affairs, regional updates, PHP information, educational, athletic, and business suggestions. We have also set up a member forum which includes: letters to the editor, inspirational articles, and class listings. Join us in producing a member run newsletter.

Please send any articles, suggestions and comments to:

Robert A. Aboulache'
11684 Ventura Blvd., Ste #547
Studio City, CA 91604

Keeping in touch...

A Letter From the...

Touch For Health Association Chairman

The value of joining together with others of like mind and purpose can never be over estimated. The opportunity to recognize the value of consciously and purposefully joining with other Touch For Health practitioners, students and interested individuals is only one of the many gifts we are receiving from John Thie, as we continue in our evolution as a membership association.

The degree to which we individually commit to and participate in any endeavor, organization or purpose is the degree to which we receive value. Our involvement can be in terms of time, energy, money, love, "moral support", shared vision and goals, positive and supportive thoughts, etc. There are several keys for healthy participation:

1. **Do only what brings you joy.** Sacrifice, compromise and other disguised forms of martyrdom ultimately undermine any joint effort, no matter how seemingly necessary or valuable the contribution appears at the moment. If we each do what brings us joy (peace and happiness), we will be "happy" together. If not, we will be miserable and/or withdraw our support.
2. **Give what you want to receive.** That's the surest way to share what is truly valuable to you, to give from your heart and to make sure there is plenty of what is important to you around. It is also an acknowledgment of the ways in which we are "joined" and not separate from each other. Remember, what is truly strengthening for you is also strengthening for all of those around you.
3. **Focus on appreciation.** What you perceive, you strengthen. What you focus on expands. Criticism encourages more of that which you disapprove or judge. Use any person, thing or event of which you disapprove or with which you disagree to open you up to what it is you are called to share and support, and focus your attention and intention in that direction.

Continued on page 2

cause confusion and misunderstanding. Everything which is openly shared will lead to healing and growth.

The Touch For Health Association of North America is an opportunity for all of us to participate and support something we value and believe in. I want to acknowledge and appreciate the members of the National Council who have joined together on behalf of all of us to facilitate the evolution of this new association. So much has been accomplished already that it is truly inspiring.

Thank you to **Kim and Alice Vieira** for bringing together the energy which is creating our 1991 Annual Meeting to **Robert Aboulache** and **Sharon Promislow** for all the work in coordinating this newsletter; to **Bill Cook** for all the work on the Articles of Incorporation, By-laws, and finances; to **Norma and Richard Harnack** for coordinating the National Communication Center and all of the organization and communication involved; to **Paula Oleska** for working with the International Faculty to re-define our expanding relationship; to **Joe Bassett, Joy Bradley, Arlene Brown, Cathy Chatelain, Mary Louise Muller** and all of those mentioned above already for your on-going efforts at communicating with and organizing the Regional membership groups and activities.

A special thanks to all of you, the friends and members of Touch For Health, for your support in thought, word and deed. Your active membership is invaluable to our growth and expansion. If you have not yet joined the Association, do so. If you have not yet found your way to serve, open to your inner call and be willing to respond. Do what brings you joy, give what you want to receive, appreciate and communicate. That's what I am doing and that's why I am here.

Sincerely,

Robert Waldon

Letter from the ... Communication Committee

By Sharon Promislow

As the member of the National Executive Council responsible for Communication, it has been my very great pleasure to help shape the thrust of our new Association's newsletter. As always, the *In Touch* has as its primary mandate to keep all Touch For Healthers abreast of new information and developments in North America and world wide. We are privileged as always with a regular column from TFH's originator & inspiration, Dr. John Thie. Robert Waldon, our TFHA Chairman, will update us on the exciting developments issuing from our National Council. We are establishing a number of regular departments, each with an editor responsible for the latest scoop on activities and techniques. These are:

Editorial: Robert A. Aboulache'

Fitness: John Varun Maguire

Education: Sharon Promislow

Business: Tom Margrave

Professional Health Providers: Mary Louise Muller

TFH Instructors' Techniques: Richard Harnack

International Activities: Richard Harnack

Regional Updates: Reports from all regional coordinators

Letters to the Editor: You, our readers.

As we stride into the future hand in hand with our sister and brother kinetic practitioners as part of the The Touch for Health Synthesis, we are establishing a number of regular columns to assure the cross fertilization of ideas. We heartily welcome regular columns from Paul Dennison, PhD, chairman of the Educational Kinesiology Foundation of Glendale California, and Gordon Stokes, co-founder of Three-In-One Concepts, Burbank California. Thank you both for your support and sharing!

