

How to Muscle Test

(Creating a Better You Part 4)

What is Muscle Testing (also known as Health Kinesiology, HK, Energy Testing, and more)? Muscle Testing is based on traditional Chinese medicine wherein the body's energy provides a muscle response to a query or substance presented to it. It is essentially biofeedback without the use of a machine. Everything that we interact with affects us on a frequency level. The lower our body's frequency the less healthy we are, the higher the body's frequency, the healthier we are. A study was done in which two young men who both had a 66 hertz frequency were asked to participate. One was asked to hold a cup of coffee, his frequency dropped to 58 in three seconds. The other young man was asked to drink his cup of coffee and his frequency dropped to 52 in three seconds. (A side note, frequency levels of 58 allow colds and flu to begin to take hold in the body.) In this same study they exposed the young man who just held the coffee to essential oils, he just smelled them, and his frequency was back up to 66 hertz in 21 seconds. The man who drank the coffee was not allowed to smell the oils; it took him three days to get his frequency back up. (Note: I think this should be MegaHertz, but the article says hertz, I don't know if it's a typo, but since I'm quoting them I left it hertz. The study was reported in an article entitled, "The Frequency of the Human Body... and Your Coffee," Healthself, Sept 17, 2006.)

Muscle Testing is a way we can tap into the energy in our body and allow it to communicate with us on a less instinctual level. (If you want to learn more about the science of it I recommend the book "Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and Practices" by Robert Frost.) You may have seen demonstrations or even been to a chiropractor who uses Muscle Testing wherein they have the person being tested hold their arm straight out to the side and then the person doing the testing asks a question and then pushes down on the arm. The answer is determined by whether or not the person being tested can hold their arm strong out to the side or if it drops loosely when pressure is applied. In the study above, the coffee reduced the body's frequency making it weaker, or less able to hold the muscle strong, so the arm would have dropped. The essential oils increased the body's frequency making it stronger and able to hold the muscle strong, so the arm would have held out to the side.

Why is knowing how to Muscle Test an important skill? I think I like Donna Eden's answer best, "Your body is a cascading fountain of energy system, remarkably complex, exquisitely coordinated, and entirely unique. That is why no expert can tell you exactly what you must do to thrive. Not only does every person carry a distinguishing energy, so too does every cell, every organ, and every system of the body. Each speaks its own local language, and they also share a universal language. Energy testing is a precise tool for translating these languages, phrase by phrase. Through energy testing you can assess your own unique, ever-oscillating energy body or energy field." (Energy Medicine, Donna Eden, p 29) Essentially, Muscle Testing is a way of talking with your body.

Dana Clay Young is constantly teaching us that, "Your body speaks volumes, are you listening?" He teaches us to use our intuition when applying and using our essential oils, if we happen to grab Sandalwood and we were going to put on Lavender, he says to go ahead and use the oil your hand (your body) grabbed. If you are applying an oil to the bottom of your feet and you suddenly find yourself rubbing a sore spot, go ahead and keep rubbing it, your body instigated the procedure.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBDD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, www.TracesEtc.com)**

I have been to many classes and read many books wherein Muscle Testing is taught and I have been taught a different way in almost every one of them. If you already know how to Muscle Test or have seen it done or learn another way after reading this article, that's okay, from what I can see, all the different ways work just fine. Each is simply a slightly different way to communicate, just as German, French, English, or another language form is just a slightly different way to communicate verbally. What we're going to cover here is the simplest way I have found to teach someone to muscle test on an easy to understand level.

First, you'll need a little bit of something you know is good for you and something you know is bad for you. When I am working with someone I have a bottle of Diet Coke and a bottle of spring water that I use. You can be really creative or go with something as basic as I have listed. Just be sure they are clearly things that are good and bad, not something you just think is good and bad. Broccoli, much as you may dislike it, is not "bad" for you.

Now that you have your good and bad items I want you to stand up, relaxed, and say aloud, "I want to sway forward if the answer is yes and backwards if the answer is no." Please note that this is very important to keep consistent. I always do forward is yes, backwards is no. I never, ever change that. This is very important! You can choose to have forward be no and backwards yes, but whichever way you decide, decide now and keep it that way!

Next, we want to make sure that your energy is paying attention. This is easy enough to do. You simply thump the fingers of your right hand in a circle on your chest, in a clockwise direction (pretend your body is the face of the clock). This is called the Thymus Tap or Thump. It's a good thing to know because it stimulates all of your body's energies, getting them online and paying attention, it also gives a quick boost to your immune system, and will temporarily increase your strength and vitality (I like to teach this to sprinters). Your thymus gland is located about two inches below where the neck and the chest join, in about the middle of your sternum. If you were to put both hands in a fist and clutch them to your chest like you would if you were shocked emotionally, you would be covering your thymus. In the old Tarzan movies when Tarzan would thump his chest and call out, he's doing a thymus thump. So, you simply tap around the thymus, you can thump your chest like Tarzan, or just use one hand and thump your thymus while breathing deeply. Note, you do not want to leave bruises, just tap the area. Most people will automatically yawn when they've brought their energies to attention, that's a good thing, it's actually a sign that your energies have released something (often emotional) and are now paying attention to you. Some people sigh, others just feel relaxed and ready for something.

