

TOUCH FOR HEALTH®

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MESSAGE FROM THE PRESIDENT

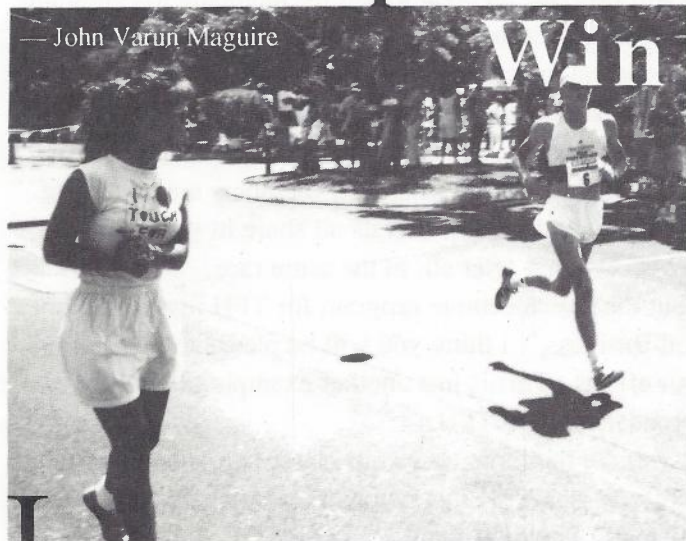


John F. This, D.C.

IN THIS ISSUE you will find a call for abstracts. Be sure to read the directions carefully as we are changing the format of the Annual Meeting and new opportunities are available. We know that this will be our largest meeting ever. Everyone on the program is expected to register and attend the program. Preference will be given to those attending the full conference. There has been some misunderstanding in the past about presenters being accepted to present papers and then not being present for any part of the meeting except for their presentation. Presenters are expected to attend the Annual Meeting and cover

please see MESSAGE, pg.10

TFH Helps Athletes



— John Varun Maguire

Win at "Ironman"

Imagine beginning your day in Hawaii with a 2.4 mile ocean swim, followed by a 112 mile bike tour of the frying-pan-hot lava fields along the wind-swept, hilly terrain of the Big Island, and winding up the afternoon with a 26.2 mile marathon run along the blazing Kona Coast. As unbelievable as it sounds, this is what 1400 athletes from 45 countries and 49 states came to challenge the world's most prestigious endurance sport event: The Ironman Triathlon World Championship.

The TFH Fitness Team led by Margaret Sheehan, TFH Instructor and Facilitator, came to be part of the action by facilitating several of the triathletes before and after the race to give them the edge to perform at peak levels and increase their recovery time. I had the privilege to assist at the event along with Stephanie Woolard and Mary Murphy of Hawaii. Wednesday and Thursday before the Saturday, October 10th race, we did free balancing at the exhibition hall at the Kona Surf Resort Race headquarters as triathletes from around the world lined up all day long to get themselves tuned up for the race.

What we generally did with the racers was show them how

to check a muscle on us, explaining that TFH was a system that they could use to balance their energy systems and tune themselves up for peak performance mentally and physically. Then we facilitated them in a fourteen muscle balance, followed by gaits and positive points. We asked them what their particular concerns were and balanced additional muscles where needed.

Most of the triathletes who we worked with needed several muscles balanced, especially the latissimus dorsi, used in swimming. Almost all of them needed gait reflexes and ESR points stimulated. We showed each triathlete a few points to work before, during and after the race, explaining the purpose of each one. We were very pleased by how excited they were with the results of the balancing and how interested they were in learning more.

Particularly noteworthy were the results of checking the quadriceps, used in biking and running, for *sustained muscle use and aerobic/anaerobic muscle function* as discussed in Bruce and Joan Dewe's TFH 4 Manual. This is done by testing the quads repeatedly 12-20 times. It usually switched off by the 7th or 8th time on nearly every triathlete I checked. I then assisted them in stimulating the neuro-lymphatic reflexes for about 3 minutes. Rechecking the muscle, we found that it no longer failed even after 20 repetitions. According to the Dewes' manual it is thought that the muscle tests switched on for the first few tests because of the action of the fast, anaerobic, white muscle fibers. They are unable to maintain continued activity and the slow, aerobic, red fibers are left to act. These fail if there has been inadequate lymphatic clearing of the interstitial tissue spaces, because the high osmotic pressure impedes the flow of oxygen and fat molecules required by the aerobic slow fibers to produce energy. Hence the need for the prolonged NL stimulation to obtain adequate clearing.

Franz Rosenast from Switzerland got a 42 muscle and gait balance with Margaret the day before the race. After the race Franz reported, "This is the first time in 20 years of running that I haven't

please see FITNESS TEAM, pg.12

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The purpose of the Touch For Health Publication is to disseminate information on research, methodology, results, and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars, and activities of the Foundation and its members.

The Touch For Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the Curriculum Catalogue and "In Touch For Health," (sent to all members). Members also receive the "Touch For Health Journal" of comprehensive research papers and training information and applications. The Journal is published in July of every year. Members also receive the Membership Directory.

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From the Editor

As the new Executive Director for the Touch For Health Foundation, I would like to extend a warm "Hello!" I am excited to have been chosen to become a part of the TFH family. The next couple of years hold promise, change and, of course, growth, for all of us. I look forward to taking part in the activities scheduled for this coming year as well as meeting each one of you at the upcoming Annual Conference.

Our 1988 Annual Conference is going to be special. We will give you the full details in the January "In Touch." Reserve July 12 - 17 now to further enhance your experience of Touch For Health and be a part of our new beginnings.

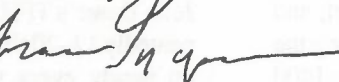
This issue of "In Touch For Health" reflects some of the changes going on here at the Foundation. These changes will become more apparent as we go along, starting with bi-monthly publication of this newsletter in 1988. We will also launch two new features: "Letters to the Editor and Others;" and "Wins!"

- The letters section will provide an open forum for members to communicate with the Foundation and each other. This is the place to exchange instructor tips; get technical questions answered; make suggestions for our publications or the Foundation; and offer constructive criticism. It is your space to fill, so send your items to my attention here at the Foundation.
- "Wins!" will reflect all the new areas where our members are achieving through application of TFH principles. Let us all share in you "wins" or those of your students. We are, after all, in the same race.

Be sure to read about the new incentive program for TFH instructors on page 8 under "Foundation Business." I think you will be pleased to be additionally compensated for your efforts. This is just another example of how we can all work together for a broader reach in TFH.

Let me know what you are thinking, how your classes are going and what you need to be more successful as a TFH Instructor. I am reachable at the Foundation by telephone or by mail. Stay in Touch.

Sincerely,



Harun Magnuson

Tuition Discounts

The Foundation will give prepayment discounts on tuitions for all Foundation-sponsored workshops offered in 1988. The prepayment discounts may be applied on "Full," "Couple," or "Refresher" tuitions. (Sorry, we cannot give these discounts to people receiving scholarships of any kind.)

The discount schedule is:

Payment of at least one half the total tuition two months or more prior to beginning date of workshop entitles the student to a discount of **10%**.

Payment of the total tuition one month prior to beginning date of workshop entitles the student to an additional discount of **10%**.

FIVE ELEMENTS: BASIC PRINCIPLES

FIRE

—Richard Harnack, M.Rel.

