

I CAN TOUCH FOR HEALTH  
by Paul E. Dennison, Ph.D. and Gail Hargrove

The E-K/Touch For Health family is a group of people who are dedicated to the therapeutic values inherent in touching. We seem to love to touch and to be touched. We balance each other, hug each other, and teach the benefits of touching in our classes. Indeed, touching is the cornerstone of our work.

There is a difference, however, between enjoying touching and enjoying the work that we profess to do. In counseling new instructors to teach E-K, we have discovered, through muscle testing, that sometimes our inner beliefs about touching and healing are in conflict. Many of our attitudes about touching are evidently formed in early childhood or are based upon unconscious responses beyond our overt awareness. Muscle testing, in our workshops, can help people to discover areas which need balancing and to anchor positive growth decisions.

The attitudes shared by instructors about touching can be divided into three categories:

1. ANALYTIC-BRAIN BELIEVERS
2. GESTALT-BRAIN BELIEVERS
3. WHOLE-BRAIN BELIEVERS

1. The ANALYTIC-BRAIN BELIEVER knows that E-K and TFH work. They learn the techniques and apply them diligently, studying, memorizing, and getting it "right". They know that, when E-K and TFH work, it is because they have done it correctly. They see the techniques as therapeutic; not themselves. They see themselves as technicians rather than as healers. They gain little satisfaction from their work, because they really do not see how they are playing any real part in it at all. Many never get started teaching E-K or TFH because they feel they are never quite ready enough. They just have to learn one more thing, attend one more workshop, or read one more book, then they will be ready.

2. THE GESTALT-BRAIN BELIEVER knows the healing power of the universe. She has known her special powers since she was a child. Perhaps she has had some psychic or other trans-personal experience. She has used her powers of touch many times, with her children or with animals, and believes they are a special gift. She knows that healing is done by the body, through some force beyond medicine or any system, even those as wonderful as E-K and TFH. She is afraid of these powers at a deep level, however. She believes they are not hers to use. They certainly are not powers for which she should charge a fee or make a living.

3. THE WHOLE-BRAIN BELIEVER knows that E-K and TFH are tools which help people because they help to communicate with the body's wisdom to know what it needs. They also know that they are indispensable in the healing process as a channel, bringing unconditional love to each situation so that an environment for healing is provided. They know that, the more they know and can give a person in need of help, the more effective they can be and the more they will receive from the universe, in return.

## THE "TOUCH" TEST

We have introduced the "touch" test into our workshops, with amazing results. People who have been unable to get started in holistic health or to feel good about themselves through their work are finally attracting clients and classes, are finally earning money, and are finally doing something meaningful with their lives.

The "touch" test is simple, yet profound. Please check yourself on it and make the necessary corrections. You will be glad that you did.

The "touch" test

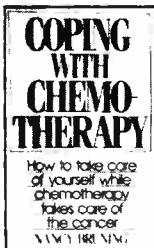
1. Test a strong indicator muscle in the clear
2. Version one (verbal)  
Say, "I can touch for health." (Strong or weak?) If weak, go on to #3.
3. Version two (non-verbal)  
Muscle test a friend. Now have a third person test your indicator muscle. (Strong or weak?) If weak, you are uncomfortable about touching for some reason. You may be in holistic health as an ANALYTIC-BRAIN BELIEVER or as a GESTALT-BRAIN BELIEVER. You need to be balanced to be a WHOLE-BRAIN BELIEVER.
4. If strong on #2 and #3 you are a WHOLE-BRAIN BELIEVER when you say, "I can touch for Health."

Correction: To clear the stress or over/energy which makes you test weak on #2 and/or #3, do the "positive points" or "Cook's Hook-ups" until you test strong, or work with an E-K instructor to make the correction.

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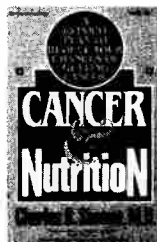
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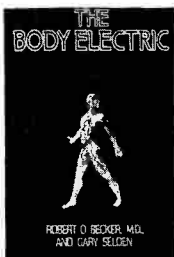
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