

Options for Using Metaphors with Touch for Health Muscle/Energy Balancing

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From finding an emotion related to a goal to balancing energy by making expressive sounds or combining ESR (Emotional Stress Release) with color visualization, the standard **Touch for Health** (TFH) protocol provide us with a variety of options for accessing the powerful symbols of the Chinese 5 Element Metaphors. Adding the Metaphors of Organ Function & Muscle Action, we have 111 distinct images that can be dynamically incorporated into our balancing sessions.

Touch for Health combines the Ancient Chinese **Perception of Life Energy** (the basis of Acupuncture and Oriental Medicine) with **Western Kinesiology** (Bio-Feedback through Muscle-Monitoring) and Western Touch Reflexes (Neuro-lymphatic, Neuro-vascular, Spinal Reflexes, etc.). The integration of a **Creative Dialogue Process** (using Positive Goal Setting & Consideration of the Symbolic Metaphors of the Chinese Five Elements & 14 primary Meridians, as well as thinking metaphorically about muscle function and action) allows for a holistic clearing and balancing of **physical/structural, subtle energetic, mental/emotional & sensory/associative aspects of health and wellness.**

In TFH we use muscle tests to get a sense of the energy flow in the meridians. We develop goals, assess the flow of energy, use various reflexes to balance energy and then reassess how we feel. Our purpose is to increase awareness of all of the aspects of our whole Soul and to facilitate the flow of energy, communication and balance between all of the cells, organs and organ systems, between the conscious mind, the unconscious, our intuition, and our connection to Chi, life energy, or God.

Touch for Health is a system that *anyone* can learn to use to facilitate the harmony of the whole person. It was first developed by Dr. John F. Thie, a chiropractor in Pasadena, California. Dr. Thie found that there were simple, safe, effective techniques that his patients could easily learn to use for themselves and with their family and friends, to *bridge the gap between professional health care and home health maintenance.* In keeping with the wellness/prevention model of chiropractic care, TFH bridges the gap between feeling energetic and well, and feeling “sick enough” to warrant a visit to a health professional. TFH allows us to INCREASE our awareness of minor symptoms, and to balance our energy to prevent minor issues from becoming clinical diseases. At the same time, we not only enhance our fine tuning in relation to dis-comfort, dis-ease, or dysfunction, but we constantly **reframe our focus on the positive experience** that we want to be living, so that health care becomes an ongoing dynamic process of adapting and enhancing our wellness in the context of our life experience and goals rather than “curing” or getting rid of named diseases to achieve some static and standard condition of health.

When we do a holistic TFH energy balancing, we are ultimately trying to re-integrate and harmonize the multiple aspects of our experience of life that tend to be thought of as separate and independent functions. When we test muscles to get a sense of the energy flow in the meridians, we are working with the gross muscle function, neurological circuits, general brain function, and more importantly, we are also accessing the *subtle, intuitive sense of energy.* The tactile, kinesthetic monitoring of muscle function/energy flow provides a connection between concrete physical sensation and intuition/subtle sensitivity to energy states.

Since Dr. Thie retired from his chiropractic practice, and has enjoyed more free time to speak about the benefits of TFH, he has emphasized a *dialogue process* which grounds the body/energy work in a wellness oriented approach, integrating muscle/energy work with the mind -- the conscious mental processes, attitudes and beliefs that each of us experience. This dialogue process involves a narrative exploration of issues, symptoms and positive goals, and more recently a discussion of the Chinese 5 element metaphors to access the sensory/associative aspects of life experience through the 5 senses, emotions, seasons, climates, etc.. including his own adaptation of the concepts of cognitive development and belief systems- *the Faith metaphors.*

By integrating both narrative and sensory/associative aspects in the dialogue process, we bridge the gap between the abstract, language-based perception of our memories, our current perceptions, and our future outlook, and the “ghestalt” sensation of experience as it is experienced through the senses. We know that emotions are actually a fascinating nexus of our awareness of physiological function, our unconscious physical reactions to stimulus (considering our automatic survival responses as the precursors to the millions of subtle feelings we

experience as emotions), and our conscious interpretations of our experiences. So being aware of our emotions is actually assessing a highly complex neurological/energetic construct.

Narrative is necessarily abbreviated to fit the limited “space” available in the abstracted “meanings” of words. By also accessing the “whole picture” of our experience (including visual images, physical/emotional sensations, sounds, smells, and even taste) we fill in the gaps between our words. We can either follow-through on this connection by putting our senses and emotions into words, or simply take advantage of the efficiency of just being aware of and feeling all of these aspects as we balance the energy.

