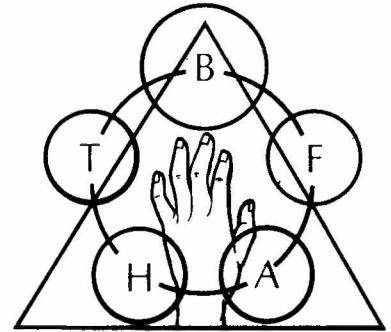


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# *in touch*



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NEWSLETTER OF THE BRITISH TOUCH FOR HEALTH ASSOCIATION

*Number 8 August 1984*

## 2<sup>nd</sup> ANNUAL CONFERENCE

OCT 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup>

**T**hree Special Days

Making Stress in Your Stride

nancy joeckel

Techniques and Ideas '84

5 u.k. speakers

The Eight Extra Meridians

wayne topping

A BIG WELCOME TO:

Instructor/Practitioner Member:

John B. Tyndall,  
Teddington Memorial Hospital,  
Hampton Road, Teddington, Middx.

General Members:

Mr. Eric Hills, 4 Cator Road,  
SYDENHAM. SE26 5DS.

Sarah Penrose, Helsdons Farm,  
Hanworth, Norwich, Norfolk.  
NR11 7HW. (0263-768083).

John Hadley, 11 Pinmore Avenue,  
FROME, SOMERSET. BA11 4RA.  
(Frome 67533).

K. E. Loechel, 29 Pall Mall,  
LONDON. SW17 5LI.

Ellen M. Trayner, 39 Sorbie Road,  
ARDROSSAN, Ayrshire, SCOTLAND.  
(Ardrossan 63171).

and Overseas Members:

Bruce & Joan Dewe, P.O. Box 20.  
WHITIANGA, 2856, NEW ZEALAND.  
(Faculty Member NZ & Aust.)

Sally & Billy Popiwenko,  
2 Yaralla Street, CONCORD WEST,  
2138. N.S.W. AUSTRALIA.

Phillip Rafferty, Flat 2,  
138 Kilby Road, EAST KEW. 3102.  
VICTORIA, AUSTRALIA.

Mrs. Ruth Bray, 20 Muir Avenue,  
KERANG. 3579, VIC. AUSTRALIA.

Mrs. Anna McRobert,  
77 Jilba Street, INDOORoopilly,  
4068, QUEENSLAND, AUSTRALIA.

J. M. Burger, 8 McGlew Road,  
MOUNT PLEASANT, ZIMBABWE.  
(Mt. Pleasant 885312).

## Guidelines

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

Typed, preferably 10 characters per inch rather than 12 per inch, single-spaced with a longest line length of 100mm, and as clean a finish as possible.

If you are happy for your handwriting to be printed, as it is, then so are we, but please keep the lines black and solid, and the letters fairly large as we shall reduce it (approx 80%) before printing. Keep to a longest line length of 100mm.

We would also welcome line drawings.

Course details should be typed in the format described in the heading to that section.

Please send to;  
Denis Burke, 25 Lothian Road, London SW9.

**TOUCH FOR HEALTH** is a practical guide to natural preventative health care. It is a method of health enhancement which seeks to use health itself as a weapon against sickness, and it is specifically designed to give ordinary people ways to care for themselves and each other.

**TOUCH FOR HEALTH** uses a series of muscle tests to obtain direct feedback from the body. This is a simple and exciting method by which we can detect physical, emotional, or chemical imbalance. When weakness or imbalance is found we activate certain points on the body with deep massage or light touch to correct it, and restore the body's natural energy flow. We call this process balancing, and in this way we can pick up and often resolve problems before symptoms become apparent.

**TOUCH FOR HEALTH** classes are fascinating, fun, and practical. They are in three parts, each part of approximately 12 hours duration.

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## THE BRITISH TOUCH FOR HEALTH ASSOCIATION

Founded in 1982 the British Touch for Health Association exists primarily as a central organisation to co-ordinate and promote the continued growth of Touch for Health in Britain, and to liaise with other Touch for Health groups through the world.

THE BRITISH BIOMAGNETIC ASSOCIATION

BIOMAGNETIC THERAPY

HEALING WITH MAGNETS - THE EXTRA-ORDINARY WAY

A COMPLETELY NEW HOLISTIC APPROACH TO HEALING:  
ELIMINATES GUESSWORK: YOU CAN WATCH IT HAPPENING;  
OBVIATES THE NECESSITY FOR SKELETAL ADJUSTMENTS:  
BALANCES CHI ENERGY  
REMOVES PSYCHO-NEUROLOGIC AND MUSCULAR TENSIONS:  
IS SIMPLE TO LEARN AND EASY TO PRACTISE:  
NO EXPENSIVE ELECTRO-EQUIPMENT REQUIRED:  
TWO WEEKEND TEACHING SEMINARS.

INTERESTED ?

THEN CONTACT .....

The British Biomagnetic Association, 179 Fore Street, Exeter,  
EX1 3BR. Tel. (0392) 37366 for further information.

**Comment:**

In 35 years of practice I have found no other system as entirely  
holistic as this. I am greatly enthused.

T.N.D.Williams, Dr.(Ac),DO.,N.D.,D.Hom.,MRH.



