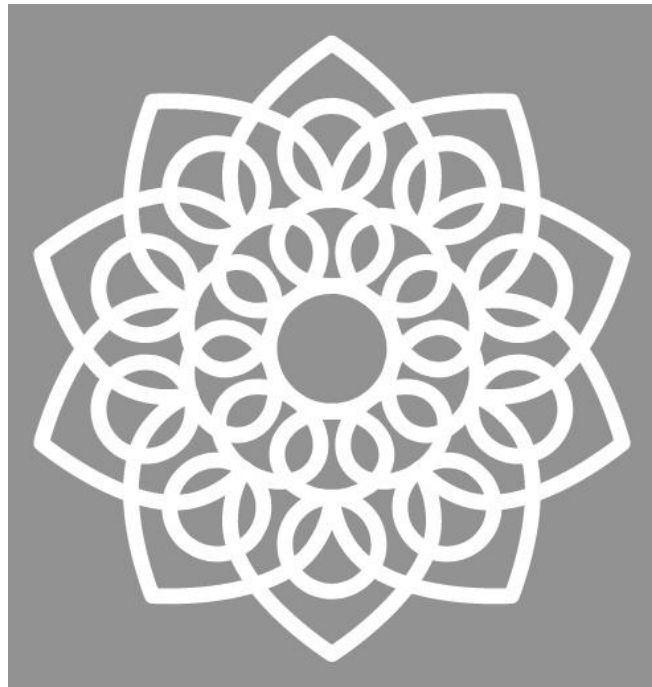


# *Energy Healing & Diagnostics Master Class*

Manual

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## Muscle Testing Instructions for Facilitators and Clients or How to Avoid the Common Mistakes of Muscle Testing.

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(adapted from HBLU Module 1 Manual)

**Preparation.** We start the work by explaining to the client that 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 his being.

1. Accessing the unconscious mind. Teach the client that he can access his unconscious mind using the NLP technique of going inside and talking to the part that needs healing. The response takes the following forms:
  - Visual; a picture, a memory, a dream that you can see,
  - Auditory; a thought in words, a piece of music, a tone of voice,
  - Kinesthetic; a physical or emotional sensation felt in the body. (Sometimes there is a taste or smell response.)
2. Accessing the body and soul. We teach the client how to 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 to questions).
3. 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.

**Process.** We will ask yes/no i.e. 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, THEN think** in that order.

1. The reason we do it this way is that we don't want your conscious mind to answer these questions. If I wanted your conscious answer, I'd 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.
2. 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.

3. 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."

4. 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.

Get Yes & No answer.

**"From your deepest wisdom, body show us a yes"** (*Muscle test the yes signal.*) **"From your deepest wisdom, body show us a no"**. (*Muscle test the no signal.*)

**Timing Issues for the Facilitator.** Finish asking the question and allow it to register in the client's body.

Timing: some clients register the answer immediately.

Some clients may require a brief pause between question and testing, and some clients you may have to count to three before testing.

With clients whose native language is different from the one you are working in, they may have to translate the question before sending it into their body. Have the client signal you when the question has registered in his body

**Unexpected Results.** If the client gives muscle testing signals that are different than what you expect, go to the muscle testing troubleshooting guide and heal the client's body and energy field to correct the muscle testing.

**\*\*Facilitators, do not surrogate muscle test yourself for the client and give the client answers from your body. The client may begin to suspect that the therapist is imposing the therapist's answers upon the client and doubt that the answers are really coming from within herself. The real work here is to unblock or repair the client's energy field so that he can get real answers from *within himself*. \*\***

**Indicator Mode.** For counting lists or numbers of things we switch into Indicator Mode.

Say to the client, "In indicator mode, you will count and then you will sway backward when you get to the right number (sometimes it is forward). Then we'll double check the answer in yes/no mode."

State the question as follows, "in indicator mode \_\_\_\_\_ (and then start counting).

