

Touch For Health - A Way to Restore Health and Well Being 觸匡健 — 助你回復健康及安好

Toni Gralton, is a certified Touch For Health (TFH) instructor. She set up the TFH Foundation of Australasia, i.e. for Australia and New Zealand, and published its newsletter, In Touch in 1986. She was later appointed Faculty of the TFH

I: Please define, in your opinion, the concept of managerial wellness?

G: It is the state of being able to work optimally, comfortably and maintaining a balance between body and mind instead of being intellectually focused all the time, as managers are often asked to be.

Employers look for performance and the emphasis is frequently at the mind level. The worth of the employee is measured in that way, too. However, if the employees are not comfortable in their bodies - their postures are not correct; their emotional well being is not looked after - their minds will suffer. In parallel, their performance will also be downgraded. They are then assessed as not being good enough by

their bosses. This will hamper self-esteem severely.

The managerial wellness concept points to employees who are fully aware of themselves as a whole person, mind and body, so that they can work optimally in challenging situations.

I: What are some of the major factors that would affect the degree of managerial wellness and work efficiency?

G: If a person has a perceived lack of choice

or control, that can be very limiting or inhibiting. People need to be committed in their roles instead of feeling alienated. If a person looks at his or her role from the sidelines, he or she would not be involved in the task. Committed employees would see both life and job as challenging, as opposed to feeling powerless. Obstacles will not be seen as obstacles, but rather stimulating challenges. They will be stimulated instead of feeling threatened by challenges.

Also, they need to have clearly-defined long- and short-term goals. If they can find their goals, then they have a better chance of getting a direction and purpose, instead of being carried along with the work. We need to have short-term goals so that we know what we are doing from day to day or week to week; and long-term goals to guide us through one year, five years, ten years. The goals can be related to the job as well as to the family. It is a sense of completion in all areas of life, not just in the office that makes you a whole person. You are not an office robot.

Another key factor is to choose to change. If you are dissatisfied with having no goals, with working intellectually over-focused, and are seeking for a mode that better serves you, you are consciously choosing to change. It is the decision to leave one's comfort zone which needs to be learnt.

So the key factors are commitment, control and change.

I: How can TFH be applied to improve managerial wellness and work efficiency?



Foundation of the U.S. for Australia and New Zealand. In 1990, Toni was re-appointed Faculty of Australia, New Zealand and South Africa of the International Kinesiology College of Zurich ("IKC"). She was elected as Dean of TFH College of the IKC in 1994.

The following interview with Ms. Gralton is contributed by Amy Choi and Conrad Ho, Training Consultants of Whole Performance Institute Ltd.

G: TFH is based on traditional Chinese medicines, chiropractic techniques and Western concept of health. The benefit of TFH is to raise the body's energy so that one can feel better immediately and have an improved work performance physically and mentally. This can be done in what we call a balance.

I: Please explain.

G: A balance is a procedure through which you gear up your brain and body towards a challenging goal, for example, meeting a proposal deadline or devising a budget for next fiscal year. While acting out or simply thinking of a challenging goal, your brain and body will enter a state of stress, which you may notice by being aware of your thoughts and feelings. This stressful response is usually manifested in negative thoughts around the goal, or physical responses like increased heart beat, shallower breathing, tightened muscles, and so on. TFH practitioners also monitor the existence of stress by a brain-body biofeedback mechanism called "muscle test" which I will explain later.

After the balance, while thinking of the same goal, you will be in a totally different, relatively stress-free state. This allows your brain and body to function more harmoniously, thereby enabling you to achieve the goal with greater ease and efficiency.

A balance can be a long or a quick workout. It is something you can do independently, so you can control and be responsible for yourself. However, it is nice to work with a partner.

Doing balances does not guarantee goal accomplishment. It does, however, allow you to perform more optimally so that more of your capacity is accessible and you will have a higher chance of achieving the goal.

I: What actually happens in a balance?

G: We are balancing our body's energies on the physical, emotional and biochemical levels. These are the three areas of stress that most affect us. In a balance, we are working with the body's fourteen major meridians or energy channels. These meridians will be blocked or in a state of under- or over-energy, resulting in our brain and body functioning in a sub-optimal state. TFH practitioners monitor this state of imbalance by performing a series of muscle tests to assess the body, its energy and functions.

It has been clinically found that specific muscles in our bodies are related to specific meridians, which in turn are related to specific organs. We test the muscles that relate to the major meridians and organs of the body, get a readout, do a correction exercise and then reassess the muscles to make sure balance is restored. In doing the correction exercise, weak muscles will be strengthened using a combination of massage points, holding points, muscular release, and energy work.

I: What is muscle testing?