Our premise is that a sufficient flow of information/energy will result in an emotional, physical, mental and spiritual equilibrium that will allow us to feel whole, to do the things that are most important to us, and to *find greater meaning and joy in life*. Creative use of metaphors can enhance our assessment of our own wellness in the context of our life, help balance our energies towards our goals and help us discover new passions and purposes that are right for us. Awareness is the key aspect of the process. We may feel a lot better physically, mentally and emotionally after a balancing, but the true power of TFH is in developing our awareness of the things that we really want from life and the things that block our energy to accomplish our goals.

The **Five Element Metaphors**, the **Organ Function** metaphors and metaphors derived from the **test motions/muscle functions** offer a rich resource for exploring the meanings of our experiences, our feelings, our imbalances and our goals. Using the metaphors helps us to verbalize or at least think about the many possible aspects of our goals and the related imbalances. When we think about a metaphor related to an imbalance indicated by a muscle test, we often have that "Aha!" moment of insight. This may be a highly transcendent, sudden, miraculous moment of enlightenment, like those attained in prayer or meditation, or it may also be a step-by-step process of development through small, everyday insights as we deal with our problems, our life's work, and seek our Telos, the purpose in life we were born to fulfill.

The mental exercise of contemplating the metaphor increases parallel processing in diverse areas of the brain and the whole Soul, bringing more of our innate resources to bear in balancing our energies for our unique purposes. Just thinking or talking about the metaphor often balances the energy in all of the meridians as indicated by muscle testing. But thinking about the metaphors also provides all kinds of insights and new perspectives for our life experience.

What's a Metaphor?

When we use the word "metaphor", we use it in its broadest sense. We suggest symbolic pictures or actions, figurative or literal similarities, parallels, Corollaries etc. We are looking for any imagery that vividly illustrates or represents some significant aspect of your life. This is largely a creative/associative activity. It may help give you specific conscious insight into your personal life issues, or it may simply help to "get the juices flowing" in your mind so that more of your whole system is activated and balanced.

The word Metaphor is composed of two parts, Meta, meaning higher, larger or *changed*, and phor, meaning to carry or to bear. So metaphor literally denotes a word that carries another meaning- perhaps a larger context, or a higher purpose, or else a different meaning than is denoted by the literal meaning of the word, a changed meaning, or a *transformed* meaning. At the most basic level, all words are metaphors, symbols (created with sound, text, pictograms, etc.) which represent something else. So, when we are working with metaphors at the most profound level, we are working with all of the functions of Language. We are tapping into the human meaning-making apparatus, accessing the power of **Sensory Images, Ideas, and Stories**. **Sensory images** are not just visual, but made up of all of the elements of perception and experience, the 5 senses, impressions, emotions, intuitions, associations, reactions, symptoms. The vast majority of the raw information that we are exposed to is stored in the form of sensory images or sense-memory. **Ideas** involve some abstract meaning-making related to our sensory experiences. The realm of ideas encompasses our thoughts, notions, fancies, suppositions, conceptions, opinions, views, sentiments, beliefs, intentions, aims, objectives, goals, aspirations and dreams. We use metaphor to relate our sense-memory, ideas and meaning to new experiences and concepts. We can use a word to signify or *denote* a specific or particular thing or idea. This is the use of the symbol or *metaphor* to show equivalencies, parallels, likenesses. In literary terminology the *metaphor* is a comparison such as, "love *is* a flame", and the simile is a comparison such as, "love *is like* a flame". With this subtle turn of the phrase we move from one to one correspondence to mere similarity, analogy, or *connotation*. The connotation of words involves varied shades of meaning in context. Connotation is the meaning of the words found *between* the lines -- insinuations, innuendoes, hints, clues, suggestions, inklings, suspicions, intuitions -- as well as outside the text -- our personal or cultural associations, reflections, assumptions, or prejudices. Sometimes we must interpret whole **idiomatic phrases** as a single figure of speech. It's not always enough to know the literal meanings of words. We must also know where we are and who we are speaking with. Sometimes if we pause to deconstruct the assigned meanings of words, phrases or ideas, we can gain surprising insights or find the release of humor in the absurdity of it. When we take the literal to be symbolic, or consider the symbolic literally, we are often freed of our habitual thought patterns, attitudes and postures, allowing for new ideas, new meanings, new potential for delight

