



Keeping...

InTouch

The Newsletter of the
Touch for Health Association of America

Summer 1996

Volume 6

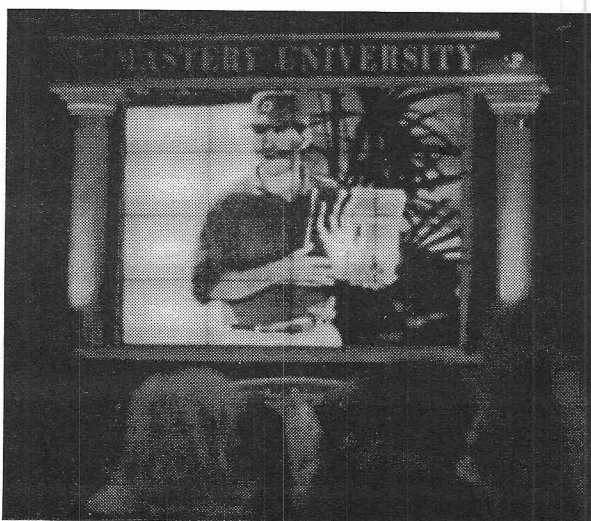
Issue 2

TFH Scores Big at Anthony Robbins' Mastery University

by John Varun Maguire

For the third year in a row I have the incredible honor of presenting Touch for Health at Anthony Robbins' Mastery University. You may know Tony for his *30 Days to Success* cassette tape program and infomercial hosted by Fran Tarkington or his new one hosted by Leeza Gibbons. Or perhaps you have seen him on Larry King Live or Prime Time with Diane Sawyer. As a success coach and consultant, Tony works with many prominent leaders in business, politics, and sports, such as Bill Clinton, Princess Di and André Agassi. His Mastery University consists of three semesters, of which "Life Mastery" includes training in Touch for Health.

It is quite interesting how I got this wonderful opportunity. Having studied Tony's work since 1986, I have had a deep appreciation of its value. It blends quite well with TFH to make our work even more powerful. As I wrote down my yearly goals at the beginning of 1994, I included something I had no idea would materialize - to work with Tony Robbins.



John Varun Maguire introduces Mastery University students to Dr. John Thie's Touch for Health Manual.

Having made no steps towards manifesting this goal, I received a surprising call from Tony's office six months later confirming the value of writing down goals. I was told that Tony, who did not know me personally, wanted me to present TFH at his Mastery University. I was asked to join other faculty members, such as Deepak Chopra, Norman Schwarzkopf and John Gray (*Men are from Mars, Women are from Venus*) on the beautiful island of Maui. I felt like a high school basketball player who the USA Olympic coach asked to be part of the Dream Team.

New Touch for Health I-IV Format

With great pride and pleasure The Touch for Health Association presents to you the new Touch for Health Synthesis format developed by the International Kinesiology College Faculty. After years of teaching, innovation and discussion, the new syllabus for Touch for Health I, II, III, and IV is here. The syllabus was developed by the IKC to provide us and the world a standard program that will be taught in classes around the world.

We have worked hard, putting in many, many hours to make it the best. We can thank Robert Aboulaché, Victoria Di Ana, Toni Lilley Gralton, Arlene Green, Larry Green, Adam Lehman, John Maguire and Michael Ugljesa for their tireless efforts.

We are providing an insert of the syllabus to you to give you a course outline for you and your students.

Announcing...

The Touch for Health Association's new, interactive World Wide Website!

Featuring:

- Online course schedule
- Online Directory
- Product Catalog
- And more...

<http://www.touch4health.org>

The Year in Review

by Robert A. Aboulaché

1996 is proving to be a true Touch for Health leapear... We're forming the foundational policies that will leap us into organizational prosperity. What does this all mean to you?

We have the new Touch for Health I, II, III & IV format ready, complete with teaching manuals. We have liability insurance available to our professional members at a savings. We are distributing Touch for Health books, videos, charts, journals, T-shirts and other related items via our new catalog and now our worldwide web site at <http://www.touch4health.org>. Our goal is to bring Touch for Health to every family of the world.

