



Keeping...

InTouch

The Newsletter for the North American
Touch For Health Association

Fall 1992

Volume 4

Issue 6

Where Is The TFHA Growing?

By The TFHA Board of Directors

As President of the TFHA Board of Directors, I recently sent a letter to the Board asking them to share with me their visions and goals for the TFHA. Since the Board is representative of North America and is scattered throughout the continent, I was extremely inspired to learn that each member of the Board has a similar vision.

As a Board we highly encourage you to participate in our evolution. The TFHA is a member-run organization, which means: *we* are the association and together *we* determine our growth. Your TFH actions are ours, as ours is yours. If you would like to see the TFHA incorporate some of your ideas, get involved in a committee.

The Board is dedicated to seeing every instructor in the U.S. and Canada get excited about teaching; in providing support and encouragement for each other; and in networking with each other in our regions. This is a win/win scenario: we will be promoting the growth of the TFHA, our regional centers, our own practices and our own selves. In short, we are dedicated to building success through our instructors and regions.



The Board is equally dedicated to expanding our services to you: to developing the necessary information for you to successfully deal with financial, technical and business encounters; and to working closely with you in mastering the techniques of TFH and the promotion of its ideals. We

are investigating new, more marketable courses to assist you in teaching and in expanding our membership and your students. We have developed brochure's and flyer's that are personalized for high quality promotions.

Most importantly, the Board envisions you, our members, getting involved and together building the TFHA. It is our combined actions which determine our fate. Joining a committee and supporting us with your wisdom and energy, puts you in the driver seat of the TFHA destiny. This newsletter is filled with opportunities for you to join us in building a strong, healthy association. Together, we make the difference. Together, we will win. Together, we will develop an organization that serves us in staying healthy, wealthy and wise!

Act Locally, Think Globally!

The TFHA needs your participation for its success.

Our primary goal is to develop strong regional centers where you can interact with other TFHer's in your area. This will benefit you with energy balances and friendships. It will also help you develop a TFH practice by networking. When you choose to help us, you also choose to serve and help yourself; *great isn't it?*

Follow these simple steps to guide what and how we could grow together (adapted from *Compassion In Action*, by Ram Dass):

- *Do what you love (that way you enjoy it, and do it).*
- *Start small (it's our combined steps that count).*
- *Start right where you are (that way you benefit).*
- *Do your homework (call the TFHA 1-800-466-TFHA).*
- *Work with others (in your region).*
- *Resource talents and skills (do what you love).*
- *Take the leap (we'll be here too!).*

Power to the People

Robert A. Aboulaché, M.A., President TFHA

I received a wonderful note from Marge Murray, an International Faculty member residing in Wisconsin, USA, just before I sat to write this letter to you. So, I give credit to Marge (and the many of you that have echoed her words to me as well), for inaugurating my Presidency with confidence.

In my experience with Touch for Healthers, I have learned that we are a community that cares about people and the power they possess. This is what has continued to motivate me to assist the organization in its development and growth. I thank you all for the opportunity you have bestowed me with in developing Touch for Health (TFH) into a strong and viable organization.

My personal mission, as President of the TFHA, is to inspire your confidence so that you resource your power, and synergize your efforts with ours, to nurture a healthier Association and empower humanity with well-being.

At the Annual Meeting there was a true spirit that TFH is gaining ground; we're maturing, we're growing up. We are steps away from having a "University without walls," affirming and refining the synthesis of TFH. The International Kinesiology College (IKC), made up of our TFH International Faculty members, are the accrediting body to TFHers as educators or practitioners. Your past accomplishments are honored by the IKC. Fortunately, the IKC is pursuing accreditation. This accreditation will open new avenues for TFH to grow.

We are living during a time of a global mind change. This global mind change is a transformation in our view of the potential of human consciousness. We are very fortunate to watch, and participate in, the major changes taking place. And, even more fortunate to possess enough knowledge to know that what's going on is a re-learning of our potentials and a re-sourcing of our livelihood.

TFH has positioned itself in a very fertile soil. The paradigm of Holism, and

its foundation in human consciousness, is the home of TFH. As long as we resource the talents we have in our membership, we can become a driving force in the formation of our global mind change. We can be instrumental in the re-formation of the health care delivery system and its' professional boundaries.

I am presenting at the Society Of Public Health Educators (SOPHE) annual conference, on the role of mind-body health in the development of an integrative health care system. This exposure puts us into the limelight of the cutting edge of our new paradigm. SOPHE consists of health educators and other health and medical professionals, as well as politicians and legislators in the U.S. Congress.