OPTIONS FOR USING METAPHORS

- **Goal Setting:** *Develop and check IM* (INDICATOR MUSCLE) with an emblematic phrase, formulated as true in the present time, which represents the transformation of negatives- symptoms, pains, lack- and the perception and realization of positives-- achievements, feelings, experiences.
- **Finding an Emotion** related to goal (check IM for Element, Aspects of Emotion, Orientation of Emotion, e.g. self, others, circumstances, things)
- **Emotional Stress Release** (*Thinking symbolically* about 5 senses, etc. related to stress/issue)
- **Color Balance** (check IM for Element, Aspects of related Emotion, clear with ESR)
- **Sound Balance** (check 14 Meridians and assess key Element, MAKE RELATED SOUND)
- **Food Testing/Food Balancing** (think about, see, hold, chew, smell, taste & *check IM*, consider possible symbolism of food as well as literal potential sensitivity)
- General Metaphor Balance "*As-You-go*" (based on each given muscle/ Meridian/Element)
- General Metaphor Balance with **24 hour/5 Element Assessment** (based on key muscle/ meridian/ Element)

METHODS OF FINDING/ DERIVING/DEVELOPING METAPHORS

- Noticing- Free association and symbolic thinking
- Checking an IM while thinking, saying, visualizing, feeling, hearing, tasting, etc.
- For a given inhibited muscle, contemplating related muscle/meridian/element
- Checking 14 Meridians and contemplating metaphors of **Key Muscle/Element**

CLEARING/BALANCING MODALITIES USED WITH METAPHORS IN TFH

- Noticing, Awareness, (color)Visualization, Checking IM
- ESR
- Verbalization, Dialogue, Vocalization/Listening, Tasting/Eating
- Touch Reflexes (SR, NL, NV, Meridians, O/I, AHP)

CATEGORIES OF METAPHORS:

MUSCLE METAPHORS

- Functional Metaphors: mechanical/physiological function seen as symbol

and joy. Sometimes the words we choose are understated, or embellished, overstated, exaggerated, or hyperbolic. We might engage in imitation, mimicry, mockery, parody or caricature, all of which can be very productive both in terms of making meaning more vivid, and gauging the actual significance of an idea or an event. Sometimes we need to express our exaggerated fears, dislikes or discomfort before we can appreciate either their effects on our life or our potential to release or resolve them. Similarly, when we tell our personal *Stories*, we may initially tend to recite a rote narrative memory, a report of the (official) facts. But as soon as we begin to flavor our personal tales with the nuances of Metaphor- vivid, symbolically descriptive language- we can appreciate the greater meaning of our experiences. A simple anecdote from our experience may parallel the universal human experience, and serve as a fable, parable or allegory for others to learn from. As we spin the yarn of our history, we may weave in the legends of our families, or the myths and traditions of our cultures. When we can see our story as symbolic, we can explore any number of meanings, formulas, examples, methods, plots and schemes as possibly significant for us.

- Action/Association Metaphors: symbolic interpretation of action/range/gesture, personal memory device or association with muscle action.

MERIDIAN (ORGAN) FUNCTION METAPHORS

- Symbolic potential of traditional Chinese meridian names,
- Western Idiomatic or Physiological associations with related Organs/Systems