This is part two in a five-part series on the Five Elements. In this section, Richard explains the Fire Element, the first part of the series gave a brief synopsis of the understanding of the Five Elements, future articles will give you greater understanding of this law of meridian functions as utilized by our Touch For Health Faculty in educating their students how they can know more about their own health and enhance it through touch in all its forms.

Fire has four (4) meridians, the two (2) yin are Heart and Circulation. The two (2) YANG meridians are Small Intestine and Triple Warmer.

PRIMARY RELATIONSHIPS

Creation cycle: Fire is enhanced by Wood. Fire enhances Earth.

Control cycle: Fire is controlled/mitigated by Water. Fire mitigates Metal.

OTHER RELATIONSHIPS

Pairings: Heart (yin) is paired with Small Intestine (YANG); Circulation (yin) is paired with Triple Warmer (YANG).

Mid-Day/Mid-Night: Heart is opposite Gall Bladder, Small Intestine is opposite Liver, Circulation is opposite Stomach, and Triple Warmer is opposite Spleen.

Pulse Points:

Heart, left hand, position closest to the thumb, deep pressure. Small Intestine, left hand, position closest to the thumb, *light touch*. Circulation, right hand, position furthest from the thumb, deep pressure. Triple Warmer, right hand, position furthest from the thumb, *light touch*.

Alarm Points:

Heart, CV-14; Small Intestine, CV-4; Circulation, CV-17; Triple Warmer, CV-5.

CORRESPONDENCES:

Emotion: Joy. From Joy comes our ability to experience contentment, and, sadness or poignancy.

Sound: Laughing. A quality of voice, a lilt or giggle which at times, may be inappropriate.

Color: Red.

Direction: South.

Season: Summer.

Climate: Heat.

Flavor: Bitter, such as is found in green leafy vegetables.

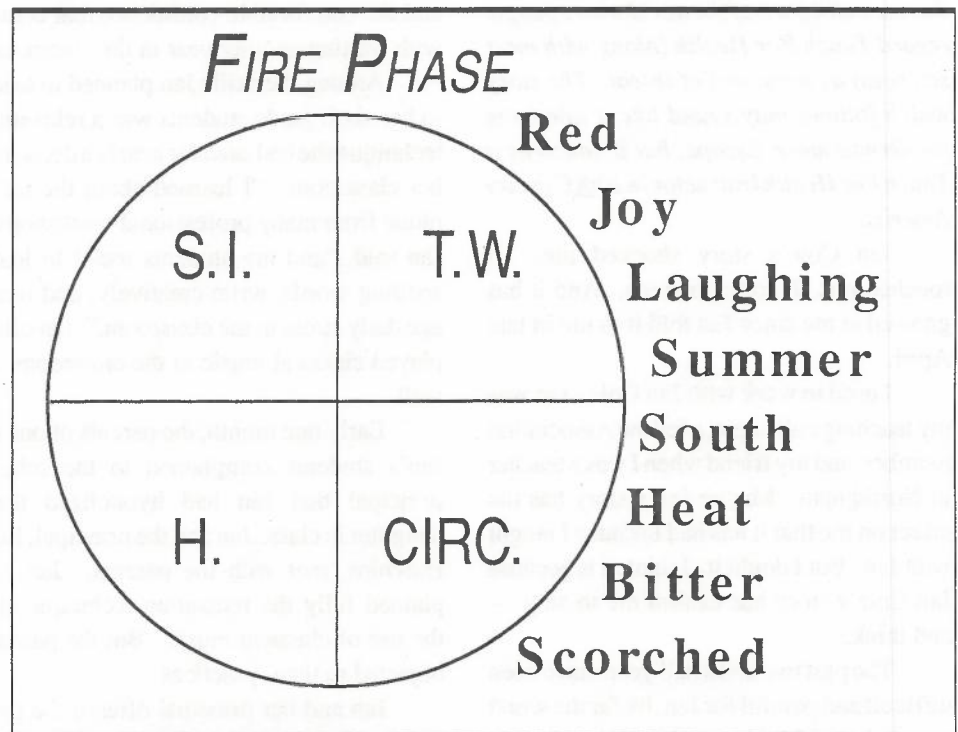
Organs: Heart and Small Intestines.

Orifice: The ears. Fire is in charge of sorting out sound.

Sense Organ: The tongue. Speech patterns are governed by Fire, primarily.

meridians systems. In traditional acupuncture, the Heart and Small Intestine meridians are considered to be "real" systems, while Circulation and Triple Warmer are considered to be functions. This is because Heart and Small Intestine are related to organs, while Circulation and Triple Warmer are generalized functions of the organs.

Physically, emotionally and energeti-



Part of Body: Blood vessels.

Smell: Scorched. A scent someone with an imbalance in fire may give off.

Fluid: Perspiration. When perspiration flows appropriately, it has the effect of unclogging our pores and cleansing our body.

Life Aspect: The Spirit. Another way of viewing this is our drive for health and well-being in our life.

General Discussion:

The Fire phase is dynamic. Someone who is in balance in fire will have the energy when necessary to get things done. Too little in Fire may show up as coldness emotionally and physically. Too much in fire a person may be "too hot to handle."

Fire is unique in that there are four (4)

cally, we need our Fire phase to be in balance so we may draw upon its dynamism. Heart is the supreme governor making certain appropriate relationships are maintained in the other systems. Small Intestine allows us to sort out and assimilate thoughts and feeling, as well as nutrition. Circulation protects the Heart and facilitated the flow of our fluids and energy. Triple Warmer maintains the temperature and warmth of the body, and our internal harmony.

When viewing yourself in terms of the Fire phase, remember the various correspondences may appear singly, in groups, or not at all. You may enjoy bitter tasting foods, wear red, laugh a lot, like hot weather and seem happy, while someone else may lack any or all of these traits. Both of you will show an imbalance in Fire. The first case is

please see FIRE, Pg. 13

Colorado TFH Instructor Fights and Wins



Part one of a two-part article by
Jeanne Beyer

Though Touch For Health is gaining acceptance in wider circles throughout the world, there are still parts of the world where people regard Touch For Health (along with most sciences) as some sort of threat. The story which follows may sound like a tale from pre-Renaissance Europe, but it concerns a Touch For Health Instructor in 20th Century America.

Jan Cole's story shocked me. It touched me. It frightened me. And it has gnawed at me since Jan told it to me in late April.

I used to work with Jan Cole. Jan was my teaching colleague, a fellow Association member, and my friend when I was a teacher in Northglenn. Maybe Jan's story has the effect on me that it has had because I taught with Jan. But I doubt it. I think it is because Jan Cole's story has caused me to stop — and think.

The past two and a half years have been difficult and painful for Jan, by far the worst years, she said, of her entire 19-year teaching career. September 1984 began like all other school years begin for teachers — with

Reprinted with permission: Colorado Education Assn. Journal, June - July.

a new class of students, fresh expectations, and the comfortable confidence that comes with starting another year in the classroom.

Among the skills Jan planned to teach to her sixth grade students was a relaxation technique she had used for nearly a decade in her classroom. "I learned about the technique from many professional workshops." Jan said, "and my students use it to learn spelling words, write creatively, and manage daily stress in the classroom." Jan often played classical music in the classroom, as well.

Early that month, the parents of one of Jan's students complained to the school principal that Jan had hypnotized their daughter in class. Jan and the principal, Bob Hutchins, met with the parents. Jan explained fully the relaxation technique and the use of classical music. But the parents objected to these practices.

