

in touch...

HOW IT ALL BEGAN IN ENGLAND

Early in 1972 a chiropractor called John Blossom, was visiting England with his family to attend a conference and see the sights of London. By some strange set of coincidences, I finished up in the office of the company doctor talking with him and Dr Blossom. We ended up by going to dinner together.

During the conversation, the subject of my daughter's stomach pains came up. She had had them for years. Many visits to the Doctors' had resulted in the usual "white medicine" etc., but the pains continued. Dr Blossom said that he had been using a new technique called Applied Kinesiology, and would I be interested in trying it with our Louise. He applied the Abdominals test to Louise, then upon finding the weakness, used the pulling apart of the sagittal suture to strengthen... with magical results. No more pain.

Subsequently, I was asked by my boss if I could conduct Dr Blossom on a tour of London's points of interest, and he took the opportunity of talking about this amazing (to me) new idea of taking care of the health of the body. Dr Blossom said he was a Director of a newly formed educational body, a non profit organisation, called "TOUCH FOR HEALTH".

The next year, Dr Blossom was again in England to attempt to place one of his sons in the college in which I worked. We met and again talked and discussed the fantastic ways in which Applied Kinesiology works. He saw the TFH dream of Dr Thie as a wonderful opportunity for lay people to gain knowledge at a very profound level which they would be able to use in a creative way in their families to raise the health consciousness of this age. At the end of his stay, he asked me why I did not get involved with TFH right away in view of my aptitude and interest in the subject. My response was that I had already got a job which was full time and very demanding.

Little did I realise that in the January of 1976 I would write to a few of my friends and tell them that I was no longer involved with the organisation to which I had been affiliated for 15 years of my life. Dr John Blossom was one of the few that I wrote to, to tell them of the change of my direction. His response was to telephone me from the United States and talk to me for $\frac{3}{4}$ hour, and suggest that I come immediately to Toledo, Ohio, and take the Instructor Training Workshop. I said that I would come over on the next plane. That I did.

Once having taken the workshop from Gordon Stokes and Kelly Ginther, I was fired with enthusiasm and determination to set England alight with the same fire that I had felt. So I came home determined to show all that there was a better way to health, and that it was available to everyone who wanted it. After six months I realised I was not getting anywhere.

I decided to go back to Pasadena to find out why I was going wrong and how. I talked at length to Gordon Stokes who gave me excellent advice about how to set up classes using a schedule. I made up a schedule and started teaching on a regular basis.

A couple of years later, an American TFH Instructor, Ed Bickford, went to live at Findhorn. He was instrumental in reaching

many of the people who visited Findhorn in search of new values. He taught some classes, held workshops, and also acted as a feeder for my classes by sending those who lived in the London area to me.

Then Natalie Davenport arrived also from America, and became very active in the spread of TFH. Several other Instructors have passed through from time to time, and taught some classes. My activities continued full time in promoting TFH in the various Festivals, the Mind and Body, Health & Leisure and others putting forth alternatives of many kinds to the public.

Over 2,500 people have taken a TFH course with me, in England Denmark and Sweden. The culmination of all my efforts to promote TFH for six years came when the Director of Education for the TFH Foundation came to England to teach the first Instructor Training Workshop in Europe. We graduated 22 new instructors in England, and I was appointed the Faculty Member for the Foundation in the U.K. It was a really thrilling day for me, now that others would be involved with the teaching and spreading the word of TFH to the whole of Britain.

The 22 newly qualified Instructors wanted to keep in touch with one another for growth, development, practice sessions and further education, and so the idea of an association was born the day after graduation. Warren and Martha Nakisher had registered the names of Touch for Health in Great Britain by forming several limited companies using several combinations of the name, with a view to protecting the purity of the teaching and use of TFH in the U.K. Having legal control of the name Touch for Health, they wanted to be involved in the setting up of a branch of the Touch for Health Foundation in the U.K. And so a working party was formed which formatted the rules and articles of Association.

There are now 65 TFH Instructors in Britain and there are approximately 65 million people in Britain. That makes each one of them "ONE IN A MILLION" and that is not just a convenient turn of phrase. They are all very special people who are dedicated to the idea of spreading health as an antidote to disease and using prevention as the solution to the nation's health problems.