In addition, the National Institute of Health (NIH) is currently investigating "Alternative" health care practices to evaluate their effectiveness. They are seeking to understand the potentialities and applications of Holism. This is happening

Continued on page 4:
POWER TO THE PEOPLE

Touch For Health Association Logistics

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Arlene Green	Secretary
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Norma Harnack	Director
Richard Harnack	Operations

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1-800-466-8342

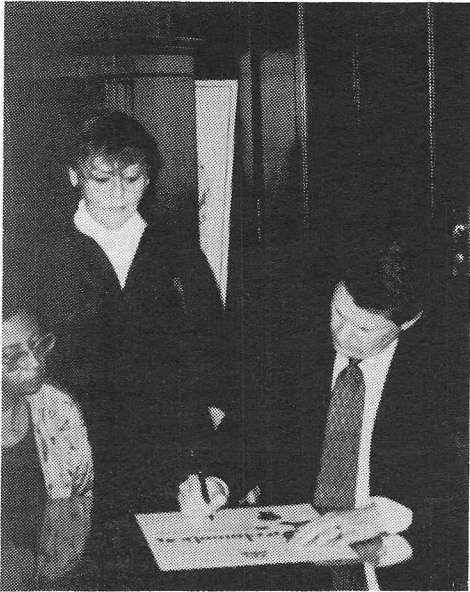
Membership Rates

Lifetime Member	\$1,000
Sustaining Member	\$500
Contributing Member	\$250
Instructor Member	\$100
Basic Member	\$50

Advertising Rates

Whole Page	\$500
Half Page	\$250
Quarter Page	\$150

Touch For Health Association
P.O. Box 430009
Maplewood, MO 63143
1-800-466-8342



The Mayor of the City of St. Louis, Vincent Schoemel, Anne Hall and Norma Harnack.

The Power of Touch For Health

by Norma Easter Harnack

For those of us who have taken Touch For Health classes, we have been blessed with a very special gift. We now have the power to determine and adjust our own body energy. We can choose various methods for utilizing that power. Autonomous methods such as the "neuro-lymphatic massage", to get the energy flowing briskly through the lymph system or "meridian massage" to feel more centered, or rubbing our gaits after a hard day at work. And for clarity while doing a task or working, there are "energizers" such as the visual and auricular exercises. Each of these methods are listed in the TFH green book and recommended for teaching in the basic TFH 1 classes. Don't Touch For Health forget the many other recommendations such as nutritional and vitamin resources, water level requirements and healthy lifestyle behaviors. This is all included in the TFH green book and any or ALL of these methods can be can be utilized with or without a partner!

When we advertise our classes we often stress that people should attend with a partner. Because we advocate "partners" people sometimes get the idea that they can only use Touch For Health with someone. We advocate taking a class with a partner primarily to facilitate learning muscle testing. But the power of Touch For Health is not in testing muscles. The power of Touch For Health is in putting it to use in your daily life. It is a system designed for daily use, and if you don't use it you will lose it.

Next time someone should ask you "Why should I take a TFH class?". Inform them of the fifty nifty things you can do for yourself that do not require muscle testing or a partner. Tell them about the things from TFH that you use in *your* everyday life. The power of Touch For Health is waiting for you to plug it in. Go ahead your mind and body deserve it!



Dr. John Thie was presented with a proclamation signed by the Mayor of the city of St. Louis declaring the week long activities of the Annual Meeting as "Kinesiology Week". Mayor Schoemel remarked that "this and other methods like this are what is needed to help people take a personal responsibility for their health now and in the future."



1992 Conference activities and participants.

10 easy steps to creating a local TFH network

Sharon Promislow

Step 1: Contact national headquarters for an information packet on promotional letters and materials, plus an outline for an introductory meeting - there's is no point in recreating the wheel!

Step 2: Run an ad in a local paper or get a listing in the coming events column. Send out a press release for a Community Service Announcement (Public service depts.) of newspapers, radio and TV stations.

Step 3: Have a meeting and share knowledge.

Step 4: Teach. Sponsor. Empower.

Step 5: Submit class schedules to your regional representative or national office. The TFHA can help you stay in contact with other TFHer's.

Step 6: Submit completed student lists.

Step 7: Have others help you (keep your students and fellow instructors involved). Here are some suggested TFH regional council positions:

Regional Coordinator
Treasurer
Membership Coordinator
Meeting Coordinator
Publicity Coordinator
Marketing Coordinator
Research Coordinator

Step 8: Plan event(s); evening or day, or other activity that serves a

group (no matter what the number). Be sure to include monthly mastery sessions. Advertise events and publish a one (1) page local newsletter.

Step 9: Attend the TFH Annual Meeting and the newly designed course on building a TFHA regional center in your area to successfully promote and manage a TFH practice.

Step 10: And, thus you have it - you are building a local network. If you take the time to plan, and then work your plan, you will succeed. Remember we're here to help.

You Are A Key Person

Xvxn though my typxwritxr is an old modxl, it works wxll xxcpt for onx of my kxys. I'vx wishxd manytimxs that it workxd pxrfxctly. Trux, thxrx arx 42 kxys that function, but onx kxy not working makxs thx diffxrxncx.