Jan and her principal offered the parents a number of alternatives — giving the child the choice to opt out of classroom activities to which the parents objected,

giving her another place in the school to spend time during these activities, enrolling the child in another sixth grade classroom, and even enrolling her in a nearby elementary school. They also invited the parents to visit Jan's classroom to view firsthand Jan's teaching methods. But the parents refused all of these options. The next day they removed their daughter from school.

In October another parent came to school, asking the same questions as the first. This mother even questioned Jan's use of "Orville," a warm-fuzzy sort of cartoon character Jan draws on students' papers, and a creative story-writing activity using peanuts. Shortly after that, several students in Jan's class told her that they had heard "in the neighborhood" that the Orville and "peanut creatures" were demons and Jan had a demon in her. The students reported that Jan was being accused of "doing witchcraft" in her classroom.

In November the first letter from the parents arrived on the principal's desk, accusing Jan of doing "occult practices" in her classroom and demanding that she stop. The letter was from five parents, including the ones who had already taken their daughter out of school and the one whose daughter was still enrolled in Jan's class. The latter had come to parent conferences in October and, when asked by Jan if she had any concerns or questions about Jan's teaching, had indicated that she had none.

The winter was filled with rumors and tales told to Jan by her students, repeating what they had heard their parents saying in the neighborhood. And then in March, the mother who complained earlier in the year scheduled a meeting with the principal. She showed up at the meeting, accompanied by four other parents and Bill Hack, a leader of the Caleb Campaign, an organized extremist group in Colorado. The parents' allegations were expanded during the meeting to include criticisms of Jan's personal life, such as taking vitamins and being a vegetarian. The parent group later sent a letter to the District 12 administration building, adding further allegations about Jan.

That Spring Jan discovered that the parents seemed to be trying to undermine her outside the classroom, too. She learned that

please see Cole, pg.13

Thanks



I'd like to thank all of you who took part in the 1987 Touch For Health World-Wide Annual Meeting in July. This has truly been a year of transformations for Touch For Health and for all of us, hasn't it? The one thing that I feel did not change is the love we have for each other which inspires us in times of "upswing" and internal changes. My committee members were tops! To all of you as individuals, accept my deepest thanks and appreciation. I was moved by your generosity of spirit and action. The Foundation Staff boggled me with the energy and dedication they had. They're all great! And, to all of you who attended, shared, gave a presentation, M.C.'d, volunteered for "whatever needs doing" and otherwise helped the conference...

...thanks and much love,

Lorraine Osborne
Lorraine Osborne

YIN and YANG

Rosmarie Sonderegger, Faculty Member: Touch For Health Foundation
Presentation at the Annual Meeting, July 1987

1. INTRODUCTION

In TFH we are using the meridians in order to balance the body.

We all know that we have:

Yin – meridians such as Heart, Lung, Liver, Spleen, Kidney, Circulation/Sex and of course Central.

and

Yang – meridians such as Small Intestine, Large Intestine, Gall-Bladder, Stomach, Bladder, Triple-Warmer and the Governing Vessel.

We all trace them, of course, with accuracy.

All of a sudden, this was not satisfactory to me any more and I started reading and experimenting.

I learned that lots of human beings, are in conflict subconsciously with Yin or Yang.

There are different possibilities to reduce this conflict.

The purpose of this speech is to show ways to reduce this conflict and to harmonize Yin and Yang within the people who need it.

One - by feeling it

Two - by knowledge of the history

Three - by balancing with TFH as well as a method that has proven to be powerful, as I will show.

2. YIN AND YANG - FEEL IT

In order to get in touch with the aspect of Yin and Yang within ourselves, I suggest an experiment of relaxation and imagery. One way to do it will be shown at the presentation.

3. YIN AND YANG - MALE AND FEMALE - THE HISTORICAL ASPECT

For more than 3,000 years the Chinese have studied the interdependence of Yin and Yang and the female and male principle. The theory Yin/Yang holds that every object of phenomenon in the universe consists of two aspects Yin and Yang.

This relation is the Universal Law of the material world, the principle and source of the existence of myriads of things, and the root cause for the flourishing and perishing

of things.

It therefore explains the physiology and pathology of the human body.

The Chinese say that the source of all being is called Tao. The word Tao, in Chinese, is composed of two letters, one standing for foot and the other for the head. This shows that this expression already implies the polarities:

head - sky
feet - earth

Since Yin and Yang also represent the male and the female principle the question is, What was first, the hen or the egg?

In Chinese Mythology Nua Kua represented the Mother-Goddess who incorporated Yin/Yang, the Male and the Female principle. She didn't need an external husband. The marriage between Male and Female took place within herself.

The Great Mother, as she was also called, reigned alone. One day, she decided to share the empire with her son, but the moment he sat on the throne things changed. The son developed his abilities of the male principle, which include

- separation,
- separation of the male and the female
- rules
- individualism

He therefore invented the marriage between man and a woman and this, as already pointed out, implied the disconnection of the male and the female within the human being.

They say that nowadays we get together with a mate in order to heal the wound of our incompleteness, and to achieve real oneness.

Back to thousands of years ago

At the Golden Age of the Great Mother's reign, mankind did not have conscience. He was in harmony with nature, without knowledge. Soon the Great Mother's son took over the reign, he reigned according to the male principle.

What followed was a long struggle, the

disconnection of the male and female principle. This process is described in Chinese Mythology in many ways.

It implied

- Destruction of the matriarchal conscience
- Combat over the old conscience and creating a new one
- Giving up the oneness with nature

It meant

- bringing logic and classification into this world
- class thinking hierarchy
- politics
- moral codex
- autonomy
- individualism
- reasoning
- desiring - the desire to **have**, rather than to **be**

In other words the harmony between Yin and Yang had ended. Since then Paradise was gone.

It is interesting and most fascinating that in a completely different culture, Jewish-Christian history, there is the story of the Garden of Eden, describing a similar incident. Adam and Eve lived in peace as long as they obeyed and did not reach for the fruit of the Tree of Knowledge. Before the crucial moment Adam and Eve were naked and didn't know it. They were in a state of preconsciousness and lost their instinctive communication with God. What they gained was the freedom of choice and the ability to understand.

They fell out of innocence (Paradise) into a world of **right and wrong, good and bad**.

A long journey was initiated. A journey towards consciousness and understanding.

What happened is a malediction and at the same time a Victory of Mankind.

4. YIN AND YANG AND THE TWO HEMISPHERES

We got the ability to understand and the freedom of choice. What does it mean to understand and to choose?

We can choose

- | | |
|--------------|------------------|
| to live | or to die |
| to feel | or to think |
| to be active | or to be passive |
| to wake | or to sleep |
| to receive | or to give |

Considering the two hemispheres of
please see YIN AND YANG, Pg. 14

FOCUS ON

FACILITATOR PROGRAM

A 40 hour seminar

The Facilitator program went far beyond my expectations. It was more than taking in information; it was a great experience in which wonderful things happened to each of us.

Karen Sorensen, Minneapolis

- Master all the skills of the Touch for Health Book plus advanced techniques
- Learn to Effectively Work with others doing Energy Balancing
- Make TFH a dynamic part of your lifestyle to enhance your vitality
- Complete the prerequisite for the Instructor Training & Consultant Workshop

The Facilitator Program is a dynamic, new program that will give you the skills to share Touch for Health with people to make a dramatic difference in their health and vitality. Whether you are working in a health or educational profession, or want to use the skills with your family, friends or for yourself, you will get many hours of practical hands on training that you can put to use.