To help our newsletter mature and evolve, We look to you for your comments, suggestions and participation. We welcome ideas for columns and features. Please direct them to our editor:

Robert A. Aboulache
11684 Ventura Bl., Ste 547
Studio City, CA. 91604

Our next newsletter will be in Spring, so make your submission now!

Our thanks go to Rob for volunteering to edit and format our newsletter and to Judy Chaisson for pre-editing material, and to all our editorial contributors!

The other major communication tool to empower the outreach of our Touch For Health message to our members and to the lay public is to have ever more professional materials. To that end a series of regional communication templates are being developed under the creative hand of John Varun Maguire. Each region and its members will benefit from these formats, and will be spared recreating the wheel in communication! Volunteering to play a part in our association is a joy and not a burden when we know we will be supported with excellent directives and materials. (And we do want you to volunteer!)

The key communication spoke in the TFHA of North America wheel is our National Headquarters, and those incredible Harnacks. God bless you both! And the most enjoyable, one-on-one communication we can experience happens once a year- at the annual meeting! My registration's already paid in full, because I can't wait to see you all this July in Murrietta! Why don't you do the same?

Let's all keep *In Touch*,
Sharon Promislow

Join The Leadership Team

By Richard Harnack

Over the past 3 years the Leadership Team for Touch For Health has been in the making. This is a team of persons who have been designated as Faculty for different levels of training.

Our goal is to develop a network of "professional" level Touch For Health instructors and trainers throughout the country. Every member of the team provides different levels of instruction for the U.S. and Canada.

Eligibility for the Team is based upon receipt of a letter of intent and application, teaching experience in Touch For Health, attendance in special upgrade trainings, co-teaching with a current member of the Team the level of course applied for, and the ability to generate enthusiasm for Touch For Health in all of its forms.

Courses covered by the Leadership Team:

- **Touch For Health 1, 2, and 3**
- **Advanced Skills Workshop** (formerly the Facilitators Program);
- **M.A.P.S.**
- **Enhanced Learning;**
- **Courses for Nurses; and,**
- **Kinetic Education Instructor Training.**

We are looking for individuals who would like to be able to provide any of these trainings in their area. Plus, if you have an idea for a workshop or training consistent with the philosophy of Touch For Health, we'd like to hear about it.

Send your letter to :

**Richard Harnack
Leadership Team
P.O. Box 43028**

Maplewood, MO 63143

Include in the letter the level of courses you are interested in teaching, a brief description of your background in Touch For Health, how long you have been involved in Touch For Health, and, anything else you feel is important for us to know. You will receive an application stating the specific requirements within the month following receipt of your letter.

Teaching Hints

By Richard Harnack

This begins the first column of teaching hints. All future columns will be in response to questions commonly asked by Touch For Health Instructors. The "answers" will come from the various members of the Leadership Team.

When I took my K.E.I., I noticed that there were quite a few "games" in the suggested course outlines. Why?

Games are used in Touch For Health to create an atmosphere of "play" which aids in learning. Many people already come to "class" with the hidden (and not so hidden) attitude that they are in "school". Games help break this and make your class more interesting and fun. We encourage you to use these games in addition to your presentation and demonstrations to help your students learn without being aware that they are.

Some games we recommend are:

- **Name Game** - use this when you have a large class.
- **Muscle Name** - each participant is given a "muscle name" such as Penelope Peroneus or Quincy Quadriceps.
- **Cross Crawl** - use different music for different moods. Definitely have some "silly" music on hand.
- **Muscle Dance** - lead this throughout your class. Ask your students to lead it also.

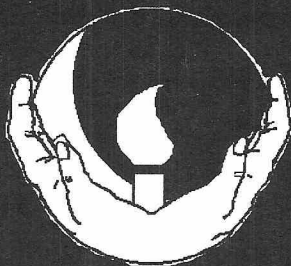
Think up your own games and share them here with the rest of us. **Point Location:** is there an easy way to teach this? In teaching point location, first remember to tell your students, the object is not to "memorize" the points — it is to be able to use them. Having said that, use games to help reinforce points. The Touch For Health Workbook by Mary Marks, D.C. and the Tune Up Touch tapes by Phillip Crockford have some wonderful music games to help you here.

Additionally, help your students out by having them draw connections. For example, Anterior Deltoid and Anterior Serratus both share the same set of Neuro-Lymphatics and Neuro-Vasculars. So.... "Aunty Deltoid and Aunty Serratus are middling stern(um) and are looking to top (of skull) one another."

Send all of your questions either to *Keeping In Touch* or to the Leadership Team address listed elsewhere.

Have fun teaching Touch For Health!

