



Healing *in Your Pocket*

Energy Health Care Workshop Manual

*People Empowering People to
Help Themselves, Families and Friends,
Through Zero-Cost Health Care*

*Researched, Written and Created by: Ray Gebauer
Edited and photographs by: Alan and Sheri Bennett*

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www.EHealthCareWorkshop.com; Ray@RayGebauer.NET*

Introduction

Disclaimer: Nothing in this manual is to be construed to mean, nor does it intend to imply, that any particular disease or compromised health condition can be treated or cured by any single - or combination of - procedure(s) or health product(s). Energy Health Care processes simply release “blocked” or “stuck” energy so that the body can more quickly do what it was designed to do. Having said that, ***you are ultimately responsible for all of your decisions and for your wellness***. This manual and the processes it describes are not meant to be a substitute for qualified medical or health consultation or treatment. If you *do* have a health condition that seems to require treatment, we suggest that you consult a licensed practitioner or clinic working in accord with the concepts in this manual.

The Value of This Workshop

We expect you to be *thrilled* with the **exceptional value** you have gained from this workshop. In fact, *we expect it to dramatically change your life for the better*. And, as you use Energy Health Care *on a daily basis*, your effectiveness with it will keep increasing. To get the greatest value, share Energy Health Care with as many people as possible. It's not just a matter of being interesting or fascinating - *it's about what is at stake for everyone: health and well being*. ***It's all about quality of life and longevity***.

Energy Health Care Testimonials

“I’ve seen my stress level drop, my headaches disappear, and my energy level increase. The results that I have witnessed the others in the class receive have been remarkable.”

Michael Jacobson, Monroe, Washington

We have been balancing daily and are experiencing great results. Barbara's leg is stronger every day as well as her back and neck. My arms are improving all the time—little to no pain. Stress is down, health and general well being is up. It really works. I will always be extremely thankful.” **Jerry Crick, Denver**

“Regardless of what practitioners did to manipulate, adjust, or balance the chronic problem I have had for decades, getting on an airliner throws all the relief to the wind as the pain returns in my neck, shoulder and right arm. The Energy Health Care balancing you gave me was certainly beneficial. The flight from Calgary, B.C. was over three hours and I am pleased to say that I experienced no return of discomfort due to the prolonged altered air pressure and high altitude. That’s a record.” **Reg McDaniel, M.D., Dallas**

The Roots of EHC

Energy Health Care (EHC) is based on the Touch For Health (TFH) system created in 1973 by Dr. John Thie as a synthesis of chiropractic concepts integrated with some of the principles of Oriental medicine. EHC is a *very* simplified version of Touch For Health - using only 5 muscle tests vs. 14 or 42 with TFH, and using a single balancing process instead of numerous correction techniques. The other really significant difference is that in EHC we use the laser to stimulate reflex points instead of using manual pressure.



You can easily learn to be an “electrician,” correcting shorts in the energy circuits of the body.

Or maybe a computer technician removing corrupted files from your bio-computer’s “hard drive”...

What will EHC mean to you if you decide to use it DAILY?

- **Primary Prevention** - which means a higher quality of life and dramatically less future expense for doctors, treatments, etc.
- **Faster Recovery** – when you experience pain or a health breakdown, you will be able to accelerate recovery by quickly and simply removing the internalized stress (energy blocks).
- **Greater Freedom from Stress, Trauma and Mental Blocks**
- **Greater Precision in Choosing the Best Foods and Supplements**
- **You will feel wonderful in being able to help others in such a dramatic way**

The Genesis of Energy Health Care

Ray Gebauer is the creator of Energy Health Care and the author of How to Cure and Prevent Any Disease. He has been a Touch For Health Instructor and a professional health provider for over twenty years. He has had training in Applied Kinesiology and in many other forms of kinesiology as well as acupuncture theory, from several excellent doctors and teachers, including Bruce Dewe, M.D., from New Zealand; John Diamond, M.D., from Australia; John Thie, D.C., from California; and Sheldon Deal, D.C., from Arizona.

Ray also oversees a health related organization of a 400,000 people in the United States, Canada, Japan, Australia, New Zealand and the United Kingdom.

For more information, email Ray at Ray@RayGebauer.NET or call (425) 865-9874 if you want to talk to someone at our office for more information. The web site for this workshop is www.EHealthCareWorkshop.com.

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Module One: Turning the Power Back On

Purpose of This Workshop

- To empower you with powerful and simple techniques you can use for yourself, your family and friends for both physical issues and mental and psychological concerns.
- To give you more self-sufficiency and less dependence on professionals.
- To help you establish a habit of DAILY maintenance and prevention (as you do with brushing your teeth) with only a couple minutes of Energy Health Care balancing.

Disbelief Always Precedes Acceptance

Historically, every time a new paradigm (model) appears, it takes *many years* for most people to accept it because it does not fit into their current model. Here are two astounding examples as reported by William Douglass, M.D.:

1. As far back as 1903, Scientific American was a very respected publication, and it still is. But in 1903, and for the following five years, Scientific American denied that the Wright brothers had flown a craft heavier than air. Even though there were many photographs and public demonstrations, they believed it to be impossible, since it did not fit into what they “knew” to be true!
2. When Thomas Edison announced that he had invented the electric light bulb, he was ridiculed and scorned by “established science,” even though his reputation as an inventor of genius proportions was well established. Scientists refused to even view the demonstrations—after all, why waste your time when you already “know” something can’t possibly be true? A prominent chemist named Henry Morton wrote that he felt “compelled to protest on behalf of true science.” He said that Edison’s invention was “a conspicuous failure, trumpeted as a wonderful success.”

The same is still true today. If someone doesn’t see *how* energy balancing can work, then they tend to think that it can’t *possibly* work. I’ve found that once someone experiences it, they almost always become instantly more open-minded and accept EHC as valid (after all, it’s pretty hard to deny it when you’re *actually feeling it work*.)

What Is Your First Clue That Something Is Not Right?

For most people, their *first* clue that something is not right is either **pain or a disease**. The facts are that pain and disease are the FINAL stages of a problem that usually takes years to develop. Cancer, for example, takes 5-30 years to develop to the point of being detectable. Heart disease takes 20-40 years to develop. For 50% of the people who die of a heart attack, the *first* clue they noticed was their FATAL heart attack. **They had no chance to notice a second clue.** The “myth of healthcare” is that what is currently called healthcare is a misnomer. Today’s “Sickness Industry” is based on managing and/or suppressing symptoms. *It does absolutely nothing until after the symptoms start.* For an excellent analysis we recommend reading *The Next Trillion*, by Paul Zane Pilzer.

The Wake-Up Call: What Group Will You Be In?

Imagine a disease that killed 95% of the men, women and children in your city. And the doctors could do NOTHING to stop it! If you *knew* this was going to happen in your city, what would you do? Would you just *hope* that you were not part of that 95% disaster zone or would you DO SOMETHING to make sure you were not among the casualties?

- First the bad news, and it is pretty bad. It IS going to happen in your city. *In fact, it is already happening!* 95% of the people who die in North America die prematurely - and unnecessarily - of **Heart Disease, Stroke, Cancer or Diabetes**.
- But what if you are healthy - or at least it *seems* like you are? Remember, the worst killer diseases take 5-30 years to develop to the point of even being *detectable!*
- Did you know that you might be 50-80% of the way into a fatal disease condition right now with no clinical evidence whatsoever that you have it?
- What if, in the next 90 days, you discovered that you or a loved one had a life-threatening disease such as cancer? If you know at least *1 person*, the odds say that you will know - or be - someone with one of the “Big Four” during your lifetime.
- What if the disease prevented you from working - would you be able to keep your house, maintain your lifestyle, or even keep eating?

What if you could learn how to do some SIMPLE and EFFECTIVE things (primary prevention) that could help you avoid being in that 95%?

The first stage in disease development is a blockage in the flow of energy. Dr. John Diamond, M.D., writes in his book, Behavioral Kinesiology, “*All illness starts as a problem on the energetic level, a problem that may exist for many years before it manifests itself in physical disease. If we become aware of these energy imbalances when they first occur...we will be practicing **primary prevention**.*” One of the quickest and easiest ways to detect energy blockages is by energy testing using what is known as muscle testing.

Doesn't it make *infinitely* more sense to address the problem in its initial stages with primary prevention by doing energy balancing, years before it shows up as pain or disease? That is what EHC does best!

EHC helps the body do what it was designed to do: maintain health (primary prevention) and recover health automatically - just as it heals a scratch or cut automatically. Why should our bodies need help if they're such miraculous healers? Our world has changed so much in such a short time – *our food, home life and activities have changed more in the past fifty years than in all of previous recorded history* – that our systems have many energy blocks and are *stuck* in a low-grade state of “fight-or-flight” shock. Part of the definition of any state of shock includes an inability to think clearly. That is an indicator that the nervous system isn't controlling things in the usual ways, and it could use some help to get back to normal. EHC clears up both current and long-standing energy blocks by helping the nervous system out of fight-or-flight and back to normal activities.

Energy Blockage Diagram

This is an illustration of how your life energy drops (in general, or in a specific situation) when you experience stress, and how it returns after a correction.

Energy Level				
10	EEEEEEEE	B L O C K		C O R R E C T I O N
9				
8				
7				
6				
5				
4			EEEEEEEE	
3				
2				
1				

The Energy Model vs. the Mechanical Model

According to quantum physics, the human body (and all matter) is actually an illusion—it is 99.999999999% space. The body is actually a complex of energy and information fields.

Dr. Keith Scott-Mumby, in his book, Virtual Medicine, defines disease “as a disruption, cessation or distortion arising in the information and energy fields. The best way to approach disease then, surely, is by correcting these disturbances, which will then eliminate the disharmony and disease process—in other words, bring about healing.”

Yet in our culture, we still tend to think of the body as merely mechanical, which is the prevailing model that is the basis for drugs, surgery and even nutrition. Although the mechanical model (based on Newtonian physics) is useful, it is not “the truth.”

The Energy Model and EHC

Our energy is supposed to flow freely through out the body to keep things working, but stress from many sources (emotional, physical, chemical, nutritional deficiencies) as well as toxins, *interferes* with this normal flow of energy, causing a “disturbance in the force.”

When energy gets blocked, we sometimes call it a “short circuit.” In EHC, we identify energy blocks (internalized stress) using muscle testing. We can then assist the body to “balance” its systems by helping it to identify and remove the energy blocks using EHC.

Using an energy restoration technique such as ESR or using the laser, can instantly remove the energy blocks and reestablish the proper energy flow. Often the results are dramatic. But even if they are not dramatic, we are practicing **PRIMARY PREVENTION**, just like brushing your teeth every day is primary prevention.

Key Words and Concepts to Know

Acupuncture Points	Control points on the acupuncture pathways along which energy flows (similar to electrical circuit breakers in our bodies)
Brain Integration using a sequence of precise movements	Re-patterning to induce left/right hemispheric integration in the brain, so we can use both sides at once instead of “switching” from one to the other
Circuit Breaker	A metaphor for an acupuncture point controlling energy flow in the body
Circuit Localization	(Therapy localization)— manually identifying an energy block to be cleared / balanced using EHC
Clearing Circuits	A metaphor for doing an EHC Balancing
Energy Balancing	The process of “clearing circuits” or “resetting breaker switches” by removing blocks in the body’s energy flows
Energy Blocks	Internalized stress (from physical, emotional or chemical sources) that interfere with the proper flow of life energy
Emotional Stress Release (ESR)	A process to remove stress, emotional blocks, or traumas (uses Neuro-vascular points on the forehead)
Hypothalamic Set Points	The acupuncture points on the face which we stimulate with a laser during an EHC balancing session
K-27 Points	Master reset points at the end of the Kidney acupuncture Meridian (in the sternal notch)
Short Circuit	A metaphor for an energy block
The “Information Sandwich” (ACT)	Assessment and Testing are the two slices of “bread,” and the Correction is the “filling”
Touch For Health	The “parent” of the EHC System, created by Dr. John Thie in 1973 (taught and used in 102 countries)
Turning the Power back up	A metaphor for restoring proper energy flow using EHC Balancing

Five Strategies for Vibrant Health and Longevity

The good news is: there are many things that you can do to safeguard your health, and the more of them you do the more effect you'll have. There are five universal health strategies used to gain or recover vibrant health and longevity as delineated in Ray Gebauer's book, *How to Cure and Prevent Any Disease* (www.cureanydisease.com). They are:

1. Living life passionately - from your heart - with a compelling life purpose (Chapter 4).
2. Being connected to people in healthy relationships (Chapter 5).
3. Avoiding and removing toxins (Chapter 6).
4. Having sufficient movement (Chapter 7), which includes:
 - Moving your whole body.
 - Moving the parts of your body (bowels, hands, legs, trunk).
 - Moving sufficient fluid internally - one quart of pure water per 50 pounds.
 - Moving your life energy. Any form of stress or trauma can restrict your life energy, and **EHC focuses on this specific aspect of health, which directly affects all of the others in positive ways.**
5. Properly balanced diet and nutrition (Chapter 8-9).