The prerequisite for the program is to be able to get yourself balanced (fourteen muscles using the TFH book or chart) within fifteen minutes. Here's the material that's covered in the course:

- models of health and healing
- 14 muscle balance
- artful muscle testing
- how to effectively "facilitate"
- role of belief in healing
- the five "strengthening" techniques
- postural analysis
- meridian massage
- alarm points
- cross-crawl repatterning
- goal balancing
- figure 8 energy flows
- gait testing
- phobia tapping
- surrogate testing
- opposing muscle theory
- the 42 stand up muscle tests
- "Switching On" techniques
- balancing theories
- Five Elements
- nutrition and food sensitivity testing
- relieving cramps and muscle tension
- using meridians and acupressure for pain
- Emotional Stress Release
- techniques to switch on the eyes and ears
- left brain/ right brain theory
- how to communicate Touch For Health
- reactive muscles
- pain tapping
- creating action plans for follow-up

Individual Fee: \$465	Couple: \$750	To review (member): \$125
Dates at the Foundation: December 29-31	January 2-3	March 18-22, '88

See back cover for nationwide schedule.

Prepayment discounts apply to classes offered starting 1988. See page 2.

PROGRAMS

THE FACILITATOR PROGRAM UP-DATE

an Invitational Program for ITW Graduates

ATTENTION INSTRUCTORS

In this twenty hour workshop you will get lots of hands on practice to refine your skills along with new information on the latest developments in Touch for Health. This course has been specially designed to give instructors powerful new ways to present their material and to expand their understanding of TFH. Here's what will be covered:

- Cross-Crawl repatterning
- Reactive Muscles and gait testing
- Goal Balancing and Phobia Tapping
- memory techniques for the meridian system & Five Elements
- left brain/right brain theory and Hemispheric Integration techniques
- creating action plans for follow-up and developing support structures
- Emotional Stress Release - past, present and future and the Five Elements
- communicating effectively about Touch For Health - how to effectively "facilitate"
- 42 stand-up muscle tests with emphasis on functions and indications, origin/insertion, & postural analysis

Why take the Facilitator Up-date Program?

- Network with other instructors and create support systems to further the vision of TFH
- Complete the prerequisites for the Consultant Workshop & Instructor Training
- Learn creative new ways to teach the material in the TFH Book
- Become more effective in producing results with TFH
- Develop your present skills and learn new ones

When: February 5, 6 and 7;

Hrs: Friday 7:00 - 10:00 pm;

Saturday & Sunday 9:00 - 6:30

Where: at the Foundation **Fee:** \$195; couples \$325

Enrollment is limited to twenty people and already a number have expressed interest so register now to assure a space.

MASTERY SESSIONS

- *Get Yourself Balanced*
- *Develop Your Skills*
- *Learn New Techniques*
- *Meet Other Stimulating People*

This two-hour session gives you hands-on, supervised practice of the fundamental skills of TFH and Educational Kinesiology to move you to a level of mastery. Whether you took an Intro course a year ago and forgot most of the material or you just came out of the Facilitator Program and are ready for more, you will be able to get your questions answered and move at a pace that meets your needs. Bring a friend who hasn't had TFH to join in the fun. They will get to experience a balance and learn how TFH may be of benefit to them.

Fee: \$5 **Dates:** Mastery Sessions will take place every Wednesday evening in different locations throughout Southern California from 7:00 to 9:00 starting in 1988. Call the Foundation to find out the location and to reserve your space:

(818) 794-1181

How to still be eligible for Instructor Scholarships in 1988, back cover.

FOUNDATION BUSINESS

BULLETINS

MEMBERSHIP DUES INCREASE

In its September meeting this year, the Board of Directors voted to increase membership fees.

This is the first increase in members fees since the Foundation's inception fourteen years ago and is required to partially offset increases in printing and postage during the last decade.

The new rates, which will go into effect January 1, 1988, are shown below:

Type of Membership:

Basic	\$30	Professional	\$75
Joint	\$45	Joint Professional	\$120
Referred Instructor	\$50	Supporting	\$100
Joint Membership Referred Inst.	\$75	Contributing	\$250
		Life Member	\$1000

INSTRUCTOR BUSINESS

THANK YOU POINTS

Touch for Health wishes to say "Thank you" to all of our instructors who diligently turn in their rosters and encourage their students to become TFH members. It is only in this way that TFH can grow and prosper as a national and international movement. TFH has thrived due to your efforts.

Beginning next year, we wish to thank you for your past participation as well as encourage your future involvement.

Thank You Points will be awarded to Member-Instructors for turning in rosters, signing up new members and enrolling their students in advanced classes.* Basic Members can use *Thank You Points* to:

- Pay for their Annual Meeting registration
- Pay tuition for advanced workshops
- Pay their annual membership dues.

Each *Thank You Point* is the equivalent of \$1.

We will print a list of the top 50 point holders in each *IN Touch*.. The top five instructors on May 31st will be recognized at our Annual Meeting.

The Thank You point system becomes effective January 1, 1988. Thank You points will be awarded as follows:

- POINTS TO ALL MEMBERS:
 Signing-up new members * 3 points per member
- POINTS TO MEMBER-INSTRUCTORS
 Turning in class rosters 1/2 point per student
 Enrolling a student in an advanced class (within 60 days of their having taken your class) 30 points

* We regret that at this time points can only be awarded to members in the United States and Canada.

NEW REFERRAL REQUIREMENTS

Effective April 2nd, 1988, Certified Instructors must have turned in five student names during the previous three months to be included on our monthly instructor referral list.

The Foundation's current policy regarding student referrals is:

- Only Certified Instructor Members may receive student referrals.
- C.I.M.s must turn in ten student names a year to remain on our referral list.
- When the Foundation receives inquiries, (which we do daily), we refer the inquirers to the two nearest Certified Instructors.
- We notify the instructors who has been referred to them.

This system has been working relatively well except for two recurring problem - (1) We often receive complaints that one or both of the Instructors to whom we referred individuals are not currently teaching TFH classes, and (2) we have only sporadically been notifying instructors regarding telephone inquiries which we have referred to them.

This situation is detrimental to our active instructors and the referred students.

Most of the problem revolves around our information handling: i.e. not knowing which instructors have not turned in rosters during the last year, and not being able to send out referred letters to Instructors in a quick and easy manner.

We are now developing a data base program which will enable us, among other things, to track instructor rosters and send out referred letters on all inquiries. We expect the system to be in place sometime in January.

After some discussion we have also decided to upgrade the requirements for instructors to remain on the referral list.

Thus, beginning April 2nd we will print out a list of *referral instructors* at the beginning of each month. The list will include only those instructors who have submitted rosters totaling at least five *TFH* or *Switching On* students during the previous three months.

By upgrading the referral requirements, and doing a better job in keeping our list current and sending referred letters to you, we hope to better serve you and your potential students.

CALL FOR PAPERS

What is so important about February 15, 1988?

It is the deadline for all Annual Meeting papers!

LENGTH:

Papers should not exceed ten (10) double-spaced typewritten pages. We are unable to accept papers which are hand-written or single-spaced.

