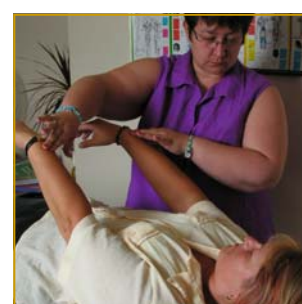


# PROSPECTUS

## TOUCH FOR HEALTH GOAL SETTING & 5 ELEMENT METAPHORS



with Jane Piper K.F.R.P.



## About the TFH Metaphors and Remembered Wellness Goal setting

In Touch for Health we use muscle testing to get a sense of the energy flow in meridians.

We develop goals, assess the flow of energy, use various reflexes to balance energy then reassess how we feel. Our purpose is to increase awareness of all of the aspects of our being and to facilitate the flow of energy and communication 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.

Using dialogue to explore the imbalances in our lives (stress, pain, dissatisfaction etc.) and creating powerful goals (intention statements) allows us to access and re-programme negative patterns and maximise our potential.

Contemplation of the Metaphors relating to a muscle that is switching off, its function or range of movement and the Five Elements, helps us develop a more holistic sense of what is happening in our life.

Metaphors are not diagnostic. They are symbols for some aspect of our life that we can use to access our intuition and inner wisdom.

Within a balance, we use Metaphors to balance individual muscles in relation to posture or a goal as part of a 'fix-as-you-go' balance (TFH 1) or we can explore the deeper meanings using the 5 element insights (TFH 2+). We may still use the hands on reflexes such as NL massage or meridian tracing or simply contemplating the metaphors and listening to our inner voice may be enough to bring our energy and posture into balance.

# TFH Goal Setting and the Chinese 5 element Metaphors

## COURSE OUTLINE

An exploration of a holistic process of balancing posture and energy through creative dialogue, monitoring muscle response and gentle touch reflexes.

### DAY 1      Introducing metaphors

- ♣ Muscle metaphors
- ♣ Related meridian and organ function metaphors
- ♣ Fix-as-you-go balance using metaphors as the primary intervention
- ♣ Symbology of the 5 elements
- ♣ The Seasons - Climates, Environment, Nature
- ♣ The 5 senses and emotions metaphors as symbolic or literal aspects of goal/symptoms/issues
- ♣ Seasons as life cycles / personal power
- ♣ Cognitive phases, belief systems, worldview
- ♣ 5 element balance using Chinese metaphors as primary intervention

### DAY 2      Remembered Wellness Goal setting

- ♣ Holistic, person-centred, creative goal-setting
- ♣ Developing active listening skills
- ♣ Remembering Wellness Goal Setting
- ♣ Measuring the attractor values
- ♣ Goal emotion with metaphors review
- ♣ What is your posture telling you?
- ♣ Exploring a case history to move energy from pain / disease to healing

NOTE: Time does not allow for us to explore all the 111 metaphorical symbols created by Matthew Thie, but during the workshop, we will practice both the protocol for using metaphors as an integral part of the energy balancing, and the process by which we generate meaningful images, symbols and questions related to the muscles, meridians and elements.

# BOOKING FORM

I would like to join the  
**Touch for Health Metaphors and Remembered Wellness Goal Setting course**  
**on Sunday 14th and Sunday 28th November:**

Name.....

Address.....

.....

.....

Postcode.....

Telephone.....

Mobile.....

Email.....

**Please indicate what training you have completed already:**

Touch for Health 1 / 2 / 3 / 4 / 5 / Proficient / ITW

Other kinesiology courses.....

Other .....

This is my introduction to Touch for Health

**Venue:**            **The Centre of Complementary Medicine**  
**(Above The Bran Tub)**  
**20 Lavant Street**  
**Petersfield**  
**Hampshire**  
**GU32 3EW**

**Times:**            Please arrive by 9am for a prompt 9.15am start. We will aim to finish by 5pm.  
Light refreshments are provided. There are cafes locally or bring your own  
lunch.

To **confirm your place** on the first workshop, please return this form to the above address with a  
**£50 deposit** by cheque made out to '**Jane Piper**'

The balance of £165 can be paid on the day of the first workshop.