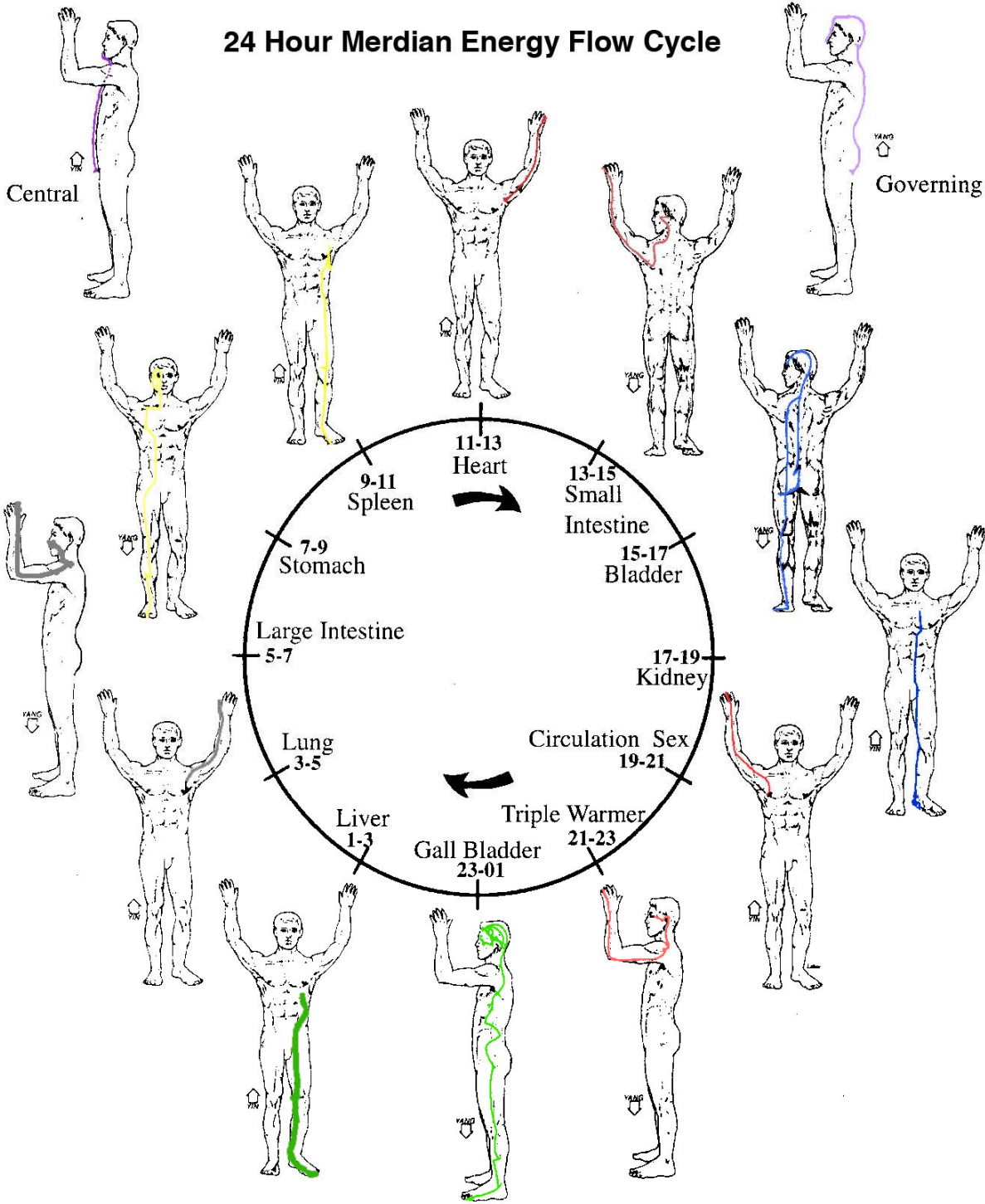
FIVE ELEMENTS METAPHORS

- The 5 Senses (including Touch/Fortification Metaphors as symbolic of literal aspects of goals/symptoms)
- Symbolism of the 5 Elements, Seasons, and the environment, nature
- Seasons, Life Cycles/Personal Power,
- Cognitive phases/Belief Systems

Touch For Health METAPHORS

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24 Hour Meridian Energy Flow Cycle



Central Meridian Function The Central Meridian or Conception Vessel is where the used energy is stored prior to being released with the breath on exhaling.

SUPRASPINATUS: What subtle, small thing or idea do you need to release to reach your goal?

Governing Meridian Function The Governing meridian is a storage vessel for excess or used energy before this energy is released with the breath.

TERES MAJOR: What are you carrying that has become a burden?

- **The Earth Element**
(Stomach and Spleen Meridians)

Do you have your feet on the ground or do you need to be grounded, rooted, stable?

Color- Yellow:What might the color yellow represent?

Season- Late Summer: Is it time for the harvest, or do you need to let things develop a little longer?

Climate- Dampness/Humidity: Do you need more steam for your goals, or is fog hampering your progress?

Odor- Fragrant: Do you need to "smell the flowers" or focus on the effort to bring in the harvest?

Taste- Sweet: What tastes Sweet in your life/goals?

Emotion- Sympathy/Empathy: Do you need to relate to others' feelings or do you need empathy/sympathy?

Sound- Singing: Do you need enthusiasm, expression, singing, or do you "sing" or tell too much?

Fortifies- Muscles: Do you need more power/movement or do you need stillness and patience?

