

# BASICS OF MUSCLE TESTING

## *What is Muscle Testing?*

### *The Basis of Muscle Testing*

Muscle testing is based on the idea that there is an energy field which flows around and through all things. The Chinese called this energy Qi or Chi (pronounced “Chee”). Like a magnet creates a magnetic field which holds iron filings in a certain pattern, the Chi creates a field which holds the cells of our body in alignment. Theoretically, by altering the Chi, one can alter the body. In muscle testing, we are checking the strength or weakness of the body’s energy field. All living things have energy.

A positive influence on the body will cause the Chi to flow more freely, thus strengthening the muscles of the body. Conversely, a negative influence will lessen the flow of chi and weaken the muscles—and the body.

This effect is due to the properties of resonance and dissonance. When two wavelengths of energy are in harmony or in tune with each other they resonate together. The effect of resonance can be observed when a particular note causes a chandelier to vibrate, or a singer hitting a certain note causes a glass to break. The object that particular note, and being in sound, it absorbs the energy of it. In the case of the glass breaking, the it vibrates apart.

We experience the effects of time, but most of us are virtually we meet someone who thinks and feel “in tune” with that person. We same wavelength” or we get “good vibes” or “good vibrations” from them. When we are in harmony with someone in this manner we feel more energized, stronger, edified, and more alive. Conversely, you have probably noticed that contention tends to drain your energy. We speak of contention as “discord”, “disharmony” or “bad vibes”.



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Our body is a magnet and since we are approximately 75% water, it is a good conductor of electricity. Magnetic energy is captured with an EKG or an MRI, for instance. Muscle testing takes advantage of our body’s ability to sense and feel harmonizing or conflicting energies. We all have that ability to a greater or lesser degree, but many of us have been taught not to trust such intuitive skills.

### *Strengths of Muscle Testing*

One of muscle testing’s greatest strength is that it allows a person to customize their herbal or health program to account for individual constitutional differences. Different types of individuals may require slightly different remedies for the same problem. Some people may have a rare allergic reaction to certain herbs. Muscle testing helps screen out these problems.

The fact that a person feels stronger even when holding certain remedies or being around certain energies, also makes them more confident that they can get well. This helps the placebo effect, or the inner recuperative ability of the person. The placebo effect should not be thought of negatively as it can contribute many healthy things to a body.

## Limitations of Muscle Testing

Muscle testing has some serious limitations. First of all, it is by nature a subjective method of assessing problems. It is an intuitive ability, which does not make it invalid, but does make it fallible. The more harmonized, balanced and healthy you are, the more accurate will be your results. When you are tired, upset or sick, it would be wise to avoid muscle testing.

Always remember that muscle testing is not a doorway to UNIVERSAL TRUTH. So, don't ask the body for information which it logically does not and should not know. For instance, don't muscle test to determine who you should marry or who is going to win the election. Stick to things the body is reasonably capable of knowing and discerning – like which herbs or foods will restore itself to health or which organ or body system is weakened or stressed.

On the same line, don't rely upon muscle testing as your sole means of determining what is wrong, and what to do about it. It is best to use several different methods (i.e. iridology, constitutional typing, reflexology and even medical diagnosis) to assist you in making your determinations. If a couple of methods agree on the same basic problem, you've probably got a pretty accurate picture of the problem.

## *How to do Muscle Testing*



### Basic Instructions

In preparation, always remember that muscle testing is not a method for diagnosing diseases; rather, it is a method of analyzing the body's energy field. Always explain the concept of muscle testing and ask permission before beginning to test another.

Muscle testing works best if both parties remove all metal objects from the body, such as watches, coins, rings and necklaces prior to testing. It is also best to avoid caffeine for at least 2 hours prior to testing, as well as eliminating any other drugs or cigarettes for best results. It is especially important to remove items that contain batteries or other electromagnetic fields, such as watches, cell phones and I-pods.

Determine the Baseline Strength: Select an indicator muscle (such as the deltoid in the shoulder or the fingers) and test its baseline (normal) strength. Always tell the person being tested to "hold" or "resist" before pressing against the muscle. Remember muscle testing is not a contest of strength; you will have to adjust the pressure you use on each person depending upon their ability to resist – and their natural strength.

Polarity Check: Always check the person's polarity by having them place their hand, palm down, on top of their head while you test the indicator muscle. It should test strong. Have them turn their hand so that the back of their hand is on the top of their head with the palm facing up. The indicator muscle should test weak while they are in this position.

Since we are standing upon a great magnet, the earth, and our body is electromagnetic, there is a magnetic difference between the top of your head and the soles of your feet. Top of the head is north seeking south and palm of your hand is south seeking north and there is an attraction. Two south poles (or two north poles) will repel each other – just like magnets do.

