

# IN TOUCH FOR HEALTH

OCTOBER 1982



Dear Friends:

There are many aspects of life that we can make better by being aware of how much effect these have on us and others. Through the use of muscle testing, we can see how much loneliness affects our ability to function by turning off the muscles when we ask someone to think about being alone.

There are some things that happen to us when we actually experience loneliness that do not happen if we just imagine it, unless we have experienced it before.

Dr. James J. Lynch, author of "The Broken Heart: The Medical Consequences of Loneliness", says, "Loneliness may be as bad for your health as a high fat diet, a sedentary lifestyle or a heavy cigarette habit." He reports that one study showed that divorced men who didn't smoke were nearly as likely to die of lung cancer as married men who smoked a pack a day. Also it has been observed for many years, that when a man dies, his widow, alone after many years of happy marriage, is dead six months later. The anguish of losing a loved one can put a burden on the mind and body greater than the body can tolerate.

Dr. Lynch says, "The comfort of another human being is one of nature's most powerful antidotes to stress, more potent than any tranquilizer." This is one of the reasons that Touch for Health can be so effective in helping people to heal themselves. It allows someone to physically show that they care about another person. It allows people to feel cared for, and it allows them to be able to care for other people in a safe way.

The emotional stress release techniques of Touch for Health are really very powerful tools for everyone who uses them. You cannot STRESS too much the importance of using them in stressful situations. In all your demonstrations, the technique can be taught. It's something that we

can give away which can save lives and make our world a much more enjoyable place for everyone. So often we want to help when we see people in pain. They may not know enough to allow you or ask you to give a Touch for Health Balance, but they would allow you to hold their head while they tell you or just think of the problem.

Dr. Lynch believes that considering the consequences of loneliness, we should all take our relationships with other people more seriously. I agree with Dr. Lynch when he says, "People need to consider their investments in human companionship as of even greater importance than their investments in other aspects of their lives." Human companionship is quite literally an important form of life insurance. You have the opportunity to help all of your students to have physical ways of investing in their human relationships.

I know all of you agree that when you became a Touch for Health Instructor, or took your first Touch for Health class, the investment was in human companionship, and you gained a tool that would allow you to make investments in human companionship. You can make a difference in this world by teaching Touch for Health as one of your tools in making this difference.

You do count!

A handwritten signature in cursive script, appearing to read "John F. Thie".

## God's Promises

God gives grace for each trial.  
And courage for each sorrow.  
And faith to face in confidence  
A blessed, bright tomorrow.

Our greatest condolences to instructor Myrl Cole and his family, in the passing of Aileen Dolores Cole in Salmon, Idaho on September 5, 1982.



## INTERNATIONAL COMMITTEE

Back row: (left to right) Matthias Lesch  
 Jean-Francois Jaccard, Switzerland; Joan Voors,  
 Holland; Alfred Schatz, W. Germany; Allan  
 Parker, Australia; Marek Urbanowicz, England;  
 Spiros Lenis, B.C. Canada; Anneke Mos, The  
 Netherlands; Dag Galteland, Norway; Joan Dewe,  
 New Zealand; Michael Schley - Chairman, U.S.  
 Kneeling: Ilona Van Der Schaar, Holland;  
 Front row: Stephanie Mills, England; Elizabeth  
 Andrews, England; Susanne Degendorfer,  
 Germany; Coby Schasfoort, The Netherlands;  
 Kerryn Franks, Australia; Brian Butler, England;  
 Robbie Zeck, Australia.  
 Others not in picture: Yoka Brouwer, England;  
 Noelle Bertrand, B.C. Canada; Jose Joaquim  
 Moniz De Aragao, Brazil; Henny Moniz De Aragao,  
 Brazil.

Many thanks go to those who have found  
 in their hearts and pockets a desire to pay to the  
 Foundation a 10% tithe of their income from the  
 classes they have taught.

Gregory Stonne, San Diego, California  
 Paul Dennison, Ph.D, Glendale, California  
 Don Lockman, Ketchikan, Alaska  
 Wayne Topping, Ph.D, Bellingham, Wash.

