

Understanding the value of touch ...



Touch!

PLEASE

by Denny Johnson

Touch! Please

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Understanding the value of touch . . .

Touch! Please

Denny Johnson

Edited by Deborah Monroe

Rayid Publications, Vancouver, WA

*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.

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.

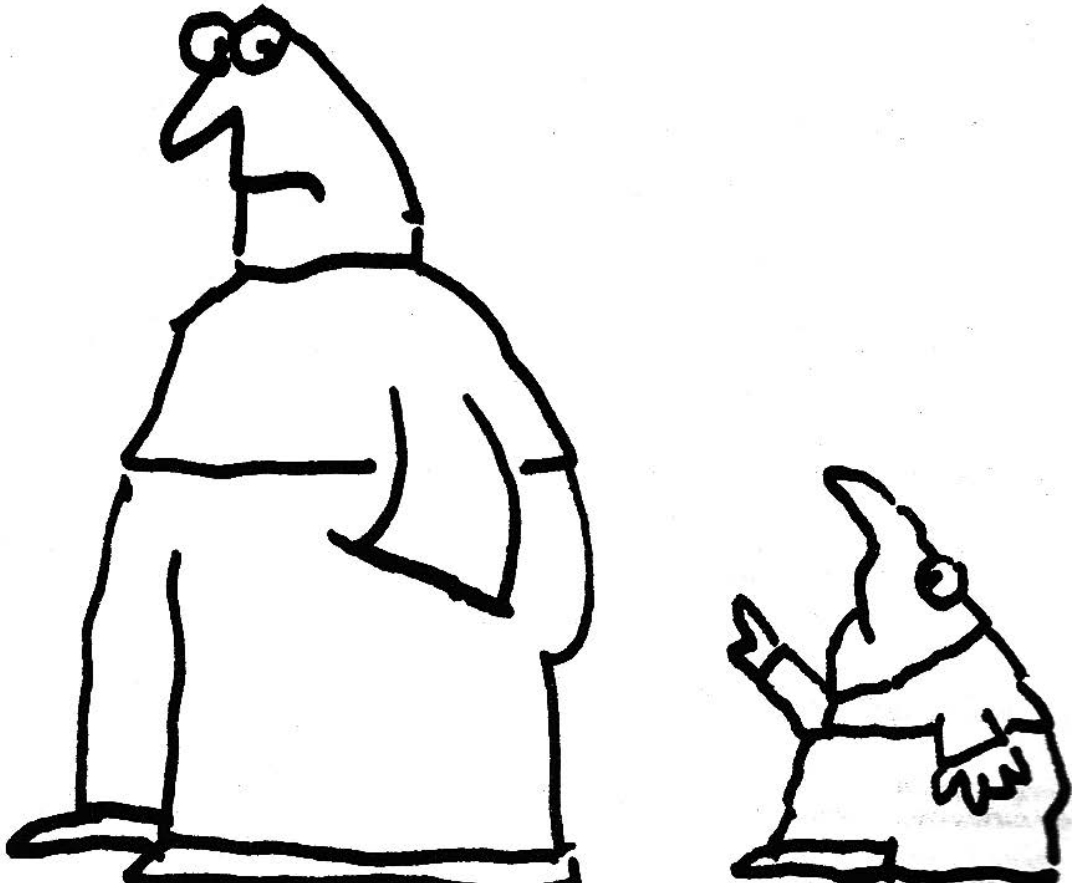
She walked wearily into the bathroom and took a Valium. Then, as she stood looking at herself in the mirror, she started to cry. Why, why, with all her good looks and intelligence, couldn't she find someone to love? She threw herself on her bed and sobbed uncontrollably. Her mind unleashed a flood of 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?

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Why Don't You Touch?