Examples:

"This trauma occurred at what age, going for indicator, between:

Conception to birth

0-10 years old

11-20 years old

21-30 years old ..."

"What is the priority intervention to use, going for indicator, 1, 2, 3, 4, 5, ...."

1. Until the client is familiar with switching modes, during the first few sessions, remember to look the client in the eye while saying, "In indicator mode..." and wait till they nod to let you know they've switched modes. Then say, "double checking with yes/no...", look the client in the eye and wait till they nod to let you know they've switched back into yes/no mode.

2. Handy tips for keeping yes/no and indicator modes distinct. Some of our colleagues like to say, "In indicator mode, *counting* 1, 2, 3, etc." Some of our colleagues like to say, "Drop to indicate, 1, 2, 3, etc."

**Never** say, "Going for indicator *is it* 1, 2, 3, etc." "Is it" is a yes/no question, and mixes the two modes creating confusion.

## SIMPLE CLEARING & CALIBRATING THE SYSTEM (by Hillary Straus, LMHC)

A machine cannot run accurately if it is not calibrated, the same way the body needs to calibrate to ensure accurate answers from muscle testing.

Each time your client begins the muscle testing, they must start with a simple clearing process and then calibration, which include:

### Simple Clearing – (Start Ever Session with this)

- Cooks Balance
- Meridian Flushing
- Brief Energy Correction
- Drink Water!

### Calibration

- Identifying a “yes” answer
- Identifying a “no” answer
- Asking directly “does this being have any blocks in their energy field” and “does this being have any partial blocks in their energy field”
- Verifying the opposite answer when asking the question in reverse

Specific steps and instructions are below and the next page.

### SIMPLE CLEARING INSTRUCTIONS

#### 1. Cooks Balance – Connects all the energy circuits in the body at one time and gets all the electrical energy in the body moving if it is blocked

- Can be done sitting or standing
  - Have palms facing outward and cross hands at the wrists, palms facing each other, and interlock fingers.
  - Pull clasped hands upward and rotate outward so that your pinkie’s are towards the chest, the thumbs face outward.
  - Cross one leg over the other.
  - Take 5-6 slow deep breaths until you feel your energy settle.
  - Unfold yourself.
  - Stand with feet apart. Touch fingertips and make a “steeple” and place the thumbs at your heart center and breathe 5-6 more slow breaths.



#### 2. Meridian Flushing – Energize and cleanse the meridians

- Cup your hands at the bottom of your torso. Make a flushing motion up the center of your body to your chin. Repeat 3-4 or more times.

#### Meridian Flush



Bring Arms Directly Up

**3. Brief Energy Correction –** Central nervous system reboot. There is a theory in the world of energy psychology that sometimes, some people's nervous systems get disorganized or "switched." A disconnect in nerve impulses seems to cause this disorganization. And when our energy fields are disorganized, meridian tapping techniques are not effective. The BEC hand positions and breaths allow us to reorganize and "un-switch" the energy within our system

- a. Hook a finger from one hand on the edge of your navel, continue holding the navel with one hand and

***Move your other hand to the following places, holding each for 9-10 repetitions:***

1. Both sides of the collar bone, using thumb and index finger on either side
2. Under the nose, using index and middle finger
3. Under the mouth, using index and middle finger
4. Rub Sacrum - at/just above the tailbone

Now you can calibrate the system.

#### **CALIBRATION QUESTIONS**

1. MT - Body show us a "yes" answer
2. MT - Body show us a "no" answer
3. MT - "does this being have any blocks in their energy field"  
"do you not have any blocks?"
4. MT - "does this being have any partial blocks in their energy field"  
"do you not have any partial blocks?"