It's **imperative** that you fully employ all of these strategies in your life if you are truly committed to having vibrant health and longevity.

My Personal Mission

The Western mind set is to treat disease. The Oriental mind set is described in the Nei Ching, "*The inferior physician treats diseases; the superior physician teaches the well to remain well.*" My mission is to teach others who will teach others who will teach others, etc., so that we can collectively empower at least one million people with the skills of daily self-healthcare using EHC *by the year 2007*.

My Invitation

I invite you to Invest at least *one or two minutes a day* in taking care of your family and your own health with daily ESR and Energy Health Care. Aren't you and your loved ones worth one or two minutes to provide PRIMARY PREVENTION as well as **eliminate much of your aches and pains and healthcare bills?** With EHC, we can *all* help others get healthier.

The way to get the most from this class is to make a list of at least twenty ways you want to have better health. Include every health concern or area in which you desire to improve, including physical and emotional issues, injuries, past traumas, mental blocks and patterns of thinking, habits or behavior with which you feel stuck. Later, you will select items from this list to use EHC to balance yourself for all those things. Let's make that list right now, and record them in the front of the Manual for easy reference.

The Vital Role of Energy in Health Care

Here is what some world-renowned doctors are saying about the role of energy in health care and healing.

<p>Dr. Robert Becker Author of <u>The Body Electric</u></p>	<p>“The acupuncture meridians are like electrical conductors that carry an injury message to the brain, which responds by sending back the appropriate level of direct current to stimulate healing in the troubled area.”</p>
<p>Paul Dennison, Ph.D. <u>Brain Gym Teacher’s Edition</u></p>	<p>“In the same way that electrical circuits in a house can become overloaded, neurological and physiological signals can become jammed and switch off, blocking the normal flow of brain-body communication. Both Western and Eastern medical authorities recognize the need to keep the electromagnetic circuits of the body flowing freely.”</p>
<p>Dr. Bruce Dewe, M.D. Chairman of International Faculty of TFH Foundation USA Author of the <u>Professional Health Provider Workshop Manual</u></p>	<p>“Touch For Health (energy balancing) is a ‘language’ we can use to assess the performance of the bio-computer each of us comes equipped with. Touch For Health gives us the ability to communicate with our own bio-computer to edit and improve the performance. We have the tool, in muscle testing, to change our own lives. In the same manner as the printing press gave knowledge to the ordinary man, muscle testing has changed the destiny of thousands of people. Since 1973, when Dr. John Thie synthesized TFH, well over ten million people in 102 countries have experienced the help it can bring.”</p>
<p>Dr. Richard Gerber Author of <u>Vibrational Medicine</u></p>	<p>“The current practice of medicine is based upon the Newtonian model of reality. This model is primarily a viewpoint which sees the world as an intricate mechanism. This new field of healing, based upon the Einsteinian paradigm, is called vibrational medicine. The Einsteinian paradigm as applied to vibrational medicine sees human beings as networks of complex energy fields that interface with physical/cellular systems. By rebalancing the energy fields that help to regulate cellular physiology, vibrational healers restore order from a higher level of human functioning.”</p>
<p>Dr. Kenneth Pelletier Author of <u>Mind as Healer, Mind as Slayer</u></p>	<p>“Twenty-first century care will be based upon subtle energy principles and interventions involving the mind, body, environmental and spiritual dimensions.”</p>
<p>John F. Thie, D.C. Author of <u>Touch for Health</u></p>	<p>“This Energy Health Care Workshop will help thousands and thousands of people to have better, healthier lives. It is quick, safe and easy. It will help you have greater health and reach more of your goals. I urge all of you reading this to balance your energy daily.”</p>

Module Two: Emotional Stress Release (ESR)

Some of the Known Benefits of ESR

ESR is a process that releases stress, emotional blocks, trauma and pain. This is a *very powerful process*, yet so simple that it's easily underestimated. Use it on yourself and on others everyday for ANYTHING, as a stand-alone process or in combination with a complete EHC balancing. It is like an energy laxative for "mental constipation."

Use ESR to clear up mental or emotional "stuckness," anxiety, fear, nightmares, eliminate headaches (90% of the time within 30 seconds), reduce the trauma and pain from *any* physical injury (minor or major), any kind of mental or emotional stress, helping recall (like where you left your keys), difficulty in swallowing, burns, noise or disturbing music, stiffness, exposure to toxic chemicals, etc. *With any problem, this is the first thing to do.*

How ESR Works

When we are under stress, the brain shifts to a survival mode referred to as the "fight or flight" mode. In this survival mode, the body pulls blood from the frontal lobes of the brain to the back (the "limbic" brain) to accommodate being able to act quickly and reactively. Touching the Frontal Eminences with your fingertips shifts the blood from the back part of the brain to the front part of the brain (like a "manual reset" switch). The result of this shift is that you are moved out of "survival" (fight or flight) mode so that you can think more clearly, rationally and creatively. Also, doing this process as soon as possible can release most of the biochemistry of trauma and stress related to an incident. *The sooner after an "incident" you do ESR, the faster it works, but it can also help on injuries decades old.*

What to Tell People About the ESR Technique

Before you start doing ESR you may want to say something like:

"First I'll ask you to rate the intensity of the concern; then I'll put my fingertips on your forehead and ask you to focus on the **negative** aspects of it and create the worst case scenario. Next I'll ask you to focus on the most **positive** outcome you can imagine, and then I'll ask you to put your hand on your heart and focus on feeling **appreciated**. I'll be asking you to focus on each of these things until I notice a change, so each part could last anywhere from ten seconds to two minutes. Lastly, I'll ask you to re-rate the concern to see if it changed significantly for you yet. That's about all there is to it. Okay?"



The ESR Process in Three Stages

1. Cleaning up the Negative

Ask the person to **focus** on an area of stress or pain (physical or emotional). It could be in the past, present, or future (anxiety or worry about the future). If they have pain or an injury, have them place a hand over that area or get into the posture in which the incident occurred. On the “stress scale” ask them to **rate** it from 0 to 10 - where 10 is the most stressful it could get and 0 means there is absolutely no stress or discomfort.

Gently touch and “hold” on the slight bulges (frontal eminences) on both sides of the forehead, half way between the eyebrows and the hairline. Use the “flats” of several fingertips on each side. Use the same light pressure you would use if you were touching your eyelids. While holding these points, ask them to experience the issue or stress from a **negative** perspective (worst-case scenario). It is best if they verbalize this out loud, unless it is too private. Ask questions to help them fully explore the issue fully.

Continue holding for 20-30 seconds or until you feel a noticeable change, whichever comes first. Usually you will start to feel a pulse; in a few seconds, they will synchronize. Initially you may not even feel the pulses at all, but it will work anyway. Many of us press too hard at first; most people need a little practice to develop the sensitivity to feel pulses.

2. Creating a Positive Interpretation

While still holding the points, have the person switch to thinking about the issue from a **positive** perspective - seeing something good coming from it, or maybe something they could appreciate about having overcome this challenge. You can even create a very positive interpretation that is totally imaginary, so that the mind has an alternative memory.

3. Generating Appreciation

While still holding the points, ask the person to put their hands on their heart, breathe deeply and focus on a time when they felt **really appreciated** (see page 39 & 41 for more insight into the amazing effect of generating and feeling appreciation).

Continue for a while longer, until you feel it is complete (using your intuition or watching for a noticeable change such as an involuntary deep breath or sigh).

Remove your hands, and ask them to take a deep breath and **re-rate** the stressor on the 0-10 scale. Ask if they feel that the process is **complete**, or if they are at least significantly improved. If they (or you) feel the process is **incomplete** you can either do some more ESR, or go ahead and do the full EHC balancing with the laser. You can even test (asking a question) to see how much longer they need you to do the ESR.

Using ESR on Yourself

You can use ESR on yourself too! You will have several opportunities each day to use it (during/after *any* stress: physical injury, work, driving, etc.).

Each of the steps below will usually take about 10 seconds to a minute.

The position: Gently rest your fingers on your forehead. Or, to do it *one-handed*: place your thumb or palm on one side of the forehead and your fingers on the other side. Breathe deeply, inhaling through the nose and exhaling through the mouth.

1. Fully experience the **negative** feelings. Do not resist the negative—in fact it's better to fully explore and even exaggerate them. Get it all out.
2. Shift to creating an alternative interpretation that is **positive, exciting** or funny. Just make something up.
3. Finish by **feeling appreciation** for yourself in your heart (or going back to a time when you felt really appreciated by someone).

Postural Balance Correction

1. **Stand** with your eyes closed.
2. **Relax and notice** which direction you start to fall—forwards or backwards.
3. **Do ESR** on yourself, thinking of how your muscles are relaxing and working together properly.
4. **Repeat the relaxed standing test.** Now there should be no movement in either direction. If there is, do more ESR until you are stable in a relaxed standing position.



ESR Enhancements For an Even Deeper Effect

While doing ESR, ask the person some or all of the following questions. These questions are designed to assist the person fully explore every aspect of the issue so that it can be fully and permanently dissolved.

1. What are your thoughts with respect to _____ (the issue)? Are there any others? (repeat until they say “no”).
2. Describe your feelings with respect to _____ (the issue). Are there any others? (repeat until they say “no”).

3. What are your attitudes with respect to _____ (the issue)? Are there any others? (repeat until they say “no”).
4. What are your points of view with respect to _____ (the issue)? Are there any others? (repeat until they say “no”).
5. What are any decisions or conclusions you made as a child with respect to _____ (the issue)? Are there any others? (repeat until they say “no”).
6. Fully describe any sensations you have anywhere in your body with respect to _____ (the issue). Are there any others? (repeat until they say “no”).
7. If those sensations had a shape, what would they look like?
8. Turn this issue into a physical thing, and describe the color, texture and smell and any other characteristics.
9. What would you like to do with this thing? Are you willing to do that?
10. In your imagination, do it now. How does that make you feel?

ESR with Eye Rotation

While holding the ESR points with one hand (or they can hold their own points), have them follow your other hand with their eyes as you move it in one wide **clockwise circle** (lasting about 10 seconds), and then in a **counter-clockwise** direction. *Each eye position seems to access and balance different aspects of the memory.*

What’s in it for You as the Giver of ESR?

The biggest benefit to you as the person *giving* the ESR is that your personal value is affirmed. *Anyone* who contributes to the well-being and health of any other human being is doing something important and valuable, and will be appreciated!



NOTE: For more information on ESR, see pages 24, 36 and 119 in the Touch For Health Manual. Sometimes, to get a complete clearing of stuck emotions, you will need to do the full Energy Health Care balancing with the laser, so let’s work with that next.

Module Three: Energy Balancing

Demonstration (Instructor guides a person who has never seen EHC to give a balancing to the instructor, showing that the testing does not need to be accurate to get results)

EHC balancing turns the power back on. It turns up the “dimmer switch” in your body. The procedure consists of three simple steps. These steps can be remembered by using the simple acronym **ACT**.

1. **A**ssessment (initial energy test, also know as “muscle test”—takes about 20 seconds)
2. **C**orrection (using the Laser—takes about 20 seconds)
3. **T**esting (identical to the initial energy or muscle test—takes about 20 seconds)

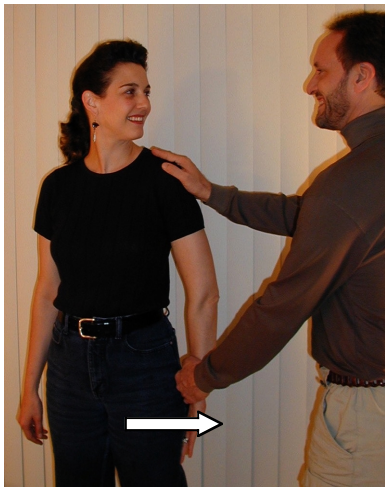
The Information Sandwich Concept

This concept is very important: Assessing (testing) the energy level through the muscle test BEFORE the correction simply identifies the point of energy blockage for your bio-computer. In the Correction phase we facilitate the body in making a change. Testing (reactivating) the muscles AFTER the correction allows the system to experience the correct energy flow and reinforces the balancing. This is known as the “information sandwich”— the muscle testing (pre and post) is the bread, and the correction is the filling.

