



# **Manual Muscle Testing: Asking Your Body for the Truth**

By

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Excerpts from Lesson 3 in  
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Amended for The Sentelligent Solution™

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# Manual Muscle Testing

In this lesson, you will learn how to ask your body for the truth. This tool will take some practice and it is well worth it. It will help you to be more effective with clearing old beliefs, understanding what is in the way, making better decisions, and making healthy choices for your well-being.

As with anything, the answers you get will depend on how reliable that data is. In this lesson, I will teach you how to get accurate answers along with numerous methods of muscle testing.

## What is muscle testing?

Muscle testing is a valuable tool for tapping into the body's innate intelligence to determine the strengthening and weakening effects of thoughts, statements, places, people, objects, foods, etc., on the body's energy system. Using muscle testing we can assess if something energetically strengthens us or weakens us. If it weakens us and we can discover the issues for the weakness we can correct them with energy techniques or even using simple intention. Put simply, muscle testing is a method of tapping into the innate intuition we all possess.

## Why/when would you want to use it?

Sometimes things may feel a little muddy -- you may not be sure if you are on track or not sure what is in the way. Maybe you don't know if you have completely cleared an old belief, or not sure if a certain food is good for you or if you have an allergy to it. If you are like me, you may have spent lots of money on programs or supplements that did not help you.

You can save significant money by testing something to see if it is what you need first. You can also test to see if it will be moderately helpful or significantly helpful. You can even ask your body to rate something for you on a scale of 1-10 or whatever scale is appropriate for that item. The possibilities for testing are endless. You can use it all over your life. I have a habit of forgetting what books I've already read. While in the bookstore I can test and my body will remember if I've read a book before, thus saving me from buying the same book twice.

Sales letters and advertisements can be convincing to the mind but the body knows the truth of what is good for you at this particular moment in time. Consider your body the ultimate truth teller or conversely the ultimate lie detector.

## Controversy

There is a lot of controversy about manual muscle testing. I believe that is because people do not know how to use it correctly. It takes practice, asking the right questions and being certain there is nothing interfering with the testing so you get accurate results. I will teach you some methods to do that today.

I have also included a link to a study, which was done on muscle testing for those of you who like clinical proof that something works. Like anything, it must be done correctly.

You get a good phone signal when there is a strong connection without interference. Similarly, you want to have a strong connection with your body and have all the parts talking to each other and free of interference.

In one well-designed [favorable clinical study](#) published in the prestigious professional journal *Perceptual and Motor Skills*, 89 healthy college students were subjected to a battery of tests on congruent (true) and incongruent (false) statements.

Overall, they consistently demonstrated a 17% increase in muscle strength in true vs. false statements. Test subjects were kept unaware of what changes in muscle strength, if any, would occur. They had no preconceived notions of how their muscle strength should respond.

If you would like to read more about muscle testing, I have several books listed at the bottom of this document that are written by doctors about the subject.

Today I am going to tell you many of the different ways you can use testing, and then I will go into the details of how to actually test. So hang in there, the logistics will be coming.

### **How muscle testing relates to the Sentelligent Solution:**

Let's say you are feeling tired all of a sudden and want to know if you have taken on other people's energy or what the cause is.

You could say the statement:

" I have taken on someone else's energy"

If yes,

Then try to determine who's energy

I have taken on Sara's emotions – yes or no

I have taken on Joes emotions – yes or no

I have taken on Sam's emotions – yes or no

If you determine it is Sam, then you could ask what emotion you took on:

"I took on Sam's fear"

"I took on Sam's frustration"

"I took on Sam's anger"

Etc

Once you know who and what, then it makes it easier to release it.

You can also ask:

"I have EMF"

"I do not have EMF"

### **Foods/ supplements**

Muscle testing is very effective in letting you know whether a food, supplement, medication or other product is good for you at this point in time. Many people believe you need to put a food or supplement under the tongue to test it. Most of the time, I have not needed to do

that. For instance, I can go into a store and test several different brands of a supplement and my body will tell me no to some and yes to others. I have had great luck with this.

