

Touch For Health

Education

1998

**PURPOSE:** To help our subscribers achieve healthier lives and perform their "personal best" in all aspects of their lives by providing useful, reliable, easy-to-understand health information that's timely, with an emphasis on touch healing.

# NEWSletter



Report from  
Dr. John F. Thie

## What is our Purpose?

**A**s the 25<sup>th</sup> anniversary of Touch for Health approaches, it's important to evaluate the purposes of Touch for Health Kinesiology. Ultimately, the goal of TFHK is to contribute to making the world a better place in which to live. TFHK contributes to human well-being in the form of knowledge, health, peace of mind, improved and more frequent peak performances and personal bests.

While there are many individuals, organizations and disciplines committed to this same effort, our system is unique in the use of goal setting in combination with evaluations of the subtle energy system(s) (by muscle testing) and restoration of balance/homeostasis/equilibrium (by touch healing). Our goal setting protocol help

identify and clarify our highest values and true desires. Our energy balancing techniques bring us into harmony with our internal beliefs and feelings and our experience of our environment and relationships with others.

A distinctive feature of the TFHK approach is that we help each other explore alternative futures. We discover or invent, examine and evaluate what can or could be (the possible), what is likely to be (the probable), and what we truly want to be (the preferable). When the individual seeking help decides on their unique desired future we assist them in their balancing/restoring equilibrium/homeostasis so that the future they desire will pull them into it.

Taking some time to find equilibrium in the present moment lets the future take care of itself. Each moment is potentially sacred. Giving the moment clarity, meaning and the full weight of our awareness contributes to our experience of truth and fulfillment in our lived life.

Our interviewing and balancing processes help us to explore the future that we anticipate or expect, consciously or unconsciously. **When we can break out of the straitjacket of our own assumptions we can think creatively and positively, even in the face of seemingly dire circumstances.** Use of 5 element and other metaphors liberates us from habitual, linear thinking and helps us to see aspects of ourselves that we may be “blind” to. We allow the possibility that our present problems can also be opportunities and that *our present obstacles and limitations are transcendable*. We ask not only what is, but also what could be and most of all expand our opportunities and abilities to make conscious choices.

Many of us feel that our future is shaped by our past, ~~but~~ **we need to recognize that our images of the future also help shape our beliefs about the past.** When we have a different image of the future this will invite a different image of the past. In order to do this we must compare our beliefs about the past, our beliefs about the present, and our expectations and hopes for the future. When these beliefs are in conflict, or converge on a negative image, we find subtle energy imbalances as

shown by muscle testing. Balancing these muscles and contemplating the associated metaphors can facilitate change in our thinking, in our feeling, and in our actions. We can choose which elements of our past will help to shape our future. We can recall those moments when we have been in touch with our own wellness, our wholeness and our holiness, using our memory and imagination as a return path to equilibrium in our subtle energies. As we balance our energy towards these positive images we find it easier to utilize our talents and fulfill our destinies in a manner of our own choosing.

The images that we have of the future effect our present behavior and the ways that we adapt, often creating the future that we anticipate. As we analyze the content of our expectations, it's helpful to identify the source of our beliefs and their effect in our lives. Images of the future do not simply appear out of thin air. *They occur as consequences of cultural conditioning, political, economic, social, environmental, contextual, and historical circumstances.* When we release stress associated with negative perceptions and balance our energies and focus our minds on more positive images, we not only improve our own outlook and

experience of wellness, but also influence the world around us. The biofeedback mechanism of muscle testing is a powerful reinforcement of positive change. As we become more sensitive to subtle changes in our muscles, our postures, our attitudes and mental states, we improve our ability to adapt to our environments, overcome adversity and meet our most valued and desired goals.

As we formulate our goals, it is very beneficial to evaluate these desires in terms of our own beliefs and values. We make goals and balance for all kinds of mundane, “everyday” stuff, but there is always some element of greater importance in even our most insignificant tasks. It can be very powerful to look for the element of higher purpose or the “higher self” when we are setting our goals or helping others to set theirs. It's important to be aware of our own biases and assist each other to anticipate the consequences and alterquences of reaching our goals without judging whether another's beliefs are the “right” ones according to our own philosophy. Reality is always more complicated than a single action and a single result. Though we may not be consciously aware of it, the energetic influences of multiple possible outcomes are always effecting us.