**If you receive anything other than a forward on "yes", a backward on "no", and the opposite for "do you not" questions,  
proceed to the trouble shooting guides on the following pages.**

**If all the answers are what is expected and they do not have any blocks or partial blocks, then the system is calibrated and ready for muscle testing and continue with the session.**

## MUSCLE TESTING TROUBLE SHOOTING GUIDE Copyright 2001, revised 2012 Judith A. Swack

1. The client tests **strong** on **yes** and **strong** on **no**. Say to the client, "you have a blocked energy field. This is caused by one or more phobias. It can be difficult to function when your energy field is blocked so, let's clear it now." The client agrees. Do the **Unblocking Procedure, page 8**

*Note: I have had several clients for whom it took three or four sessions of tapping to unblock their energy fields.*

2. The client tests **strong** on **yes** and **tense or sticky** on **no**. Ask the client by muscle testing, "does this being have any **partial** blockages in your energy field?" If the answer is yes, say, "this block is caused by one or more phobias. It can be difficult to function when your energy field is partially blocked so, let's clear it now." The client agrees. Do the **Unblocking Procedure, page 8**

3. The client tests **strong** on **yes** and **stronger** on **no**. Tell the client that this usually means that he has a phobia of saying "no" or a phobia of weakness. Ask the client if he recognizes that as a problem in his life, and discuss. Do the **Unblocking Procedure, page 8** and word the phobia, "I'm afraid to say no because..." or "I'm afraid to feel weak because..."

4. The client tests **weak** on **yes** and **strong** on **no**. Say to the client, "**you have a reversal**". That means you have a limiting belief that is affecting you strongly. A limiting belief is a one sentence structure that you feel is true even though you know better. What is the limiting belief that is up for you now?" Have the client **speak the limiting belief and locate it in the body. Treat the reversal with Natural Bio-Destressing (EFT)** because *these kinds of reversals are actually phobias*. Retest the client, and if he now muscle tests normally i.e. strong on yes and weak on no, muscle test and ask if there are any remaining blocks or partial blockages in his energy field. If yes, treat all the phobias until he tests that his energy field is completely unblocked.

5. The client tests **weak** on **yes** and **weak** on **no**. It could be **low blood sugar** or malnutrition. Ask the client when was the last time she ate? If it was several hours ago **feed the client** a beverage with sugar or a starchy snack. If the client has an eating disorder, discuss the eating disorder and tell her it will be the first thing we treat. Tell her that she must eat more the week before she comes in because her body is too weak to muscle test.

6. The client tests **weak** on **yes** and **weak** on **no**. If it isn't low blood sugar, say to the client, "you have a blown energy field. This is caused by one or more phobias that caused you to blow a fuse. It can be difficult to function when your energy field is blown so, let's turn the circuit breaker back on." The client agrees. **Do the Unblocking Procedure, page 8**

## UNBLOCKING THE ENERGY FIELD: PHOBIA PROCEDURE Copyright 2003, Judith A. Swack, Ph.D.

1. Have the client **read the Introduction** to Phobias - **PAGE: 9**
2. Ask the client to do a head to foot scan (I call it an emotional CAT scan) and **locate the phobia**. Explain that the phobia may feel like an anxiety, fear, or nervous energy in his body.
3. **Talk to the phobia** and have it say what it is afraid of. Since it is a phobia, make sure the wording sounds extreme, exaggerated, and irrational. Remind the client that a fear phobia ends in death, eternal torment, or rejection, and a shame phobia ends in an insult that feels like a slap in **the face**.
4. **Treat the phobia with Natural Bio-Destressing (EFT).**
5. **Retest** the client. If the muscle testing is still off, map and clear the next phobia(s) until he muscle tests normally i.e. strong on yes and weak on no. Then muscle test and ask if there are any remaining blocks or partial blockages in his energy field. If yes, treat all the remaining phobias until he tests that his energy field is completely unblocked.

