

# The Art of Communicating How Muscle Testing Works

By Arlene and Larry Green

We use muscle testing as a communication tool. 50% of successfully performing a muscle test is in verbally communicating with the person being tested. **Explaining to them what muscle testing is and how it works** and educating the person about their role/responsibility in the muscle monitoring procedure is important. We explain they have a part in this co-operative venture.

Another crucial aspect of communicating muscle testing is **tailoring what you say to your audience**. Talking in technical jargon to some people is a convincing strategy. They are impressed with facts, technical and scientific language, and references to studies. Other people are turned off or intimidated by this approach. Being too vague or talking in "energy" terms, may not work for others. Tailoring your communication is essential to keep their interest and be successful. Also, most important, is being sincere, confident and believing in what you are saying and doing.

When you offer to muscle test someone who has never experienced it, you are in effect asking them to try something new. It is a useful strategy in this situation to have a 30 second explanation of what you are offering. It's also useful to have a 2 minute explanation, and a longer explanation. You never know how long the initial opportunity to explain this will be.

Choose an explanation that you like and feel comfortable with, and memorize it. This can be very useful, especially for beginners. That way you don't have to stumble finding the words when someone asks, "Just what is muscle testing?"

Another important distinction to make when talking about kinesiology is the difference between **features and benefits**. Features describe what we do (we push on muscle, we balance meridians, we check for hydration) Benefits are what people are interested in ('we can help you feel less stressed, you'll probably have more energy after a balance, pain often decreases.')

People also respond well to stories. Know some **good stories** of people who have been helped. And particularly share your own experiences receiving and offering kinesiology. If you would like to see many testimonials from students and clients go to: [www.USkinesiology.com](http://www.USkinesiology.com)

Lastly before describing ways to talk about what you do, you could introduce people to muscle testing by asking them if you can show them something (prior to explaining it.) Ask them to hold out an arm, then lightly test and have them notice your pressure. Then using spindle cells, central meridian or "think of something stressful" give them the experience of being muscle tested. This almost always gets their curiosity. Another strategy might be to have the person muscle test you.

Each person is going to have their own preferences and unique ways of talking about muscle testing. There is no right or wrong way, just what works well for you.

## **Background Explanations of Muscle Testing**

"Inherent in all life forms is the capacity to detect change and react correctly. The body can discern to the finest degree the difference between that which is supportive of life and that which is not." Dr. David Hawkins Power vs. Force

Kinesiology is the 'wormhole' between two universes – the physical world, and the world of the mind and spirit – an interface between two dimensions. P. 299 Dr. David Hawkins in Power vs. Force

You have within you a unique human bio-computer, which serves you by making moment-to-moment decisions. How you look, feel and behave is a result of these decisions. The bio-computer always makes the best possible choice it can, given the information it has available at the time. Using muscle testing, you are actually using a language that communicates with our bio-computer. You create communication links that allow the bio-computer to evaluate how good a job it is currently doing and to upgrade decisions that contribute to your well-being. There are many ways to interpret the language of the bio-computer, such as recognizing pain, taking blood tests, using bio-feedback, looking at the posture, etc. However, muscle testing is a language that allows you to establish a two-way communication that is easily learned and can be used by anyone.

We are structural, biochemical, emotional, mental and spiritual beings. When any one of these sides of ourselves are stressed or unbalanced, all the other sides can become effected. Emotional stress affects our chemistry, which can effect our mental states, which can effect how we hold ourselves structurally, which can cause pain creating emotional distress. Muscle testing or energy checking can identify subtle changes in the flow of energy on any of these levels.

When we think of a stressful thought and muscle test, the muscle will likely respond weaker. Its not that the actual muscle is weak, but that the electromagnetic energy impulse from the thought temporarily interrupted the nerve transmission to the muscle so that it cannot operate at its best in that moment.

Kinesiology is more than just a structural assessment of the body's musculature. Muscle testing of each of the body's meridian systems can give us a 'computer readout' of the internal status of the body.

TFH and kinesiology blend both Eastern and Western research. It draws upon 5000 years of acupuncture theory and experience, and western scientific observation (empiricism), research and controlled studies.