Part (1) Assessment - The Five Indicator Muscles

These five muscles are representatives of and surrogates for all fourteen acupuncture meridians, which are tested in a full Touch For Health balancing using 14 to 42 muscles.

#	Muscle Test Name	Latin Names used in TFH	Systems Associated With This Muscle
1	“Penguin”	Latissimus Dorsi muscle (page 45, TFH Manual)	Immune System, Blood Sugar
2	“Knee Slapper”	Anterior Deltoid muscle (page 89, TFH Manual)	Gall Bladder
3	“Down and In” (or “Fig Leaf”)	Supraspinatus muscle (page 32, TFH Manual)	Brain, Emotional State
4	“Chicken Wings”	Teres Minor muscle (page 79, TFH Manual)	Hormonal System, Thyroid, Adrenals
5	“Down and Out”	Pectoralis Major Clavicular muscle (page 37, TFH Manual)	Stomach, Emotional Stress



(1) Penguin



(2) Knee Slapper



(3) Down and In



(4) Chicken Wings



(5) Down and Out

What to Look for When Energy testing (muscle testing)

Although it looks like you are testing muscle strength, you are actually doing an **energy test**. You are testing the energy level of the acupuncture meridian associated with that muscle, rather than the actual strength of the muscle itself.

You want to see if the person can easily hold their muscle locked in place. Before you apply *any* pressure say “ready, hold” so they know exactly when you’ll be starting. Placing your entire hand just above their wrist, start with a VERY light pressure, and **GRADUALLY** increase using the “*two by two by two*” rule: up to two pounds of pressure for up to two seconds, and up to two inches of movement. If the muscle locks, of course, the arm *won’t go two inches* unless you’re pressing way too hard. ***Start off with the same slow, gentle movement you would use to lift a newborn baby.***

- It’s important to ask “Do you have any arm or shoulder injuries that I need to be aware of?” If they do, either test very carefully, or just test on one side of the body.
- Don’t refer to a muscle as being “weak.” Aside from the fact that most people wouldn’t want their muscles to be described that way, it’s really *not* an issue of strength or weakness. It is a matter of the power not being turned up all the way, like a *dimmer switch* that is turned down. **A dim light bulb is not broken—it’s just not getting all the juice that it needs to be at its full brightness.** In the same way, a muscle that unlocks is not weak—it’s just not getting full power.
- Best words to describe a muscle that doesn’t lock firmly: “unlocked,” “shaky,” “soft,” “mushy” or “unsteady.”
- For greatest accuracy, help the person you are testing relax. Have them keep their hands relaxed (no fists), stand or sit straight (shifting posture can be used to recruit other muscles), and breathe during the test (no holding the breath, OK?)
- **The most common mistake:** “*Ambushing*” the muscle by pressing too hard and/or too suddenly. Virtually everyone does this initially. It is critical to build up the pressure **GRADUALLY**. It may seem strange, but for people with especially strong muscles, you may need to press MORE *LIGHTLY* to detect an energy disturbance.

Why Accuracy is NOT important at this point

When testing a muscle, accuracy is not important—do NOT be concerned about knowing for sure if a muscle is locking. Your *real* purpose of the muscle testing is to ACTIVATE the muscle to make the system aware that there is stress in a circuit prior to making the correction with the laser. Accuracy in this case is almost irrelevant, since the correction will be made by use of laser with ESR. So don’t let your concern for accuracy hold you back, especially with your self-balancing. What is more important is to *do* the energy balancing, and being able to see the difference in the post testing.

Accuracy becomes critical later when testing for allergies to foods, pollens, and environmental stressors, and supplements (types, amounts, timing, etc.).

Have Positive Expectations—Expect the Best Possible Outcome

Expect to get immediate *and* long-term results. Since we tend to get what we expect anyway, why not expect immediate and dramatic results? However, sometimes instead of seeing obvious and immediate results, what you achieve is “getting the ball rolling” in the recovery process and unleashing the body’s innate healing power. The changes may not be instantly obvious on the outside, but *they are happening*. By removing the energy blocks, the body can finally begin to heal itself. Seeing the full results may take some time.

Also remember that energy balancing has been used for five thousand years, and the use of muscle testing for decades by numerous doctors and lay people. **It works** - not because you want it to, but because its foundation is based on physics—restoring energy flow!

Practice Muscle Testing

- ✓ Learn the range of motion of each of the 5 muscle tests by moving your own muscles on both sides of your body at the same time. Do each movement 5X.
- ✓ Learn the range of motion of each of the 5 muscle tests working with a partner doing one side at a time, *without actually testing the muscles*.
- ✓ Actually test each muscle. Remember, to begin the pressure GRADUALLY after you say “Ready, Hold.” Half way through the muscle test (one second), you should be up to only 25% of the full strength you are going to be using, which is two pounds. It’s the last second that you build up to the full two pounds of pressure (think of the weight of two packages of butter, which is two pounds).
- ✓ Follow the **two by two by two rule**: build up to two pounds of pressure (gradually), in no more than two seconds, and keep the movement within two inches. Initially, test just one side at a time. Later you can test both sides together.

Doing the Assessment

1. **Test** the ten muscles (five on each side) in order. If a muscle is *at all* mushy, soft or unsteady -- if there is ANY doubt about it in either your mind or theirs -- then there is some blockage in that circuit. This should take about 20 seconds.
2. If all the muscles lock firmly the first time, which is rare, you are probably getting a false reading. The muscles are probably “frozen” or over energized because of some anxiety. Verify this by asking the person to say something that isn’t true, like “my name is John Doe.” If they still stay locked, they are “frozen”. Correct this problem by doing ESR and doing the K-27 points. Retest, and the muscles should be unlocking now, accurately reflecting that there are energy blocks in the different circuits.
3. A muscle that locks does not mean that that circuit is getting 100% of the energy it needs. It means that the energy flow is over 50%; it might be 75%, and not necessarily up to 100%. So still complete the balancing with the laser as you normally would.

Part (2) Correction – Using the Laser to Balance

The common red (helium-neon) “pointer” laser shining directly at the body can be used to stimulate various types of reflex points, such as: neuro-lymphatic, neuro-vascular and acupuncture points. In this balancing, we use it on the nine points shown on page 20.

It can also neutralize the stressful effects of toxins (pesticides, from insect bites, etc.) and allergens, including metal touching the body. It can also help alleviate many skin problems, scar tissue and moles, accelerate healing of injured tissues, and double the potency of supplements. According to Science News, Oct. 5, 2002, *“Laser equipment can reduce tumors, blood loss, pain, healing time and infections.”*

Why the Laser Works

The laser operates at a frequency of about 635-645 nanometers, which is also the basic frequency of the human body. Because of this fact, it is naturally therapeutic. According to Richard Gerber, M.D., in his book, *Vibrational Medicine*, the Soviets were doing research with the helium neon (red) laser on acupuncture points back in the '70's, and even used Kirlian body scanners before and after to assess the energy states of the acupuncture points. He further states that energy introduced into the acupuncture meridian system with a laser (or sound, needles, electrical currents and even finger pressure) promotes the healing of diseases. According to Dr. Sheldon Deal (one of my personal teachers), the author of *Advanced Kinesiology*, a laser will do in seconds what an acupuncture needle takes 20 minutes to do. The laser releases blocked energy to flow through the acupuncture meridians. It sends a surge of healthy energy down the energy pathways, clearing out the blockage like a plunger does when used on a clogged toilet.

Mayo Clinic Laser Safety Study

Researchers at the Mayo Clinic in Rochester, Minnesota, evaluated commercially available class 3A laser pointers having powers of 1, 2, and 5 milliwatts (mW). To test the lasers, the researchers used three human study participants who agreed to have the laser beam directed at their eyes for a period of 15 minutes each. All of the participants had previously been diagnosed with eye cancer and were scheduled to have their eyes removed in the near future. “Other than transient after-images that lasted only a few minutes, we were unable to document any...evidence of damage to any structures of the eye,” according to Dr. Dennis M. Robertson and colleagues. Similar after-images can occur after having a flash photograph taken. “Our findings support the contention...that the potential for laser pointers to cause eye damage has been exaggerated” the authors write in the November/December issue of the Archives in Ophthalmology. “This is a valuable study that documents how difficult it is to cause injury with a laser pointer,” said Dr. Martin Mainster, a spokesperson for the American Academy of Ophthalmology, in an interview with Reuters Health. “The fact of the matter is that commercially-available laser pointers are a very weak light source,” he added.

The picture on the following page shows the K-27 acupuncture points (just below the neck area) and the hypothalamic reset points (on the face) as the small circles. Just shine the laser on these points for about 1-2 seconds each. The ESR Areas are also shown in this picture (the larger white ovals located on the forehead), but we'll use finger tips on them.

Map of the EHC Points



Kidney 27's and the Hypothalamic Reset Points (Acupuncture Points)

Location	Name of Point
Between the end of the collarbone and the top of the sternum at the base of the throat (one on each side). <i>(Have the person place the fingertips of one hand around their navel as a "grounding" point, and the other hand on their heart, all the time that you are using the laser.)</i>	K-27, The end of the Kidney Meridian (one on each side). This is referred to as "Switching points".
_ inch below the middle of the lower lip	CV-24, End of the Central Vessel Meridian
_ inch above the middle of the upper lip	GV-27, End of the Governing Vessel Meridian
Nose- In the "laugh line" _ inch from the sides of the nose	LI-21, End of the Large Intestine Meridian
Eye - 1/4 inch below the center, on the bone	ST-1, Beginning of the Stomach Meridian
Eye - inside corner next to the nose	UB-1, Beginning of the Urinary Bladder Meridian
Eye - Outside corner	GB-1, Beginning of the Gall Bladder Meridian
Eye - end of the eyebrow	TW-23, End of the Triple Warmer Meridian
Ear – Just in front of the middle of the ear, in the indentation created when you open your mouth	SI-19, End of the Small Intestine Meridian
Ear – Entire area inside of the ear	Extra Auricular points

Doing the Correction



Have the person place the fingers of one hand around their navel, and the other hand on their heart, as in the photos above. Ask the person to focus on their physical heart and fully re-experience a time when they felt deeply appreciated. It usually helps to have them visualize breathing *through* their heart area as well (see page 39 & 41 for more insight into the amazing effect of feeling appreciation).

Next, hold the ESR points and balance the K-27 points and Hypothalamic Reset points with the laser. This inputs the changes into the central nervous system, brings most of the meridians directly “on line” with the changes, and boosts the flow of communication between the nervous system and the meridian system. It also very effectively “grounds” the body’s electrical system and links the heart strongly into the balancing, while concurrently clearing out emotional residue related to the areas and issues being balanced

NOTE: If you were to test each facial point separately (by touching each one with a fingertip and doing a muscle test), you would usually find that only one of the points would cause a major change in the muscle you are testing. That would be considered the “priority point,” that when stimulated, would correct all the others. But it is easier and faster to just stimulate them all with the laser on both sides without taking the time to test each one separately.

Part (3) Testing (Reactivating the Circuit)

Test all ten of the muscles again, in the same order as before. If all of the muscles do not lock, or if you are not satisfied with the results, redo the points with the laser.

Remember to be gradual and gentle. That’s all there is to it. You won’t always get a 100% correction, but the difference should be very significant. Remember—you are doing **PRIMARY PREVENTION by removing energy blocks (internalized stress).**

Options for when some muscles are still not locking

- ❖ Do some additional ESR (this usually works)
- ❖ Do a Psychological reversal correction (see page 28)
- ❖ Use the laser on the neuro-lymphatic points associated with the unlocked muscle, as shown in the Touch For Health Manual on the right-hand page for that muscle.
- ❖ Hidden energy disturbances: sometimes the body can compensate so well that an energy disturbance will not show up unless you add some extra stress to the system with a slap or pinch on the skin. Immediately pause lock this and rebalance.

Cross-Crawl

When you have completed the balancing, then you can reinforce and “fortify it” by having the person **hum** while they **cross-crawl** (march in place while swinging the arms and touching the opposite knee as it comes up) for about 10 seconds. The cross-crawl movements stimulate left-right hemispheric balance in the brain and make sure that both sides are integrating the correction.



