

Understanding the value of touch ...



# Touch!

PLEASE

by Denny Johnson

Understanding the value of touch . . .

# *Touch! Please*

Denny Johnson

Edited by Deborah Monroe

Rayid Publications, Vancouver, WA

# Touch! Please

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Art work by: John Callahan, a resident of Portland, Oregon, has been drawing since the age of three. A car accident in 1972 left him paralyzed from the chest down. John offers that the experience provides him with a unique and valuable perspective. His cartoons appear regularly in a number of magazines and will be included in two anthologies soon to be published by Harper & Rowe. He recently received an award from the Society of Professional Journalists.

*To my father  
who touched me  
with purpose.*

*“ ... today there is so much suffering ... not only in the poor countries, but in the West ... and I’ve found poverty in the West more difficult to remove it is easier to relieve material poverty.”*

*“... maybe in the United States we don’t see the hungry, the hopeless, but there are people feeling unwanted, unloved; hurt and helpless ...”*

*“... There are people who have forgotten how to smile, who have forgotten what human love is, and human touch ... this is very great poverty ...”*

*Mother Teresa*

*Nobel Peace Prize Recipient 1979*

# Publisher Forward

Over thirty years ago, Denny Johnson wrote “Touch Starvation in America – A Call to Arms!” In his remarkable book, “What the Eye Reveals”, Denny found that one particular processing style starved in this country. Many people in the US and even more so in the world processed life, not by what they saw and thought about, not by what they heard and felt emotionally, but more by what their body physically felt. Touch is their food, just like art and music feed those of visual and auditory processing styles. Kinesthetic people starved without touch. This is even truer in 2015, than it was in 1985.

Kinesthetic is the world’s most dominant hidden language and the most misunderstood in the United States. Close to 80% of the world’s population, use the kinesthetic hidden language. Understanding that communication style, especially in relation to your own hidden language is a key for greater peace individually and collectively. Respect is vital to the kinesthetic hidden language. What is respect to you? The Kinesthetic hidden language is often diagnosed as Attention Deficit Order (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). Unfortunately, the medical community not understanding the blessing this hidden language style offers, prescribes drugs to modify the perfectly normal behaviors of people with this processing style. Or the Kinesthetic person not being understood self-medicates with alcohol, sugar or other drugs to alter their moods. Knowing yourself, from your view, from the eyes of others and from your eye pattern type, gives you a very complete understanding of your communication style. Learning to effectively navigate in a very visual society is vital for this hidden language in particular. Knowing your hidden language; and understanding other hidden languages assures you greater effectiveness. Ask your immediate family and friends to complete the questionnaire for your communication style to begin. Consider asking people that are friends and business associates, in separate profiles. Tell them you will comment on their profile should they want to know more about themselves. The Free Hidden Language Profile is located at [www.4hiddenlanguages.com](http://www.4hiddenlanguages.com).

Aretha Franklin sang about RESPECT. RESPECT is vital to the kinesthetic hidden language and unfortunately, the other languages do not understand the definition of RESPECT, let alone be able to demonstrate it. Additionally, demonstrations of RESPECT differ between generations and certainly between different cultures of

kinesthetic language people. These Kinesthetic people starve by the lessening of touch in our society. Now, instead of reporting a disaster of starvation, we utter a simple, respectful plea, Touch, Please!

# Contents

Publisher Forward

Contents

Author's Note

Acknowledgments

**Chapter 1.** The Hidden Famine

**Chapter 2.** Fear of Touching

**Chapter 3.** Why Don't You Touch?

**Chapter 4.** What is Touch?

**Chapter 5.** Being in Touch - Energy

**Chapter 6.** Relationships

**Chapter 7.** The Living Pathway of Touch-Communication

**Chapter 8.** Auditory Touch

Words - The Longest Fingers

**Chapter 9.** Visual Touch

Your Body Talks

**Chapter 10.** Kinesthetic Touch

**Chapter 11.** Inward Touch-Communication and Body Parts

**Chapter 12.** Touch Starvation - The Effects on the Body

Auditory Region

Kinesthetic Region

Visual Region



**Chapter 13. A Pattern Begins**

**Chapter 14. Conscious and Subconscious Minds**

Conscious Mind-The Master

Subconscious Mind-The Tireless Servant

**Chapter 15. The Sun and the Mirror**

**Chapter 16. Techniques for Self Evaluation**

Words

Body Language

Eye Patterns

**Chapter 17. The Ideal**

**Chapter 18. Cultivating the Garden -Touch Starvation Relief Five Ways**

to Slow Down

Pulse Walk

Slow Motion Drive

Change Our Breathing

Find a comfortable sitting position.

Study the Universe

Listen

Touching at a Distance

Fifteen Steps to Receiving More Touch

**Chapter 19. Avenues of Healing**

Prayer

Stillness

Silence

Creativity

Service

Thankfulness

**Chapter 20.** One Person's Experience

Chapter 21. The Holographic Concept

**Chapter 22.** A Call to Arms

Genetic Epilogue ...

Spiral Freedom

Other Books Available by Denny Johnson ...

# Author's Note

While pursuing a personal inspiration about the human eye, I noticed a fascinating correlation between the structure of the iris and the manner in which a person communicates.

The structure of the iris proved to be a highly accurate road map revealing how each person uses words, body language and touch. It also indicated how the energy of communication moves through our bodies and between individuals.

As I compared the iris patterns within family relationships, the mystery of how we attract people and establish our bonds began to unfold. As I traveled throughout the country sharing and testing the information, two basic understandings became evident to me. The first was how touch entwines with other forms of communication; the second, the profound role touch plays in mental and physical health.

I also noticed a direct correlation between the absence of touch and certain types of physical and behavioral disorders. I became acutely aware of how the American culture discourages the use of physical touch. Clearly, the evidence indicated that our society was rich in material goods but desperately poor in human closeness.

I realized that we are slowly killing ourselves and each other by withdrawing our willingness to reach out and touch.

In writing this book, I did not focus my attention on comparing my findings with the body of existing knowledge in the world. The book is not intended to be a scholarly work filled with footnotes. This information is meant to be tested in the hearts and minds of those who read it. It was written to stimulate the awareness that we can bring profound change to our culture by simply lifting our arms.

# Acknowledgments

Deborah Monroe, more than your loving persistence, it is the depth of your open heart that touches me the most. Thank you.

Thank you, John Callahan, for the artwork. From a place within you, everyone who reads this book is touched.

I love you, Rosalie!

Thank you, Mother, for giving birth to my soul and holding me close to your heart.

Joy is the moving of light from place to place.

*Joy is the moving of light  
from place to place.*



# Chapter 1. The Hidden Famine

It is estimated that one in eight Americans will have a mental breakdown requiring hospitalization within his or her lifetime. It is also estimated that 25 percent of all families produce incestuous relationships, and that 50 percent of all children will at some time be abused.

In this country, 43 million people suffer from heart-related disease. In 1985, over 500,000 will die from heart disorders. Another 400,000 people will die of some form of cancer.

Our hospitals are full, our prisons are overflowing. Technology and money cannot solve the problems because they are not treating the cause. The answer lies buried in our hearts and hidden behind walls of fear: millions of people are suffering mentally and physically because they cannot give and receive touch.

Recent discoveries in science have begun to show that nerve connections in the brain are created and developed through the act of touching. The vital period during which this development occurs is during gestation and the months immediately following birth. The premise is simple: early touching increases, the energy flow through the fetus in such a way as to enhance the development of the nervous system. The result is a child with stronger and more complete nerve functions throughout the body.

The full impact of touching in early childhood may not be realized for generations to come. Nerve connection patterns established in early childhood affect every aspect of an individual's life as he or she matures into a social being. Among the most important facets of this growth are the development of intelligence, coordination and communication. All of these vital functions are dependent upon the early formation of healthy nerve pathways through the stimulus of touch.

Perhaps the most respected authority on the importance of touch in childhood is Ashley Montagu. In his book, "Touching ... the Significance of the Skin," Montagu draws upon many years of research to demonstrate the importance of touch. From this work an important fact emerged. A child can live with, and apparently out-grow, the effects of deprivation of auditory or visual stimulation. However, when a

newborn child is not touched, the result is often death.

Touching is our foundation as human beings. Without it, the structure of our society will come crashing down around us. Let science prove what our hearts know to be true. There is a famine of unprecedented proportions in this country. There is TOUCH STARVATION IN AMERICA.

## *Touch Is ...*

*Light stretching its arms*

*Through the darkness . . . .*

*A word whispered in the night*

*A smile on the lips of eternity.*



## *A Story*

*As she stood before the mirror brushing her long, blond hair, she realized once again that she was an exceptionally beautiful woman. Nature had been good to her, she thought. She was striking in appearance, her face bright and intelligent. She had a good job and a secure future. Her tall, lithe body attracted attention wherever she went. She smiled as she remembered the comment Ted had made. Yes, perhaps she did have legs that were designed for racing stripes. But, she reflected, like the racing stripes, Ted had been entirely too fast for her.*

*She longed to find someone who appreciated her mind as well as her body, someone who wanted to know who she was deep inside, someone she could love and respect. The man she wanted was certain to be waiting for her somewhere. All she had to do was to be in the right place at the right time. Tonight may be the night, she said to herself. I'm ready to find Mr. Right.*

*She drove to the finest hot spot in town, and parked the car where she could observe everyone entering and leaving. As she brushed her hair one more time, she thought about the men she had known in her life.*

*There had been Dave, young, gentle and sweet. Doug, he had treated her well, all right-but she had wanted a man, not a boy. Then there had been Frank. He certainly had been a man-but he hadn't known the difference between polishing his car and caressing her.*

*There had been a long progression of nameless faces before she met Steve. As she remembered him, a long sigh emptied her body and she leaned back in her seat. She had been certain that Steve was the man for her. She had even lived with him for a year and a half in that romantic little house in the country. They had made such a handsome couple. Too bad, she thought, that the house was more romantic than he was. Living with Steve had left her aching inside and craving to be held. There had been days when Steve wouldn't talk at all. In some ways, she had been lonelier with him than without him.*

*She sighed, left the car and made her entrance through the door of the nightclub. She felt her heart quicken as she noticed eyes turning to look at her. She held her head high and walked toward the rear of the room. Like a fisherman casting lines, she made sure to glance in all directions before choosing a table everyone could see.*

*The evening progressed as she had expected it would. She received a steady stream of admirers at her table. Men paid her unending compliments and offered every form of suggestion. She talked and laughed without paying close attention to any of them. In her own tantalizing way, she left all the possibilities open while remaining noticeably unattached.*

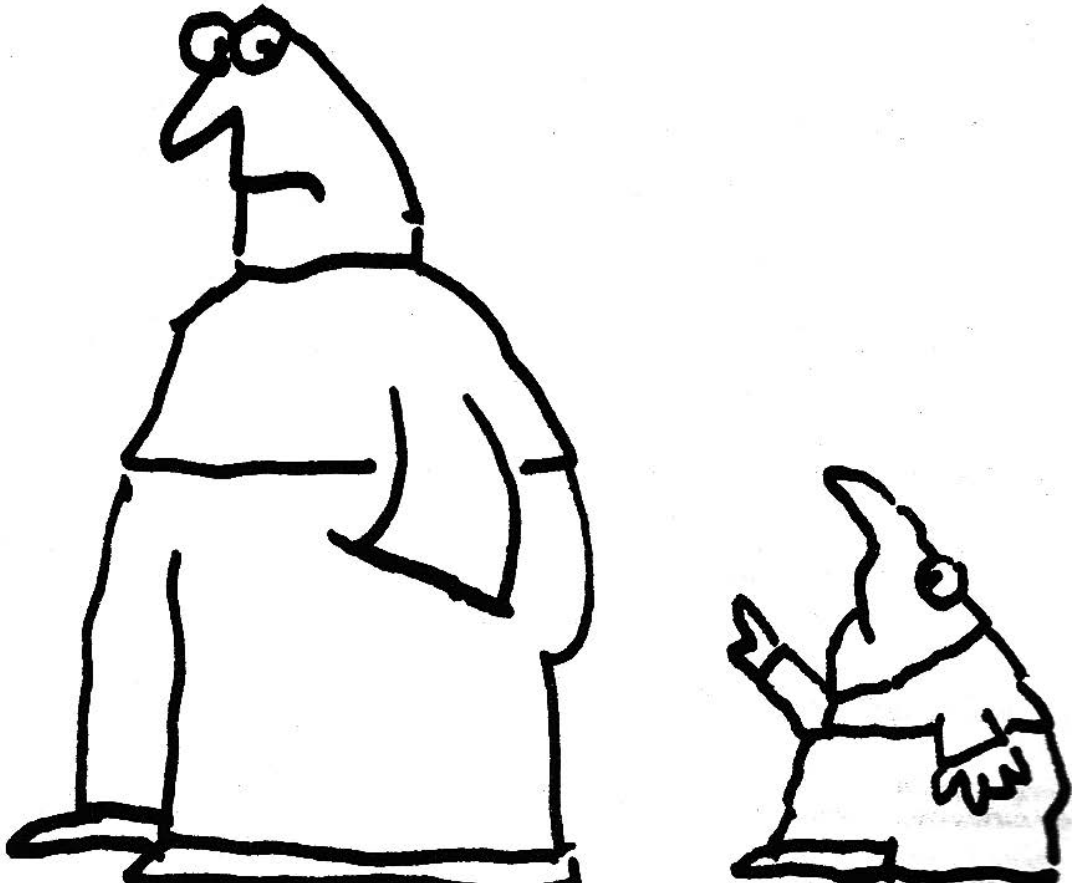


*At the end of the evening, having maintained her usual independence, she left by herself. On her way home, the smile she had maintained throughout the evening began to fade. She soon felt a familiar wave of depression wash over her.*

*She arrived at her apartment feeling tired and lonely. She reached for the phone but couldn't think of anyone she wanted to call. The ache inside her deepened into a burning pain. Damn, she thought, there it is again. Maybe I should make that doctor's appointment, after all.*

*She walked wearily into the bathroom and took a Valium. Then, as she stood looking at herself in the mirror, she started to cry. Why, why, with all her good looks and intelligence, couldn't she find someone to love? She threw herself on her bed and sobbed uncontrollably. Her mind unleashed a flood of memories. Images swirled around her—her parents who had rarely touched her, her lifetime of broken relationships. Lying on the bed, she felt her body aching all over. Oh, she cried into the night, what's wrong with me?*

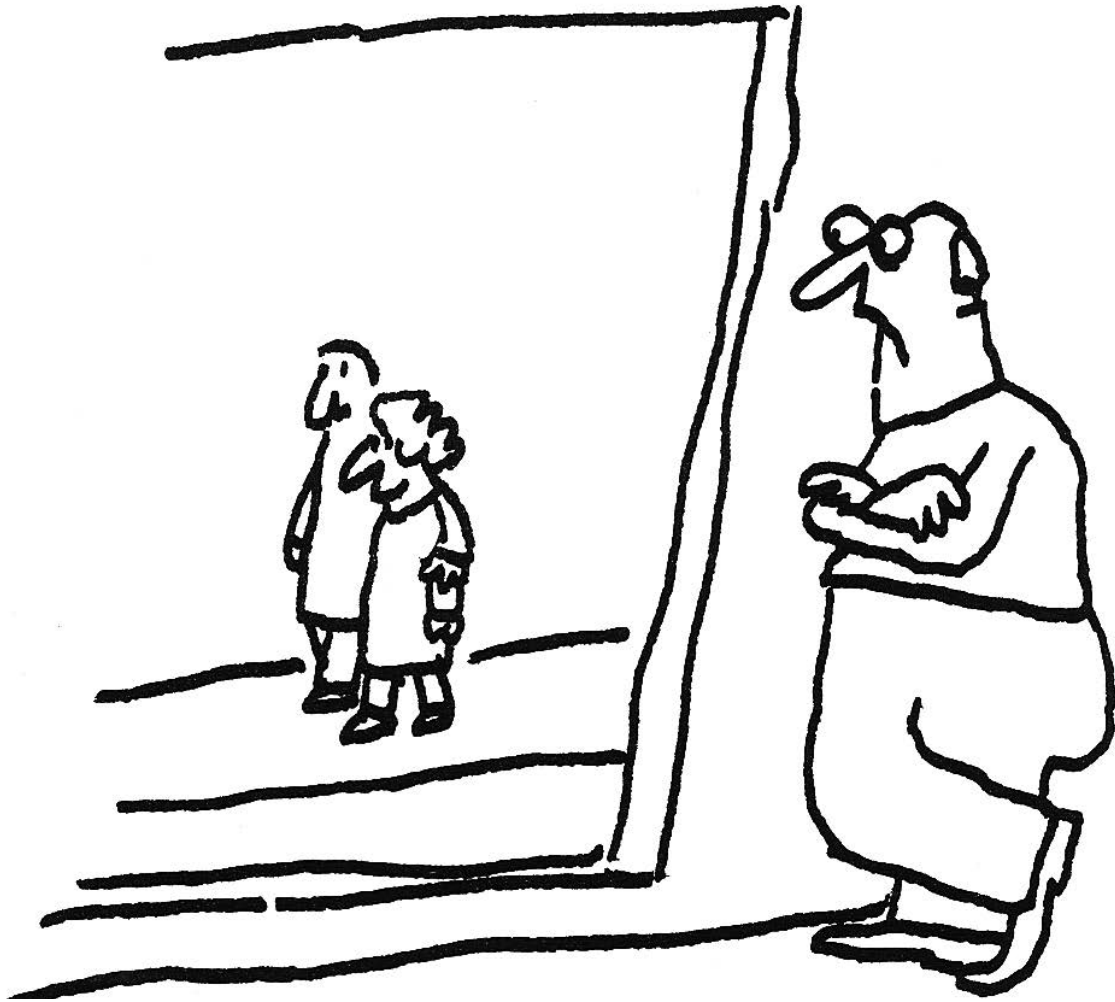
*Why Don't You Touch?*



*My family never touched*

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*Why Don't You Touch?*



*I just feel awkward*

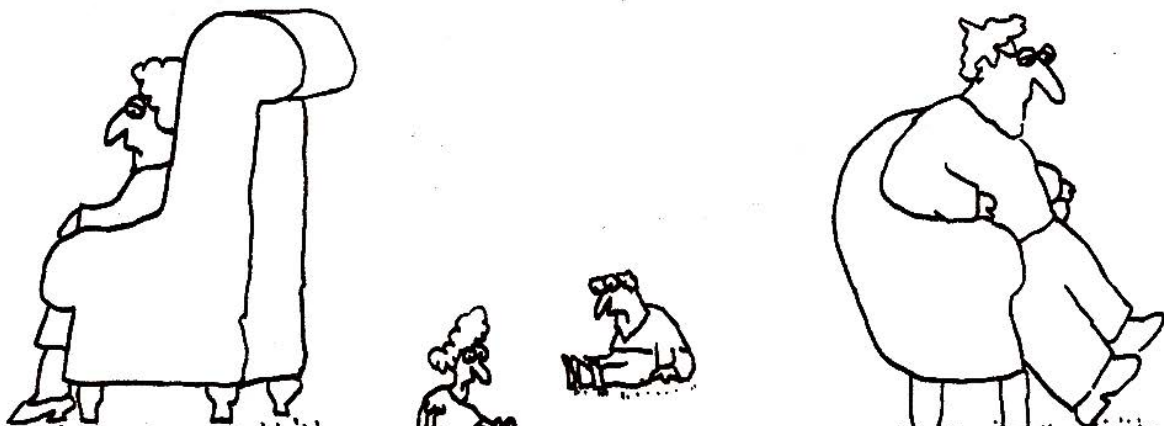
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# Chapter 2. Fear of Touching

Our world is filled with people who are deathly afraid of physically being touched. Ever-increasing incidents of rape, assault and mugging have created a subculture of people who rarely, if ever, venture forth to spend time in public. Average Americans are forced, by necessity, to walk within an arm's reach of strangers they have been taught all their lives to distrust and avoid.