For those of you that have stayed with the Association these first five-and-a-half years, you've grown with us through our struggles. You've watched us transform into an organization that meets the needs of the community. At Board of Director gatherings and Annual Meetings members would share their aspirations for the Association and Touch for Health as a healing art, and all the many great benefits we need to provide our members. Well, step-by-step we are making the dreams come true. It's amazing what can happen when a group of people gather together with a great vision and a Will to see it come through — we're truly doing it!

As our evolution unfolds we are finding many avenues to support the professional world of healing. In the past few issues of the *In Touch*, I have let you know of our dedication and progress to professionalizing and legitimiz-

See Review on page 9



TFH Name Change

One of the many things discussed at the 1996 Annual Meeting was a prospective name change for the Association. The proposed name is the Touch for Health Kinesiology Association of America (see Rob's article for additional info). There seems to be a melding of many of the Kinesiology today and many of our members are interlinked. This connection and a look toward unity and longevity prompted the Board of Directors to implement the name change at this time. A favorable vote was taken at the annual meeting and we would appreciate a vote at this time from all members not present at the meeting. Please use the form below and mail or fax your vote to the Association by November 15, 1996.

Touch for Health Kinesiology Association of America

BALLOT

Member's Name (for identification):

- ☐ **Yes.** I love our new name!
- ☐ **No.** No changes please.

Please fax or mail this ballot to the Association by November 15, 1996.

6955 Fernhill Drive #5A, Malibu, CA 90265 • Fax: (310) 457-9267

Touch for Health Association

Logistics

Board of Directors

Judy Levin	President
Larry Green	Vice-President
Carol Boschetto	Secretary
Connor Coward	Treasurer
Robert Aboulaché	Member
Salvador Ayala	Member
Irene Cummings	Member
Lana Muehling	Member
Lella Parker	Member
Rita Woods	Member
Paula Oleska	IKC Faculty Liaison

Laura Sudar	Director
Fareda Doyle	Member Services
Alice Putt	Buyer

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1-800-466-TFHA

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

Advertising Rates

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

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Touch for Health Association

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<http://www.touch4health.org>

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From The President

It is with great pleasure I introduce myself to you as your newly elected President of the Touch for Health Association. My name is Judy Levin. I have been a member of Touch for Health and a certified instructor since 1982. Serving as a member of the Board of Directors for 5 years I have learn the workings of the organization and served in many different capacities. I have been on the committee involved with the daily operations, the office in Malibu, and on committees working on the annual meetings, and as Secretary. I feel extremely excited about the future of Touch for Health and my leadership role in the coming year. With your love, understanding, advise and energy we will make this a banner year.

I have started to write my goals for what we will accomplish in the coming year. Here are some of them:

- Newsletters on time
- The Touch for Health manuals to go with the courses now being taught
- Keeping the membership informed on what is going on
- Increase membership
- Expand the base of people who know about Touch for Health
- Improve our services to members by providing more:
 - Referrals from inquires
 - People in the office
 - Catalog of books and materials available for purchase
 - World Wide Web site
 - Directory
 - Liability Insurance
- I am still adding to my list as the year progresses-we never run out of goals

We are a family, and families get together to share and listen to what is going on in their lives. I invite you all

to our reunions every year. Our name for a reunion is Annual Meeting. I have been going to Annual Meetings since 1984. I have not missed any because I have always felt renewed when I had been there. There is so much going on-I don't want to miss any of the fun. I have found that the more I give to something the more I get out of it. I have worked on the committees for putting on the meetings for over ten years, and I had the pleasure of being the chairperson for the 1996 Annual Meeting in San Diego.

We met like we had never been away from each other. We laughed and praised our successes and cried together with the sorrows we shared. We sang, danced, learned, taught, and hugged for five days. What a great way to spend a week.