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A Letter from John Thie, ...president TFHF

Is the Touch for Health Synthesis (TFHS) scientific? We must first answer in our own minds what we understand by the word science. Is science a department of knowledge in which the results of investigation have been logically arranged and systematized in the form of hypotheses and general laws subject to verification? Is science knowledge of facts, phenomena, laws, and proximate causes, gained and verified by exact observation, organized experiment, and ordered thinking? Is science an orderly presentation of facts, reasonings, doctrines, and beliefs concerning some subject or groups of subjects? Is science expertness, skill or proficiency resulting from knowledge?

I think that the TFHS fits some of these definitions, which came from the Reader's Digest Great Encyclopaedic Dictionary. Therefore TFHS must be scientific, as the phenomena presented are verified by observations and ordered thinking by many people around the world. The TFHS certainly is expertness, skill and proficiency resulting from knowledge, knowledge which is widely shared and is easily learned and verified by many.

TFHS is reaching a new era in its development. The era is one of reporting, sharing and gathering the reports of lives changed by the touching methods which have their basis in the ideas of TFH. We have all seen lives, maybe our own, which have been changed for the better because we have used the TFHS. Now in order for more people to want to know what we know, we need to report our findings as anecdotal phenomena, which can be verified.

This is a first step!

We have had many of these reports over the years given orally to us and some in writing. I would now like to start cataloging them and printing them in a special newsletter. I would like to encourage you to share with me your best case histories and studies that you have done. It will be helpful if you include what orthodox practitioners have said was the problem in the way of a diagnosis if this had been part of the history presented to you. The complaints and the goal that was set are also very important parts of the findings. Will you participate in this new era? Just think about it: How many thousands of reports could we gather if each person that helps people would take a few minutes and write down what happened and send it to TFHF in Pasadena. We know of 50 countries around the world that have people using TFHS. In 15 countries we have had courses for training Instructors of TFH basic classes trained. Each person's own story is important, even if the problem solved was "minor" or something that returned and needed other help later. Results on any enhanced performance are important in this data gathering time.

Remember we need to have anecdotal reports to logically arrange and systematize in order to formulate them into hypotheses and general laws which can be understood by others in the scientific community.

Who will say "you can count on me!" and send in the reports with names and dates if you have them and give permission to quote them in articles about the TFHS? I hope that I would have many of you who read this stop and write down a goal of sending in your results regularly. I hope that you will also encourage your students and clients to write their results. I hope that every ITW or KEI class will take the time to give the students a time of practice in writing down results that they have observed and sending them in to the TFHF.

May God Bless all of you in your work of making our world a better place through the use of touch.

Always Ask Permission

by Gordon Stokes and
Daniel Whiteside

If a person had broken both legs and asked a GREAT healer to mend the left leg only, that healer would come, labor with the left leg and go away, even though the right leg remained broken. A great healer would not touch that leg, for permission had been given only to work on the left leg...

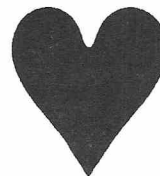
Not that we at Three in one Concepts mean to sound insensitive or unwilling to help. But we truly believe that no one should have "help" forced upon them. We say, "Wait to be asked" for assistance and - even then - always ask permission.

While we'd never enter a house uninvited, in our enthusiasm to assist others we sometimes overlook the need for such an invitation. This oversight shifts the whole emphasis of who has the responsibility for creating a desired positive change.

Without asking permission, we set ourselves up as "the authority" - the one who "knows," the one in charge, the one responsible. Asking permission clearly establishes the testee as the authority, the one who has "the say," the one with the power of CHOICE.

None of us knows how to grow and learn the lessons of this life for anyone but Self. Some people learn in sickness and pain; others in laughter and joy. No one has the right to judge another. Give the gift requested, nothing less and nothing more.

Always Ask Permission - before you test any issue.



Longevity, a way of life...

by John Varun Maguire

Dr. Sheldon Deal gave one of his brilliant lectures this past July at the Annual Meeting. One of the gems that he offered us was a study done by Dr. Kenneth Pelletier into the lifestyles of people around the world who are over 100 years old and in great health. Pelletier has concluded that we have a biological potential of 120 years. His study revealed that twelve factors were most important in fulfilling this potential. Interestingly, heredity was not found to be that significant. Here is what he found to be the most vital elements to living a long and healthy life:

1. People who live beyond 100 years have no fear of dying or aging. They have learned to overcome their fear and worry and are busy living right now with no preoccupation of the future.
2. Psychologically these people are much younger than their chronological age. Their zest for living is that of a teenager and they celebrate life passionately.
3. Dr. Pelletier discovered that probably the most important factor is to have a strong sense of purpose and a reason for living. People who know how to set and achieve goals create a powerful life force that sustains them well into their years.
4. Nutritious eating habits are vitally important to maintaining a healthy body that can carry us through a long and richly satisfying life. We have discussed strategies to develop good eating habits in previous issues that you can refer back to. It is very important for you to maintain your body weight within 20% of your ideal weight.
5. Regular exercise is a key to keeping the body and mind fit and running in top condition. Fun physical activity is a crucial part of the lifestyle of people who live

well into their hundreds.