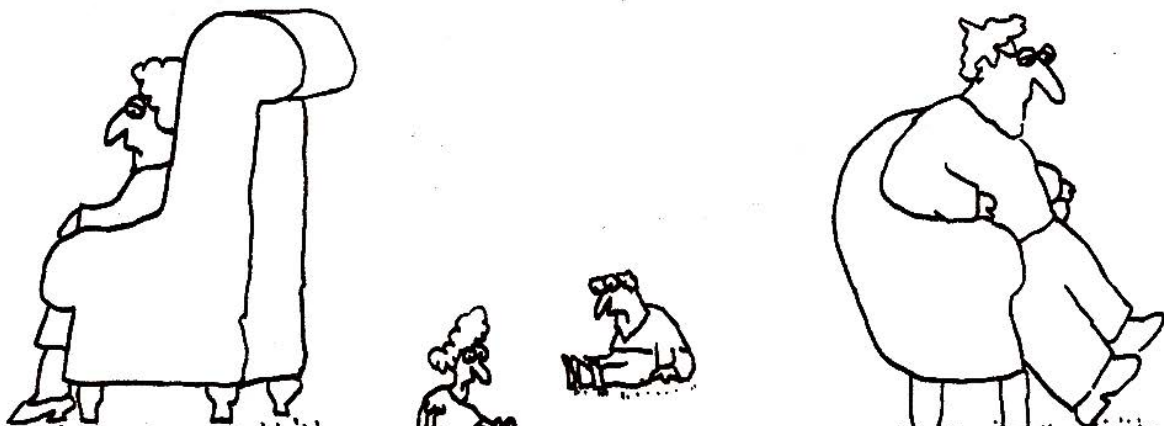
My family never touched

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.

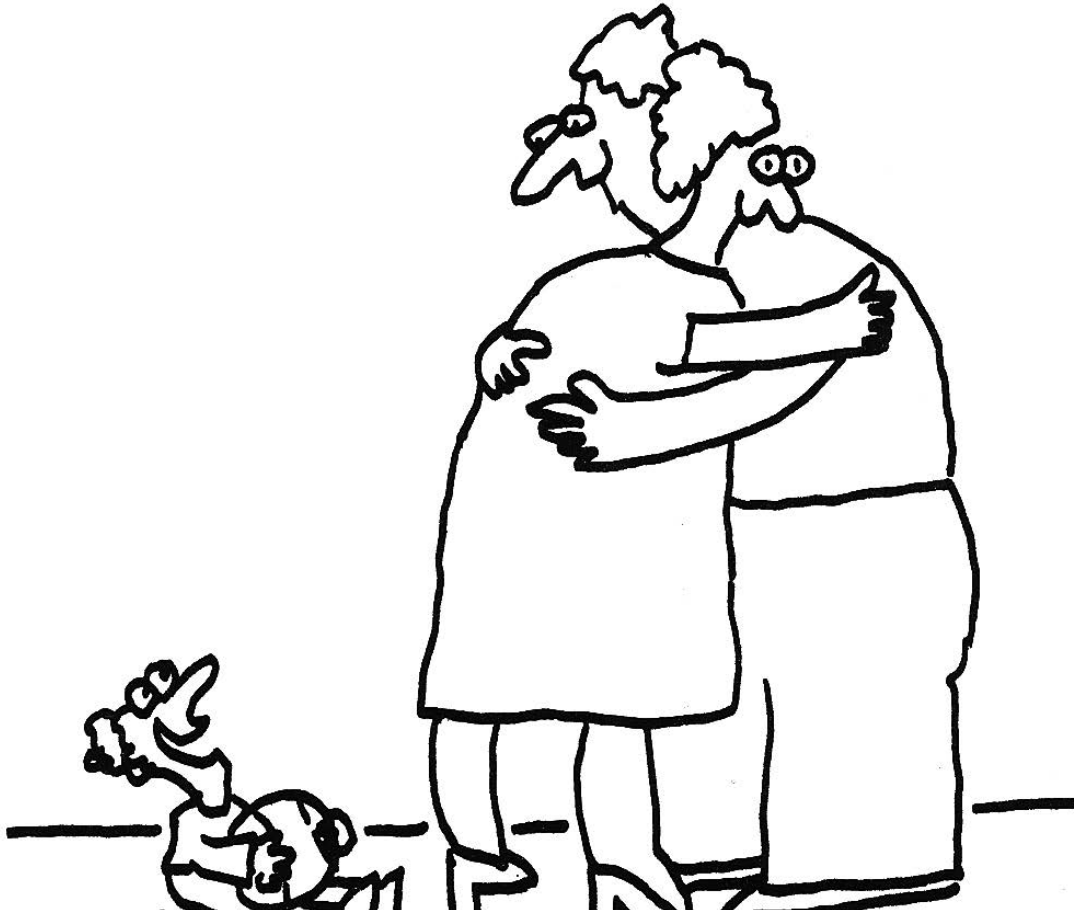


Absence of touch between parents starves the child

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.