Personal Power- Decrease: What can you let go of to allow you to have more Personal Power in your life?

Faith/Worldview- Late Adolescence or Conventional/Synthetic Faith:
What are your values vs. the values of your peer group, community or culture?

Stomach Meridian Function 7-9 AM- Are you receiving the proper resources to fulfill your purposes? Are you able to use your resources efficiently? What nutrient, emotion, or idea are you digesting? What is difficult for you to swallow or gives you a stomachache (physical, emotional, etc) or inhibits free breathing, figuratively or literally?

PECTORALIS MAJOR CLAVICULAR: Do you need to hold your chest up or are you too proud?

LEVATOR SCAPULAE: Are you keeping your head on straight/ your nose up, literally or figuratively?

NECK MUSCLES:

Anterior Neck flexors: Are you having trouble holding your head up, literally or figuratively?

Posterior Neck Extensors: Are you literally sticking your neck out, or figuratively taking risks/chances?

BRACHIORADIALIS- Are you flexible enough to reach behind you, or ignoring things in your blind spot?

Spleen Meridian Function 9-11 AM- Are you burdened with toxic dietary, mental, chemical, spiritual materials? Are you breaking down problems into digestible parts?

LATISSIMUS DORSI: Are you taking swings, striking at things or inhibited from making large gestures?

MIDDLE TRAPEZIUS: Are you attempting to embrace too much, or do you need to open your arms wide?

LOWER TRAPEZIUS: Are you attempting to grasp too much, or do you need to embrace the whole sky?

OPPONENS POLLICIS LONGUS: What do you need to get a grip on? Are you holding on too tightly?

TRICEPS: Are you reaching out/gathering in enough or not enough, literally or figuratively?

• The Metal Element

(Lung and Large Intestine Meridians) Do you need a "hard shell", barriers or boundaries or do you need to open up more, let down your shield or mask? Are you too hard or not hard enough on yourself or others? Are you too focused on adornment and appearances, or do you need to pay some attention to how you present yourself?

Color- White: Do you have pure light of truth or the mere appearance of truth- shiny things?

Season- Autumn: Have you harvested the fruit of your labor, or has disaster/inattention spoiled it?

Climate- Dryness: Do you need more moisture or a chance to "dry out"?

Odor- Rotten: What is rotten in your life? Have good things become corrupt, rotten, and wasted?

Taste- Pungent: Is there enough spice in your life or is it too hot, painful or dangerous?

Emotion- Grief: What have you lost/will you lose so that you can reach your goals?

Sound- Weeping: Do you hold it all in or do you cry when it's not appropriate?

Fortifies- Skin and Hair: Are you "thin skinned" or "thick skinned"? Well groomed or not?

Personal Power- Balance: What aspects of your life are out of balance?

Faith/Worldview- Young Adulthood or Responsible Faith: Do you take personal responsibility for your beliefs and your actions, or is life shaped by the roles you play for others and the meaning you have in the life of others?

Lung Meridian Function 3 to 5 AM: Can you breath/speak easily? Do you have a free flow of fresh air and inspiration or are you constricted, inhibited in speaking, literally or figuratively? Do you need to shout, cheer, or even cough something up?

ANTERIOR SERRATUS- Have you lost your voice? Do you need to exert your power, push, punch, or are you pushing too hard?

CORACOBRAHIALIS- Is it easy or painful to "take care of yourself" ? Do you need to shout, cheer, or cough something up?

DELTOIDS- What needs uplifting? Do you give enough praise? Are you receiving inspiration, or do you feel stale?

DIAPHRAGM- Do you have fresh air? Can you breath, speak, or sing easily?

Large Intestine Meridian Function 5 to 7 AM

Do you retain things you can no longer use- until they become toxic- or are you letting too much go?

FASCIA LATA-

Do you feel that you have power and thrust in your walk (or race) of life?

HAMSTRINGS-

Can you make changes while in full stride? Has a change/shift caused you some strain or injury?

QUADRATUS LUMBORUM-

Can you remain upright? Are you physically flexible? Are you flexible in your work/life/goals?

• The Water Element

• **(Bladder and Kidney Meridians):** Is there too much mystery, fear and risk, or do you need to overcome your fears and allow some uncertainty to fulfill your dreams?

Color- Blue. What does blue mean to you in your life or in relation to your current goals?

Season- Winter: Are you active when you need to contemplate or plan? Do you feel left out in the cold?