**Special Case Example I.** A client tested **weak on yes** and **weak on no**; the fear was located in her solar plexus. When asked what the fear was, she said there was nothing there, she was blank. I took her answer at face value; there was nothing in the solar plexus. Since the solar plexus is the will center, I concluded that it was telling us that she had no will of her own. I said angrily to the client, "yes and no are irrelevant if you have no will of your own. Who did this to you?" She replied, "I don't know. My father?" I said, let's test that. She stood up and muscle tested beautifully strong on yes and weak on no and confirmed by muscle testing that her father had taken away her will. In that instant, she decided to take her will back!

**Special Case Example II.** A client tested **weak on yes** and **weak on no**. He **seemed** unable to lift his arms. I asked him why he was so passive; what **traumatized** him so badly that he couldn't even lift his arms? He replied that during divorce **proceedings** his **ex-wife** threatened to take away his children. Although he got joint custody, he **hadn't** been the same since. I told him it was time to get his power back. He immediately lifted his arms and muscle tested accurately!

**The Moral of the Story:** The first step of HBLU is to access the client's deepest wisdom through muscle testing. **Assume that if you get anything other than strong on yes and weak on no, the client is showing you something important about himself that needs immediate healing!** This trouble shooting guide is meant to help you figure out what you are seeing. If the client is doing something other than the common examples in this guide, use your intuition, powers of observation, and your client's insights and guesses to figure out what the client is showing you and treat it. Remember, the unblocking process itself is tremendously healing, and may even take 3-4 sessions to complete.



## INTRODUCTION TO PHOBIAS

(Simplified Process adapted from HBLU Module 1 Manual)

**What is a phobia?** A phobia is an exaggerated, irrational emotional (and physical) reaction that is out of proportion with what is happening in reality. People with phobias find that they can't mentally control or permanently talk themselves out of this reaction. Phobias range in severity from mild (i.e., the person may not even realize his anxiety is phobic) to severe (enough to send someone into a panic or freeze them up completely). I usually ask people to rate their phobic response on the following scale of 1-10+:

### DISCOMFORT SCALE

10+ I am numb, frozen; I feel nothing.

10 Panic. The discomfort is the worst it can possibly be. I can't tolerate it. 9 Discomfort is very close to intolerable.

8 Fear is very severe.

7 Fear is severe.

6 Fear is very uncomfortable.

5 Fear is uncomfortable, but I can tolerate it.

4 Fear is noticeable and bothersome, but I can deal with it. 3 I feel a slight degree of fear, but I am totally in control.

2 I'm rather calm, quite relaxed, with no fear.

1 I am perfectly calm - totally relaxed.

### How do people get phobias?

A phobia is a conditioned response of the fight/flight/freeze reflex that starts when a person experiences a traumatic shock (physical or emotional). At the time the flight/fight/freeze reflex fired off, anything that was in the environment can get associated with that memory. Later on, these associations can trigger this original reflex reaction, (like a body flashback) resulting in a phobic reaction, even when nothing dangerous or upsetting is occurring in the present moment. Depending on the circumstances the shock may imprint as a phobia, or in more severe cases, a trauma.

**Phobias come in two flavors: Fear & Shame.**

**Fear phobias** imply an outcome that is life-threatening and end in some form of **death, eternal torment, or rejection**. For example:

- "I'm afraid to speak in front of a large group of people I don't know because they will disagree with what I'm saying and kill me."
- "I'm afraid to feel angry because I will kill someone." *Sometimes, people also add "and be sent to hell" or "sent to outer darkness" (a place worse than hell).*

**Shame phobias** involve character assassination, i.e., there is something fundamentally wrong with me that I am ashamed to admit. For example:

- "I'm ashamed to speak in front of a large group of people I don't know because I'll forget what I'm saying and prove that I'm a stupid idiot.
- I'm ashamed to feel angry because it means I'm evil.

A **shame and fear hybrid phobia** example is:

- "I'm ashamed and afraid to speak in front of a large group of people I don't know because I'll forget what I'm saying, look foolish/stupid be rejected."