EHC Sample Balancing Progress Chart

Date	1	2	3	4	5	Results of Balancing
	L	U	L	U	L	Initial stress rating @ 9
	L	L	L	L	L	Visibly calmer, deeper breathing, rated @ 2

Balancing Yourself

You can do a general or goal balancing for yourself *without even needing a partner!* Simply **Assess** (test) your muscles, **Correct** using the laser (using a mirror can be helpful to make sure you're on the points), and **Test** (reactivate) your muscles again. *Your testing doesn't need to be accurate for this to work!* Remember to end with the cross crawl and humming. You can also self-balance *without the laser* by using the exercises on pages 36-37 or the "Fountain of Youth" movements in my book, [How to Cure and Prevent Any Disease](#) on p. 316. I do these daily and love them. When it is an emotional issue, you can *even skip the muscle testing*, if you stay focused on the issue (or use Pause Lock).

Surrogate Testing

The energy disturbances (blocks) in another person will manifest through muscle testing just as a jolt of electricity will pass through one person to another (this is demonstrated with the "Energy balls"). So if an individual is not testable, such as an infant or a person in a coma, have a "surrogate" touch them (or at least be very close to their energy field) and then test the surrogate. The imbalances (energy blocks) will show up on the surrogate with unlocking muscles. Make the corrections on the person directly if possible, or on the surrogate (maintaining contact). Retest the surrogate.

Be sure to get the permission of the person the surrogate is substituting for if at all possible. See page 121 in the TFH Manual for more information on surrogate testing. Because the human energy field does not stop at the skin - any more than light stops at the edge of the bulb - you don't have to actually touch the person to do surrogate testing and balancing. As long as you are in their energy field, testing and balancing can be done. Theoretically, all energy fields extend to infinity.



Module Four: Targeted or “Goal” Balancing

Balancing for what you specifically WANT

You can do an energy balancing for whatever you want as a specific goal. This can be **anything** (physical, mental, spiritual, etc.). First, though, you may want to do a general balancing (without a specific goal) so that you have all muscles locking in place. This is recommended because it gives you a “base line,” but it is not necessary to get results.

Goal Balancing for Physical Concerns

Select a health concern or problem to address. It is preferable, though not necessary, to convert it to a positive statement. This statement will describe the ideal outcome of the balancing as if it had already happened. Put the goal in sensory-based terms – see, feel, taste, hear, and smell – and make it as detailed as reasonably possible. When the person comes up with a goal, have them state it out loud so you can help to verify that it’s a totally positive statement. The alternative to a verbal goal is to do a “physical goal” by doing Circuit localization (explained on the next page). For best results, create both a verbal goal AND Circuit locate at the same time.

1. Start by asking the person, “**What do you want?**” It’s important to have *them* come up with the wording because it when is in *their* words, it will be more effective. *Also find out what difference it would make for them to get what they want and include that in the goal by tagging on a “so that...” phrase. E.g. “so that I can walk up stairs, or hike, etc.”*

Here are three examples of converting a “negative” problem to a positive statement/goal:

See how it feels to convert:

“I have back pain.”

“I have a headache.”

To the following:

“My back is strong, moves freely and supports me **so that** I can....”

“I think clearly and I feel great **so that**....”

Make sure the statement is in the present tense and *not* a future tense:

“I want to lose weight.”

“My metabolism is normal **so that** my weight IS at the ideal level.”

2. Have them rate the problem from 0—10 (0 is no problem and 10 is the worst it can be).
3. After the person says their goal statement out loud, test a muscle. The muscle should unlock, because the goal is inconsistent with the way things currently are -- we haven’t done the balancing yet. It’s like saying a lie, so it creates stress that creates unlocking.
4. Do an **EHC balancing (Assess, Correct, Test)** finishing with the humming and C.C.
5. Have them rate the problem again on the 1-10 scale to see how much it improved. Do the laser points again if you are not satisfied with the results and/or do more ESR.

Circuit Localization (CL)

If you put your hand (like a probe) or they put their hand on an area of the body that has stress, then muscle test; the muscle will unlock. This “locates” a circuit where there is blocked energy. E.g. if you “circuit locate” (CL) over the heart or liver and the muscle unlocks, you know there is stress in that area. Now you can do a regular balancing for that part of the body, either with your hand in place the whole time, or by doing a “Pause-Lock.”

Pause-Lock (PL)

Pause-Lock (PL) is a way to keep a person’s system focused on a particular concern while you go through the balancing process. To do a PL, have the person being tested focus on the problem or do a CL, and spread their feet apart to shoulder width. This holds or locks in the distorted energy pattern into the hip joint until they resume close that joint.

Stacking Multiple CL’s

You can stack multiple CL’s into the same balancing by transferring the data the PL is holding into another form kind of PL that uses the TMJ (jaw joint). E.g. CL your liver. After you do a PL, CL another part of your body, e. g. your heart. PL this by opening your jaw as wide as you can. This captures the data for both CL’s. Disengage the hip PL by putting your feet back together and immediately spread them apart again (the hip PL). Close the jaw. Add another CL, such as your pancreas and PL that with the jaw, which now holds the information for all three CL’s. Switch that to the hip PL and close the jaw joint (TMJ). You can keep stacking as many as you want by going back and forth. Then do the balancing.

Goal Balancing for Emotional Concerns (“Energy Psychology”)

Non-physical issues are often based on fear or anger, which are the emotional components of the “fight or flight” dynamic that goes into operation whenever you are under stress. Emotional concerns can also involve grief, sadness or depression.

The cause of ALL negative emotions is a disruption in the body’s energy system.

1. Ask the person you are working with how they would like to feel or be different. Or ask if there is a stress or mental block. Rate the issue from 0 to 10.
2. Work together to create a positive statement about the issue, or just focus on the issue.
3. Test a muscle that had been locking well. It should now unlock, because you have caused a stress in that circuit by tuning into a negative thought or emotion, or by setting up a goal that is incongruent with the way things currently are; therefore, it is stressful.
4. Do a regular EHC balancing for this goal (Assess, Correct and Test). If there is little improvement or any of the muscles don’t lock, check for a psychological reversal.
5. You can skip the muscle testing part if the person you are balancing stays focused on the negative issue or the positive goal (ideally use Pause Lock). *In this case, the “information sandwich” is the mental focus rather than the muscle testing.*

Psychological Reversals (PR)

A psychological reversal is an unconscious state of mind that is the *opposite* of what the person believes they want. A *psychological reversal is self sabotage.*

Sometimes testing will reveal a hidden psychological reversal. For example, someone says (and consciously believes) they want to lose weight. But when tested after saying they want to lose weight, the muscle unlocks! This means that on a deeper level the statement is NOT true -- a part of them (unconsciously) does *not* want to lose weight. Frequently with a serious disease history, a divorce, a bad accident, or the death of a family member there is a psychological reversal. People can become resigned to the stress and to feeling overwhelmed. According to Dr. Sheldon Deal, even consumption of Trans-Fat (partially hydrogenated oil) can cause psychological reversal.

On a conscious level, a person may be doing everything they know to lose weight, or even be healthy in general. **But if there is a hidden psychological reversal, they will never get the results they say they want from a balancing (or from *any* kind of treatment, therapy, dietary supplements, exercise or eating plan).** If they *do* change, the results will only be temporary at best. A reversal can be very specific, it can be broad and general, and it can range from minor to major.

A minor PR would be when the muscle unlocks on "*I want keep my problem of always procrastinating*" and locks on "*I want to give up my problem of procrastination.*"

Two examples of very major general psychological reversals are:

- ✓ The muscle unlocks on "*I want to be healthy*" and locks on "*I don't want to be healthy*" or "*I want to be sick.*"
- ✓ Unlocks on "*I want to live*" and locks on "*I don't want to live*" or "*I want to die.*"

This reversal could happen with *any* habit or activity. Suspect a PR if a balancing does not work or last, or if something is difficult to change (poor eating habits, smoking, exercise, etc.) Fortunately, the correction is easy to do:

Psychological Reversal Correction

1. **Stimulate with the laser** the midpoint of the bone, between the first knuckle of the little finger and the wrist bone. This is actually the acupuncture point, Small Intestines #4. If you did a karate chop, you'd hit the target with this point (the alternative to the laser is just tapping on this point; most psychologists who use this technique use tapping).
2. While the laser is on this point, have the person say out loud 3 times: "***I am valuable and worthwhile, even though I want to keep _____ (the problem)***" or "***...even though I DON'T want to give up _____ (the problem).***"
3. **Retest the statement.** The test should be as you would expect it to be, i.e. they test "yes" (locked) to wanting to give up the problem and "no" (unlocked) to wanting to keep the problem. The psychological reversal will be "reversed" back to normal. If it returns later, just repeat the correction.

4. Now that the PR is removed, do a regular **EHC balancing** for the whatever goal you were balancing for, e.g. *losing weight, fear of heights, etc.* Have the person finish (as usual) with **cross crawl as they hum**. Correcting a psychological reversal can actually be done without doing the muscle testing.

Other PR's

(You can test for each PR specifically or just do ALL of these--recommended)
(Adapted from Instant Emotional Healing: Acupressure for the Emotions
by George Pratt and Peter Lambrou)

Global PR: *"I am valuable and worthwhile (V & W), even with **all** my faults, defects, problems and limitations."*

Keeping PR: *"I am V & W, even though I want to **keep (or need)** this problem."*

Future PR: *"I am V & W, even if I **will continue** to have this problem."*

Deserving PR: *"I am V & W, even though I **don't deserve** to get over this problem."*

Fear PR: *"I am V & W, even if I am **afraid** to get over this problem."*

Safety of Self PR: *"I am V & W, even if it is **not safe for me** to get over this problem."*

Safety of Others PR: *"I am V & W, even if it is **not safe for _____** for me to get over this problem."*

Not Possible PR: *"I am V & W, even if it is **not possible** for me to get over this problem."*

Allowing PR: *"I am V & W, even if I will **not allow** myself to get over this problem."*

Necessary PR: *"I am V & W, even if I will not do what is **necessary** to get over this problem."*

Lack of Benefit to Self PR: *"I am V & W, even if getting over this problem will **not be good for me.**"*

Lack of Benefit to Others PR: *"I am V & W, even if getting over this problem will **not be good for _____.**"*

Unique PR: *"I am V & W, even if I have a **unique block** to getting over this problem."*

Sometimes a person "needs" to keep their disease or condition because they are getting a big payoff from it such as attention, safety, control, sympathy, etc. You can test and balance for this as well. Balance for "I no longer NEED...."

Goal Balancing Examples for Non-Physical Concerns

There are hundreds of issues one can address in balancing. Here are just a few examples, including how to convert some of them into goals:

1. Concern (anxiety about) for what other people think of you
Convert to: "I am fine with whatever someone thinks about me"
2. Fear of not being important and worthwhile (most people don't)
Convert to: "I am important and worthwhile" (you could add, "even when... happens")
3. Fear of being stupid or dumb, or not knowing or having the right answer
4. Fear of not being good enough (for yourself, parents, spouse, God, etc.)
Convert to: "I am capable, even when I make mistakes."
5. Fear of taking risks or getting hurt
Convert to: "I enjoy adventure" or "I am comfortable in taking risks"
6. Not being able to let go of tension or anxiety (vs. being relaxed and calm)
7. Your appearance (your face, height, stomach, legs, thighs, whatever)
8. Liking or accepting yourself
9. Your gender; issues about sex
10. Concerns about your future; feeling hopeless or lost
11. Not trusting men (or women) or a certain person
12. Not feeling loved by _____ (a parent, spouse, friend, God, etc.)
13. Not being able to forgive someone (including yourself); letting go of resentment
14. Bitterness or resentment (not able to forgive yourself, parent, spouse, friend)
15. Feeling good about yourself even when _____ (describe; e.g. disrespected)
16. Phobias: fear of heights, spiders, snakes, bugs, open places, water, etc.
Convert to: "I enjoy being up high (or in the water, around bugs, etc.)"
17. Needing to be right (i.e. fear of being wrong)
18. Fear of rejection or failure
19. Feeling overwhelmed
20. Tendency to be harsh or demanding
21. Getting upset when things don't go your way (thinking that they are supposed to!)
22. Being critical or judgmental of a certain person or yourself (we all do this)
Convert to: "I appreciate and accept others (or myself) the way they are"
23. Needing to control or dominate others (or to avoid being dominated)
24. Letting go of an injustice or something in the past
25. Your boss, job or business
26. Concern about finances
27. Being indecisive
28. Lack of confidence in a certain area
29. Feeling like you need to be perfect
Convert to: "I am significant, important and valuable even when I am not perfect or make mistakes" or "I no longer need to be perfect"
30. Your biggest stress at the moment
Convert to: "I totally accept this challenge (describe it) and am at peace with it"

Some of these issues are so deep they will need multiple balancings, like peeling multiple layers off of an onion. You can also rebalance on deeper levels by making it part of the set-up: just state that you are testing and balancing on deeper levels. Though highly recommended, it is not essential that you always convert the issue to a positive goal.

