



Keeping...

InTouch

The Newsletter of the
Touch for Health Association of America

Spring 1995

Volume 5

Issue 2

1995 Touch for Health Annual Meeting

It has been said that the fundamental Suchness of the universe is Love and Light. They are as Yin and Yang. Receptive and Creative. Pure and True. Magnetic and Electric.

This Suchness, when aware, is Holy. It harnesses great Spiritual power to heal. It is Holism at its' core. And, it envelopes the processes that influence all of life. In Touch for Health lives the principle of Holism. And, July 5-9, 1995 in Columbus, Ohio we will show you how.

We have scheduled over 70 presentations on health, healing, wholeness, and the spirit of healing at our upcoming annual meeting. We have speakers traveling from all over the world to share their insights in Love, Light and healing. Your attendance will fulfill our mission, to provide you the tools and awareness to touch for health.

As in every annual meeting, there will be unlimited Touch for Health balances by like-minded compassionate people. Plus, as always, together we practice the insights shared throughout the conference. We have scheduled many opportunities for conference participants to gather and share their new found knowledge. We have a specialized 'balance room' and periods in the schedule to allow you to integrate the learnings. The understanding of the principles are always grounded in experience.

Especially enlightening this year is our featured speaker at the Awards banquet, Mark Victor Hansen, author of *Chicken Soup for the Soul*. He will be contributing his insights into the *Spirit of the Healing Heart*, this years Annual Meeting theme. His book has been on the New York Times bestsellers list

working get-togethers, a dance-a-thon and a talent show to 'break the ice' and get to know each other on a more personal level. Friendships often emerge as Touch for Healthers share their enthusiasm with life and healing. Give us a call at the Association to get some more information.

And here's the best part of it: you can have the experience of the *Spirit of the Healing Heart*, the glory of Love and Light, the insights of over 65 speakers, the friendships, the fun and the learnings for only \$50 a day. That's \$250 for a five-day conference that will give you many new tools that will help you relieve pain, stress and tension, as well as open your soul to the *Spirit of the Healing Heart*.

You won't want to miss this special event - call now to register:

1-800-466-8342



**July 5-9, 1995
Columbus, Ohio USA**

since its publication The book and wisdom shared in *Chicken Soup for the Soul* bring out the everyday spirituality available to us. And, Mark is a master at articulating his insights.

We have also scheduled many net-

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1995 Annual Meeting

WHEN: 3:00p.m., Wed., July 5, to 3:00p.m., Sun., July 9, 1995
WHERE: Hyatt Regency Columbus, Ohio

ACCOMMODATIONS

Hyatt Regency Columbus (800) 229-9000
 350 North High Street (614) 463-1234
 Columbus, Ohio 43215

Our conference will be held at the beautiful and luxurious Hyatt Regency Columbus in downtown Columbus, Ohio. The Hyatt offers A+++ rooms in the heart of Columbus. Touch for Health has reserved a group of rooms for the incredibly low rate of \$72 per night, for up to four (4) occupants. Reserve your room directly with the Hyatt. Tell them you are attending the Touch for Health Association's conference to take advantage of these special rates. If you would like us to help you find a roommate, call TFHA at 1-800-466-8342. We're here to help!

TRAVEL ARRANGEMENTS

Thomas Cook American Express Travel (800) 448-9220
 222 N. Sepulveda Blvd., Suite 150 (310) 640-3010
 El Segundo, California 90245 fax: (310) 640-0724
 Open Monday - Friday 7am until 5pm PST

Thomas Cook American Express Travel Services, the largest travel agency in the world, is offering Touch for Health Association members and conference participants their purchasing power. Thomas Cook can make all of your travel arrangements, including flight and car rental. Remember to mention Touch for Health to receive the best rates.

MEAL PLAN

We have set up a special Networking Meal Plan. These meals (breakfast and lunch, Thursday 7/6 through Sunday 7/9) will have both formal and informal elements to them. Many icebreaker games will be played and participants will have the opportunity to clarify, define and network their professional skills.

Cost: \$75, including tax & tip

	
BREAKFAST BUFFET	LUNCH BUFFET
<u>Orange and Grapefruit Juice</u>	<u>Chef's Soup Du Jour</u>
<u>Hot Oatmeal</u> Served with Skim Milk & Brown Sugar	<u>Crudite</u> Assorted Raw Vegetables
<u>Assorted Cold Cereals</u> served with Skim & 2% Milk	<u>Assorted Whole Fresh Fruit</u>
<u>Scrambled Eggs</u>	(The Following Items Will Be Rotated:)
<u>Assorted Whole Fresh Fruit</u>	<u>Vegetarian Lasagna</u>
<u>Muffins & Mini Bagels</u> Served with Butter & Fruit Preserves	<u>Pasta Primavera</u> Tender Fettucini with Garden Vegetables and Alfredo Sauce
<u>Coffee and Iced Tea Included</u>	<u>Red Beans and Rice</u>
	<u>Spaghetti with Marinara Sauce</u>

Touch for Health Association

Logistics

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Laura D. Sudar Editor

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1-800-466-TFHA

Membership Rates

Lifetime Member	\$1,000
Sustaining Member	\$500
Contributing Member	\$250
Instructor/Professional	\$100
Basic Member	\$50
Associate	\$25

Advertising Rates

Whole Page	\$250
Half Page	\$150
Quarter Page	\$75
Business Card	\$35

(Discounts available for multiple runs)

Touch for Health Association
 6955 Fernhill Drive, #5A
 Malibu, CA 90265-4238
 (310) 457-8342

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From The President...

I am very proud to announce that this is our fifth year as a member-run Association. We have come a long way since the Summer of 1990 when the membership rallied and organized the Association. As many of you know, for a business to survive five years is a true accomplishment; and, best of all, we're not only surviving, we're thriving!

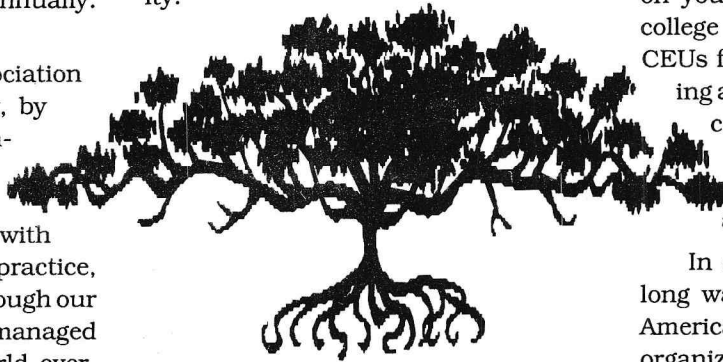
Of course we have struggled, in many ways we're still struggling. Our 'problem', so to speak, is our ambition. We have so much we want to give, so much we want to do that sometimes we take on too much, too fast. Have you ever done that? It's both an asset and a hindrance. The true way to succeed, however, is to push beyond your limitations. Our membership is growing and we have instructors nationwide teaching thousands of students annually. And that's great!

The Touch for Health Association has developed democratically, by its members. Your accomplishments and ours together make up the Association. Just as we share our progress with you, helping you excel in your practice, your progress benefits us. Through our network of members we have managed to receive recognition the world over. This makes all of our jobs easier. The more we get out there and let people know what we do, the more all of us will benefit. It's just another form of energy — whatever you focus on and feed, that's what you'll grow.

We have been focusing our energies on bringing TFH into the mainstream. In July, Dr. Thie will discuss the future of TFH and its part in the changing healthcare paradigm. Our recent developments aim toward that end. As instructors, your participation has been crucial to our progress. Thanks for responding quickly to our requests. Our challenge of working together as we live so far apart, makes our commitments increasingly difficult. As long as we remain steadfast in our dedication

to *teaching wellness to the world*, we'll continue to succeed.

Touch for Health Association regulates Touch for Health throughout the United States. As you know, we now have the capabilities to give university credit through Summit University of Louisiana. This step forward is giving us the opportunity to introduce Touch for Health at university campuses throughout the U.S. Your participation in this endeavor will help Touch for Health grow in effectiveness and fame. Basically, approaching a university in your area and promoting Touch for Health as an opportunity to explore Kinesiology within their medical school will open doors for you. Researching and validating the Touch for Health synthesis within the university confines is a leadway to professional validity.