(continued from page 2)

Why is this particular goal better than the present situation? What changes will occur in our lives when the goal is reached and will those changes be desirable in light of the values that we hold sacred? How will reaching our goals effect our job, family, immediate circle of friends? What other responsibilities will reaching the goal give us and do we want to assume those responsibilities? How will reaching the goal effect the future generations of our families and our communities?

As we become aware of some of these complications, we get a richer appreciation of our lives and the power and importance of our own choices. So often we fail to see the possibilities for change within ourselves, and seek first to change our environment or our relationships. Restoring equilibrium in our own subtle energies related to our desired goals often gives us a new understanding of how even small changes in ourselves will change everything within and around us. As we construct images of the future that are true to our values and

beliefs, our efforts are shifted in new directions. We become more able to listen and observe our internal and external environment and our relationship to the Ultimate environment. We find that we CAN balance these aspects in a holistic, energetic process. We don't have to try to process all of this information in the conscious mind. We process it in our whole Soul, and in balancing all of the aspects of our Soul, we also have an effect on the balance of the world and even the universe. ☺

## TFH/K Helps Identify Gifted Healers!

I recently saw an article in the Los Angeles Times that said that researchers have discovered that a particular area of the brain has more circuits and tissue in people who have hallucinations or vivid dreams. They also found that people who had "spiritual" experiences had an area of the brain that had many more cells than in people who have not had these experiences. This seems to support the idea that certain people are physically more able to do certain tasks than others. Indeed, everyone knows that some people are gifted in art, engineering, music, athletics, etc. **I believe that some people are likewise gifted in healing, but our present system of training healers isn't really geared to identifying and encouraging naturally gifted healers.**

I have the hope that TFHK will be one of the ways that the special ability of healing can be discovered and developed in all people and that those people that have this as a special gift will be encouraged to be our health professionals. Learning the basics of TFH is an excellent low-

risk first step for anyone considering a career in health care. **It's heartwrenching to find that many people have invested years of study and accumulated vast debts to become doctors only to find that they aren't happy in their career.** There need to be more opportunities for all health professionals, surgeons, kinesiologists, nurses, chiropractors, dentists, internists, osteopaths, naturopaths etc. to be sure that they have a gift of healing, or at least some aptitude and a real desire to be healers, before they start into years of preparation for the professional schools. This is one of the difficulties of developing health professions. **In the effort to protect the public, we continually increase the requirements that must be met before any healer can have contact with any "patient".** Many healers are thus prevented from exercising their gift because of financial or philosophical barriers, while others pay the high price in time and money only to find that healing is not their calling.

# DNA and the Black Box

**F**or a number of years now, I have been advocating that those using Kinesiology need to take a "Black Box" approach to research.

What is meant by the "Black Box" is that we do not specifically try to know exactly what happens when a Kinesiology intervention is done but only look at the outcomes of Kinesiology interventions. This is more of a phenomenological approach to research. In an article on DNA Vaccines in SCIENCE VOLUME

278 5 December 1997, Carl Dieffenbach says, "Perhaps most sobering is that **researchers still only have vague ideas about how DNA vaccines even produce an immune response. It's a "black box."**

When researchers at Vical and subsequently at Merck first published their DNA vaccine work, they proposed that muscle cells where the vaccine is injected take up the DNA. The cell then expresses the proteins encoded by the DNA-- which are called "antigens" because they're meant to stimulate an immune response--on their surfaces, in conjunction

with MHC I molecules. But muscle cells really are lousy antigen-presenting cells, in particular, the surfaces of muscle cells are devoid of the crucial "costimulatory" molecules, which are present on most, if not all, antigen-presenting cells." If the best searchers at the National Institute of Aids Research feel its OK to look at the results and then later develop better hypotheses about why and t works, we also ought to be able to and should do this kind of reporting. **Can I again encourage you to report your outcomes? □**

## Antibiotic Resistance— Is the Plague Coming?

A front-page item in the November 17, 1997 issue of Dynamic Chiropractic reports, "Three reports released on the Doctor's Guide Website ([www.plsgroup.com](http://www.plsgroup.com))...revealed that **38% of common disease-causing Haemophilus influenzae bacteria are potentially drug resistant.** That figure is a 15% increase in just the last three years.

This particular bacterium is the number one cause of chronic bronchitis and the second most common cause of middle-ear infections in children and infections in adults and children.... Another national study on the resistance of streptococcus pneumoniae shows **half of the infections will have some resistance to penicillin**, according to an associate professor of pharmacy at the University of Buffalo. In this study, 32% of infections caused by streptococcus pneumoniae are to some extent resistant to penicillin and

**about 10% 'highly-resistant' to almost all oral antibiotics.** The study showed a 40% increase in the frequency of resistant streptococcus pneumoniae and a 30% increase in the highly-resistant forms."

