

How to muscle test

With a partner, try the following simple test:

- Have your partner stand erect, right arm relaxed at their side, left arm held straight out, parallel to the floor. (Note: Either arm can be used for testing. In fact, should one side become fatigued, the other can be used.)



- Face your partner and place your left hand on their right shoulder to steady them. With your right hand, grasp their extended arm just above the wrist.
- Instruct your partner to resist as you push down on their arm. NOTE: It is a more accurate test if your partner keeps their teeth apart, to prevent any mercury fillings and dissimilar metals from closing against each other.
- Push down on the arm firmly, just hard enough to feel the spring and bounce in the arm. In nearly every case, the muscle will test strong, i.e. the arm will stay resistant to the pressure.
- Allow your partner to relax their arm for a moment. When ready have them hold a packet of sugar in the right hand and repeat the test using the other arm using the same firm pressure. In nearly every case, your partner will be unable to resist the pressure and their arm will go down easily. Although you are using the same amount of pressure, the arm goes weak. What has happened? The energy field of the sugar has negatively influenced the energy field of the body and the indicator test muscle (the Deltoid in this case) has lost its strength. The mass has affected the energy field and the altered field has affected the mass.
- Next have the subject hold a product you wish to test in the right hand and repeat the test. Using the same amount of pressure application, you might find that your partner's arm becomes strong. In this case, the energy field of the substance being tested has "enhanced" the energy field of the body, and the Deltoid muscle has become strong. conversely, if the muscle is weak, then the substance being tested has had a negative effect, or diminished the energy field.

Obviously, we should only desire to put products on or in our bodies, which increase our energy, not deplete it, but how much should we use? The same way you asked the body a question with muscle testing, which is essentially "does this product increase the energy field?," you can also ask another question about how much to take.

Thoughts have an energy field also, which is perceived by the energy field of your partner. As an example, have your partner say "yes" and push their arm. Then again pushing after they say "no". The difference in strength is quite a demonstration of the power of the energy of thoughts.

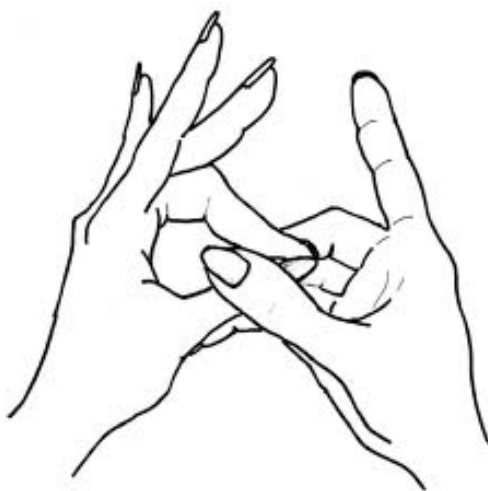
In order to determine the dosage for the substance, ask your partner to hold the product in their right hand, and test for strength. If they test strong then ask the following questions one at a time, testing after each one: "For the highest health of this person, would one teaspoon (or one capsule) per day be the best amount?" "Would three capsules per day be the best amount?" etc. The arm will be strong for the appropriate doses and weak for the dose which is inappropriate. Once testing weak, go back to the previously tested amount, where your partner was strong. For example, if your partner is weak on three capsules, but strong on testing for one and two capsules, then two capsules is the optimal dosage.

Your body is that intelligent! If your body can perform cell division, keep your heart beating all night, etc. without you being aware of the mechanisms; it can certainly answer a simple question. The body doesn't speak English, it speaks the language of energy - and now you do too!

Self testing

Self-testing can be done in various ways.

One way is to touch the thumb to the middle finger of each hand to form two rings, linked through each other.



Say something true, for example, “My name is [give your name].” At the same time, pull the linked fingers of the right hand against those of the left while trying to keep your fingers and thumbs touching.

Then say something false, for example, “My name is [give someone else’s name].” Do the same thing as before with the fingers. (You don’t need to make the true and false statements aloud — silently is OK, as long as you do it each time.)

Notice how your body responds differently.

A true statement produces a strong response in the body, whereas a false statement will create a weak response. Using this technique, when you say a false name, your body will struggle to keep your linked fingers connected, whereas the true statement will keep your fingers linked (as in the image above).

The idea is to train the mind in different responses for truth and falsehood. If you practice this 10 or 15 minutes a day, you should be able to develop the response within a few weeks.

You can also check your responses by holding something detrimental while self-testing — sugar, for example — and seeing what response you get. Put the container in your pocket or hold it under your arm and test. Then hold something good for you — water or an organic vegetable — and test that. If you think your mind is influencing the results, you can have someone else put equal weights of both items in identical non-metal containers ensuring that you do not see the contents. See how your body responds!

Muscle testing will not provide accurate responses to certain statements: about the future, for example. You’ll get a response, but if you say, “This answer is reliable,” the response will be no. Muscle testing can be helpful for testing your responses to relationships and occupations, among other subjects. Keep in mind that statements are taken literally, so they have to be worded precisely.