6. Being mentally active is another key to a quality life of 120 years. Keeping the brain turned on keeps the life force strong and vital.
7. The practice of wise hygiene, following rules of maintaining a clean and healthy body is another important ingredient to longevity.
8. Effective stress management is a key factor to living the good life. A prominent biofeedback researcher, Dr. Elmer Green, says, "It isn't life that kills us, it's resisting life." The more we accept what is, without resisting it, the less wear and tear we have on the body, mind and spirit.
9. Having loving, honest and supportive relationships is a vital part of living a life worth living. To love and be loved is truly what is essential. It is what nurtures the spirit and keeps the body young and strong.
10. A healthy libido is another characteristic of people who live a long and bountiful life. With a strong sense of confidence with the opposite sex, these people enjoy the pleasure of fulfilling their healthy sex drive.
11. If you are optimistic and positive in your outlook, you add years to your life according to Dr. Pelletier's study. Optimism reduces your stress and lightens your load to provide ease as you journey through life's adventures.
12. Having a sense of humor is a vital key to living a long and joyous life. Norman Cousins, who teaches at the Pain Clinic at UCLA Medical School, was told several years ago that he was dying of a terminal disease and that he had two months to live. He refused to accept this progn-

sis. He got several videos of Laurel & Hardy and other comedy movies and stayed in his room, laughing himself to health.

There is an excellent quote from General Douglas MacArthur that eloquently states what Dr. Pelletier later confirmed in his study:

Youth is not a time of life, it is a state of mind. It is a temper of the will, a quality of the imagination, a vigor of the emotions, a predominance of courage over timidity, of the appetite for adventure over the love of ease.

Nobody grows old by merely living a number of years. People grow old by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, doubt, self distrust, fear and despair, these are the long, long years that bow the head and turn the growing spirit back to dust.

Whether seventy or seventeen, there is in every being's heart the love of wonder, the sweet amazement of the stars and the starlight things and thoughts, the undaunted challenge of events and the childlike appetite for what's next, and the joy and the game of life.

You are as young as your faith, as old as your doubt, as young as your self confidence, as old as your fear. So long as your heart receives messages of beauty, cheer, courage, grandeur and power from the earth, from man, and from the infinite, so long you are young.

As you can see, the secret of living a rich life, full of aliveness, joy and satisfaction comes from within. Your attitudes, and beliefs, how you express yourself, and how you view yourself and the world around you determines the quality of your life.

You can choose how you want to live. Start taking full responsibility for your life and live the life you have imagined.

A 5 Element Quick Fix

by Robert Waldon

Many times in our busy schedules there is not enough time to do a full 14 muscle or even 5 Element balance on each other when we need a quick "tune up" between clients. Using the 5 Element balancing model, we can do a simple assessment to determine which element needs to be addressed to bring us back into balance.

Muscle test saying the word for each element to see where the primary stress is. This is not asking questions, but looking for stress on an element. Say "FIRE" (then test), "EARTH" (test), "METAL" (test), "WATER" (test), "WOOD" (test). Stop with the first element which produces indicator muscle change.

Once you have determined the proper element to balance, look at the chart of balancing options and muscle test (yes/no) to see which one or ones of the possibilities would be appropriate to use. Say, "It is appropriate to use Color (test), Music (test), Sound (test), etc". Do any or all of the corrections which show up (we do all of the indicated ones at once, if possible).

Once you have done your corrections, re-test each element to be certain there is nothing else needed at this time. This provides a wonderful 1 or 2 minute balance when other more conventional options are not available, as well as providing you with some other possible corrections to apply to your standard 5 Element Balance or 14 muscle balance in addition to points and meridians. Try some and see how they work for you. Most of all, have fun with your balancing, whatever you do.

*The 5 Element procedure is taught in Touch for Health II and III and is used to: (1) provide a shortcut system to identify and correct meridians and (2) to provide additional tools for correction beyond those learned in TFH I. One important aspect to corrections is to identify the emotion(s) associated with the "turned off" meridian. Expressing these emotions for one or several minutes is one way to correct the meridian and when used in conjunction with the neurolymphatic and neurovascular points and other techniques the corrections will often hold for a longer period of time. The "5 Element Balancing Options" chart adds even more options for correcting the meridians.