EDITORIAL

Welcome to the first issue of IN TOUCH, the newsletter of the British Touch for Health Association. I'm Richard Beale; with the assistance of Stephanie Mills and Linda Rodgers I'll be editing IN TOUCH for the first year or 4 issues.

These are my feelings about the job.

Touch for Health is a package of techniques which enables us to take responsibility for our own health and that of our families and friends. John Thie and others at the Touch for Health Foundation have taken it upon themselves to establish a structure which encourages the free communication of this knowledge to everyone interested.

I wish to see this free communication preserved, so my aim is to put into the newsletter anything sent to me. If I have to select because of lack of time or money, it will be on the basis of maintaining a broad spectrum of topics. Should any of you feel that some information in an article is misleading,

then I trust you will take it upon yourself to write a letter or article explaining your view; but please recognise that many of us are nervous about our writings, so make criticism constructive and loving. A consequence of this policy is that nothing in IN TOUCH should necessarily be construed as "official Touch for Health".

I would like to see the British Touch for Health Association remain a fairly loosely-structured organisation, with strictly part-time, rotating officers. To facilitate this, I would like to encourage everyone contributing to IN TOUCH to take responsibility for the finished appearance of their article or letter. Guidelines for doing this are set out below. Ideally we will then be able merely to paste the articles in position and send the whole thing to the printers. However, if you can't get your writing to this stage of "finish" then send it to Stephanie Mills at 39, Browns Road, Surbiton, Surrey, and she will attempt to get this done.

What sort of items will we publish?

- * Articles of any nature related to the practice, teaching or theory of Touch for Health.
- * Success stories.
- * Letters of comment on previous articles, or containing practical information or requests for information.
- * Times of classes, practice sessions, update sessions, meetings, lecture-demonstrations, instructor training workshops, etc.
- * Intensely interesting editorials (if there's not enough other material).

In short anything that will assist us to help each other.

I would also like to receive comments on this editorial policy.

In fact, I'd like to receive anything at all - or else you'll find the next issue (March 1983) rather boring.

Goodbye for now.....and keep

! IN TOUCH !

(and do join the British Touch for Health Association - see the enclosed leaflet for further details.)

Guidelines

Please arrange any article or letter sent in to IN TOUCH in the following format :

- * Typed, preferably 10 characters per inch rather than 12 per inch, single-spaced, with a longest line length of 100mm, and as clean a finish as possible.
- * If you are happy for your handwriting to be printed as it is, then so are we, but please keep the lines black and solid, and the letters fairly large as we shall reduce it (probably to 80%) before printing. Keep to a longest line length of 100mm.
- * We would also welcome line drawings.
- * Course information should be typed in the format described in the heading to that section.

Send ready-to-print items to Richard Beale, 1, Divinity Road, Oxford, and those needing attention to Stephanie Mills at 39, Browns Rd. Surbiton, Surrey.

KEEP UP YOUR CROSS CRAWL !
EVEN WHEN YOU HAVE YOUR HANDS FULL.

This is something which occurred to me just after the ITW. I passed it on to Brian as a "research paper" and was pleased to hear that he had told those people who attended "The Meeting" about it. It has proved so simple and effective for me that I would like to make sure that everybody can share it.

Cross crawling has been enormously beneficial to me personally. It has improved my balance and co-ordination in every sphere, however. I am one of life's "carriers of packages" and two days after the ITW, as I trudged down my local high street carrying two boxes in front of me, three bags unbalanced over my shoulders and a folder under my arm, I could feel all the benefits of the cross crawling drain rapidly away.

What seemed necessary was to maintain the cross crawl flow even if I was not able to maintain the movements so I tried the following :

As I put my left foot forward I imagined that I was swinging my right arm forward and said mentally, "right arm forward". As I put my right foot forward I imagined swinging the left arm forward and said mentally "left arm forward". Within a few steps I could feel the cross crawl co-ordination returning.

I have suggested this to other 'cross crawlers' I know and they all claim to have felt the benefits. However, It is rather clumsy to keep saying "left hand forward, right hand forward" and I have discovered that after just a few seconds the whole procedure can be shortened to just -

1. SWING LEFT LEG FORWARD (imagine swinging right arm forward and) MENTALLY SAY "RIGHT".
2. SWING RIGHT LEG FORWARD (imagine swinging left arm forward and) MENTALLY SAY "LEFT".