We have been going through many stages in our development: first birth, then infancy, and toddler, and now we are walking and talking on our own. We, the Touch for Health Association, are stretching and growing. We are getting bigger all the time. It has been great to have been a part of the whole process.

The Touch for Health office is now looking for a bigger and better place for our office. We are bursting at the seams. We have added office staff. Laura Sudar is our administrative director, Fareda Doyle is working with membership and Alice Putt will be involved with the catalog, and we hope a bookstore with the special ordering of books you are interested in buying. We have a very knowledgeable staff to meet your many needs. But, in order to serve you better we need more room. It will be a challenge, but we will be in our new place in September.

We have three new members on the Board of Directors: Leila Parker, Lana Muehling, and Carol Boschetto. These women are well qualified and eager to share their abilities to make Touch for Health grow in numbers and

importance.

We have great news. We are now on the World Wide Web. We have our own website and it is beautiful, dynamic, interesting, fun, informative, and it is *ours*. Check us out at <http://www.touch4health.org>. We have information, explanations, classes and our catalog listed. So many great things are happening and we want you all to be a part of it. Come be a part of the new Touch for Health Association.

We are already planning for the next Annual Meeting in Colorado Springs, Colorado on July 10-13, 1997. The exciting part is we are going to put on this meeting in association with ASK-US. The diversity and energy of everyone coming together is going to knock your socks off. We will be letting you know the particulars as the year progresses. Pre- and post-conference workshops are also being planned.

In order to function more efficiently, we on the Board of Directors and the members at the annual meeting in San Diego feel it is important to add the word Kinesiology to the name of our Association. In other words we would become Touch for Health Kinesiology Association of America (TFHKA). We would like your input and vote on the change in name. Our reasoning deals with the wide recognition of the word kinesiology and what it stands for. We hope it meets with your approval. Please return the ballot on page two of this newsletter.

The roads we travel are many. The ways we follow are all different, but they are also similar. We want to help, to learn what we do not now know. Let us join together on the road of learning and share the work and joy.

Always with love,

Judy Levin

Mastery continued from page 1

On a balmy afternoon in August of 1994 I landed on Maui with my wife, Nancy, to a warm greeting from the Robbins staff members who shuttled us to our hotel. Four hours later I was on stage presenting "Eliminating Pain through Touch For Health" to Tony and fifty of his coaches and trainers so they could see how TFH would fit into the Life Mastery Program. At the end of my presentation, Tony was thrilled with the response from his staff and he told me, "That was perfect. That's exactly what I wanted."

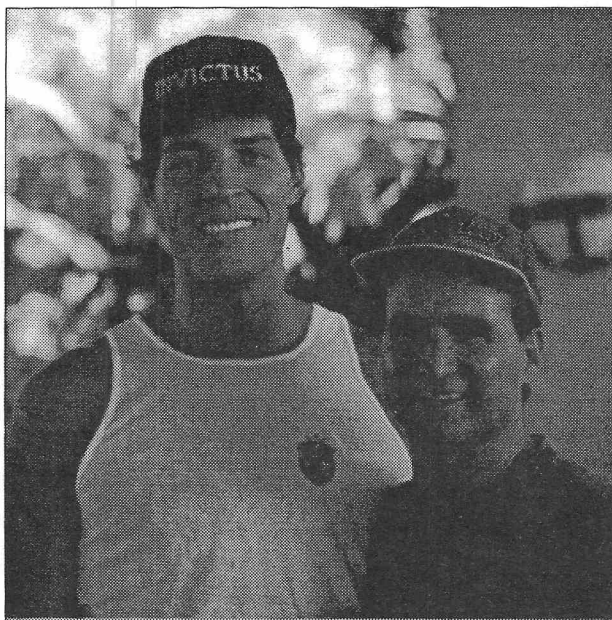
The next evening Nancy and I were ushered to the VIP section of the immense seminar room for opening night of Life Mastery. The room was beautifully decorated and had the latest state of the art multimedia and lighting equipment including an 80,000 watt sound system, and 16 foot high video displays on each side of the stage so people could easily see from anywhere in the room. Tony's programs are the most professionally produced seminars you'll find anywhere and it became clear to us that he was not kidding when he told us Mastery University is his best program.