**through with a way to freshen  
the air we breathe.**

The first 15 minutes of this video is devoted to the 14 basic tests with the pacing of the demonstration by Natalie Davenport designed for you to practise each without the need of slow motion or stop buttons.

The second 15 minutes provides an accurate reference to the 42 muscle tests.

Copies from Martin Lee, 27 Wildman Close, Rainham, Kent ME8 9SL.  
Phone 0634 373312.

NB: 10% of proceeds go to BTFHA.

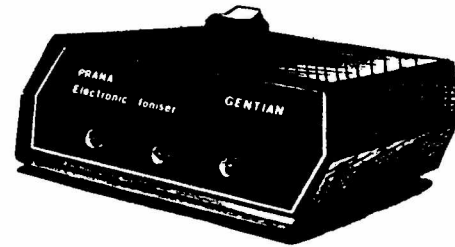
### *Touch for Health Banners*

for sale or hire. Size 3½ft by 2ft.  
Suitable for use with indoor and outdoor stands.

Hire costs £5 per week plus £20 deposit, plus postage.

Sale price £25 each plus postage.  
Other designs and sizes to order at approximately £7 per foot run, substantial discount for more than 5 banners of the same design. Details and orders to Brian Hampton, 13 Arthur Road, Rochester, Kent, ME1 2AS. 0634 401829.

NB: 10% of proceeds go to BTFHA.



#### PRANA IONISER

- Breathing becomes easier — especially for sufferers of asthma, bronchitis, hay fever, emphysema.
- Headaches, migraines and nervous tension are relieved.
- Positive ions caused from duct heat, nylon carpet, plastics and other man-made fibres can be neutralised and changed to negative ions.
- Your mood and concentration can improve drastically and you can feel a greater sense of well being.
- Airborne pollution from smoke, dust and pollen in the atmosphere can be cleared up leaving a healthy atmosphere.
- Risk of cross-infection are greatly reduced.

£39.95 + £1.50 postage and packing

Denis Burke, 25 Lothian Rd. London SW9

**GENTIAN**

**ENGLAND**

For Ki Development classes, for the Unification of Mind and Body, in the London Area ring; 01 394 1949.

#### PART-TIME CERTIFICATE COURSE IN MEDICAL DOWSING

LONDON and EXETER are the venues for a Part-Time Certificate Course in Medical Dowsing organised by the British Biomagnetic Association. Course runs from September 1984 to May 1985. For details and application form please contact B.B.A., 179 Fore Street, Exeter EX1 3BR. Tel. (0392) 37366.



The British Biomagnetic  
Association

## Editorial

This A.G.M. bumper edition of In Touch will be my last one as editor, the year is up and a new editor should be nominated at the A.G.M. For me, as I suspect for many, the year has shot past being one of greater activity and change than, and like, the previous year. You may have noticed my change of address for every edition, I apologise to all those who have had trouble keeping up with me. Acquiring the skills needed to produce In Touch has been interesting and very useful and the new editor can expect as much help as Richard Beale kindly gave me last year if they need it. Additional technical help was very forthcoming from Gary Marsh a friend of mine who is a professional. Thank you Rich and Gary. Thank you also committee members for your help and support. In Touch is an important part of the association as its name suggests and if you are interested in being the next editor you can expect to feel close to the hub. I have enjoyed doing it and sometimes cursed it but overall enjoyed the opportunity. Now I will luxuriate in reading my copy without already knowing its contents.

Love  
Denis Burke

## Advertising Rates

IN TOUCH is now accepting advertisements, subject to editorial discretion. The rates below are for ready-to-paste-up copy for one issue. Double these rates will be charged for advertisements which we have to prepare from a rough draft. Reductions to our standard 80% linear are free of charge. If advertisements are to be reduced then they should be prepared according to our Guidelines (see Editorial page). One page before reduction is 340x225mm. If advertisements are not to be reduced, then the longest line length for one column width is 80mm and one page is 270x180mm.

one page	£14
half page/ one column	£ 7
quarter page	£ 3:50
per cm depth of column	£ :25

## Course Coordination

Free 'In Touch' advertising of Touch for Health & related courses.

Let me know all the courses you are teaching & we can co-ordinate our schedules to optimum benefit of all concerned. These will be listed in 'In Touch' — soon all kinds of people will be reading it.

Lin Bridgeford: 01-603 0652. Garden Flat, 18. Ceylon Rd., West Kensington, London W14 0PY.

## Report From The Chair

Hello Fellow Members -

Wow - What a year! So much has happened since our last AGM - which was such a success, thanks to all who participated, that this year the BTFHA was able to fund the Alternative Medicine and the Mind, Body & Spirit Exhibitions. Many thanks to all the people who helped out on both stands. Many long hours & a lot of energy is given freely at these exhibitions and it is greatly appreciated. Thank you too, to John and Heather White for taking over the organisation of the Alt. Med Stand.

One of the ideas that the Association started this year was Educational Seminars. This is an evening set aside for local and visiting speakers on TFH related subjects. These seminars need more support from the members, and if you have any ideas please let us know - the Association is here to serve your needs.