Letter to the Editor...

My vision and my hope for this newsletter is for it to be a vehicle for networking and sharing ideas through print that express our excitement of what we are doing and new ways which we are finding to use our Touch for Health expertise. I hope that we might capture in print some of the excitement that I experienced when I took the Facilitator class and the Instructor Training at this past Annual meeting in San Diego. I had heard that it was a special experience to take a class in a setting where you could have the chance to interact each lunch and evening. I had vastly underestimated the wonder and excitement that I continued to feel when we each had so much to share. I shared about learning to self test and how that had so opened up the Touch For Health world to me in a way it had never been opened before. "I" was always available whenever I was ready to work whether that was when I was driving home from work or awake by myself in the middle of the night. I shared the excitement of beginning to develop much of my own work and my dismay in finding out that many of my "discoveries" were currently being taught in the Facilitator or Professional Health Provider classes.

One student shared her excitement about using Touch for Health to identify and release emotions and how she was combining her metaphysical background with TFH. My roommate talked about using TFH in her ballet classes and I learned over lunch that you could use surrogate muscles to test muscles that were not accessible and watched that applied to testing the eye muscles. I also learned an interesting aside that in the Philippines there is a very special small coconut that is cut into rings that has been used for generations by the fishermen to prevent muscle cramps while working.

I look at the 1990 Journal In Touch With the 90's (which is available in the bookstore) and become even more amazed at articles such as "How To Evaluate the Aerobic & Anerobic Systems" by John McGuire, "Easing Phobias, Addictions and Obsessive Behaviors" by Thomas Margrave and "Becoming an Ex-Smoker Can Be Painless" by Rosmarie Sonderegger.

I have come to so appreciate the work that so many of us are doing and would hope that this newsletter can become a forum to:

- Share our discoveries and helpful hints.
- List classes and events.
- Teach or expand on some portion of one of the classes.
- Share promotional ideas and teaching techniques.
- Write letters about what is working or what isn't.
- Include books and other resources that we have found to be helpful.

Speaking of books, I think John Diamond's book Life Energy (available through the bookstore) is wonderful. He describes affirmations that he associates with each meridian. I don't always find that what he describes fits for me but I use it as a starting place and then muscle test to find what does work. More about that next newsletter.

If you are interested in ordering books the bookstore has a 35 page catalog that you can order. The catalog includes books on Touch For Health; acupuncture & acupressure; applied kinesiology; pain release; communication; massage and many other topics too numerous to mention here. They also have wonderful wall charts and cassettes. Write or call: **The Enterprises Store, 1200 N. Lake Avenue, Pasadena, CA 91104-3794.** Or call **818-798-7893**, California residents **800-826-0364** Outside of California. I am looking forward to hearing from you and working together to create a really special publication.

Sincerely,
Judy Chiasson
Contributing Editor

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MEMBERSHIP APPLICATION

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City _____ St./Prov/ _____ Zip _____

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Check applicable information:

- ☐ New Member
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- ☐ Newsletter Only \$15
- ☐ Supporting \$250
- ☐ Contributing \$500
- ☐ Life \$1000

All memberships are tax deductible. Add \$5 if you are outside the U.S. A.
Add \$35 if you are overseas and wish Air Mail.

CATALOG

I left PHP 1, I didn't know how to do the actual fingers mode positions on my hand, but I knew how to read off the list as an Edu-K menu.

CA 92000 or call her at 314-647-0115
write for course information.

"F.Y.I." from the National Office

By Norma Harnack

Kinetic Education Instructor Training

January 20 through the 26th St. Louis MO

February 16th through the 23rd Florida (These are tentative until a site is arranged).

KEI Training will give you all the tools necessary to go out and teach Touch For Health! For details call the Nat. Hdqtrs or John Varun Maguire (213) 456-9428.

Advanced Skills Training

Designed for people wanting to enhance or improve their ability to utilize basic and advanced techniques offered in TFH. Highly recommended for persons considering the KEI or wanting to update their technical skills.

Soon to come...

Instructor Updates - For people who are already instructors and want to refresh in order to return to active teaching or persons who want to improve their teaching skills. This will not be a skills workshop. It will be geared to teaching, marketing and networking to produce workshops and students to fill them.

Available from the National Office:

1991 Membership Directories

Get one NOW! Members: \$15.00 Non-Members: \$25.00

Also available: Instructor support.

Mailing labels, inquiry list, telephone solicitation, brochures and technical assistance.

(Labels and brochures are minimal cost items.)

You must hold a current Instructor Membership.