Somxtimxs, it sxxms to mx that our organization is somx what likx my typxwritxr - not all thx pxopl x working togxthxr. You might say, "Wxll, I'm only onx pxrson. It won't makx that much of a diffxrxncx."

But you sxx, an organization, to bx xffxctivx and xffixixnt, nxxds thx activx participation of xvxy pxrson. Thx nxxt timx you think your xfforts arxn't nxxdxd, rxmxmbxr my typxwritxr, and say to yoursxlf, "I am a kxy pxrson and thxy nxxd mx vxry much."

- Anonymous

Power to the People

Robert A. Aboulaché, M.A.

in concert with the U.S. developing a National Health Care System. I have been in contact with Steve Groft, the director of investigation at the NIH. We are on the ground floor of the investigations, and we have positioned ourselves to be recognized as a viable form of bio-feedback. *We are on our way!*

As progress develops in these areas, I will inform you and the actions needed for us to succeed.

For now, in order for the TFHA to sprout in the new field of investigations, we must demonstrate our effectiveness as a healing art and as an organized body. The TFH Foundation is collating our effectiveness as a healing art through the gathering of research data. We (the TFHA) must demonstrate our strength as an organized body. The solution to the challenge we face is solved by people (you and I) uniting, caring and serving each other. In short, *we need your participation!*

Get involved in a committee that you care about — help them serve their purpose (our purpose). Take action, work with others and support the TFHA and your regional center. Doing this will feed your well-being, that of those you serve, as well as the TFHAs'. Plus, you'll feel good knowing you're making a difference; and that's healthy.

An involved community is a healthy community. A healthy community nurtures healthy people. And, that's what the TFHA is dedicated to; developing healthy people in a healthy community.

We have within our network opportunities that abound. Think about your personal resources, your talents, and your sphere of influence and take charge.

I look forward to working with you all, as we grow into the 21st century.

Report From The TFHA of Canada

Michael DeLory

Michael DeLory is President of the Touch for Health Association of Canada which is based in Vancouver, British Columbia.

As many of you know, the Touch for Health Association of Canada officially came into being on January 1, 1992. At that time services for Canadian members were transferred to our office in Vancouver, and we began distributing our Canadian newsletter along with the North American newsletters. Canadian members now receive newsletters and information from our office; Canadian instructors get their certificates from Vancouver; and Canadian events are organized from here.

Since January, memberships from Canadians have been coming through our office, and we are proud to announce that we are in the black and have several new memberships coming in every week. Our original base in the Vancouver area still accounts for almost half of the membership in the entire country, but we are gradually expanding. Currently we have Canadian branches in Alberta and Ontario.

The TFHA of Canada remains affiliated with the TFHA of North America, and Canadian members receive both newsletters. The help of Norma and Richard Harnack and their staff in Missouri has really started us moving. Their helpful ideas have saved us time and trouble.

The TFHA of Canada had its first Event Day in April 1992, and the 20 participants were excited about the possibilities for TFH in our country. We gained two new Board Members from Alberta, and discussed how to spread the word. Our main conclusion was that the Association should concentrate on serving the members, and they would automatically spread the word through doing their work in sessions, teaching and speaking to people. Therefore our most important projects are:

1. Newsletters (four times/year)
2. A new brochure about TFH (for September)
3. A membership Directory (for December)

We are branching out with our Event Days as well. The next one is scheduled for October 19 in Calgary, Alberta; followed by Vancouver, B.C. on November 8. Our April Event Day will be held in Victoria, B.C. and will be co-sponsored by the Victoria chapter of IASK. We are pleased with the co-operation we are receiving as we reach out to Edu-K practitioners, One Brainers and IASK. Together we really are better.

We love staying in touch with people. If you would like to receive our newsletter, its available for US\$20 for four issues (one year).

The Touch for Health Book & Chart

is now available in

SPANISH!

Thanks to Marge Murray and Ilse Jakobovitz, the Touch for Health book and 5 element chart have been translated in Spanish and is available by contacting Marge at:

N5604 Shambeau Lake Road
Ogdensburg, WI 54962

(414) 253-0283

Successful Solutions

Successful people seek quality information that will nourish their minds, and thus their lives. Whatever ideas we accept into our minds will take root, and from these seeds our tomorrows will grow.

To succeed and to help others succeed, we must create a life-long success strategy that ensures our continued growth, improvement and happiness. Here is part of the solution to growing our success.