Many Americans grow up in homes where physical affection is rarely displayed. The tragedy of our children growing up without receiving physical affection, loving themselves is compounded by the absence of demonstrated loving affection between parents. Children learn by example: from their early experiences, they develop behavioral tendencies for a lifetime.

The touching demonstrated within a family is often conditional. Conditional touching is given as a reward or punishment for an activity. When a child comes home from school with good grades and receives affection from the parents, a standard has been set. The child's mind establishes a pattern connecting affectionate touch with performance. The child then focuses his or her energy on looking for new ways to receive affection through performance. This can contribute to the sense of basic unworthiness ("I am not worthy of love unless I do something") underlying a future workaholic.



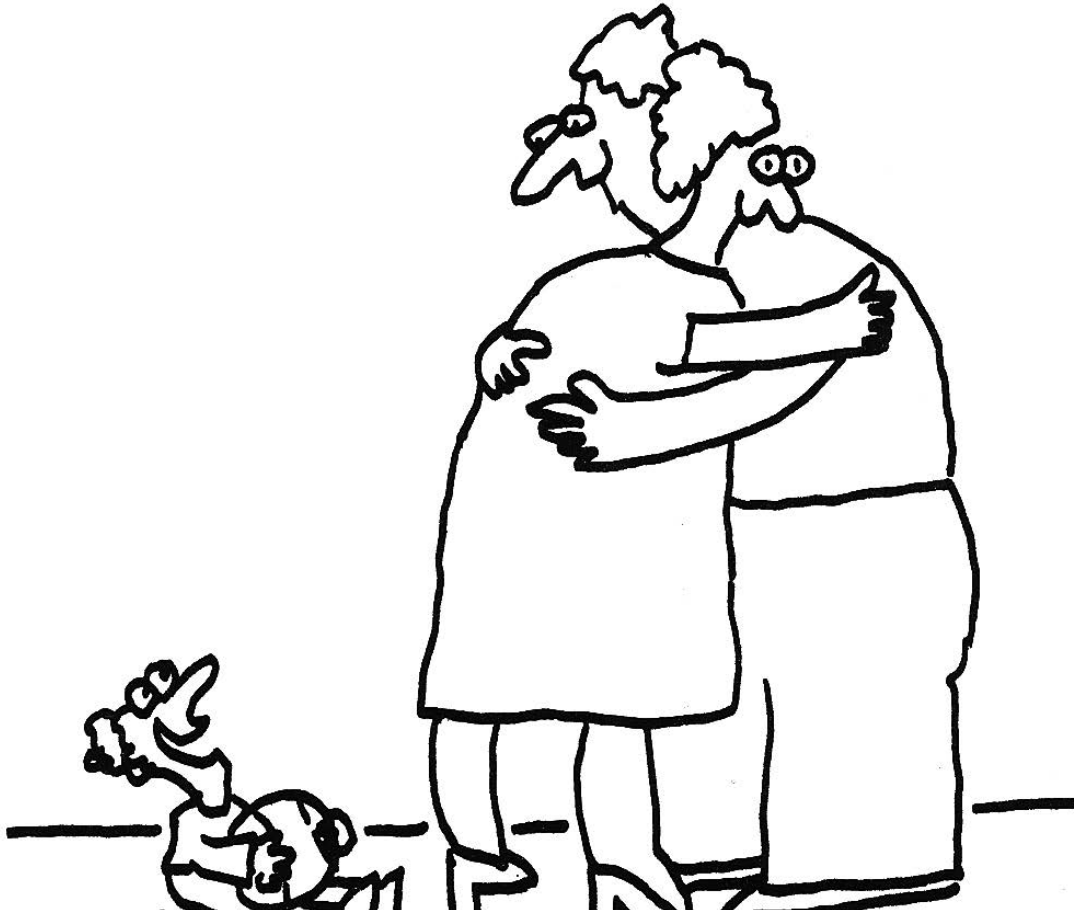
*Absence of touch between parents starves the child*

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The reverse of this situation occurs when a child is punished for making a mistake or having an accident. The child then learns to avoid reaching out or taking chances. In order to avoid taking a chance, a child may use crying to prompt someone else into taking action. As an adult, he or she will feel paralyzed whenever confronted with an obstacle or challenge. A child whose parents commonly used emotionally charged commands, such as “Don’t touch that!” often inhibits us from touching people in adulthood.

Many people fail to use touching due to the fear of being misinterpreted. Doubt or fear fills the mind of an insecure person when he or she is touched: “What have I done?” “What is it they want from me?” Touch is often interpreted sexually. In the family situation, the fear of an affectionate act being construed as sexual inhibits many parents from being physically close to their children.

Distance breeds desire, and it is unfulfilled desire that creates subconscious compulsions.



*Affection between parents feeds the child*

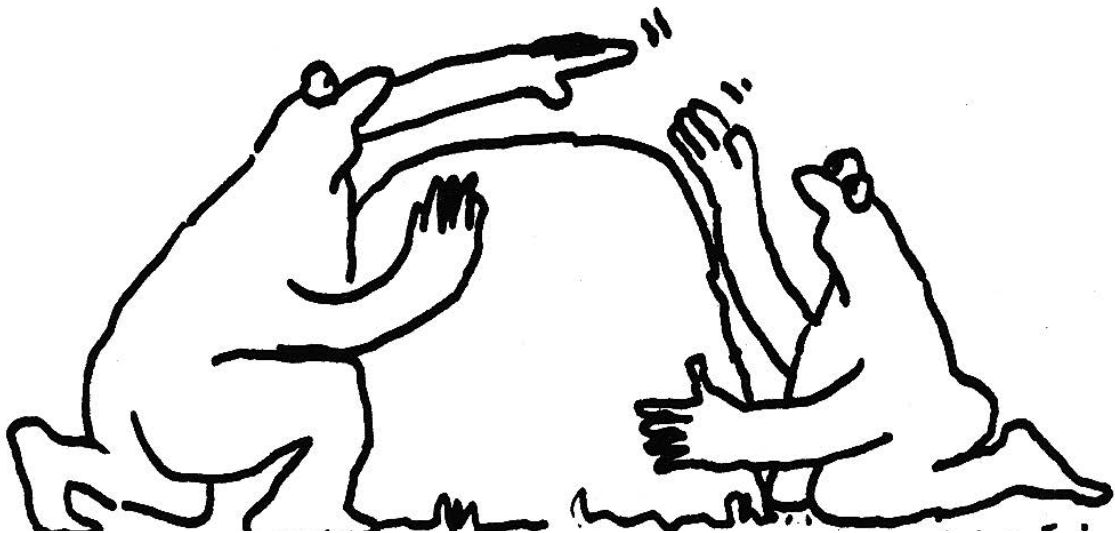
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# Chapter 3. Why Don't You Touch?

There are many ways people answer the question, "Why don't you touch?" Here are just a few of the answers:

I'm shy. I don't want to invade someone's privacy. People will think I'm gay. I might smell bad. Touching is only for family. Touching means you're weak. I was taught not to show my feelings. Touch means you want sex. I might be rejected. I'm afraid of something ... I don't know what. Only children touch freely. I don't like my body. I only touch people who are special to me. I'm not sure I could control myself. I might be misinterpreted. I might catch a cold (or some other disease). If I touch someone, they'll think I want a relationship. I was taught to stay away from strangers. I'm afraid of exposing myself. It's just my way. When I'm touched first, I'll touch in return.

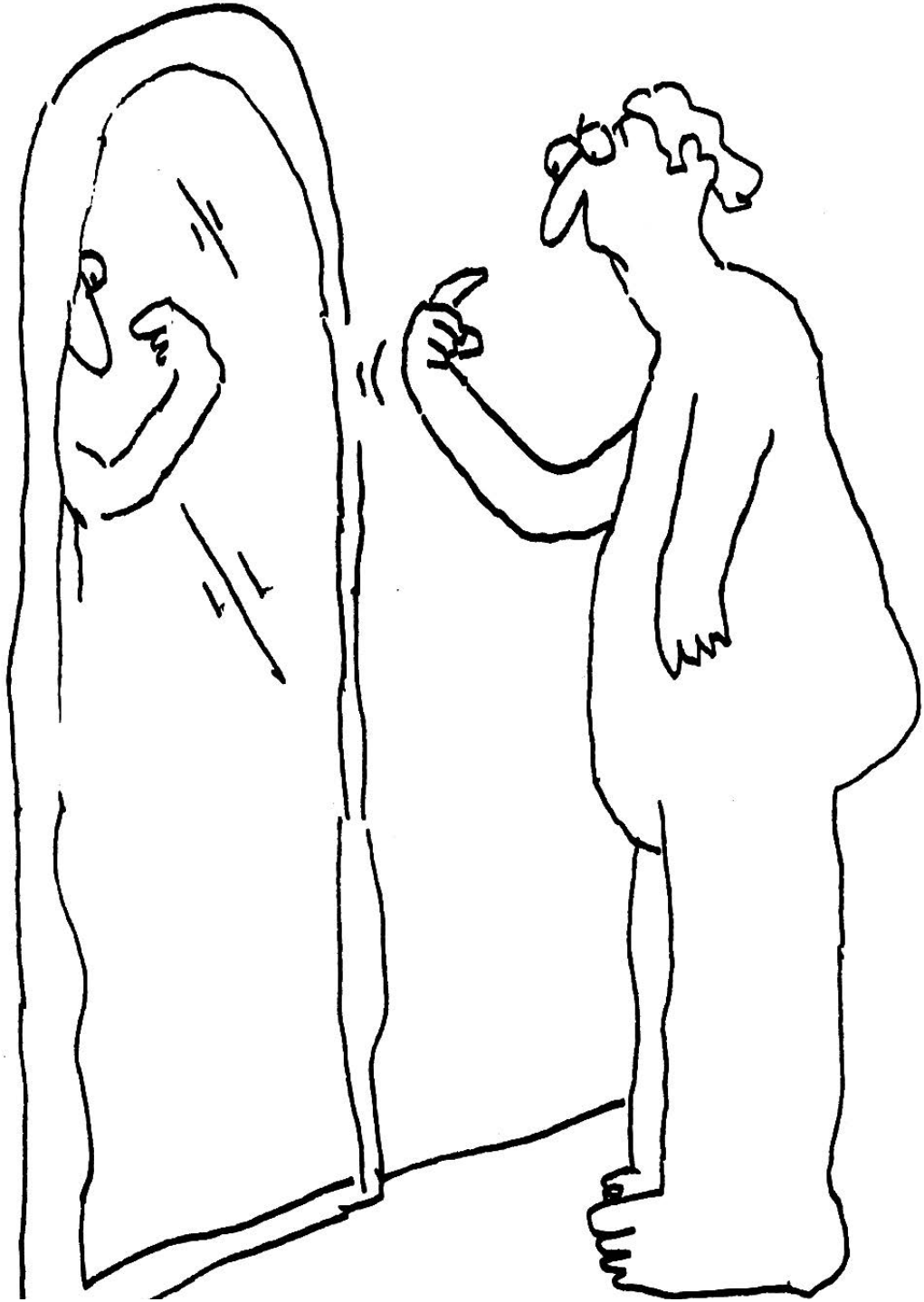
## *Why Don't You Touch?*



*I'm afraid of exposing myself*

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*Why Don't You Touch?*



*How can I touch others when I'm afraid  
to touch myself?*

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# Chapter 4. What is Touch?

Touch is more than the physical sense of reaching with your hand and coming into contact with an object or person. Touch is also communication. Touch is association. Touch is the sense of belonging or the sense of connectedness within a society.

Touch must begin with the act of reaching. You are like a tree. As you reach your branches toward someone else, the sap within you flows, and your roots begin to grow. The process of reaching affects you profoundly. Your sense of rootedness in the world is established simply from your act of reaching.

To reach out, the mind must first reach within. A word or gesture is first created in the mind. It is then conveyed through communication.

Touch involves a number of senses. Touch is seeing your goal, hearing your thoughts plan your action and experiencing your body moving toward the connection. Once your connection is made, the person receiving the touch will respond. Touch encompasses the entire process of action and reaction during communication.

Touch allows us to extend our world outward. The patterns within us become the patterns around us. These inward patterns extended outward are the living pathways through which energy is exchanged between people.

Once a connection has been made, the minds involved remain “in touch” long after the other elements of communication have faded.

# Chapter 5. Being in Touch - Energy

Imagine a group of people standing in a pool of still water. As one person moves about the pool, the waves generated by the motion expand outward.

Each person is touched by the expanding waves in a different way. As each becomes aware of the person who generated the waves, they experience different sensations, and each of them is moved to generate waves of their own. One person is soothed by the waves, feeling them as a gentle lapping. Another is irritated by them, disturbed by their rhythm. Another is excited by them, feeling within them depth and strength. And so on, through all of mankind.

The whole world is standing in the same pool of water. Each thought and action is a wave that is consciously or unconsciously experienced by everyone.

Understanding the waves we generate and how we attract people to us is extremely useful.



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*Being in Touch - Energy*

*Consider the rainbow  
A thing of beauty  
Created by 1,001 conditions  
None of them perfect  
The realm of human relationships is no less  
Mysterious and beautiful*

Rosalie Andrews

# *A Story*

*She was late, just as so many times before. They had made plans weeks in advance to attend this party. Now, only minutes before they were to start the 30-minute drive across town, she insisted on changing her outfit. "I'll just be a couple of minutes, Tom," she explained. "Oh, sure," he thought. " Does this sound familiar? You are as predictable as clockwork. First the outfit, then the hair again, then one more check of the makeup. They were certain to be late, as usual. Although he was sloppy about most things, he was a stickler about being on time.*

*On the way to the party, Tom's frustration turned into a subtle sarcasm. Kristine responded to it with her quick and fiery temper. Tom drove the rest of the way in silence, while Kristine turned the conversation to other topics.*

*Once at the party, Kristine readily forgot the argument, while Tom continued to brood. With her outgoing nature, Kristine became the life of the party, moving from place to place as easily as a bird in flight.*

*Tom felt most comfortable on an upper level near a corner, where he could observe the entire room without moving.*

*Upon arriving home later that night, Tom renewed the discussion about being prompt. Yet this time, he chose his words carefully and avoided any hint of sarcasm. He softly explained his desire to examine the situation and to talk it out. Kristine listened to his words while getting undressed, feeling that nothing truly disturbing had occurred, yet respectful of his need to talk. His constant analyzing was so foreign to her.*

*As she listened, Kristine felt that old magic stealing in. There was something about the sound of his voice, filled with such sincerity and softness, which always touched that tender place within her. She knew this was important to him. She told him she understood, and would resolve to be more conscious of being on time.*

*With the glint of love in her eyes, she slowly moved across the room toward him. Tom's words trailed away, and a gentle smile appeared on his face. The look of love draped about her was more than he could resist. Whatever distance remained between them was soon bridged by intimacy and passion.*

*Why Don't You Touch?*



*I don't want to start something I can't finish*

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# Chapter 6. Relationships

One of the strongest desires most people have is for a loving relationship. A good relationship can multiply your joys and make your journey through life a beautiful experience. A relationship can be a mirror of yourself, allowing you the opportunity to see a reflection of the images you send into the world. A relationship can be the magic place to which you aspire; it can also be the vehicle to take you there.

Relationships are filled with joy ... and pain. The pain begins when the words you speak seem to fall on deaf ears and the emptiness within you remains unfulfilled. The pain grows when you ache to be touched-or when you realize that by your not reaching out to touch, someone you love is aching inside, too.

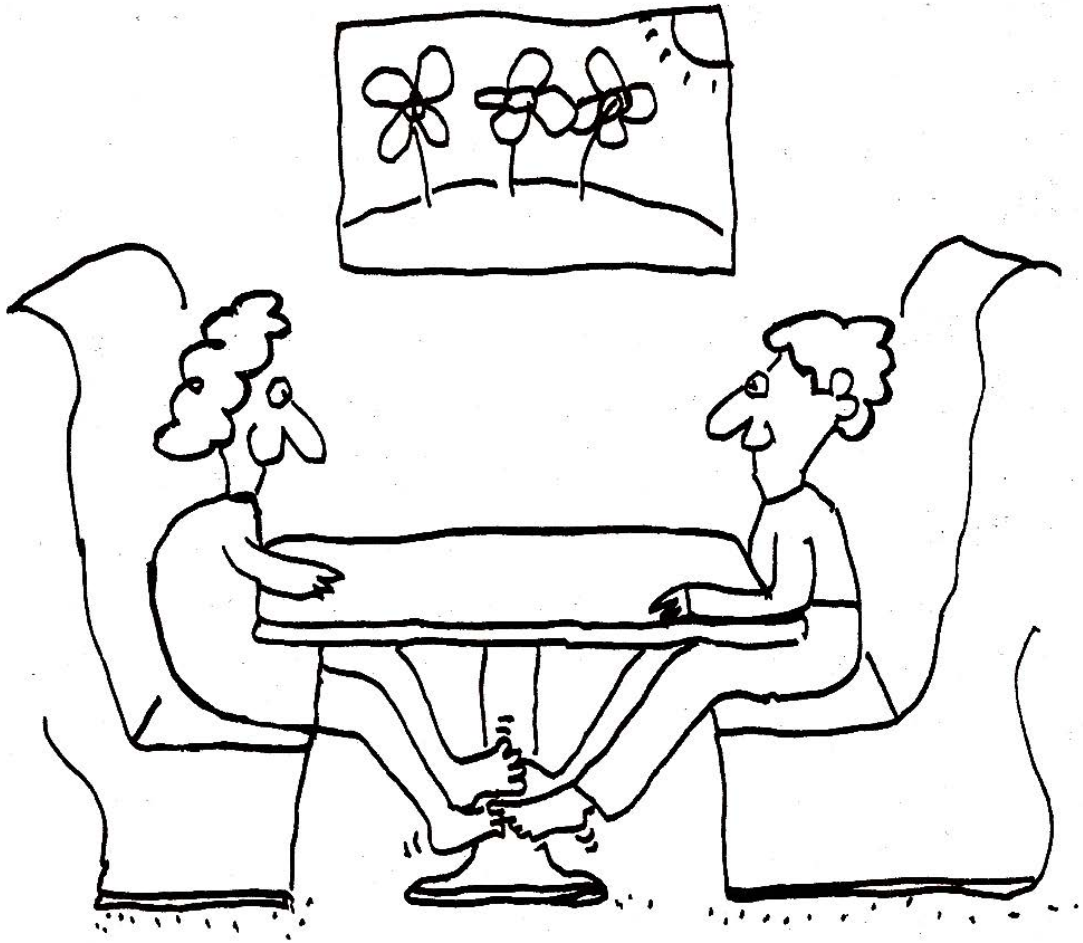
Relationships are filled with pain ... and joy. The joy comes when you are moving full-stride toward your infinite goal and you feel your mate right beside you, matching your progress step for step. The joy is increased when you hear your laughter being echoed and feel your touch being returned.

Relationships are born of communication. We are attracted to people by their communication - by their looks, their dress, the sound of their voices, their particular ways of moving. Yet, when we observe the patterns of the people we are drawn to, we usually discover that, in significant ways, their methods of communication are different from our own.