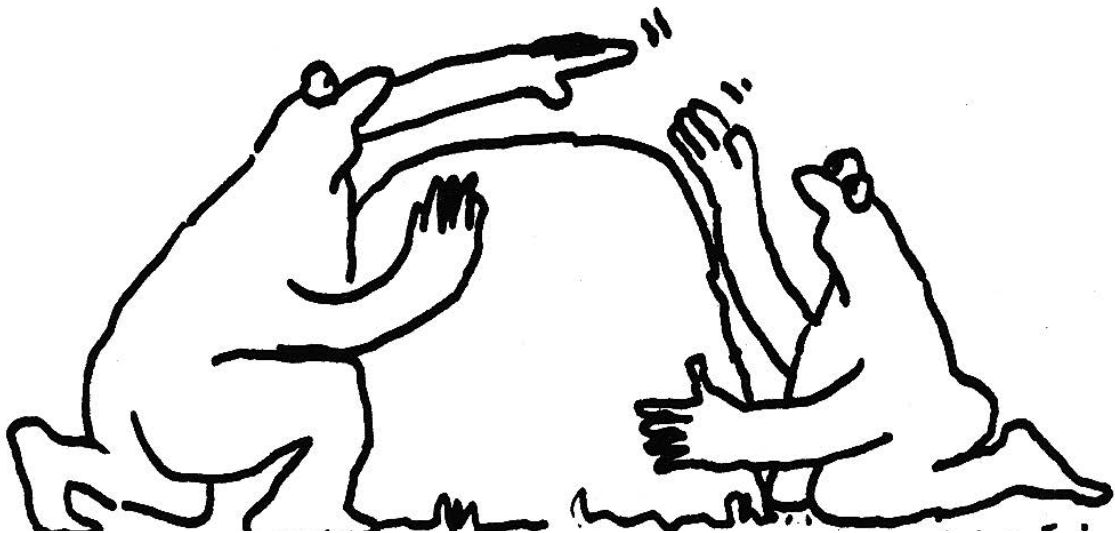
Affection between parents feeds the child

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:

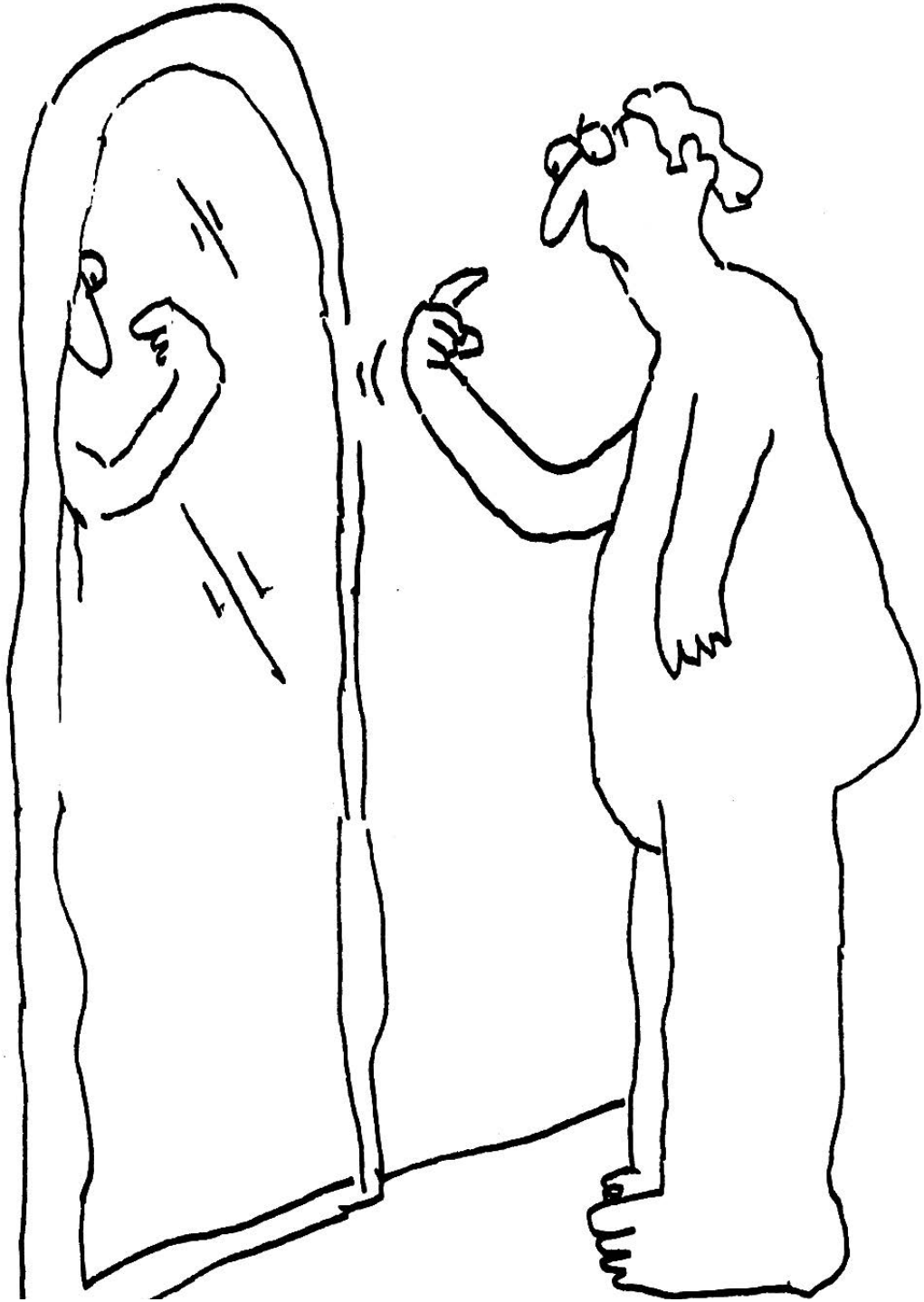
I'm shy. I don't want to invade someone's privacy. People will think I'm gay. I might smell bad. Touching is only for family. Touching means you're weak. I was taught not to show my feelings. Touch means you want sex. I might be rejected. I'm afraid of something ... I don't know what. Only children touch 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