Climate- Cold: Are you numbed by a harsh environment, or do you need to cool your passions?

Odor- Putrid: What has died and needs to be buried? What is corrupt, offensive or disgusting?

Taste- Salty: What needs to be preserved, "needs some salt" or must be "taken with a grain of salt"?

Emotion- Fear, Anxiety or Awe: What are your Fears? Are you too worrisome or too fearless?

Sound-Groaning: What do you need to Groan about, or are you groaning, or complaining too much?

Fortifies- Bones: What do your Bones tell you? Can you be rigid or flexible as needed? Any "skeletons in the closet"?

Personal- Emphasize: What aspect of your life needs to emphasis? Where is there too much emphasis? What's neglected?

Faith/World View- Late Maturity/Death or Reintegrative/Universalizing Faith.

Is it time to let go of concern for personal success, failure, contradiction, or injustice and simply concentrate on the greater good, or do you need be proactive in your own interests?

Bladder Meridian Function 3-5 PM

Are you hydrated, lubricated? Is energy and emotion freely flowing? What's too concentrated/irritating?

PERONEUS-

How are you mis-stepping? Do you need to watch your step or stop pussyfooting around?

SACROSPINALIS -

What little things are causing you tension, keeping you from standing straight? Attention to details?

TIBIALS-

Anterior Tibial- Is it painful for you to let go of even toxic parts of your life?

Posterior Tibial- How are you losing your balance? Are you kicking/being kicked, literally or figuratively? Are you running /fighting?

Kidney Meridian Function 5-7 PM Do you have vitality for growth and development, or are you operating on reserve energy/ just surviving? Are you drinking enough water, or doing what you need to do for purification, spiritually, emotionally, mentally or physically?

PSOAS- What are you kicking? What paradox is in your life? What do you need to "sit up" and notice?

UPPER TRAPEZIUS- Is your head on straight? Do you have difficulty "seeing straight" literally or figuratively?

ILIACUS-Is there something that needs to be kicked aside, or do you feel kicked aside?

• **The Wood Element**
(Gall Bladder And Liver Meridians)

Do you have enough roots, structure, and to sustain your growth? Do you need more freedom?

Color- Green. Is there enough new growth in your life, or are you giving birth to more new ideas, projects, etc. than can be sustained?

Season- Spring. What in your life needs to be revived, renewed, or reborn? What seeds do you need to plant?

Climate- Wind: Do you need "a breath of fresh air, a Spring Cleaning or are you being blown away by uncertainty and change?

Odor- Rancid: What do you need to let go of that was useful, but is now Rancid? Do you feel stagnant physically, emotionally, mentally or spiritually?

Taste- Sour: Has something that was good gone bad? Do you need to make lemons into lemonade?

Emotion- Anger: Is your anger directed appropriately (yourself, a person, a thing)? Can you feel outrage, or passions in general?

Sound- Shouting: Do you need to shout/voice your feelings and ideas? Are you "blowing hot air", out of self-importance, fear or insecurity?

Fortifies- Ligaments: Do you take precautions? Do you need to "push the envelope"? Running on reserves or secondary systems?

Personal Power- Birth: What do you need to let out, to give birth to? Need a fresh start? Starting too many new things?

Worldview/Faith- Infancy/Early Childhood or Intuitive-Projective Faith: Is only one correct viewpoint? Do you use personal intuition, and dream imagery to find meaning? Are you dwelling in your own dream-world, ignoring cause and effect, assuming that what seems right to you will be accepted by others?

Gall Bladder Meridian Function 11 PM to 1AM: Can you digest the heavy parts of your life? Are you too concentrated, needing dilution?

ANTERIOR DELTOID: Are you able to "take care" of your head, or do you do things that result in headache. Are the heavy aspects of your life overwhelming you?

POPLITEUS- What seemingly small /unrelated things are a "pain in neck" interfering with your movements, literally or figuratively?

Liver Meridian Function 1 to 3 AM: How are you handling your multiple responsibilities? Are you overwhelmed/toxic, or do you need to absorb more?

PECTORALIS MAJOR STERNAL-Are you too open, or do you need to bring in something cleansing, purifying or nourishing?

RHOMBOIDS- What are you uptight/taking a defensive posture about? Are you holding onto toxic emotions, etc.?