STANDARDS OF ACCEPTANCE:

1. "Technique" papers should include full descriptions of the procedures involved in easily understood English.
2. A bibliography of relevant reference material should be included at the end of the papers.
3. Footnotes are to be numbered and put at the end of the paper before the bibliography.
4. A brief abstract summary of the paper of not more than 100 words is to accompany the paper. This summary will be published prior to the meeting and used in publicity.
5. Due to the time involved in publication we will be unable to guarantee a paper's publication if received after the deadline. All papers post-marked on or before the 15th of February, 1988 will be considered for the Journal of the Annual Meeting. Any papers post-marked after this date will be considered for publication in the regular issues of "In Touch."
6. Artwork and graphs are to be "camera-ready" and in black and white.

EDITORIAL POLICIES:

While all papers, submitted prior to or by February 15, 1988, will be considered, none will be accepted automatically. If the above structural requirements are met, the editorial committee will read each paper and judge its value as to over-all quality and appropriateness to Touch For Health.

1. If the committee feels the paper has value, but needs revision, the paper will be returned with suggestions.
2. If the committee judges the paper as an extended "advertisement" for a particular technique, school of thought or person, the paper will be returned for revision.
3. Advertising will be accepted only from members of the Founda-

tion. All advertising will be in a section by itself. Those interested in advertising should contact the Foundation for information and rates.

4. All articles, once accepted, become the sole property of Touch For Health Foundation. No copyrighted or previously published articles will be accepted without appropriate release by the first publisher or holder of the copyright.

TO SUBMIT YOUR PAPER:

Mail your paper, unfolded, to:
TOUCH FOR HEALTH FOUNDATION
Attn: Journal
1174 N. Lake Ave.
Pasadena, CA 91104-3797

The Touch For Health Foundation is not responsible for any papers lost in the mails. If you wish to assure yourself your paper was received, please attach a return receipt.

ANNUAL MEETING PRESENTATIONS:

Over-all standards for presenting at the Annual Meeting are the same as the requirements for the Journal. Below are additional criteria.

1. Please state your preference in terms of length of presentation. These are: 15 minutes, 30 minutes, and 45 minutes.
2. When there are multiple presentations received on the same topic, we may schedule the speeches as a panel on that topic.
3. Please advise us of your needs re: projectors, flip charts, chalk boards, or tape/audio equipment for your presentation.
4. To give you and others the opportunity to share your ideas, we require that presenters attend the full meeting.

REMEMBER

The presentation deadline is February 15, 1988.

Please include your whole paper as well as all requested information in one mailing.

Your 1988 Annual Meeting Chairpersons

Gini Burns



Gini Burns has returned to co-chair the 1988 Annual Meeting with Tia Olsen. She brings to us her energy, enthusiasm, deep commitment to T.F.H., and experience as chairperson of our 1986 Annual Meeting.

Gini has been involved in Touch For Health since 1976, when this "unique" concept of touch healing brought such positive improvement in her health, that she decided to take the course. After years of leading exercise groups and managing medical offices, this seemed a natural course of events.

In 1981 she became a Touch For Health Instructor and since then has been teaching in the Riverside, California area. She is also on the Teaching Faculty of the Parapsychological Association of Riverside and is currently studying hypnotherapy.

Her many goals include mastery of the many techniques she has studied as well as teaching Touch For Health, her first love, to more people.

Tia Olsen



Tia Olsen is one of our most active TFH instructors. She has developed and maintained the Health Renaissance Center since 1977, teaching Touch for Health seminars and practicing Therapeutic Massage and Acupressure. She has extensive knowledge in many forms of holistic health including Reflexology, Polarity Therapy, and Bach Flower Remedies.

Graduating from the University of California at Santa Barbara in 1973 with a B.A. in Physical Education she went on to develop and teach physical Education in Los Angeles County and City Schools for three years. She later became a Chiropractic Assistant, Massage Therapist, and Realtor-Associate. Her motivation and creativity continue to expand her horizons.

We are confident that the Burns/Olsen combination will expand the horizons of Touch for Health and achieve an innovative, powerful and healthy conference.

MESSAGE - continued from pg. 1

their own expenses such as registration fees, housing, food, and transportation. The meeting is for people to get to know you as well as to share ideas. We are grateful to all of you who have presented your ideas and we hope you have the same feelings toward the Touch For Health Foundation for giving you the opportunity to have your ideas in this forum. There is also an advanced registration form that should accompany your abstract. The advance registration is for a minimum of one day's registration.

The new programs are being received with great enthusiasm and many people are wanting to become part of the new thrust of Touch For Health Foundation. We want to assure all of you who have been teaching Touch For Health Foundation programs as independent instructors that we want to encourage you to continue to do so, just as you have been. We will be continuing to give you referrals for your basic classes and also will be listing you for other Touch For Health Foundation programs that you are qualified to teach.

The format for the Annual Meeting will be entirely new and there will be special tracks for people with no background in our programs as well as for teachers and those using techniques of Touch For Health Foundation on a one-to-one basis. In addition there will be plenary sessions for the entire group. More about the speakers that have been selected as the year rolls on...Now, just mark your calendar to be at the University of San Diego during July 12 - 17, 1988.

New staff have joined the home office. Luther Thie, my son, has come aboard and you may be talking to him when you call. He graduated from the University of California at Los Angeles in 1986 and then went to Europe for a year and is now decided that he wants to work with Touch For Health to spread the vision we have. Carrie and I are excited to have him working with us. I hope that you will find him, as we do, a wonderful, bright human being.

We have filled the important position of director. Please read his introduction on page eight. In the months ahead I'm sure you will be pleased with the changes you will see in Foundation procedures and accomplishments.

We are also accepting applications for

the Facilitator Program Leader positions. We expect to have a number of these people trained by the next Annual Meeting. This program has me really excited. I believe that the people chosen to be leaders of this program will really have a wonderful time teaching and working with the other leaders. The program has stiff requirements and if you would like to consider being selected the first things that you need to do is to take the program yourself and then make your application. If the schedule for this year does not fit for you and you still want to take advantage of the scholarship being offered to Touch For Health Instructors, send in your deposit and keep that open for you for the entire year of 1988.

There are opportunities, for people who want to help with our vision, to be project managers and enrollment managers. This enrollment manager opportunity can be a way for you to earn a supplemental income.

Also in this issue is a speech given at the 1988 Annual Meeting by Rosmarie Sonderegger, our German-speaking faculty in Switzerland. It concerns the results of her thoughts and studies of the principles of Yin and Yang. Since it was not in the Journal we present it here. We welcome any feedback you have on this.

Regarding feedback, we would like to have a page of wins in each issue of "In Touch" and "Touch For Health Times". Please give us your wins on the phone or write them to us. We would like to print wins on all levels of using Touch For Health techniques.

Margaret Sheehan is heading the section on the use of Touch For Health techniques in Sports and I hope that you will be reporting to her on your success and questions. Richard Harnack is contributing a total of five parts on the "Law of Five Elements" series. Part two, "Fire," appears in this issue.

The programs are going very well. I hope that you are excited about being a member of Touch For Health. We are making a difference in the world. The new book *Natural Family Doctor*, has a nice section on Applied Kinesiology and Touch For Health. If you do not have a copy you may order it through the THEnterprises store with your membership discount. It is published by Simon and Schuster and is also available in German.

The Book of Massage

Lucinda Ludell

A classic guide in its presentation of "healing of the hands." Beautifully illustrated, excellent photos, and very clear, step-by-step instructions. Includes basic massage, Shiatsu, Reflexology, Anatomy, and Body Reading. One of the best massage books we have seen for years. Share this book and the power of human touch with a friend. Ppbk. 192 pages.