It is VERY IMPORTANT TO VISUALISE THE ARM MOVEMENTS which you are not doing.

I hope other people find it as useful as I have done.

Bernard Miller

Modish Motif

The British Touch for Health Association needs a motif to go on letterheads, leaflets, etc. Everyone is invited to send in a design for this to Kay McCarrol, Flat 3, 37, Brondesbury Road, London NW6. There will be a prize for the entry chosen by the Committee. (Yes, both prize and entry will be chosen by the Committee) Closing date: Jan. 20th, 1983.

by Charles Benham

Kinesiologists now say that the Popliteus is a more accurate muscle test for finding Gall Bladder involvement than the Anterior Deltoid. I have often suspected Gall Bladder trouble and have been surprised to find the Anterior Deltoid strong. Since incorporating the Popliteus in the basic tests, however, I have frequently found some weakness. This is especially true of people suffering discomfort after food, chest pain, upper belly aches and halitosis. Some people will also have quite severe pain directly over the gall bladder itself.

Use all the factors indicated to strengthen the muscle. If Gall Bladder pain is still present, tapping the Gall Bladder tonification point (GB43) at the outer edge of the fourth toe joint where it connects with the foot (same side as the pain) can be a great aid in reducing pain. I find it interesting that the neurolymphatic points for the Popliteus are the same as those used for the Liver - the connection is obvious.

Applied Kinesiologists will also treat the opposite elbow to whatever knee is involved using the Ligament Interlink Technique. We don't practise this in Touch for Health, but it is worth looking for a possibly involved elbow, checking the appropriate muscles and using our balancing or pain-reducing techniques if we find any weakness. The food and exercise indications in the Popliteus section are a must.

Natalie Davenport, October 1982

HAVE I GOT AN ICV, MY LIFE ALREADY ???

Some people who have ICV's (and you think you've got an ICV problem!) which tend to go "out" seem unaware that once it has been reset, in order to prevent it from jamming again they should massage the three front neuro-lymphatic areas shown for the Iliacus on page 69 of the TFH Handbook (just inside the front of the shoulders and the top forward part of the iliacus crest) for about 20 seconds Before wating anything.

Since Isobel Stevenson reset my ICV in March and gave me that useful bit of advice, for which I am most grateful, I have had no further ICV problems and I have made sure that whenever I have reset anyone else's ICV they go away with the same piece of guidance for looking after themselves. None of the people I have recommended it to have had any further ICV problems.

Bernard Miller

Early in September and for the second year running, I spent three very busy days promoting Touch For Health at the annual conference of the Group Relations Training Association in Liverpool. During the period Walter Truman-Cox and I gave two well attended lecture/demonstrations and for the rest of the time I ran a TFH 'clinic' giving half-hour, individual balancing sessions. A good measure of the popularity of this feature is that within an hour of my appointment list for the private sessions appearing on the conference notice board every session had been booked and still many people had to be disappointed. I have already been asked to give a repeat performance next year.

What is the value of appearing at such conferences?. Well! as a direct result of this one two people attended the six-day certificate course run by Ann Holdway and myself later in September, another has taken a basic class with me and several more have expressed interest in future courses. The real benefit, however arises from the opportunity to talk TFH to a large, ready made audience already interested in alternative therapies and in promoting better human relationships and so to widen the knowledge of TFH in this country. I came away from Liverpool feeling that my three days had been well spent.

FESTIVALS ARE FUN

by
Geoff Ford

Have you ever helped on a TFH stand at a festival or exhibition? If you haven't, do have a go if you get a chance. Particularly when you do it for the first time it is stimulating, nerve-wracking, exciting, mind-blowing, tiring, and extremely valuable experience.

After you've balanced 30 or 40 people in 3 or 4 days you'll feel much more confident when one of your friends says "Here, I've got a dreadful backache. Can this funny Touch For Health thing of yours help?" In my first couple of days at the Festival of Body and Mind I had a burly martial arts instructor with enormous shoulders, dressed in one of those tough white dressing gown things they wear, who couldn't hold his arms in to his side (much to my surprise and his), although it looked as though it would need an elephant sitting on him to detect any weakness. Then at the other end of the scale I had a little old lady in her 70's who was a Yoga fan. She was stronger, more supple, and better balanced than most people half her age.