A person can have more than one phobia on the same subject. In the case of fear of driving over bridges, I often see,

"I'm afraid to drive over a bridge because it will collapse under me, and I will die" and "I'm afraid to drive over a bridge because I will drive off the edge to my death."

In order to clear a phobia it is necessary to use accurate wording. Phobias are extreme, black and white statements of the very worst things the client's unconscious mind and body imagined at the time of the initial shock. There are no maybe's, would's, could's, or might's. Phobias are statements of certainty. If the client does not name the most extreme version that his unconscious mind and body imagined (imagination is a two-edged sword) you cannot clear the complete phobia. So, in order to lighten up this process, I tell the client we are going to play a television game show called "Name That Phobia." **I remind the client not to give me any limp wording; phobias are very electric.**

**Note: There is no such thing as a fear of the unknown. This is a strategy to consciously avoid where the unconscious mind went because it's too painful/scary. Remind the client that the unconscious mind knows what it imagined and will tell us exactly what the phobia is so that we can clear it.**

### How do we clear phobias?

We ask the client to name the phobia precisely. (Remember that **fear phobias end in death, eternal torment, or rejection, and shame phobias end in an insult.**) Then we determine which example of the reaction would be the best one to use. It is usually the most charged example, either the worst example, or a recent example that makes it easy to recall the feeling. *Note: When you clear the most emotionally charged example it clears all the other repeats of the pattern through all time (forward and backward).*

Then the client concentrates on the feeling that memory evokes and uses a technique, typically an energy psychology technique like Natural Bio-Destressing. These techniques activate the calming reflex and clear the phobia by neutralizing the fight/flight/freeze reaction and deactivating the triggering stimuli. When a person has cleared the phobia, he/she is now normally cautious as opposed to phobic. So, if you have a fear of snakes, you will no longer react to a picture in a book or seeing them in a zoo. This does not mean that you're going to go handle them if you're not trained. Remember, *you don't have to be frightened to be cautious.*

**How are Phobias structured?**

Phobias commonly come as a two-part structure.

The **initial shock** is the reaction the client experiences while in the phobic life situation. We clear this while having the client *imagine being in* the moment that the phobic reaction occurs. (For example, with public speaking, imagine being on stage.)

**Anticipatory phobias** are the dread that something bad will happen again in the future. We clear this using either the best /most highly charged example of having experienced the anticipatory phobia in the past, **or** use the imaginary worst-case scenario of the future. (For example, with public speaking, focus on the fear you felt when you were asked to give a speech, or the fear you feel backstage before you get in front of the audience.)

## NAME THAT PHOBIA (PHOBIA PROTOCOL)

MT = Muscle Test the client. Preface all muscle testing questions with, "From your deepest wisdom (FYDW)..."

**Conscious Mind Etiquette:** The attitude is "I'm here to help," so **politely interview** (i.e. don't argue with) the phobia and then bring the body a healing technique to release it.

1. "What is the phobia about?" ("What is the subject of your phobia?") ex: heights, flying, public speaking, saying no, feeling a certain emotion, etc.
2. MT: "How many priority phobias do you have (on that subject)?"
3. MT: The priority phobia on this subject, is it:
  - a. a fear and shame hybrid phobia?
  - c. a plain fear phobia?
  - d. a plain shame phobia?
4. Write out the phobias in order of priority and word them exactly. MT that the phobia is worded accurately.

I'm **afraid** and **ashamed** to/of/that \_\_\_\_\_ I'm **afraid**  
 to/of/that \_\_\_\_\_ I'm **ashamed** to/of/that  
 \_\_\_\_\_ because  
 \_\_\_\_\_ and it means that I'm a  
 \_\_\_\_\_ (insult)

### **For fear phobias:**

MT: "Does the wording of this phobia get **more extreme** than this?" *If the phobia doesn't seem extreme enough* MT: "Are there any consequences that follow from that phobia?"

Example: I'm afraid to feel anger because I'll lose control. *Adding consequences we get:* I'm afraid to feel anger because I'll lose control and kill someone.