Currently we're teaching Touch for Health in dozens of massage schools throughout the country. This is an excellent market for you, if you're a registered certified instructor with the Association. We can supply you with contacts and professional support as you approach massage schools and bring Touch for Health to bodyworkers. Recently, Leila Parker and Al MacKinnon were authorized by the New Mexico Board of Massage Therapists as Continuing Education providers, able to give CEUs to massage therapists in their home state. As Association members, we helped them achieve this recognition by demonstrating our professionalism. Together we are bringing Touch for Health the recognition it deserves. We are now in negotiations to

provide massage therapist CEUs throughout the United States, for Touch for Health I, II, III and other courses. Our negotiations will give authorization for all registered and certified instructors to provide CEUs to massage therapists. We will keep you updated on our progress.

As you may already know, registered and certified Touch for Health instructors may offer CEUs to nurses in 40 of the 50 States! The Association has worked diligently to setup the necessary record-keeping to obtain this approval, and appreciates your patience during this time of transition. In order to extend this benefit to your students, we must have your signed Instructor Agreement, annual dues and update information. New membership cards will accompany complete information on your ability to provide CEUs and college credit. We have applied for CEUs for our upcoming Annual Meeting and expect to be able to offer 20+ contact hours for nurses. This event will be a great way to update your training as a nurse and receive the units you need.

In our five years we have come a long way. We have developed TFHA America as a nonprofit member-run organization, and we also gave birth to TFH Canada. And, now we're birthing our Mid-West Regional Chapter. We have received praise by the International Kinesiology College and the International Association of Specialized Kinesiologists for our contributions to the world of Touch for Health. Yes, we have come along way... and you helped us get here.

Celebrate with us at our fifth birthday party in Columbus, Ohio, July 5-9, 1995. This gathering is by far the most festive event Touch for Health produces. Throughout this newsletter you will find information on the week-long party. I trust you will come by, introduce yourself to me, and continue working with us as we *teach wellness to the world*.

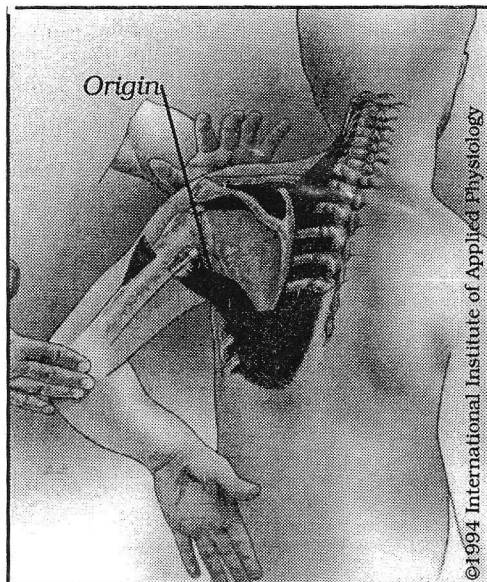
Robert A. Aboulaché

The Teres Major Story

By Richard D. Utt

CORRECTION...

We apologize to Mr. Utt, in our last issue of Keeping In Touch, we stated that Richard had a PhD, we goofed.



FACILITATION MONITORING



CONTRACTION TO EXTENSION

CLIENT START POSITION:

Client either supine at edge of table or prone so arm can move posteriorly down from table. Hand of arm to be monitored at small of back with dorsal side touching body, palm facing posterior. Arm flexed posteriorly and adducted as far as client can actively move it, approximately 20° adduction.

MONITOR HAND POSITIONS:

Fixating hand on anterior side of shoulder to prevent movement of scapula and clavicle. Movement should come from between upper arm and shoulder. Monitoring hand on posterior side of elbow.

MONITOR:

Push arm gently in anterior direction.

RANGE OF MOTION:

Beginning of position 1: arm flexed posteriorly and adducted as far as client can actively move it, approximately 20° adduction. End of position 8: upper arm abducted without a flexion or extension component. If client is lying down, arm should be horizontal.

This is the second in a series of sixteen articles on the muscles of Touch for Health. It will deal with the teres major in the upper back, and the related neuro-lymphatic points that represent the governing vessel meridian.

Years ago, when I first began doing Touch for Health, I earned a reputation for working well with children. Working with kids was a lot of fun! I had the opportunity to work with one little girl who refused to practice her part in the second grade play. Her teacher and parents believed this was evidence of an attitude problem, resulting in a lot of stress between them and the child. They tried to force her to play her part in the play, but she began to throw tantrums. A complete breakdown of communication between the child and her parents resulted.

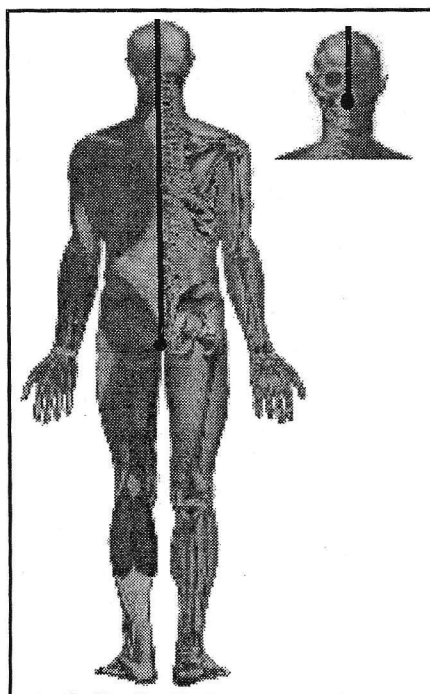
The mother called and brought her daughter, who we will call Suzy, for a session. I did Touch for Health, since this was long before I developed Applied Physiology. I soon touched the teres major, and Suzy yelled, "Ouch," and began to

cry. Her mother sternly insisted she not interfere with my work. I told her it was all right. I touched the teres major again, and again she yelled out and cried, and then finally broke down completely.

I asked Suzy about the play, and learned that she was supposed to act the part of a teapot while singing the song 'I'm a little teapot short and stout.' By further questioning I learned that she wasn't afraid of acting or singing, it simply hurt when she put her arm in the shape of a teapot handle. I touched the neuro-vasculars on the head, and the neurolymphatics on the torso. Next, I asked her to try forming a teapot. Suzy was obviously afraid, but her mother insisted. She tentatively formed the spout with one arm, and then very slowly drew her other arm up into the previously painful handle shape. There was no pain, and she happily sang the teapot song!

Mom and Suzy went home. Suzy acted in the play, and her mom learned that not all problems have to do with attitude; sometimes it just plain hurts. This is a warm example of how Touch for Health can be simple, yet provide for better communication and better lives.

One reason this story is especially significant is that after I did points on Suzy's back, it still hurt; however, after doing points on the front of her body, she felt better. That was one of the Touch for Health events that led me to a greater understanding and delineation of neurolymphatics and neurovasculars that are used today in Applied Physiology. Neurolymphatics are stimulated on the front for over facilitated conditions of stress, and back neuro-lymphatics are stimulated for under facilitated conditions of stress. Thus, Applied Physiology came from simple applications of Touch for Health.



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Henry and Idelle Weissenberg Scholarship

I would like to thank the Association for the prompt and generous scholarship award. This money will allow me to continue my education in Touch for Health. Following is my Touch For Health story. I hope by sharing this I can encourage others to believe that this is something anyone can use to great benefit.

I was introduced to Touch for Health (in 1993 at an introductory evening with Arlene Green), where I volunteered to demonstrate the Emotional Stress Release points in relation to a specific stressful event. The experience amazed me. All emotional baggage surrounding an incident involving my recently separated husband had been cleared! I was skeptical of the techniques presented that night until Arlene worked with me. How could something so simple affect me so greatly? I needed to learn more.

I attended Whole Brain Integration for Enhanced Learning, the next session. In March of 1994 I attended the TFH I class and, in April, went in for a private session with Arlene. In that session Arlene performed a Goal Balance on me including clearing sabotage statements and affirmations and worked on skin receptors on my right foot. I felt like a different, better person. I was surprised that by muscle checking my being could say exactly what it needed, often beyond my conscious thought. I didn't understand how it worked but by this time was convinced that it did and was willing and eager to explore further.

At that point in my life I was meeting several new friends, many of who are interested in a more energy-based reality so I had people to work with. I shared the stress-release techniques (ESRs, Cook's Hook, etc.) with friends and did basic 14-muscle balances on two or three of my friends. I took TFH II and III in April and May and continued to work with two or three friends. I got to the point where I was comfortable directing them to work on me as well as me working on them. Most of the work I did then was basic balances until TFH

III when I learned goal balances.