In nearly all romantic and marital relationships, the partners complement each other. We are like electrically charged images moving through space and time. We seek out someone who balances the patterns of energy within us. Webster defines a complement as “action necessary to bring to completion or that which balances the whole.” Hence, a relationship is an opportunity to move toward wholeness.

The pattern of complements is evident in the example of Tom and Kristine’s relationship. Though prompt, Tom is creative and sloppy, while Kristine is logical and meticulous. Tom has an analytical mind, which occasionally reveals itself through sarcasm and long, cerebral discussions. Kristine is emotional, and has a quick temper to prove it.

## *Why Don't You Touch?*



### *Touch is playing footsie under the table*

---

Tom likes movies; Kristine, concerts. Kristine loves jogging; Tom prefers yoga, if he exercises at all. Tom sleeps predominantly on his left side and has a closer relationship with his mother. Kristine has a better relationship with her father and prefers to sleep on her right side. Tom is introverted; Kristine, extroverted. Kristine loves expensive art, while Tom loves the simplicity of nature. Examples of their opposites can be found in nearly every aspect of how they live and communicate. Yet somehow, despite all their differences, they remain mysteriously attracted to each other.

We might even be so bold as to proclaim that they are in love because of their differences. Tom and Kristine are complements. Where one is weak, the other is strong. They act as unconscious mirrors, each reflecting the lessons that the other needs to learn. Deep within, they each have the same goal- balance.

Balance is a dynamic equilibrium between opposite poles. It is the flow between the poles that creates the physical and emotional chemistry we call love. How enduring the flow of love is between two people depends directly on the quality and strength of their connection. This connection is most tenderly created and maintained by acts of unconditional touching.

Were it not for the times Tom and Kristine express their love through gentle touching, their different styles of living would certainly push them apart. Touch frees the deeply pent-up energy within each of us. This freed energy creates bridges for communication.

Even when the physical touch has ended, the bridges created remain, serving as living pathways by which future communication can consciously or unconsciously travel. The opportunity to create these pathways is found in all of our day to-day relationships. These pathways may be interpreted as the essence of life itself.





*Complements*

---

# Chapter 7. The Living Pathway of Touch-Communication

Imagine a stranger approaching you from a long way off. You may receive a visual impression of the form first, as you see the person moving in your direction. If you recognize the image, you might wave to communicate visually. As the person gets closer, you may express a verbal greeting such as “Hello!” If you are greeting a person you have just met, you might touch with a handshake. If the person is an old friend, you may even embrace with a hug.

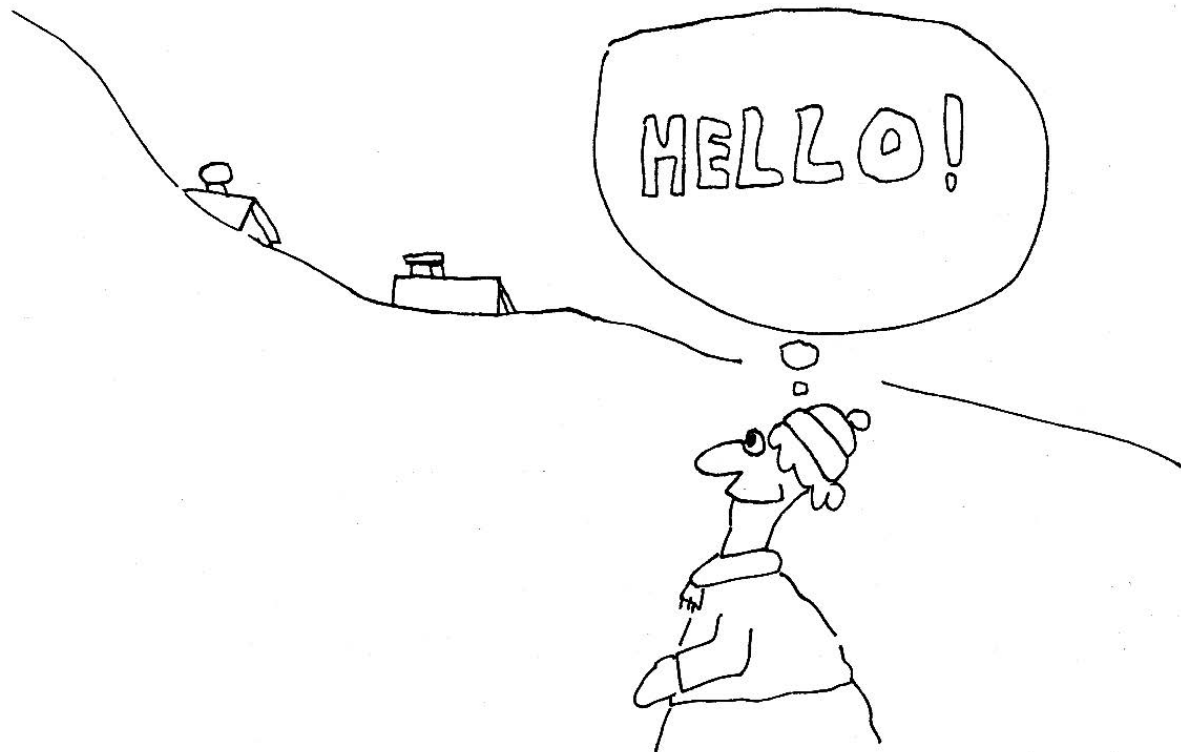
Communication has taken place on all of these levels. Communication can be defined as the exchange of energy between two or more people through a series of actions and reactions. The most personal of these forms of exchange is physical touch, the deepest and most bonding of the forms. It is also usually the last to be used.

Communication travels in three major ways. The first is through words. This pathway involves the use of sound, and is commonly identified as the auditory portion of our communication.

The second pathway is made up of images. It involves the use of postures and gestures. It is most commonly referred to as the visual portion of communication.

The third way in which we communicate is through physical touch. This involves the use of the hands or other parts of the body, and relates to movement. This pathway also includes the communication of emotion and intuition. Some systems divide this pathway into two categories - the tactile and the intuitive - yet they are highly related. Together, they are classified as kinesthetic communication.

While touch is generally the least used form of communication, it is the first to be developed in all of us. We experience touch within the womb of our mothers throughout the earliest stages of growth. After birth, infants focus primarily on sensations. Visual and auditory forms of communication develop after the foundation of touch has been established.



## *Touch is saying hello before you get home*

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Touch is the foundation upon which other forms of communication must be built. As studies have shown, it is impossible to experience a healthy childhood without touch. Without a strong base of touch, the other modes of communication most likely are doomed to imbalance and weakness throughout life. As touch is the bridge between the auditory and the visual, so it is also the primary bridge between people.

The physical forms of touch, such as a handshake or a hug, are the most obvious forms of connection between people. Yet touch encompasses many more subtle forms of communication, such as intuition, inspiration and empathy. Touch is the sense of connectedness or belonging that binds individuals, families and communities together. It is often communicated unconsciously, providing us with a sense of balance and stability. Touch creates our sense of direction, and gives us a sense of purpose.

Touch is the flow of mind or spirit among people. Before you see a stranger approaching from a distance, you may have a sense that someone is coming. That

sense, which we call intuition, is usually an unconscious form of mental communication flowing between people. As a relationship deepens, our mental connectedness also deepens. And as we become more and more sensitive, our deep communication with all people increases proportionally.

When physical touch is not experienced or shared, all forms of conscious and unconscious communication become unbalanced. Without the fullness of physical and spiritual communication, the body suffers and the mind becomes hollow. Physical touch develops both inward and outward connections, thereby opening each one of us to the flowing purpose of life.

### *Why Don't You Touch?*



*Touching means you're weak*

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# Chapter 8. Auditory Touch

## *A Story*

*The old man stood next to the campfire, looking off into the star-filled darkness of the night. As the smoke from the fire swirled around him, he reached upward with his withered left hand to a place just above his head. For what seemed an eternity, he stood there, eyes closed, as if waiting for an unseen signal. Gradually a smile appeared on his wrinkled face, and he opened his eyes to reveal a light that spoke of forever. As he slowly moved to settle himself on a smooth log, the children scurried to find places next to him. Quiet settled onto the group and the old man began to speak.*

*Wrapped in blankets and filled with excitement, the boys and girls huddled close to each other to ward off the cold of the night. They were of different ages and varying heights, and some of them had heard this story- the story of the ancient times -countless nights before.*

*The old man rocked gently back and forth, speaking with a voice as deep as the river and as colorful as autumn leaves. Half singing, he told the story exactly as it had been told to him, many, many years ago when he, too, was a small child huddled around a campfire.*

The story told of hope, of courage and of love. It brought the children's ancestors to life and gave them knowledge of their roots. It infused them with a joyful expectation of the future. Through the story, the children bonded their lives in connectedness, and the old man fulfilled his purpose in the community of his birth.

## *Words - The Longest Fingers*

Since the beginning of time, words have been the means by which the learned and the wise have transferred the living seeds of thought to the curious and the young. Words have instructed minds and trained bodies. Words have brought the past alive and enabled us to envision the future. Words have caused wars, and words

have ended them. Words have shaped the course of history.

Can you imagine John the Baptist trying to deliver his message without words? Picture him jumping up and down on the riverbank, trying to communicate his prophecies with pantomime. Or picture Paul Revere galloping his horse past the villages, simply screaming and waving his arms as he rode by.

It has been suggested that words are older than the earth itself and were even used to create it: “In the beginning was the Word . . .” Biblical references to words abound: “By your words are you justified, and by your words are you condemned . . . ,” “Words can move mountains ... “To words it is given to create and destroy.

It is difficult for the human mind to conceive that words have such power. How can a simple collection of sounds transcend the past and fill the future?

Long before literature existed, the oral tradition was alive and creative. The old man telling stories was a potter; the children, his clay. The words he used had outlived generations. With the longest fingers, he shaped and molded his people’s future.

Somewhere along the way, the lasting power of words was recognized, and writing was developed. Soon, the words contained in lines and symbols were written everywhere, on rocks and skins and plates of gold. Yet some people hoarded them, secreting the written words in caves and temples, where the mighty and the righteous claimed them as their own. Future generations were left to puzzle over their meanings. The life in the words had been buried.



### *Touch is hearing a chorus of butterflies*

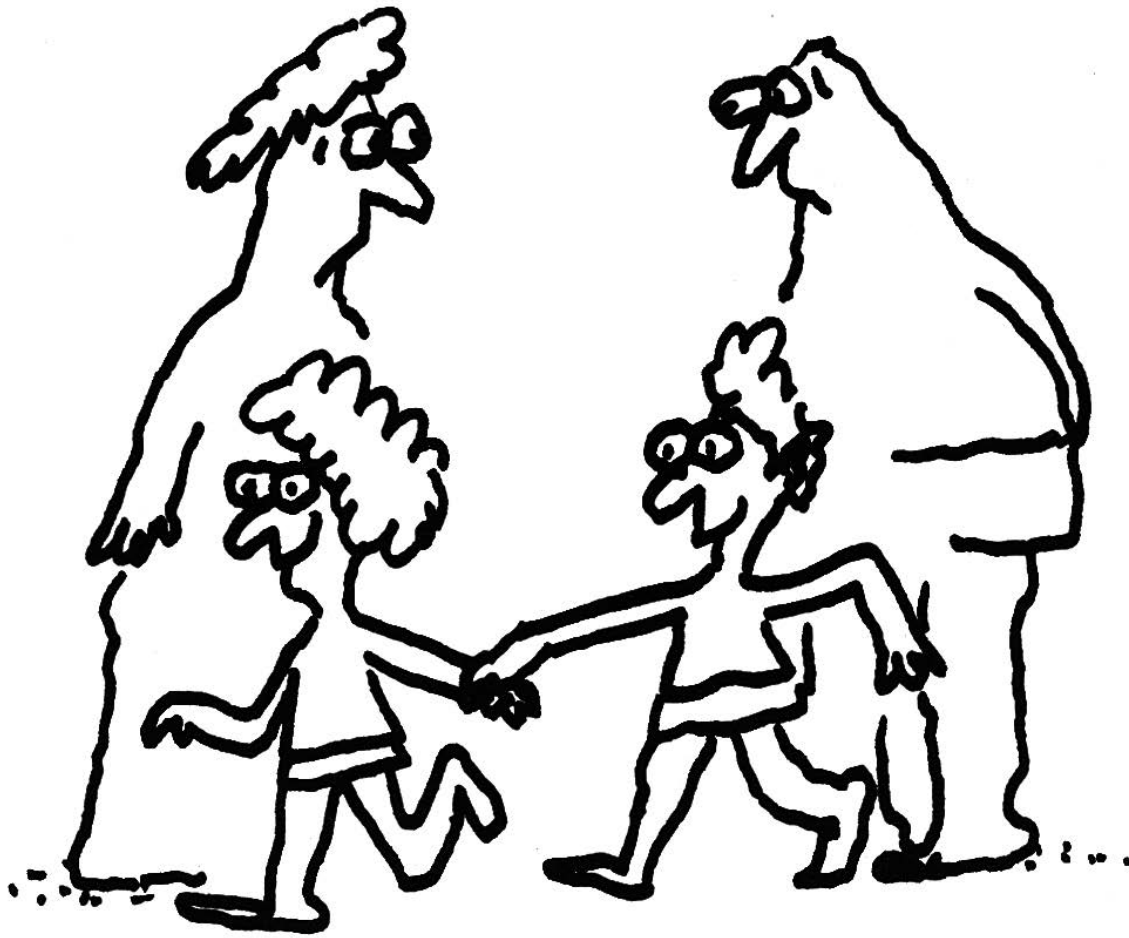
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The written word has no power in and of itself. It is given life in the mind of the reader. Once perceived, the written word stirs the wellspring of the imagination, and the reader experiences the life that brought the word into being.

When a word is received by the senses, it is taken into the subconscious mind, where an attempt to decipher its meaning instantly occurs. The word is translated into images and compared with every image stored from the past. Once an image is attached to a word, feelings and reactions are filtered through the mind and body. This is the true power of the word: it provokes reactions, in matter as well as in the mind.

Whether oral or written, every word has the potential for life. Each word is creative. The spoken word contains both life and death. When used consciously, words are an unfolding opportunity for growth towards wholeness. “The man that speaks perfectly is a perfect man, and able to bridle the whole body.” The speaker of words reaps his own harvest, measure for measure.

*“Why Don’t You Touch?”*



*Only children touch freely*

---



# Chapter 9. Visual Touch

## A Story

*The journey had been a difficult one. For two months, he had crossed the wilderness, living off the land, dragging with him a mule that would rather stand still than walk. He had left during the worst time of the year, to get to the trapping grounds before the beaver began to move. If he didn't, someone else was sure to get the prime pelts.*

*For years he had kept himself alive by his wits. He had developed plenty of instinct living in the woods-and right now that instinct was telling him something was wrong. Maybe it was the direction the hawk just flew, or the way his mule was carrying its right ear lower than the left. Apprehensively, he brought the mule to a halt and very slowly turned to his left to face the dark thicket.*

*He couldn't explain why he knew the danger was coming from this direction, but within seconds he had proved himself right. Out of the shadows emerged a half dozen Indians. He was sure there were at least that many more hidden from his sight. The Indians wore winter deerskins with markings of the Sioux, and they were fully armed.*

*To run or fight would mean certain death. He knew a sudden motion or sign of fear could bring a shower of arrows from the unseen warriors in the forest. He held his head high and made sure his toes pointed straight ahead. As the Sioux approached him, he slowly moved his empty right hand to his shoulder, fingers together, his open palm facing directly towards them.*

*As the Indian in the lead watched him intently, he extended his right arm and pointed directly at the midday sun. He then made a long, sweeping half-circle with this arm, and brought his left hand, palm up, to his waist. With three fingers of his right hand, he tapped his open palm twice. He ended the motions by making a fist and placing it over his heart.*

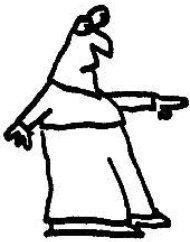
*With this silent language, the trapper told them he was a blood brother of the Cheyenne, whose territory they were passing through. He knew that, at that moment, the*

*Cheyenne and the Sioux were at peace. What he did not know was whether they would believe him, or even if his communication would be understood.*

*For the longest time, the Indians stood in stone-faced silence. Suddenly, their leader made three quick motions with his left hand, abruptly turned and walked away. Within seconds they had melted back into the thicket.*

*It had worked. He could breathe again. The sign language had saved his life.*

## ***“Why Don’t You Touch?”***



***When I’m touched first, I’ll touch in return.***

---

## ***Your Body Talks***

Receiving and sending visual messages are vital parts of our communication. Postures and gestures leave lasting impressions upon the mind.

Parents use images of Santa Claus and the Tooth Fairy to enrich the imaginations of their children. Advertising firms use images to control the public. Politicians rise and fall from power on the strengths or weaknesses of their images, and it is image that makes an actor a star.

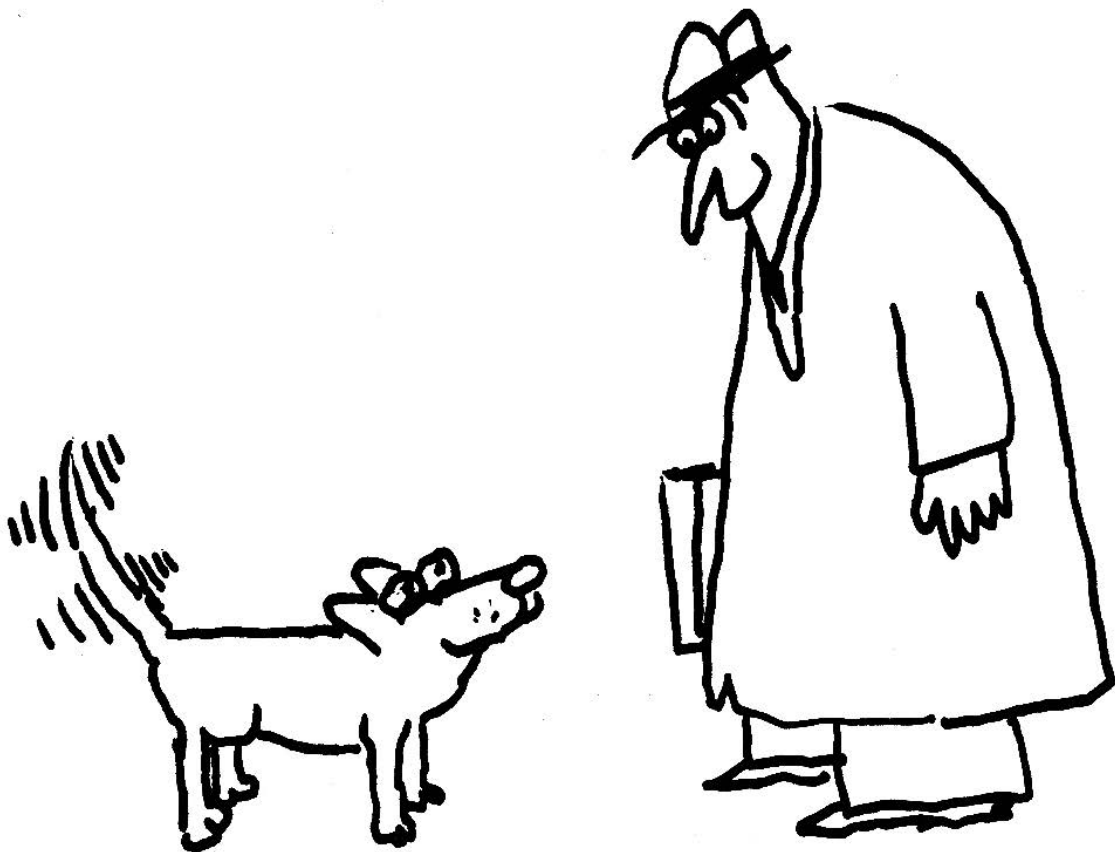
Flowers use color to attract bees. Birds use feathered displays to attract mates. Fishermen use lures to attract fish. And people use their possessions and body language to attract the opposite sex.