Why Don't You Touch?



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

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.



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

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.

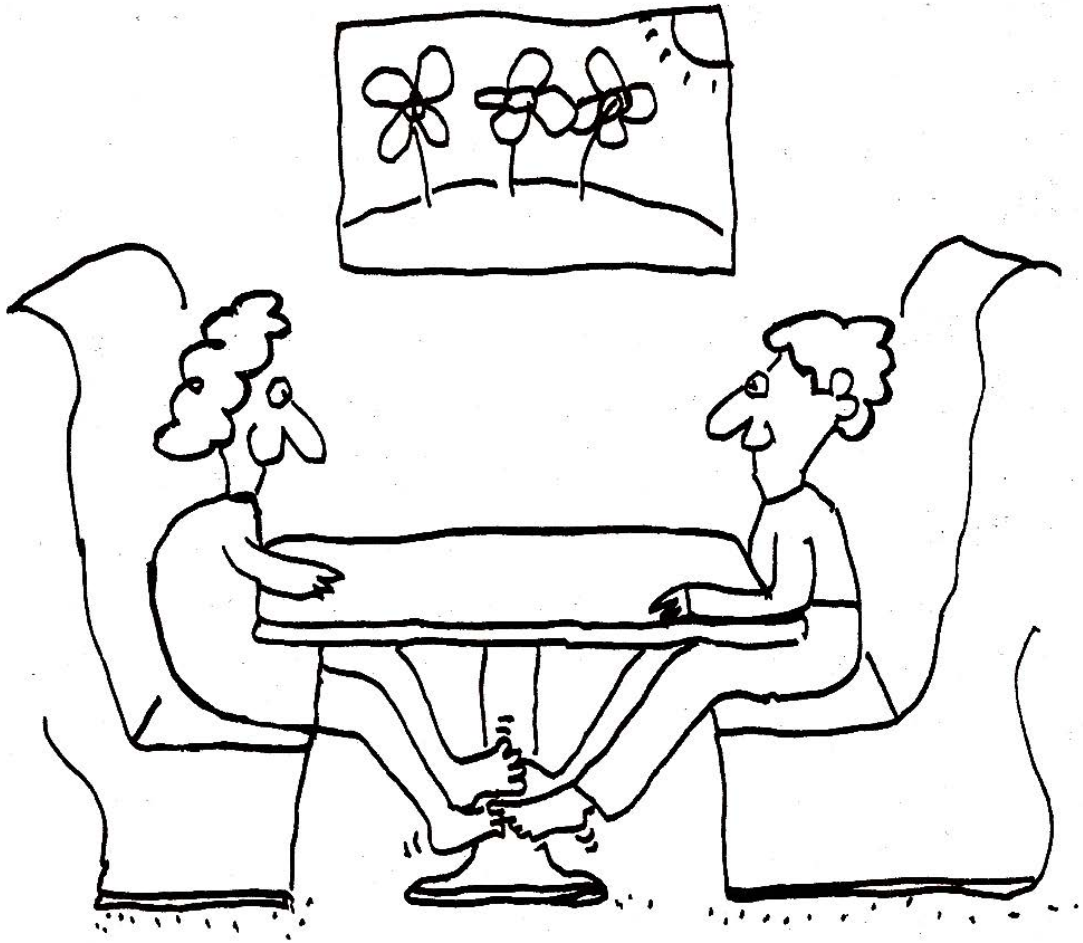
Relationships are filled with pain ... and joy. The joy comes when you are moving full-stride toward your infinite goal and you feel your mate right beside you, matching your progress step for step. The joy is increased when you hear your laughter being echoed and feel your touch being returned.