- **The Fire Element**

(Heart, Small Intestine, Circulation-Sex And Triple Warmer Meridians)

Do you have "fire in the belly", passion and energy for life? Are you too passionate, burning up your energy stores, burning those around you, or are you too cold, and unable to be passionate?

Color-Red: Do you have enough Red in your life, or too much Red?

Season- Summer: Do you have "fun in the sun", or are you sensitive to light, sapped of energy?

Climate- Heat: Can you take the Heat, or is the stress and pressure overwhelming? Are you too passionate, playing it too cool, or getting burned out?

Odor- Scorched: Are you scorched by the elements, traumatic experiences, the passions, demands, or criticisms of others? Do you take risks, even at the cost of getting scorched?

Taste- Bitter: What regrets or grudges are you Bitter about? What's poisoning you? Too much stimulation, or not enough?

Emotion- Joy: Do you need more Love and Joy in your life? Are you masking pain with a manic attitude/stimulating drugs?

Sound- Laughing: Do you enjoy mirth and Laughter, or avoid experiencing other emotions by "laughing them off"? Have you laughed at the wrong moment? Have you been made fun of, laughed at, scorned or ridiculed?

Fortifies- Arteries: Do you have a steady flow and distribution of the fuels and supplies to maintain your mental, emotional, spiritual and physical vitality? Does some part get poor circulation and go cold?

Personal Power- Mature: Are you at ease with your limitations? Do you make full use of your capacities? Are you capricious? Do you experience childlike wonder and joy in life?

Faith/Worldview- Childhood/"School Years" or Literal/Mythic Faith: Do you have a narrow, literal interpretation of rules, morals or beliefs? Are you conscious of conventions? Are you "re-inventing the wheel", "going it alone"? Do you expect precise reciprocity from others?

Heart Meridian Function 11 AM-1 PM Do you have fluid circulation and communication within your Soul, or in your daily activities, literally or figuratively? Is there any conflict between your logical thinking, intuition, wisdom or emotional feelings?

SUBSCAPULARIS- What are you hiding or keeping private? What do you need to reveal? What do you feel in your heart as opposed to your head?

Small Intestine Meridian Function 1-3 PM What is difficult to absorb, digest or gives you a stomach ache (physically, emotionally, etc) or inhibits free breathing, figuratively or literally?

QUADRICEPS- Do you need to step up or are you taking steps that are too large? What mountain are you climbing?

ABDOMINALS- What is your posture and your attitude? Are you balanced and able to "make your moves?" or off-center?

Circulation-Sex Meridian Function 7-9 PM How do you feel about reproduction and sex? Are you creating a legacy in your family, work, play, spiritual community? Do you have circulation of blood, warmth, nutrition or sexual energy?

GLUTEUS MEDIUS- What little things are you tripping over or bumping into? Do you have any difficulty holding your legs open, literally or figuratively?

ADDUCTORS- Are you comfortable in the saddle, or saddle sore? Do you need to share some personal issues, or do you need to keep more things private?

PIRIFORMIS- Do you feel knock kneed, or clumsy? What small, subtle or deep issue is irritating you, literally or figuratively?

GLUTEUS MAXIMUS- Do you use your gross power to maintain overall stability or relying on strength when subtlety is needed? Are your sexual urges giving you a pain in the neck OR is your "head" (thinking) interfering with physical/survival/procreative needs?

Triple Warmer Meridian Function 9-11 PM What gets you hot, physically, mentally, spiritually or emotionally? Are you constantly fighting or always on the run? What are you willing to suffer or even to die for?

TERES MINOR- Do you need to open your arms to receive or are you trying to take in too much?

SARTORIUS- Do you have the strength or passion to "go the distance", or to give your all, literally or figuratively?

GRACILIS- Do you feel clumsy or shy about your passions, or do your erupting passions get out of your control?

SOLEUS- Do you know when to stand and fight or when to retreat? Are you overly aggressive, or fearful, in non-crisis situations.

GASTROCNEMIUS-What are you running to or from? Do you fail to "rise to the occasion" when there is a genuine crisis? Is life a crisis, or an endless series of crises?

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A FULL COLOR LAMINATED VERSION OF THIS CHART IS AVAILABLE.

See www.touch4health.com. The "Handy Assessment Chart with Metaphors" depicts the 24-hour Wheel (with thumbnail drawings of the 14 primary indicator muscles), and the 5 elements, for assessment and balancing of 7 Meridian Energy cycles. On REVERSE is a color coded chart of the TFH Metaphors.