The type of car we drive, the house we live in, the style of clothes we wear these give clues not only to the amount of money we make, but also to our personalities. We,

as a culture, have assigned meanings to each of these images. In another culture, their meanings would be entirely different.

An image in and of itself can signify anything. It receives its meaning in the eye of the beholder. Our minds process thousands of images per second. Through lines, shapes, colors and movements, we continually generate actions and reactions. Commercials, flashing images 130 times per second, cause us to desire a company's product. Images impact and alter our lives.

We are only minutely aware of how images and their messages transcend both space and time. Consider the tree: growing patiently over hundreds of years, it is an ancient symbol of man's journey toward the heavens. Time-worn images live on through the drawings on rocks and cave walls. They may even outlive the planet, for we have encased human images in time capsules and hurled them into the galaxy.



*Touch is a dog wagging his tail when he sees you*

While two-dimensional images are called pictures or shapes, three-dimensional images are objects or forms. And as images move into the fourth dimension, they

cross into the mysterious world of dreams and visions.

Throughout history, kings have given special privileges to the interpreters of their dreams. Whole nations have thrived or perished based on dream symbols received while a leader slept. Prophets and visionaries have used the porthole of inner images to see the past and the future. In some cases, a single revelation has inspired a soul to alter the course of human destiny.

Images cause movement; movement creates images. Nothing is as powerful as an image in motion, especially if the source of movement is the human body. The human body is built to move, and each tiny movement is like the stroke of an artist's brush, painting our thoughts for everyone to see.

Body movements release energy stored within us. Once this energy is moving in an unrestricted way, it can then be used to heal both ourselves and others. The king commanded, "Dance for me!" When troubled as he knew how it soothed him. He may not have known why. Dance is poetry in motion. For both dancer and viewer, it can touch the soul and heal the spirit.

Yet it is important to remember that, as each body movement has the power to heal, it also has the power to hurt. As with all of the pathways, visual communication is an avenue upon which to rise or to fall.

# *Touch Is ...*

*Walking in the dark without looking*

*Over your shoulder . . .*

*Hearing that it's time to go home, and*

*Knowing you are already there.*

*Seeing the light that has no shadow.*



# Chapter 10. Kinesthetic Touch

## *A True Story*

*It was twelve years since the assault. The man who had attacked her was never found. The marks and scratches he left on her that summer night had vanished; the seed he left in her womb was now a boy on his way to manhood.*

*Making the decision to keep the child was the turning point in her life. Society would not have blamed her for having an abortion or for giving the child up for adoption. Few people had understood her decision, especially her family. It had all been so painful.*

*As she turned and pulled the child towards her, she thought about the “inner pulling” that had helped her make her choice. Somehow, she had wanted this child. Yet no one could have foreseen how he would change so many people’s lives. He was to be a gift she would never regret.*

*Her life, before the child, had been miserable. Her relationship with her father had been devoid of outward signs of affection. She had seldom talked with her mother, who was in her own world of pain. Her relationships with other men reflected her lifetime of longing and rejection. Life had been hurtful and empty. And the assault was yet another blow.*

*After the attack, her entire family rallied to her side. She and her mother, both of them overwhelmed with confusion and sorrow, spent long hours talking for the first time in their lives. Her father became her pillar of strength. In his pain for her, his stiff and distant manner softened into a quiet stoicism that finally offered her something to lean on.*

*These years of raising her son had been shared by all of them. He filled all their lives with joy. The cold father she had known was a loving, sometimes even playful, grandfather to his only grandson. Her mother beamed more often now, while watching her grandson play with his grandfather or doting on the boy herself*

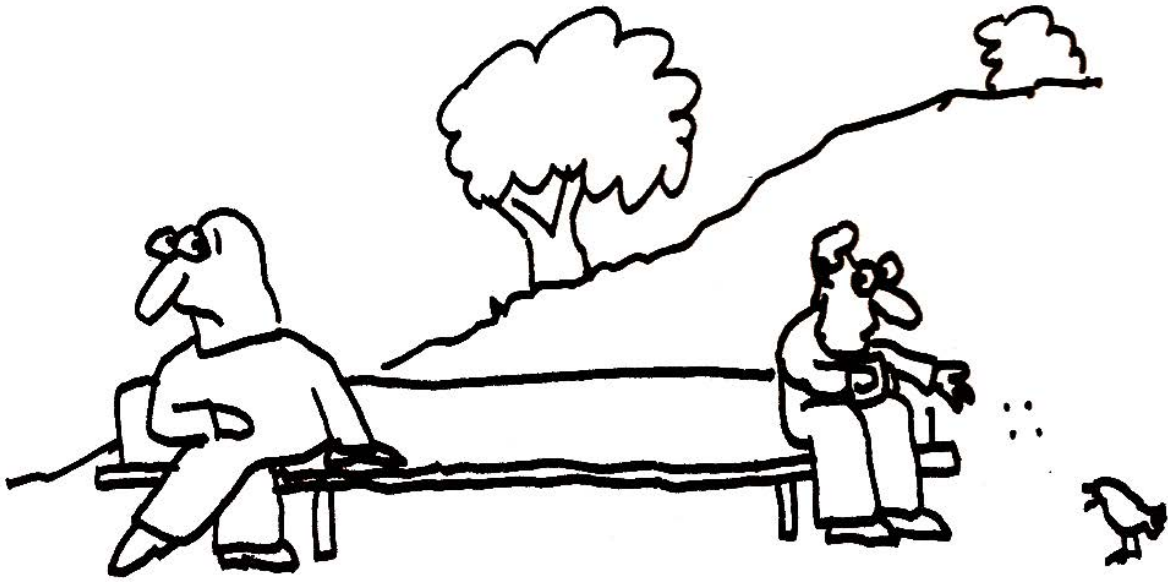
*As she watched her son race out into the yard, she felt a tear fill her eye. She gazed out the window and reflected again on the mystery of it all- how the touch of tragedy had opened all of their lives to love.*

## *The Touch That Transforms*



*Touch is feeling an angel brush your shoulder*

*Why Don't You Touch?*



*I don't want to invade someone's privacy.*

---



*Why Don't You Touch?*



*People might think I'm gay*

---

# *Touch Is ...*

*Waiting all day for that one leaf to fall.*

*Catching it before it hits the ground.*

*Stillness amidst the chaos.*



# Chapter 11. Inward Touch-Communication and Body Parts

The clearest and most effective communication between people occurs when all three communication modes-auditory, visual and kinesthetic - are in harmony within and around the body.

Each part of the body has a unique contribution to make to this communicative process. The finger, for example, does something only the finger can do. In turn, the finger sends its contribution to the larger unit of the hand. The hand adds its own perfect function and sends the whole package to the arm. Soon the entire body responds to what the finger first experienced.

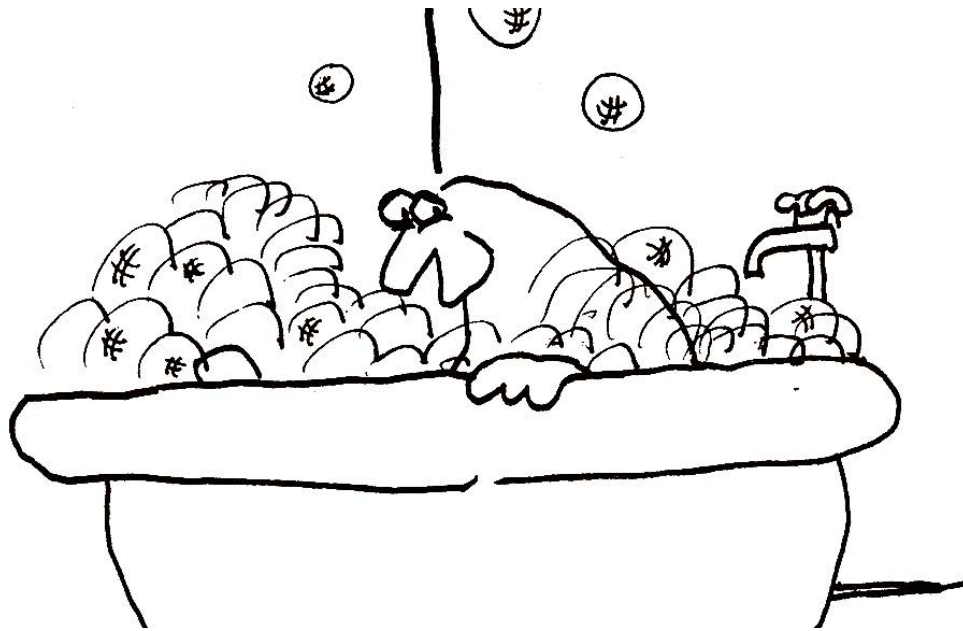
Particular parts of the body are focal points for each of the three different types of communication. The primary source of auditory communication is the head. The pelvis is the center of visual communication. And kinesthetic communication originates in the chest.

A continuous flow of information and energy moves between the upper and lower parts of the body. When a word is spoken, for example, a chain of reactions is set up throughout the body. The energy of the spoken, or auditory, word begins in the head region and proceeds downward. It creates a reaction in the chest, or kinesthetic region, and passes on downward to the pelvic, or visual, region.

Once here, the energy creates another set of reactions. Like an echo, the impulse reverses course and returns to the head, where it originated. Like waves in a bathtub, the energy sloshes back and forth, continually setting off reactions in different regions of the body. It takes about 36 hours for the effects of a single spoken word to dissipate.

The effect of visual communication sets off the same series of reactions. However, this time the process starts in the pelvic region and proceeds in the reverse order. The pelvic region is a mirror reflection of the head region. The area in which the image is reversed is the chest, or kinesthetic, portion of the body.

The kinesthetic region is the magical crossover point for communication. It is the intersection for not only the visual and auditory functions, but also for the conscious and subconscious pathways.



*Touch is a warm bath with bubbles*

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Additionally, it facilitates analysis and emotion. When this area malfunctions, it is very difficult for a person to achieve balance in mind and body.

Alternately, when the kinesthetic portion of the body activates, as it is through physical touch, a flow of energy moves through the entire system. Balance and peak communication occur when the fullness of the kinesthetic mode enhances and gives life to the visual and auditory modes. The three then come together as one.

Our minds and bodies process thousands of sensations at the same time. Each sensation activates thoughts (auditory), images (visual) and gestures (kinesthetic). The ability of the mind to handle these sensations determines the quality and strength of the vitality flowing through the system.

The river of vitality flowing through the body acutely affects the internal organs. Communication traveling along these pathways has a profound effect on every organ and gland. This effect is determined by the nature of the communication.

Each gland and organ responds to a different type of communication. When communication is received, an activated organ sends messages to other parts of the body, where the echo of its activity is balanced. This process is especially noticeable when organs are located close to each other, as are the liver and gall bladder, the heart and lungs, and the adrenals and kidneys. Imbalance occurs when there is overstimulation or under stimulation of any part of the body; disease is often the result.

Our emotions play a strong part in stimulating our organs (and all other parts of our bodies, as well). Every emotion bears within it a particular frequency, an intensity corresponding to its particular character. As you change the emotional frequency, different parts of the body are activated. For example, when a person feels the emotion of anger, the gall bladder is stimulated. Resentment activates the liver, the adrenals respond to fear and the kidneys are stimulated by guilt or insecurity.

Patterns of stimulus and response in the physical body establish themselves as lines and grooves etched into the mind and personality. These routes of thought and feeling become more and more comfortable as they are traveled, so the mind does everything it can to maintain the patterns. These subconscious channels will continue to be followed, even to the detriment of mind and body, unless and until the conscious mind steps in and alters the pattern.

Each person has a different way of thinking, feeling and responding to the world. Thus, each person uses the channels of flow differently in communication. The cumulative effects of these differences reveal themselves through the myriad lines, shapes and contours of the human body. The Chinese say a man's destiny is written on his face. We may soon realize that it is written everywhere else, as well.



*Emotion in the Body*

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# Chapter 12. Touch Starvation - The Effects on the Body

The human body is a flowing fountain of vitality, spreading forth its energy in all directions. When this energy moves in tune with the natural harmony of life, the whole being is a radiant spectacle. When this flow is blocked, the mind and body are weakened, and the system becomes susceptible to anxiety and disease.

We have discussed how it is that before the act of touch becomes conscious in the movements of the body, the thought of touch must first arise in the mind. When the fear of touch, or the feeling of being “out of touch,” exists within the subconscious, the urge to touch is inhibited before it can move the body.

The repeated failure to initiate and follow through with touch creates blocks in the energy pathways in the body, particularly in the kinesthetic region. When energy is blocked, a person’s natural gifts, such as sensitivity and inspiration, are prevented from entering the levels of conscious perception. Without an avenue for release, energy builds up within certain regions of the mind and body, creating tension and pain.

## *Auditory Region*

As discussed, the head region, through the use of words and sounds, communicates auditorily. It is also responsible for intellectual thought, analysis and individuality. When our energy flows in and out of this area in a healthy balance, the mind takes on certain beautiful attributes. These include fairness, decency and idealism. This flow of vitality also creates expressions of enthusiasm, honor, humility, hope and reverence. The head region is responsible for expressing and directing man’s highest quest for purpose and nobility.

When the flow of energy to the head region is blocked or unbalanced, the mind may take on attitudes of egotism, self-righteousness and paranoia. Other recognizable patterns include tyranny, stubbornness, hypocrisy and disrespect.

## *Kinesthetic Region*

Like the branches of a tree, the mind is fed by energy flowing up from below. So it is that the intellectual portion of the mind is supported by the trunk of the body. The trunk is the kinesthetic region, and includes the chest, heart, lungs and breast. This region also includes the tactile areas of the hands and arms.

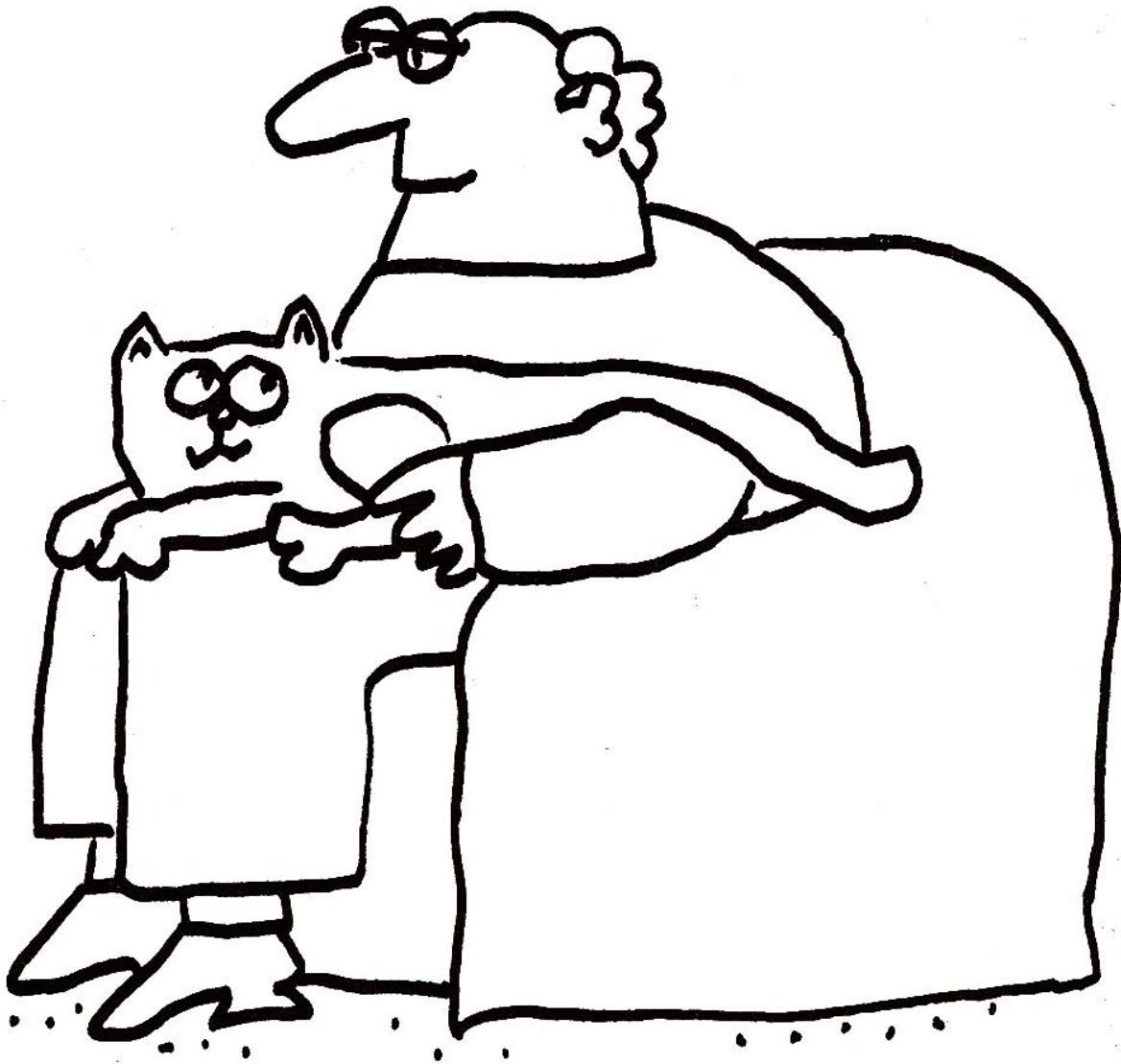
Energy traveling up and down the body must pass through the kinesthetic region. When this region is disturbed, the mind may take on attitudes of cynicism, dependency and restlessness. Expressions of loneliness, separateness and deceit are common, as well as hopelessness, masochism, despair and addiction.

The chest, or kinesthetic, region is the center of physical touch. When it is in balance, the whole body flows in a more positive manner. Harmonious expressions emanating from this region include joy, laughter, kindness, mercy and thankfulness. This area is also filled with thoughts of charity, compassion, jubilation and gratitude.

The kinesthetic region is the home of the heart, the chamber within a chamber, the holy of holies. Experiences conceived in this area include ecstasy, rapture, revelation, genius and, yes, love.

The entire kinesthetic region is given life through thoughts and acts of physical touching. With this in mind, it is easy to understand the importance of touch in the health of the mind and body.





*Touch is sharing a warm lap*

---

## *Visual Region*

As powerful as the kinesthetic region is, it is dependent upon the creative region-the pelvic and visual areas-for its vitality. The creative region is composed of the reproductive tract, liver, gall bladder, spleen and pancreas.

