

## Kinesiology

Kinesiology uses the relationship between thoughts and the muscles of the body to access knowledge. The relationship between thoughts and muscles has been studied, recorded, and utilized by medical science in the rehabilitation of muscles for many years. There is nothing of *voodoo* or magic in this simple relationship and the use of it. Kinesiology is often referred to as muscle testing, bio-kinetic testing, energy testing, etc.

### Energy

When discussing muscle testing, you will often hear the term subtle energy or just energy. To what do these terms refer, **exactly**? That is difficult to answer because what is being referred to is such an insubstantial thing with a multitude of characteristics. Some kinesiologists describe energy as an extension of the electromagnetic energy produced by the body. Donna Eden, in her book Energy Medicine, describes it as wavelengths, rates of vibrations, and patterns of pulsation that are *“the common vocabulary of the body, mind, and soul”*. Whatever it is, and however you describe it, energy is something as real and as definite as magnetism or gravity. This energy is identified, measured, and quantified in the world everyday. This energy is being measured whenever a doctor orders an EKG, etc.

There are many branches, or fields, of kinesiology, and they are as varied as the people who have developed and are practicing them. There are some beliefs, however, that are common to all. Among these is the fundamental assumption, borne out by experience, that each of us possesses a complete knowledge of the basic blueprint of our own creation. In addition, it is assumed that we always know the status of our body, mind, and soul at a given time. This is certainly not always a conscious knowing. Sometimes we even seem to hide this knowledge from our conscious mind deliberately. Even so, it is always reflected very accurately in our energy field. Muscle testing is a simple, effective tool that allows us to bring this useful information to our conscious attention.

It is my personal belief that muscle testing is a simple—no more than grade school level—method of accessing the knowledge available in the universe. In other words, muscle testing is a very rudimentary method of tapping into God’s knowledge. Are there better ways? Of course. They are intuitions, inspiration, and prayer.

I have found, over many years, that the development of good muscle testing skills can sharpen our perceptions, give us confidence and trust in the intuitive feelings that we have, and teach us to walk more closely with heaven. I hope that this will be your experience also. After a while, you should find yourself using muscle testing less and less as you learn to trust the things that you just *know* to be true.

### Learning to Muscle Test

How do you learn to muscle test? First, read the information on the next two pages and get your body into a state of basic balance. Then have a good talk with yourself. I mean this quite literally. Tell you mind/body complex what you want it to do. For example, say to yourself “I want to sway forward when the thing I am saying, or thinking, or about to put into my body is right and true, and sway backward when it is not”. Then practise a few times by saying “yes” (sway forward) and “no” (sway backward). If you need to, make yourself sway, consciously. You are working with muscles, and just like when learning to ride a bike, they may need to be taught what is expected of them and what they should do. When simple yes and no is testing strongly, move on to making basic statements. It is always better and less confusing to make statement rather than to ask questions.

Some examples of basic questions are listed below:

To Sway Forward

My name is (state your name).  
 Say words such as "love", etc.  
 Think of something pleasant.  
 Think of a food or activity that you like.  
 Other phrases might be:  
 "I enjoy my work."  
 "I need time alone."  
 "I am married."

To Sway Backward

My name is (state a fictitious name).  
 Say words such as "hate" or "anger".  
 Think of something unpleasant.  
 Think of a food or activity that you dislike.

Keep practising and balancing, using the techniques on the following page, until you can feel the difference in the energy and are testing accurately.

## Muscles to Test

Any muscle may be tested. When you are reasonably comfortable with the sway, try testing other muscles. Once again, talk to yourself firmly and clearly. For example: Make a circle with the thumb and index finger of your left hand. Tell your left hand that these fingers are to hold firmly for accurate and true things, and *break* or release (the equivalent of swaying backward) for inaccurate statements. Put the index finger of your right hand in the circle made by your left hand. Make a statement and then put pressure against the circle with the finger of your right hand. You can test absolutely any muscle of the body with practise.

Making statements and then testing a muscle is one common way to muscle test. Another simple use for this skill (after giving your body instructions) is to hold an item in your hand (or place it on your chest) and see if you sway forward or backward. I like to teach this skill to children, even very young ones, with food allergies. They can quickly determine whether or not a food that is being offered them is going to be a problem or not. I find that children learn to muscle test very easily, and usually test very accurately almost immediately.

Often muscle testing is done by having a person hold their arm up and away from their body, make a statement, and another person applies pressure to the muscle. Very little pressure should be applied to a muscle, in any scenario. A good rule is to use no more than 2 pounds of pressure (the weight of a bag of powdered sugar) for no more than 2 seconds.