1. **Read!** Read a minimum of 30 minutes a day. Read books, magazines and newsletters that teach about bettering life. The nourishment from the pages will stay with us a long-time and the seeds planted will take root.
2. **Listen!** We must feed our minds with words, emotions and music that inspires us and brings us closer to others. An inspirational tape series, an interesting television program, a good conversation, or a favorite tune feeds our mind and emotions.
3. **Write!** Thinking on paper is one of the most powerful ways to refine our thoughts and to communicate our message to and with people in far and powerful places. If you've had a TFH success, write it down and send it to the TFH Foundation, you'll feel better for doing it.
4. **Lead!** Take action in life. Learn to spend 5% of your time on problems and 95% on solutions. Take charge and join a committee, teach a course, use the TFH tools, help the TFHA grow in strength and number.
5. **Interact!** Together we make the difference. Get your family and friends involved, get your students to join in. Attend a regional meeting. There is power in numbers. Find others that help and support responsible, caring action.

Come From Aliveness

John Varun Maguire

Dr. Richard Byrne was treasured for his inspiring talks at Annual Meetings. He spoke about the keys to "championship living." One of his concepts that stuck with me was to "come from aliveness". When you come from aliveness you participate fully in everything you do in life. Rather than wait to get pleasure and satisfaction from the things in your life, you bring joy, energy and passion to your work, relationships and leisure activities.

A very dear friend of mine, Irene Harrison, is 102 years old. If you could meet her, you would think that she is one of the most radiantly healthy and alive people you ever met. Irene comes from aliveness. She is continually discovering new things about herself and life. Each moment brings

her an opportunity for joy, excitement and fascination. Irene understands that health is a function of participation. Helen Keller, a longtime friend of Irene's, said, "Life is either a daring adventure or nothing."

Where do you create your sense of adventure? What is the purpose and passion in your life that has you participating fully? Make a list of the people and activities that give you a feeling of being fully alive, fully present. How long has it been since you have seen these people or done each of these activities. If there is something missing from your life, put it back in today. Schedule time regularly to do those things that you love to do. Call a dear friend you have lost touch with.

Aliveness comes from you. Be responsible for it. Know that you create your

experience of joy and ecstasy. No person or circumstance can take that feeling away from you without your permission.

When you wake up in the morning ask yourself, "Who will I share joy with today?". "What opportunities will I have for creating excitement and adventure?"

Henry David Thoreau said "Go confidently in the direction of your dreams. Live the life you have imagined." I invite you to create your life as a masterpiece. If you come from aliveness, health and fitness will be a natural expression of your attitude for living.

John V. Maguire is Vice President of the TFHA and is an IKC faculty member. He is currently developing a certification program for massage therapists. For more information contact John at: (310) 457-8407

TFH in the Commonwealth of Independent States

Since the Moscow Instructor Training in October of 1992, Dr. Michael Lazarev reports that TFH is a vibrant force in the new movement of health care in the former Soviet Union. In the past six months, over 1000 doctors and health professionals have been trained in this system at their medical schools and hospitals. Our work has been met with great acceptance and is getting incredible results with the Russian people.

John Maguire has been asked to return and train them in more advanced skills in 1993. Also, Bruce and Joan Dewe are discussing taking the Professional Kinesiology Practice (PKP) (formerly Professional Health Provider - PHP) program into the CIS. If you would like to be part of the team to deliver these workshops, contact John Maguire at (310) 457-8407.

MEET US IN ST. LOUIS!

July 1993

For the Touch for Health Association's
3rd Annual Meeting. And, the 20th birthday
anniversary of the genesis of TFH.

"TFH and the Family"

Explore the many ways TFH helps families
achieve greater health and wellness.

Register now and save!

1-800-466-8342
TFHA

MEMBERSHIP DRIVE

The TOUCH FOR HEALTH

Association is funded wholly by the support of its membership.

As members we are responsible for the promotion of Touch For Health and the idea of Touch as a healing force in our world.

Our vitality is measured by our membership and is a true indicator of our belief in the power of Touch and the use of TOUCH FOR HEALTH.

In order to carry out this mission we:

1. Print a Quarterly Newsletter that is distributed throughout the world.

2. Hold an Annual Meeting open to participants throughout the world.

3. Network with other TOUCH FOR HEALTH Associations around the world.

4. Maintain a National Headquarters that provides information for members and non-members through an "800" phone line.

5. Provide educational courses and affiliate with the International Kinesiology College.

BENEFITS OF RECRUITING MEMBERS

For each member you recruit you earn

BONUS POINTS!

These points can be used the same as cash or redeemed for a **CASH** refund!

HOW TO REDEEM "BONUS POINTS"

1. ANNUAL MEETING CONFERENCE

Use your bonus points to pay for your Annual Meeting Conference fees.

Or use them as cash at the Conference Bookstore.

2. ANNUAL MEMBERSHIP DUES

Use Bonus Points to pay for your membership dues.

3. CASH BACK

Earn 100 points and redeem your points for CASH!

HOW YOU EARN "BONUS POINTS"

For each basic members you recruit you receive 1 POINT.

An Instructor or Professional membership is worth 2 POINTS.