However, on rare occasion my body has told me yes to something it never tried before and then changed its mind after I took it. For instance, I tested okay for a parasite cleanse but then once my body ingested it, it decided that it did not like it after all. So you may feel safer putting a supplement under the tongue or holding it next to your body while testing when practical to do so. Sometimes an emotional healing needs to happen before the actual physical healing can take place and that might affect the results when testing for a supplement. Your body knows the order in which these things need to happen.

You can also test how much of a supplement or medication your body needs to take. I don't know who determines the recommended dosages but can tell you that each person will need different amounts at different times. I would start with the recommended dosage and then test up and down from that to see what your body needs. I would not rely on the amounts in a multi-vitamin as being exactly what you need at any given point in time. For ease you may want to take a multi-vitamin and then supplement it with additional vitamins if your body needs more of a particular item. It is also important to make sure your body is assimilating the nutrients from the vitamin.

You can test for supplements by saying "I am deficient in \_\_\_\_\_" and then test. Always test the reverse as well by saying "I am not deficient in \_\_\_\_\_." Some of the supplements you may want to test for include vitamin A, B complex, vitamin C, vitamin D, vitamin E, calcium, magnesium, and Omega oils. You can also ask how much of a certain supplement you need.

If your digestive system is damaged, you may not be getting the good stuff you need from the food you eat or supplements. Try taking an enzyme supplement before taking your vitamins. This may help some.

I get perturbed when I hear the well-known and respected experts telling us what foods are good for us and what foods are not. Because the truth is different foods are good for different people at different times. For example, I saw Dr. Oz on Oprah saying that it is good to eat tomatoes, because tomatoes have lycopene, and we need lycopene. That may be true, but if your pH is out of balance and your system is already acidic, eating tomatoes is not a good idea for you until you get your system in balance. I see examples of these kinds of things all the time.

So when you read that something is good for you, now you can test yourself to find out if it is in your highest and best at this particular point in time.

To start out with muscle testing of foods, I would try testing something like aspartame or saccharine which are artificial sweeteners that are toxic for everyone. (NutraSweet, Sweet and Low). I provide a protocol for doing this below.

### **What is in my highest and best?**

When trying to make a decision about something, you can ask, what is in my highest and best? Note that your body cannot predict the future. Additionally, the amount of information that your body has will affect the results. So if you're trying to make a decision for example on where to live and one day your body says a particular house is in your highest and best and then you get more information about this house and test again, you

may get a different result. So having information does help your body in knowing what is in your highest and best.

I find it that I get much better results. When I ask what is in my highest and best rather than asking what I should or should not do. The more specific your question, the better the results will be. You may need to ask several questions to get a clear answer.

Always make a statement that can have either a true or a false response. For example, "It is in my highest and best to take this job." And then test. Always test the reverse statement as well. "It is not in my highest and best to take this job."

This is an area where it is particularly important to get out of the way, as your mind may want to influence the answers. I'll give you an example. I was out of town and having problems with my back and shoulder. I got a recommendation for a massage therapist and scheduled an appointment. Then all of a sudden, I didn't feel like going anymore. So I tested myself and asked if it was in my highest and best to go and get this massage. My body tested weak for it, but I didn't want to believe that answer so I tested again. My body tested weak again. I thought to myself, how could a massage not be in my highest and best? So I tested again and this time my body tested strong. So I went to get the massage and when I got there, I found that they had tried to reach me to let me know that they could only give me 30 minutes, which really was not long enough, considering I was in pain. And so the massage really didn't do me much good. My body was right, and I didn't want to believe it. So I influenced it to get the answer my ego thought was right. That is always a mistake.

You always want to make sure you are testing accurately, and I will show you how to do that next. So when in doubt, follow the process to make sure your body is testing accurately. And if so, then listen to your body. Usually I do. But it is easy for our ego to think it is right. If we wanted our egos' answers, we wouldn't be asking our body. :-)

### **Polarity reversal:**

I believe polarity reversal is the main reason that many people do not believe that manual muscle testing works. They get an inaccurate result and then just stop without knowing why the results were not accurate and what can be done about it.

