

CLASS # 6 PHILOSOPHICAL AND PRACTICAL ASPECTS OF BIO-TOUCH

We begin this class as we often do with a question.



WHAT IS THE DIFFERENCE BETWEEN KNOWLEDGE AND KNOWING?

STUDENT RESPONSE

Here are some of the ideas from other students:

Knowledge is an intellectual process.

Knowing is an emotional process.

Knowledge is organized information.

Knowing is sensing without the use of reasoning.

Knowledge involves judgment and evaluation.

Knowing involves sense perception.

By these comments, we can recognize that people perceive a difference between knowledge and knowing. Let us first talk about knowledge. One of its sources is the written word that we find in books and other forms of publication. We use them to gather information from others and to explore various thoughts and ideas. The Foundation understands that some people need knowledge based information to try something new like Bio-Touch. Therefore, in the manual, on page 46, we offer references to reading materials for those of you who wish to further your knowledge in the effects of touch on the human body, as well as bio-magnetics and other subtle energies.

HERE ARE SOME REVIEWS OF THE SUBJECT MATTER IN THESE PUBLICATIONS.

1. The Magnetic Effect by Albert Roy Davis and Walter C. Rawls Jr.

This book details experiments using the poles of the magnet to influence biological systems. The authors believe that the more the public can know about magnetism and its effects, the more they can begin to realize the largely untapped potential of this powerful natural energy. It introduces the science of applying magnetic energy to animal and human systems. Many specific applications of magnets are shown for specific human ailments.

2. Magnetic Therapy by Abbot Burke

The following is a quote of his thesis from page 33, entitled "What You Do Not Do"
"You do not heal. You do not diagnose. This is the province of qualified medical practitioners. Anyway, we are simply working on the Magnetism of the body, not on disease or even the body itself, so what need do we have to diagnose? We are not practicing medicine. We are simply balancing the Magnetism of the body and facilitating its natural curative property. You do not "direct" the Magnetic energy. The simple placement of your hands is sufficient. In this way you ensure that the Magnetic flow is natural, therefore the most effective. You do not "suggest," "affirm," or visualize in any way. If you do, you limit and hinder the flow of Magnetism, which is a force much greater and more subtle than mere mental energy. To attempt mental manipulation of this fundamental force is to actually decrease its effectiveness. The temptation to "play healer" must be resisted, both for your own sake and that of the recipient."

3. The Rainbow in Your Hands by Albert Roy Davis and Walter C. Rawls Jr.

This book discusses the presence and use of our natural energy. The authors detail and describe the results of their research which indicate that the energies of the hands contain, give and transmit two forms of these potential natural energies. They show how each of these energies have an effect on the senses, feelings and bio-electrical activity in and among humans.

4. Cross Currents by Robert Becker, M.D.

Dr. Becker explains how new and nontraditional healing techniques work through an invisible common source---the body's electrical system. At the same time he offers insight into how to use the body's built-in healing abilities.

5. Vibrational Medicine by Richard Gerber, M.D.

Richard Gerber, MD, is the author of the 1988 book, *(Updated 2001)*

Vibrational Medicine: New Choices for Healing Ourselves, a publication that has been reviewed as 'landmark' and 'encyclopedic', and in many ways bridges the gap between science and esoteric healing. *Vibrational Medicine* cites hundreds of scientific studies that support the energy model of health and healing and presents the theoretical foundation for such therapies as homeopathy and acupuncture.

6. Awakening Athena by Kenna Stephenson, MD

Dr. Stephenson was a principle investigator for Bio-Touch research. Her book has an entire chapter dedicated to Bio-Touch. See below for her research data findings.

7. Bio-Touch Healing With The Power In Our Fingertips by Debra Schildhouse

This is the only book written about the history and promise of Bio-Touch. It highlights the journey of the Founder, Paul Bucky, as he interacts with the author and her journeys.

THE FOUNDATION HAS ALSO PURSUED ADDITIONAL RESEARCH PROJECTS.

It was important for the Foundation to participate in numerous research projects in order to satisfy the need of many for documented “data” to prove that Bio-Touch is effective. Following is a synopsis of this journey in our research protocols. The important thing to remember is that none of this tells us “why” Bio-Touch works, only that there are significant “results”.

