







## Metaphors of Touch for Health®

Mind/Body Awareness & Development



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### Mind and Body Awareness: the essence of TFH & Metaphor

- Metaphor Means the **Big IDEA** or Main Concept 
- Karada No Fushigi: *Listening to the body through the muscle test/movements = mini-enlightenment* 
- "Colorful Language" *Poetry = Saying much in little.* Human meaning-making through spoken language. 
- Metaphor is *the Emotional Language* (Enteric Brain-nutrition, immune function) 
- How to Go Deep Fast: Metaphor is the language of *Dreams and the Subconscious* 



- *Mind & Body Developing Awareness Is the essence of TFH & Metaphor*

### Remember Your Wellness



Remember to *be well*  
Focus on *your* Wellness,  
Remember *how it feels* to be Well

Think of a time when you had a *great feeling or experience*

Use imagination and Metaphor to create a vivid vision with five senses & more

*Feel it now*

Rate your remembered (or imagined) wellness zero to ten

### Visualize your goal



compare how you feel now with Your remembered/imagined/envisioned Wellness

YOU are creating *Your* Wellness!

Now Balance  
~ Muscles, Energy, Heart ... Soul ...  
Have Faith ...


**and so it is**

### Karada No Fushigi: The Mystery of the Body




- *ACCEPT The Mystery*
- *Respect The Mystery*
- *Just move and notice what is the message from within/ from the infinite?*

### Karada No Fushigi: The Mystery of the body



- We accept the Mystery of the Body and how it organizes and heals itself (in harmony/conflict with awareness)
- *Feeling* the muscle/Energy = Listening to internal messages
- Muscle Test/ Muscle LISTENING = Mini-enlightenment
- Ideo-motor Response/ Auto Suggestion  
= self-fulfilling awareness expanding process!
- Metaphor of the Muscle Test as a Zen KOAN!

### Karada No Fushigi: Mini-Enlightenment Muscle "Dance"



- *Feeling* the muscle/Energy = Listening to internal messages
- *Feel the muscle in the body, or any other muscles or sensations as you do the muscle movement (test/function)*
- If the *movement is an expression* of an internal feeling or idea, what would it be?
- If the *function/test motion represents a gesture, does this gesture reflect an aspect of your life/goal/issue?*


A = group dance & intuition B = individual test/movement

### Literary Metaphor = Colorful Language



- To Say Much in Little (Poetry)
- WORD-PICTURES/ SENSORY IMAGES that resonate on many levels: Elicit a feeling, Emotion, Personal meaning.
- Language that enriches, deepens, and even creates personal meaning

### Reading the Muscle Metaphors



Exercise: Find an inhibited muscle (related to your goal/intention/issue)

- Weave Story/Dialogue with goal, energy & Metaphor
- Muscle functions/actions/gestures as symbolic
- contemplate size/shape/location
- Meridians/Organs as Symbolic NOT diagnostic
- 5 Elements represent Emotions, 5 Senses, Seasons, Phases in the life cycle ... and all aspects of existence!

### TFH Metaphor: The Language of Emotion



Enteric Brain

- Emotion
- Gut feelings/ Intuition
- Nutrition
- Regeneration
- Immune func.
- ESR is DEEP!

### TFH Metaphor: The Language of Emotion




ESR with visualization & Metaphor

- For a given muscle, contemplate the color, emotion, Meridian/Organ
- How do these ideas/images relate to your goal or your life in general?
- Use your five senses, intuition, and emotions to create a vivid, whole body/mind sensory visualization

**TFH Metaphor: How to Go Deep Fast**

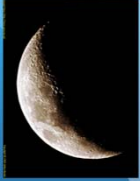
Metaphor is the language of the subconscious, and DREAMS...

Metaphor expands your consciousness and self-awareness



**TFH Metaphor: How to Go Deep Fast**

Season	Emotion	Body	Power
Spring	Anger	Ligaments	Birth
Summer	Joy/Love	Arteries/Blood	Mature
Late Summer	Sympathy/Empathy	Muscles	Decrease
Fall	Grief/Regret	Skin&Hair	Balance
Winter	Fear/Regret	Bones	Emphasize



(\* Related to Goal)

1. Check IM for each column
2. Check IM for "Metaphor"
3. ESR while contemplating meanings

**Keep in Touch!**

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- TFH Basic Goal Setting and Metaphors Workshop
- October 10 & 11 @ Vida Kinesiologia, Barcelona
- TFH Goal Setting & Metaphor (advanced) TRAINING
- October 12 & 13 @ Vida Kinesiologia, Barcelona