G: Muscle testing is an effective and versatile tool for detecting imbalance in the body which result from stress. It is a brain-body bio-feedback mechanism that allows us to access the bio-computer - our body - and locate energy imbalances in the body caused by blockages and/or inappropriate flow quantities.

It is done with gentle pressure applied to usually a limb, with the tested muscle in contraction. There must be co-operation between the two people involved so that there is a feedback from the person being tested to the tester, both agreeing on a lock with the muscle being 'strong' and an unlock

with the muscle being 'weak'. Then we go for the lock in all cases because the lock represents a stress-free response.

I: What is the uniqueness of TFH?

G: I think it is that TFH can be easily learnt and easily applied in any situation. You do not necessarily need another person to muscle-test you. Muscle testing really validates the before and after effects of the balance. It can help you find areas of stress, and if you become body aware, you can apply the correction techniques for yourself.

It is also a body-mind approach to improve managerial wellness. Where other modalities might focus on just the back with back pain, TFH is looking at the whole person - what the person is doing, thinking or feeling that brings about the back pain. It is a whole-person approach.

I: In conclusion, what is the best advice you can give to our readers?

G: Keep moving; avoid sitting in one place for too long. Drink plenty of water. Take 'brain breaks' - remove yourself from the workplace and step into other places, like looking out of the window, doing exercises, visit some other workstations, etc. In a word, leave the place where you are totally focused intellectually. Breathe deeply - make sure you are not trapped into shallow breathing patterns.

Choose to change - choose to be your own boss, not a victim of external forces. Choose to be active, not passive. Choose to be an initiator. Choose to have an energy balance regularly. Choosing to change is to decide what is wrong and to make it better. Or simply choose to be different, to feel better, to perform better, not just watch people pass by. Obviously, deciding to change from what into what is

a personal matter and varies on an individual basis.

Although the focus of this conversation is

東妮高頓 (Toni Galton) 是認可的觸匡健導師，她一手創辦澳紐區的觸匡健基金會，並出版其刊物接觸。她其後被委任為美國觸匡健 (Touch for Health) 基金會的澳紐區主任。一九九〇年，東妮再次獲委任為蘇黎世的國際運動機制學院澳紐及南非區的區主任。一九九四年，她更被選為國際運動機制學院觸匡健學系的系主任。

以下的談話，節錄自東妮與整體表現研發社有限公司兩位培訓顧問蔡慧明小姐及何兆煥先生近期的一次會面。

(訪：訪問者 東：東妮高頓)

訪：據你的意見，「管理人員的安好」是一個怎樣的觀念？

東：它是一種狀態，使人能夠最有效地、舒服地工作，且能夠維持身智平衡，而不是像對管理人員的普遍要求般——全時間倚重智力。

僱主著眼於表現，偏重於才智層面，對僱員的評價亦建基於此。但如果僱員身體覺得不舒服（例如姿勢不正確、心緒不寧等），才智亦會受損，同時，表現也走下坡。於是老闆會評定他們表現不佳，結果連自尊亦受創。

這個概念指出，僱員如果醒覺到自己是個身智平衡的全人的話，即使置身挑戰之中，仍舊能很有效地工作。

訪：影響管理人員的安好及工作效率的重要因素有甚麼？

東：主觀以為自己缺乏選擇權或控制權這種想法，會形成很大的阻力和限制。人需要投入工作而不是置身事外。若果只從邊線上內望，根本無法投入一份工作。有承諾感的僱員會認為生命和工作充滿挑戰，而不是感覺無奈。阻礙將不被視為阻礙，只是

related to wellness in the work environment, I would like to emphasize that all of the above principles and techniques also apply equally to home and

具激發性的挑戰。他們甚至會主動找尋挑戰，而不會覺得受威脅。

此外，需要清楚界定短期及長期目標。找到目標，便更能找到方向及意義，而不會被工作需要所牽引。短期目標使人知道日常和每星期的工作，長期目標則指引著一年、五年、十年內的事。其實目標除了有關工作外，也可以是關於家庭。一個全人要在所有方面都擁有完全的感覺，並非只著重工作一方面。人畢竟不是辦公室的機械人。



另一重要因素是選擇改變。當一個人如不滿於自己漫無目標、工作過於倚重智力，而尋求更能為自己帶來好處的模式，他便是在有意識地選擇改變。這是一個離開「舒服地帶」的決定，是需要主動學習的。

所以，關鍵是承擔、控制及改變。

訪：觸匡健如何能用以促進管理人員的安好及工作效率？

東：觸匡健建基於傳統中醫及西方的脊醫技巧及保健觀念等，其好處在於能提升身體能

family. TFH, as formulated by Dr. John Thie, is meant for families and friends, to manage their own health and well-being. ☺