## A MODEST, REALIST GOAL!

Dear Special Person,

Hope you too are still glowing with the good feelings  
 we experienced together in San Diego.

As your chairperson for next year's Annual World-  
 wide Meeting, I thought I'd like to make contact  
 with you now - before all of us become so involved  
 with our personal and professional lives.

There seemed to be something very special that  
 developed during our time together - far beyond  
 the splendid information we received, the excel-  
 lent presentations of faculty and guest speakers,  
 the delightful humor and talent of our TFH family.

It was your presence, your participation - no mat-  
 ter how large or small - that contributed to the  
 one-ness of our gathering. Many of us felt a deep-  
 ening of our commitment to transform our own  
 lives, the lives of those around us, and to do  
 something more to create a loving environment in  
 the world.

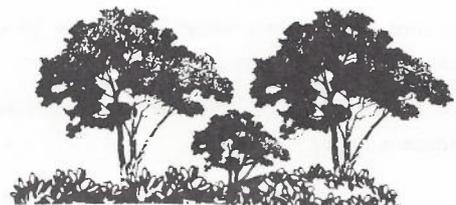
I would be pleased if you would start right now -  
 yes, now - to use your creative resources toward  
 the goal of enlisting at least two other persons to  
 join you at the 1983 Worldwide Annual Meeting.  
 A modest, realistic goal; yes?

Just imagine - if we have three times the dynamic  
 energy we shared in San Diego and extend the  
 boundaries of our loving energies even farther  
 and wider - we could hasten the transformation  
 of a sick and alienated world into a healthy and  
 caring planet!

We can do it! We have the beginnings of a wonder-  
 ful journey. Let us, together, carry that momen-  
 tum forward.

Much love and hugs!

Elly Wagner, Chairperson  
 1983 Annual Worldwide Meeting



# Update ENGLAND

By Brian H. Butler,  
Faculty Member, United Kingdom

One third of all the instructors in Britain gathered at Mickleton House for what proved to be a most enjoyable residential weekend of socialising and lots and lots of Touch for Health study time and balancing.

Many of those present were taught by Gordon Stokes at the first ever British ITW held in May '81, and so there was quite a spirit of reunion. There was much hugging, and chatting about what each had been doing since we all last met. There was also renewed enthusiasm for combining forces to publicise, teach, and use TFH.

The information we brought back from San Diego was very eagerly received. We appreciated the new expansion of the ESR techniques, which several said they were going to use to great effect right away, working in threes, Mary Marks' wizard of the 5 elements, new material on reactivities, and a new look at Figure 8.

Phillip Crockford's idea of having the student balance the teacher was by far the most popular concept with the group. We picked someone literally out of the hallway of the hotel, asked him if he would come into class and help with a demonstration. He did so remarkably well at the tests (never having even heard of muscle testing or TFH before in his life) that many of the group thought that he was planted there by prior arrangement! He joined in the spirit of the whole thing in an amazing way, and the whole balance went off exceedingly well, and I felt a whole lot better!

The group was inspired to go back to their various districts with renewed sense of purpose, and feeling better qualified to teach TFH I's, II's, and III's.

Those present also unanimously decided to go ahead with the inaugural meeting of the British Touch for Health Association, which was scheduled for Sunday 26th September at 4 p.m. At this time, the first decisions will be made for future plans for the expansion of TFH by a core group of active instructors. Those who are unable to attend are being kept fully informed of the meeting and are having an opportunity to send material in for inclusion in the discussions of the day. We were all excited that the work done by the Task Force set up to enable this to happen has come to



fruition, and our thanks goes to all concerned. Especial thanks to John Thie also for approving our framework of operation which is proposed, and giving us input to incorporate so it fits in the overall picture of TFH.

In every way a successful and enjoyable meeting. My thanks to Stephanie Mills who accompanied me to the Annual Meeting for all her help in keeping excellent notes of all the sessions which helped this update enormously.