Certain members have worked hard and produced exhibition posters and a video of muscle testing, which is for sale to all instructors. Well done to Charles Benham, Brian Hampton and Natalie Davenport for their work. More posters and teaching aides will be produced in the next year - do let us know what you need and what you can contribute.

TFH is becoming well known to the general public. Congratulations to all TFH'ers who have given lectures, TV demonstrations, and written articles for newspapers & magazines, thus giving more publicity.

There are also two regular thriving monthly practise evenings, one in North London and one in West London, which create a lot of laughter and enthusiasm. Our tape library too, now consists of 70 + tapes, including the San Diego lectures. These are ready for you to buy. Many thanks to Liz Andrews who has catalogued them and made them available for you to order at the AGM.

BTFHA was represented by 6 Assoc. members at the recent San Diego Conference. They were Brian Butler, Liz Andrews, Mary Gooch,

While at San Diego BTFHA was able to establish Group Membership with the Foundation from October, 1984. Some of the benefits will be Book Store discounts, Instructors will be listed in the International Directory of Members, and the best of their newsletter and ours will be exchanged. So by being a member of BTFHA you will automatically be a member of this vast and growing international family. We are the 1st Association to establish this type of membership. Congratulations to all on the Committee who helped to arrange this.

Our Membership too is growing. We now have 5 Australian, 1 New Zealand, 1 West Germany, 1 Zimbabwe, 5 Southern Irish and 2 Israeli members. "In Touch is reaching out far & wide. U.K. members keep up the good work sending in articles; we too welcome articles from our overseas members. Do let us know what is happening in your area, town, country!

Many speakers from the States will be coming to Europe over the next few months; such as Sheldon Deal in August, Nancy Joeckel & Wayne Topping in October, Rich Utt in November and the possibility of Grace Halloran (eye Specialist) next year. There is plenty happening, and if you would like someone to visit this country some time do let us know. Bring your thoughts on how you want your Association to work for you at the AGM on Sat. 6th Oct. Some suggestions put forward are; ethics, area centres, telephone tree & a British Instructors teaching and advertising manual - We need your ideas too!

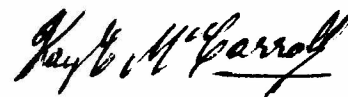
Finally I would like to thank my committee on all the work they have done, the support & inspiration they have been to me this year. Thank you Charles Benham for keeping such good membership records, Liz Andrews - promotional and Educational Seminars, Ann Holdway - your valued work in publicity, Denis Burke as Editor (not an easy job), Lin Bridgeford (Sub-Editor) and great work in finding an AGM venue, Seija Virtanen - an impecable Treasurer, Natalie Davenport - your valued support as Secretary, Marek Urbanowicz, Romy Paine, Doreen Flynn & Bernard Letch for your general input from the country areas.

And lastly, but not least, many thanks to you Brian, our Faculty Member, you are always ready and willing to support and help out on any matter.

people realise the work and time that is involved, and all members give their best unstintingly. Many thanks.

BTFHA - Go to it! 1984/85 is a NEW YEAR.

Sincerely,



## Membership Renewals

Dear TFH People,  
Thank you for your past support. For the past two years we have been very busy as can be seen from our Chairperson's report. We have Wonderful plans for next year and our AGM in October will be a very special experience. Learn, share, meet old and new friends and refresh ourselves with that special enthusiasm for aliveness that is around TFH.

Your new subscription will be used to help still more people hear about TFH. In many organisations, subscriptions are swallowed up in administrative costs. NOT SO in the BTFHA. The committee, which meets voluntarily every month for an evening's hard work and gives time, effort and energy freely beyond that too. Every penny is made to WORK

The last thing we want to do is to have to remove your name from our lists, but we will have to if memberships, due at the AGM, becomes more than 2 months overdue. If you want to be part of this lively, growing association and share in our new discounts and other facilities we offer, send in your money FAST. We need it. Our Committee is eager to get on with new ideas but, NO MONEY=NO DO Our finances are run on a very tight cash flow.

If you do not wish to be a member in future please tell us to save us time and energy.

All communications about membership to be sent to:  
Charles Benham  
29 Bushey Close  
High Wycombe  
Bucks

# British Touch For Health Association

## 2nd ANNUAL CONFERENCE

Have you ever been to the TFH Annual Conference at San Diego?

Wow, what an experience!

Would you like to experience the life, the vitality, the energy of the San Diego Conference here in the U.K.?

This is what is happening on the 6th/7th/8th OCTOBER! Join us for our very own Annual Conference, at the Kenilworth Hotel, Great Russell Street, WC1.

### Diary of Events

Sat. 6th  
10.00 am  
to 4.30 pm.

#### Nancy Joeckel - Taking Stress in Your Stride



STRESS affects everything! Your Health, relationships, work, play, mind, body and spirit. Help is at hand. NANCY JOECKEL, Author of "SAY YES TO STRESS" and "TAKING STRESS IN STRIDE", will be showing how stress can be your friend and how you can keep it that way.

NANCY JOECKEL, Faculty Member for the Touch for Health Foundation, is a Stress Management Professional who has given training programmes for Lay people and

Professionals throughout the United States. Her expertise in neuromuscular functioning, high-output performance, injury prevention and repair have made her widely known as a lecturer and consultant. More than 300 clients have been sent to Nancy by leading neurologists and orthopaedic surgeons and her success rate in dealing with specific muscular dysfunction has been excellent.