Life memberships are worth 50 POINTS.

FOR MORE INFORMATION CALL:

1-800 -466- TFHA

MORE UPCOMING CLASSES

F.Y.I.

Classes and times are subject to change. Please contact the Instructor or sponsor in advance.

This listing of available trainings and classes are sent out to all inquiries. To have your classes listed send your schedule to:
Touch For Health Association
7159 Manchester
Maplewood MO 63143

INSTRUCTOR TRAINERS:

VICKIE FLETCHER
303-233-3838
NORMA and RICHARD HARNACK
314-647-0903
PAULA OLLESKA
212-864-4507

PROFESSIONAL KINESIOLOGY PRACTITIONER

CALL: John Varun Maguire
310 457-8407

Regional Meetings Call:

MIKE DELORY
Canada- 604 922-1811
SUSAN TREVIS
Canada- 416 838-2175
JOHN MCMULLIN
Mid-west-614 442-7707
Paul & Nancy BURDELSKY
Florida- 305 940-2785

NOVEMBER

PKP-1 **October 29 - November 1**
Milwaukee, WI
Arnetta Hildreth
712-288-5385

TFH 3 **November 7 & 8**
St. Louis, MO
Richard & Norma Harnack
314-647-0903

TFH 2 & 3 **November 7 - 10**
Storm Lake, IA
Arnetta Hildreth
712-288-5385

Dr. John F. Thie
November 13
Des Moines, IA
Arnetta Hildreth
712-288-5385

Dr. John F. Thie
Class
November 14 & 15
Des Moines, IA
Arnetta Hildreth
712-288-5385

Instructor Meeting
November 14th
Denver, CO
Vicki Fletcher
303-233-3838

Instructor Training
November 15 - 21
St. Louis, MO
Richard & Norma Harnack
314-647-0903

DECEMBER

TFH 1,2 & 3; MAPS, etc
November 28 - December 4
Boise, ID
Vicki Fletcher
303-233-3838

TFH 3-December 5 & 6
New York, NY
Paula Olleska
212-864-4507

TFH 1,2 & 3
January 6 - 11
Denver, CO
Vicki Fletcher
303-233-3838

Instructor Training January 13 - 20
Denver, CO
Vicki Fletcher
303-3838

TFH 1,2 & 3 Review
January 16 & 17
New York, NY
Paula Olleska
212-864-4507

Instructor Training
January 30 - February 5
New York, NY
Paula Olleska
212-864-4507

TFH 1, 2 & 3 **January**
Fort Dodge, IA
Arnetta Hildreth
712-288-5385

Meridian Memorization

Micheal DeLory

Michael DeLory is the President of the Touch for Health Association of Canada. He can be reached c/o Enhanced Learning & Integration, 3584 Rockview Pl., West Vancouver, B.C., V7V 3H3, 604-922-8811.

We are always trying to come up with new ways to make memorizing our TFH information easier. We have probably all had experience when we or our students remembered something much more quickly because of memory cues to help us along.

John Varun Maguire taught me several memory cues for remembering the meridians that start and end on the hands. I came up with several more on my own. They are fairly obvious, so I wouldn't be surprised if other people have thought them up as well.

First look at Figure 1. Better yet, do it with your own hand. Make an L with your thumb and index finger, and there you have it: Lung and Large intestine end on these two fingers.

"But which is which?", you might ask. Simple: Large intestine, large finger! That leaves thumb for lung. Another way to remember is by the test for the indicator muscle: put your arm in the position to test Anterior Serratus. We do this with the thumb pointing up, showing us the end of the lung meridian as at the same time.

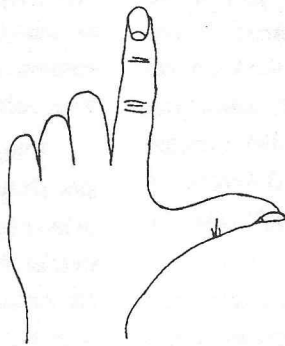


Figure 1

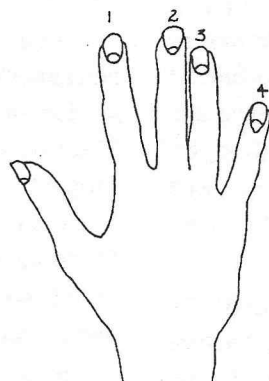


Figure 2

Next move on the Figure 2. The next finger is the middle finger, and we can remember Circulation/Sex simply by also thinking about the indicator muscle: Gluteus medius. Medius means middle, or middle-sized, and so we have it ending on the middle finger.

Then we move on to the ring finger, or third finger, and we find Triple Warmer. For this one we can memorize the whole meridian through the threerings: start from the third finger, where you would have a wedding ring; go up to your ear lobe, where you would put an ear ring, and then in a ring around your head to the eye. Thanks to John Varun Maguire for this one.