Next, repeat the first step again, state aloud that you want to sway forward for yes and backwards for no. Now, grab one of your items and hold it to your chest and just relax, thinking in your mind, forward is yes, backwards is no. You will feel a gradual movement one way or the other. Be careful! Some people are very in tune already and will feel a strong pull and may have to catch themselves before falling, this happens rarely, but you need to be aware of the possibility. You may also not feel much of anything on the first try. After you have swayed forward or backwards or after waiting a few seconds and feeling nothing, hold the second item. Again, think in your mind forwards is yes, backwards is no. Generally after presenting both items to the body it has figured out what you want and will begin to sway. Now, you're not necessarily swaying so hard you're going to start swinging through the trees with Tarzan; some people have to close their eyes in order to notice the movement because it may not be much of one. You will actually sway backwards a little bit when you hold the thing that's bad for you (the bottle of Diet Coke), and forwards for the thing that's good for you (the bottle of spring water).

Voila! You have just learned how to muscle test! You'll want to practice and make this something that you don't have to set up. Your body will quickly learn that you always want a forward movement for yes and backwards movement for no.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBBD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, www.TracesEtc.com)**

Now, at this point you may be asking me why I consider this to be such an important skill. Because it is something you will use every day of your life and make it something you don't even have to ask for. I muscle test every day. Let's give you some examples of how to use this newfound skill.

When my brother had celiac disease I taught him how to muscle test. He would test foods before eating them to determine if they had gluten in them (celiac disease means you are allergic to gluten). This way he didn't accidentally make himself sick, especially helpful in choosing foods for eating while at lunch and you had to be able to go back to work.

I taught my dad how to muscle test because if he eats foods with MSG in them he gets a migraine-like attack. He was talking with another lady who muscle tests and she was telling him that she uses it to determine if it's worth dropping a line in a fishing hole. He now happily tests where to fish, where to send the dogs when pheasant hunting, and even how to line up his club with the golf ball!

I muscle test all the foods I buy. This is especially useful when purchasing cans of tuna or shrimp; you want to make sure they're not going to give you food poisoning and also that they're mercury free. My brother called one day upset because he had gotten a touch of food poisoning and wanted to know which oil to use (Basil). Mom asked him why he hadn't muscle tested the hamburger he bought. He said he did, but he only specified whether or not it was contaminated with Mad Cow Disease. Now he knows better and tests whether or not it will make him sick if he eats it. One day at the grocery store I was approaching the green onions with the intent to buy a bundle, I didn't even get to them before I started swaying backwards. I don't know what was wrong with them, but I didn't buy any of them!

I muscle test how much I can exercise before overdoing it, which oils would be best to use, how long I should do a soak, and more. If you're feeling pressure over your to-do list, you can use Muscle Testing to help prioritize which item should be done first.

You can see there are many ways of applying muscle testing. The simple sway test for whether something is good or bad for you is just the beginning. You will soon find yourself picking up a watermelon and asking if this is ripe and ready to be cut or not, if it will be sweet or not, or if it is too ripe. You will catch yourself at the deli silently asking yourself if the fried chicken has been sitting there too long or is fresh and yummy, if it was cooked in good oil or bad oil, and if it is still good to eat or will make you sick. What is really neat is when you aren't paying any attention and just fixing your dinner and when you pick up an egg to crack your body dang near throws you on your tail you sway backwards so violently. I did that one night, I don't know what was wrong with that egg, but I definitely did not eat it!

As you get better and more confident you will want to investigate some different ways of muscle testing so you don't have to be standing. I've known people who were in wheelchairs who learned to sway while sitting; I heard of one lady who learned how to keep her tongue behind her teeth or over them to test. I most often simply use my pointer finger and it flicks up for a yes and down for a no. All you need is a muscle (that's why it's called Muscle Testing). The sway test is the simplest and easiest to use, it has the clearest movements that are not easily misinterpreted so that is the way I teach people to start Muscle Testing.

One final note, Muscle Testing is an immediate response sort of communication. It is not a way to see into the future. You can test some future type things on a limited basis, such as, will this meat, when properly prepared,

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBBD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, www.TracesEtc.com)**

make me sick. However, by the time you get around to eating your hamburger it may still make you sick because in the meantime you didn't keep it properly refrigerated or you added some ingredients to it that didn't set well with you, or you didn't cook it properly, or you may have been exposed to something else in the meantime that lowered your immune system. To quote Yoda, "Always in motion the future is, difficult to see." There are simply too many variables that can change an answer even from now to five minutes later. I may have carefully tested how long I could work out this morning and not put too much strain on a weak ankle, but later this afternoon I played a quick game of fetch with the dogs. When my ankle is swollen tomorrow morning it's not because I did not test correctly when I worked out, it's because at that time I wasn't planning on playing fetch, too.

It also does not always work if your energies aren't alert and paying attention. The biggest things that can cause them to be offline are illness and stress. If you find you can't get any clear answers, even if you've done the Thymus Thump and are sway testing simple good and bad, chances are you've caught a bug. I often notice I'm trying to get sick before I'm really sick because I can't Muscle Test. Then I quickly grab my Spice for Life, Defence, and Guardian essential oil blends and I'm over whatever I had before I knew I had it, all because I was in tune to my body—it wasn't saying anything and I was listening to the silence. Because of these things it's not 100% accurate all of the time, but it definitely is accurate enough to be worth the bother of learning!

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, www.TracesEtc.com)**