In July, I attended the Emotional Repatterning Class and in October the Advanced Kinesiology Techniques Workshop both with Arlene again. Throughout early Fall, one particular friend and I spent a great deal of time with TFH working on each other. The sessions really helped me through the most emotionally challenging time of my life and he worked through many issues in his life as well, including resolving issues from his divorce a couple years ago and coming to terms with pain behaviors learned in childhood. I did a session for another friend who had difficulty expressing personal opinion in public in such basic situations as what condiments to order on his sandwich at the local sub shop. After one goal balance, according to his lunch partners, there was a remarkable difference in his confidence level.

In November I joined the Touch for Health Association as a Basic Member. Shortly afterward I received the meeting notes from the July conference. I found all the write-ups informative and the one I have used very frequently is Cheryn McGee's Surrogate Emotions, both for myself and others.

While visiting friends out-of-town for Thanksgiving I did a short goal balance on a friend with severe chronic medical problems resulting partially from environmental poisoning and a head injury. Part of the balance included figure 8's over her liver, an organ which her Traditional Chinese Medicine practitioner has worked on over and over again... She awoke the next morning and came quickly and excitedly to my room. She exclaimed that this was the first morning she had not awoke nauseated in her life. Her morning nausea has never returned. I worked with her again this February and showed her how to hold the acupuncture points to balance energy in her liver meridian. She does this daily and has felt much more focused and better able to accomplish stressful tasks.

As I continue to work with Touch

for Health and explore other energy-based work such as Network Chiropractic, Rebirthing and Reiki, I feel more and more committed that this work is part of my life goal. I want to allow as many people as possible access to this experience. I feel the best way I can accomplish this is to offer my skill and talents in energy balancing on a professional basis. My current employer is IBM and my college degree is in Communication and Computer Science so I am having some difficulty in making the mental shift to a healing practice. (I guess this should be the focus of my next goal balance!) I am putting together a business plan by the summer's start. I have joined a practice group with Don Wetsel here in Raleigh, primarily Edu-K, which I am unfamiliar with, but willing to learn. And, of course, I talk about Touch for Health every opportunity I get.

Peace and health,

Alicia Adrian

Spring Donations

Our thanks go out to the following for their generous gifts:

*
Tia, Doug & Travis Holland

*
Kathy Grant

*
Jan Cole

*
Idelle Weissenberg

*
Joan Schauer

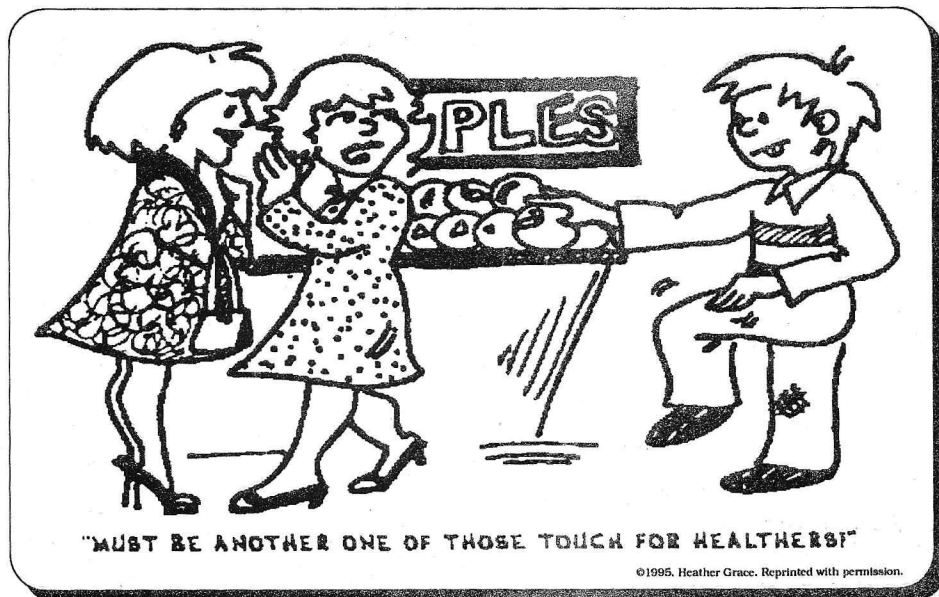
*
Two scholarships have been awarded in 1995. Congratulations go out to Alicia Adrian and C.J. Wilson. (Please see Alicia's story, this page.) C.J. will be attending and presenting at her first-ever TFHA Annual Meeting this July. We expect great things from both of these dedicated Touch for Healthers!

You, Too, Can Do Research!

By David Fuerstenau

I had the opportunity to attend the Australian Specialized Kinesiology (SK) conference last October, and want to share with you one particular presentation made there. Dr. Anna Gast, M.D., is an orthopedic surgeon who has also studied human energy fields and vibrational healing. She is currently undertaking Ph.D. studies in the phenomenon of indicator muscle change in Australia, and works in private practice using SK. Her mini-workshop, on Research Guidelines, was wonderfully clear, providing easy to understand explanations of what makes research scientifically valid, and at the same time empowered and inspired those present to know that we are all capable of designing, carrying out, and defending research in our field. I invited her to come to America to present this same workshop at the July TFHA conference, but she will be unable to do so. In her place, I will be offering a 90 minute presentation that will relate the fundamentals of her 2 hour mini-workshop. I want to encourage everyone who is a professional in SK to attend this presentation.

Dr. Gast's main point was that it is possible for us, whose varying backgrounds in research methodology ranged from none to expert, to create simple to use designs for scientifically sound and statistically significant research projects in the seemingly very unscientific world of muscle testing. I loved what she told us again and again, that the scientific and medical communities have brainwashed us and given us "mental damage", which is the biggest challenge for us to overcome in undertaking the research necessary to make our profession credible. I loved this because she was committed to



reprogramming us to see that those who say our techniques are unscientific are only able to accept one possible form of research as "valid", i.e. quantitative, replicable studies, but there are alternatives that work even better for us that are equally valid. In fact, she encouraged us to have some compassion for these people, who can only think the way they were taught to think by their teachers, and their teachers, etc., etc. In fact, they are suffering from the "mental damage" of brainwashing by the system in power, just as we are.

Specifically, we don't have to deny our experience or feel our work is worthless because they say it can't be measured by their methods and tools. This means that we don't have to think the

same way, and don't have to respond to them on their terms, and most importantly, we don't have to give up the results we observe and experience to be true simply because someone else says so. We can use totally different methodology, and gather equally valid data and research. Dr. Gast said that learning this difference and a little history is the first step, so that we can respond accordingly when talking to most of the world about what we do.

Dr. Gast re-framed this nicely for us. In fact, the muscle test can not be analyzed by their methods and tools. The machines the scientific community uses for measuring - EEG, EKG, MRI, etc., do not measure the kind of energy a muscle test measures. All this means is that so far, no one has created a machine that measures what a muscle test measures or monitors. It doesn't mean the muscle test doesn't indicate something. It is an actual phenomenon, you can see it, the testee can feel it, so can the tester, so it has a real basis. She encouraged us to have the courage to say "It is there".

Historically, two different philosophical views of the human being are operating here. The medical/scientific community holds the view of Newton, who said that the body is a machine, its parts can be observed, and deductions can be made about the whole. This is the model held as valid by the structure which holds the most power in the healing field. We in Specialized Kinesiology don't hold that view to be very useful, specifically, we disagree that the body should be reduced to small, separate parts to best understand it. In fact we observe the opposite, that energy permeates the whole, and even extends outside of the physical bounds of the body, and that energy moves and interacts throughout the whole body in an interdependent field. Quantum physics is finally catching up with our view, and proving this is true, and the

***It is possible
for us...to
create...research
projects in the
seemingly
very un-scientific
world of
muscle testing.***

Annual Meeting Workshops

Schedule subject to change. Preregistration required by June 29 (June 23 for ITW).

PRE-CONFERENCE WORKSHOPS:

1101 TFH Instructor Training Workshop \$750

IKC Faculty

June 28 - July 4, 9:00 am - 6:00 pm daily

Polish and learn teaching skills that are fun and effective. Includes review of TFH skills and instruction in teaching, marketing, communication and class management skills.

Repeaters: 50% discount

Prerequisite: TFH I, II & III. Includes manual.

1102 What's Stopping You? \$35

Sharon Promislow

July 4 9:00 am - 12:00 noon

A colorful, fun and powerful introduction to simple self-care techniques to break through physical, mental & emotional blocks to success. Participants learn how your brain, body and senses work, how stress physiologically impacts your body and how you can eliminate the non-serving reactions from the inside out! The class is supported with first rate visuals, handouts and accelerative learning skills.