On to the fourth finger, also known as the little finger. Of course, "little" just means "small", and it is there that we find the small intestine meridian. The heart meridian is also found on the little finger or "pinky." The heart meridian starts at the arm pit, or the pumper (as when you are flapping your arms pretending to be a chicken), and ends at the pinky. Therefore, you have the heart meridian (the and its' pumping function) going from the "pumper to the pinky."

If you have a memorization technique to help you with your TFH; drop us a line and share it with other TFHer's. *I hope mine was helpful to you!*

Shielding With Love

Susan Trevis

During the TFH conference in St. Louis, I had the privilege of showing a Mom and her daughter how they could use simple muscle testing to balance emotions.

After clearing and asking permission of the Mom. I asked, "What is the priority emotion that needs clearing at this time?" Going around the wheel, verbally stating the elements, the first one which caused an indicator muscle (IM) change was; Earth > Spleen > Empathy.

At this point I took the opportunity to invite her active participation in this process, and asked directly, "Does this mean anything to you?" She said, "Yes, I think of how my daughter must feel, what she has to go through, and I think of other parents and their children who are in similar circumstances."

I showed her how to hold her Frontal-Occipital (F/O) points on her head, and I stood by, quietly observing her, and respectful of the silence for a few moments. I asked how she was feeling and she replied she wanted to cry. I moved closer and held her ESR's, and, as we were really not in a safe place for her to really let go, I asked if she thought there was something she could do to help herself with this.

Earlier in the day we participated in a presentation by John Varun Maguire on "Stepping Into A Circle Of Excellence," and Frank Mahoney on "Shielding." The Mom felt she needed to protect herself from her daughter, that she needed to set up a shield.

As I encouraged her to proceed, it suddenly came to me that the words (shield and protect) themselves set up impermeable boundaries, an invisible membrane that keeps us separate (so that no negative

Continued on next page
SHIELDING WITH LOVE

Shielding With Love

Susan Trevis

thought or emotion can get through, and no love too?). I was uncomfortable with this and asked for her to verbalize these concepts into a more open, free-flowing image (creating a semi-permeable membrane). As I responded to her request of assistance in the visualization of this image, I thought of the analogy of a river. A strong, swift current of water.

Everyone has at one time or another tried to walk, swim or paddle up stream against a current, and knows how difficult, if not impossible, it is to do so. So, I suggested she visualize this river of Light (Love) from Source (God) flowing from above her into her crown and radiating out in all directions, like a river. No negative energy or entity could possibly enter. Only something of equal or greater strength could possibly enter. Only more Love from Source! It would follow that anyone in the path of this flow would automatically be bathed and supported by the river. Yet, the river, eliminates the sense of barrier of the membrane-that-separates.

Mom was delighted and appeared to simply glow with this image! I have since kept this alive in my own consciousness and feel the power of it daily.

Susan Trevis is Instructor Coordinator for the TFHA. She also owns and operates Body Systems Integrated in Toronto, Canada. You can contact Susan at (416) 838-2175.



TFH In The Health Care Delivery System?

Marge Murray

At the Annual Meeting in St. Louis, there was talk about Kinesiology being a real profession. Since I learned Touch for Health in 1980, my dream has been to see it as a practiced profession. Most of you also have the same dream.

As we move into being part of the health delivery system, there are some very important things to consider. We know we have methods that work. We know that they work differently than the medical model. Since our methods are different, the way we deal with our clientele must be different.

I have two purposes as I write this column: to encourage all of us who want to practice TFH to do it in a way that is entirely different from the medical model; and, to use this new model to move into the health delivery arena as legally as possible.

I am not a lawyer. I will not be giving legal advice. I have, however, had experience with a lawsuit in the healing field. I have been through the court system and learned some valuable things. Most of it comes down to how we communicate with our clients and the use of the Self Responsibility Model.

What is the Self Responsibility Model and how is it different? In the Medical Model, the therapist is the sole authority. The therapist takes the full responsibility for the person's ability to be healthy. The therapist diagnoses, prescribes, performs procedures, advises, solves, chooses, and commands, in order to cure, treat or fix a named disease or symptom that is part of a patient who has very little idea of what is happening. In the Self Responsibility Model, the facilitator teaches, sometimes by means of the muscle test and sometimes by means of giving information that has worked for others. They allow the client to

choose, interact, be empowered, grow and be independent. The facilitator, respects, requests, advocates and cooperates with the client. The client is the authority and moves toward wellness as s/he gets results.

If we are going to fit properly into the Self Responsibility Model, it is necessary to change our thinking as radically for our communication skills, as we did for our Kinesiology skills.

What does this mean to us as professionals who are forming a brand new way of healing? First, it means that we are going to take the power to put the responsibility for the health of the individual back where it belongs; with the individual. When we do this, we get better results. Putting the responsibility for wellness and growth on the one who wants to be well enhances our already effective technique by maximizing the placebo effect.