## Surrogate Testing

Kinesthetic testing (muscles testing) is sometimes done using another person as a *surrogate*. For example, a mother may hold an infant or small child on her lap and test, using her own muscles rather than those of the child, to determine the response. When testing small children, a very weak or sick person, or a very elderly one, it is often necessary to test this way. In the early stages of your developing muscle testing skills, it is best to make sure that the person being tested and the surrogate are touching each other in some way. It is possible, when you have become skilled at muscle testing, to test very accurately for a person across the room or even someone who is far away. This is an advanced skill. It is easy to miss little pieces of the puzzle and obtain inaccurate answers with this form of testing. As you become more confident and better at your statements you will probably find yourself doing this from time to time.

## Brief - very brief - information and tips on muscle testing

### Tips on Balancing for Accurate Muscle Testing:

In order for your attempts to muscle test to be accurate and successful, there must be a minimum degree of balance within your own body or the body of the person you are testing. Different healing modalities accomplish this in different ways. Here are a few of my favorites.

**Thymus Thump:** There are many ways to do this. My favorite is to tap with my fingertips in a clockwise (up from the heart) direction for 2 or 3 rounds and then place the hand over the navel.

**Sideways Figure Eights:** Lock both hands together, extending the index fingers to make a pointer for your eyes to follow. With your eyes following and your head motionless, draw figure 8's lying on their sides. Making the 8's both large and small will bring small and large motor centers into play, as well as get your energy crossing the midline of the brain so that information being accessed is coming from both sides.

**Cross Crawls:** Begin by simply walking in place; then touch the left knee with the right hand and then the right knee with the left hand.

**Water:** Sometimes when you are getting opposite or confused responses, a glass of water is all that is needed.

**Essential Oils:** Often oils such as sandalwood, <sup>Le</sup>Unity, <sup>Le</sup>Tranquility, etc. (sold by Butterfly Express, llc) diffused or applied to the thymus area brings balance and accuracy.

**Chakra/Central Meridian Zipper:** Bring your hand up the midline 3 or 4 times.

### Confirming Basic Balance Before Beginning

This is accomplished by making both positive (accurate) and negative (inaccurate) statements and then muscle testing. I would recommend that you set your parameters for a strong (or forward) test on the positive/accurate statements.

### Types of Muscle Testing

**Response Testing:** Place an object on the thymus or just below the navel and determine whether the tested muscle stays strong or goes weak.

**Verbal Statement:** It is recommended that you make statements instead of ask questions. This requires both knowledge and skill. Your statements/questions will be only as good as your understanding and education make them and experience is the only way to get good at figuring out all the nuances of a situation and including them in your statements. The better you get at your statements and the more consistent you are about follow-up statements and the double check and rechecks that we will teach you today, the more accurate the information you obtain will be.

**Testing From a List or Book:** With a little bit of practice it is possible to become very accurate at testing what is needed from a list, whether or not you have personal knowledge of the items on the list or in the book. This is an amazing and useful skill. Homeopathic lists, a list of herbal remedies, and the information found in anatomy books make good things to test from.

### Possible Uses for Muscle Testing

- Muscle testing can help us identify substances, circumstances, and thought patterns that are harmful to us. Muscles testing can also aid us choosing substances and life styles that help us achieve our goals, have more energy, and maintain better health. It should be remembered that, sometimes, it is only the perception of a situation that makes a it stressful to us. Careful use of muscle testing can help us ascertain if our perspectives are as clear as they should be. Often it isn't so much that an event is inherently stressful as it is that our perception of it is stressful to us, individually.
- By allowing muscle testing to help guide our choices of alternative methods, modalities, and products, we can deal with our discomforts and ailments in the best possible manner.
- Muscles testing can, occasionally, aid us in solving the mysteries of the causes of our illnesses, anxieties, and pains. At the very least, muscle testing can aid us in identifying important contributing factors to problems that develop in our lives.

### Inappropriate Use of Muscle Testing

There are occasions and circumstances when the use of muscle testing is completely inappropriate. Certainly there are questions that should not be asked using a muscle test and there are ways of using muscle testing that are inherently wrong! Using muscle testing in these ways will cause harm—sometimes irreparable harm—in your life and, particularly, in your relationships with friends and family. ***This warning cannot be over-emphasized!*** It is extremely important that you think the following suggested taboos (and, probably, others I haven't thought to mention here) through very carefully, establish your own parameters, and never violate them no matter how much the situation tempts you!