## OATH

TOUCH FOR HEALTH INSTRUCTOR'S OATH

I, A FULLY CERTIFIED "TOUCH FOR HEALTH" INSTRUCTOR, DO HEREBY DECLARE THAT I WILL CONTINUE TO TOUCH, FOR BETTER OR FOR WORSE, WHEREVER OR WHENEVER, IN SICKNESS OR IN HEALTH, TO STRENGTHEN THE WEAK BY HOLDING THE POINTS, TO LIGHTEN THE PAIN, TO PERSEVERE EVEN WHEN THE ARMS GO DOWN, OR FOREVER HOLD YOUR FRONTAL EMINENCES.

To be read solemnly to the tune of "America the Beautiful".

- from Instructor Trudy Siewert (Indiana) and Susan Urbisci (Michigan) - given to Trainer Phillip Crockford at ITW Palos Park (Illinois) September 1982.

first visit. She had successfully worked on several problems during that week including the death of yet another relative.

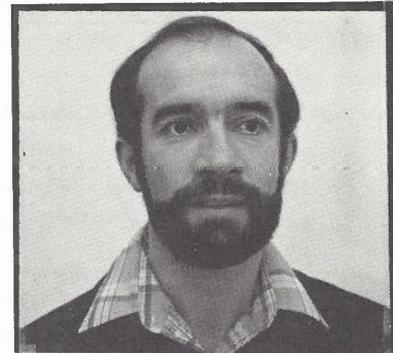
It is really gratifying to see people successfully use techniques we show them because, as many of you have probably heard: "Give a man a fish, and you feed him for a day. Teach him to fish and you feed him for a lifetime".

In another example, a man came in to the center as an "emergency" during our off-hours. He felt that he was headed for a nervous breakdown (he had had one previously) as a result of his guilt over having "caused" the death of his wife (about two months pregnant) and twelve-year-old son. He recounted how he had had a violent argument with his wife shortly before boarding a plane to fly to New York. A friend contacted him en route to advise him that his wife and son had been killed in a head-on collision with a drunken driver. We used the ESR technique on: Hearing his friend giving him the news, his wife's death, his son's death, the death of the fetus (the girl (?) they had hoped for), his feelings towards the drunken driver, etc. Within an hour we had worked our way through each of those "problems" and he took with him a tool that he could use to continue reducing his stress load. A few days later, he cancelled his following week's appointment because he was feeling so great!

Finally, I have found the ESR technique to be extremely effective in helping people to give up smoking and to overcome phobias. Often a phobia such as fear of heights can be dealt with as a single problem. However, sometimes it has to be split into parts. For example, one woman was thinking about her phobia about being raped when she began to get hysterical. After she calmed down by switching her thoughts to a particularly pleasant memory from the past, I had her work through the

phobia in three parts: 1) the fear of being followed, 2) the fear of being attacked, and 3) the fear of being bodily harmed and/or raped.

Much of our work at the Wholistic Health Center has resulted in dramatic improvements in the health of our clients. Touch for Health, especially the ESR technique, can be credited for much of this success.



Wayne Topping became a Touch for Health instructor in 1977 and taught many TFH classes in Pasadena, California, in Eugene, Oregon, and in several towns and cities in northwestern Washington while teaching geology at Ambassador College, Pasadena, at the University of Oregon in Eugene, and at Western Washington University, Bellingham. In 1980, Dr. Topping stopped teaching geology to be able to work full time with wholistic health. He is the director of the Wholistic Health Center Learning Institute in Bellingham, Washington, and teaches classes in Touch for Health and biokinesiology.

### Want to laugh?

--Recently delivered to 1174 N. Lake, was a business supply catalog addressed to the "Truck of Help Foundation" How about that, all you truckers out there??

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TRUCK OF HELP FOUNDATION  
1174 N LAKE AVE  
PASADENA CA 91104

# A.K. WORKSHOP

By Marianne Burns-O'Docharty, C.A.

I had been looking for a class such as this one for a length of time, and was very excited when this class came about. I attended the Los Angeles Workshop for C.A.'s in August and was very impressed. The instructors were super and their methods of teaching were great! I learned so many new things and really improved on the old.