***That figure is a 15% increase [in drug resistance] in just the last three years.***

The long article goes on to give really scary information about how **the biomedical treatments of these diseases may be resulting in a biomedically untreatable group of infections.**

Our belief is that the approach of increasing the balance of energy flows allows the whole person to be healthier and have the innate ability to overcome bacterial invasions, thereby not needing the biomedical model approach as frequently if at all. We have had oral reports of people with infections resistant to drugs overcoming their infections with changes in nutrition and regular energy balancing. **Please report to me your similar results.**

# Relaxation Response Part of Multifaceted Approach

In a response to a letter to the editor in *SCIENCE* (VOL 278, 5 December 1997), Herbert Benson MD of Harvard Medical School says, in part, “Many diseases have been documented to have stress as one etiologic or exacerbating component, but these diseases may also have other contributing factors that are best ameliorated by drugs, surgery, and other self-help treatments. Thus my colleagues and I research and ultimately use multifaceted treatment approaches that include elicitation of the relaxation response as one component. Rarely do we advocate the elicitation of the relaxation response alone.” This is similar to the answer I give to people who want specific research on the methodology of TFHS. The use of the model of balancing the meridians does not preclude the use of other therapies. TFHS does help enable the Soul, the whole person, to respond to internal and external environmental stresses but

people also need avail themselves of other methods, which may further enhance their innate healing response or address an urgent medical condition that should not go untreated. We advocate using TFH balancing as a minimalist approach. **When energy balancing clearly resolves an issue, then that’s enough. However, if the condition is severe or the response to balancing is insufficient, it is wise to consult a health care professional.**



# Fake Fat?

Olestra, the manufactured "food" which feels and tastes like fat but is actually a specially manufactured oil (which cannot be absorbed in the human intestines) is now being advertised in the U.S. by Procter & Gamble

Some safety tests have reported that those ingesting 20 grams per day for eight weeks had an incidence of *diarrhea, loose stools, fecal urgency, abdominal cramps and nausea* that was two to eight times higher than that of people in the control group. If you or anyone you know has these symptoms, you might look at the diet to see if this new "food" additive might be contributing to the problem.

Does a 20 gram reduction in calories from fat in your diet really outweigh the risk of these symptoms and unknown long-term effects of ingesting this substance that has been chemically altered to render it indigestible?

## You Will Live to be 100

"...according to our associates at the American Academy of Anti-Aging Medicine, it is definitely a reality that many of us will live 20 to 30 years longer than we expected or planned for." (Anti-aging & Longevity Newsletter)

George Burns, the American comic, said, "With some effort and a little luck there is no reason why you can't live to be 100; once you've done that, you've got it made because few people die over age 100".

They're not so few anymore. **More people over 100 are alive today than at any other time in the last two thousand years.** Those above the age of 80 are the fastest growing segment of the population in Western Industrialized countries. The prospect of this group doubling in the next few years is a real possibility.

The use of self-care and increased responsibility for personal health is a real necessity. Touch for Health training for the older population and their caregivers could make a huge difference in quality of life and medical costs. **How can we make these methods more accessible to older people and to the geriatric care professions?**

# Goal Setting Protocol (continued from page 8.)

## 4. Extend the Goal

☯ When you reach your goal, **what will it mean** in your lived life? **How will your life be better?** What **changes** might it create? What are some possible **outcomes, results, consequences, and alterquences?**

☯ If the goal is to **stop** doing something, or to **reduce pain**, see if the goal can be **reframed in a positive light**. What *will* you be able to do or have in your life when you've resolved the problem. How will you spend the time and energy you presently spend on a behavior that you're ready to let go of?

## 5. Remember Wellness

☯ Remember to be well. Remember how feels to be well. Think of a time when you had that same feeling, that same experience that you want to have again. Use your imagination (EVEN IF YOU HAVE NO ACTUAL RECOLLECTION) to get as vivid a sense as possible of how it will be when you've reached your goal. Appreciate the Meaning of Pain, Symptoms.

☯ The full experience of our range of motions and emotions is part of living a full, whole life.

☯ Have faith. Act "as if" you know that your goal is already accomplished. Now it simply needs to unfold.

☯ Set it up. Make note of your planned outcomes in measurable steps.

## 6. Make an Assessment

☯ Take a moment to notice how you feel. Stand up, get a sense of your balance (have your partner observe your posture, how you're moving, your ranges of motion).