Goal Balancing for Skills Improvement and Establishing New Habits

1. **Focus** on a skill that you want to improve or a new habit that you would like to develop.
2. Together, **create a positive statement** describing the way things are with your new skill level or habit. Here are some examples.

Increasing typing speed	<i>"My fingers are quick, light and strong, and they're perfectly connected to my brain."</i>
Eating only healthy foods (vs. processed foods)	<i>"I choose to only eat foods that support my health."</i>
Improving reading comprehension or speed	<i>"I read at twice my normal speed with 100% better comprehension."</i>
Improving tennis game	<i>"I get better, stronger, more graceful and more flexible with every time I play."</i>
Working my part time business consistently	<i>"I work my business two hours a day and I love doing it."</i>

3. **Do the EHC balancing** for the skill improvement goal (finish with the **cross-crawl**).

Balancing with other Techniques Using the TFH Manual

If you don't get the full results you want with EHC, go to the Touch For Health Manual. Other techniques in the TFH manual will enable you to be even more effective.

1. One way is to start with a problem listed in the index on page 137 or if it is a pain, go to the picture of the muscles on page 125 and identify the muscle closest to the pain.
2. Go to that page number for the problem or the muscle, and **Assess** (test) the muscle as shown in the TFH manual (upper part of the page on the left).
3. **Correct** by using the associated Neuro-lymphatic points with the laser. The neuro-lymphatic points are the ones on the associated muscle's right-hand page. These points are especially good for pain and long term problems. You can also follow the directions and use the Neuro-vascular holding points or acupuncture holding points.

For **pain**, it is often very helpful to apply pressure and jiggle (at the same time) both ends of the muscle (and do extra ESR). Often even more improvement is gained by finding the massage *direction* that causes an indicator muscle to lock; massaging in that direction can help a lot. Just test any locked muscle after massaging different directions on the area. The direction that causes the indicator muscle to lock is the one that will help that area.

4. **Test** (retest) the muscle to be sure that it now locks.
5. Do the cross-crawl with humming to integrate the changes.

Example: **low back pain**. Most often, the most important muscles to work on are the Psoas (p. 65) and Quadratus Lumborum (p.109). Test the muscles, stimulate (laser) their reflex points and retest. Most of the time, you will get immediate significant improvement, often 100%. For **tense muscles**, such as the upper Trapezius (between the shoulders and neck), pushing the Spindle cells together (p. 27, 118) is effective in relaxing the muscle.

Module Five: Brain Hemisphere Integration

The Brain Hemisphere Integration sequence can help everyone, but it is especially useful for people with reading and learning disabilities and for those with poor coordination. The two sides of your brain were designed to work together, just as the two wheels of a bicycle are designed to work together. Imagine being allowed to only use one wheel of your bicycle at a time. If you had to switch from one to another and could not use both at the same time, travel would be far less efficient and fun (and a *lot* more work). For many people, that is exactly how their brain operates—they can effectively only use one side at a time. One side is always switched off. In severe cases, that is called a learning disability.

Your level of integration varies from moment to moment and no one has 100% integration all the time. Everyone can always improve his or her brain's hemispheric integration.

The areas where you may see the most dramatic improvement with this technique include:

- Reading difficulty, especially poor comprehension or recall.
- Confusion or difficulty understanding new information.
- Writing or speaking difficulty.
- A lack of coordination or focus in general.

Inadequate brain integration can originate from insufficient crawling as a baby, which results in the neurological organization of the brain being incomplete. Inadequate brain hemisphere integration can also occur from long-term stress or a trauma incident, such as a divorce or a severe physical accident.

The results of this balancing can be very dramatic (often life-changing), and very stable. Frequently, the person will experience many unexpected benefits, such as improved vision, improved organizational skills and mental acuity, colors appearing brighter, etc.






+ **Brain
Hemisphere
Integration** **=**



Brain Hemisphere Integration Pre-tests

Choose a muscle that is easy to test on both sides of the body – and make sure both of them lock solidly to start with - since we need feedback from both hemispheres. We'll be testing a muscle on both sides in each of the tests below.

1. **Cross-Crawl Movement:** Have the person march in place swinging both arms freely for 10 seconds, raising the OPPOSITE hand to the OPPOSITE knee, as you might if walking or jogging. See page 120 in the TFH Manual for more information on cross-crawl. Test a muscle on both sides. If the hemispheres are not integrating well, the muscles will unlock. This indicates that the brain is more comfortable using the two hemispheres separately. Each hemisphere takes turns “switching off,” as opposed to working together.
2. **Homo Lateral Movement (Puppet March)**  : Have the person march in place for 10 seconds, raising the SAME hand with SAME knee. Visualize being on puppet strings. Test. If the muscles are strong (locked), this usually indicates that the brain is more comfortable switching between the two hemispheres, as opposed to integrated functioning of both sides together.
3. **Viewing the X:** Have the person look at or think of an X. This symbolizes integration. Test.
4. **Viewing Parallel Lines**  : Have the person look at (or think of) parallel lines. This symbolizes separation, or switching. Test.
5. **Horizontal Tracking:** Have the person follow your hand with their eyes (while keeping their head still) as you move your hand slowly from side to side several times about 18" from their eyes. Test. This test simulates eye movement during reading.
6. **Looking up, down, right, and left** (4 individual tests): Have the person look up (while keeping their head still), and test. Then have them look down (while keeping their head still) and test again. Repeat the process looking to the right and then looking to the left.
7. **Reading Sentences:** Read a sentence or two out loud. Test again. You can also have them read a sentence or two silently to see if they test differently. Test again. Sometimes with children you will want to test each individual letter of the alphabet and numbers (0-10).
8. **Comprehension and Recall:** Ask the person to recall what they just read. Test.
9. **Reading Backwards**  : Have them read a sentence backwards, then test. This is the third – and last - test for switching.
10. **Auditory Processing Test:** Have the person hold a hand over one ear and test. This checks auditory processing of information. Do the same with the other ear.

Brain Hemisphere Integration Correction


The person will be alternating between Cross Crawl and Homo-lateral Movement three or four times—until the person can alternate easily.

1. Have the person do the **Cross Crawl** (for ten seconds) looking UP and to the LEFT, (keeping the head facing forward).
2. Have the person now do the **Homo-lateral Movement** (for ten seconds) looking DOWN and to the RIGHT, (keeping the head facing forward).
3. Repeat #1 and #2 two or three more times, or more—until they can easily switch from one to the other.
4. End with a **final Cross Crawl**,, except this time have the person hum and rotate their eyes through their full range in both directions. Facilitate this by having them follow your hand with their eyes as you slowly trace a wide **clockwise circle** in the air for about 10 seconds. Then trace a wide **counter-clockwise circle** – also for about ten seconds – and the correction should be complete.
5. Finish with the **post-tests** to verify that all the appropriate changes have been made. This retesting also works to integrate the changes into the system.

NOTE: As the one leading this procedure, it is helpful to demonstrate the cross crawl and homo-lateral movement first so that everyone feels more comfortable in doing this.

Brain Hemisphere Integration Post-Tests

The post-tests are exactly the same as the pre-tests.

- Typically, the only tests that will normally  unlock now are #2 (homo-lateral movement), #4 (looking at parallel lines), and #9 (reading a sentence backwards).
- If these do not unlock (stress) the muscle, that is OK. That may indicate a higher level of integration—ideally, no kind of movement should be stressful. The most important thing is that in the other seven tests, the muscles locks.
- Typically, the most dramatic observable difference will be in test # 7, reading.
- The Brain Hemisphere Integration techniques can also be used as a correction for a specific goal, particularly for emotional issues or blocks.

One other thing to note: **the order in which you do the tests doesn't matter, it's only important that you do them!** You can add additional tests, e.g. for each letter of the alphabet or each of the ten digits (0-9). This can really make a difference for children.

Module Six: Balancing with Foods and Nutrients



Many things can interfere with your system and cause energy disturbances. These include electrical and magnetic fields - such as fluorescent lighting, microwaves, cell phones, etc. Non-electrical influences may include metal bands or jewelry touching your skin, perfumes, some types of music, synthetic clothing, high heel shoes, deodorant, auto exhaust, smog, most sun glasses, most chemicals, food additives and preservatives, and altered foods (such as sugar, hydrogenated oil, homogenized milk) and almost all “processed” foods.

1. Identifying toxins, depleting and energy-disturbing foods.

- a. Make sure you have a muscle that locks in place. Ideally, do a general balancing first (without a specific goal) so that you have all five muscles locking in place.
- b. Have them hold the food or substance on their torso, and retest all five of the muscles. If any muscle unlocks, that item is creating an energy disturbance in that circuit. For watches and jewelry, remove it and then retest immediately after putting it back on before the body can compensate for potential energy drain.
- c. Avoid or reduce exposure to that substance if possible, or balance for it.

2. Eliminating allergic reactions and stresses from a substance.

- a. After doing a general balancing so that you have all the muscles locking in place, test all five muscles with different foods, supplements or other items - metal on the body, perfume, etc., to discover what may be stressful to the system (increase the sensitivity of the testing by having the person point their fingers into their navel and use PL). Do an EHC balancing WHILE the person is holding the item (or PL) causing the stress.
- b. You can also use the laser to neutralize an energy disturbance for a specific substance, but it only works for that specific item. It will “harmonize” the vibrational rate of other things it contacts into phase with your body’s vibrational rate, while simultaneously supporting your body in vibrating at its own ideal rate. This causes the “opposing” energy patterns to harmonize in a way that is healthy for you, instead of clashing. For instance, lasering an egg doesn’t balance your system with all eggs, only the egg that you’re holding. To balance for *all* eggs you would need to do a balancing holding an egg.

3. Balancing with food and supplements.

- a. Perhaps a person has internalized stress (energy block) in an organ, such as the liver, which causes a muscle to unlock. Test a muscle (using circuit localization on the liver) with different foods or nutrients to discover what will reverse the unlocking. This test shows what nutrients will support that organ or system.
- b. To see if a supplement is a high priority, hold it for five seconds, put it down, and immediately retest. If the muscle unlocks, the body is stressed by **not** having it and really needs it. If the muscle stays locked, it is good but not critical to use.
- c. Double the potency of a supplement by shining the laser on it while it is in your energy field. For even more value, feel a deep appreciation as you take them.

4. **You can get specific information by asking questions or making statements.**

The muscle will unlock if what is said is stressful to the system. Asking a question to which the answer is “no,” or making a statement that is untrue will create unlocking.

If I have the person say, “I need this supplement”, and the muscle unlocks, the statement was false, thus stressful. They don’t need that supplement. I usually double check by reversing the statement to make sure I get the opposite result. I would have them say “I *don’t* need this supplement,” and this time the muscle should stay locked, meaning that the statement was true—they don’t need the supplement.

Or instead of a statement, you could use a question, “Do you need this supplement?” If it unlocks, that means “no.” If it stays locked, that means “yes.”

If I have the person say “I need one or more a day” and it stays locked, I take that to be true. Next I’d have them say “I need two or more.” If the answer is yes, I retest for three a day, etc., until the muscle unlocks. If it locks at four and then unlocks at 5, I interpret that to mean they need four (at least at this time). This could change in the future.

Other sample statements to test:

- “On a scale from 0-10, this supplement is a ten...nine...eight, etc.”
- “I need at least 8 (9, 10... etc.) glasses of water per day to be well hydrated.” If your answer is less than 8, your testing is off.
- “I need this every day. Every other day; once per day; three times per day; etc.”
- “I’m getting enough exercise; I need more; This is a good exercise for me.”
- “I need 8 hours of sleep; I need to go to bed earlier.”
- “These shoes are good for my feet.” Test while wearing the shoes, of course.
- “I am getting sufficient sunlight in my life; I need more.”
- “I need to forgive someone.” (you can test to see who it is)

The information you get is only limited by the questions you ask. The person knows all the answers subconsciously—the muscle testing gives you both access to that information!