Let us help you to spread the word!

Please send in rosters from your classes. Your students receive a free issue of the *Keeping In Touch* newsletter, as well as being catalogued for YOUR future classes. Also makes you eligible for "Teacher of the Year" awarded at the Annual meeting.

Currently we can accept MC and Visa but only for amounts over \$100.00.

Regional Coordinators:

When we send out renewal letters we include a questionnaire to be returned to the Office. If the person indicates an interest in networking at the local level, we forward their name on to the regional coordinator. We also encourage the person to get in touch with their regional person. This should be a two-way effort, so let's all try to "Keep In Touch!"

We are losing our secretary Kristen Lane in December. She is an undergraduate student in the School of engineering at Washington University. The upcoming semester will make working prohibitive. We wish her much luck and owe her a great debt of gratitude for working for balances and peanuts as well as putting up with Richard and myself. Kristen's shoes will be hard to fill since it is she who answers most of the mail, updates the computer, prepares listings, answers the phone, gives assistance, handles membership, referrals and a host of other items for the Touch For Health Association.

If you are interested in applying the position it pays \$4.00 an hour for twenty guaranteed hours per week and some call back hours.

We hope to have someone ready to person the helm by January 1st. Until then please be patient. Richard and I are not always available to answer the phone but we will return your calls as soon as possible!

We need your membership, input, advice and prayers in order to succeed. Thank you for all you've done and for all you're doing to make this a great member organization.

Canada/Pacific Northwest Region

by Sharon Promislow

There is lots of Touch For Health action here: instructors are actively teaching the whole spectrum of TFH classes in B.C., a regional class schedule of Member/Instructors is available, and sent out in response to all queries coming into the region. *(note if you are an instructor/practitioner in good standing, submit your class schedule to your regional director).*

The formation meeting for Canada/Pacific Northwest Region of TFHA was held on Oct. 3rd, in North Vancouver. There is a lively interest for local networking here, and a desire to cross fertilize our knowledge with each other! A number of techniques from the annual meeting were shared, and an inclusive and powerful group balance was brainstormed on the goal of creating an association to truly meet our needs, using the 5 element sound balance for correction.

Henry Dorst, a noted expert in diagnosing "sick buildings", shared four environmental tests with us. Volunteers have stepped forward to plan regional event days, membership activities and participate in research projects. Formal elections will be held at our next Regional Meeting & Event Day:

Saturday, April 20, 1991
Lonsdale Quay Hotel, North
Vancouver.

Philip Crockford has pledged a bus of people from Seattle for that event. (Yea, Phillip!) John Varun Maguire is also going to be in Vancouver to share with us! Our meeting committee is planning a really fun day, please plan to attend! This weekend coincides with Vancouver's Peace March, and followed by Earth Day, and so Vancouver will be a very good place to be! Before the event day, John is conducting a two day Instructors update. Following our meeting will be the first ever Professional Health Provider 1 in Vancouver, April 21st - 24th!

Call Sharon Promislow at (604) 922-8811 for more information and to become active in our group. As this newspaper comes out, we will have just completed a Facilitator and a KEIT Program in Vancouver, and look forward to our participants becoming enthusiastic members of the TFHA of North America!

MAPS in Hawaii in 1990

Dear friends out there: you probably read or heard for the past 4 years about MAPS being involved with the Triathletes. The Ironman event is absolutely awesome! When you hear that these tough people jump into the ocean at 7 in the morning to swim 2.4 miles (quite a few make it in less than an hour), then take off on their bikes for a 112 mile ride along some hot lava fields, to end the ordeal by running 26.2 miles, one can only say: this is incredible! Add to this the Hawaiian heat, humidity and wind and anybody would say it is impossible to achieve any records under those circumstances. But it happens. This year Madame Pele made her presence with a very strong wind that dehydrated many athletes and disqualified a larger number than usual to finish the race. And that is heartbreaking for the athletes as well as the bystanders.

I was fortunate to go for the second time to join John Varun Maguire together with Irene Cummings and Frank Mahony to present MAPS to the athletes and public in general from the 2nd till the 7th of October. They are really perplexed when you show them that you can strengthen an already strong muscle even more in seconds. On Saturday we got busy volunteering our help for the competition. I was posted at the finish line to work as an interpreter in the medical and massage tents. We had several severe cases of dehydration; many athletes spent the night at the Kona hospital. I used some TFH methods in several occasions to help them with their aches and pains. One MD saw it and said; "I know what you are doing, some touch-healing methods" (Mind you, no stranger was allowed in the medical tent!)