\$10.95

Five Minute Phobia Cure

Roger J. Callahan, Ph.D.

Phobias and fears can control your life. Everyone has one! (i.e. fear of success, business speech, athletic competition, &c.) This has been one of our bestsellers because it works! Once you learn to do the method, it takes less than 5 minutes. Mental health professionals have said it has amazing results on people they have been seeing for years. These simple procedures have real break-through possibilities, a great tool for all professionals. Hdbnd. 168 pp.

\$12.95

The Natural Family Doctor

Andrew Stanway, M.B. M.R.C.P.

This is our new pick of 1987 as the best comprehensive self-help guide to health and natural medicine, illustrated & photographed as "The Guide" for health professionals and laymen to know all options of natural medicine and whole health maintenance.

\$12.95

The Pleasure Connection

Deva Beck, R.N. & James Beck, R.N.

An inspiring book about endorphins. Learn when and how exercise can improve your life. Enhance and improve your memory — at any age! Includes "how to" explorations to influence health and happiness, release pain, and increase pleasure.

\$12.95



Touch For Health

\$13.95

John F. Thie, D.C.

One of the most popular self-care books of the decade. The approach is simple to use and extremely effective to restore our natural energies using muscle testing, acupuncture, massage, food testing, and movement. Reduce physical/mental pain and tension throughout the world. Spiral-bound; 11 x 11, 132 pp.

ATTENTION INSTRUCTORS!

We now have the Touch For Health Introductory Course Certificate available for you to grant to your students. If you became an instructor in 1987 or if you have taken the Facilitator Program we encourage you to order these certificates rather than the Touch For Health 1 certificates.

We are also carrying generic Educational Kinesiology Certificates with the Touch For Health Logo on it. It is designed to apply to your Basic 1 & 2 Educational Kinesiology classes whether you call them *Switching On* or not.

TFH Intro. & Educational Kinesiology are 15¢ each.

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JOB OPPORTUNITY

California Licensed chiropractor is being sought by John F. Thie, D.C., to join his practice in Pasadena, California. The person must be interested in a career relationship in Pasadena and be familiar with Touch For Health and diversified adjusting techniques. The doctor will be specifically trained in Thie Chiropractic methodology. If you know of a person who meets these qualifications, please let them know about this opportunity and have them send a resume to **John F. Thie, Jr., Clinic Administrator, Thie Chiropractic Clinic, Inc., 1192 N. Lake Ave., Pasadena, CA 91104**

FITNESS TEAM - continued from pg. 1

had spasms and stiffness in my shoulder — TFH definitely made the difference!”

Alan Davidson, world champion in his age division in the sprint event — 1.5K swim/40K bike/10K run — was concerned about how he was going to perform with his right leg giving him pain and muscle cramps. He was amazed at how quickly the pain left and performance was restored to his soleus, hamstrings, quadriceps and sartorius after neuro-lymphatic stimulation and origin insertion technique.

Margaret Sheehan, coordinator of the Fitness Team, has worked with Ken Glah, 24 year old professional Triathlete from West Chester, PA, over the past year and half. With Margaret’s support, Ken turned in a very impressive performance, placing 5th overall and coming in with the fastest time in the bicycle leg of the race.

In the three month’s before the race, Ken’s weekly training schedule consisted of swimming 15 miles, biking over 400 miles and running 50 miles. He definitely feels that TFH is an asset to his training and performance and finds that it helps him to prevent injuries and recover quickly from training and events. Here’s a report from Margaret on what she did to assist Ken:

“In the period of 14 to 5 days prior to the race we concentrated on re-education, 42 muscle balancing, lengthening exercises, reactive muscles, gaits, figure-8 energy flows, auricular and visual corrections,

deep-tissue massage work and teaching Ken how to use neuro-lymphatic and other corrections during the race. I used leading questions to get Ken to tune in to what he needed, discussing in detail what difficulties presented themselves in each event. This helped me to know what techniques we might add, and more importantly, to put Ken in charge of his preparation process.”

“Five to one days before the race he saw the benefits of our earlier work. Fewer muscles were switched off and Ken’s training work-outs were increasingly smoother and trouble-free. Three days before we did advanced balancing to help prepare Ken mentally for the event. Powerful correction in this balance was the use of Emotional Stress Release, or Positive Points, while Ken visualized competing in the race with ease and pleasure. Ken’s performance showed how well this worked.”

“Race-day balancing showed no muscles switched off. Ken’s gaits, eyes, and ears were switched on; he was 100% ready. During the race Ken used neuro-lymphatic corrections to bolster fatiguing muscles, K-27’s to keep himself focused, and auricular corrections to stay clear and perceptive.”

“When Ken crossed the finish line in fifth place in nine hours and five minutes, he was tired yet coherent. His immediate post-race care was gentle sports massage and holding ESR points to relax him. Origin insertion massage was also effective for muscles that were extremely fatigued. Several hours later we checked and balanced

fourteen muscles and did more massage work. The next two days we returned to using forty-two muscles and all the extras to begin preparing Ken for his next triathlon in Nice, France.”

If you would like to become part of the action and become involved in the exciting fitness team here are ways you can participate:

Join the T.F.H. Fitness Team

1) Support Touch For Health at future sports events by contributing money for booths and promotion. Send your tax-deductible contribution made out to Touch For Health Foundation Fitness Team, 1174 N. Lake Ave., Pasadena, CA 91104-3797.

2) Become a Fitness Team Member and receive referrals from future Iron-Man Expos and other events. To do this send Margaret Sheehan a brief resumé of your training and experience and a statement of how you would like to participate. For example; working on research, organizing volunteers for local events, facilitating individuals, athletes, or teams, etc.

3) Contributing articles concerning Touch For Health and Athletics. These articles should be sent directly to Margaret; some will be published in our newsletter, the rest will become

continued next page

SPOTLIGHT ON Margaret Sheehan

Margaret Sheehan’s interest in fitness has lead her to develop the Touch For Health Fitness Team, through which anyone involved with Touch For Health can contribute to the increasing awareness of T.F.H. in sports and the fitness world. This is what she has to say:

I am extremely excited about our newly formed Touch For Health Fitness Team. The purpose of this organization is to act as an outreach organization, to share Touch For Health with people who are participating in sports for fun, fitness and profession. My experience with athletes has shown me that they are looking for the tools we have to offer them to reduce pain, fatigue and to enable them to train and participate at 100%. The only challenge is to get their attention. I believe that if we mobilize and organize our energy to meet this challenge we will see TFH techniques used in spas, aerobics classes, team training, corporate fitness centers, etc.

My experience with athletes has been extremely positive. I have noticed an increase in motivated clients and more class enrollments, as well as a positive non-medical outlet for my students to use their new skills. I invite you to participate any way you can!



FITNESS - from previous page

material for our information network.

4) Become a part of our information network and receive the latest about how to reach athletes, what research is being done, and experiences of other team members. To do this send \$10 to Margaret and every couple of months she'll send you a packet of articles specific to our interests.