The tools she uses are available to anyone and you will learn practical ways of coping with stress at all levels. Nancy, with her extensive background of Applied Kinesiology and Neuro-physiology will teach simple techniques so that participants will come away with tools for both themselves, their friends and clients.

This One-Day Seminar will be a wonderful experience in seeing the value of stress in our lives and how it can build up to become a major imbalance rather than a natural help.

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BOOKING: Cheques made payable to BTFHA. Send remittance with a stamped addressed envelope to Sec. Natalie Davenport, BTFHA Greystones, Three Gates Lane, Haslemere, Surrey. GU27 2LE.

Please send ..... tickets for Nancy Joeckel - 6th Oct.

Please send ..... tickets for Dinner and Disco - 6th Oct.

Please send ..... tickets for Share Day - 7th Oct.

7.00 pm.

bring along your questions, your ideas, so that this Association can work for you. There will be the election of Committee Members, Fees and many new ideas to be discussed. Your presence is important, BTFHA wants to know what YOU want!

Nominations for Committee Members and Motions for discussion to be handed to the Secretary, Natalie Davenport, before the meeting. Nominations are called for : Chairman, Secretary, Treasurer, Editor, Sub-Editor, Public Relations/Publicity, Membership/Information Secretary, and four general support members.

7.30 pm  
for 8 pm

2ND ANNUAL DINNER DANCE -

Don't miss this great opportunity to meet all your fellow Instructors and TFH'ers in the relaxed warm atmosphere of dining and dancing. We welcome all the wives, husbands and friends of TFH and Non TFH'ers too. This is a great night to enjoy yourself with a knees up and lots of fun and laughter.

Guaranteed to be a good night! Dress Informal.

Sun. 7th  
10.00 am -  
4.30 pm.

SHARING DAY - NEW TECHNIQUES AND IDEAS '84 -

Sunday is OUR SHARING DAY where we will hear what TFH Instructors are doing in their own areas in the U.K.

The programme will include 5 Guest Speakers:

BRIAN BUTLER, our Instructor Trainer and Faculty Representative of the TFH Foundation, Pasadena, U.S.A., needs no introduction to most of you. He is a brilliant public speaker and most of us are in TFH because of him. Brian has been teaching TFH in the U.K. and Sweden for the past 8 years. Two of his pupils have themselves become Faculty members! Brian has a wealth of knowledge on teaching and promoting classes - Instructors - his talk is not to be missed.

TONY ANDREASON, is better known as Professor A. Andreason with a string of letters after his name. Tony lectures at the Cambridge University for the Medical sciences and at the British School of Osteopathy. He is well known and respected with both the Medical world and complimentary medicine, and is an enthusiastic friend of TFH. He has had a very colourful and entertaining career which will be evident in his talk on "The Diaphragm". This man really knows what he is talking about from all sides.

CHARLES BENHAM, was one of the first British Instructors to graduate in 1981 and has since been teaching TFH in High Wycombe and outlying areas. Charles has a wonderful inquisitive mind and has developed new ways of dealing with allergies using the TFH techniques. His talk on these techniques and using colour with the 5 Elements with TFH is a must!

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Don't miss out on this  
Exciting Programme



Sun 7th  
10.00 am -  
4.30 pm.

NATALIE DAVENPORT, has been working with TFH for five years. She has studied both in U.S.A. and Europe and teaches both here and abroad. She has a good knowledge of alternative medicine and can make cross reference between TFH and other subjects. One of her specialities is reactive muscle testing and Natalie has a "goodie" to share with us on Sunday.

ROMY PAINE, is a Physiotherapist using Touch for Health techniques. Romy has taken TFH to the physio world. She runs workshops for members of the healing profession, including Doctors and Remedial Therapists, for which she won an Award for Services to TFH in San Diego this year. Romy gave a wonderful paper at the San Diego Conference and she is going to share this and how to take TFH to Medically trained people. Another talk not to miss!

AND YOU! We will have plenty of spare time to have something from you!

Do You have a wonderful "WIN" - Share it!  
Do You have some "NEW" discovery - Share it!  
Do You have some wonderful news of  
any good, funny, happy teaching experience - Share it!

THIS IS OUR DAY TFH'ERS to share what WE have been doing over this last 12 months. The day is open to Non-TFH'ers too, so do bring your friends or family to share our excitement.

Please write and let the Secretary know the details of what you would like to share and how much time you will require. Each speaker will be allotted 15 minutes maximum - Remember first come first served!

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STOP PRESS:

NANCY JOEKEL will be giving TWO special follow up private workshops on 10th and 11th October (7 pm to 10 pm). These evenings will take on a Fish Bowl format where you can participate and learn her skills and techniques personally. Some of the techniques she will be discussing are Reactives, Accident Injury, Brain & Spinal Injuries, and Rehabilitation; plus details on how to set up private classes for serious problems and seriously injured people. Cost £10.00 per night.