Like the root system of a tree, this region is responsible for bringing in and storing the vitality of life. Without the support of the roots, the branches of the tree die and

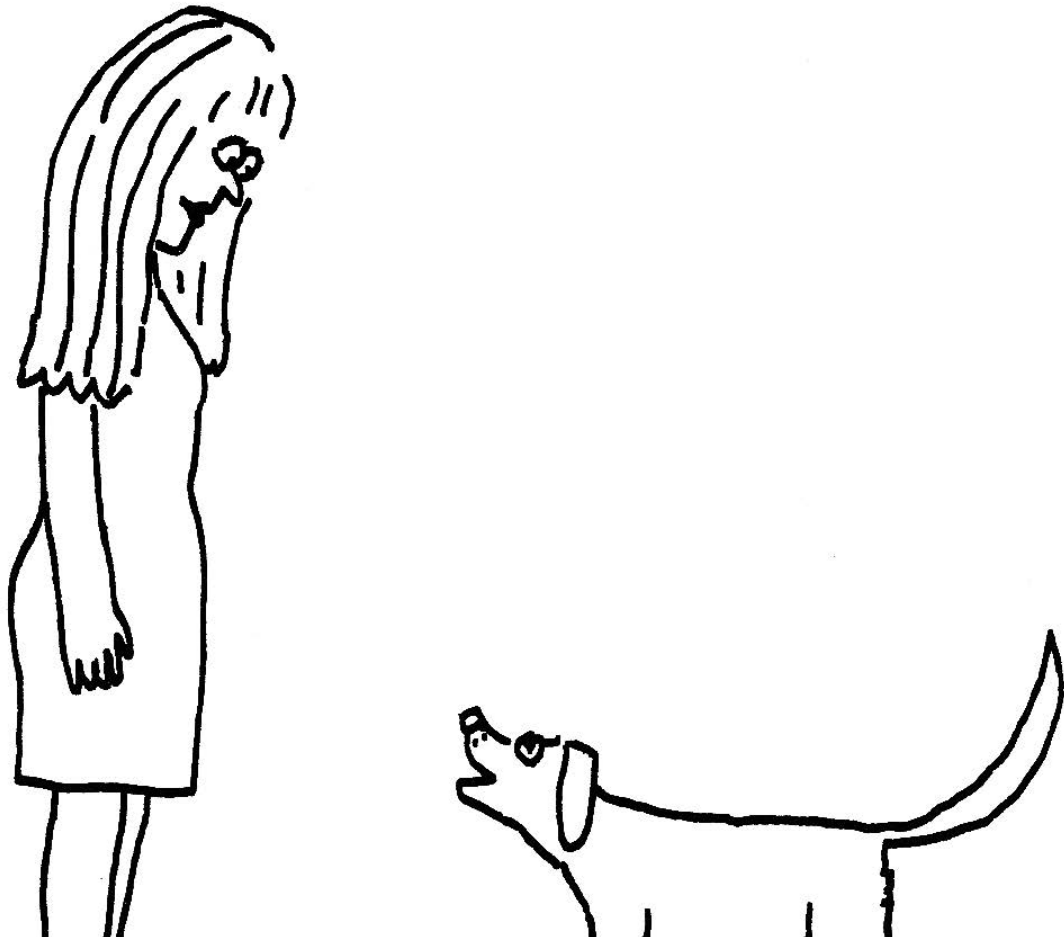
the trunk decays.

Creativity is our connection with the earthly and the divine. This area is the seat of mankind's greatest strength and greatest weakness. When this region loses touch with the virtues of the head and the clarity of the heart, a Pandora's box of ills plagues the mind and the body. Attitudes of inferiority, doubt, impatience and fear may be expressed. This region is also the origin of anger, hostility and worry. A deeper level of imbalance will create perversion, sadism, a focus on pornography and abuse. It is also the source of promiscuity, self-glorification and insanity.

When creative energy is given and received in a harmonious balance, this region gives birth to trust, courage, reverence and imagination. It is the seat of beauty, wisdom, simplicity and wonder, and is also the source of innocence, composure and peace. This whole area is filled with the abundant goodness of creative self-expression: talents in drawing, writing, painting and craftsmanship, and gifts of equilibrium, rhythm and dance.

The body is the tree of life. From our roots in the earth -our creative region -we draw vitality. From our trunk-the kinesthetic-we receive strength and stability. And from our branches-the intellect-we find direction and purpose. When all parts of the tree are acting in harmony, we bear fruit, which we might enjoy, its goodness in this life, and the next.

Acknowledging the presence of energy flowing through your body and connecting you with others increases both your happiness and your health. Take a moment to close your eyes, and sense your own patterns of energy. The flow within and around your body will immediately increase. What the mind dwells upon, the mind creates. "As a man thinketh, so is he ..."



*“The best way to enjoy life is to move beyond your own imperfections.” Maynard.*

---

*An action conceived in the heart is given  
birth by the hand.*



# *A True Story*

*John is one of the world's friendliest people. He possesses that rare human quality of complete openness. This openness especially displays itself whenever a small child, butterfly or other natural wonder comes into view.*

*While shopping at a large grocery store, John found his shopping cart side by side with another, half-filled with groceries and being pushed along by a young mother. Sitting high in the cart was a little boy with curly blond hair, who looked to be about one and a half years old.*

*The little boy was exuberant, alternating between waving both arms wildly and sucking on the end of a plastic rattle. Laughing at one of his loud gurgling sounds, John moved two steps across the aisle and leaned over. Without touching the child, John placed himself face-to face with him and exclaimed a friendly, "Good morning to you, too!"*

*The child responded gleefully by waving both arms and slobbering generously. Yet, within the wink of an eye, the mother, who had had her back turned up to this time, descended upon the cart with the fury of a wild animal, screaming, "You get away from my child!"*

*She hurriedly pushed her cart away, leaving John open-mouthed in helplessness and astonishment. The people standing nearby, who had turned in horror upon hearing the mother's scream, moved away from him with looks of indignation and scorn.*

*The event had a shattering impact on John. As much as he wanted to shrug the whole thing off, a grey cloud hovered about him the rest of the day.*

# Chapter 13. A Pattern Begins

While it is unlikely that this experience will fundamentally alter John's friendly nature, the future effects upon the child are more difficult to foresee. Strong reactions by a parent leave lasting impressions on the open mind of a developing child. Extreme though it sounds, a single incident such as this can affect the mind and body of a child for years to come.

These impressions are particularly powerful if they are reinforced by fears hidden within the subconscious mind of the parent. While this young mother may have simply been having a bad day, most likely her strong emotional reaction was the result of a learned response or painful experience in her own childhood.

As her child grows, having long forgotten this specific incident, he will again encounter open-hearted strangers like John. The frightening memory embedded in his subconscious mind makes it unlikely that he will trust in or enjoy these people. Worse, he may even display physically what his mother expressed emotionally and verbally. Though something inside of him may yearn to reach out, he will be held back by his fear.

It is common in our society for parents to tell their children, "Don't talk to strangers." Yet the world is composed of strangers, especially for a child, who is just beginning to make friends and establish relationships. It may be ultimately more useful for parents to teach their children that it is okay to say no to an adult, to trust their instincts and make decisions, rather than be afraid of everyone they don't know. Withdrawing ourselves from people helps to create the very thing we fear. Being afraid of strangers creates the fear of touching, and destroys the fullness of life.

*Why Don't You Touch?*



*I was taught to stay away from strangers*

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# Chapter 14. Conscious and Subconscious Minds

The operations of the human mind remain a mystery and a miraculous wonder. At present, we know enough to divide the mind into two parts: conscious and subconscious. Once we start analyzing the parts, we become aware of an endless number of levels, all beautifully operating as one mind. For our purposes, describing the conscious and subconscious is sufficient.

## *Conscious Mind-The Master*

The conscious mind is an infinitely powerful instrument. It allows us to concentrate our energy into a laser-like cutting tool. With this tool, we can cut grooves and patterns into our everyday lives. Once we establish patterns by handing them over to our subconscious state, it is years before they wear out. Replacing negative patterns with new patterns becomes easier if we understand a little more about how the conscious mind functions.

The conscious mind has at least three outstanding characteristics:

- A very narrow range of perception
- The ability to do only one thing at a time
- The tendency to internalize repetition (i.e., an action repeated long enough becomes automatic, or unconscious).

The conscious mind is like a lock with three keys. These keys are represented by the three primary modes of communication -auditory, visual and kinesthetic. Normally only one key is inserted into the lock at any one time, yet all three are vital. When a single key is used, it opens our perception in a manner completely unlike the other two.

Each time we send or receive some form of communication, one of these three modes is activated. When we process sounds, the auditory mode is conscious while the other two are more subconscious.



# *Touch Is ...*

*Seeing your child's imaginary friend.*

*Saying yes instead of no.*

*Tenderness continually reborn.*



When we process images, the visual mode is conscious. When we touch or respond with movement in our bodies, the kinesthetic mode is conscious.

The mode we use most frequently becomes the dominant force in our personality. The ideal is to consciously use all three modes simultaneously, thereby increasing our perception a thousand fold.

Yet, veils of perception shroud the conscious mind. These veils filter out many ranges of sensory perception, allowing us to see only a small percentage of the many worlds around us. Each one of the human senses is a veil. The sense of sight, for example, filters out light rays above and below a predetermined frequency range. This protects us from receiving stimulation beyond the limits of our mental or physical tolerance. Yet it also means that we can see only the images within a narrow field of perception.

It is through gradual progress in working with our conscious minds that we can lift this veil of perception. As we grow in patience and tolerance, in a manner harmonious with our own rhythms, the conscious mind can become far more effective. As

our field of vision expands, we can consciously direct our subconscious mind into a new way of perceiving.

## *Subconscious Mind-The Tireless Servant*

When the conscious mind, using the visual mode, receives an image, it passes it to the storehouse of images, the subconscious. The subconscious mind then compares this image with all the other images stored within its memory banks. When the image received is similar to another image attached, for example, to a memory of pain, the subconscious instantly reacts, sending a message of fear to the body.

This reaction contributes to narrowing the field of visual perception by preventing the conscious mind from experiencing the thing it fears. This process of shutting down perception automatically creates a binding attraction. Herein arises a paradox. The subconscious mind attracts the thing it fears, and does not allow the conscious mind to perceive it!

Yet the subconscious mind is incredibly simple. It has endless power and must endeavor to achieve whatever the conscious mind tells it to do.



*Touch is giving the baby a bath and receiving  
one instead*

---

The subconscious mind is like a small boy who is utterly devoted to his father and willing to obey him completely. If the father tells his son to dig a hole in the backyard, the boy will remain there shoveling away until the father tells him to stop. Imagine the father forgetting his instructions and leaving his son digging in the backyard for thirty years! The result could be either a giant mess or a monument, depending upon the exact words of the original direction.

The subconscious mind has the same characteristics. Once a pattern is established, the subconscious is compelled to maintain the pattern for a lifetime. It can create either health or disease in the process.

The subconscious mind can work on thousands of patterns at once. Our subcon-

scious minds are still working on patterns given to us by our parents and grandparents. We are only vaguely aware of the many instructions to “dig holes” we are following. Like tireless servants, we are continually obedient to our pasts.

The only way to change the pattern is to override the compelling strength of the subconscious mind by consciously choosing to establish a new pattern. The conscious mind can start one pattern; give it to the subconscious to carry out, and then move on to another.

This is a process whereby we can appreciate free will as an inestimable gift. Life is the opportunity to exercise the power of free will to take dominion over the forces controlling the body. Your ability and willingness to use your conscious mind as a tool is the key to successful change.

*Imagination is stronger than knowledge.*



# Chapter 15. The Sun and the Mirror

The fundamental difference between the sun and a mirror is obvious: the sun radiates, the mirror reflects. The same comparison can be made to illustrate intensity and effectiveness in communication. The highest communication is like the sun-it glows with fullness and warmth. Other forms of communication are like mirrors - they only reflect what is received. In the course of our daily lives, most of us communicate by reflecting.

Reflection is a process of taking in stimulation, turning it around and then sending it out. For example, when we hear a word, we automatically convert it into an image, which causes us to react with a body movement or another word. This continual process of reflecting stimuli through the body can be very tiring.

It is possible, however, to receive stimulation without exhausting the body.

This approach to handling stimulation is called emanation. Like the sun, it is a process of constant giving without depleting. Within the process of communication, emanation is made possible by our use of all three modes of communication at once.

In order to use all three modes of communication simultaneously, it becomes necessary for us to understand and to consciously use words, images and touch as a single unit. When the mind uses all levels of communication together, both the left and right hemispheres of the brain are activated. This deepens the effectiveness of the communication, since the whole of the body and mind is involved in the act of communicating.

The mind is accustomed to jumping from one type of communication to another, so the use of all three modes simultaneously requires practice. There are many ways to practice this technique. Consider this one: as you are talking (auditory) to someone, imagine (visual) your chest stretching away from you and touching (kinesthetic) the chest of the person to whom you are communicating.



### *Touch is love*

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This simple exercise activates all three modes of communication at once. When practiced diligently for at least three weeks, the subconscious mind picks up this method of communication as a habit and will continue to function similarly in the future.

It is important to remember that emanation also opens all the channels for receiving communication. In order to enhance this process, practice this technique: While you are listening (auditory) to someone speak to you, imagine (visual) your chest and arms opening (kinesthetic) to receive this person and their words. Add to this experience your deepest feelings about your fellow man and about life. Practice knowing that you are open to giving and receiving. Do so until this knowledge becomes an automatic part of your communication.

Practice emanating to people who are in your vicinity. As you are driving, imagine

your heart opening (visual, kinesthetic) and traveling the distance between you and the people in the next car. Sing a song or send loving thoughts (auditory) as you imagine their hearts opening to receive you.

As you practice experiencing communication fully, you will notice a change in your attitude about people. You will also develop such an automatic willingness to be open and share that people around you will view you in an entirely different way. You will affect people more deeply, and you will find yourself blessed with their trust. Like the sun, your warmth and sincerity will awaken and nourish the souls around you. Your challenge then will be to remain open and to allow yourself to emanate truth.



*Feel joy touch your body and fill the depths  
of your mind. See joy move beyond your  
form and transcend space and time.*



# Chapter 16. Techniques for Self Evaluation

Start your self-evaluation by examining how you communicate with other people. Examine the patterns you use most consistently. Are you an auditory, visual or kinesthetic communicator? Are two modes of your communication dominant over the third? Do you use all three modes effectively? You may want to ask a close friend to help you identify your patterns.

## *Words*

Auditory communicators primarily use words or phrases relating to the ears or the intellect: “I *hear* you,” “I *think*,” “Talk to me,” “That *rings* a bell,” “That *sounds*,” and “Listen to this.” Auditory communicators often use sounds like “Ah” and rely on words that have lots of a, t, and k sounds.

Visual communicators use visually oriented words and phrases: “I see,” “Look here,” “Describe it to me,” “*Show* me,” “*Picture* this” “*Imagine* that” and “It’s *clear* to me.” Visual communicators often use sounds like “Oh” and use words that contain o, e, s and y sounds. They also tend to use adjectives and adverbs plentifully.

Kinesthetic communicators primarily use words and phrases relating to the body or the intuition: “I sense,” “That *touches* me,” “*Beats* me,” “That strikes me as,” “Can you handle it?,” “Do you get it?,” and “I can’t *stand/stomach* that.” Kinesthetic communicators commonly use sounds like “Hun” and “Humph.” They use words often that contain the sounds of h, m, u and sometimes o.

## *Body Language*

Auditory communicators use few gestures. It is not uncommon to observe them making no gestures at all, while communicating only with the mouth. What gestures they do use tend to be expressed with the fingers. The movements they make are usually directed straight away from the body with sharp, quick motions.



### *Touch knows you can call your parents collect*

Visual communicators are the easiest to spot. They usually gesture with both arms at once, often bringing their whole bodies into play. Their movements tend to travel in curved or circular lines and are extended the farthest distance from the body.

Kinesthetic communicators are the most subtle in their movements. These people often seem to wiggle. They use the entire body when communicating, but confine their gestures to short or sudden movements, such as lifting an eyebrow. They gesture with the forearms and hands, and have a tendency to make movements back and forth across the front of the body. They are also the people most likely to reach out and touch while communicating.

## *Eye Patterns*

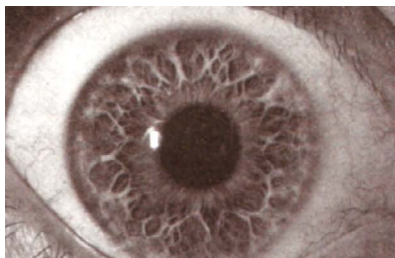
You will find a direct relationship between the structure of your eyes and the three primary modes of communication. The eyes provide a highly accurate reflection of the dominant mode a person uses to communicate. You will find this by examining the physical arrangements found in the *iris* of the eye. These arrangements are most easily viewed in a close-up photograph of the eyes.

The iris is the colored portion of the eye immediately surrounding the pupil. The patterns found in this area are slow to change and so reflect the most deeply inherent mode of personal communication.

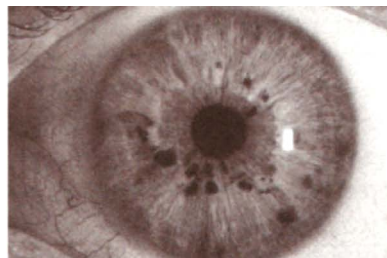
When the eyes have small flecks of brown or black in them, the person usually is a verbal communicator, primarily using analysis, thought and words. This structure is metaphorically called the *jewel* structure.

If a person has a series of open webs resembling petals of a flower, that person generally relates with visual and emotional forms of communication. This is the *flower* structure.

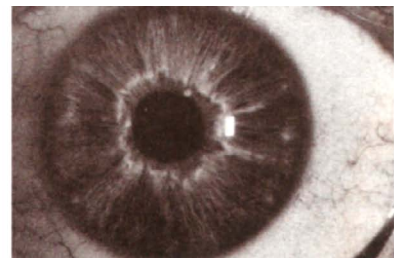
When a person is a kinesthetic communicator' the fibers within the iris are usually formed in straight lines in a spoke pattern around the pupil. These fibers may be soft streaks of color or they may show as streak-like absences of color. This type of pattern is the most difficult to observe in the iris. It is called the *stream* structure.



*Flower*



*Jewel*



*Stream*

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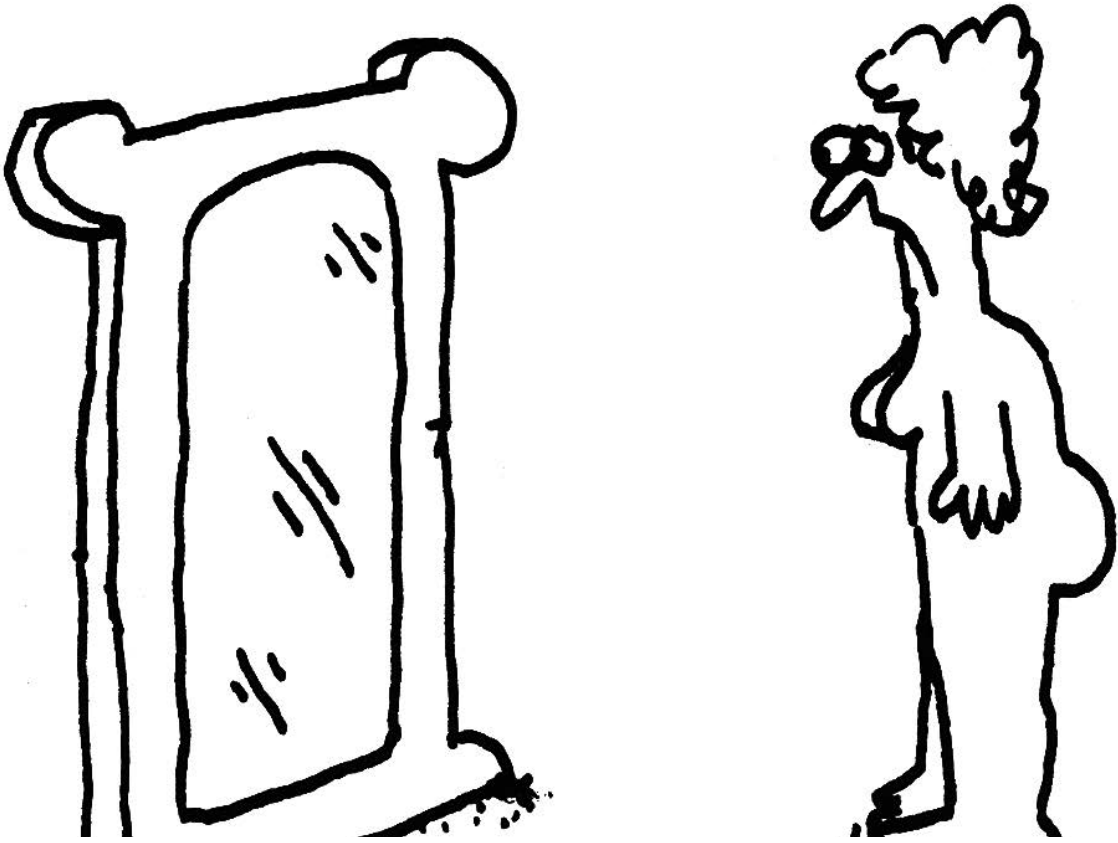
These three patterns can occur in any combination. When more than one is present in the eyes, the degree to which each is evident determines the particular combination of communication modes that person utilizes. There are as many individual patterns as there are people. No two eye structures are alike.