Please write or telephone if you have questions, or ideas:

Margaret Sheehan

Touch For Health Fitness Team Coordinator
953 Larchwood Rd.
West Chester, PA 19382
(215) 436-6186

SCHOLARSHIP FUND

José

Touch For Health has lost a champion. José Moniz de Aragao died in June 1987 at the age of 56. He was of a noble class of human beings, able to teach Touch For Health in high places through his contacts with government officials, military men and prestigious members of the medical community. José himself was a lawyer who had given up practicing law to learn how human beings could help themselves through touch. He and his wife Henny became our Faculty for Brazil and organized Brazil so that there would be instructors in every major region. They translated *Touch For Health* into Portuguese and had the book published in Brazil.

In memory of José, we have set up a scholarship fund in his name. We encourage you to contribute to this fund for Brazilian scholarships. Or, if you wish, you may

were really cruel. "One little boy came to school," Jan remembered, "waving a cross in front of me and saying, 'Back, back, Miss Cole! Get back!' like I was someone dangerous to him."

More than that, Jan remembered what a struggle it was to come to school every day to do the job she had chosen to spend her life doing. "It was very difficult for many months," Jan admitted, "and I know I was really on edge. Once, my faculty, who were extremely supportive of me during the entire ordeal, sent me a rose and a card signed by everyone on the staff who said 'Hang in there, Jan!' But it was hard. I thought my job was on the line and everyone hated me. I was embarrassed, too. And later that was used against me in court; the parents claimed that I was emotionally unstable because I allowed my feelings to show."

The result of the Policy Council investigation in May was a report to the parents and Jan. In a hearing in August before the school board, both the parents' allegations

FIRE - continued from pg. 3

an excess, and the second is a deficiency in Fire.

An excess in Fire could indicate a chronic deficiency in any or all of the other phases. Wood may be deficient because Fire can be drawing its excess from there. Water may be deficient because it cannot control Fire adequately. Metal may be deficient because Fire is over-controlling it. Finally, Earth can be deficient because Fire is not allowing energy to continue on.

A deficiency in Fire may show an excess in any or all of the other phases. Wood may not be letting energy flow into Fire. Water may be over-controlling. Metal may be too aggressive, breaking Fire's control. Finally, Earth may be taking too much from Fire.

designate your contributions for scholarship funds to be used where needed. Many people in our world would like to be sharing the Touch For Health synthesis, but do not have the funds to learn. Henny is carrying on with all the beautiful people of Brazil. Your contribution will help her and Touch for Health reach more people. Please send your donation made out to the Touch for Health Foundation and earmarked for the José Moniz de Aragao Endowment Fund.

and Jan's testimony to the council were reviewed. Ultimately, in October 1985, more than a year after the challenges began, the District 13 Board of Education upheld Jan's academic freedom rights and asserted she had not been practicing witchcraft or the occult in her classroom. The school board ok'd Jan's use of the relaxation technique and affirmed her right to present alternative viewpoints to her students.

Jan didn't wait for the school board's decision, however. In the Summer of 1985, she decided to file a lawsuit against the parents, claiming she had been slandered. Jan appealed to CEA for assistance and the Association's Legal Defense Fund Committee agreed to help. William Bethke retained council for CEA and took Jan's case. The suit was filed September 5, 1985.

This ends part one of Jan Cole's story. Please see the conclusion in the next issue of "In Touch For Health."

COLE - continued from pg. 4

someone had contacted the coordinator of sixth grade outdoor education, claiming that Jan was going to "do witchcraft" while she was with her students at the outdoor education camp in April.

Following this discovery, Jan's principal attempted to convince the parents that their activities could be considered defamation of character. Jan met with several district administrators for advice. Finally, the school district's Policy Council, comprised of teachers, parents, and administrators, set up a subcommittee to hold a hearing in mid-May and give the parents the chance to air their concerns to the district.

At the Policy Council hearing, the parents presented a list of 32 allegations, expanded from the original one about the relaxation technique. The Policy Council questioned Jan for more than three hours, but did not tell her all the allegations nor let her respond to all of them. The council followed its hearing with an investigation during which all the students in Jan's class were taken from the class and questioned individually.

"It was really a terrible time for all of us," Jan said. "The kids wanted to talk about it all the time. I felt like I had to talk about it to them somewhat because it was real and some of them were scared."

Jan recalled that some of her students, though probably not meaning to hurt her,

YIN/YANG - continued from pg. 5

the brain, we find similar words attributed to the Gestalt or the try brain.

We have the ability

- | | |
|-----------------|----------------------|
| to be emotional | or to be rational |
| to be relaxed | or to be tense |
| to be intuitive | or to be mental |
| to unify | or to divide |
| to be | or to do |
| to have insight | or to have skill |
| to use impulse | or conscious control |
| to be psychic | or to be logical |

We understand so much, we know a lot and there is so much to choose....

Looking at the European way of life I realize that we have been using predominantly the male principle. This is why we work too much and we relax too little.

A person was and still is classified according to what she has and not as much for what she is.

I am not here to make a judgement, I'm not even qualified to do so. What I know though, is that for the creation of a human being Yin and Yang, male and Female, are equally necessary. The active, penetrating, dividing ability of the sperm and the fostering, unifying quality of the egg make life possible. Furthermore, in the Eastern as well as in the Western world, we know that a child whilst in the mothers womb and shortly after birth is in complete harmony with Yin and Yang. The little creature does not yet have knowledge or understanding.

The development of consciousness and knowledge is very obvious, as soon as you look at children's drawings. Have you ever seen the Head-People?



The perception of the child is not yet developed enough to recognize what is: Small children still express (draw) according to their own knowledge and understanding.

The process of the human race is repeated in every newborn baby. The journey that is called Life is the struggle of the long path towards harmony or, as the Chinese say, towards wisdom.

Being on our way, what can we do with TFH?

5. BALANCING YIN AND YANG IN TFH

There are ways, we already know and use:

1. We balance the meridians
2. We do a 14-muscle balance or the Five Elements
3. We harmonize with colours, as I showed last year.

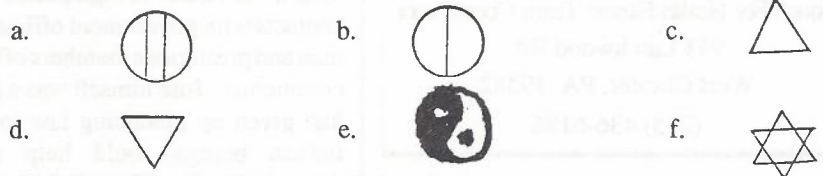
Another way, that has been helpful and powerful for the people who are open and willing to know will be shown.

Let's acknowledge first that we all, male or female, have the same amount of Yin

and Yang meridians. One chromosome decides whether the male or female aspect, biologically, will be dominant. It is mostly due to education, how we have learned to use or develop our Yin or Yang side. It much depends on the culture, the family system, etc. Men in Switzerland, for example, still are expected to be strong, rational, active...and shouldn't cry. Do you know similar examples that are true for yourself or persons you know?

THE TESTING AND HARMONIZING PROCEDURE:

- Step One: A volunteer - a strong indicator muscle Switching - on.
 Step Two: Test the following symbols (nonverbal testing)



- Step Three: Test the following phrases (verbal testing)
- a. I am allowed to **feel** the female within myself
 - b. I allow myself to **feel** the female within myself
 - c. I am allowed to **show** the female within myself
 - d. I allow myself to **show** the female within myself
 - e. I accept and show the female principle within and around myself
- Test the same phrases replacing female with male.