Another great thing about an exhibition is that you're not alone. If you get stumped by some wierd set of symptoms there's always someone you can turn to and say "Help!", and at the end of the festival you will probably have picked up several interesting tips from those people.

HOW DO I GET STARTED?

by
Geoff Ford

How do I get started? The thought buzzed around inside my brain after the euphoria of the ITW had worn off. My highly optimistic self-addressed letter had been written and sealed. I had told myself that in a year's time I would have run all sorts of classes, ---- and I had never ever in my life given a talk to a group of strangers, let alone persuaded them to pay me for teaching them something. So, how could I get started?

Well, I had one lucky break which got me off the ground. I found out about a local Holistic Healing Group which had formed a few months earlier, and with some nervousness I offered to give them a lecture/demo.

The appointed evening arrived, and with a great deal more nervousness I began to talk, wondering whether it would all work like a miracle, the way Brian's demos always seem to, or whether it would go dismally wrong, with muscles refusing to strengthen, and everyone completely impervious to the effects of white sugar. I needn't have worried. It worked exactly as the book said it should, and very quickly the audience was hooked.

I learnt one important lesson from that evening. Stop talking and get onto demos as soon as possible. It was the first gasp of surprise from the first volunteer that really lit things up. By the end of the evening I had people queueing up to try being balanced and I over-ran my time by half an hour or more. Mind you, I was lucky because they were basically a sympathetic lot, already pre-selected as interested in complementary medicine, and on my side from the start.

From that talk came my first Basic class of 16 people. Also from it, directly or indirectly, came invitations to talk to a Yoga group, a Natural Living group, another Yoga group, and an organisation called Tangent. From these talks came two more Basic classes and an Intermediate.

So, if any new instructors are looking round for ways of getting going a local complementary medicine group, or a Yoga group might be a good approach.

FREE COPIES OF IN TOUCH !!!!!!!!!!!

For the first issue only, instructors are invited to ask for copies to distribute to their students. Please write to Richard Beale at 1, Divinity Road, Oxford stating the number you require.

DOES E.S.R. CAUSE AMNESIA?

One area in which I have observed the most startling results with Touch for Health is Emotional Stress Release. The situation I describe here had what I consider to be a strange twist to it and I would be most interested to hear if other people have had similar experiences.

When chatting about TFH to some friends one evening a woman to whom I had just been introduced said that she had a problem which ESR might be able to help without telling me what the problem was.

I did an Anterior Deltoid test which was strong then I repeated it while she visualised the worrying situation and it weakened. I then carried out ESR for about five minutes and retested and the Anterior Deltoid was strong.

Afterwards I was told what the worrying situation was. The woman had been driving a car a year earlier when she was involved in a crash. Although the car was a write-off she was unhurt but since the crash she had been afraid to drive and had not driven at all. I asked her to let me know if there was any change over the next few days.

A fortnight passed and I heard nothing and came to the conclusion that the ESR had been unsuccessful. Then a few days later someone told me that they had just been given a lift by the same woman I had used ESR on. I was surprised to hear that she was driving although she had not told me. The explanation came two days later. A mutual friend who had been present that evening (and who had been in the car at the time of the crash) also heard that she was driving again and asked her when she had started.

She had given a date three days after the ESR but when he questioned her about the ESR she had absolutely no recollection of it until he reminded her what had happened at which point she started to recall it.

I pondered about this strange situation quite a lot and a few days ago I suddenly realised that I had forgotten some ESR I did on myself four or five months ago and was aware only of the results which were positive.

Are these isolated cases ?
Do other people have similar experiences ?

Can anyone suggest an explanation ?

Bernard Miller

INTENTION and ACTIVE IMAGERY

Many of us have found, when applying Touch for Health techniques, that it is beneficial to hold in mind the INTENTION to strengthen.

I'd like to share with you an aid to intention that I use both in self-treatment and in treating others.