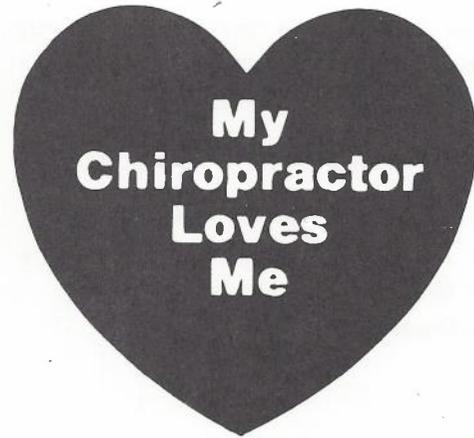
Now that I'm back and working with patients in our office, one of my jobs is to balance them; as I work with them and they mention some of their complaints, I pick up on little hints of their problems. While I test, I write down my findings, correct what I'm able to, and then send them to the doctor. He is able to go directly to the problem, correct it, and not spend so much of his valuable time searching for it.

After taking the C.A.'s class, we improved on this tremendously. I not only learned better ways of testing to find the problems, but also ways of testing to find out what needs to be corrected first. It's great!

I was so enthusiastic about it that upon Monday morning when I returned to work, I didn't wait to get started. The results with the patients' care were great and my doctor was very impressed. The class was very well worth it. It was like finding the missing link in our office. This helped to put it all together for us. Any doctors who are using Applied Kinesiology out there, I highly recommend that you consider sending your assistant, and yourself, to the doctors' program so that you will get the results with your patients as we have with ours.

My sincere thanks to Gordon Stokes, Mary Marks, D.C., Sheldon Deal, D.C., and Beverly Bryce, C.A. You all did a wonderful job.

Marianne Burns-O'Docharty, C.A., Touch for Health Instructor, has been a chiropractic assistant for 3-1/2 years and has been working for the last 3 years as a Kinesio-therapist at the Alpine Chiropractic Center in Wasilla, Alaska.



## IN THE ABSENCE OF STRESS

We are all aware of Touch for Health as a stress release technique. By learning what it has to teach us we can live our lives without a great deal of the stresses and strains that drag us down. I like to point out what we have left when the stress is gone. All that time spent worrying or complaining is now free. More free time - how wonderful!

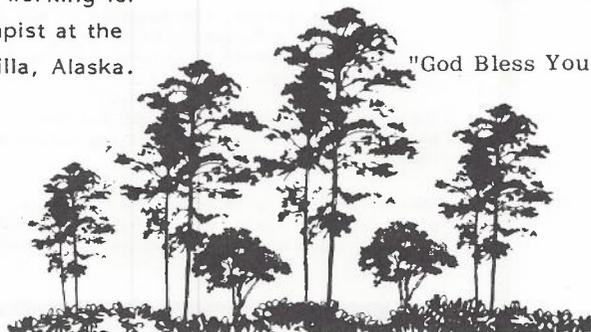
And free time from the negativity of stress is time free for more LOVE. Have you ever thought of it that way? So much more of the day can be spent laughing and enjoying ourselves and making others feel good. Of course, anyone who experiences even the most remote contact with us will benefit. There is hardly time left for feeling bad about anything! Suddenly, with so much more time for love, the day feels more constructively spent; a greater sense of accomplishment can be felt.

This is such an important thing to keep in mind. Those of us who feel burdened with too much to do, and those of us equally burdened with feelings that we're not doing enough can benefit ourselves and those around us by remembering to relax. The absence of stress leaves more time for our ultimate goal,

more time for LOVE.

"God Bless You All"

Theresa Van Ornum



# CLASSES GIVEN BY . . .

## TOUCH FOR HEALTH FOUNDATION

*a non-profit educational foundation dedicated to research and teaching in touch-healing*  
1174 North Lake Avenue · Pasadena, California 91104 · (213) 794-1181

TFH - I (Basic) - 12 Hrs. \$100; \$25 Deposit.

