

Muscle Testing Instructions or How to Avoid the Common Mistakes of Muscle Testing.

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- I. **Preparation.** Healing from the Body Level Up (and energy psychology in general) works with the conscious mind, unconscious mind, body and soul simultaneously. In order to do the healing the client needs to be able to consciously access information from all levels of the being.
 - a. **Accessing the unconscious mind.** The unconscious mind can be accessed using the NLP technique of going inside and talking to the part that needs healing. The response takes the following forms:
 - i. Visual: a picture, a memory, a dream that you see
 - ii. Auditory: a thought in words, a piece of music, a tone of voice
 - iii. Kinesthetic: A physical or emotional sensation felt in the body. (Sometimes there is a taste or smell response).
 - b. **Accessing the body and soul.** We consciously access information from the body and soul levels using an applied kinesiology technique called muscle testing (which is based on the same principle as lie detector testing; that is, the body will register true or false questions).
 - c. Once we have established communication with the unconscious mind, body, and soul, THE CLIENT'S SOUL/DEEPEST WISDOM DICTATES ALL OF THE GOALS, DIRECTIONS, AND HEALING STEPS that we do during a session. This includes information about which patterns interfere with the goal, where they are located in the body, and which interventions to use to clear it.
- II. **Muscle Testing.**
 - a. We will ask yes/no (true/false) questions of your body. Your conscious mind's job is to send the question into your body, watch the answer your body gives, and *then* think about it. Remember, the sequence is **down, test, think** in that order.
 - b. The reason we do this because we don't want your conscious mind to answer these questions. If I wanted your conscious answer, I would ask your face. I'm assuming that if the problem was conscious, you would have figured it out by now and not be here in my office.
 - c. So, we need to communicate with your unconscious mind, body, and soul to find out what else might be happening here. Even if your conscious mind thinks it knows the answer, we still want to know what the other levels of your being have to say. The proper attitude of your conscious mind (and mine) is an open ended scientific curiosity of *I don't know the answer and am interested to find out what the rest of me has to say about the issue*. Even if the question sounds fascinating, and many of them will, send the question straight down into the body rather than holding it in your head and thinking about it.
 - d. Stay consciously alert while we do the muscle testing. Whether you prefer to keep your eyes open or closed, stay awake and don't space out or go on auto-pilot. Each question needs to be sent down into your body for evaluation.