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.

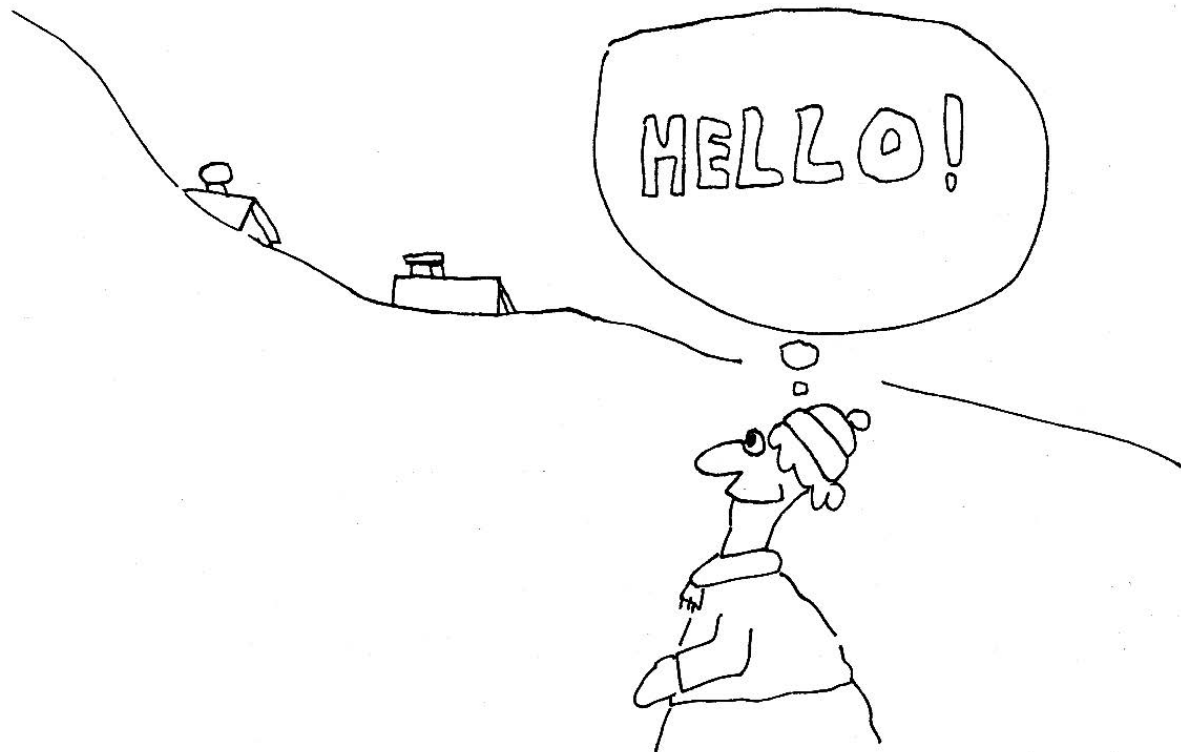
Communication has taken place on all of these levels. Communication can be defined as the exchange of energy between two or more people through a series of actions and reactions. The most personal of these forms of exchange is physical touch, the deepest and most bonding of the forms. It is also usually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

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