That evening was one of the most entertaining and transformative experiences imaginable. Combining extraordinary music, dance, magic, video and lighting, Tony orchestrated a powerful presentation which left the twelve hundred participants from 42 countries more inspired and uplifted than they had ever felt. As I went to sleep that night I felt truly blessed that I was chosen to be part of this experience.

The next day, as the sun rose over Mt. Haliakala, I got a call. Tony had injured his ankle on the morning run and he asked if I would come over to work on him before the program began that day. I was delighted. The staff took me to his expansive suite at the Grand Wailea Resort. I got him back on his feet just in time for him to go on stage to begin the day en-

titled *Physical Mastery*.

Here Tony presented the fundamental distinctions and concepts to attaining optimum health and vitality. He has a way of elevating everyone to an energy level and enthusiasm you'd expect to only see displayed by the fans of the winning team at the end of a world championship. So when I stepped onto the stage that evening to give my presentation to 1200 cheering fans, I felt like Bruce Springsteen performing at a rock concert.



Tony Robbins and John Varun Maguire

I was amazed how well my hour long workshop was received. I explained the energy model and demonstrated several simple pain and stress release procedures including auriculars, general neurolymphatics for pain, feathering technique, spindle cells and gait reflexes. After each demonstration I had the participants perform the techniques on each other.

The results they got were impressive, especially considering I was working with 1200 beginners in a one hour presentation with no assistants to monitor how each person was doing. I demonstrated muscle testing, but did not have them do it with each other in order to keep the procedures as simple as possible.

The highlight of my presentation was when one woman came to the

stage on crutches with severe knee pain. After a five minute general neurolymphatic pain relief procedure, she bounded off the stage pain free carrying the crutches over her head! I talked to her a few weeks later and she had maintained her balance and fully recovered from her injury.

The response from the group was so enthusiastic that on the forty five minute break following my presentation, I sold all of the 200 TFH books I had brought. People came up to me throughout the week with various aches and pains and in every case they were able to get relief using a simple TFH technique I showed them.

Tony put a lot of outrageous activities into this nine day program. To learn how to overcome our fears, we climbed to the top of a 50 foot telephone pole and then jumped off to try and catch a trapeze about eight feet in front of us. I showed the participants the neurolymphatics for the quadriceps to do before the climb. The man in charge of the event said he had never seen a group go up the poles faster. At the end of the course we did a 40 foot fire walk across hot, burning coals in our bare feet. In Malibu we consider fire walking to be a practical skill, so I was pleased to have this capability.

The following June I had not received an invitation to appear at the 1995 Life Mastery, so I got out my pen and wrote down the goal to again present at Mastery University. This time my plan put to paper worked faster. Within 30 minutes I got the call from Tony's office saying he wanted me to come and appear on the program!

More magic again occurred on Maui with a phenomenal response from the group. This time I got to work with Tony's lovely wife Becky and much of the staff, as well as do some private sessions. One woman had such severe back pain that she could

See Mastery on page 9

There Is A Cure.

"Thought Field Therapy is one of the most revolutionary and helpful therapy procedures that I have ever come across in my endless search for better therapy."

Dr. Gary Emery, Co-Author
Anxiety Disorders and Phobias
Cognitive Therapy of Depression

Thought Energy Synchronization Therapy Seminars

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Albuquerque, NM	August 17-18
Boston, MA	September 14-15
Austin, TX	September 21-22
San Francisco, CA . . .	October 5-6
New York, NY	October 19-20
Los Angeles, CA	November 9-10
Baltimore, MD	November 16-17
Seattle, WA	December 7-8
Orlando, FL	December 14-15

And it is Thought Field Therapy.

