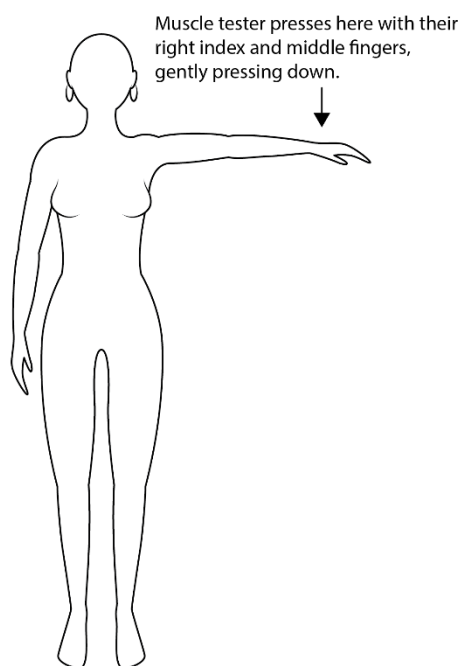


Muscle Testing

Two-Person Face to Face Muscle Testing

Before starting any muscle testing, the tester and the testee should be free of all metal (jewelry, glasses, belt buckles, etc.) Metal objects have been known to skew muscle testing results.

With the testee and the tester standing up, facing each other no more than a foot apart, the tester asks the patient to hold their dominant arm outward perpendicularly to their body, palm down. Do not use body parts that are injured, damaged, or in any way, not whole. The first step is to ascertain a baseline of the subject's muscle responses. To do this, the tester places their index and middle fingers just above the patient's wrist on the arm perpendicularly facing out. Ask



the testee to "resist" your gentle pushing downward on their arm. This technique will give you a baseline of the testee's strength and muscle resistance measure.

Next, have the testee pick up a crystal (or any substance you are testing for) that you think they may need or are attracted to and hold it in their palm opposite the perpendicular arm. Be sure the crystal has been cleansed. If the patient's arm is not strengthened to your gentle push, the stone is most likely not appropriate for them at this time. Additionally, if the testee's arm "blows out," that is, the testee has no ability to resist the gentle downward push of the tester; the crystal or substance is definitely antagonistic to the body, muscle, immune system, etc.

A strong, muscular resistance to the tester's downward push while holding a crystal OR in response to a yes or no question the tester asks such as, "is this person angry" or "is this person allergic to nuts," etc., can also be discerned. Just like the adage "measure twice at once," always test the same substance or topic more than once for confirmation. You must test for all stones you are prescribing collectively and individually. Some stones magnify the energy of other stones. Some stones draw out energy; some bring energy in. A bad crystal combination can do more harm than good. Again, the patient should not have any other crystals, jewelry, or metal on their bodies for best results. Patients with metal rods or replacement parts will require special care when muscle testing as prosthetic metal in the body interferes with one's electromagnetic fields.

When testing with foods to determine possible allergies, put ½ tsp of the subject food on the subject's tongue and muscle test using the above techniques.

Muscle Testing the Auric Body/Organs

Muscle testing can also find areas of energy weakness (possible Auric Body leaks) in the body. Muscle testing for auric leaks is best done with the testee laying down, face-up on your table and their arm upright, perpendicular and palm facing outward. The tester can find Auric Body leaks by running

their hand slowly over the body lying on the table about three inches above the body. When you feel a hot or cold spot, tug on the arm perpendicular to the body and silently ask, “Is the organ under the hot or cold spot (see body chart for this in Section IV) functioning at full capacity?” If the muscle is strengthened, the answer is yes. If the muscle is inhibited, the response indicates the organ being tested may be weak or overstimulated, suggesting the need for further muscle testing to determine what organ may need energy balancing.

When a crystal inhibits a patient’s muscles, it may mean that they have an auric leak that needs mending before any specific crystal(s) should be applied.

Muscle test with the question, “Are there leaks in this auric field?”

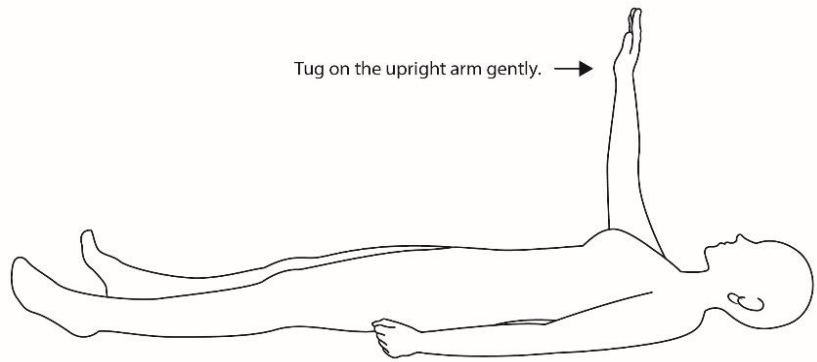
Chakras and Muscle Testing

When muscle testing before using a crystal, muscle weakness (indicating the body’s rejection of what you are testing for) may suggest that the chakra the stone best resonates with is not ready to be recharged or is energetically overcharged already. Stress, worry, physical illness, an ill-running body system, etc., can often shut down a chakra’s ability to process a crystal’s data/energy.

Before using any crystal, it is advised to diagnose what chakra(s) is blocked. Chakras work best when they are humming along equally like the pistons in a car’s engine. You can often diagnose a blocked chakra(s) by utilizing the “lay down muscle testing” technique and silently asking the subject a question, and being aware of the weakness or strengthening signals the muscles send with your hand placed over the chakra. You can also take the testee’s hand not being used for testing and place it on each chakra and muscle test, asking, for example, “Is Chakra 1 blocked?”

Specific Area/Issues Muscle Testing

The specific area muscle testing method works best for stress, anxiety, color, allergies, and environmental issues. Stand face-to-face with your subject at arm’s length. Have the testee close their eyes and extend their non-dominant arm out to the side, so it’s parallel to the ground, palm down. Gently rest two or three fingers from your corresponding arm atop your patient’s extended arm. Using the forefinger from your other hand, touch the following test areas on your subject—asking yes and no questions as you go.



Self-Testing



Often, no one is around to help you muscle test. Self-muscle testing can be used when testing for food compatibility and asking yes or no questions only. When muscle testing for crystals, it is best to hold them in the palm of your hand, which requires two persons. You can muscle test yourself in the following manner. Make two chain-like links with the index fingers and thumbs of your hands around each other. Ask a “yes” or “no” question while gently pulling your linked fingers against each other— like you’re trying to break the link. An easily broken connection indicates a negative (inhibiting) response, and a strong (strengthening) connection represents a positive response.



Final Notes

1. You and the testee must be void of any pocket stones, stone jewelry, or metals to get a proper muscle reading.
2. The testee may show inhibited muscles today from a specific stone or stone combination. However, as the body begins to realign with the energies needed and starts to heal, new stones can be introduced, or the current stones being used may need to be changed out to either maintain what’s been strengthened/healed or work on a further deficiency.
3. If using more than one crystal, be sure to muscle test all of the crystals that you want to use separately and together.

The influences connected with a given crystal cannot be assumed to work for everyone in the same way. The emanation of a crystal may over-stimulate one patient’s organs or glands and equally ground or add imbalance to another patient’s same organ system. Muscle testing can guide you to assist the crystal user’s specific needs. Otherwise, crystal healing is just a guessing game.

Muscle test the colors you wear, the food you eat, the thoughts you have, and even the color of the sunglass lenses you buy.