After the race I spoke with the athletes to whom I had given a private balance on Thursday/Friday. Everyone stated that MAPS had helped them a great deal, especially the ESR points with the Guided Imagery to prepare them mentally the day before the race, when they started to feel "butterflies in their tummies". They slept very relaxed and felt the best they ever had the day of the race. They were also using some NL points during the race when they noticed some switched off muscles. It really amazes me how quickly they learned!

Because we contacted so many people from many different countries at the EXPO, I would like to ask all of you TFH and MAPS-Instructors to contact Athletic Clubs and people involved in any sport-type and invite them to take MAPS. **THIS STUFF WORKS**, believe me.

LOVE,

Ilse

Ilse Jadobovits works as a Nurse in Salt Lake City. She is a TFH and Maps-Instructor and uses TFH methods in her hospital work. She completed the PHP Program with Dr. Bruce Dewe and his wife Joan, and is a PHP Instructor.

Do you want to join the Touch For Health Association?

Do you have friends or associates that would benefit from the Association?

JOIN US NOW!

Just call: (314) 647-0115 to sign up
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Write us at:

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We are a membership run organization dedicated to teaching holistic touch healing techniques. We use the Touch For Health synthesis and Applied Kinesiology as our basic educational framework. The Touch For Health Association of North America is directly affiliated with 12 other Touch For Health Associations located on five continents throughout our world.

Optimal Learning States

By Paul Dennison, Ph.D

We welcome Dr. Paul Dennison to our newsletter. Paul and Gail Dennison were members of the Touch for Health Foundation faculty from 1986 to 1988. Paul and Gail have established the Educational Kinesiology Foundation in California. They have dedicated themselves to establishing Brain Gym in the schools. Their writings have provided a depth and breadth to the meaning of kinesiology and to the understanding of the relationship of the brain and body. For a course catalog or more information about the Brain Gym[®] program, call (800)356-2109, or write to P.O. Box 5002, Glendale, CA 91221.

Dr. Paul E. Dennison presented the concept of "high" and "low" gear information processing at the 1990 Edu-K International Gathering in Colorado Springs, CO. This concept is now being taught in the basic Brain Gym[®] courses and is fundamental to an understanding of how to anchor both familiar and new learning through noticing and muscle checking.

The Search for Structure

As we go about our daily activities, our status quo is continually being challenged by new information. We either change with the conditions around us or experience stress and frustration. We respond to new situations by searching for structures that incorporate or build upon familiar ones. Learning is an automatic response to this search for structure.

The human nervous system functions paradoxically. In any given situation, we have the ability to function by automatic habits, completely eliminating decisions. We also have the ability to make a conscious effort which depends entirely on decision-making skills. In the automatic state, we act from a familiar structure. When we act from choice, we are searching for new structures.

Did you ever stop to think of how much all of our experience is analogous to driving a car? Good driving requires that our basic skills are au-

tomatic, freeing us to use our discriminative skills for the conscious effort and decision making that will fine tune the ride. When thinking, like driving, is automatic, we remember what to do, make associations and compare the present experience to what was previously learned. In Edu-K, we call this automatic state "high gear"* because we know where we have been, where we are going, and we are moving without apparent effort. This state of mind provides a feeling of sureness, a "yes" quality, in which no doubt exists. This is a state of positive stress where the frame of reference is known and distinctions are easily added to expand skills or knowledge of subject matter. As long as our vehicle is operating properly and we are in familiar territory, we can enjoy our ride in this relatively relaxed and passive state.

When our thinking is challenged by a new set of circumstances, however, we must be prepared to enter "low gear" learning. Perhaps there is a detour, or perhaps a ball rolls out into the road. Temporarily, our comfortable structure is lost, and all of our resources must focus on a new or novel situation. We need to take control and analyze the existing data. We must discriminate the known from the unknown and make an educated guess as to the best decision we can make. We experience doubt, "no," "maybe" or "not quite" as we focus in on a solution. As we reduce our uncertainty, we regain our structure and equilibrium, both physically and mentally. There is the thrill of accomplishment as stability is restored; there is the pleasure of alternative stress as our muscular tension fluctuates from contraction to relaxation.

Low gear thinking and learning, like low gear driving, is a positive experience. We have control of the automobile around corners, while parking the car and in slow traffic. It is in low gear that we become the master of our machine. When we are learning, we become proficient only to the extent that we stop to ask

questions whenever the connections to our previous knowledge are not apparent.

The High and Low Gears of Reading

Three levels of reading which are available now will help us illustrate the interaction of high and low gear. When we read at our independent reading level, we are thoroughly familiar with both the vocabulary and the subject matter. We are reading in high gear with little need for low gear thinking. We add factual information or enjoy new plot material in a comfortable context. Independent reading improves our reading skills of word recognition and reading rate. It is relaxing and pleasurable, yet may not challenge us to work at our full potential.