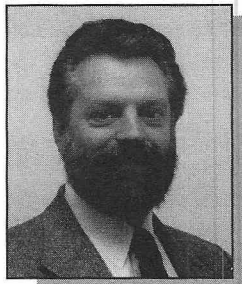
It is powerful. It is revolutionary. It is tomorrow's therapy here today. Come to the 1996 **Thought Energy Synchronization Therapy** seminars and learn how TFT:

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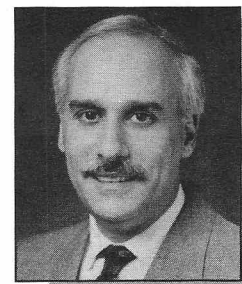
Healthcare professionals nationwide applaud TFT and its success.

Find out why they highly recommend you use it in your practice.

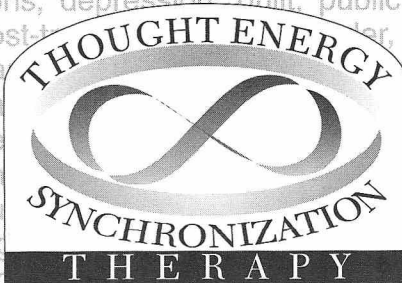
Seminar Presenters



Psychologist
Gregory Nicosia, Ph.D.



Psychologist
Fred Gallo, Ph.D.

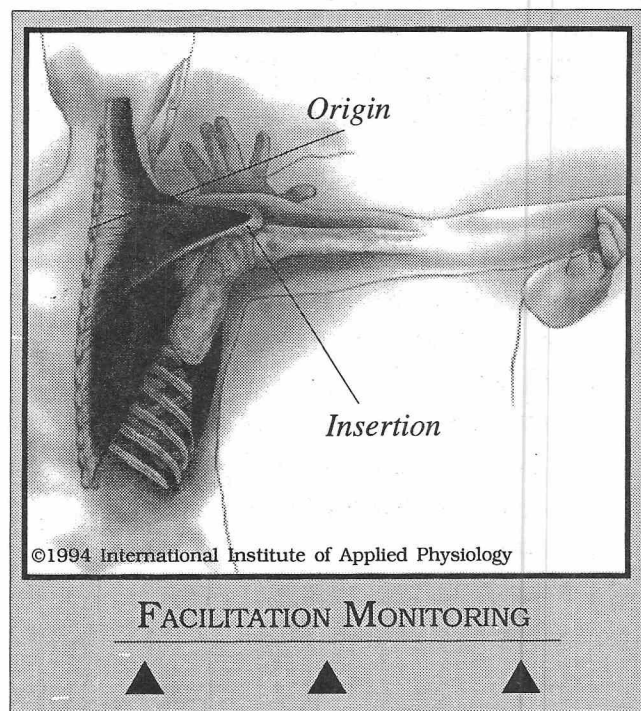


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The Middle Trapezius

by: Richard D. Utt



I checked each muscle individually in order and they were strong. "Hmm" I said, then checked them synchronously and bilaterally and they both just collapsed. "Wow!!" I asked the dog's owner if he had any objections to giving the dog some Vitamins. Since he had no objections, the rest is history. I monitored to discover the amount needed to balance the middle trapezius - after adding 1,000 mg, 2,000 mg, 3,000 mg, 10,000 mg, 15,000 mg, 20,000 mg, the change took place in the middle traps at 24,000 milligrams of Vitamin C! The dog's owner said "well, what does it matter if we kill this puppy with vitamin C or put him to sleep?" So the owner began to gently feed the dog each of the 24 Vitamin C tablets (1000 mg each) one at a time by massaging the puppy's throat. At 10,000 mg the dog wagged its tail. At 18,000 mg he was attempting to stand up. At 23,000 mg he had to be held from jumping off the table and at 24,000 mg he did jump off the table, walking around the room with only a slight limp! This process took approximately 45 minutes. It would have done Linus Pauling proud!