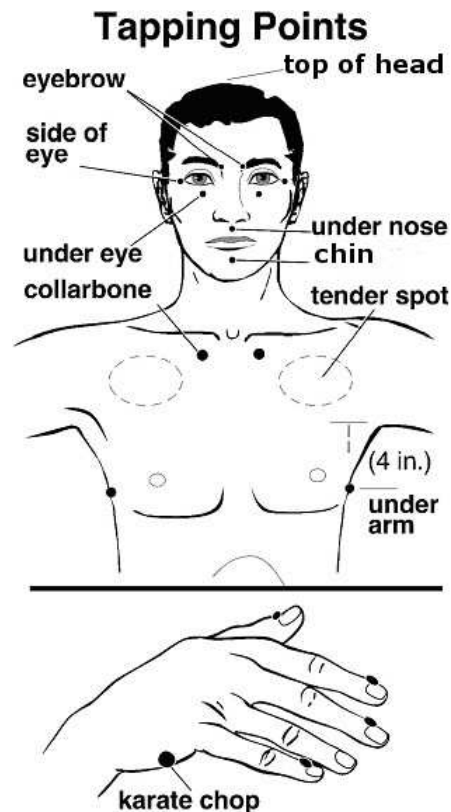
**General Polarity Reversal** simply means that the electricity or energy in the body is "agitated," or "going in the wrong direction." Therefore, the polarity is reversed into the system.

A way to look at our body's energy field or polarity is to compare it to batteries in a gadget. The batteries that run the gadget must be installed with the positive and negative polarity seated in the right direction. If not, the appliance simply won't work. Similarly, our body's "batteries" need to be positioned correctly for us to function properly.

On those days when you just feel "off," when you're stumbling over words, dropping things, bumping into walls, or slipping off the curb, your polarity may be out of whack (or reversed). One of the ways to test our polarity reversal is with muscle testing.

### **GENERAL POLARITY REVERSALS**

The first type of Psychological Reversal is what is considered General Polarity Reversal, or GPR. If a person has GPR rubbing the "tender spot" or tapping the karate chop (KC) point or under the nose will usually (but not always) take care of it (see diagram below to locate these points).



**GPR** can be caused from several factors:

- ✓ **Negativity** - chronic negative thoughts
- ✓ **Addictions** - addictive personalities or addictive substances in the body (including alcohol, nicotine and sometimes prescription medications)
- ✓ **Dehydration** - since the body's electrical system is conducted by water, the lack of water will cause the energy system to be sluggish or severely repressed
- ✓ **Toxin or substance sensitivity** - this could be something the subject just ate, clothing, carpeting, metal in or on the body; such as pins, fillings, metal plates, or even jewelry, a watch or cell phone . It could also be bacteria, virus or fungus.

*Source: Lindsay Kenny, founder of the National Alliance for Emotional Health*

In a few minutes, I will show you how to test yourself to make sure you are in alignment to get the truth. Now let's talk about some of the different methods of muscle testing.

## HOW TO TEST:

### Different methods of testing

There are many different methods that you can use for muscle testing. I am going to give you several choices here. Try them all and find the one that works best for you. One is not better than another is. It really is all about what works best for you.

#### A: Thumbnail Testing

Some people have a lot of luck with thumbnail testing. Make a statement that you know to be true, such as stating your name, i.e. "my name is: John." Then slowly slide your index finger across your thumbnail, and notice how easily it glides across your nail. Then make a false statement - "my name is Jerry" and do the same thing. Notice the difference in how your finger glides when you make a true statement and when you make a false statement. For some people the difference is substantial, for others, it is very slight. Practice this.

#### B: Interlocking Circles

This is the method that works best for me. It may or may not be your preferred method. Part of it will depend on how strong your fingers are.

Make a circle with your index finger and thumb by touching the tip of your index finger to the tip of your thumb. Then do the same thing with your other hand, making another circle with your index finger and thumb. Take the circle from one hand and place it inside the circle of the other hand. Use the inner circle as the lever and open it to try to pry the other circle apart. I have attached pictures of this to help you better understand what I am saying.

When you are unable to open the circle, it is a strong response. When you are able to open the circle, it is a weak response. The key is to hold the circle tight, but not too tight. And use the same amount of pressure each time.







A strong response - unable to open circle



A weak response - Circle opens

If you have strong fingers, it may work better for you to make the circle with your pinky and thumb rather than your index finger and thumb.