- Step Four: Note the symbols or phrases that test "weak"
 The person thinks or visualizes the symbol or the phrase, rotates the eyes and goes through the colors of the Five Elements. The testor holds the frontal eminences.
 Retest Phrase/Symbol - strong
 If there is another phrase or symbol that tested "weak," retest. If still "weak" repeat the above procedure with the correspondent phrase/symbol. It works.

Step Five: Ask the person how he/she feels

For exceptions -

Step Six: Sometimes it is necessary to add the following to a phrase or symbol:

1. Brain repatterning
2. Age regression

Advantage: The male and the female principle are directly addressed.
 A different awareness is created.
 Maybe even a new attitude towards life or one's behaviour, is initiated.

Some facts: Very often **feeling** is okay, but not **showing**.
 Thinking of male or female, many people go "weak" on the X.
 Not only men, but also lots of women are subconsciously afraid to live/show the female principle. We all need the EGP of the male principle and we need the female to nourish it. We need the ability to distinguish, to make up our mind, so that, according to the female principle, we can incorporate, assimilate it.

Have we achieved wisdom?
 If the answer is **no**, I will conclude with a statement of Plato:
 Love between a man and a woman

implies separation of the male and the female principle.
 And love is wonderful, isn't it?

Join Us!

The Touch For Health/Educational Kinesiology program has many exciting things to offer, and by far the most exciting is the World-Wide Annual Meeting! Every year hundreds of healers, educators, therapists, medical professionals, lay people — people from all walks and professions — come together at the University of San Diego for a week of sharing. We share what we are doing with Touch For Health and Educational Kinesiology and where we would like to go with our vision. We share ideas, hard work, laughter, and love. We refresh our old skills, learn new ones, and inspire each other to keep it up for another year. We renew each other while reestablishing our connection with, and concern for all humanity.

We have a lot of fun! Aside from the conference itself, there is a moonlight cruise on the bay, an afternoon in Tijuana, or a trip to Sea World or the Wild Animal Park. The University has tennis courts and a beautiful Olympic-size pool so you can relax in the sun without leaving the University environment.

To make it even more fun, as well as economical, stay on campus to attend the Facilitator Program and the Kinetic Education Consultant Workshop. If you are planning to take these classes why not do it while you are on campus? Look in your calander and set aside the following dates:

Facilitator: July 6 - 10, 1988

Annual Meeting: July 12 - 17

Consultant Workshop: July 18 - 21

Instructor Workshop (@ Foundation): July 23 - 29

Come to the Annual Meeting and experience it all for yourself!

Welcome the New Foundation Executive Director

On October 1st the Touch for Health Foundation hired Harun Magnuson as its new Executive Director.

Harun has wide experience in small business finance and the management of non-profit organizations.

His experience includes:

- BA in Economics from Stanford University and a MA in Economic Development from the University of Wisconsin.
- Two years in the Peace Corp where he served as a financial consultant to the Treasury Department of Western Samoa.
- Manager of the Commercial Credit Department of the Central Bank in Denver.
- Financial Vice-President of TELACU Industries, the for profit arm of the second largest Community Development Corporation in the United States.
- Financial Vice-President to CHISPA - a non-profit organization which develops co-operatives and builds low income housing for farmworkers in the Salinas Valley.
- Executive Director of the Soledad Local Development Corporation, a non-profit Economic Development Corporation operating in the Salinas Valley.
- Financial Director to Project Sunrise, a theme park development company in Sydney, Australia.

In 1984 Harun experienced a number of physical set-backs, including post-polio syndrome, which reduced him to working part-time as a financial consultant. (He has responded well to TFH treatment under Dr. Thie and is now able to work almost a full week.)

Harun is very happily married to his wife, Sulfiati. They have been blessed with three girls - Salamah, Michele and Rachimah (who will love seeing their name in print).

LEADER'S PROGRAM

If you are an experienced instructor looking for more of a challenge, consider the *Leader's Program*. The *Facilitator Program* is enjoying increasing success and popularity and within one to two years the present faculty will not be able to meet the demand. We want to train additional faculty and have prepared the *Leader's Program* to do this. You need to have the following qualities and abilities:

- Experience in teaching and enrolling Touch For Health/Educational Kinesiology (rosters sent to the Foundation, please).
- A clear knowledge of what is Touch for Health and what is not.
- A deep commitment to the ideals of Touch For Health and to making touch healing widely available.

The program consists of attending the *Facilitator Program* in each of the following capacities: first as a participant, then as a course assistant and finally as a co-instructor. In addition you need to complete the *Kinetic Education Instructor Training* and a training workshop designed specifically for *Facilitator Program* leaders. The *FPL Workshop* will be held once a year, the next one being **February 15 - 17, 1988**. Upon completion of these steps, you contract as a provisional *Facilitator Program Leader* for one to two years, during which time you produce a track record with successful enrollments and teaching.

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ADDRESS CORRECTION REQUESTED

Consultant Training

Hours are 9a – 6p each day. All dates below: 1988.

California, Foundation	March 24 – 27
(818) 794-1181	
California, San Diego	July 18 – 21
(818) 794-1181	
Missouri, St. Louis	April 21 – 24
(314) 968-3071	
Texas, Dallas	May 2 – 5
(214) 243-2382	
Wisconsin	June 8 – 11
(715) 258-7733	

Instructor Training

If seven days, hours are 9a – 7p. If eight days, hours are 9a – 6p each day. All dates below are for 1988.

California, Foundation	February 8 – 14
(818) 794-1181	July 23 – 29
Missouri, St. Louis	May 7 – 14
(314) 968-3071	
Virginia, Norfolk	April 10 – 16
(804) 421-3393	

Facilitator Program

All courses are taught 9a – 6p each of five days in the following locations and dates.

Location	Date
California, Foundation	
Dec. 29 – Jan. 3, '88 (day off for Rose Parade)	
(818) 794-1181	March 18 – 22, '88
California, San Diego (U.S.D.)	July 6 – 10, '88
(preceding Annual Meeting)	
California, San Francisco	April 27 – May 1, '88
(415) 792-5274	
Colorado, Denver	April 20 – 23, '88
704/258-4681	
Florida, Naples	March 9 – 13, '88
(303) 278-1123	
Georgia, Atlanta	March 23 – 27, '88
(813) 643-2627	
Iowa, Ft. Dodge	October 12 – 16, '88
(712) 288-5385	
Missouri, St. Louis	March 2 – 6, '88
(314) 968-3071	
Nevada, Las Vegas	January 23-24, 30-31, '88
(702) 736-3837	
New York, New York	February 24 – 28, '88
(212) 966-3516	
North Carolina, Durham	April 4 – 8, '88
(919) 286-3224	
North Dakota, Bismarck	May 18 – 22, '88
(701) 255-4159	
Ontario, Toronto	May 25 – 29, '88
(519) 759-3524	
Pennsylvania, Pittsburgh	June 13 – 17, '88
(412) 373-8638	
Tennessee, Nashville	January 20 – 23, '88
(615) 292-4172	
Texas, Dallas	April 27 – May 1, '88
(214) 243-2382	
Virginia, Norfolk	January 16 – 20, '88
(804) 421-3393	
Washington, Bellingham	May 2 – 6, '88
(503) 293-1488	
Wisconsin	April 12 – 16, '88
(715) 258-7733	

LAST CALL for Instructor Scholarships

The \$250 scholarships available to instructors for the Facilitator Program expires 12/31/87. But you can use your scholarship for any 1988 Facilitator Program if you deposit 50% of the total tuition prior to December 31, 1987.

ACT NOW!