The puppy's owner was astounded and even I was flabbergasted. A week later the owner called me to report that the dog was fine except for a "powerful aroma" about once or twice an hour, and occasional diarrhea. The dog continued to receive this daily dosage for three weeks before they began to decrease its dosage, stabilizing at 1000 mg per day at about 6 months. To this day, the dog only limps when his owner leaves town on a business trip.

By the way, it should be noted that the dog was brought back to the Vet and the Vet was quite angry that the owner had not followed her original advice. The Vet actually wanted my name so she could report me for practicing Veterinary without a license!

We must be aware that as TFH instructors we still may be held liable for our actions. I guess that the lesson here is that even good results may bring severe reactions from others. The client never did say who worked on the dog, who is now over 12 years old and enjoying his old age. Speaking of "old dogs", you CAN teach them new tricks, so if we all keep on studying and learning, we will continue to grow in our healing profession.

Until next time, "All the Best!"

In my early days of studying kinesiology and TFH, I had the opportunity to read many of the Applied Kinesiology (AK) manuals. One fascinating discovery was that when both middle trapezius muscles were unlocked (weak or underfacilitated) in the clear, bilaterally and simultaneously, it meant that Vitamin C was deficient. John Thie of TFH also recommends Vitamin C to support the middle trapezius. I have used this valuable information many times. I'm sure that the following story describes its application to my most unusual "client".

One day an acquaintance of mine called to ask for my help with his dog. The 9 month old Labrador retriever had been diagnosed with Valley Fever (a potentially fatal fungus infection common in the Sonoran Desert) and the Vet had recommended putting him to sleep. I said "come on over- with a diagnosis like that, we really don't have anything to lose!"

He soon appeared with his dog. The puppy looked pathetic - he was obviously in dire misery. He just laid there on the table whimpering in pain. His right front and back shoulders were swollen with the severe arthritis caused by the Valley Fever. Aside from his plaintive whimpering, he was motionless! I used the old TFH technique to surrogate the dog with his owner, and began investigating the TFH muscles. Everything was normal on the surrogate until I reached the middle trapezius. At that point

Contraction to extension

CLIENT START POSITION:

Client supine. Arm to be monitored abducted 90 degrees with elbow extended, arm rotated laterally with palm facing cranial direction.

MONITOR HAND POSITIONS:

Fixating hand on anterior side of shoulder. Monitoring hand on posterior side of wrist.

MONITOR:

Pull arm in anterior direction towards 90° anterior flexion.

RANGE OF MOTION:

Beginning of position 1: arm abducted 90°. End of position 7: arm flexed 90° anteriorly.

Touch for a Better World

Text by Carol Boschetto • Pictures by Carl Boschetto

This year's Annual Meeting, held in San Diego, CA July 10-14 proved to be a great success! Since we teamed with the IKC we had speakers from around the world to our delight.

We learned what's new in Kinesiology as well as the traditional and enjoyed a boat cruise and a formal banquet in the package. We clasped hands, joined hearts and celebrated being together.



Lorraine Osborne emceeing 'Saturday Night'. The evening included several loving tributes to Frank Mahony.

Something new for us this year and definitely a highlight was a split session day devoted to men's and women's health concerns. This forum allowed us individually as men and women to state our concerns and review our existence. It was hosted by Patti Steurer and David Fuerstenau, of StarFire, who taught us how to incorporate "The Partnership Way" when interacting with ourselves and our world. There were speakers on both sides to enlighten and expand our understanding, and in the afternoon we came together and shared what we learned.

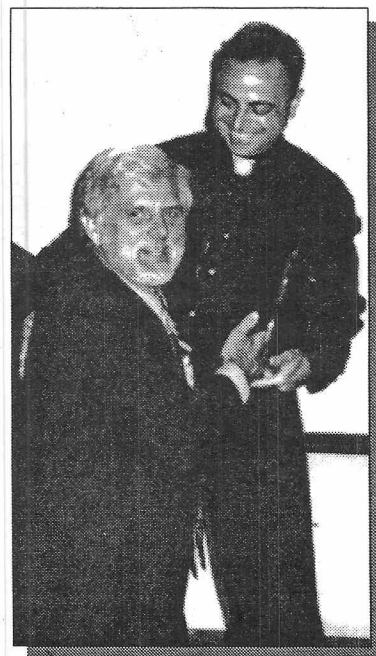
A group balance took place in the tradition of the partnership way. As individuals we formed a huge human body. Some of us were the head, arms, legs, etc. We even made our bodies internal organ system. We then were asked to move according to our body part. We were asked to sense how that felt.