When I treat, for instance, using the neuro-lymphatic points, I support the intention to strengthen by imagining-visualising-a line of energy, or light, travelling from the contact point of fingertip and treatment zone into the body towards the corresponding point on the back. (Those times when it is possible to hold both front and back together, I visualise the lines of light meeting inside the body.) With those people who seem receptive to such an idea, I suggest that they too should focus their attention on the contact point and visualise a line of light entering the body. Other times I simply ask them to focus attention and to watch what happens.

Not only does this technique speed up the process of reaching satisfactory responses, it also encourages the person's active involvement in the treatment process - and gives the often inhibitory mind a supportive task to perform.

Beyond that, I am discovering how to

massage purely through thought, through intention and visualisation. Tired, sitting on a long train journey the other day, I gave myself a complete 'psychic' balance.

First, I imagined the muscle test, using the normal movement of the muscle.

Some 'appeared' clearly, others seemed wooly. The 'wooly' ones I treated to strengthen, focusing attention on the relevant neuro-lymphatic points.

These also appeared somewhat shrouded, or misty. I simply held attention until the image became clear, supporting with visualising the line of light. Sure enough, on the retest, the movement appeared as a clear image - and I ended up feeling re-vitalised and just as though I'd been given a 'proper' balance.

With neurovascular points and acupressure holding points, I visualise energy, or lines of light, welling up towards the contact points.

The visualisations are just a technique, an aid to concentration. Ultimately, what is required is that we open ourselves up to love. Stillness. Attention unclouded by judgement. As we attend to what is, we release our innate ability to achieve wholeness.

In Love, In Touch.

Linda Rodgers.

Touch for Health Courses

BRITISH TOUCH FOR HEALTH ASSOCIATION

DIRECTORY

We have been notified of the following course schedules. For further information contact the named Instructor/s. This will be a regular feature of IN TOUCH so send us your schedules as they become available. We would prefer these typed clearly and compactly to a longest line length of 200mm.

INSTRUCTOR	COURSE	DATES	DETAIL
Isobel Stevenson	Basic	Feb.5/6	London
	Basic	Mar.5/6	London
	Intermediate	Apr.2/3	London
	Basic	Feb.13(start)	London : 4 weekly evenings
	Intermediate	Mar.13(start)	London : 4 weekly evenings
Liz Andrews	Basic	Jan.15/16	West London
	Basic	Apr.9/10	West London
	Basic	Jun.4/5	West London
	Basic	Sep.3/4	West London
	Intermediate	Oct.1/2	West London
Stephanie Mills & Mo Ponton	Basic	Jan.15/16	Sidcup,Kent ?
Natalie Davenport	Basic	Jan.8/9	London,10am-6pm :
	Intermediate	Jan.15/16	London,10am-6pm :Certificate
	Advanced	Jan.22/23	London,10am-6pm :
	Certificate	Jan.12-Mar.23	Wednesdays,12.30pm-3.30pm, Goldalming Adult Education.
	Basic	Mar.19/20	London,10am-6pm
	Basic	Apr.9/10	London,10am-6pm :
	Intermediate Advanced	Apr.16/17 Apr.23/24	London,10am-6pm :Certificate London,10am-6pm :
Charles Benham	Intermediate	Jan.30/Feb.6	Bourne End
	Basic	Mar.20/Mar.27	High Wycombe Area
	Certificate	Apr.17-23	Residential,Mickleton House Mickleton,Glos.Co-instructor Ann Holdway.
	Certificate.1	May 27-30	Residential-starts Fri.eve.
	Certificate.2	Jul.15-17	Residential-starts Fri.eve.
	Basic	Aug.14/Aug.21	High Wycombe Area
	Intermediate Advanced	Sep.18/Sep.25 Nov.13/Nov.20	High Wycombe Area High Wycombe Area
Linda Rodgers & Richard Beale	Basic	Dec.3/4	Milton Keynes Area
	Basic	Feb.5/6	:New Experimental College,
	Intermediate	Feb.12/13	:Thisted, Denmark.
	Basic	Feb.26/27	Oxford
	Intermediate Basic	Mar.19/20 Apr.23/24	Milton Keynes area Milton Keynes area
Brian Butler	Instructor Training	May 14-22	Residential, Mickleton House Mickleton, Glos.