Self Testing

You can self test by pushing the index finger down by placing the middle finger pad on the index nail. If it locks, it is a yes. This takes time to master. You can also do a range of motion test by placing your palm on a flat surface and lifting your index finger as high as you can. Now do it again while testing something or asking a question. If you can’t lift it as high as before, what you are testing is stressful (stress inhibits full movement of muscles).

Warnings—Avoiding Bias and Asking for Guidance

Be aware that any strong bias or expectation held by you or by the person being tested can alter the test results. So it’s very important to be neutral. *Usually doing some ESR or a goal balancing for being neutral will accomplish this.* Also, never use muscle testing to ask questions about what you are to do in the future. Muscle testing is a real-time experience, like a snapshot of who you are right now. That snapshot is actually changing every second, so your subconscious can’t predict accurately what will happen in the future.

What Nutrient Is Most Important for YOU?

The most important nutrient is the one that is missing.

The most important nutrient for each of us is the one we don't have enough of. Given that you're living at this time on this planet with the current pollution and nutrition levels, it is absolutely 100% certain that you are missing some critical nutrients unless you have been getting them through supplements. Why do I say that? Read on...

A 1992 study by the Earth Summit Report indicated that North American farm and range soils have become 85% depleted of minerals over the past 100 years. A year later the *World Health organization reported that US soils are 95% depleted of minerals*. Since plants grown in these soils do not have the minerals available to them it seems clear that we cannot get those "missing" minerals when we eat the plants as part of our meal. Actually, it was reported to the US Senate back in 1936 (Document 264, 74th Congress) that "99% of the American people are deficient in minerals and a marked deficiency in one of the more important minerals actually results in disease."

Their "solution" was to start using fertilizers containing high percentages of chemical stimulants that would artificially force plant growth, even without most nutrients and in nearly-dead soils. So because the plants *look* healthy, most people assume that they are!

There was a study done on the amount of iron in a bushel of spinach in 1940. When the same study was repeated in 1985, they found that it would take 72 bushels of 1985 spinach to get the same amount of iron as in one bushel in 1940. Are you eating your ten - to - seventy bushels of each veggie every day so your body can get enough nutrients?

Scientists have now discovered exactly how fruits and veggies grow. The plants don't add the primary amounts of full-spectrum nutrients into their fruit until right at the *end of the maturation cycle* - that's why fruit isn't fully sweet until then. However, the agribusiness industry picks everything "green" so it doesn't spoil before they can get it to market, then they "ripen" it artificially when they're ready to use it. Well, you guessed it – the artificial ripening process makes it *look* OK, but doesn't add any of the nutrients that our bodies require to function. Actually, that probably explains why the soils aren't *completely* depleted yet – it's likely that things get harvested before any significant amount of nutrient has even gotten out of the ground into the plant. **That's right, it's no longer possible to eat huge enough meals to get the nutrients our bodies need to function properly!**

And that doesn't even count the extra nutrients necessary to clean out all of the *additional toxins* we're getting exposed to every day in our air and water! Even people who have *only* eaten vine-ripened organic food all their lives (if there is such a person left) can no longer do without supplements. Chemicals in our air and water are so much more prevalent and abundant over the last hundred years that our bodies can no longer clean them out as fast as they come in. The US Environmental Protection Agency now lists almost five hundred chemicals *found in every human being on the planet* – and their supposed "safe" levels - *that did not even exist fifty years ago*. Add to that the fact that the commercial meat industry is putting hormones that are similar to humans' into the animals that we eat. They're not the same, but they are close enough to throw our bodies into severe confusion. For instance, cow hormones are actually meant to turn a 40 lb calf

into a 400 lb heifer in a few months – to “fatten them up”. More than 65% of the US population is now considered clinically “overweight,” and more than 33% is considered clinically “obese.” Does that sound like a coincidence? We think not. If it’s not free-range, organically fed and grown, we prefer to pass.

Everyone needs the same basic nutrients, but we each need *different amounts*. How could I possibly figure out how much of each food or nutrient is right for my particular body at any specific time? That’s where EHC comes in! We can use EHC testing to *directly* determine what is needed. As a matter of fact, testing *a lot* of people directly coupled with basic human biochemistry is how we came up with the following nutrient list. Based on human biochemistry - what we *actually need* to survive and function effectively - and on what nutrients are most often **MISSING** for people in our current society, we believe the most critical and highest priority supplements are:

1. **Glyconutrients**: Chemically these can be called by many names – Essential Sugars, Super Sugars, Super Carbohydrates and Glyconutrients are the most common ones. For most people they are the most important nutrients because they are the nutrients that are most missing. Most people know we need to get the eight essential amino acids from our food. We also need the eight essential sugars (Glyconutrients) from our food in order to function properly. **Of the eight that we MUST have, only two are supplied by our current food industry.** Our bodies can convert portions of the two we get into the other six, but it costs our enzyme banks and organ systems very dearly to do it. All of our cellular communication and immune system functions depend on having all eight of them. If we could take only one supplement, a full-spectrum glyconutrient would be it, because glyconutrients are absolutely essential for *all internal data transfer, cellular functions and enables proper immune responses and internal communication*.
2. **Hormonal/Endocrine Support**: Your body requires the raw materials – *natural plant hormone modulators* - for it to make whatever hormones it needs, in the right amounts. Hormones are chemical messengers that the glandular system uses to regulate organs and processes in the body. In the last fifty years our lives and eating habits have changed so much that the daily stresses on our bodies have taxed our glandular systems beyond their limits. That is why we’re all stuck in some degree of fight-or-flight mode, and why we need the support so desperately. The most effective supplement for this purpose is formulated from dioscorea.
3. **Phytonutrients**: These are specialty plant nutrients - found only in vine-ripened fruits and veggies. They are the particular co-factors (phytochemicals, vitamins, minerals, etc.) that support various defense mechanisms in the body. They are vital for cellular repair and regeneration and cancer prevention.
4. **A Broad-Spectrum Multiple Vitamin, Mineral and Anti-Oxidant Supplement.** It is critical to get all the essential vitamins, minerals and anti-oxidants to reduce your risk of autoimmune disorders, heart disease, stroke, cancer and diabetes. Oxidation is a process that happens as a result of normal cellular activity – think of it like rust slowly eroding metal. When everything is running perfectly, the body is able to clean it up as it happens – like polishing the rust off. However, there are many chemicals in our environment that dramatically boost our free radical levels, causing high oxidation rates. These include (to name just a few) partially

hydrogenated oils, fried foods, auto exhaust, industrial pollutants, etc. Taking an anti-oxidant helps give your system a fighting chance, but it also requires certain vitamins and minerals to function in the body. This means that an anti-oxidant should always be accompanied by those co-factors so it doesn't have to steal from the body's reserves in order to be able to help effectively.

The Supplements We Most Strongly Recommend

The best science-nutrition website I know of, that includes information on glyconutrients and major university nutritional studies and their abstracts is www.glycoscience.com .

I recommend any supplement of standardized and guaranteed potency that can supply the preceding nutrients in such a way that the body can fully utilize them. For more information about glyconutrients, phytonutrients or endocrine support, talk to your instructor, or go to my website at: www.healthandlongevity.info.

Other Ways to Remove Energy Blocks and Restore Balance

You can actually use *anything* with the intention to balance: specific tones (notes A through G, and then music played in that key), a specific color, exercise, food, supplements, prayer, meditation, chiropractic, etc. It is all in your set-up (goal creation), intention, and balancing. FYI, Here are the tone/color equivalencies: **A** = Indigo; **B** = Violet; **C** = Red; **D** = Orange; **E** = Yellow; **F** = Green; **G** = Blue.

Four Daily Self Balancing Exercises

One ancient system of removing energy blocks so as to enhance the flow of vital life energy, which in turn enhances immune system function and improves blood circulation, is used by 200+ million people in China *everyday*. In various forms, it is used in China as the nucleus of a national self-care system of health maintenance, as well as in most of the hospitals as part of their health care program. It is even used to treat serious diseases such as cancer, heart disease, asthma, arthritis, AIDS, depression, pain, etc. Both Energy Health Care and Touch For Health are based on these same basic principles.

The following is an adapted segment of that system (Qigong) that you can use on a daily basis as another way of doing daily self health care. You can use this as a method of doing a general or goal balancing. It can be used standing, sitting, lying down or while walking.

According to Dr. Jahnke, O.M.D., these are some of the benefits from doing this daily:

- Stimulates and nourishes the body's internal organs by breaking down energy blocks and increasing the natural flow of your life energy
- Enhances the efficiency of the immune system by increasing lymphatic fluid flow
- Improves the resistance to disease by accelerating the elimination of toxic metabolic waste products from the tissues, organs and glands through the lymphatic system
- Decreases heart rate and blood pressure and optimizes the delivery of oxygen
- Increases the efficiency of cell metabolism and tissue regeneration through increased circulation of oxygen to the brain, organs and tissues

The four daily exercises I do for my self balancing and health care:

1. This is my favorite exercise. This one involves contracting and relaxing all your muscles with deep breathing. While sitting or standing, place your hands over your heart. **Think of your heart and generate a feeling of appreciation during the entire exercise.** Inhale deeply from your diaphragm and relax. As you slowly exhale, slowly press your hands **upward**, as high as possible, as if lifting a heavy weight, contracting as many of your body's muscles as possible, including the pelvic region.

Once your hands are fully extended above you, with all your muscles contracted (from your toes to your nose) and your breath fully exhaled, pull your stomach in as far as you can. Then tighten the abdominal muscles, making your stomach area hard. If you can, repeat that two more times. Then as you slowly draw your hands back to your heart, relax and inhale deeply as you release all the tension. Do this on one breath if possible, or work up to doing it on one breath.

Now repeat this process, except this time the movement of the hands is **forward** as if pushing something heavy, contracting and slowly exhaling as before; then relax and inhale as you slowly return your hands to your heart. Do this on one breath if possible.

The *third movement* is the same except that it is **outward to the sides**, contracting and exhaling as before; then relax and inhale as you return your hands to your heart.

The *fourth movement* is the same except that it is **downward** (behind you), contracting and exhaling as before; then relax and inhale as you slowly return your hands to your heart.

Repeat this entire cycle of all four movements one to three times, feeling **appreciation from your heart**. *You can also do this exercise to balance any issue: just circuit locate and pause lock prior to starting the movements.*

End this exercise by relaxing and twisting your body at the waist 3-5 times, letting your arms swing freely, gently hitting your sides.

2. Your ears, hands and feet are reflex microsystems. Apply pressure to these areas, using your thumbs and forefingers, with the massage direction away from the heart. Be sure to squeeze the **tips** of the finger and toes, especially on both sides of the bottom of the nail (this is where many of the meridians begin or end). You can do this frequently.

3. In this exercise, you direct your energy to your internal organs: rub your hands together to create heat—this concentrates energy in your hands. Apply your right hand over your liver (on the right) and your left hand over your pancreas (on the left). Move your hands continuously circularly, breathing deeply, visualizing your energy both regenerating tissue and releasing toxins. Do the same procedure over your navel/stomach and thymus area (breastbone). Then do it over your low back and kidney and adrenal area. You can do this over any organs you want to support and/or cleanse.

4. Trace your acupuncture meridians (see TFH book, pages 18-19 & 26), starting and ending with both the CV and GV meridians. Breathe in at the start and end of each one.