Touch for Healthers dance the night away during the San Diego Bay Sunset Cruise.

We then balanced and began our body's movement again. It was incredible how much more connected, fluid and flowing we were after the balance! It was a great way to integrate the day and we all came away somehow different than when we began.

I think that theme rang true for the entire conference. We came away somehow different than when we began- *refreshed, renewed and united.*



Dr. John F. Thie accepts the award for Research in Touch for Health from Robert A. Aboulaché at the Awards Banquet.

Bastyr University AIDS Research Study

Researchers at the Bastyr University AIDS Research Center are currently recruiting eligible volunteers to participate in a nation-wide study of alternative medicine and HIV/AIDS. The project is

■ BOOK REVIEW

by Farida Doyle

The Ancient Secret of The Fountain of Youth

by Peter Kelder

Touch For Health now carries the above titled book that gives more insight into the exercises in the Tibetan Figure Eight Energy Workshop. The workshop introduces Tibetan Figure Eight Energy as a practical way to increase your energy and vitality. Dr. Bruce Dewe, M.D. originally developed the workshop, and it contains invaluable information.

The Fountain Of Youth book gives more insight into the importance of doing the exercises. If you can discipline yourself to do these five easy basic yoga exercises every day, you will be able to balance your endocrine system with little effort. These exercises increase the vitality and proper functioning of the endocrine system.

The Fountain of Youth exercises are Tibetan Rites that have been around for thousands of years, and I have personally found that my metabolism increased and my energy level was enhanced. The book says that these exercises can help reverse the aging process. I personally have experienced this, and I practice the Fountain of Youth every day to help support my Touch For Health balance.

This book is a must read for everyone over 30 years of age.

funded by the National Institutes of Health's Office of Alternative Medicine in order to study the various types of alternative medicine that are being used to treat HIV/AIDS. The intention of this study is to survey different alternative care being used today and to focus researcher's attention towards any evidence of effectiveness in order to help direct future research efforts. This is the first federally funded research project with these goals and we need your help in reaching them.

The core of the effort is the development of a prospective clinical database of the outcomes of care among HIV+ patients from different alternative care settings. The outcomes from alternative medicine will be compared to each other and to historical and concurrent controls from conventional medicine. A network of collaborating clinical sites is continually being expanded for this purpose. To start, practitioners are surveyed about the types of treatments they do and issues important to their clinical practices. This information is important to be sure that we are asking the pertinent scientific questions in the right way. Then, if you, as an alternative medical practitioner, would still

like to participate, we will ask you to assist our recruitment efforts. The intention is to follow the patients who enter the study for at least one year. Neither the practitioner nor the patient will be asked to change the diagnostic and therapeutic plan at which you have arrived.

We are also searching among alternative medical providers for analyzable collections of retrospective data which may help focus our attention on particular therapies. If you are a practitioner of alternative therapy and have good medical charts on HIV+ patients, please consider contributing your data.

If you have any number of HIV+ patients in treatment now, please join with your colleagues in examining the effectiveness of alternative therapies by participating in the clinical network.

For more information, please call Cherie Reeves, Project Coordinator, or Candi Wines, Medical Interviewer at (800) 475-0135.