When we read at our instructional level, we recognize most of the words, and the context is familiar. We get into high gear easily, and the context helps us to predict where we are going. When we come to new words, we are able to figure them out, using the language of the writer as well as other word recognition skills. We learn the new words without losing our "train of thought" as we move our eyes over the page. We are able to shift from high gear to low gear to high gear automatically. We have the satisfaction of learning something new and of expanding our structure without losing control. This is integrated learning where low gear is readily available within the high gear context.

When we read at our frustration level, we have too many new and unusual words without enough context and information to reconstruct our experience. We are stuck, decoding one word at a time with no pleasure or satisfaction except to follow instructions and endure. This is negative stress in a low gear state which is not integrated.

For many students in our schools, independent level and instructional level learning are not available, and

frustration level learning is the norm. Driving in low gear alone is very difficult or impossible. Ideally, when we drive, we are always aware of the possibility of high gear. Whenever we are in low gear, we do our concentrated work, looking for opportunities to get back into high gear so we can relax between operations. Our schools must provide students with systems and opportunities to shift learning into high gear, alleviating the physiological responses to continued negative stress that make concentration and remembering impossible.

The Physiology of Action and Choicemaking

The key to super learning ability is automatic access to either the high gear or low gear learning state as appropriate. The efficient learner works in a state of positive stress where goals, commitments and deadlines motivate and challenge him and stress seldom deteriorates into a "fight or flight" response. The body is a comfortable context as the mental system focuses on the task at hand. Stopping to think, question or doubt (low gear) will always happen within a familiar, relevant structure (high gear).

The high and low gear learning states are governed by the autonomic nervous system which controls responses below the level of conscious choice. This system has two subdivisions: the parasympathetic and the sympathetic. The parasympathetic system provides for our sustenance, stores energy and returns the body to normalcy. This system functions in a state of pleasurable expansion. This system provides the chemical and physical structures that are necessary for high gear performance. The sympathetic system governs our defenses and allows us to explore the new and unknown. This system functions in a state of anxious contraction and provides the physical and chemical responses necessary for low gear.

Both parasympathetic and sympathetic systems must be available in balance for integration. In the balanced state, the sympathetic nervous system provides the excitement of new learning, risk taking, ego boundaries

and discriminative responses while the parasympathetic provides the joy and ease of familiar learning, associations and contexts.

Although we talk about high and low gears as if they exist separately, they actually co-exist in a state of dynamic interaction. We test them separately and talk about them separately in order to better understand and improve the efficiency of our processes. This way, we can learn to use our high and low gears in increasingly more integrated patterns.

Integrated Muscle and Brain Response: A High Gear Indicator

The switched-on indicator muscle** represents the ability to expand within a familiar structure (the high gear state) where few or no mental discriminations are needed. We can refer to skills associated with this state as "learned functions." The switched-off (yielding or relaxed) indicator represents the more discriminative and focal aspects of the brain/body system in its search for new structures (the low gear state). In this case, the signal to the indicator muscle from the brain is temporarily interrupted by the new choices or mental discriminations required. We can refer to skills connected to this response as "not yet learned." Both of these high and low gear states are positive and necessary for growth.

The Edu-K process is the quickest and most efficient one I know of for separating learned from unlearned skills, prioritizing appropriate learning and completing the learning process for skills that have remained in an "effortful" or negative stress state for any length of time. The Edu-K process is also the best process I know of to train the kinesthetic intelligence of the nervous system to recognize, respond to and integrate learning in the appropriate gear.

* In Edu-K, we identify the high and low gear states by checking the zip up (high gear) and the zip down (low) and by checking change in muscle tone between the X (high) and the II (low) after Repatterning procedures.

** In Edu-K, we use the PACE procedure (with either noticing or muscle checking) to establish an integrated autonomic response within a contextual framework as the preparatory step for any new learning.

PHP Courses?

Bruce and Joan Dewe will be offering PHP 2 and 3 in Anaheim, St Louis and Toronto in late July and early August. There will also be a research conference immediately after the TFH Annual Meeting open to all TFH 3 students.

For those who'd like to attend Bruce and Joan's courses in Bali in June, contact Candace Lee 707-459-0757.

PHP 1 will be offered March 7-10 and July 6-9 (pre-annual meeting) in Murrieta, CA by Mary Louise Muller and in May in Southern California by John Varun Maguire. Other instructors please send course listings to MaryLouiseso we can have a network sheet to mail to students interested in PHP.