The patterns within the eyes are also a direct clue as to how a person attracts relationships, especially those with the opposite sex. For example, a person with dot-like flecks in the iris is primarily a verbal communicator. He or she will usually form relationships with people who have open webs in their irises and communicate visually. The kinesthetic types, who have a general absence of flecks or webs, attract relationships with people who have a combination of both flecks and webs in their irises. As in most areas of life, opposites attract.

The structure of the eyes provides a remarkable opportunity for parents to understand how a child learns and communicates. Once these patterns are perceived, it becomes much easier to educate and direct the child toward full and healthy communication.

For a deeper understanding of how to use the structure of the eyes for learning, Refer to [What The Eye Reveals ...](#) (ISBN# 0-917197-01-1).

## *Why Don't You Touch?*



*I don't like my body*

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# Chapter 17. The Ideal

A person communicating on the highest level uses equally all the many sounds and words comprising the three communication modes. A deep personal contact is made when you consciously or automatically choose sounds, phrases and gestures that match the receiving mode of the person to whom you are communicating.

If you make a habit of using all three modes together, your ability to communicate with all people increases significantly. The characteristic of communicating with all modes equally is shared by all natural speakers and most popular leaders. John F. Kennedy spoke well in all three modes. This ability dovetailed with his capacity to emanate during communication, producing the quality known as charisma. This is a quality available to us all.

Honesty is a vital factor in ideal communication. When the speaker is telling the truth as he or she knows it, all three modes of communication convey the same message. Tremendous energy is released in the body and mind, and the listener, feeling this energy and sensing truth, opens to the message.

The absence of truth sets up resistance in the mind and body. This resistance is the failure of the three modes of communication to act in harmony, and lack of harmony is the major cause of stress and pain.

It is possible to lie with words.

It is difficult to lie with body language.

It is impossible to lie with the eyes.

Truth on all levels of communication frees the whole being to emanate like the sun.

# *Touch Is ...*

*Feeling the raindrops before they hit you.*

*The sound of a butterfly wing.*

*Seeing laughter in the wind.*





# Chapter 18. Cultivating the Garden

## -Touch Starvation Relief Five Ways to Slow Down

It seems there are always a hundred things to finish at home and at work. Americans are deluged with opportunities, challenges and deadlines. There is always the latest book to read or new movie to see. Between the radio, television and newspaper, we are continually stimulated by information we must process.

Americans work hard all day, all week, just so we can make it to the weekend. Then during the weekend, we either sleep deep, work long or play hard. There is never enough time to do everything. So once again, it is hurry, hurry, hurry. When the opportunity does come to slow down, the mind is usually stuck in the fast lane.

Learning how to slow the mind and body is highly valuable, especially for cultivators of the spirit. It is only by slowing down that we discover the “stuff” life is made of. And the best part about it is that we can have fun while learning something new.

### *Pulse Walk*

Walking relaxes the whole body. Walking at a slow pace can both change old habits and soothe an anxious mind.

Experience a different type of walking. Plan to walk for 15 minutes each day for 21 days. Start by taking your pulse while resting quietly. Listen to the rhythm of your heart and count the beats. Then spend 15 minutes walking no faster than your resting heart rate. For example, if your pulse is 75 beats per minute, walk no faster than 75 steps per minute.

Accustom yourself to this rhythm. During the walk, notice how much you relax. Take time to view the simple sights around you. Practice thankfulness.

## *Slow Motion Drive*

Nearly everywhere we go, we drive. Most Americans view the speed limit either as a minimum or as a standard to maintain. Pushing the speed limit can exhaust the mind. Learning to relax while driving can make it fun, and perhaps prolong your life.

Find an old country road or remote stretch of highway. Be sure that there is no posted minimum speed. Slow down to 30 miles per hour and drive at that speed or slower for at least 45 minutes. Should any traffic appear behind you, just pull over and let it by.



### *Pulse Walk*

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Take note of the number of times you exceed your limit of 30 miles per hour. Roll the windows down and imagine that you are strolling through the country. Practice

this technique regularly and you will discover new things, both about the country and about yourself.

## *Change Our Breathing*

Breathing is a bridge between the automatic and the voluntary systems inside you. Most people go through their lives without noticing their breath until something goes wrong with it. They allow their automatic systems to regulate their breathing totally. Yet working consciously with the breath is a powerful tool. Controlling your breath is a highly effective way to slow down the mind and body.

### *Find a comfortable sitting position.*

Take seven long, slow breaths through your mouth. Then close your eyes for 3 minutes. Repeat the procedure. Be sure that each time you inhale; your mouth is wide open, and relaxed. Take note of how deep your breathing goes. Do your best to inhale more deeply with each breath. Repeat the same exercise while breathing through your nose.

Imagine that your lungs are as big as the galaxy. Each time you inhale, a large region opens in your chest, allowing all the stars to flow in and out. Do this with your eyes closed. You may want to hold your breath for half the counts it took to inhale. If you find a spot on your body that hurts, focus your attention on the point of pain and breathe gently for 5 minutes.

Breathing is a powerful opportunity to alter your state of mind. Use it wisely.

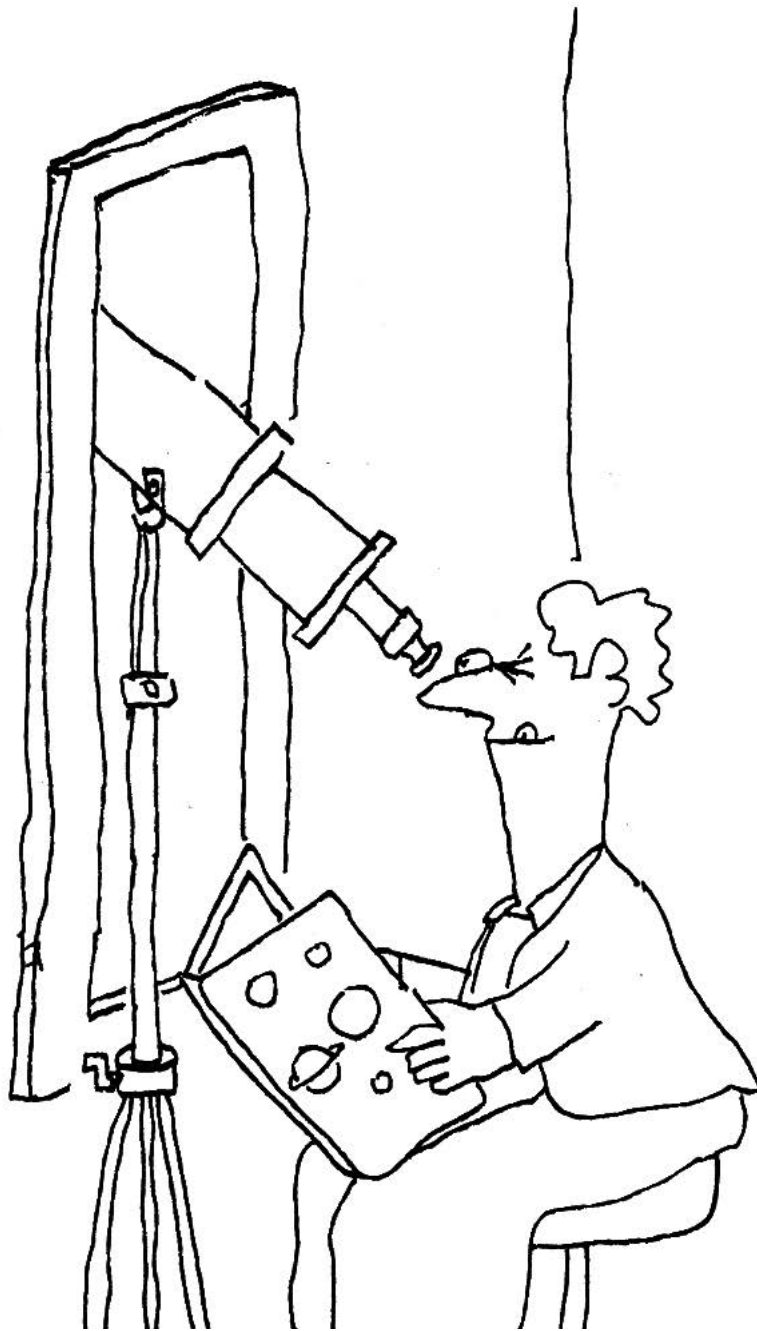
## *Study the Universe*

Studying for pleasure relaxes and focuses the mind. Studying gives the mind tools with which to discover truth. If the subject of your study is the universe, your horizon will expand infinitely and many of your deepest questions may be answered.

Find a course in astronomy. Each week you will add to your knowledge of the universe in which we live. The images of the stars and planets can greatly increase your

ability to visualize.

Read aloud from a textbook on astronomy. Allow your eyes to close between paragraphs. See yourself as an echo, moving gently back and forth across the universe. Deepen your ability to relax into the feeling by listening to music as you continue to visualize the ever-expanding space.



*Study the Universe*

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# *Touch Is ...*

*Hearing the grass giggle when you walk*

*Barefoot*

*Watching the sunrise by yourself.*

*Dancing with the trees.*



## *Listen*

Allow yourself the opportunity to spend time just listening to the words people use most. Do your best to avoid liking or disliking different types of words. There is no qualitative difference between the three primary modes of communication; all three have distinct parts to play.

When you find someone you especially enjoy listening to, pay close attention to the type of words they use most often. You will notice a consistent pattern. This will indicate to you in which mode you receive communication.

You may find a speaker who uses more than one type of words and sounds consistently. Since the finest communicators use all three modes in the process of conveying a message, you will have an opportunity to examine how each mode affects you. Not only is each person receptive to one type of phrasing more than the others, but each individual mind is also activated in different ways by all three modes of communication.



*Touch is hearing the heartbeat of a bird in flight*

## *Touching at a Distance*

As we observe all the fear and confusion surrounding us, it is easy to understand why one person in eight will have a serious mental breakdown within his or her lifetime.

Feeling disconnected or out of touch breeds a form of madness. We can see reflections of this disconnectedness all around us. One of the ways to turn this tide of

madness in the world is to touch people by directly reaching out.

You can change the outlook of someone's day by smiling, and perhaps make a friend by saying hello. Yes, sometimes it does take a resilient ego to reach out. People may mistrust your boldness. Some will scowl; others will pretend you are simply not there. Being open to strangers requires courage and the willingness to take a chance. Few things take the place of basic friendliness-it is hard to beat.

If this type of experience leaves you feeling uneasy or bruised, there is another way to develop connectedness. It will truly affect the people around you, and it will cultivate peace within you. This technique requires a healthy dose of faith and the willingness to go unnoticed in your efforts. It is called touching at a distance.

In order to practice the fine art of touching at a distance, you must begin with the premise that thoughts have substance and can travel unlimited distances. This means that you can use your thoughts to touch people. Just pondering this idea deepens within you the potential for connection.

Consider that thoughts are made up of many shades, qualities and textures. A thought can be delivered by a silent word or a picture held within your mind. A thought can convey a feeling of nurturance or the sensation of warmth. Thoughts can deliver the experience of joy. Thoughts touch.

The next step is to examine your motives for using your thoughts. Are you doing this because you expect something in return? What are your highest ideals? A good test of your motives is to mentally practice touching others without mentioning it to anyone for at least three months. During this time you will probably find your ideals changing and your thoughts becoming ever more reflective of them.



### *Touching at a Distance*

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Now imagine that you are with someone, perhaps a friend in another city who is ill or distraught. Picture yourself greeting her warmly. Feel yourself taking her hand and smoothing her brow as you talk with her. Hear your voice as it soothes and comforts her. Surround the two of you with the vision of a meadow or a warm day at the beach. Hold this image in your mind. Now let it pass down into your body, and send this thought directly to her through your chest.

You can expand your use of thoughts by remembering to mentally project through



all three primary modes of communication: inner sounds, images and sensations. While your conscious mind normally uses only one type of communication at a time, with practice it can be trained to use all three simultaneously. It is as if the mind is then able to focus three beams of light on one object.

Keep in mind the body's focal point of communication - the chest. The chest region is the intersection of the three modes of communication. It also coordinates the flow between the left and right hemispheres of the brain, which are activated by words and images, respectively.

Increasing the effectiveness of your thoughts is as easy as breathing. Thoughts are completely open to being improved. It takes only intention, practice and patience.

Allow your mind to be openly creative as you practice the art of touching at a distance. You may wish to practice the same theme for months or to change daily. Consider projecting from different distances or at varying rates of speed. Picture the flow of energy streaming directly from you, or see yourself as standing in the midst of a moving river.

Touching people you don't know at a distance is a significant and powerful application of this technique. It creates new, living pathways of energy between you and other people, strengthening the essence of harmony around you.

You might imagine the sound of your own inner laughter as it moves-like fingers of warm, colorful light-from you: chest to the chest of a person standing nearby.

You might imagine all the stars in creation entering your back, just between the shoulder blades, and then flowing out: your heart. Add to this image your OWN joys, songs and prayers. Allow the whole flow to continue on to each person standing in your proximity.

The number of ways to touch at a distance is endless. Once you find that this technique is effective and consistent with your highest ideals, you may choose to discuss it with someone else who might be open to the concept. As more people consider the idea of touching with thoughts, bonding within society grows proportionally.

After practicing this technique for a while, you will begin to experience a simple joy upon seeing another person walk by. You will find people smiling and looking at you for no apparent reason. What you willingly practice becomes an unconscious habit. It is then that you will begin to experience the true nature of connectedness.



*Touching at a distance*

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## *Fifteen Steps to Receiving More Touch*

1. Evaluate where you have come from. Review your life and your relationships.

Do your best to be honest and objective. Recognize any patterns you might have. Are you a conditional toucher? Can you establish when and where each pattern began?

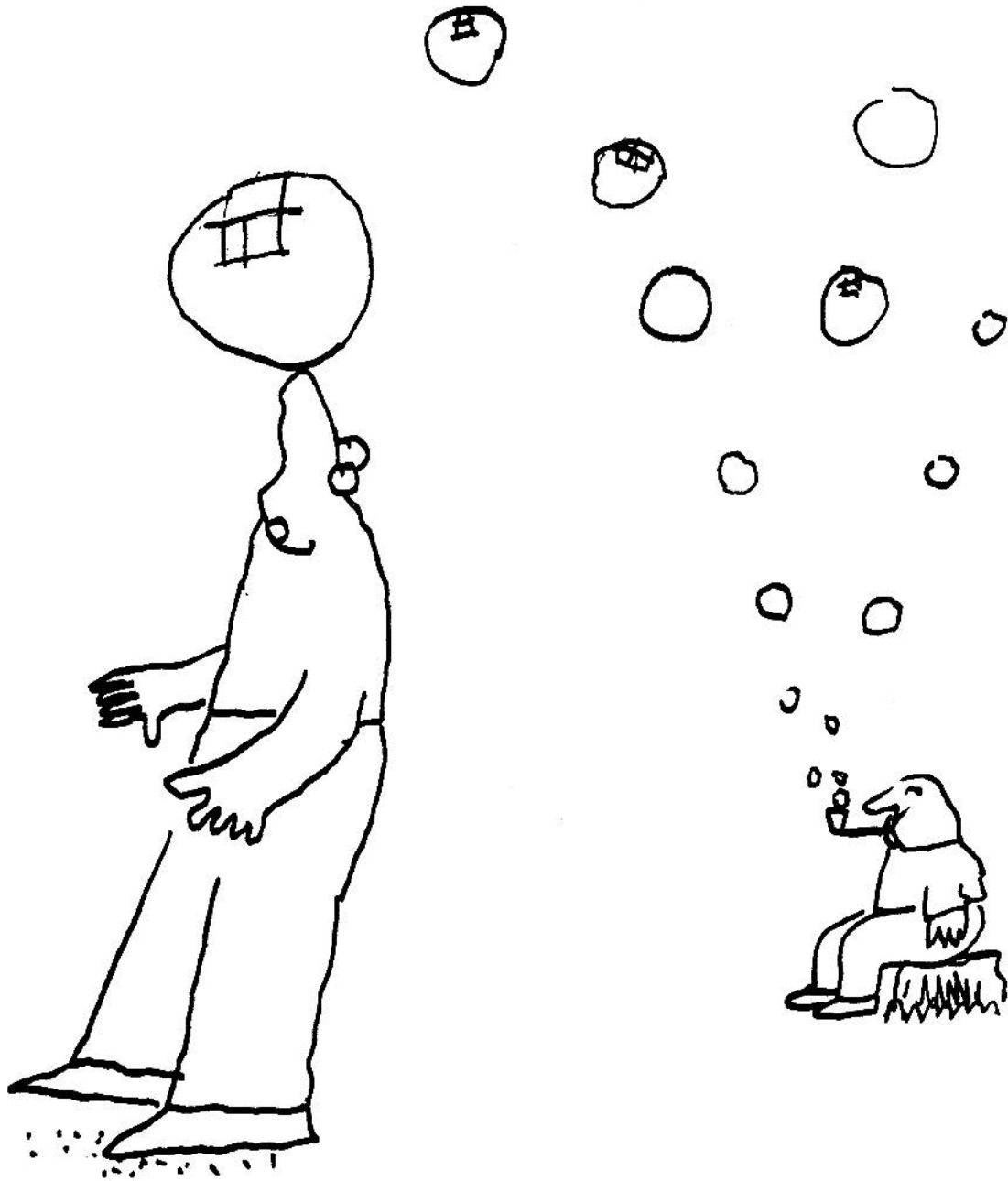
2. Forgive yourself and anyone else who might be responsible for your patterns.
3. Review your mental, physical and spiritual ideals about touching.
4. Find something (anything!) good about the habits of touching you currently have.
5. Establish a new ideal. Be reasonable.
6. Spend 3 days thinking about your new ideal and observe yourself going through the motions of your old behaviors. Imagine how each behavior would be different with your new ideal.
7. Review your ideal. Laugh at yourself. It is healthy to have fun with this.
8. Prepare yourself for action. In one concise paragraph, write out your ideal. Use only present tense and active words. Some examples: "It is easy for me to give and receive touch ... I see myself as a loving person," or "Touch brings me pleasure ... I love to touch."
9. At least once a day, read your ideal out loud with feeling and conviction. As you read, imagine the center of your chest opening and the words from the page circulating through your chest, out your mouth and returning to the paper. Immediately thereafter, lie down for 20 minutes with your eyes closed. Hold your body perfectly still. Focus your attention on the chest region and imagine yourself acting out your ideal. Repeat the process at least 21 times within a 3-week period, and again for another 3-week period within 90 days. Tell no one what you are doing for the first 3 weeks (then tell everyone!).
10. Starting with the first day you read your ideal aloud, focus your attention on objects within 12 inches of your body. Whenever possible, find something within that one-foot radius to hold in your hand. Become very aware

of the feel and texture of the object. If you can, carry the object in your hand or pocket all day. Remain aware of the one-foot range around your body throughout the exercise. Practice this exercise diligently for 3 days.