Thanks for your participation,

Leanna J. Standish, ND, PhD
Principal Investigator

Carlo Calabrese, ND, MPH
Co-Investigator/Center Manager

Kinesiology Events

▲ Midwest TFHA Regional Conference

March 15, 1997 Columbus, OH (614) 470-2176

▲ International Association of Specialized Kinesiology (IASK) International Conference

April 24-27, 1997 England 44/(0)124 358 3350

▲ TFHA/ASK-US Joint Annual Conference

July 11-13, 1997 Colorado Springs, CO (800) 466-8342

▲ International Kinesiology College (IKC) Conference

October 14-18, 1997 Zurich, Switzerland 41/56 242 2080

1996-1997 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 3	Chapel Hill, NC	September 23 - 29	Dr. Bruce Dewe	(919) 933-9299
ITW	Menomonee Falls, WI	October 1	Marge Murray	(414) 253-4905
I. Update	Chapel Hill, NC	October 26 - 27	Arlene Green	(919) 933-9299
PKP 1	Chapel Hill, NC	January 24, 1997	Arlene Green	(919) 933-9299
ITW	New York, NY	April 6 - 13	Paula Oleska	(212) 864-4507
I. Update	Colorado Springs, CO	July 1997	IKC Faculty	(800) 466-8342
PKP 4	Chapel Hill, NC	Fall 1997	Dr. Bruce Dewe	(919) 933-9299

Attention, Touch for Health Instructors!!!

Do you have 10 or more students interested in becoming TFH Instructors?

Contact the Association for information on sponsoring an Instructor Training in your area.

Review continued from page 2

ing Touch for Health as a healing art. We have been in conversations with the International Kinesiology College (IKC), the International College of Applied Kinesiology (ICAK), the International Association of Specialized Kinesiology (I-ASK), and the Association of Specialized Kinesiology of the United States (ASK-US). We have discovered that the world of Touch for Health and Kinesiology provide such an in-depth training that, working together, we can legitimize ourselves as a viable healing art to the established medical communities of the world. We can develop a program that comprehensively teaches Kinesiology and provides the learners a Doctorate degree. Our strength lives in the coordinated efforts of bringing the various Kinesiologies of the world together and uniting them with the perspective of in-depth therapeutic intervention.

As we undertake this awesome task of a coordinated coursework that includes the various "K's" with comprehensive training (anatomy, physiology, biochemistry, microbiology, and nutrition) a greater, all-encompassing perspective is needed. Our first task is uniting the "K's". This will take a concerted effort from the IKC, I-ASK, ASK-US and ourselves (TFHA).

During the Board of Directors meeting in Tucson, Arizona last December, we voted to expand the parameters of the Association to begin the integration of the "K's" into our framework. To this means we passed an amendment to our by-laws that needs your (membership) approval. We are proposing to change our Association name from: The Touch for Health

Association of America to The Touch for Health Kinesiology Association of America. We need your vote of yes to make this so. A majority vote of yes by the membership and we will progress forward with these plans for uniting the "K's". See the ballot on page two.

Mastery continued from page 4

not go in the course room. After balancing her ileocecal valve she returned to the seminar pain free and amazed.

This time Tony wanted me to present a little TFH each day. The second time on stage I decided to surprise the group by coming out playing some blues on my harmonica to a Muddy Waters tune being blasted through the sound system. Tony loved it so much that he asked me to teach him to play.

Since then I have been pleased to give Tony private lessons at his beach house in La Jolla and at his private resort in Fiji, where my wife and I got to spend an extraordinary week with Tony, his wife and eight of his closest friends.

This year's Life Mastery event promises to be bigger and better than ever. Tony has moved the program

to the more expansive Hilton Waikaloa on the Kona coast of the Big Island to accommodate a larger group for the seminar. The resort is so big that to get to your room you have to take either a boat or a monorail. In addition to fire walking and pole jumping, activities include swimming with the dolphins. I am looking forward to many more magic moments and opportunities to share the wonderful skills of Touch For Health.

Tony is a phenomenal person and a brilliant seminar leader. His programs are the best I've experienced. I highly recommend you attend one of his seminars and pick up any of his books or tapes. Who knows, maybe soon you can buy a CD entitled- *Tony Robbins Plays the Blues*.

John Maguire is the director of the Kinesiology Institute. He can be reached at 310.457.8407.

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