It is an understatement to say that most people are fed up with the high-mindedness and lack of progress in the Medical Model. There are many people who are searching for someone who will do nothing more than listen to them. In the Self Responsibility Model effective listening is crucial so that our clients can feel supported and move themselves to better health.

But most important, the Self Responsibility Model is the best vehicle for our clients and our merging into the health care delivery system.

Marge Murray has had a successful private practice in Wisconsin for the last seven years. She teaches a class to those who want to do the same called Private Kinesiology Practice. For more information on the class, contact Marge at N5604 Shambeau Lake Road, Ogdensburg, WI, 54962

Call for Papers

GUIDELINES for Preparing Journal Papers:

Papers should not exceed (10) double spaced typewritten pages. We are unable to accept papers which are handwritten or single spaced. A MacIntosh or IBM diskette accompanied by a copy of your paper would be greatly appreciated. Sending the text on a disk without formatting commands (ie, ASCII text) will facilitate that process of papers. Please telephone if you have any questions -

1 800 466-TFHA

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. Due to the time involved in publication we will be unable to guarantee a paper's publication if received after the deadline. All papers must be post-marked before **April 15, 1993**.
5. Artwork and graphics are to be "camara ready" in black and white.

If you want to be a speaker at the Annual Meeting, or have any questions please notify the TFHA.

The Touch For Health Association Third Annual Meeting Celebrating 20 Years of "Touch For Health as Family"

St. Louis
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July 1993

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Six (6) Ways To Get Involved!

New Course Committee

Chair-person: Sharon Promislow
 Contact number: 3584 Rockview Place
 West Vancouver, BC V7V 3H3
 (604) 922-8811

Committee Purpose: To develop new marketable courses that incorporate the TFH Synthesis' principles. To submit course proposal/s to Board of Directors for consideration in the expansion of the TFH Synthesis. To standardize new course development and presentation.

Coordinators needed: Regional or local representative to investigate instructor needs in their local area. Instructors to produce new courses. Instructors to standardize course materials. Instructors to write portions of new courses.

Membership Committee

Chair-person: John McMullin, PhD
 Contact number: 4701 Olentangy River Road, Suite 101
 Columbus, OH 43214
 (614) 442-7707

Committee Purpose: To increase the membership base of the TFHA. To establish and promote the reasons for becoming a member of the TFHA. To contact other professional organizations and request that we make their members aware of the advantages of the TFHA. To encourage TFH instructors to promote and increase the membership of TFH.

Coordinators needed: Regional or local representative to share needs of members with in their regions. Individuals to provide ideas for member benefits and expansion.

Public Relations Committee

Chair-person: Geraldine (Gerri) Rhoades
 Contact number: 339 Woodworth C
 Monument, CO 80132
 (719) 481-4125

Committee Purpose: To develop, provide and consult in promotions, marketing and public relations materials. To increase awareness, recognition and interest in TFH. To increase TFH participation and recognition in health conventions and conferences. To administer and promote media coverage in magazines, newspapers, radio and television; both nationally and locally.

Coordinators needed: Regional or local representative to investigate mediums for promotions in local areas. Individuals to investigate and produce effective promotional materials. Individuals to write articles for national publications. Individuals to research potential avenues for PR.

Instructors Network Coordinating Committee

Chair-person: Susan Trevis
 Contact number: P.O. Box 31, Inglewood
 Ontario LON 1K0
 (416) 838-2175

Committee Purpose: To network and resource TFH Instructors. To develop and provide and consult each other in promotions, marketing and public relations materials and TFH techniques. To organize a system for expanding each others clientele base and that of the TFHAs. To contribute articles in the *In Touch*. To contribute evidence that our organization is a respected, effective and accredited science.

Coordinators needed: Regional or local representative to cohesify instructors in their area. Individuals to investigate effective promotional materials with the PR committee. Individuals to research viability of Kinesiology. Individuals to develop instructors newsletter.

Curriculum Committee

Chair-person: Mary Louise Muller
 Contact number: 39582 Via Temprano
 Murrieta, CA 92563
 (714) 677-0652

Committee Purpose: To develop innovative ways to teach TFH I, II, and III. To increase marketability of TFH curriculum. To produce TFH modules for easily digestible TFH principles. To standardize course manuals. To develop TFH instructor update course/s.

Coordinators needed: Regional or local representative instructor with an effective TFH practice. Individuals to assist in the design of TFH curriculum. Individuals to write manuals for TFH synthesis presentation and standardization.