All those listed below are either qualified Touch for Health Instructors, Health Care Practitioners who use Touch for Health/Applied Kinesiological techniques in their practices or both. For further details, interested persons should contact Instructor/Practitioner of their choice directly.

How to use the list:

1. A symbol in the first column indicates that the person concerned is a qualified Touch for Health Instructor and the three different symbols used have the following meanings:-
'A' indicates an Instructor known to be actively engaged in teaching at the time the list was prepared.
'IA' indicates an Instructor known not to be actively engaged in teaching at the time the list was prepared.
'?' indicates that at the time the list was prepared it was not known whether or not the person concerned was actively engaged in teaching.
2. An asterisk in the second column indicates that the person is a Health Practitioner as defined above.

Dr. A. Andreason, 46, Harvey-Goodwin Avenue, Cambridge.	0223 354977	A
Elizabeth Andrews, 13, Gunnersbury Gardens, London	01-992 8119	A
Betty & Harry Bailey-Marsden, 168, Brownside Road, Worsrsthorne, Burnley,Lancs. BB10 3JW	0282 29482	IA
Peter Bartlett, 10, Penn House, Main Avenue, Moor Park, Northwood, Middx.		
Dennis Bartram, 19, Lothian Road, Hartlepool, Cleveland	0429 71961	?
Richard Beale, 1, Divinity Road, Oxford.	0865 723406	A
Maureen Begg, 33, Peacock Walk, Bewbush, Crawley, Sussex		?
Charles Benham, 29, Bushey Close, High Wycombe, Bucks. HP12 3HL	0494 37409	A
Paul Blakey, The Smithy, Alkington, Whitchurch, Salop.	0948 3434	A
Celin Benson, The Gable, Whitchurch,Hants.	025-682 3366	IA
Liam Bridlewood, 222, The Colonades, Portchester Square, London W2.	01-262 9594	A
Anna Brokling, 4, High Trees Court, Manor Court Road, Hanwell, London W7. 01-579 7253 (Home: weekdays only) Company answering service: 01-579 3169, 01-579 0601		A
Brian Butler, Touch For Health Foundation Faculty Member & Instructor Trainer for Great Britain, 39, Browns Road, Surbiton, Surrey.	01-399 3215	A
Robert Cambridge, 14, Loughrigg Meadow, Ambleside, Cumbria, Ambleside 3142		IA
Janet Chiffey, Woodlands, Bottom O' Th' Moor, Harwood, Bolton. Bolton 25282		A
Christina-Marie, Summerlands, 52, Heslington Road, York, Yorks YO1 5AU	0904 27797	A