WAYNE TOPPING will be available on Tuesday 9th for further teaching on Biokinesiology. This workshop will enable you to learn how Biokinesiology tests not only muscles, but tendons and ligaments, correlates positive and negative emotions like vitamins to each of the above as well as nutrition and allergy symptoms. He has taught and helped Marathon runners and other sports people perform their best. Cost £20.00.

If you wish to participate in any of the above please write and send £5 deposit, plus SAE, to Kay McCarroll, 3/37 Brondesbury Road, NW6. Venue details will be posted to you by return.

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Plan on being there!!



WAYNE TOPPING is a Biokinesiology Instructor and has taught Touch for Health and Biokinesiology classes throughout America and Europe. Author of the book 'Balancing the Body's Energies', he works as a practitioner at the Bellingham Family Health Clinic, Seattle, U.S.A.

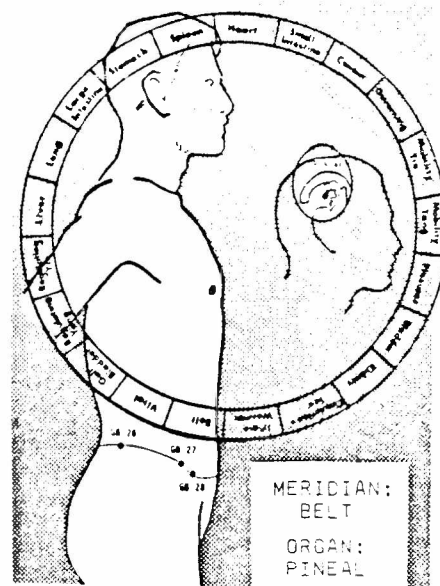
Part of his exhaustive study caused by his engaging curiosity, led him to the 8 EXTRA MERIDIANS and how you can balance the body using just these, since they are the reservoir of body energy. As you could expect, each has it N.V. and N.L. and emotion attached, and Wayne's incredible fund of information and his concise way of speaking will make this a fascinating, informative and Special Day.

**IN THIS  
WORKSHOP  
YOU WILL LEARN:**

**Techniques developed through a synthesis of Biokinesiology and Touch for Health — 2 popular schools of Applied Kinesiology.**

- How these 8 extra meridians relate to endocrine organs not activated by the 12 regular meridians.
- How to use 35 additional muscle tests that specifically relate to the 8 extra meridians.
- How to balance all 20 meridians by means of 8 pairs of indicator muscles on the upper part of the body, using neuro-lymphatic and neuro-vascular points.
- How to work with chronic imbalances using other techniques including origin to insertion directional massage, biokinetic exercise, nutrition, and emotions.

Traditional Chinese Acupuncture classifies the major channels of chi in the body into 12 regular and 8 extra meridians. The regular meridians are familiar to us as we work with the Five Element model in Touch for Health. The central and governing meridians are 2 of the 8 extra meridians, which regulate and adjust the chi flow of the 12 regular meridians. An entire system of acupressure, Jin Shin Do, is based on working with these extra meridians to balance chi energy.



BOOKING: Cheques made payable to BTFHA. Send remittance with stamped addressed envelope to Liz Andrews, 13 Gunnersbury Gardens, London. W3. Tel. No. 01-992-8119. A £10.00 deposit is required (non-refundable). Balance of £15.00 to be paid prior to start of the workshop.

NAME..... Tel No.....  
 ADDRESS.....  
 Please reserve ..... places for Wayne Topping Seminar. £ enclosed.

## Faculty Column

THIS YEAR AT THE ANNUAL MEETING WAS EXCITING! I ARRIVED IN SAN DIEGO IN TIME TO ASSIST GORDON STOKES DURING THE LAST TWO DAYS OF HIS PRE-ANNUAL MEETING ITW. A VERY INTERESTING GROUP OF LADIES, ABOUT EIGHTEEN IN ALL, BUT NO MEN!! GORDON SAID HE HAD HAD A VERY INTERESTING WEEK!

THEN BRUCE DEWE, THE FACULTY MEMBER FOR AUSTRALIA AND NEW ZEALAND ARRIVED. I HAD NOT MET HIM BEFORE, BUT HE IS JUST A BUNDLE OF FUN. HE IS A MEDICAL DOCTOR, BUT NOT AT ALL WHAT ONE MIGHT EXPECT OF THAT USUALLY RATHER STAID PROFESSION. HE IS JUST A DELIGHT TO BE WITH, AND WE BECAME FIRM FRIENDS IN NO TIME AT ALL.

IN THE FACULTY DISCUSSIONS PRIOR TO THE TFH ANNUAL MEETING, SEVERAL NEW MEMBERS WERE ADDED TO THE FACULTY. PAUL DENNISON, AUTHOR OF "SWITCHING ON" WAS APPOINTED. HE IS DOING AMAZING WORK IN TEACHING DYSLEXICS HOW TO OVERCOME THEIR READING AND COORDINATION DIFFICULTIES. HE HAS INSPIRED ALL KINDS OF AUXILIARY PROGRAMS WHICH ARE GOING INTO SCHOOLS WHICH ARE HELPING CHILDREN IN VERY SIMPLE WAYS TO ACHIEVE DRAMATIC PROGRESS IN THEIR SCHOOLWORK. IMPROVEMENTS THAT CAN OFTEN BE OBSERVED AFTER JUST A FEW MINUTES OF EDUCATIONAL KINESIOLOGY (E.K.) REALLY INSPIRE THE CHILDREN AND THE TEACHERS TOO. PAUL'S FACULTY FUNCTION WILL BE TO DEVELOP (E.K.) PROGRAMS IN CONJUNCTION WITH THE FOUNDATION.