October 1 - 2, Friday 6 - 10 P.M., Saturday 9 A.M. - 6 P.M.  
October 15, 16, " " " " " "  
October 19, 20, 21, Tues., Wed., Thurs., 6 - 10 P.M.  
October 26, 27, 28, " " " "

November 2, 3, 4, Tues., Wed., Thurs., 6 - 10 P.M.

November 16, 17, 18, " "

December 7, 8, 9, Tues., Wed., Thurs., 6 - 10 P.M.  
December 13, 14, 15, Mon., Tues., Wed., 6 - 10 P.M.  
December 28, 29, 30, Tues., Wed., Thurs., 6 - 10 P.M.

TFH - II - 16 Hrs. \$125; \$25. Deposit.

October 5, 7, 12, 14, Tues. & Thurs. Evenings, 6 - 10 P.M.  
October 8 - 10, Friday 6 - 10 P.M., Sat. & Sun. 9 A.M. - 5 P.M.  
November 5 - 7, " " " "

TFH - III - 16 Hrs. \$125; \$25 Deposit.

October 15 - 18, Friday 6 - 10 P.M., Sat. & Sun. 9 A.M. - 4 P.M. (Phoenix, AZ)  
October 22 - 24, " " " " (Pasadena, CA)  
November 12 - 14, " " " " (Pasadena, CA)

PROFICIENCY WORKSHOPS (TFH - I, II, III Combined) - 45 Hrs. \$350; \$50 Deposit.

October 29 - November 4, Friday 6 - 10 P.M., Sat. - Thur., 9 A.M. - 5:30 P.M.

INSTRUCTOR TRAINING WORKSHOPS - 60 Hrs. \$550; \$80 Deposit.  
(Pre-requisite: TFH I, II, & III or equivalent)

October 17 - 25, Sunday 6 - 10 P.M., Mon. - Mon. 9 A.M. - 5:30 P.M. (Summit Station, PA)

November 27 - December 5, Sat. " " " (Pasadena, CA)

INSTRUCTOR UPDATE COURSES - 21 Hrs., \$175; \$25 Deposit.

November 19 - 21, Friday - Sunday 9 A.M. - 5:30 P.M.  
December 10 - 12, " " " "

CHIROPRACTIC ASSISTANTS' COURSES - 45 Hrs. (\$350 Assistants - \$50 Deposit)  
16 Hrs. (\$200 Doctors - \$30 Deposit)

October 11 - 16, Monday - Saturday 9 A.M. - 6 P.M. (New York, N.Y.)  
(Doctors' Program Friday & Saturday of each workshop)



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 TFH Activities (including A.K.) \_\_\_\_\_  
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- Basic (individually) (annual dues \$30)
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- Certified Instructor (annual dues \$40)
- Joint Membership Instructors (annual dues \$60)
- Professional (practitioners) (annual dues \$60)
- Joint Professional (annual dues \$90)
- Supporting\* (annual dues \$100)
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- Life\*\* (once, \$1,000 or more)

\* may be paid in monthly installments \$50.  
 \*\* may be paid in monthly installments \$100.  
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- Please give applicable information, please check:
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**WE THANK YOU FOR YOUR SUPPORT**

**THE MEMBERSHIPS**

**BASIC:**

Anyone wishing to become a member—a single person membership (\$30) or a joint or family membership (\$45) with only one mailing per household, will receive newsletters, directory, T.F.H. pin, selected discounts at T.H. Enterprises Book Store, T.F.H. conferences.

**CERTIFIED INSTRUCTOR MEMBERSHIP:**

These members receive the newsletter, directory, journal, referrals or listings for classes they teach, pin, selected discounts at T.H. Enterprises Book Store, T.F.H. conferences (\$40). Joint membership (\$60), one mailing per household.

**PROFESSIONAL MEMBERSHIP FOR PRACTITIONERS:**

Benefits listed above plus referral of clients seeking various health care services from licensed health practitioners who use T.F.H. as part of their practice (\$60). Joint professional (\$90), one mailing per household.

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- CONTRIBUTING** ..... \$250 annually
- SUSTAINING** ..... \$500 annually

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Members are eligible to attend the Annual Meeting at discount.

All memberships are tax deductible.

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