Gerald Cooper, 5/120, Wigmore Street, LONDON W1H 9FD					
Erica Crampton- Griffiths, c/o Lloyds Bank, 1/1a Walm Lane, Willesdon, LONDON NW2	?				
Cynthia Dann, 108, Brockley Place, LONDON SE23 1NH. 01- 6901449	*				
Peter Davies, 71, Lower Road, Beeston, Nottingham. 0602 257416	*				
Natalie Davenport, Oakbank Flat 2, 9, Longdene Road, HASLEMERE, Surrey.CU27 2PU. 0428 54113	A	*			
John English, 44, The Drive, NORTHWOOD, Middx. 09274 23852	A	*			
Geoff Ford, 13, Thrush Lane, CUFFLEY, POTTERS BAR, Herts. EN6 4JU. Cuffley 3972	A	*			
Jackie Gillham, 12, Robinson Road, CRAWLEY, Sussex. Crawley 514497	A	*			
Valerie Gilmore, 20, Hendred Street, OXFORD 10, Harley Street, LONDON W1. 41a, Leicester Road, WIGSTON, LEICESTER. 0533 881442	A	*			
Jenny Jove, 57a, Fairholme Road, LONDON W14 01- 381 1522	A	*			
Rina Handley, 1, Aydon Castle Cottages, CARBRIDGE, Northumberland.	*				
N.J. Hart, East Brighton Clinic,114, Longhill Road, OIVINGDEAN, Sussex, Brighton 36743	*				
Ian Heath, 11, Berens Road, ORPINGTON, ST. MARYS CRAY, Kent. BR5 4DB	*				
Ann Holdway, 78, Castlewood Drive, Eltham, LONDON SE9 01- 856 7717	A	*			
Frank Jones 3, Burnside, POLEGATE, E. Sussex. 03212 4474	A	*			
Peter Konigs Cluny Hill College, Findhorn Foundation, FORRES IV36 OTY. 0309 72288	A	*			
Judith Lea, 25, Rectory Road, Barnes, LONDON SW13 01- 878 3768	IA	*			
Bernard Letch, 11, Graydon Avenue, CHICHESTER, Sussex. 0243 788154	A	*			
Kay McCarrol, Flat 3, 37, Brondesbury Road,LONDON NW6 01- 328 7690	A	*			
Robert McGhie, 84a, Kingswood Road, LONDON SW2 4JJ 01- 674 4612	IA	*			
Halcyone Marsh, 24, Marley Avenue, NEW MILTON Hants. 0425 612651	IA	*			
Angela Marshall, Taunton Farm, Taunton Lane, OLD COULSDON, Surrey. 01- 688 8791	A	*			
Bernard Miller, 23, Highbury Park, LONDON N5 01- 359 8861	?				
Stephanie Mills, 31, Penwith Road, Earsfield, LONDON SW18. 01- 870 4799	A	*			
Mary Mulder, 1, Barrington Road, ALTRINCHAM, Cheshire WA14 1HQ. 061- 928 4593	?				
Alan Nee, 16, Macroom Road, LONDON W9 01- 969 5865	?				
Alan Oakman, 22, Fairwood Road, Dilton Marsh, WESTBURY, Wilts. 0373 822074	A	*			
Romy Paine, 27, De Freville Ave. CAMBRIDGE CB4 1AW 0223 354734	A	*			
Mo. Ponton, 18, Longlands Court, Longlands Road, SIDCUP, Kent DA15 7LD 01-302 2487	?				
Philip Rafferty, 37, Knightsbridge, Grappenhall, WARRINGTON, WA4 2QR	?				
Linda Rogers, The Laurels, Church Street, GAWCOTT, Bucks. 02802 2459	A	*			
Gary Samer, Cluny Hill College, Findhorn Foundation, FORRES IV36 OT7 0309 72288	A	*			
Ivor Sayer, The Vicarage Natural Health Centre, East Clayton Old Vicarage, EAST CLAYDON Nr. WINSLOW, Bucks. Winslow 2515	A	*			
T.T. Sek, 100a Devonport Road, LONDON W12 8NV	*				
Michael & Gail Shaw, 48, Guildford Road LONDON SW8 2BU	?				
Roy Smith, 3, Rockliffe Gardens, WHITLEY BAY, Tyne & Wear 0632 534389	A	*			
Jean Stevens, Sycamore House, Blencarn, PENRITH, Cumbria. 076888 645	A	*			
Isobel Stevenson, Flat A, 217, Blackstock Road, N5, 01- 359 0518	A	*			
Adrian Stoddart, 28, Ravensbury Road, Wimbledon Park, LONDON SW18	*				
Sally Studd, 2, Stanmore Road, Thorpe, St. Andrews, NORWICH, Norfolk.	*				
David Tansley, 54, Warren Road, ASHFORD COMMON Middx. 078-42 41774/81351	*				
Dennis Thomas, Oasis, 2, South Road, PORTHCRAWL, Mid-Glamorgan 065-671 6276	A	*			
Jane Thurnell-Read 9, Duncan Road, RICHMOND, Surrey TW9 2JD 01-940 2292	IA	*			
Walter Truman-Cox 1, Gentian Close, NORTHFIELD, BIRMINGHAM B13 1NN 021 475 4359	A	*			
Marek Urbanowicz, Flat 1, 43, Brunswick Road, HOVE, Sussex 0273 202221	A	*			
Seija Virtanen, 5, Courtleigh Avenue, HADLEY WOOD, Herts.	?				
John & Heather White, 1, Whitstable Close, BECKINGHAM, Kent 01-650 2566	A				
Ian Whittaker, Tooting Bec Hospital,LONDON SW18 01-672 9933	?				
Mike Winter, Sunflower,Tyhen Farm,Llwyndafydd, Llandysul, Dyfed. 0545 560346	A				