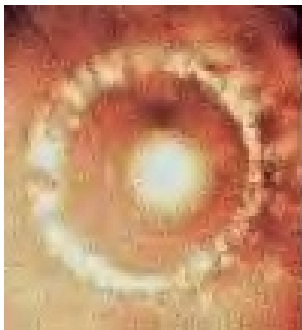
My Eight Requests of You

1. Choose a partner for daily encouragement calls for the next 30 days and keep a log of the daily balancings you give and a log for the ones you receive for the next month.
2. Read through this manual within 24 hours and review it again once a week.
3. Give and get at least one energy balancing every day just like you would BRUSH YOUR TEETH every day (remember: PRIMARY Prevention is critical! Your health is worth at least one minute a day.)
4. Read How to Cure and Prevent Any Disease within three weeks from today.
5. Read pages 1-30, 116-124, and 132-135 in the Touch For Health Manual within the next seven days. Cut out the tabs on pages 31–107 and start using it to increase your balancing options and skills.
6. Become a member of the Kinesiology Association in your country within 30 days. If you live in North America, join the Touch For Health Kinesiology Association by calling (800) 466-8342. The cost is only \$25 for the basic membership, and up to \$1200 for the lifetime membership. You will get their newsletter and other benefits. Also consider registering for the next TFH Conference. Their web site is www.TFHKA.org
7. Audit the Energy Health Care workshop within 30-60 days (at a 50% discount) because:
 - You'll learn a lot that you missed the first time. You will hear it differently
 - You'll get a lot of practice on different people (with guidance)
 - You'll be making a contribution by helping beginners learn what you know
 - You'll be able to inspire others by sharing the results you've been getting
 - You'll have greater confidence in balancing people
 - You'll enjoy yourself and have a lot of fun while you learn
 - You'll be qualified to be an instructor and teach the workshop yourself
8. Consider the possibility of teaching this workshop to others because:
 - You'll be making a life-changing difference for many people
 - Your students will appreciate you for the rest of their lives; some will hold you as a hero for bringing this to them, or as the answer to their prayers
 - You'll really master the material
 - You'll have a lot of fun (and it's easy to do)
 - You'll earn some extra money in the process as a bonus (one class a month of just ten people generates \$1000 of extra income for you)

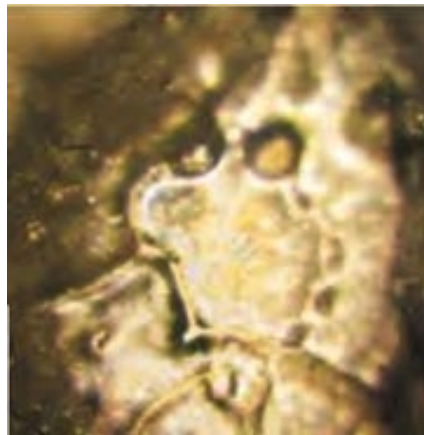
You do not have to accept any of the above requests. You are free to accept or decline. I've made these requests of you because I sincerely believe that if you commit to doing what I've requested, you will be empowered to do more of what is in your own best interests, and that you *will benefit in many very significant ways that aren't even apparent to you yet!*

Photographic Proof of the Effect of Human Energy

Professor Emoto from Japan has visually documented molecular changes by using a darkfield microscope to view frozen droplets of water that have been exposed to human thoughts and emotional energy. Remember that 70% of our body is composed of water.



Distilled Water	Love and Appreciation	Thank You	You make me sick, I will kill you
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Polluted water from the Fujiwara Dam, BEFORE offering a prayer	Polluted water from the Fujiwara Dam, AFTER offering a prayer
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For more information and additional amazing pictures (in color) showing the effect of music, thoughts and human energy, visit The Healing Effect of Human Energy at: <http://www.wellnessgoods.com>

Four Remarkable Experiments with Human Energy

1. "The Effect of 'Laying on of Hands' on Transplanted Breast Cancer in Mice" from the Journal of Scientific Exploration, Volume 14, No. 3, pp. 353-364 by Bengston and Krinsley.

Abstract: After witnessing numerous cases of cancer remission associated with a healer who used "laying on of hands" in New York, one of us (WB) "apprenticed" in techniques alleged to reproduce the healing effect. We obtained five experimental mice with mammary adenocarcinoma...which had a predicted 100% fatality between 14 and 27 days subsequent to injection.

Bengston treated these mice for 1 hour per day for 1 month. The tumors developed a "blackened area", then they ulcerated, imploded, and closed, and the mice lived their normal life spans. Control mice sent to another city died within the predicted time frame.

Three replications using skeptics (including DK) and laboratories at Queen's College and St. Joseph's College produced an overall cure rate of 87.9% in 33 experimental mice. An additional informal test by Krinsley at Arizona State resulted in the same patterns.

Histological studies indicated variable cancer cells through all stages of remission. Re-injection of cancer into the mice in remission in Arizona and New York did not take, suggesting a stimulated immune response to the treatment.

2. The second experiment was performed by Dr. Vladimir Poponin, a quantum biologist. In this experiment, a container was emptied (creating a vacuum) leaving only photons (particles of light). They measured the distribution of the photons and found they were completely random inside the container, as was expected.

Some DNA was placed inside the container and the distribution of the photons was remeasured. This time the photons were LINED UP in an ORDERED way and aligned with the DNA. In other words the physical DNA had an effect on the non-physical photons.

The DNA was removed from the container, and the distribution of the photons was measured again. The photons REMAINED ORDERED and lined up where the DNA had been. It appears that the DNA is communicating through a field of energy with the photons.

3. The third experiment was done by the military. Leukocytes (white blood cells) were collected for DNA from donors and placed into chambers so the electrical charges could be measured. The donor was placed in one room and subjected to "emotional stimulation" consisting of video clips that generated different emotions in the donor.

The DNA was placed in a different room in the same building. Both the donor and his DNA were monitored. As the donor exhibited emotional peaks or valleys (measured by electrical responses), the DNA exhibited the IDENTICAL RESPONSES (PEAKS AND VALLEYS) AT THE EXACT SAME TIME.

This was repeated with the donor and the DNA being separated by 50 miles and STILL had the SAME result with no lag time. This shows that living cells communicate through energy that is not affected by distance.

4. The fourth and perhaps most remarkable experiment was done at the Institute of Heart Math (www.Heartmath.com). The paper that was written about this was titled: Local and Non-local Effects of Coherent Heart Frequencies on Conformational Changes of DNA.

In this experiment, some human placenta DNA (the most pristine form of DNA) was placed in a container from which they could measure changes in the DNA. Twenty-eight vials of DNA were given (one each) to 28 trained researchers. Each researcher had been trained how to generate in their heart strong emotions using the Heart Math technology.

What was discovered was that the DNA CHANGED IT'S SHAPE according to the feelings of the researchers:

When the researchers generated gratitude, love and appreciation in their hearts, the DNA responded by RELAXING and the strands unwound. The length of the DNA actually *became longer*.

When the researchers generated anger, fear, frustration or stress, the DNA responded by TIGHTENING UP. It became shorter and SWITCHED OFF many of the DNA codes!

Note: If you've ever felt "shut down" by negative emotions, now you know why your body was equally shut down too. The shut down of the DNA codes was reversed and the codes were switched back on again when feelings of love, joy, gratitude and appreciation were felt by the researchers.

This experiment was later repeated using HIV positive patients. They discovered that feelings of love, gratitude and appreciation created 300,000 TIMES the immune system RESISTANCE they had without those feelings.

Conclusions

1. Human energy has a measurable healing effect
2. Skepticism diminishes but does not eliminate the effect
3. Non-specific energy transfer through touch and positive feelings mobilizes the body's own healing mechanism.
4. If you want to fortify your immune system against infection from virus or bacteria, continuously generate feelings of joy, love, gratitude and appreciation from your heart!

This is why in EHC we always have the person put their hand over their heart, think of their heart, and feel (generate) **appreciation**. It is clear that both touch and feelings of love, joy and appreciation can enhance and stimulate the function of the immune system, and thus have a healing effect.

Strategy for Empowering People and Making a Difference in the World!

Teaching just ten workshops of ten students each (100 people times \$100) generates \$10,000 to you for your time, energy and contribution. Or, \$9000 to you and \$1000 to give to your teacher if you want to practice the apprenticeship methods recommended below. After the first few workshops, most of your students will probably be people you didn't even know before they walked in - they will be referrals from people who already took your class. ***People love it so much when they can help a lot of the people they care most about!*** Especially when it doesn't cost them anything except a little time! The money sounds great, but *the really big part* is that we can all take advantage of this as a way to make the world a healthier, more balanced place!

We want everyone to have a *really* big incentive to use this system, and to encourage their students to be instructors. So you are encouraged to agree, for a limited time, to re-pay some of what you earn in tuition from your students back to your teacher. This is based on the age-old "honor system" method of apprenticeship and training. Remember, what you give in service returns to you tenfold! Can you imagine how fantastic it would feel to hand over a check to someone who isn't expecting it, just because they helped you learn to use tools for better health? *What about receiving an unexpected check yourself from someone who took your class and is instructing now?* Pretty great idea, eh? We recommend the traditional 10% for a year or so after the "new" instructor teaches their first class.

A few more thoughts along those lines: what if using these methods helped you communicate with your body so well that you could eliminate the need for therapies and healthcare insurance because you just never got sick anymore? What could you do with that extra money? If you never got sick anymore, what could you *possibly* do with all of the spare time and energy that you'd have? Wouldn't it be nice to find out?

Number of Instructors Goal	By This Date	Who each generate 10 instructors within in 6 months
100	1/1/04	100 instructors x 10 = 1000 instructors
1000	1/1/05	1000 instructors x 10 = 10,000 instructors
10,000	1/1/06	10,000 instructors x 100 students = 1,000,000 people using EHC daily
Goal: By the end of 2005 over One Million People Will be Using EHC		

EHC Balancing Progress Log

	Muscle Tests – L for Lock and U for Unlock					Goal and Results of Balancing
	1	2	3	4	5	
Day						
1 st						
2 nd						
3 rd						
4 th						
5 th						
6 th						
7 th						
8 th						
9 th						
10 th						
11 th						
12 th						
13 th						
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18 th						
19 th						
20 th						
21 st						
22 nd						
23 rd						
24 th						
25 th						
26 th						
27 th						
28 th						
29 th						
30 th						
31 st						

Instructor Agreement

I believe I have been adequately trained by virtue of attending *at least two* Energy Health Care (EHC) Workshops. By signing the EHC Instructor Certification below, I agree to the following:

1. I agree to teach the EHC Workshop with integrity, striving to be of service to my fellow human beings in the spirit of compassion and appreciation.
2. I agree to represent myself - in EHC classes - only as an EHC Instructor, and not as a doctor, practitioner of medicine or therapy, or a provider of any sort of "treatment."
3. I agree to not represent, imply or allow people to believe that EHC can eliminate any disease or health disorder or eliminate the need for a qualified healthcare professional. I agree to teach that the power of EHC is in helping the body to create its own balance to whatever extent it can.
4. I agree to teach the class in the same manner that I was taught, following the most recently updated EHC Manual as closely as possible so as to pass on standardized information and training. I will not add new material to the course manual without the foreknowledge and written approval/direction of the author.
5. I agree to offer this same opportunity to my students who complete two workshops so that they also have the option to pass on this knowledge by being Instructors of their own EHC classes.
6. I agree to pay 10% of tuition collected from class I teach to the instructor from whom I took my first workshop for the first 100 students and for at least one year.
7. I agree to become a member of the Touch for Health Kinesiology Association (or of the Kinesiology Association in my country) and will encourage my students to do so. They can be contacted at (800) 466-8342, or by e-mail at admin@tfhka.org

Energy Health Care Instructor Certification

Print Name of Certifying Instructor:		
Certifying Instructor Signature:		
Dates and Locations of Training:		
Print Name of New Instructor:		
Address:		
City, State, and Zip:		
Email Address:		
Phone and Fax:	Phone:	Fax:
New Instructor Signature:		
Date:		

Twenty Five Ways to Defuse Stress In Ten to Sixty Seconds

Excerpt from How to Cure and Prevent Any Disease, by Ray Gebauer.

Also available at www.cureanydisease.com or (800) 700-1238.

Here are some powerful yet simple ways to quickly defuse or eliminate stress. Many of these processes or activities are most effective when done in combination with one or more other techniques.

The first four methods are very powerful, yet very simple (and you've already done the first three, earlier in EHC). They are Touch For Health processes you can use immediately on yourself or on others, often with astounding results. They only take ten to thirty seconds, but give incredible results!

I believe that you will be surprised as to how well all of these techniques or activities work. They seem to actually alter (normalize) your brain chemistry. Try them—they are easy to use, and incredibly effective.

- 1. Emotional Stress Release (ESR) for 10-30 seconds** (covered in this manual)
- 2. Energy “Reset” Points (rub or laser on K-27)** (covered in this manual)
- 3. Cross Crawl for 10-30 seconds** (covered in this manual)
- 4. Increase Mental Acuity** (covered in this manual)

The lymph system is the drainage system of the body. There are many Neuro-lymphatic reflex points that regulate the energy to various parts of the lymphatic system. There is one set that is especially useful for regaining clear thinking, reducing overwhelm and defusing “brain fog”.

Massage – or laser - the area from the bone at the front of the shoulder joint down along the outside of the breast on the side of the chest (about four inches), for ten to thirty seconds. Do the same for the posterior Neuro-lymphatic points located just under the backside of your skull where it joins the neck - from the center line about 1-2 inches out toward the sides. Improvement is usually instant and often dramatic.