11. Repeat exercise 10 for another 3 days, this time using a distance of 4 feet. After that, do the exercise for 3 days using a distance of 9 feet. If you are unable to touch an object within your range, imagine what the texture feels like. Be sure to constantly bring your attention to within the prescribed range.
12. After completing steps 9, 10, and 11, stand with both arms extended above your head. While viewing the farthest horizon, remember your ideal. Bring back to your memory the feel of the textures you found within the range of your attention. Imagine fingers of touch flowing outward from you to the horizon and back to you again. Feel this current as an alternating flow between the horizon and your chest.
13. Repeat step 12 while standing only on your left foot. Do this for 45 seconds, and then switch to your right foot. Use each foot three times. Repeat the exercise at least once a day for 21 days.
14. Review your ideal. Ponder your mental, physical and spiritual views about life. Stretch yourself. Create a new ideal, and let it be as dynamic as possible. Be flowing and free.
15. Move toward touching people. Take a body work or massage class. Put yourself in a position to touch and be touched. When you have an opportunity to touch someone, remember your ideal and your practice. When you hug, remember all the feelings and textures you explored within your ranges. See your chest opening, and feel the alternating pulse of current to the horizon moving through both of your bodies.

Congratulations! You have completed a practice that works.

## *Touch Calisthenics*



*Practice balancing a bubble on your nose*

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## *Touch Calisthenics*



*Play leapfrog with the clouds*

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## *Touch Calisthenics*



*Finger paint with your children*

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## *Touch Calisthenics*

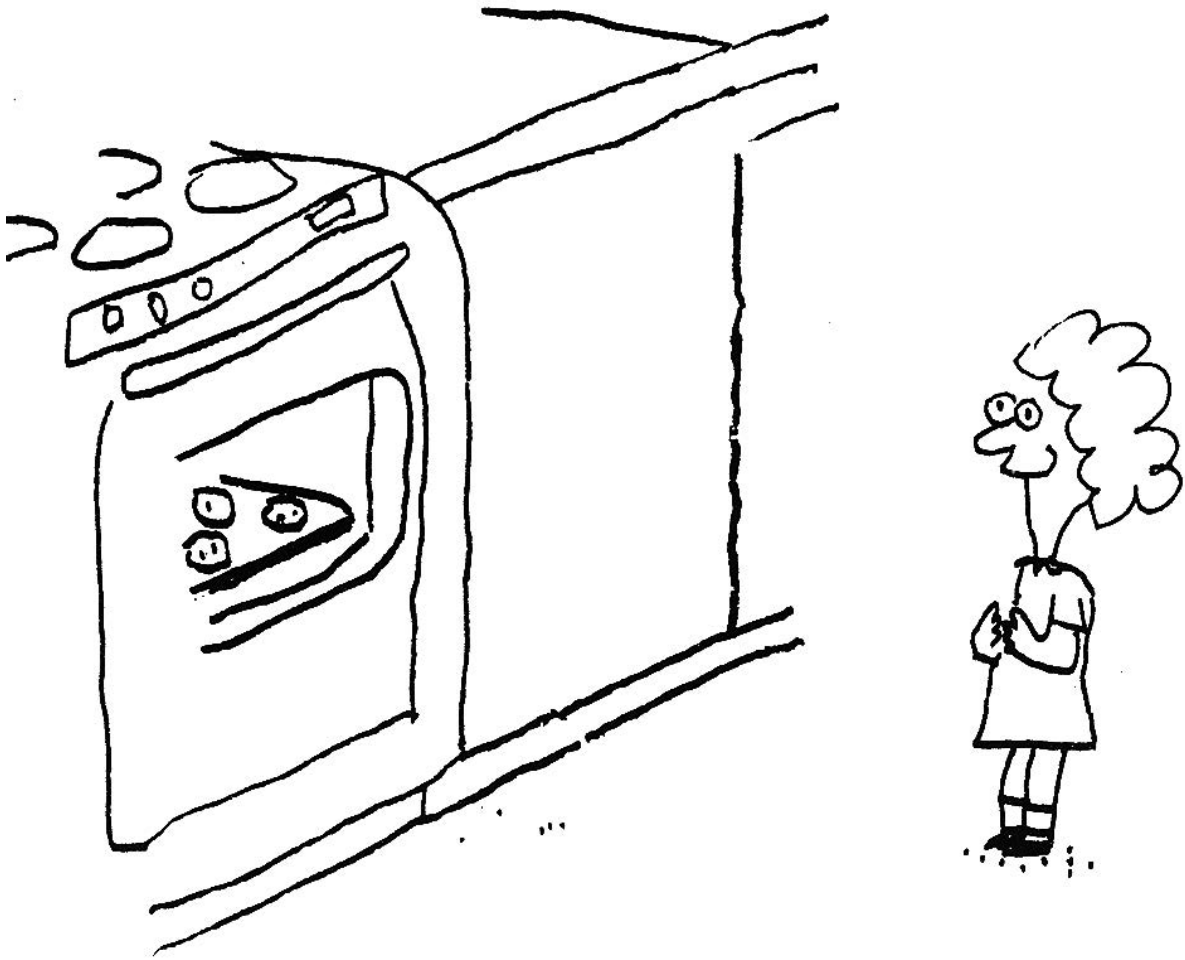


*Hug a tree and feel it hug you back*

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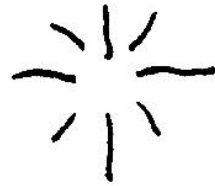
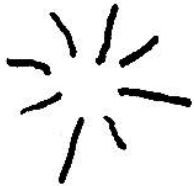
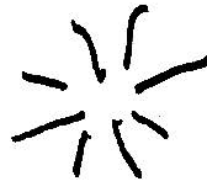
## *Touch Calisthenics*



*Taste the chocolate chip cookies before they're out of  
the oven*

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## *Touch Calisthenics*



*Listen to the snowflakes yell, "Geronimo!"*

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# Chapter 19. Avenues of Healing

There are many ways to heal. Which path you choose makes little difference. They all lead the sincere heart to the same goal. When in doubt, seek out the counsel of someone you trust. Listen with an open mind to what he or she says, and then accept the responsibility for making a decision. All of your choices are good.

## *Prayer*

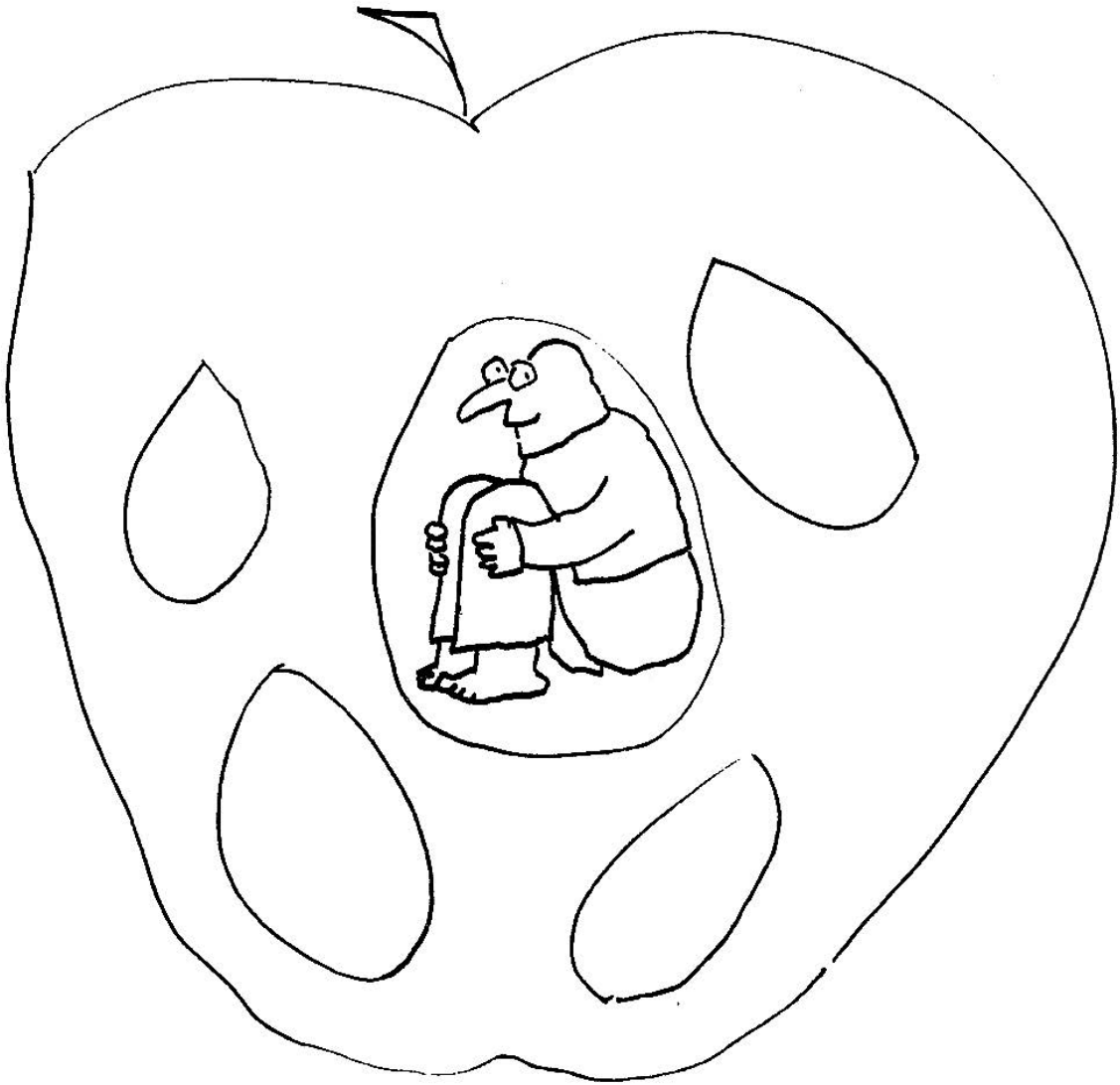
Prayer is the closest practice possible to perfect therapy. If you find the thought of prayer disturbing, examine the background that has led to your resentment of religion. You have probably had some negative experiences that could be reassessed.

Remember that prayer can take many different forms. Review the philosophies of different religions and spiritual approaches. Measure your inner prejudices and then cleanse yourself of them. Find an approach to prayer that reflects your personal ideals. Follow the path that calls your name ... and trust it.

*Complete stillness is the opportunity for touch to come to you. Activity is your opportunity to give what you have received.*

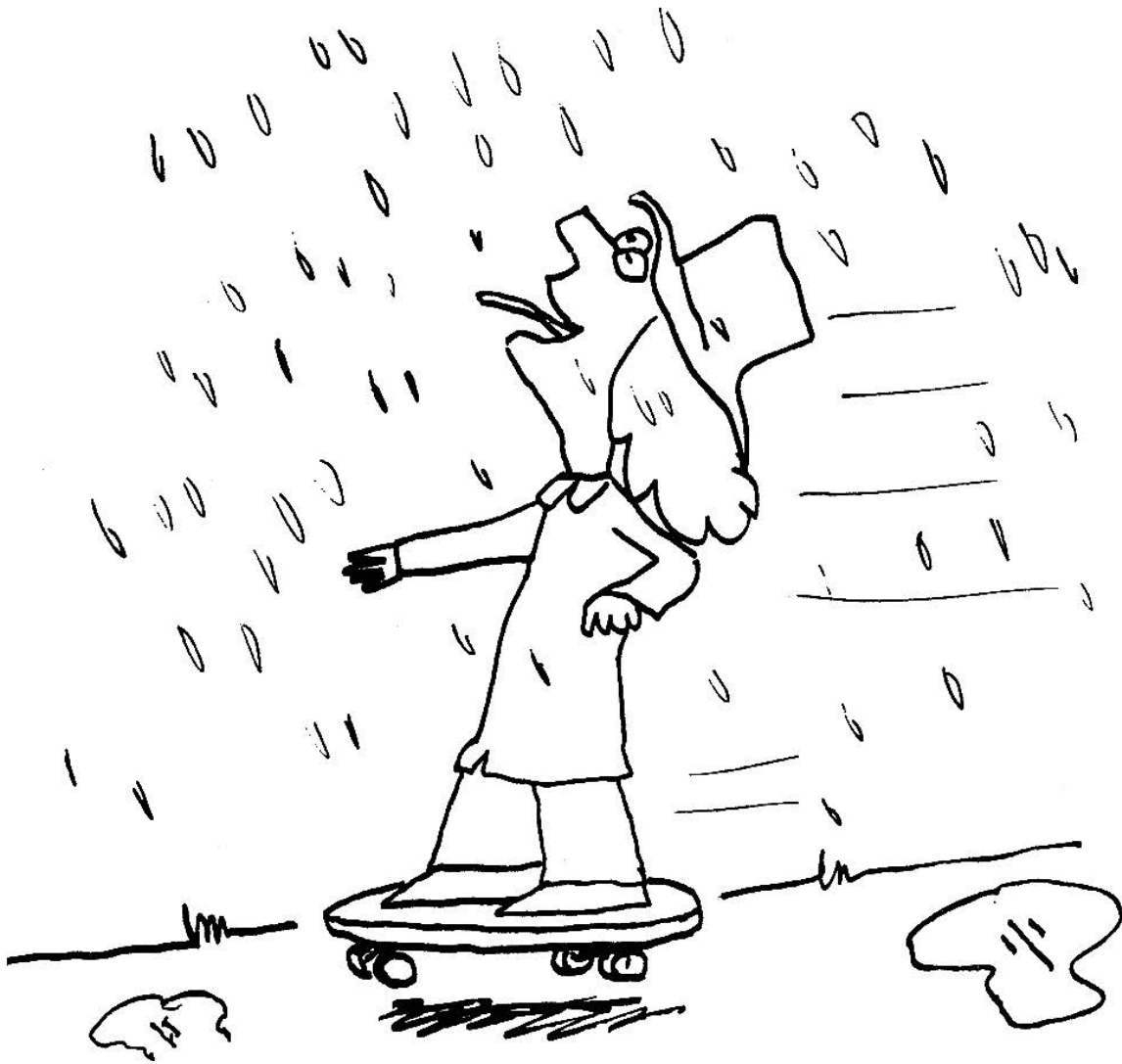


## *Touch Calisthenics*



*Imagine you are a seed inside the core of an apple*

## *Touch Calisthenics*



*Catch raindrops on your tongue*

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### *Stillness*

Stillness occurs when all your parts meet in the same place and breathe in unison. It is one of the easiest and most powerful meditations a human being can experience. In stillness, the garment of attachment is gradually removed and the cloak of purpose takes its place.

### *How to Achieve Stillness*

Start now. That's right, just close your eyes for 10 seconds, and return to the page.

Little steps lead to big progress. Five minutes each day is more valuable than an hour on the weekend. Start wherever you are, at home, work or play. Rather than waiting for the perfect environment, use an imperfect environment as a suggestion or opportunity to be still.

Stillness is a learned experience. It is the process of continuously transcending each level of the mind to another, and beyond. *Suppleness* is the goal, and the by-product, as well.

When practical, find a place to lie down (preferably not your bed). Stillness is not sleep; sleep has its own function. A soft carpet is better. You might consider reading something meaningful aloud before lying down. Place a pillow under your knees and put your feet up.

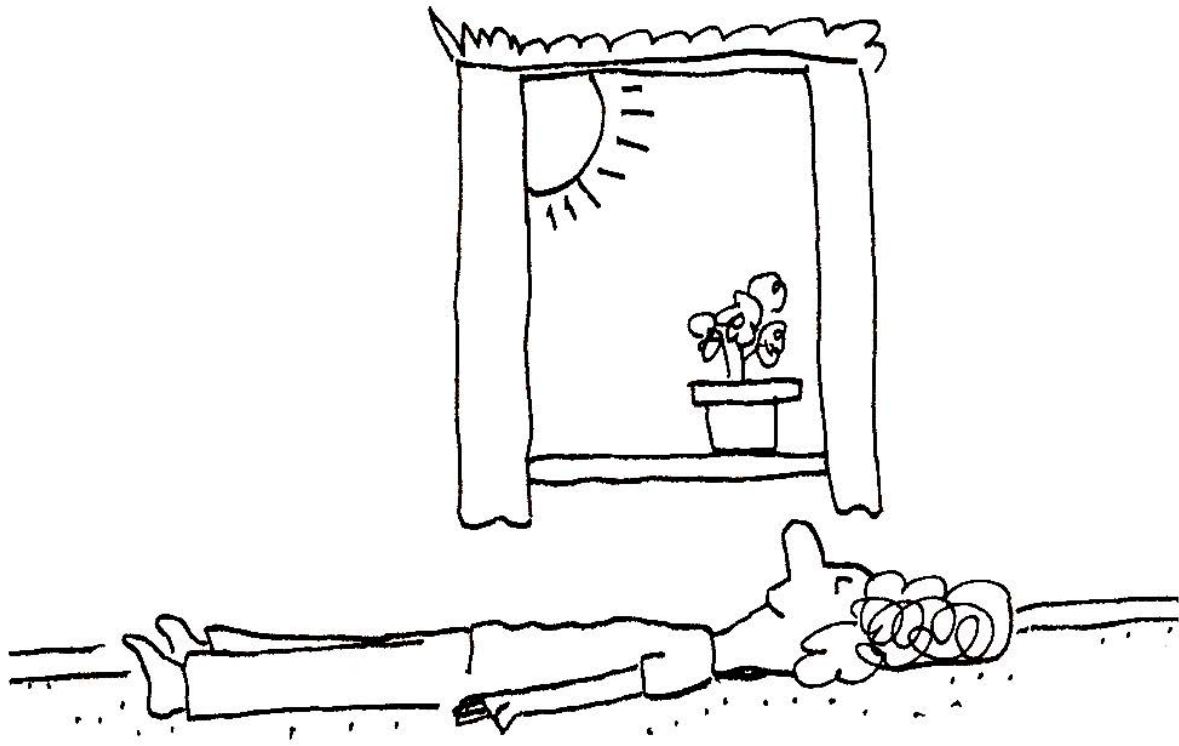
Now, before you read any further, close your eyes again for 10 seconds. Ah, the sweet waters of stillness . . .

Consider lying down with your hands, palms up, at your side. Close your eyes. Breathe naturally. Allow your mind to do whatever it wants to do. Just hold the body perfectly still. This is the key-to take control of the body. The mind shall follow one step at a time. Be patient. Use every environmental sensation as a cue to relax more deeply.

Limit yourself to 20 minutes for at least 3 months. Do as many 20-minute sessions as you desire, just get up and walk around before returning to do another.

Learning the steps to stillness will lead you to the finest spring of fresh water imaginable. Soon you will find yourself able to enjoy stillness in any position or environment. Trust in this wellspring and you will discover the truth of the words, "Be still and know . . ."