COBI SCHASFOORT FROM HOLLAND WAS ALSO APPOINTED AND AS THE PRESIDENT OF THE DUTCH TFH ASSOCIATION SHE WILL BE ABLE GREATLY TO FURTHER THE PROGRESS OF TFH IN THE NETHERLANDS.

JEAN FRANCOIS JACCARD WAS APPOINTED FACULTY MEMBER FOR SWITZERLAND, AND FOR THE FRENCH SPEAKING AREAS GENERALLY. HE HAS DONE A WONDERFUL WORK OF TRANSLATING ALL THE TFH MATERIAL INTO FRENCH, THE TEXTBOOK, THE FOLIO, AND THE CHARTS TOO. HE IS A VERY CHARMING FRENCHMAN, AND ANOTHER NEW FRIEND FOR ME.

TWO OTHER DEAR FRIENDS OF MINE, PETER AND BIPPAN SZIL WERE APPOINTED FOR SWEDEN. THEY ASSISTED ME SO ENTHUSIASTICALLY AND ABLY WHEN I TAUGHT AN ITW IN SWEDEN, I COULD NOT HAVE DONE IT WITHOUT THEIR HELP AND ENCOURAGEMENT. PETER AND BIPPAN HAVE WORKED HARD TO LAY A FOUNDATION FOR TFH IN SWEDEN FOR THE LAST FIVE YEARS.

RICHARD HARNACK HAS TOILED LONG AND HARD AT THE FOUNDATION TEACHING AND ASSISTING IN EVERY WAY FOR SEVERAL YEARS, AND IS VERY QUALIFIED TO FILL

THE THEME THAT EMERGED FROM THE ANNUAL MEETING FACULTY PRESENTATIONS THIS YEAR WAS "KEEP IT SIMPLE" & "BACK TO BASICS". ALTHOUGH NONE OF US DISCUSSED WITH EACH OTHER BEFOREHAND WHAT WE WERE GOING TO COVER, IT WAS TRULY AMAZING TO SEE THIS UNITY OF IDEAS AND SPIRIT. A.K. IS O.K., BUT TFH IS WHAT WE ARE ALL ABOUT...AND IT WORKS!!!

THE EMERGENCE OF TFH AS A WORLDWIDE WORK IS JUST BEGINNING TO BE APPARENT. AT THIS YEAR'S ANNUAL MEETING, MANY ISSUES CAME UP IN FACULTY DISCUSSIONS WHICH HIGHLIGHTED FOR ALL OF US THE NEED FOR A MAJOR SHIFT IN OUR CONSCIOUSNESS. WE ARE PART OF SOMETHING WHICH USED TO BE JUST JOHN, GORDON, AND GRACE IN PASADENA, CALIFORNIA, AND IN 12 YEARS IT HAS EXPANDED TO HAVE AN IMPACT WORLDWIDE. TFH IS GROWING UP!

TOUCH FOR HEALTH IS RAPIDLY BECOMING A FORCE TO BE RECKONED WITH AS MORE AND MORE PEOPLE TAKE GREATER CONTROL AND EXERCISE MORE DIRECTION OVER THEIR OWN LIVES. I, AS THE FOUNDATION'S BRITISH REPRESENTATIVE, AND THE BTFHA ARE SERVING AS A FOCUS FOR TFH IN BRITAIN, BUT WE MUST NOT FORGET ALL THOSE WHO ARE VERY MUCH PART OF TFH, YET WHO MAY NOT BE INTERESTED IN BELONGING TO THE ASSOCIATION AT THIS TIME.

THEY MUST NOT BE LOST, OR LEFT OUT OF OUR THOUGHTS. WE DO NOT WANT THEM TO LOSE THEIR IMPETUS AND THE ENTHUSIASM FOR TFH THEY FIRST CAPTURED AT THEIR TFH I. EACH TIME WE TEACH A BASIC CLASS, AND WE TELL THEM ABOUT THE BTFHA AND THE FOUNDATION IN THE STATES, SOME JOIN, AND SOME DO NOT. WE DON'T WANT TO GET MEMBERS, WE WANT TO PDGIVEPD TFH. THOSE WHO DO NOT BECOME MEMBERS, NEED OUR LOVE AND SUPPORT EVEN MORE, IN WHATEVER THEY ARE DOING WITH TFH. SO THEY CAN FEEL PART OF THIS GREAT WORK WORLDWIDE, AND BE PART OF US EVEN IF THEY DO NOT ACTUALLY "BELONG" AS MEMBERS.