Fundraising Committee

Chair-person: Paul & Nancy Burdelsky
 Contact number: 292 NE 150th Street
 Miami, FL 33161
 (305) 940-2785

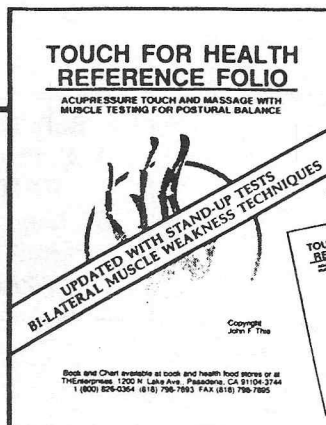
Committee Purpose: To attain a stable, accountable financial structure that will enable prospective and existing members to reap the benefits of membership in the TFHA. To develop the financial base for the expansion of TFH in assisting the regions with meeting promotions, seminars, mailings and overall regional center functioning.

Coordinators needed: Regional or local representative to investigate activities for fundraising with in their regions. Individuals to engage in Grant writing. Individuals to provide ideas, sources and avenues for accessing finances. Individual/s familiar with business, banking and financial structures.

Judy Levin
 22636 Mobile Street
 Canoga Park, CA 91307
 (818) 883-1372

Upcoming Classes

Date	Course	Location	Contact
November			
7-8	TFH 2	Miami, FL	Paul Burdelsky (305) 940-2785
7-9	TFH 2	New York, NY	Paula Oleska (212) 864-4507
7-15	Instructor Training Workshop (ITW)	Vancouver, Canada	Michael DeLory (604) 922-8811
8	TFHA Canada Regional Meeting	Vancouver, Canada	Michael DeLory (604) 922-8811
14	4 hr. Balance Review	Miami, FL	Paul Burdelsky (305) 940-2785
14-15	TFH Intensive	Sacramento, CA	Robert Waldon (510) 827-9304
16 (4 Mondays)	Healing the Inner Child	New York, NY	Paula Oleska (212) 864-4507
21	Stress without Distress	Miami, FL	Paul Burdelsky (305) 940-2785
21-22	So. California Regional Conference	Murrieta Hot Springs, CA	John V. Maguire (310) 457-8407
21-22	ELB - Facilitation	Pleasant Hill, CA	Robert Waldon (510) 827-9304
December			
5-6	TFH 2	Chaple Hill, NC	Arlene Green (919) 929-4081
5-6	TFH 2	Miami, FL	Paul Burdelsky (305) 940-2785
5-6	ELB - Advanced Clearing	Pleasant Hill, CA	Robert Waldon (510) 827-9304
11-13	TFH 3	New York, NY	Paula Oleska (212) 864-4507
12	4 hr. Balance Review	Miami, FL	Paul Burdelsky (305) 940-2785
12-13	Kinesiology for Massage Therapists #3	West L.A., CA	John V. Maguire (310) 457-8407
20	Integrating Massage & TFH	Florida	Arlene Green (919) 929-4081
January			
23-24	TFH 3	Chaple Hill, NC	Arlene Green (919) 929-4081
February			
20-21	TFH 1 (with Dr. Thie)	Chaple Hill, NC	Arlene Green (919) 929-4081
??	ITW	New York, NY	Paula Oleska (212) 864-4507



What's like having the TFH Reference Chart in your briefcase? The new ***Touch for Health Reference Folio!***

"Anyone who is serious about mastering Touch for Health will find the folio very useful. I recommend it to all my students."
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—Warren Jacobs, M.D., Canyon Lake, CA

The TFH Folio is an invaluable tool. The layout is precise, the color code aids in speed and efficiency to help my family, friends and fellow athletes."

—Kim Vieira, TFH Instructor,
Nationally Known Tennis Player
FAX 818-798-7895

California 818-798-7893 or 800-826-0364 Nationwide

"Dr. John Thie has done it again. Based on his commitment to provide easy-to-use self-help information for both lay and professional persons, the new TFH Reference Folio is a gold mine. Included for the first time in TFH publications is Dr. Thie's newest strengthening procedure for specific bilateral muscle inhibition."

—Richard Harnack, Kinetic Integration Institute, International Faculty

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Membership Drive

Some of the things funded by Your membership money includes the printing of this magazine, the "800" phone line, networking with other TFH Associations, membership in the International Kinesiology College supports your national office, education,

FOR EACH MEMBER YOU RECRUIT YOU EARN BONUS POINTS! THESE POINTS CAN BE USED THE SAME AS CASH AND CAN BE APPLIED TOWARD :

1. ANNUAL MEETING CONFERENCE

Use your bonus points to pay towards your annual meeting conference fee-

or

Use them same as cash at conference time to buy TFH souvenirs or supplies from the bookstore!

2. ANNUAL MEMBERSHIP DUES

For every new membership you send in, you earn 1 point (two points for an Instructor membership). These points can be used to pay for your membership dues.

3. CASH BACK

Anyone earning 100 or more points can redeem their points for **CASH MONEY** = each point is worth one dollar in cash. You must have one hundred points to redeem cash.

Touch For Health Association

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