Dr. Richard Gerber in his book Vibrational Medicine refers to the meridian system as 'the etheric interface between the physical and energetic bodies.'

Physiologically, when we muscle test, our sensory nerves have recorded our testing pressure and sent this information to the spinal cord, limbic system and brain. The

system responds by sending information down the motor nerve to tell the muscle to lock or unlock. If the muscle does not lock we know that somewhere in the energy circuitry an imbalance is occurring. (Or: there is stress in the system).

This is for someone with a strong Christian or religious background, courtesy of Dr. Thie (I am paraphrasing what I recall he says.) 'We were created by a Divine creator, who imbued creation with an intelligent design. When we do TFH we are accessing the intelligent design that the Divine creator placed within us.'

### **Sample Explanations of Muscle Testing**

Muscle Testing is an art and a science.

Muscle testing shows stress response.

Muscle testing is a body biofeedback mechanism.

Muscle testing is a biofeedback mechanism that allows us to access the body's biocomputer and upgrade its performance.

What we are looking for are differences in muscle strength and performance. (or muscle response.)

In muscle testing we start with the muscle in its contracted position and push back into extension. This is opposite of what the muscle does when it works. For example the quadriceps bring the leg up. We start with it up and then push down.

The brain/body are like a computer and we are accessing its information. With Muscle Testing we can identify imbalances and then figure out how to upgrade our present and future performances.

Muscle testing is an extension of our intuition

Muscle testing is a tool that can tap in to the body's Innate Intelligence.

With muscle testing we can find information that will enhance personal power for health improvement, disease prevention, and releasing natural healing energies.

The body is electromagnetic in nature and we are testing the electrical current in the muscle.

When we muscle test we are getting feedback about the energy system in the body. It is really more of an energy assessment than a test of muscle strength. Sometimes it's called energy testing.

Every individual responds somewhat differently with muscle testing. It's like dancing the foxtrot, the steps are always the same but you have to find the right rhythm with each new partner.

Muscle testing is a co-operative venture. We decide together about the results. As the tester I have a part to play, and so do you as the testee. Your role is to notice if the muscle locks or does not lock. Does it have integrity with each test? Both roles require an unbiased, neutral stance and a degree of openness and curiosity.

Through accurate muscle testing we find energy and muscular imbalances. We can also find stress patterns in the system at structural, biochemical, emotional and mental levels.

When we have a goal and muscle test the meridian system, we get a snapshot (or energetic readout) of the energy imbalances in relation to that goal.

Changes in the meridian or energy systems translate through and affect nervous system and subsequently affect muscle response, which can all be monitored through the technique of muscle testing.

Kinesiology techniques are safe, simple, easy to learn and use.

### **Sample Explanations of the Meridians**

'Meridians are the interface between the physical and energetic bodies' - Richard Gerber M.D.

The meridians are 'energy pathways' that were discovered 5000 years ago by the Chinese.

The body has an energetic blueprint that directs its incredible intricate workings. We call this blueprint the acupuncture meridian system.

The meridians are subtle and constantly in flux. Our body temperature whether it is a hot or cold day aims towards homeostasis or equilibrium. So do the meridians.

Energy flows like water in a hose until it gets a kink. If it gets blocked it backs up or flows elsewhere. We work with meridians to unblock the flow.

The meridians, mapped out by the Chinese some 5000 years ago, have been measured by western scientific technology electronically, thermally and radioactively.

The acupuncture meridian points are measurably lower in terms of electrical resistance than surrounding tissues.

The meridians were named after life functions or common organs by the Chinese. There is a very complex interplay between all the meridians, and just because you have one that is under-energized today, does not indicate a problem with the organ or function it's named after.

The acupuncture meridian system exists in chicken embryos 24 hours after conception and before cell differentiation. (From Vibrational Medicine by Richard Gerber M.D.)

*These are 'sound bites' of introductory information about muscle testing and the meridian system. Write down similar lines when you hear other explanations that sound good. With this information you'll be better prepared to share a variety of different ways to introduce muscle testing and kinesiology.*