Prerequisite: None

1103 Top Ten for Professional Speakers \$60

Sharon Promislow

July 4, 2:00 - 6:00 pm

Instructors of Specialized Kinesiology learn to package, present and market their skills, i.e. how to: Organize information for specific topics and presentation lengths; Adapt talks and workshops to different venues and target groups; Use visual aids to enhance presentations; Have available pre-prepared support materials ranging from overheads to handouts and course booklets, and; how to incorporate key accelerative learning skills

Prerequisite: What's Stopping You? (morning workshop)

1104 Emotional Reflexology \$95

Michael Flatley

July 4, 9:00 am - 6:00 pm

This system uses trigger point sensitivity to generate an in-depth assessment of your client's core challenges, lessons and subconscious emotional blocks. You'll combine this with corrections that you already know. We will also review a variety of potent techniques and devote much of the day to practice.

Prerequisite: Touch for Health. Includes manual.

1105 Balancing With Chi-Kung \$48

Hugo Vermeesch

July 5, 9:00 am - 12:00 noon

Includes proper muscle testing, balancing for pain relief, a brief history of Chi-Kung and the theory of 'Chi' and basic Chi-Kung meditation and energy exercises.

Prerequisite: Touch for Health.

1106 Making Money Your Friend \$60

Jan Cole

July 5, 9:00 am - 12:00 noon

Do you manage money or does it manage you? Find out what attitudes attract and repel money; then identify and defuse your sabotaging reactive programs. We'll learn to integrate right/left brain and body to create positive shifts in your relationship with money.

Prerequisite: Muscle testing. Includes text.

1107 Basics of Past Life Therapy \$85

Martin J. Patton, Ct.H.A., C.Ht., PLT

July 5, 9:00 am - 3:00 pm

We will explore the *spirit of the healing heart* through the MAP or Pyscography of Past Lives. The morning will include a group past life experiential. In the afternoon, demonstrations of individual past life programs using subjects from the audience as demonstrators. Program will include soul and parts retrieval training and an overview of spirit attachment and releasement.

Prerequisite: Read Mind Probe by Hickman and You Have Been Here Before by Ian Fiore.

POST-CONFERENCE WORKSHOPS:

1201 Top Ten Pain Releasers \$50

Arlene Green, LMT

July 9, 3:00 - 7:00 pm

A fun, hands-on workshop to release stress and pain that integrates techniques from Touch for Health, massage, music, polarity and therapeutic touch. Some of the techniques include meridian massage, specific neuromuscular reset technique, neurolymphatic massage and Brazilian toe massage.

Prerequisite: None

1202 Stress Release \$65

Wayne Topping, PhD, LMT

July 9 3:00 - 10:00 pm

If you...don't feel confident using emotions in your TFH work; Would like to have corrections that last longer; want to let your male clients know that emotions affect them; would like to have an enjoyable learning experience...then this workshop is for you! Learn how to: prioritize emotions; defuse emotional stress with variations of the brain integration and eye rotation techniques; use emotions to eliminate pain; integrate emotions into gamma-1 and gamma-2 14 (or 20) muscle balances; defuse stress regarding touching or being touched, and; defuse stress regarding receiving compliments.

Prerequisite: None. Includes text.

See WORKSHOPS page 8

Annual Meeting Workshops continued from page 7

1203 Creative Visualizations: Shapes of Stress \$48
Hugo Vermeesch
July 9, 4:00 - 7:00 pm

Includes proper muscle testing techniques, Emotional Stress Release, F/O holding, creative visualization and a special balancing technique.

Prerequisite: Touch for Health

1204 Women's Self-Massage \$25
Joanne Larson
July 10, 9:00 am - 12:00 noon

For women only, this workshop will teach techniques to help relieve PMS, irritability and mood swings related to menstruation and menses as well as other hormonal and gynecological imbalances.

Prerequisite: None. Includes text.

1205 The Science of Touch for Health \$100
John F. Thie, DC
July 10, 9:00 am - 5:00 pm

An expansion of the science or truth of TFH, with demonstrations of the methods on seminar participants and hands-on practice sessions using the latest developments that Dr. Thie is presenting around the world. Dr. Thie will explain and demonstrate why TFH will be part of the changing health promotion paradigm which is developing around the world. Questions will be welcomed on the material presented as well as other questions about the use of the TFH system.

Prerequisite: None

1206 TFH Instructor Update \$125
IKC Faculty
July 10-11, 9:00 am - 6:00 pm daily

If you haven't updated since 1993, take advantage of this discounted opportunity, receive updated handouts and get answers to your TFH questions. If you've completed the ITW in the past three years, attendance is invaluable. Day one: practice new skills and polish old ones. Day two: marketing, demonstrations and communication.

Prerequisite: TFH Instructor Training Workshop

1207 Stuff That Works \$100
James Reid, D. Rel.
July 10, 9:00 am - 6:00 pm

Will teach you an effective stop smoking treatment, a powerful candida balance, a method to correct all major areas of pain, headache, neck pain, upper back, lower back, sciatica, knees, feet and a method to fix the unfixable.

Prerequisite: Muscle Testing

1208 TFH for Nurses \$65
Ilse Jakobovits, RN
July 10, 9:00 am - 6:00 pm

Basic Touch for Health principles and procedures for nurses. Includes text. Credit for nurses: 6 CEUs

Prerequisite: None

1209 Warren Balance \$150
Warren Jacobs, MD
July 10-11, 9:00 am - 6:00 pm daily

Warren Balance and Diamond Balance - to work in healing addictions of tobacco, drugs, food, and alcohol.

Prerequisite: Muscle Testing. Bring own massage table

1210 The Wellness K.I.T. \$200
(Kinesiology Integration Techniques)
John McMullin, Ph.D./c
July 10-12, 10:00 am - 7:00 pm daily

This course begins with clear definitions of the healing process and teaches the techniques that have clients feeling better mentally, physically, spiritually, and emotionally from the very first visit. Important ingredients include easy but powerful self-nurturing techniques, rapid adjustment in self worth and esteem and new kinesiology techniques that allow everyone to instantly notice their body come alive and function properly.

Prerequisite: None

1211 Muscle Monitoring & Flower Essences \$650
Richard D. Utt
July 10-14, 9:00 am - 6:00 pm daily

Applied Physiology has created a special opportunity for the TFH community after the A.M. Experience the therapeutic inner journey that is the essence of the AP system. Two of AP's foundational courses are being offered. Richard Utt's 17 years of research in kinesiology have resulted in simple, speedy and direct access to the deep recesses of our inner, holographic being. Stress appears first in attitudes and thoughts before it creates the reality of our physical Law of Attraction. Using 14 Alarm Points, Pause Lock, hand modes and an indicator muscle, the TFH Practitioner can access a new approach to NL's, NV's, 96 Flower Essences, tuning forks and affirmation technology. Come join Richard in the AP experience!

Prerequisite: Touch for Health. Includes two texts.

WORKSHOP REGISTRATION & LOGISTICS

All workshops will be held at the Hyatt Regency Columbus (see page 2 for details on hotel and accommodations).

All monies are to be sent to TFHA National Headquarters in Malibu, California. Please fill out the registration form on page 19 COMPLETELY to register for the Annual Meeting and/or workshops. Class sizes are limited. No reservations will be accepted without full payment.

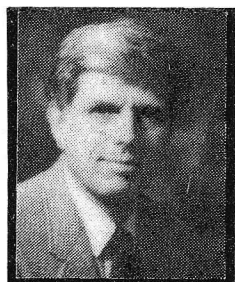
ITW enrollees must submit a completed entrance exam to TFHA in advance or at the beginning of the class to the instructor(s). ITW, Instructor Update and TFH for Nurses participants will receive a certificate of completion for no additional charge. Certificates for other workshops may be available, at the discretion of the instructor.

the Touch for Health Association of America presents

Annual



Meeting



John F. Thie, DC



Kate Montgomery



Mark Victor Hansen



Robert A. Aboulaché



Richard Utt



JULY 5-9, 1995
Columbus, Ohio, USA

Great healers, men of divine realization, do not cure by chance but by exact knowledge.

Fully understanding the control of life energy, they project a stimulating current into the patient that harmonizes his own flow of life energy...

*Within the gross vibration of flesh is the fine vibration of the cosmic current, the life energy, and permeating both flesh
and life energy is the most subtle vibration, that of consciousness.*

- Paramahansa Yogananda -

Co-Sponsored by:
Summit University of
Louisiana, and
Journeys of Wisdom

to register call...
1 - 8 0 0 - 4 6 6 - 8 3 4 2



SPIRIT OF THE H

July 5-

EVERY DAY - A TIME FOR FOCUSING, NETWORKING & FUN!