量，使人即時感覺更好，同時改進身體及腦筋的表現。實現這些好處的做法，我們稱之為「身智調和」作業（以下簡稱「調和」）。

訪：那麼，甚麼是「調和」？

東：調和是一個程序，用以加強腦袋與身體的運作，以面對具挑戰性的目標，例如趕及限期前提交建議書、或撰寫明年的預算案。在實行甚至只是想著一個具挑戰性的目標時，腦袋與身體會進入緊張狀態，只要留意自己的意念和感覺就能察覺出來。這些緊張反應通常呈現成目標的負面意念，或特定生理反應如心跳加速、呼吸趨表淺、肌肉拉緊等。除此之外，觸匡健執行師更會運用一種包括腦袋與身體的生物反饋機制，叫做「肌肉檢查」，以監察是否有緊張反應。詳情稍後再談。

調和之後，當人想著同一目標，會進入一個完全不同的狀態，相對是沒有緊張的表現。於是腦袋與身體便能夠更和諧地操作，令人更容易、更有效率地達到目標。

調和的過程可長可短，可以獨力做，個人能夠完全控制及自我負責。當然，有伙伴一起做亦很好。

調和後並不擔保達成目標，但它讓整個人的身心系統表現更佳，使人能夠發揮更多能力，於是便有更大機會達成目標。

訪：調和過程是一個怎樣的過程？

東：在觸匡健的調和裏，我們是在生理、情緒及生化三個層面上平衡身體的能量。這也是最能影響我們的三個緊張來源。調和時，我們會處理身體的十四條主要經絡或能量通道。當這些經絡受阻或氣盛、氣衰時，腦袋與身體的操作亦隨之而低落。觸匡健執行師運用一系列的肌肉檢查以監察這些不平衡狀態。

臨床發現，特定的肌肉與特定的經絡有密切連繫，特定的經絡與特定的器官又有密切連繫。我們檢查與某經絡、某器官相關的肌肉，得到指引，然後做一個改正練習，再檢查肌肉，確定平衡狀態已經恢復。在做改正練習時，軟弱的肌肉可透過按摩點、觸點、肌肉放鬆、及能量工作等加以強化。

訪：甚麼是肌肉檢查？

東：肌肉檢查是一個有效而多功能的方法，用以監測由緊張而產生的身體不平衡狀態。這個方法的基礎是包括腦袋與身體的生物反饋機制，讓我們透過接觸生物電腦（也就是身體），去找出氣閉、氣盛、氣衰所引致的能量不平衡狀態。

檢查時，受檢肌肉呈收縮狀態，而檢查者在肢體上施以輕微壓力，以圖拉長受檢肌肉。檢查者與受檢者必須通力合作，使受檢者能將訊息反饋給檢查者，「有力」的

代表肌肉扣緊，「軟弱」的代表肌肉鬆懈。我們在任何情況下都追求肌肉扣緊，因為這反應表示沒有緊張。

訪：觸匡健在促進管理人員的安好這命題上有何獨特之處？

東：觸匡健的獨特之處在於它既容易學習又容易運用於任何情況下。由另一人幫你做肌肉檢查其實並非必要，它只是用作確認調和前後的反應，同時可幫忙找到緊張所在。只要自己對身體有醒覺，人人都能自己幫自己做調和。

它也是一種身智合一的辦法，用作促進管理人員的安好。其他方法處理背痛可能只專注於背部，觸匡健則著眼於整個人 — 那人在做甚麼、想甚麼、感到甚麼，以至造成背痛。觸匡健是一個處理全人的方法。

訪：總括來說，有何寶貴建議可給予我們的讀者？

東：全時間活動著，勿在同一位置坐太久；喝大量開水；給腦袋有休息機會 — 離開工作地點，做別的事情，如望向窗外、做做運動、或走到辦公室內的其他地點等。簡單來說，即離開你需要集中地思考的地方；作深呼吸 — 確保不是在表淺呼吸的模式中。

選擇改變 — 選擇做自己的主人，而非被外在力量支配的受害者。選擇去做主動，而非被動。選擇做一個發起人。選擇定期為自己做能量調和。選擇改變就是找出不妥善的地方然後改善；或選擇自己要與別不同、感覺更好、表現更佳，而不是只作觀望。明顯地，選擇怎樣及改變什麼是很個人的事，具體內容因人而異。

雖然今次話題是集中在有關工作環境的安好，我想強調以上的原則及技巧同樣可應用到個人及家庭生活中，這也是當初戴約翰醫生（Dr. John Thie）創立觸匡健的原意。☺