### **For shame phobias**

MT: "Does the wording of this phobia get **more insulting** than this?"

5. MT: "Can we clear all the phobias at once?"

If no: "Which is the priority phobia to clear first, going for indicator...?"

6. Treat with Natural Bio-Destressing or MT for the appropriate intervention 7. Test the results

"How do you feel now when you think about this situation?"

MT: "Are you 100% healed/cleared of this phobia at all four levels body to soul?"

"Are you 100% healed/cleared of this phobia at the body level?"

"Are you 100% healed/cleared of this phobia at the unconscious level?"

"Are you 100% healed/cleared of this phobia at the conscious level?"

"Are you 100% healed/cleared of this phobia at the soul level?"

8. If the client had more than one phobia on the subject, MT that each phobia is cleared. If any of the phobias are left, determine the next phobia to clear and return to step 4 until all the phobias are 100% clear.

9. **Reality test** if possible. Ask verbally, "Now how do you feel about doing?" If the client still feels a little nervous, but it isn't a phobic reaction, remind the client that he doesn't have to feel frightened to be cautious. He should test the situation carefully until he knows that he is ok. If any additional reactions surface while in the actual situation, he can treat himself *at that moment* with Natural Bio Destressing

## SELF MUSCLE TESTING

### 1. STANDING TILT TEST:

- a. Stand up and face North.
- b. Relax your whole body particularly around the ankles
- c. Yes = tilt forward (North)
- d. No = tilt back (South)

### 2. CIRCLE AND PRESS:

- a. Make a circle with the thumb and ring finger of your non-dominant hand.
- b. Insert the thumb and index fingers of the other hand into this circle from the bottom.
- c. Hold light tension in the circle.
- d. As you ask questions, press the fingers inserted into the circle outward.
- e. Yes = the circle stays closed and holds the press fingers inside.
- f. No = the circle opens.

### 3. CIRCLE AND POINT:

- a. Make a circle with the thumb and ring finger of your non-dominant hand.
- b. Insert the index finger of the other hand into the circle from either the top or bottom.
- c. Hold light tension in the circle.
- d. As you ask questions, pull the index finger and circle apart.
- e. Yes = the circle stays closed and holds the index pointer inside.
- f. No = the circle allows the index pointer to pull out.

### 4. FINGER RUBBING:

- a. Lightly touch the pads of the index finger and thumb of one hand together.
- b. As you ask questions, lightly slide the pads across each other.
- c. Yes = the pads slide very smoothly, there is no resistance.
- d. No = the pads are sticky against each other, there is resistance.
- e. This can also be done using both hands rubbed against each other.

### 5. ONE HANDED:

- a. Place the pad of the middle finger of one hand on the top of the nail of the index finger on the same hand.
- b. The index finger is straight with the middle finger bending to touch it.
- c. As you ask questions, press down on the index finger with the middle finger.
- d. Yes = the index finger stays straight.
- e. No = the index finger bends downward.

**6. LEG TESTING:**

- a. Place one ankle on the top of the opposite thigh at the knee.
- b. Place both hands against the back of the calf of the top leg.
- c. As you ask questions, press the top leg away from you.
- d. Yes = the top leg stays on the thigh of the bottom leg.
- e. No = the top leg falls off the thigh of the bottom leg.

**7. ARM PUSH:**

- a. Hold your arm out in front of you
- b. Use your other arm to press the arm that is being held out
- c. That arm should be held gently and will try to meet the pressure of the other hand, don't overly "force" the muscle to stay strong
- d. Yes = the arm can hold against the pressure
- e. No = the arm can be pushed down

**8. ELBOW HOLD:**

- a. Place one elbow on a table or flat surface holding your forearm and hand straight up
- b. Use your other hand to press the forearm away from your body
- c. Yes = the forearm can meet your pressure
- d. No = the forearm is moved forward and cannot hold