Muscle testing is inappropriate, or just plain wrong, when:

- The person doing the testing has no right to the information being tested for, or the person we are testing would not want us to know. The end, here, does not justify the means. Invading another person's privacy by reading their mail is wrong; it is so much worse to read another person's mind or access their personal stuff without permission or without their knowledge using the muscle test.
- I believe that it is wrong, and usually damaging to a relationship, to muscle test for a person without being asked specifically *by that person*. Their mother, brother, aunt, or cousin asking you to test for them does not count as permission! There are few things in life as annoying as a person who jumps right in and gives us a back or neck massage that we do not want, or a person who speaks up with unsolicited advice. It is even more annoying to give people comments or answers, arrived at through muscle testing, without them asking. Muscle testing for a person who has not requested that you do so is almost always inappropriate.
- Even when the person has asked for your help and is willing to have you test for them, be very careful about using the muscle test to say things that you wouldn't dare say to them without muscle testing to back you up. It is easy to let your opinions sway the muscle test, especially if there are things you would like to tell them (your children or others) that they have been unwilling to hear. Using the muscle test in this way should only be done under the ***firmest*** directive of Heaven, even with (or especially with) family members.
- Always find someone else to do the testing if you are so involved in the situation or with the person that you cannot test from a clear, objective space. Try to never let your prejudices color your testing.
- ***Never*** use muscle testing to predict the future! This should need no further explanation.
- If your intuition, or the whisperings of the Spirit, tell you not to test a particular thing or situation, don't test for it!. There will be occasions when the Spirit will send you places where all of the above parameters have not been met. If this happens, you will have to find your own way, using prayer and inspiration. Always be very careful in these situations, but don't fail to do the good that Heaven has called upon you to do, either.

**A few Basic Rules of Kinesthetic Testing:** (I know that I am repeating myself here. I think it is important.)

1. **Always obtain permission**—verbal permission first, if that is possible, and energy permission. Energy permission is of **vital importance!** Never, never continue when you don't have it! If energy permission is denied, it is sometimes possible to establish through muscle testing the exact cause of the refusal. The refusal can be coming from either the client or the practitioner and can be as simple as a need for a drink of water by one of the other. A common reason for lack of permission is that the person is already doing something 'energetically' such as a homeopathic, essential oil, etc. and it would be overwhelming to their energy system to make further changes at this time.
2. **Remain objective** Test with an open and curious mind, being willing to put your own expectations and prejudices aside. If you do this you will be far more effective and more accurate, and you will learn some interesting things. Bear in mind, though, that there are many ways to accomplish an energy task. I have often had the experience of saying, 'There is something else that would be easier or less time-consuming that would be of equal value' and been given several alternative choices, all equally valid. Your intention or opinion can substantially affect the test.
3. **Value your intuition** This intuition is an inspired hunch (or Heaven's directions) and can be a very valuable skill to possess. Everyone I have ever worked with, as they became adept at energy testing, began to exhibit a high degree of intuition. They simply 'know' as they test what the answer will be, and when time is short or nonexistent (an emergency situation) they know, intuitively, what to do and what herb, etc., to reach for.
4. **Use cross-checks to validate your testing** Whenever possible, make a statement, test, and then make the statement in reverse (if it was positive, phrase it negatively) and test again. If an answer goes against common sense, wait a while and test again after some thought and study. You or the person you are working with have gone this long without that piece of information. Chances are they can make it another hour or another day until you are sure of your answers.
5. **Be very clear in your statements** The energy system is much like a computer. It takes you very literally. You must be sure what information you are trying to obtain and you must state it clearly. If you are testing for quantity, always say, 'At least one, at least two, etc.'
6. **Set parameters for the test** Learn to talk to yourself! Tell your energy system what information you are trying to obtain and let it know that you intend to keep testing until all the pieces are in place.
7. **Never violate privacy** There are some questions you should never ask and some information you are not entitled to. This can vary from person to person, situation to situation. Your intuition and your conscience should be your guide. Do not ask for any information that you are not willing to admit to having obtained. This is not a problem if you always test out loud, but can be a temptation when working quickly and quietly to yourself. Please trust me on this one—do not violate agency or privacy in any way. The harm it will do—to them and to you—cannot even begin to be measured. Just don't go there!! The end does not justify the means.
8. **Always remember the follow-up questions.** These are statements such as "anything else", "anything different that would be better in some way", "any reason not to do this or use this at this time", "anything in addition" The use of these statements will make you far more effective and certainly save you a lot of grief and mistakes.