RICHARD BYRNE, THE KEYNOTE SPEAKER AT SAN DIEGO, WARNED ALL THE TFH'ERS THERE NOT TO THINK OF TFH AS A "COZY CLUB OF HUGGERS". IF WE WANT TFH TO GROW, WE HAVE TO LOOK UPON EVERYONE WITH THE SAME CONCERN AND LOVE. A DANGER ANY ORGANISATION CAN DEVELOP IS A SORT OF "THEM AND US..." SYNDROME, AND SOME FEEL THAT THOSE WHO ARE NOT PAID UP MEMBERS ARE NOT WITH US, AND DO NOT EXIST. THIS SETS UP ALL SORTS OF BARRIERS. IT IS THE OPPOSITE OF WHAT ANY OF US WANT.

WE IN THE ASSOCIATION WILL MAINTAIN A REALLY GIVING APPROACH, AND SHARE WHAT WE HAVE WITH EVERYONE TO THE LIMIT OF OUR RESOURCES, PHYSICAL, SPIRITUAL, AND FINANCIAL. I WOULD LIKE TO SEE EVERYONE WHO TAKES A TFH CLASS RECEIVE AN "IN TOUCH" TO TAKE AWAY WITH THEM AS PART OF THE COURSE, BECAUSE BEING IDENTIFIED WITH OTHERS IS PART OF WHAT TFH IS ALL ABOUT. COMMON INTERESTS...

U.S.A. IS A NON-PROFIT MAKING ORGANISATION, A SORT OF CHARITY. THE BTFHA IS ALSO A SORT OF CHARITY.

CHARITY IS ANOTHER WORD FOR LOVING CONCERN. THE FOUNDATION AND THE BTFHA EXIST TO SERVE AS BEACONS TO LIGHT THE WAY FOR PEOPLE WHO WANT TO FIND TFH. IT GIVES THEM A DIRECTION THEY CAN GO IN TO FIND THE INFORMATION, ASSISTANCE AND HELP THEY NEED.

HAD IT NOT BEEN FOR THE TIRELESS AND SELFLESS SUPPORT OF PEOPLE LIKE ANN HOLDWAY, GEOFF FORD, CHARLES BENHAM, AND MANY OTHERS, TFH MAY CERTAINLY HAVE FALTERED, OR AT BEST TAKEN A LOT LONGER TO BECOME THE HOUSEHOLD NAME WE ALL WANT IT TO BE.

IT IS A SAD BUT TRUE TRADITION IN MANY BRITISH GROUPS FOR A FEW ZEALOTS TO SERVE ON COMMITTEES, AND FOR ALL THE WORK TO BE DONE BY A SMALL HANDFULL OF ENTHUSIASTS, WHO ARE ALWAYS THERE, AND THE MAJORITY LET THEM DO IT. WE CAN CHANGE ALL THAT IN TFH! LET'S PARTICIPATE!! (I WAS REALLY SAD NOONE SUPPORTED THE BTFHA WORKSHOPS.) I'M THRILLED THAT NEARLY A THIRD OF ALL THE INSTRUCTORS IN BRITAIN RESPONDED TO MY LETTER INVITING THEM TO A ONE DAY GET-TOGETHER/UP-DATE. I AM REALLY HAPPY ABOUT THAT!

IF THAT HAD HAPPENED IN THE U.S.A. THERE WOULD HAVE BEEN NEARLY 2000 ATTENDING AT SAN DIEGO, INSTEAD OF THE NEARLY 200 THAT WERE THERE!

SO....WHATEVER YOU CAN DO, TFH NEEDS MORE OF YOU, IN WHATEVER FORM. MORE OF YOUR TIME, (THIS COLUMN TOOK OVER 6 HRS. TO DO) MORE IDEAS ON PAPER, MORE LETTERS TO "IN TOUCH", MORE OF YOUR ENERGY, AND YES, ALSO YOUR MONEY SO WE CAN SPREAD TFH AS FAST AS POSSIBLE.

EACH SUBSCRIPTION SENT IN ENABLES US TO SEND OUT ANOTHER TWELVE NEWSLETTERS, OR PAYS FOR 50 TELEPHONE CALLS, OR ENABLES TEN MORE LEAFLETS TO GO TO INTERESTED ENQUIRERS. WE ARE BEING NOTICED. PLEASE KNOW THAT YOUR SUPPORT WILL HELP OTHERS TO BREAKTHROUGH THEIR LETHARGY, AND TAKE A POSITIVE STEP TOWARDS BETTER HEALTH AND WELL BEING. BRIAN H. BUTLER.

#### TWENTY-SIX TFH INSTRUCTORS MEET! WHAT A WIN!!!

I am sitting in a tube train. It is Monday the 30th of July, and I am just putting down a few thoughts about yesterday. 26 Touch for Health Instructors met at the Coburg for an update/get-together, and what a wonderful day we had!

NO WINDOWS: THAT IS A BIT OF A PITY. THE TFH INSTRUCTORS IN BRITAIN!! IT REALLY WAS A THRILL THAT SO MANY MADE THE EFFORT TO BE THERE. MANY OTHERS WROTE AND SAID THEY WOULD LIKE TO HAVE COME, BUT FOR REASONS OF PRIOR ENGAGEMENTS COULD NOT MAKE IT.

