


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



JFT 1933-2005

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*

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