Every morning throughout the conference we have scheduled tai chi, meditation, *Healing Heart* to awaken during our gathering... so we all may know its source. In every morning we have scheduled in separate areas Meditation and Tai Chi in all of us. Our informal 'balance room' gives participants a chance to develop

WEDNESDAY, JULY 5

OPENING CEREMONIES!!!

A MUST. We welcome every one, and begin a five-day adventure into the *Spirit of the Healing Heart*. Make friends and 'break the ice' with an experience that lasts the entire conference. Presented by TFHA, Chairman of the Board, Robert A. Aboulaché.

3:00 - 4:30 PM

CONCURRENT SESSIONS

101 Marguerite Murray *Communication Skills for Kinesiologists: How To Get Clients*

5:00 - 6:00 PM

102 Sandy Chadwick, RN, NHC *The Power of Touch and Caring*

103 Michael Flatley *Emotional Reflexology*

104 Wayne Topping, PhD, LMT *Integrating Emotions into Your Touch for Health Balance*

105 Belinda Gore, PhD *Ecstatic Body Postures: Rituals to Nonordinary States of Consciousness*

KEYNOTE ADDRESS:

John F. Thie, DC, *Founder & Author, Touch for Health The Science of Touch for Health*

8:00 - 10:00 AM

THURSDAY, JULY 6

KEYNOTE ADDRESS: 9:15- 10:45

Gordon Stokes, *Founder, Three-In-One Concepts What Muscle Testing Can and Cannot Do*

CONCURRENT SESSIONS

201 Arlene Green

The Power of Intention in Making a Difference

11:00 - 12:00 PM

202 J. Edwin Ireton
How We Create Our Own Addictions

203 Sandra Smith
Aromatherapy: Using Essential Oils for Opening Energy Blocks

204 Austin McElroy
The Structure/Gravity Connection

205 Donna Kramolis
In Search of the Missing Links for Permanent Weight Loss

206 Ilse Jakobovits, RN
The Flow of Energy Through the Meridians and its Effect on Health and Well Being

PROGRAM

TIME	WEDNESDAY	THURSDAY
7 - 9:00 AM	Pre-Conference Workshops	Meditation, Tai Chi
9 - 10:45	Registration	Gordon Stokes
11 - 12:00 PM	begins at	Sessions 201-206
12 - 1:30	8:00 AM	Networking Lunch
1:30 - 3:00		TFHA Member Meeting
3:00 - 5:00	Opening Ceremonies	Sessions 301-306
5 - 7:00	5-6:00 - Sessions 101-105	TECUMSEH!
7 - 8:30	8:00 - John F. Thie, DC	
9 - 10:00		
10 - 12:00 AM		



Joe Bassett



Arlene Green, LMT



Belinda Gore, PhD



Arnetta Franks, M. Ed



Bruce Doolin, LMT



Alex & Joy
Wedmedyk



Donna Kramolis



Dee Martin, MT



J. Edwin Ireton, PhD



Ilse Jakobovits, RN



Paul Linden, PhD

1 - 800 - 4

HEALING HEART , 1995

networking breakfasts. Our aim is to provide the opportunity for the Spirit of the
ist is served at 7:00 am and networking opportunities begin at 8:00. Also, at 8:00
es. These events are non-denominational and honor the humanity inherent with-
ships, explore conference learnings, and reaffirm Touch for Health principles.

CONCURRENT SESSIONS

3:00 - 4:30 PM

- 301 Karen Sellhausen, M.A. *Beyond Relaxation: The Trager-Kinesiology Partnership*
302 C.J. Wilson *Improving Eyesight Naturally*
303 J. Anne Hall, S.K. *Understanding the Energy of Cell Salts, Flower Essences & Aromas*
304 Carol Gottesman, BSN *The Maturing Process: Insights into our Inner Child*
305 Rev. J.R. Schroeder, MT *Spiritual Empowerment*
306 Vic Dutro *Self-Help 101: Healing through Higher Consciousness*
307 Jerome Glassman *Spiritual Wholeness*

SPECIAL EVENT

5:00 PM - 12:00 AM

TECUMSEH! A native American adventure into the life of the Shawnee leader Tecumseh! We will travel to Sugarloaf Mountain and experience the rich heritage of America Indian rituals through an outdoor historical drama. Dinner is included in this extravaganza. Buses depart at 5:00 for a private showing of Tecumseh! in Chillicothe, Ohio. A \$30 fee includes: bus, dinner and show!

FRIDAY, JULY 7

KEYNOTE ADDRESS:

Hari Sharma, M.D., FRCPC Maharishi Ayur-Veda: *A Comprehensive System of Natural Medicine & Preventive Health Care Ayur ("life")-Veda ("knowledge")*.

9:15 - 10:45 AM

CONCURRENT SESSIONS:

- 401 Nettie Meissner *De-Bugging Your Dragons: Tools for Emotional Healing*
402 Dee Martin, MT *Cysts: Our Emotional Circuit Breakers*

11:00 - 12:00 PM

A GLANCE

FRIDAY	SATURDAY	SUNDAY
ion & Tai Chi	Breakfast, Drumming	Tai Chi, Worship Service
arma, MD	Virgil Chrane, DC, PhD	Richard L. Welch
401-406	Sessions 701-706	Sessions 1001-1006
ing Lunch	Networking Lunch	Networking Lunch
501-506	TFHA Member Meeting	Closing Panel & Ceremony
601-606	Sessions 801-806	Post Conference Workshops
n your own	AWARDS BANQUET	
Deal, DC	8:00 - Mark Victor Hansen	
D. Utt		
	Dance the night away!!!	

5 - T F H A



Robert Waldon, ND



Ron C. Wagner, DC



Melvin Suhd, PhD



Marcia Minor



Karen Sellhausen, MA



Wayne Topping, PhD



Sharon Promislow



Nettie Meissner



Marge Murray



John Varun Maguire



Jimmy Scott, PhD

403 Dottie & Joe Asselin
Awakening the Personal Energy Body Consciousness

404 Martin J. Patton, Ct.H.A., CPLT

Retrieving the Soul: A Practical Guide to Getting all of the Pieces Back

405 Marcia Carnicelli Minor
Alternative Health Choices

406 Bernhard Studer
Touch for Health Synthesis: The Balance as Taught in our Institute in Switzerland

CONCURRENT SESSIONS: 1:30 - 3:00 PM
 501 Karen Sellhausen TK - *Unfolding Human Potential*
 502 Marge Murray *Protecting Yourself Legally*
 503 Sharon Promislow "Switched On" *Creativity*
 504 Bruce Doolin *Re-education of the Shoulder Girdle*
 505 Osbon Woodford *Macrobiotic Approach to Health & Illness*
 506 Mike Frazier *Healing Using God's Love*
 507 Jessica Bear, PhD, ND *States of Existence*

CONCURRENT SESSIONS: 3:30 - 5:00 PM
 601 Jan Cole *Re-Pattern Indecision & Procrastination*
 602 Annette Franks, MEd *Empowering Our True Selves*
 603 Alex & Joy Wedmedyk *Healing Through Rhythm*
 604 Ron Wagner, DC *Enhancing Your Chi Energy*
 605 Paula Oleska *Intelligent Movement*
 606 Berit Nilsson, MT *Polarity Therapy*

KEYNOTE ADDRESS: 7:00 - 8:30 PM
 Sheldon Deal, ND, DC, Co-founder, International College of Applied Kinesiology, *The Latest Developments in Applied Kinesiology*

KEYNOTE ADDRESS: 8:45 - 10:15 PM
 Richard D. Utt, Founder, *Applied Physiology Advanced Figure 8 Techniques*

SATURDAY, JULY 8

KEYNOTE ADDRESS: 9:15 - 10:45 AM
 Virgil Chrane, DC, *Alphabiotics: Don't Let Stress Drain Your Life Energy*

CONCURRENT SESSIONS: 11:00 - 12:00 PM
 701 David Fuerstenau & Patti Steurer *Learning to Love Myself/Yourself*
 702 Paul Larson, CMT *Woman's Self Message*
 703 Carl Ferreri, DC *Neural Organization Technique*
 704 Hugo Vermeesch A *Kinesiological Approach to Chi-Kung*
 705 Irene Yaychuk-Arabei *The Longevity Balance*
 706 Kate Montgomery *How to Influence Respiratory Musculature Through Massage Therapy & Applied Kinesiology*