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## *Stillness*

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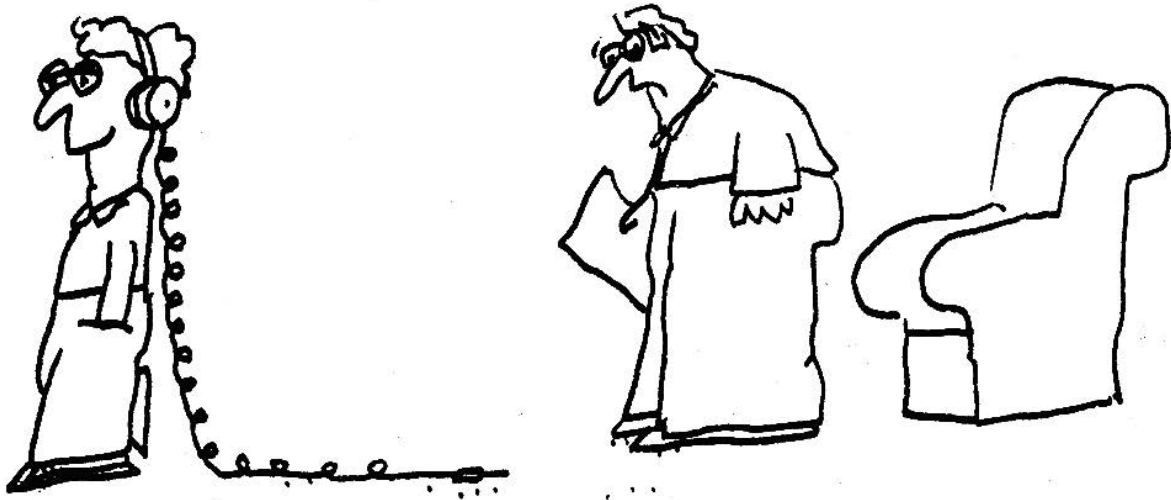
## *Silence*

Prayer is asking for guidance. Stillness is listening for the answer. All paths lead to silence. Silence is the birthplace of freedom and the source of the sound that is light.

Although not always obvious, silence is always with us. Between thoughts and the coming and going of breath, silence is. Through small openings and subtle beginnings, silence grows like a blade of grass in springtime. Be patient ... to hear silence once is to hear silence for eternity.

Learn to think in images. The echo of words falls on the pool of stillness, causing images to rise. These images cut through the water, without ripples, like a razor through light.

Silence is the echo of stillness.



*Touch is listening to the music with the stereo off*

## *Creativity*

Creativity is the movement of life giving birth to form. It is the closest man can come to being divine; it is an individual's opportunity to shape history for generations. It is our chance to leave traces of truth.

You are creative each time you wiggle a fingertip or blink an eye. You are creating when you make clouds with your breath or fill the silence with a sigh. Creativity is an outward giving of all you are on the inside. Creativity is you in motion.

Take the time each day to realize how you are being creative. Each second you are alive, you are giving birth to over 2 billion cells in the body! Give yourself a chance to expand your creativity; for without it, suppleness withers and dies.

Each week, express something creatively through visual means, auditory means and kinesthetic means. Do things you've always wanted to do, but didn't believe you could. Sing, dance, paint with your toes! Life is a process of either creative evolution or decay. Creativity is our affirmation of life.





## *Creativity*

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## *Service*

Service opens the heart and diverts the ever-anxious mind. It causes the depths of a person to be emptied so that they might be filled again. By its very nature, service humbles the lofty and calls the needy to rise.

Service begins with the willingness to explore your personal relationship to society. The purest form of service is acting on behalf of other people without consideration of how you might profit. It is giving without the slightest hint of obligation. Pure service moves the focus away from the ego, allowing the soul to reach connectedness and thereby to recognize and define its purpose.

There are both inward and outward forms of serving. The inward forms involve faith and the use of our personal belief systems for the benefit of society. These

inward forms of service include prayer, stillness, compassion and all other acts of caring offered within the privacy of our own minds.

Outward forms of service are easier to recognize. They are often gifts of time and energy for the purpose of facilitating change. They can include donating time to a charitable organization, school or church. Outward service can be as simple as giving a neighbor's child a ride home from school or as powerful as spending months assisting a terminally ill person to make the transition from life through death.

Each moment expressed in joy is service. Service creates a bond between people, allowing us to experience the flow of vitality within and around us. This vitality moves like the water from the mountain tops to the ocean and back again. In the process of flowing, all things are purified.



*Service*

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## *Thankfulness*

Thankfulness is the joy of wholeness.

It is consciously acknowledging the personal benefit of giving and receiving. Through thankfulness, every virtue is heightened and the radiance within is given a chance to shine. Thankfulness heals the body and renews the mind.

## *How to Experience Thankfulness*

Practice being thankful for everything! Start with the most common parts of your life. Consider the source of and the effort required to bring even the simplest things—cloth, paper, plastic—into your home. Retrace the journey an article made on its way to your hand. For example, consider your shoes.

Picture the store where you bought them ... think about the people who own the store and all the work they put into managing their business. Think of the man who delivered them to the store, and realize that he has his own hopes and dreams. Imagine the factory where the shoes were made and all the workers who spend their lives bringing others shoes for warmth and comfort.

Consider the cow, whose life made them possible. Think about the pasture where the cow lived and grazed, and imagine the color and fragrance of the grass that nourished the cow. See the beauty of a single blade of grass, and feel the warmth of the sun encouraging it to grow. Allow your mind to follow a single ray of light upwards to its source. Embrace the radiance of the sun, experience the light. Ah, the light ... source of the shoes.

Practice this exercise with objects, plants and people. As simple and as silly as it might seem, such practice trains the mind to travel beyond the obvious. Whatever is consciously practiced becomes an automatic habit in all directions.

Continue the exercise of thankfulness with all auditory, visual and kinesthetic experiences. Be creative and happy while your imagination stirs forth ever-greater visions of blessings. See in your chest the largest lips in the universe, joyfully singing the song of thankfulness each second you are alive.



*Touch is the echo of joy standing each hair on end*

# Chapter 20. One Person's Experience

When the concept of combining communication modes was brought to my attention, I was intrigued. I had become aware of how our minds normally jump from place to place when processing information, handling thousands of bits of visual, auditory and kinesthetic stimuli at once. It had become obvious that the process of reacting to life occupied a great deal of time and energy within the mind and body.

Since the idea of growth, of changing my life, has always been of great importance to me, I decided to try combining communication modes for myself. I wanted to practice interacting with life more fully. I knew that, with patience and repeated practice, it was possible to make a technique an unconscious habit.

I began by practicing a visual projection with my body whenever I heard a specific sound. The key I used to activate my visualization was the sound of a bird. Each time I heard a bird in the distance, I imagined my heart sailing through the air and joining it. I visualized my heart entering the heart of the bird. If it was flying, I flew along with it for a while.

Note that this practice of combining communication modes contained several key elements. First, the visualization was projected while I was engaged in other tasks. Second, a visual image was projected from the chest region. Third, auditory stimulation was used to trigger the exercise. And fourth, motions of the body were visually projected as part of the experience.

I was not expecting anything in particular to occur. It was simply that I enjoyed the idea of opening my heart in a spontaneous way. I continued practicing this visualization for about six months, doing it as often as my memory brought it to my attention.

One day I went for a walk at sunrise with a three-legged dog named Maynard. We walked to a park that was thick with trees. The light the park, the sun began to rise on the horizon. Suddenly the dawn was filled with hundreds of singing birds.

Without any thought of my visualization, my conscious mind exploded in a flash of light. My heart flew into the trees, and I was suddenly looking through the heart of

every bird in the forest!

My conscious senses were aware only of being inside the heart of each bird, experiencing the view of the rising sun from a hundred different directions at once. My emotions filled to bursting with the joy of each bird as it celebrated the return of the light. I experienced the combined sensations of all the birds, as the songs of joy filled the forest and my mind with a celebration of spirit. And in the midst of the songs, a voice came and said, "God knows every sparrow."

I came back into my body. There was no telling in earthly terms how long the experience lasted. It was probably only a split second, and yet it is eternal; part of me will forever be in the forest rejoicing with the birds.

I learned more in that split second than I will learn gathering knowledge for a lifetime.

## *Touch Is ...*

*Feeling the warmth. Then building the fire.*

*Seeing the blue sky above the rainclouds.*

*A kiss at ten paces.*



# Chapter 21. The Holographic Concept

The holographic concept is a scientific explanation for the basic pattern of life. It can be explained in many ways, all of them correct.

The deepest beauty of the holographic concept is that everything is truth when you finally see how it fits into the highest perspective. Seeing only the pieces is what causes confusion and misunderstanding. To understand a hologram, you must keep two simple truths in mind:

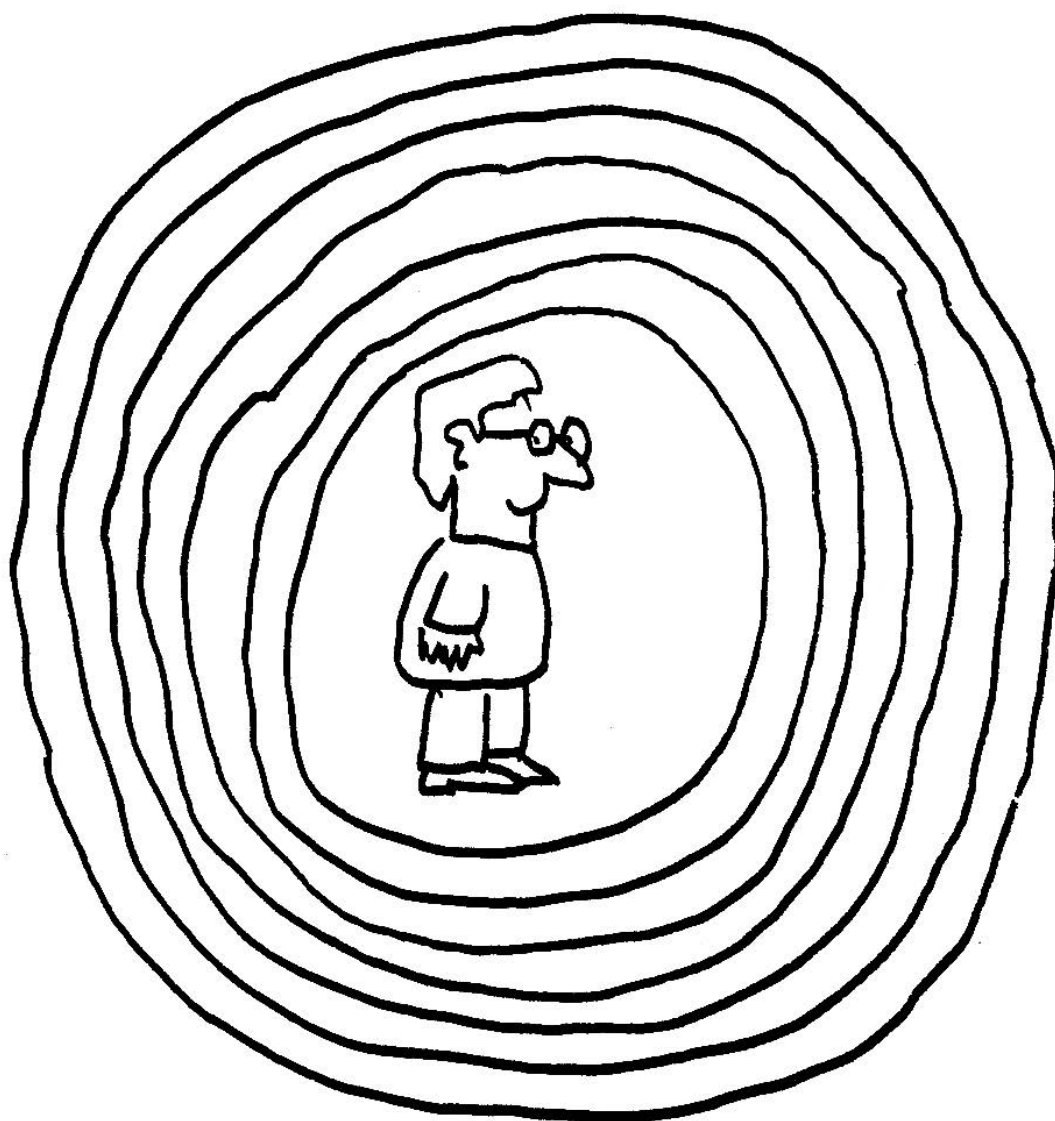
- 1) As above, so below.
- 2) What you do unto the least, you do unto the greatest.

It is possible to describe a hologram by using a molecule as a mirror of the solar system. The molecule is a miniature image of the solar system. Its nucleus is like the sun, and elements of matter orbit, like planets, in the space surrounding it.

As above, so below. This is the holographic image.

The holographic concept involves realizing the relation of a single part to the whole. If you change a trait in the smallest unit of the hologram, all the other units are also automatically changed.

Imagine the human body surrounded by an endless series of circles, like shells encompassing shells. Extend this diagram infinitely outward into space. In a rough way, it might look like this:



When you change a single thought, emotion or trait on any level, all the other levels are automatically changed as well.





Our conscious minds are represented by the innermost circle. Any changes you make in your consciousness automatically alter every other circle around you. Master a single weakness consciously and that trait is now changed on all of the dimensions of both the subconscious mind and the outer world.

The circles surrounding your mind represent all the other people on the planet. The circles closest to you are your family, and the circles farthest away are those people you have never met.

Each action you generate affects every one of these circles, near and far. Touch a single person, and you touch everyone at once. Master a single weakness, and you help everyone on the planet to master the same weakness. Sing a song of joy, and everyone is uplifted. What you do unto the least, you do unto the greatest.

As our influence travels outward, so also are we surrounded by and influenced by the thoughts, words and images generated by other people. It is our natural gift of free will that enables us to control this influence. True change must come from within.

We live in a world filled with butterflies of light waiting for us to join them. Being in the body is our opportunity to use responsible choice. With this choice we can move from our cocoons, becoming butterflies from within.

## *Touch Calisthenics*



*Imagine you are a dewdrop sliding down a stem*

# *Touch Calisthenics*



*Go hang gliding without a hang glider*

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# Chapter 22. A Call to Arms

Pioneers gave birth to The American society - bold, intrepid individuals who carved their homes out of an uncharted wilderness.

Meeting the challenge of their dreams required each person to be a rugged individualist. By necessity, the pioneers trained themselves to be stoic and self-sufficient. This training was a two-edged sword: On the one hand it fostered strength; on the other, it built a wall of separateness between people.

The beauty of the pioneer spirit was most obvious in times of trouble. Whenever calamity struck, the pioneers jumped the walls of their separateness and rallied to each other's aid.

The American wilderness has changed. Gone are the endless miles of wilderness to be settled by the brave and strong. Today, we find ourselves in a maze of freeways, buildings and No Trespassing signs. On the streets, the homeless huddle on doorsteps and the displaced search for aluminum cans. Desperate minds plot foul deeds. Children cry for tenderness.

The wilderness has changed, yet the need for the pioneer spirit is greater than ever before. Voices in the wilderness call to us for help. It is time for each one of us to hear those voices. It is time to reach out and touch.

Each person is part of one great body. In that body, we live, move and have our being. Beyond religious preferences and belief systems, everyone is connected; when one person falls, every person on the planet feels the injury.

We cannot avoid this response, so we try to deal with it by deadening our sensitivity to it. Whenever vast portions of the planet suffer from war or the lack of nourishment, some other part of the globe deadens its sensitivity. When we limit our willingness to give and to receive, we cut off our sensitivity even more. With this withdrawal, arise beauty, truth, joy, and wisdom. We close off the flow of light both within ourselves and to the world.



*Close your eyes and see the light only getting brighter*

Now consider the possibility that the withdrawal of sensitivity in one part of the world precedes the suffering in another part of the planet! This implies that a lack of connectedness - a famine of touch - in America can contribute to or create the suffering of people elsewhere in the world. This suffering may take the form of starvation of the body, or it may be the fear and loneliness that signify starvation of the soul.

This concept also implies that it is possible for Americans to contribute to world-wide healing by taking the time to care for and to touch each other at home. This type of effort does not require material giving, though giving on this level is an excellent reinforcement. The real giving begins as spiritual sensitivity.

As Americans, I believe that we can prevent suffering throughout the world by using the tools available to us to expand our awareness of touch. Touch is freedom, the freedom of spirit moving among people. When this flow circulates in strength and harmony through the body and mind, it creates health and clarity. When it moves between people, it becomes joy, laughter and sharing. And when the flow of spirit touches nations, it brings peace.



# Genetic Epilogue ...

## Spiral Freedom

The path we walk upon into the future is laid before us by unknowing hands from our past. We are the ascending ribbons of light, woven together in a spiraling pulse. This pulse is the gentle transfer of life through the miraculous process known as DNA.

Beyond the physical movement of life through DNA, there exist spiritual and mental pulses that precede the dimensional avenues of space and time.

As we touch a single flower in the present, we may well be altering the health and environment of its seed countless years into the future.

TOUCHING each other is profoundly important. Someday we may realize that a single act of compassion will affect the well-being of individuals three and four generations removed.

We are living pools of water. As we flow, one into the other, we are purified.



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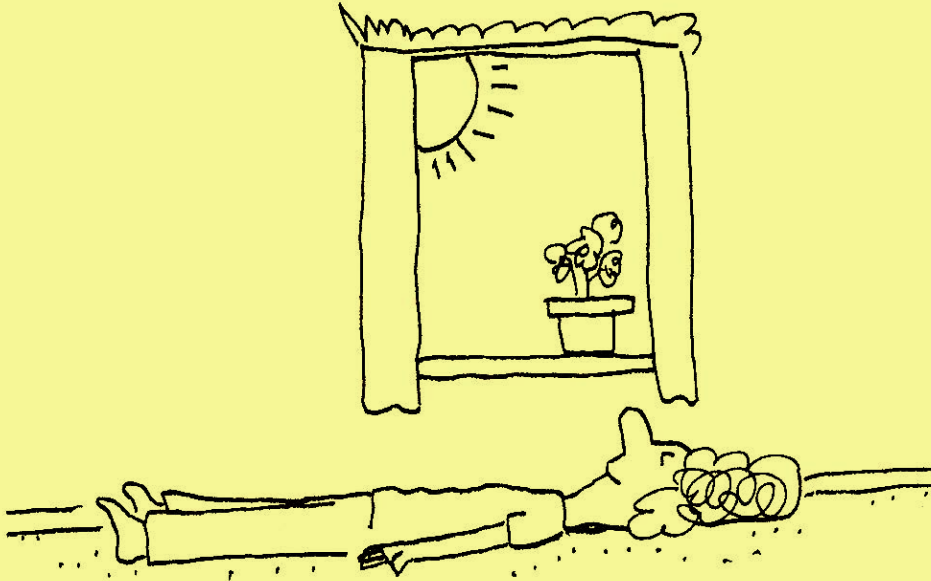
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## *Why Don't You Touch?*



*Touch is like air, food and water. Without it, the human being withers and dies. Yet we live in a world of fear about touch. We have lost the perspective that touch, motivated by caring, concern and selfless love, is our fertilizer - nurturing, feeding, and fulfilling us. It is an essential ingredient for our growth and contented well-being.*

*You will laugh and cry along the way. It is a wonderful journey.*

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DENNY JOHNSON is a freelance writer/reporter/photographer who started his career in the newspaper business more than 30 years ago. Johnson grew up a printer's devil in his family's newspaper in Chicago's suburbs and received his first national by-line in 1983 when he reported a story of murder, extortion, and fraud for USA Today.