Anyway, as people arrived we soon forgot what the weather was outside as we created our own climate. A climate of our own special brand of warmth and sunshine that all those who are involved with TFH seem to generate spontaneously when they get together. We had an opening circle, and the positive energy that was generated was amazing as each person described their wins with TFH and introduced themselves. Many had never met each other before, and this was an inspiration to each of us to realise that there are lots of other people all over the country doing the same things, and achieving the same results.

The message that emerged was the same as came out so strongly in San Diego this year... that the simple things in TFH..work, and not only that, they WORK MIRACLES. I gave a report on the TFH Annual Meeting, and summarised some of the presentations that had been most valuable for me. Again it was the basics which were stressed this year, meridians, ESR, cross crawl, and 14 muscle test and balance, fix as you go, with gait and 8 if you've time.

Then in the middle of the day, we had lunch together in the park. It was a such a lovely day for a picnic. So we spread the food out, and opened the bubbly (sparkling cider from Sainsbury's, wonderful value and really delicious!) People helped themselves from the eight foot long row of dishes of salads and quiches to the sound of popping corks! The wonderful harmony between everyone there was so evident as groups and pairs circulated and recirculated, engrossed in animated conversation.

New friends and contacts were made, all of which helps to counteract the loneliness that many of us seem to experience from time to time. We get on with spreading TFH, often miles away from anyone else doing it, and long for the occasions like these when we can give and draw mutual nourishment and recharge our batteries. After an hour and a half break, we went back to the Coburg for more stimulating and creative ideas which came from the TFH-ers who gave presentations at San Diego this year.

Of particular interest was the very simplified form of E.K. (Educational

Kinesiology) which one lady is using with great success in schools. Kids reading and writing improve visibly within minutes, just using some of the simplest things in TFH.

I am going to present some "minis" as Gordon Stokes calls them. He promotes and then puts on 3 hour courses. Just one evening on one topic, like ESR, or FST (food sensitivity testing) or dyslexia for instance. They are apparently very popular.

We concluded the day with some of the concepts and ideas from Richard Byrne, a member of the board, and a fine inspirational speaker. If you need a lift in life, he is always worth listening to. Liz Andrews has many tapes on a variety of subjects, including Richard's presentations at

the last two Annual Meetings, and she is willing to reproduce them for you at £5 each.

In the closing circle, it was really lovely too hear all the expressions of exuberance and joyfulness experienced by everyone during the day. The next opportunity for ALL TFH'ers to get together will be on the first weekend in October, when Nancy Joeckel will be giving a day on stress management, and this will be followed by the AGM of the British Touch for Health Association.

EVERYONE is welcome to the weekend whether you are a member or not. (And feel an especially warm welcome even if you are not a member!)  
Best wishes and HUGS! Brian H. Butler.

## *Treasurer Wanted!*

I have now been the treasurer of BTFHA for nearly a year. It has been a very interesting year and I have had a wonderful opportunity to get to know all the things that go on in the inner circle of BTFHA. I feel I want to give this opportunity to somebody else in the following year. So that somebody else gets in the middle where everything happens.

I will stand down from the Treasurer-ship at the next Annual General Meeting, because time does not allow me to do this job any longer. Therefore I am asking on behalf of the Association for anyone with a little book-keeping knowledge or at least a knowledge of how to do cash-books, bank reconciliations and banking, to come forward either by writing

Meeting. You can write to:  
Miss Seija Virtanen, Treasurer BTFHA,  
5 Courtleigh Avenue, Hadley Wood,  
Herts. EN4 OHT.

**IT IS FASCINATING TO BE PART OF THE COMMITTEE. THINK ABOUT IT - OR EVEN BETTER - TAKE THIS OPPORTUNITY!**

Seija Virtanen.

## **New Ideas !**

As I lay in the bath one June day the thought occurred to me, what about **THE WIDER RELEVANCE OF TFH!**

I would like us to set up a 6 day TFH course in the New Year. NOT the usual sort! - A 6day for participants from the Red +, Oxfam, Salvation Army, NSPCC Save the Children, Barnados, Help the Aged, etc. etc. to be taught **FREE** on one condition :-They make it relevant to their own specialised field in which **THEY** are the experts, and come back and share it with us. This would be a First for TFH and a First for Alternative Medicine as a whole. BTFHA would get publicity, yes, but more important TFH would then become relevant to World health. As I lay there in the bath, I suddenly saw that if we could give TFH away in the form those people really need - relevant to **THEIR** life situation, rather than as it is now, just for us privileged ones, **WOW WILL IT SPREAD! FAST!** That would be really giving it away! TFH is so much Bigger than just the person next to us. It could even mean the difference between being fit and able to work and scratch a living in the poorest parts of Chad, Bolivia, India or where ever, and starvation. Closer to home, a lonely OAP to escape being walled up behind her own front door, get out and do her own shopping, go to Bingo, visit friends, do her own chores and maintain a little self respect. The excellent Meals on Wheels service reminds me of the slogan 'Give a man a fish & you feed him for a day, teach him to fish and you feed him for life.' Renew an OAP's mobility and you do much the same. **THAT's** where we need the experts to translate TFH for us. I intend this 6 day shall happen in January.

Please contact me if you have any good thoughts, can offer help in any form on 01-992-8119 I shall sign up helpers at the AGM. We need at least 6 helpers