CONCURRENT SESSIONS: 1:30 - 3:00 PM
 801 Catherine J. Carlisi *The Voice of Healing*
 802 Paul Linden, PhD *Intentionality, Body Mechanics, & Holiness: Being In Movement®*
 803 Jimmy Scott, PhD *What Every Kinesiologist Should Know About Geobiology*
 804 Rev. J.R. Schroeder, MT *Body Typing*
 805 Mark R. Pitstick, MA, DC *Toward Heaven on Earth: Healing Body, Mind and Spirit*
 806 Carol Boschetto *Spiritual Growth Through Kinesiology*

CONCURRENT SESSIONS: 4:45 - 5:45 PM
 901 Robert Waldon, ND *The New Healing Paradigm*
 902 Patrice Gildner *Beyond Technique*
 903 Melvin Suhd, PhD *Positive Regard*
 904 Frank Mahony *Your Diaphragm: Don't Leave Home Without It*
 905 John Varun Maguire *The Journey Process: Transforming Core Issues*
 906 John McMullin, PhD/c *Achieving Permanent Behavior Changes Using Kinesiology Integration Techniques (K.I.T.)*

SUNDAY, JULY 9

KEYNOTE ADDRESS: 9:15 - 10:45 AM
 Richard L. Welch *Welcome to Tomorrow®: Advanced Natural Uses of the Brain/Mind for Healing and Education*

CONCURRENT SESSIONS: 11:00 - 12:00 PM
 1001 Warren Jacobs, MD *The Warren Balance*
 1002 Joe Bassett *Joe's Total Related Testing Technique*
 1003 Robert Waldon, ND *Clearing Limiting Emotional Patterns*
 1004 Jim Reid, D Rel, *Relieving Pain*
 1005 Sabina DeVita, EdD *New Technology in Vibrational Healing: The Transcend Vibrational Cards, Kinesiology & Electromagnetic Stress*
 1006 Paula Broset-Biegelson *Holistic Aromatherapy Balancing*
 Panel Discussion *The Future of Kinesiology* 1:30 - 2:30 PM
 Closing Ceremonies 2:30 - 3:00 PM



Mark Victor Hansen is New York Times best selling author of *Chicken Soup for the Soul*, and *Another Helping of Chicken Soup for the Soul* and a master motivational speaker.

AWARDS BANQUET

featuring Mark Victor Hansen

Our State of the Association Awards Banquet is a formal gathering celebrating our accomplishments. We will award Touch for Health professionals for their contributions to the field of Touch Healing. Plus, we journey through the past as we explore how Touch for Health has grown from an idea to an internationally recognized healing art. This multimedia event highlighted with slide presentation, awards and Mark Victor Hansen is a Touch for Health must. See you there as we celebrate our fifth (5th) year as an Association.

\$45, includes banquet, presentations and dancing



Awards Banquet
 This very special event is featured with a full course meal, entertainment, special honors and motivation. Celebrate the conference with us at the Awards Banquet.

MARK VICTOR HANSEN

1995 A.M. Keynote Speaker

The Touch for Health Association's fifth Annual Meeting Awards Banquet will proudly feature New York Times #1 best selling co-author of *Chicken Soup for the Soul*. A master motivational speaker, Mark has chosen our conference as a stop on his book signing tour for his and co-author Jack Canfield's latest compilation of "stories to open the heart and rekindle the spirit", *Another Helping of Chicken Soup for the Soul*.

Mark will address this year's Annual Meeting theme: the *spirit of the healing heart*, and will no doubt share some of the incredible stories that have been included in one of these volumes. For those of you who haven't had the opportunity to acquaint yourself with these uplifting stories, following is a sample story.

The Hand¹

A Thanksgiving Day editorial in the newspaper told of a school teacher who asked her class of first-graders to draw a picture of something they were thankful for. She thought of how little these children from poor neighborhoods actually had to be thankful for. But she knew that most of them would draw pictures of turkeys or tables with food. The teacher was taken aback with the picture Douglas handed in...a simple childishly drawn hand.

But whose hand? The class was captivated by the abstract image. "I think it must be the hand of God that brings us food," said one child. "A farmer," said another, "because he grows turkeys." Finally, when the others were at work, the teacher bent over Douglas' desk and asked whose hand it was. "It's

your hand, Teacher," he mumbled.

She recalled that frequently at recess she had taken Douglas, a scrubby, forlorn child, by the hand. She often did that with the children. But it meant so much to Douglas. Perhaps this was everyone's Thanksgiving, not for the material things given to us but for the chance, in whatever small way, to give to others.

- Source Unknown

Mark will be available to sign books after his address Saturday, July 8 and Sunday morning, July 9, 1995. A Touch for Health graduate himself, Mark believes strongly in the benefits of holistic healthcare and was struck by the strength of our A.M. theme. He agrees that only together, through our interactions and explorations will we discover the true depth of the *spirit of the healing heart*.



MARK VICTOR HANSEN

Please read through the information contained in this newsletter before you decide to 'skip this one.' The journey we have planned for conference participants is one that will go down as a real coming together of Touch for Healthers...You won't want to miss out!

Conference registration includes four full days of presentations and gatherings. Special events are extra, allowing you to customize your journey. Options include Saturday's Awards Banquet for \$45, including dinner, awards presentation, Mark Victor Hansen and dancing. We have also planned an evening at the spectacular re-enactment of the life and death of the great Shawnee leader, Tecumseh! This outdoor historical drama includes dinner and transportation for only \$30.

RESEARCH continued from page 6

field of Body-Mind medicine not only comes into the mainstream, but is becoming the status quo.

We in SK follow the view of Heidigger, who stated that everything is worth observing, as long as it can be concretely experienced and described. For example, I test a client's muscle, perhaps it doesn't hold strong. The client and I experience the inability of the muscle to hold engaged, and the client can describe how this experience felt. This is valid. Further, when I massage, for example, the NL's for that muscle, and the muscle holds engaged when retested, the client can describe a qualitative, usually positive, change.

So we are phenomenological (whew!) scientists who use qualitative, inductive methods - we observe and describe what is experienced, we don't try to determine what is the cause of the effect observed. The medical model is reductionist, and uses totally different, quantitative, deductive methods - they investigate by controlling and manipulating variables to determine which variables affect the outcomes observed many times, and ultimately are seeking to find out what causes what. We are interested in improving the quality of life, and don't care specifically how the improvement occurs. This is also called "black box" research. Observe preconditions, do something, and see if the post-conditions are different. The "do something" part is the "black box", which could be anything, but that is not what we are exploring. We are exploring the qualitative change in the client.

The beautiful thing Dr. Gast pointed out is that medical/scientific types were thoroughly trained in reductionist thinking and deductive, quantitative methodology, so they naturally operate that way, and they don't have the mental tracks to think phenomenologically. She encouraged us not to blame them for that, and also simply not to engage in that kind of thinking or interaction. She recommended that we say, "I have a different point of view, which is based in phenomenology", and then to go on our way. This is particularly important

¹The Hand ©1993, MVH & Associates. Reprinted with permission.

Spirit of the Healing Heart

by Robert A. Aboulaché

During this Annual Meeting we'll explore native rituals of spirituality and healing, as well as scientific breakthroughs in healing effectiveness. Our goal is to bring about an understanding of the *spirit of the healing heart*, not only intellectually, via information, but we've planned a highly experiential program we believe will carry all of us to the place within ourselves where the *spirit of the healing heart* exists.

To assist us on this quest, we have scheduled **Mark Victor Hansen** to speak to our theme. In addition to being a master motivational speaker, able to bring insight, humor and humanity to audiences around the world, Mark is the co-author of the New York Times Best-Seller, *Chicken Soup for the Soul*, and his newest release, *Chicken Soup II: Another Helping*. Mark will be the Keynote Speaker at our Awards Banquet Saturday, July 8, 1995. You won't want to miss this special evening.

I would love for you to join us and

make this the best conference ever! Touch for Health is about people; **people touching people**. With over sixty presentations designed to give you in-depth information along with the skills and techniques for immediate application in your practice, this conference is a must for students, teachers and practitioners alike.

Don't miss this opportunity - *make your travel arrangements and register today*. We look forward to celebrating life, healing and Touch for Health with you in July.

Recently I put out to the membership to submit your insights into the *spirit of the healing heart*. Your participation will be invaluable whether you are in attendance at the meeting or not. We will report in the next Keeping In Touch the results of our group journey, however in the meantime we would appreciate hearing more of your thoughts.

