



Principle 4 - Use Self-Muscle Testing to Put You in Charge as Your Body's Acquisition Manager

It's time to get very comfortable with a language that allows us to understand our body. I have been familiar with self-muscle testing for about 15 years and have been using it for everything wellness related for my clients and myself for several years. This one tool is the most important tool I use to listen to and take care of this body. I understand and believe that this body is our stewardship. The tool of self-muscle testing works wonders to improve my wellness and the wellness of my clients as they learn and apply this one simple tool. I believe you can learn this language to improve the wellness of your body.

What is Self-Muscle Testing? Muscle testing is also called Kinesiology. I use it in a method I call Body Systems Kinesiology because that is what I am using it for, to listen and understand the body systems. Perhaps you have had a chiropractor or other natural health professional use muscle testing by asking you to put up your arm and then testing if you are strong or weak for a specific item. That is muscle testing and is just one of **12 methods of muscle testing** that I have learned or that I have seen people use. I'm sure there are more than a dozen methods.

The Foundational Principle of Self-Muscle Testing. People ask me how muscle testing works. I will put forth two concepts for how it works. Perhaps one or maybe both of them will help to explain this process.

1) The muscles of our body stay strong when something is good for us or is **true** and our the muscles of our body go weak when something is not good for us or is **false**. We also move towards, or are drawn to, something that is good for us and we move away from, or are repulsed by, something that is bad for us. We use this strong and weak reaction to get a yes or no response to know the right way to approach wellness concerns. You can learn many things from this. Self-muscle testing gives us a simple way to communicate with our subconscious brain, which knows everything going on in our body at every level, from overall to each cell.

2) Our body is serving us to the best of its ability day and night. We are the leader of the body. Based on my 35 years of experience in leadership, a leader has a few critical functions. These include being aware of and supporting the needs of the team members. To be aware of what team members need, a leader must spend time asking for feedback and listening. For a leader to be effective they must know and speak the language of the team members. Applying this basic leadership concept to our body, we can understand that for us to act as the leader of our body we need to understand our body's' needs. We also need to have a language common with our body so that we can understand it.

How big is this leadership responsibility? Our conscious brain is less than 1% of the activity in our brain, and our subconscious brain is over 99% of our brain's activity. Our subconscious brain takes care of all of the automatic functions of our body including our breathing, the acid/alkaline balance, our temperature, hydration, digestion, and thousands of other functions. With all this reporting and processing going on throughout our body, we can acknowledge that our conscious brain is inadequate to take the best care of our body without listening to and receiving feedback from the subconscious brain's awareness of the rest of the body. Self-muscle testing gives us a tool to listen to our body in the simple language of yes and no. With this tool of muscle testing you can make rapid progress in understanding your body's needs and also improve your wellness as you meet those needs.

To summarize, self-muscle testing or Applied Body Systems Kinesiology is the tool and language to understand our body's needs. Listening to your body, (the 99%), enables you to make rapid progress in your wellbeing.

In the next post we will talk more about why to use self-muscle testing.