5. Reframing for Humor

When you feel stressed about a situation, one way to eliminate or reduce that stress instantly is to instill humor into it. One way of doing this is to look at your situation from a perspective that is funny. Imagine what an uninvolved outsider could see about your situation that was funny, and take on that perspective. How could someone make a joke about what, to you, seems so serious and important?

A slight twist on that idea is to create in your mind a videotape of what just happened. Next, alter it in some creative way - run it backwards, or upside down, or in altered colors such as bright neon pink and green, make everyone tiny, or whatever you want to imagine - and watch it again as if you were watching it as an outsider in a movie theater. You can even alter it by eliminating or adding characters, such as aliens, strange creatures, or whatever. Basically, you create additional modified versions of the event, which dilutes the impact of the original interpretation. Realize also, that the “original version” that we normally call “reality” is not totally accurate to begin with, since it is your *interpretation* of what happened at that time - while you were in a traumatized state - and not what *actually* happened. Nobody has a *totally accurate* perception of *any* given event.

6. Reframing for Value

One very effective way to handle stress is to choose to look at your stressful situation or problem as an *opportunity* to gain an invaluable lesson and as an opening for a breakthrough. *After all, breakthroughs usually come out of breakdowns!*

The most important lessons of life are usually gained in the middle of a stressful situation. Ask yourself questions like, “What can I learn from this that can improve or change my life?” or, “What advantage can come out of this if I am willing to see it from a different perspective?” or, “How would my spouse (or best friend) see this situation?”

8. Freeze-Frame

These next two are Heart Math processes based on the amazing HeartMath technology. This is very powerful in defusing stress, especially in a crisis. There are five simple steps:

- a. Recognize your feelings of stress and “freeze-frame” them as you would put your VCR on pause to freeze a particular frame.
- b. Focus your attention on the area of your physical heart, and breathe deeply, pretending that you are breathing through your heart. Do not move your chest as you breathe. Instead, move your diaphragm muscle (it feels like you are moving your stomach) down as you inhale and relax. Breathe this way for ten seconds.
- c. Recall a positive or happy time in your life and mentally put yourself back into that situation (re-experience it). Or better yet, think of someone you really appreciate, and feel that appreciation from your heart. Do this for ten to thirty seconds.
- d. With your focus still on your heart, ask what an alternative perspective you could have on this situation, and what response could you have that was more efficient or appropriate.
- e. Listen to what you hear and act accordingly.

9. Heart Lock-In



Focus your attention on the area of your physical heart and breathe deeply, imagining that you are breathing *through* your heart. Think of someone you really appreciate -- your spouse, your best friend, etc. - and focus on your feelings for them *in your heart*.

Get the maximum benefit by doing this “Heart Lock-in” procedure for 15 minutes. For even better results, do this as you listen to Heart Zones music developed by HeartMath. If you do this for 15 minutes with the music, the benefits will last at least four hours. For more information on HeartMath, see the recommended reading list at the end of this manual.

10. Hugs—Giving and Receiving

Giving and receiving hugs is an excellent way to reduce stress, and also a powerful preventative measure. Experts say we need *at least* twelve hugs a day to stay healthy.

11. Take several deep, diaphragmatic breaths



12. Do something thoughtful and nice for someone

13. Get into the light – in the sun or with a light box

14. Get warm -- down comforter, sauna, sun bath

15. Get into hot water -- a warm bath, hot tub or shower

16. Brush your hair, preferably with an old-fashioned brush with scratchy bristles. Get to the scalp, bending over from the waist

17. Take some endocrine support, such as Plus or Sport

18. Do the first of the Fountain of Youth exercises (spinning)

19. Listen to your favorite music and sing along, or better yet, make up your own song



20. Stretch, using any method, for several minutes

21. Rock in a rocking chair or jump on a rebounder (mini-trampoline)

22. Drink a glass or two of purified water

23. Ask someone to rub your shoulders, feet or hands

24. Dissolve a tablet of “Calming” homeopathic in your mouth

25. Take a few drops of the “Rescue remedy” (Bach Flowers)

26. Meditate or pray; ask someone else to pray for you

The Energizer

The Energizer protects you from:

- Radiation stress (computers, cell phones, air travel, etc.)
- Negative energy from others (anger, disapproval, etc.)
- Self generated stress (anxiety, irritability, fatigue, etc.)

With less stress, you have more energy naturally! Plus the Energizer helps stabilize the energy in all your acupuncture meridians.

There are many forms of chaos information assaulting our bodies constantly. Microwaves in their many forms, lighting frequencies, cell phones, televisions, appliances, computers, automobile and airplane chaos, negative geopathics and the negative thoughts of others are just a few of the many immune system depressors we encounter almost daily. The advanced technology found in the Energizer instantly sorts these many forms of chaotic information into organized units. No longer must we suffer the cell damage and DNA alterations from our extensive man made negative environmental influences.

The Energizer technology creates a unique environment around the body containing a concentration of life supporting positive bio photon activating information. The Energizer generates a field about six feet in diameter, with a stronger inner three foot diameter field. This is achieved by the gateway architecture the Energizer provides, allowing access to and amplification of this natural energy information. The Energizer itself holds no information programmed by man. There is therefore no corruption of the God given information around us. When any chaos or negative information enters this field, either from within or without, it is immediately ordered. This is similar to the principle of where there is light there can be no darkness. The message is still received by any living organism, but without the energy depleting consequence of chaos at the cellular or DNA level. This is confirmed by the increased levels of energy at the end of the day, or the vitality in the morning if the Energizer is placed inside your pillow while you sleep at night.

This technology utilizes the newer energy sciences of Chaos Theory, Zero Point energy, and Scaler technologies similar to some of Tesla's work many years ago. The practical implementation of these sciences (Quantum theories) into the Energizer now allows each individual person affordable protection (at 2-3 cents a day over ten years). We now can overcome the negative environments that can contribute to or inhibit our recovery from the many degenerative conditions all too common today.

The architecture of this science is couched in the theoretical work of eminent physicists who introduced this concept over 100 years ago. In the early part of the 20th century, inventor scientist engineer Nikola Tesla, most known for inventing the Tesla coil, also brought us polyphase alternating current, which we still use today and is commonly referred to as electricity.

The first noticeable confirmations of the positive effect of the Energizer should be the lack of fatigue often associated with extended computer use. A significant reduction or elimination of memory loss, heat and headaches from extended cell phone use should be noted. Office productivity should increase due to lack of fatigue from overhead lighting and electronics, as well as electrical wiring. You will notice that you are less effected by other people's negativity, or even from your self generated stress and anxiety.

The Energizer will never wear out. For \$97, you have the protection for the rest of your life. Your cost is less than 3 cents a day over ten years! Get a set of two for \$159.95. You get a 90 day full satisfaction 100% money back guarantee.

To place an order or for more information, call
(800) 700-1238 or (425) 865-9874 or e-mail LLMartin@nwlink.com.

Walking on Water vs. Taking the Boat

(A Biblical perspective on the tension between natural and super-natural healing)

I used to struggle with the idea that if I had enough faith in God, that I would not have to resort to natural healing, as if it was a lower level of healing only for those who lacked faith.

I've realized the only tension between natural and supernatural healing is what we've made up. This is perhaps best illustrated with the ancient story of King Hezekiah recorded in II Kings 20: 1-11.

According to the story, King Hezekiah became mortally ill. The prophet Isaiah even confirmed this with a message from God, "Thus saith the Lord, 'Set your house in order, for you shall die and not live.' "

But King Hezekiah did not take this as the final answer. He believed he could influence God, so he immediately asked God to change His mind and heal him, weeping bitterly. Before Isaiah had gone out of the middle court, God told Isaiah that He had heard King Hezekiah's prayer and had seen his tears. Because of that, He told Isaiah to tell him that He was going to heal him, and even add fifteen years to his life, plus, as a bonus, defend his city from the Assyrians.

The real interesting part is how the cure was affected. Isaiah used a natural remedy: he took a cake of figs and had it put on Hezekiah's boil, and then he recovered.

So here we see a blend of both the supernatural dynamic as well as the natural dynamic.

Faith was involved, but the healing from God came in the form of a natural remedy.

Luke – A Gentle Doctor

The writer who wrote most of the New Testament was Luke, a Gentile doctor. He did not stop being a doctor just because he was around apostles who had the power to heal. In fact, Paul advised his apprentice Timothy to use wine for his stomach ailments.

He could walk on water, but normally (most of the time) he took the boat

According to history, Jesus did many miracles, including walking on water (a supernatural means of transportation). But most of the time, he took the boat as a NATURAL means of transportation. This was not because he lacked faith to walk on water, but because it was not necessary when a natural solution was available.

Still today, God can do miracles of healing (and I believe that He does), but most of the time, recovery is by natural means, just as Jesus could have walked on the water every time he needed to cross the lake, but most of the time he took the boat.

Recommended Reading



The Heartmath Solution by Doc Lew Childre and Howard Martin.

For more information on the fascinating balancing effect of using “Heart Math”, visit www.heartmath.com.

Callihan, Roger, PhD., *Tapping the Healer Within: Using Thought Field Therapy to Instantly Conquer Your Fears, Anxieties and Emotional Distress*.

Gallo, Fred, *Energy Psychology and Energy Tapping and Energy Diagnostic and Treatment Methods*. New Harbinger.

Gebauer, Ray, *How to Cure and Prevent any Disease: Five Easy Ways to Enjoy Vibrant Health, Happiness and Longevity*. Bellevue: Empower Enterprises, 2001.

Gerber, Richard, *Vibrational Medicine—New Choices for Healing Ourselves*. Santa Fe: Bear & Company, 1996.

Paddison, Sara, *The Hidden Power of the Heart: Achieving Balance and Fulfillment in a Stressful World*. Boulder Creek: Planetary Publications, 1992.

Pilzer, Paul Zane, *The Next Trillion: Why the wellness industry will exceed the \$1 trillion healthcare (sickness) industry in the next ten years*. Lake Dallas: VideoPlus, Inc. 2001.

Pratt, George; Lambrou, Peter: *Instant Emotional Healing: Acupressure for the Emotions*.

Scott-Mumby, Keith, MB, ChB, *Virtual Medicine*. London: Thorsons, 1999.

Tuner, Jan; Hode, Lars: *LASER Therapy—Clinical Practice and Scientific Background*. Prima Books, Sweden; 2002.

Thie, John, DC, *Touch for Health: A Practical Guide to Natural Health with Acupressure Touch and Massage*. Marina del Ray: DeVorss Publications, 1973.

The Ambulance Down in the Valley

'Twas a dangerous cliff, as they freely confessed,
though to walk near its edge was quite pleasant,
Till over the side slipped a duke and a prince
and it had fooled many a peasant.

The people all said, something had to be done,
though their projects did not at all tally.
Some said put up a fence, 'round the edge of the cliff,
Others, an ambulance down in the valley.

A collection was made, to accumulate aid
and dwellers in highway and alley,
gave dollars and cents, not to furnish a fence,
but an ambulance down in the valley.

The lament of the crowd was profound
and so loud as their hearts overflowed with great pity,
but the ambulance carried, the cry of the day
as it spread to the neighboring cities.

"For the cliff is all right if you're careful," they said,
"and if folks really trip and are falling,
it's not the slipping and sliding that hurts,
so much as the shock when they're stopping."

So for years upon years as these mishaps occurred,
quick forth would the rescuers rally,
to pick up the victims who fell from the cliff
with the ambulance down in the valley.

Said one in his plea, "It's a mystery to me
that you'd give so much greater attention
to managing effects than to addressing the cause.
Why not just work at prevention!

The mischief, of course, should be stopped at its source
Come friends and good neighbors, let's rally.
It makes far better sense to rely on a fence,
than on an ambulance down in the valley."

But the majority said, "He's wrong in his head,"
"He would end all our earnest endeavors.
He's the kind of a jerk, that would halt our good work,
but we will support it for ever"

"Don't we pick up them all, just as quick as they fall
and treat them with care quite liberally?
A simple fence is of no consequence
if the ambulance works down in the valley."

Well the story is clear as I've given it here,
though things oft' occur which are stranger,
that more humane they assert, to repair all the hurt,
than the plan of removing the danger.

Before it all ends, it's time to begin,
There's certainly no time to dally.
Yes, build up the fence, as it makes more sense,
than having an ambulance down in the valley.