



Testing Yourself

Put the thumb and index finger of one hand together, then join the thumb and index finger of the other hand over the loop made by the first hand (see above). Make a statement as described ****, then immediately gently but firmly try to pull your hands apart, attempting to break the loop created by the thumbs and forefingers. Breaking the loop indicates a negative response, while inability to separate them indicates a positive response.

Muscle testing can also be performed on yourself standing up. Hold the object to your solar plexus or form the statement in your mind. Close your eyes and stand quietly. After a moment you will feel a movement, for some it's a sudden sway while for others it can be a gentle leaning. Pay attention to which way your body leans/sways. A forward lean indicates a positive response, while a backward lean indicates a negative response.



The body has surrounding and within it an electrical network, or grid. When anything that does not enhance or maintain your body's health or balance impacts this electrical system, the muscles are unable to hold their strength against physical pressure. For example, when an individual stands with their arm extended and something adversely affecting the body's electrical network is applied, the person will be unable to resist the pressure of another person pushing downward on their arm. If an object that enhances or supports the body's health and balance is applied, the muscles will remain strong and be able to easily resist the pressure and hold their position.

This relationship between the body's electrical network and muscular system is a natural part of the human system, and falls within the laws of physics. There is nothing mystical or magical about it. As such, muscle testing is a quick, easy and unbiased way to test whether objects, programs or regimens are beneficial to a person's health and wellbeing.



Testing Others

Have the person remove glasses, jewelry and any metal from the midline of the body and the test arm. Tap the person's thymus (about two inches below the collarbone, in the middle of the sternum) to balance the energy meridians.

Stand behind the person (or off to the side, **not** in front of them) and have them extend their dominant arm at a 90° angle. Instruct the person to lock their arm to resist the pressure. Think silently to yourself "strong," then say "Hold" aloud. Gently but firmly push the person's wrist downward. Next think silently to yourself "weak," then instruct the person to "hold" and push downward again.

After establishing a baseline, you are ready to test an object, program or regimen. If testing a program or non-physical object, make a statement silently in your head (i.e., "Massage will be helpful."). **DO NOT ask a question**, such as "Will a massage be helpful?" Once you have made the statement, immediately test the person. A strong resistance indicates a yes response, a weak resistance indicates a no. If testing an object, place the object in the person's non-dominant hand and have them hold it against their solar plexus (without looking at it) while testing.