☯ How will you feel when you achieve your goal?

☯ Make a mental note, or jot down your observations. I get great results using analog scales measuring the subjective sense of wellness/discomfort on a scale of 1 to 10.

## 7. Test the Supraspinatus

☯ Stress on the Supraspinatus indicates a "good goal".

☯ If the supraspinatus does not show an imbalance, try rephrasing the goal until you've brought the issue (and the related energy systems) "on line".

## 8. Do Something

☯ Meditate, contemplate related metaphors, do a **MUSCLE BALANCING**, go for a walk, consult with your loved ones, go see a healer, therapist, doctor, etc.

## 9. Notice Change - Re-Assess

☯ Take some time to **put your experience into words**.

☯ **Verbalize the positive changes** in how you are thinking and feeling (physically, emotionally, and spiritually).

☯ **Clarify** and quantify your words with a new assessment on an **analog scale**.

☯ Be sure that you **Re-test to affirm your energy balance** in the whole Soul.

☯ **Reinforce your experience** of positive change by listening to your partner's observations and confirm those observations that are true for you.

## 10. Reassess Your Goal

☯ What parts of your goal have been transformed through the goal setting and energy balancing process?

☯ Decide and make note of the next time/**schedule** for reassessing your goal, reassessing your Soul, and **doing something to balance your energies**.

## I RECOMMEND A ROUTINE OF QUICK DAILY BALANCINGS

It's ideal to do balancing at the same time each day to keep in the habit. Then **do in-depth goal-setting and balancing whenever an important issue or performance comes up**, or whenever you're feeling "down", whether it's due to illness, depression, set-backs or just general listlessness and lethargy.



## Remembering Wellness Goal-Setting Protocol:

For the past year and a half I've been working with my son, Matthew, to put together a book that goes into some depth about how I'm currently using Touch For Health; particularly as I present the techniques, concepts, protocol, philosophies and world views of TFH in my 6-day intensive TFH seminar. We're calling it Remembering Wellness and hope to have it compiled and printed for the 25th anniversary meeting of TFH in Orlando, Florida, in October, 1998. We're also working with William Mariboe to have a CD-ROM out that will encompass the material in the TFH manual as well as some of the material from Remembering Wellness.

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**Remembering Wellness** is a conceptual framework and philosophy of approaching life that grounds the TFH techniques (as well as any other therapeutic/life-enhancing programs) in an ongoing process of life assessment and balance. The Goal-setting process that I have been using is central to Remembering Wellness with Touch For Health. The Following is a brief outline of the Goal Setting Protocol that will be discussed in the **Goal-setting** chapter of Remembering Wellness:

**When we Remember Wellness with Touch For Health, our aim is to assist ourselves, our family, friends, and clients to BE WHO WE ARE, WHO WE WERE MEANT, CREATED, SPOKEN FORTH TO BE.** We use discussion, listening, questioning and energy balancing TFH techniques to be supportive in a process of becoming aware of, developing, and coming into balance with our own unique purpose(s) in life.

### 1. Establish Setting/Understanding

☉ *Each Soul is in charge of his or her own goal(s). The individual Soul is the authority in his or her own remembering wellness process.*

☉ **Establish a cooperative encounter/process** in which each individual decides for themselves and says start or stop, more or less, yes or no, harder or softer, now, later, or never.

☉ **LISTEN:** Acknowledge the person first. *Allow the all participants to be themselves and express their own purpose(s), pain and meaning.*

☉ **Use Active Listening** to clarify what the person feels, what they believe about their thoughts, pains, emotions, and other aspects of their experience of life.

### 2. Set a Goal

☉ **What do you want** (better) in your life? What performance, activity, or (emotional, practical, physical) problem or issue do you

want to address in the goal-setting, energy-balancing process?

☉ **Is it appropriate for YOU?** Is it a goal that you can own, accept for yourself, that you can feel like you deserve. (Not forced, no shoulds). Is it at an appropriate **comfort level** (NOT so small as to be insignificant, and not a goal that is really just going to stress you out.)

☉ **Engage the WHOLE SOUL** towards a goal that you can be enthusiastic about, **that you genuinely, (whole-heartedly) WANT.**

### 3. Take a History

☉ This can be an in-depth, clinical history or just a getting acquainted gloss of biographical info. and background of goal/issue.

☉ Establish rapport and acknowledge the person as a whole soul within the context of their whole life and history, rather than a "patient", sick person, or "body" (some object that you will work upon).

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