REVIEW [JustTouch.com/Research/](http://www.justtouch.com/Research/) FOR DETAILS ON THESE PROJECTS

Research started in 2000 with Dr. Gary Schwartz, PhD, who was running the University of Arizona Human Energy Systems Laboratory. Bio-Touch was one of the first energy modalities that he studied.

The data was conclusive that there was significant reduction in pain & stress, with participants also feeling more relaxed and cared for.

A year later that project was replicated, which is an important part of research, and blood pressure measurements were added. Again, the data showed a drop in stress and pain with a significant drop in those folks who had high blood pressure.

SEE THE DATA <http://www.justtouch.com/univeristy-arizona-research>

In 2003 Dr. Kenna Stephenson with the University of Texas at Tyler, did a research project that entailed measuring hormone levels and having all the participants take a standardized quality of life questionnaire. That questionnaire measures 4 emotional and 4 physical domains.

SEE THE DATA <http://www.justtouch.com/research-results-winter-2003-university-of-texas-health-center-at-tyler/>

The data showed that everyone had improved in all 8 domains. It also found that nighttime cortisol levels went to normal and there was a rise in Interleukin 12 levels (known as a T cell stimulating factor that improves immune system responses).

Due to the results Dr. Stephenson was able to show that by adding Bio-Touch to our usual chronic stressful life and accelerated aging process, we could improve the quality of our life and increase the activity of genes that fight infection and cancer. All data showed that by adding Bio-Touch we could promote healthy aging. SEE THE STRESS CHART

<http://www.justtouch.com/wp-content/uploads/2014/09/Stress-Cycle-Chart.pdf>

Finally, in 2012, Dr. Carole McKenzie, PhD, who was the Director of Nursing at Northwestern Oklahoma State University incorporated Bio-Touch into the Nursing curriculum. Each semester all students would learn Bio-Touch and the seniors would end their studies with a research project. Again, this was a replication of the other protocols. Each semester the data showed a significant reduction in pain and stress, with participants feeling more relaxed. The data was so conclusive that the school of nursing presented the findings at an international nursing conference.

The internet has many references to bio-magnetics, energy healing and bio-field therapies. It is important to note, that while the left part of our brain likes the “proof”, the data only tells us the effects. In turn the affect, the profound results, tell us nothing as to “why” Bio-Touch works.

In contrast to “knowledge” and left brain analysis, we will now consider the “knowing” that was defined at the beginning of this lesson. The right half of our brain is associated with cognitive skills, such as creativity, emotion and intuitiveness. Exploring this aspect involves reconnecting with your internal, natural rhythm and inner self.



It means getting in touch with what you sense, what you perceive, what you feel.

One obstacle to this clarity is that when we are preoccupied with our “thinking” mind our right brain, or intuitive part of us, is not being acknowledged. When the right brain presents itself, we often describe it as “a gut feeling”.

When we become aware of the functioning of both brains, we have the opportunity to live a balanced life.

This is why we offer knowledge-based information yet encourage people to “experience” the effects of Bio-Touch. When people are touched, they come to an internal knowing or self-awareness. They know what to “do” for their own healthcare. Our job as practitioners is to encourage people to “act” on what they already know.

Everyone who is touched with Bio-Touch has a “WOW” moment. Some scientists researching the body, mind and spirit connection say that changes in our lives, both physically and emotionally, happen when we have a “WOW” experience. Whether people receive one session, or more, that one moment will always be with them. Each person will use this experience to make changes in their life when they are ready. Bio-Touch opens a door for them. They choose when to walk through it.

QUESTIONS:

1. How can “knowledge” help us in practicing Bio-Touch?
2. What are the benefits of listening to the “knowing” messages you perceive?
3. Do you think Bio-Touch can help one come to a “knowing?”
4. What do we “know” as we apply Bio-Touch?



RE-READ THE EPILOGUE

Please comment on the material presented.



REQUIRED HANDS-ON PRACTICE

See Certification Program Hands-On Form you received in the first lesson. Focus on the points listed next to Group #5. Write in the suggested points that can be touched to address these specific conditions and add any you believe would also be helpful. See pages 44-45 in the manual.