The Spirit of the Healing Heart is unconditional love. It goes right to the source of all healing, all whole-ing, all that is, the inner awareness that at the core level of our beingness we already perfect, whole and complete, made in God's image. If we also have this awareness consciously, we realize we are all one, "healer" and "healee." In a real sense when we "work with someone," we are helping another part of "ourselves" and "they" another part of "themselves."

If we have this view, it lends us automatically to the awareness that we are sharing energy, not "fixing our client," simply allowing energy to flow and insights to arise without the "trying-to," just being fully with our "client" in the moment, free of judgments, aware of our connectedness, our oneness, optimistic and expressing optimism. (Do I live up to all this, with all my clients? Not always, but I do my best, knowing that down the road I'll do better.)

Two books which I've read in recent years which have helped me as a Touch for Health user and as a human being are Stephen Levine, "Healing into Life and Death," Doubleday, NY, 1987 (many good guided meditations) and Jack Kornfield, "A Path With Heart," Bantam Books, NY, 1993.

I expect to be in Columbus in July for our fifth anniversary TFHA Meeting. I'll see you there!

Love, Light, Joy,

Cliff Garner

RESEARCH continued from page 13

because the power structure that has grown around the Newtonian model is huge, and it has lots of inertia and momentum. Why waste lots of energy in a useless battle to try to convince this group - drug companies, insurance companies, medical schools, FDA, the medical profession, etc. - to think differently. She was quite blunt in saying that this industry has built in, because of its philosophical foundation in deductive reasoning, the mind-set of cognitive authority, that is, they define how something is determined to be right or wrong, they firmly believe that they hold the power to determine that we in particular are wrong, they are invested in keeping control, and they think they own it all. Why fight this? Or even get involved? Instead operate from a different paradigm that is better suited to us anyway.

The most challenging thing, she says, is this "mental damage" we've all suffered, having been raised to believe that there is a right and wrong, and to give in to authority figures. So it's a challenge to say "I disagree", but we do have a scientific and philosophic perspective to stand on and use. NO MORE MENTAL DAMAGE!

There is a lot of freedom in this, and we can achieve more exciting results by changing our thinking and point of view than we might at first imagine. Dr. John Thie, D.C. has been saying for several years that the insurance companies can probably quite easily be convinced to open up to supporting Specialized Kinesiology. Their motivation is different than the rest of the power structure. The medical power structure wants to be right, but the insurance companies want to work with anything that will affect their bottom line favorably for them. In plain English, Specialized Kinesiology is more effective and efficient for the ongoing well care of the public at large than expensive, specialized medical professionals and hospitals, especially in the areas of preventative and recovery care. If our methods can be shown, and they can, to produce qualitative results and

see RESEARCH page 15

TFH/Kinesiology Directory

After many requests, and a bit of research, we have compiled the following list of Touch for Health related contacts. Following each is a brief description of services offered. TFHA is not responsible for mistakes or errors of omission. Please address any comments or corrections to TFHA, attention TFH Directory. Thank you.

TOUCH FOR HEALTH.....THE FOUNDATION TRAINING FOR KINESIOLOGY

- Touch for Health Association of America** (800) 466-8342
Membership, instructor & practitioner referrals, (310) 457-8342
Annual Meeting, certificates & registration. Fax: (310) 457-9267
- Touch for Health Enterprises** (800) 826-0364
Touch for Health books and charts. (818) 509-9945
Dr. Thie's speaking schedule. Fax: (818) 509-9946
- Touch for Health Association of Canada** (604) 739-4005
Canadian membership, referrals and certificates.
Members receive journal of N. American Conference
and newsletter.
- Applied Physiology** (602) 889-3075
A powerful system of stress management pro- Fax: (602) 573-3743
cedures. Key feature--the depth and accuracy
of its muscle testing & monitoring techniques.
- Educational Kinesiology Foundation** (800) 356-2109
A remarkable way of re-educating your whole
body/brain system to function and learn in more
resourceful ways.
- Professional Kinesiology Practice Int'l** (649) 575-2813
Advanced courses for professional Fax: (649) 575-2818
Kinesiology practioners.
- Three-In-One Concepts** (818) 841-4786
An educational corporation focused on Fax: (818) 841-0007
correcting learning disabilities, dyslexias, stress
reduction and training.
- International Kinesiology College** 41-1-867-14-77
An international university without walls based ... Fax: 41-1-273-15-45
in Switzerland. Faculty members promote and
accelerate the growth of kinesiology through the
teaching of Instructor Training Workshops & basic
Touch for Health classes.
- International Association of Specialized Kinesiology** (707) 459-0757
Organized to provide ethical, professional Fax: (707) 459-3984
and legal acceptance of S.K. as an adjunctive

RESEARCH continued from page 14

cost less than the most respected yet costly medical institutions or M.D.s, the insurance companies will choose to compensate us for serving their subscribers, because it costs less, not to mention that it may also work faster, and perhaps even better. These are the things that we need to research and be prepared to demonstrate.

For this reason, it is truly exciting to think of the results we can achieve for ourselves and our profession by learning to conduct simple qualitative research with our clients or students. I hope this conveys some of the enthusiasm and thrill I personally feel, as well as the importance of this area of maturing our profession.

The presentation I will give in Columbus will include more of this historical education, as well as describe in more detail the differences between quantitative and qualitative methodologies. We'll discuss which methodology we can best use to get the results we want. Step by step outlines of research protocols will be examined, with examples of actual questionnaires available and explained. Also covered will be all key elements necessary to design and carry out simple, significant and thorough research. WE CAN DO THIS!

My goal through this presentation is to inspire and support 15 or more research projects in the field of Specialized Kinesiology to completion for presentation at the 1996 TFHA conference. Dr. Gast is also available to consult on design and set up of research projects via fax, and is most friendly and helpful in this regard. She and I both helped Wayne Topping finalize a questionnaire he is using to research personality traits involved with migraine headaches, which he plans to finish and present in October 1995 at the IASK conference in Italy. Contact me at 503-996-2016, voice; 503-996-2206, fax; or 2615 NW Lee Ave. Lincoln City, OR 97367 for further information, or to be put in contact with Dr. Gast. I look forward to seeing you in Columbus!



A.M. Exhibitors

Booth spaces are available at the following rates:

Corner \$500 Speaker's Corner \$250
Regular \$375 Speaker's Regular \$187.50

Exhibit area will be open to the public throughout the event.

Contact Char Young at (614) 785-9868 or TFHA, 1-800-466-8342

to reserve your booth today!!

APPLIED PHYSIOLOGY

PRESENTS

Professional Applied Physiology Training

This year Applied Physiology has divided it's training seminars into 3 sections: The 3 sections may be taken at your discretion but must be taken in sequence.

SECTION 1: (AUG 7TH - SEPT 21ST, 1995)

Gives the Applied Physiologist the initial foundation of 14 position muscle monitoring, 7 states of stress, anatomy and physiology possibilities for each position, presents the holographic model and concurrent holograms of

- | | |
|---|--|
| 1. Neuro-Lymphatics | 17. Nutritional Reflexes |
| 2. Neuro-Vasculars | 18. Powers of Stress |
| 3. Sound (Tuning Forks) | 19. Stages of Stress |
| 4. Attitudes | 20. Physical laws |
| 5. Thought Forms | 21. Metaphysical laws |
| 6. Feelings | 22. Meditation |
| 7. Flower Essence | 23. Fasting |
| 8. Charting Systems | 24. Cleansing |
| 9. 7 Element Acupressure | 25. 7 Chi Keys system of acupressure |
| 10. Can Opener
(method of moving energy) | 26. Histology of the glands and organs
interwoven throughout. |
| 11. Foot Reflexology | 27. Pause lock |
| 12. Acutouch | 28. Muscle jamming technique |
| 13. Genealogy | 29. Proprioception Integration Technique |
| 14. Basket Weaver program
(method of moving energy) | 30. Set up procedures used to focus in on any
kind of stress |
| 15. Tibetan Figure 8's | 31. Practical application opportunities
on weekends |
| 16. Electro-Magnetics, Pitch, Roll, Yaw,
Switching, Gait, Hyoids, Cloacal Reflexes,
Polarity and Magnetics. | 32. 50 hour workweeks |
| | 33. 7 week intensive |
| | 34. Color coded learning |

Certified Applied Physiologist

Come to work, come to experience, come to play, come to learn, most of all COME

SECTION 2: (JAN 8TH - FEB 9TH, 1996)

The advanced Applied Physiology-training covers:

1. The Five Houses of Chi
 - a. Movement rules of energy
 - b. Formulation procedures for advanced practitioners
 - c. Hands on practice with real clients with real "stuff"
2. TMJ
 - a. Proprioception Integration Technique for face and jaw
 - b. Source point interpretation and connection to TMJ
 - c. Practical hands on
3. Cranials
 - a. Hologram of 112 cranials
 - b. Movement of the cranial apparatus
 - c. Practical hands on

4. Senses

- a. Smell hologram (392 specific aromas)
- b. Taste hologram (392 specific tastes)
- c. Set up procedures
- d. Sight balance with hologoggles

5. The Brain

- a. Motor sensory set up and correction
- b. Limbic system, hypothalamus amygdala etc.
- c. Anatomy &
- d. Physiology correlations
- e. Hands on practice

Certified Master Applied Physiologist**SECTION 3: (MAR 18TH - MAR 31ST)**

For Instructors of 10 day class only. The facilitator training is a must for those who would like to have a career in teaching AP.