If you do not get the described results, then correct the polarity by testing for dehydration or holding or taking some Chinese Trigger Immune or Bee Pollen supplements. "Thumping" or stimulating the thymus will also help.

### **Advanced Muscle Testing**

Surrogate testing: It is possible to test one person (a child, elderly person or even an animal) through another person. First check the surrogate's baseline strength and do a polarity check. You may then test the other person through the surrogate.

Self-testing is a difficult skill and even more subjective, but it can be done as we become more in tune with our bodies and "intuition". Concentration and having neutral thoughts becomes crucial to an accurate test result.

- a. Put the tip of your thumb against the tip of the little finger. Put the little finger of the other hand into the loop created by these two fingers and try to pull your little finger through the space between the thumb and finger. If you can pull the other little finger through the space that is a weak test. If your thumb and finger remain closed that is a strong test.
- b. This method requires a lot of concentration and needs to be done on a very secure surface. Stand and hold a product and ask yourself if this product is helpful for you. If the product has a positive effect (is good for you) your body will move slightly forward. If it has a weakening effect, your body will move slightly backward. Sometimes the movement is very subtle and is impossible to detect; if this is the case, ask someone to assist you by watching your movements.



### **Thoughts on Muscle Testing**

Common feelings about muscle testing are skepticism; however today, it is used extensively as an aid both in assessing where the problem is and in determining what to do to correct it. It is one of the most valuable health assessment skills one can master. What can change your mind? The best way is to use it! Experiment with different things and watch your body's reactions. After using it for awhile, you will begin to feel comfortable with the procedure and will recognize the benefits it can provide with your choices in alternative health care.

### **Factors Influencing Testing**

Muscle testing is not an infallible tool. Quite the contrary – as there are a lot of things which can interfere with the accuracy of the results. First of all, the tester must learn to push with a gentle, consistent pressure. That is one of the variables that can influence the testing. Also, the person being tested must learn to resist or hold without fighting the muscle tester. It is NOT a contest of strength!

There is also a problem of isolating the influence being tested. If a person has a significant negative thought while you are testing them, that negative thought will cause their arm to weaken, and you may think it is the influence you were testing which made them grow weaker. That is why mental focus is another critical factor in accurate muscle testing. In addition, problems like reversed polarity, metal objects, an open ileocecal valve and dehydration can skew the testing.

Lastly, there are some people who seem to have a natural gift for muscle testing, while others do not. This may be due to things like trace mineral balance and the health of certain glands like the thymus and pineal gland. It may also be due to the fact that some people are more naturally intuitive than others. In short, there are many subjective variables which must be taken into account to make the testing more accurate.

## *Our Natural Intuition*

Muscle testing takes advantage of our body's ability to sense and feel harmonizing or conflicting energies. We all have that ability to a greater or lesser degree, but many of us have been taught not to trust such intuitive skills. In fact, that's why muscle testing comes under so much condemnation, especially among very "left-brained", analytical or scientifically minded people. They have been trained to distrust intuitive abilities.

We should be always aware that our intuition is not infallible however. In fact, the ability tends to vary with our own level of health and well-being. The more harmonized, balanced and healthy we feel, the easier it is for us to muscle test others and to determine positive and negative influences in our own lives. A good trace mineral balance, a good flow of Chi through the body and a healthy state of the pineal and thymus glands are necessary for accurate intuition which can produce reliable results.

## *Maximizing accuracy in testing*

The more negative factors you can eliminate, the more accurate your results. Here are some general guidelines:

1. Always remember that muscle testing is not a method for diagnosing diseases; rather it is a method of analyzing the body's energy field.
2. Always explain the concept of muscle testing and ask permission before beginning to test.
3. Muscle testing works best if the client and tester remove all metal & battery operated objects from the body such as watches, phones, rings and necklaces prior to testing. Also avoiding caffeine prior to testing is advisable.
4. Remember muscle testing is not a contest of strength. You will have to adjust the pressure you use on each person according to their ability to resist. A gentle pressure is always best.
5. Always check the person's polarity before testing them.
6. Always clear your mind while you are muscle testing. Don't try to "prove" anything through muscle testing because you may subconsciously do things that manipulate the results. Also, have the person you are testing focus on some "neutral" object such as a blank wall.
7. Don't rely upon muscle testing as your sole means of determining what's wrong and what to do about it. It is best to use several different methods to assist in making your determination.
8. Verbally recognizing the organ or product you are testing reinforces the results and encourages greater concentration.
9. Avoid testing people without touching them or having them touch the products you are testing for.
10. Lastly, don't ask the body for information which is not reasonable for it to know. Stick to the things the brain logically is capable of knowing.
11. Have fun!

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