Certified Applied Physiology Instructor

Cost: Section 1 - \$5,500 (US) (Includes tuition, books, handouts, tuning forks, magnets and tie shin) Students who have participated in the 10 day holographic supertheory Agape Quest seminars may deduct in total fees and equipment already purchased.

Section 11 - \$3,500 (US) Tuition and Books

Section 111 - \$2,500 (US) Tuition and Teaching Manuals

Total Cost: \$11,500 (US)

THE INTERNATIONAL INSTITUTE OF APPLIED PHYSIOLOGY

CONTINUING WORKSHOPS

LOCATION

1995 SCHEDULE

• May 26	- May 28	Stockholm, Sweden
• June 1	- June 9	Freiberg, Germany
• June 12	- June 18	Brussels, Belgium
• June 21	- June 25	Dublin, Ireland
• Aug 7	- Sept 21	Tucson, Arizona
• Sept 28	- Oct 4	Verona, Italy
• Oct 16	- Oct 21	Freiberg, Germany
• Oct 23	- Oct 27	Aallden, Holland
• Nov 23	- Dec 3	Tucson, Arizona

1996 SCHEDULE SPRING

• Jan 8	- Feb 9	Tucson, Arizona
• Mar 18	- Mar 31	Tucson, Arizona

3014 E Michigan St.
Tucson, Arizona 85714

Phone: (520) 889-3075

Fax: (520) 573-3743

Applied Physiology reserves the right to make changes to the curriculum without prior notice

Spring



Is your library complete?

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1995 Advanced Course Schedule

Location and dates subject to change - call to confirm.

ITW = Instructor Training Workshop • PKP = Professional Kinesiology Practitioner

Course	Location	Dates	Instructor	Contact
PKP I	Vancouver, B.C.	June 3-12	Janice Golub-Bechler	(604) 873-2848
ITW	Larchmont, NY	June 4-11	Victoria Di Ana	(800) 484-7213 x9611
ITW	Santa Monica, CA	June 19-25	John V. Maguire	(800) 501-4878
ITW	Columbus, OH	June 28-July 4	M. Murray & A. Green	(800) 466-8342
I.Update	Columbus, OH	July 10-11	A. Green & M. Murray	(800) 466-8342
<i>Don't miss the exciting learning opportunities available in Columbus, Ohio at our Annual Meeting! (See pages 7-8).</i>				
PKP I	Chapel Hill, NC	Jul. 28-30; Aug. 11-13	Arlene Green	(919) 933-9299
ITW	Hinesburg, VT	August 19-25	Victoria Di Ana	(800) 484-7213 x9611
ITW	Chapel Hill, NC	September 9-15	Arlene Green	(919) 933-9299
ITW	New York, NY	September 17-28	Paula Oleska	(212) 864-4507
I.Update	Milwaukee, WI	September 23-24	Marge Murray	(414) 253-4905
PKP II	Vancouver, B.C.	Sept. 23-Oct. 1	Janice Golub-Bechler	(604) 873-2848
ITW	Bellingham, WA	October 15-21	Victoria Di Ana	(800) 484-7213 x9611
I.Update	Chapel Hill, NC	October 28-29	Arlene Green	(919) 933-9299
ITW	Boulder, CO	November 11-18	Victoria Di Ana	(800) 484-7213 x9611

1995 TFHA ANNUAL MEETING REGISTRATION FORM

NOTE: If registering for more than one person, please photocopy this form for additional registrants. Thank you.

Name _____

First Name (for badge) _____ Profession/Degree _____

Address _____

City _____ State _____ Zip _____ Country _____

Phone (day) _____ (evenings) _____ Fax _____

I am a TFHA member Y ☐ N ☐ I am a Graduate of: ☐ TFH I ☐ TFH II ☐ TFH III ☐ ITW

Are you physically challenged? Y ☐ N ☐ If yes, in what way? _____

What special accommodations do you require? _____

☐ Yes! Please register me for the TFHA Annual Meeting. (July 5 - 9, 1995)

☐ Before June 15, 1995

☐ After June 15, 1995

Member \$250(us) Non-Member \$325(us) Member \$310(us) Non-Member \$400(us)

☐ Yes! Please register me for the following concurrent sessions:

	Wed	Thurs	Fri	Sat	Sun
1st Choice	10__	20__	40__	70__	100__
		30__	50__	80__	
			60__	90__	
2nd Choice	10__	20__	40__	70__	100__
		30__	50__	80__	
			60__	90__	

☐ Yes! Please register me for the following workshops:

- | | |
|--|---|
| <input type="checkbox"/> 1101 ITW.....\$750 | <input type="checkbox"/> 1203 Shapes of Stress.....\$48 |
| <input type="checkbox"/> 1102 What's Stopping You?\$35 | <input type="checkbox"/> 1204 Women's Self Massage\$25 |
| <input type="checkbox"/> 1103 Top 10 for Speakers.....\$60 | <input type="checkbox"/> 1205 Science of TFH.....\$100 |
| <input type="checkbox"/> 1104 Emotional Reflexology.....\$95 | <input type="checkbox"/> 1206 Instructor Update\$125 |
| <input type="checkbox"/> 1105 Balancing w/ Chi Kung ..\$48 | <input type="checkbox"/> 1207 Stuff That Works\$100 |
| <input type="checkbox"/> 1106 Making \$ Your Friend\$60 | <input type="checkbox"/> 1208 TFH for Nurses\$65 |
| <input type="checkbox"/> 1107 Past Life Therapy\$85T | <input type="checkbox"/> 1209 Warren Balance\$150 |
| <input type="checkbox"/> 1201 Top 10 Pain Releasers.....\$50 | <input type="checkbox"/> 1210 The Wellness K.I.T\$200 |
| <input type="checkbox"/> 1202 Stress Release.....\$65 | <input type="checkbox"/> 1211 Muscle/Flower.....\$650 |

Amount Enclosed:

\$ _____ Conference Fee

\$ _____ Workshop Fee(s)

\$ _____ Awards Banquet \$45

\$ _____ Networking Meal Plan \$75 All meals are available for vegetarians, check here if vegan ☐

\$ _____ Tecumseh! \$30

\$ _____ Enclosed is my total payment

☐ Check enclosed (All fees payable to TFHA in USA dollars.)

☐ Please charge my ☐ Visa ☐ Mastercard # _____ Exp. _____

Name on Card _____ Signature _____

Thank you! Please send or fax registration form to: TFHA • 6955 Fernhill Dr., #5A Malibu, CA 90265-4238
You will receive a confirmation in the mail if your registration is received before June 30.

1 - 8 0 0 - 4 6 6 - T F H A

fax: (310) 457-9267

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Benefits of Membership

Associate Member - \$25 (US)

- Subscription to the Keeping In Touch newsletter

Basic Member - \$50 (US)

- Above, plus...
- The Touch for Health Association Annual Journal
- Listing in the Association membership directory
- One copy of the Touch for Health Membership Directory
- Select discounts TFH catalog items
- Discounts at TFH meetings and events
- Voting privileges for all TFH elections

Instructor/Professional Member* - \$100 (US)

- All of the above, plus...
 - Student and client referrals
 - Promotional assistance
 - Special promotional materials
 - Participate in the development of TFHA curricula
- (* Graduates of TFH I, II, III and either the Instructor Training Workshop (ITW) or Professional Kinesiology Practitioner I courses are invited to apply for the Professional membership).

1-800-466-TFHA

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Join us for our **5th Annual Meeting**
featuring...
N.Y. Times #1 Best-selling Author of
Chicken Soup for the Soul,
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Robert Sutherland
10 Park Ave. #2
Mill Valley, CA 94941-2754