#### C: Break the Circle

In this method, you will form a circle with one hand, touching the index finger and thumb, and you will try to break it using the middle finger or index finger of the other hand. Make a true statement and then take the middle finger or index finger and move it through the circle with the intent to break the connection between the index finger and thumb of your other hand. Make a false statement and do the same thing. Notice the difference.



A strong response - finger cannot break the circle



A weak response-finger breaks the circle

#### D: Finger Lever:

Using the predominant hand, rest the middle finger on the nail bed of the index finger, as shown in the photograph below. Ask a yes or no question and, using the middle finger, press down on the index finger while the index finger resists. If the index finger is strong, the answer is "yes"; and if weak, the answer is "no." The difference in the feeling of strong and weak can be very subtle. It may take some practice to begin recognizing the subtle differences.



Source: <http://www.goodnightunlimited.com/muscle%20testing.htm>

#### E: Standing Test.

When testing a food or a supplement or even an object, you can do a standing test if you don't want to use your fingers. Stand in front of the food or supplement or object and reach your arms out towards it without touching it. Stand erect. Wait about 10 - 30 seconds, and notice if your body leans towards the object or away from the object. If your body leans towards the object, it is good for you if your body leans backwards or away from the object, it is not good for you.

Be sure and get your head out of the way for this one and allow your body to do the moving without you trying to move it.

All of these methods take practice. It is rare that a person can accurately use these methods on the first try. Try practicing it on things you know to be true and know to be false. If none of these methods work for you, you might want to try a manual device.

#### F: Manual Devices

In doing some research on the Internet, I came across a device that uses your muscle strength to push on it and determine true or false. I ordered this device to test it out. And with some practice, have been successful using it. But just like any of the other methods, it takes practice.

However, because of the way, this person advertises this product, I am not comfortable recommending it. He recommends people use it in a way that is not in integrity to me. (It is called TruTester. and you can decide if you want to check it out for yourself).

One of the challenges with devices is that you may not always have them with you when you need them. You always have your fingers with you (hopefully).

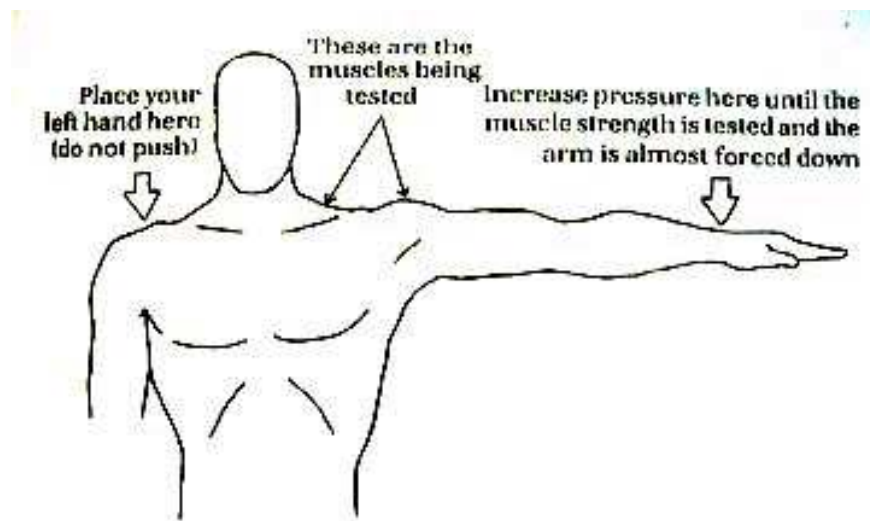
## G: Two-Person Testing.

If you are not comfortable testing yourself, you can have someone else test you. Sometimes, when I think my head is getting in the way, I might get my husband to test me to make sure my results are accurate. This is the most common form of muscle testing around. Some chiropractors and nutritionists use this method with their clients. Recently, a client went to see an acupuncturist, and she used this method to test my client for allergies. My client was blown away by how accurate the results were.

Here is David Hawkins's description of how this works (taken from the work of [Dr. John Diamond](#)):

It takes two people, the "tester" and the "subject."

1. Have the subject stand erect, right arm relaxed at his side, left arm held out parallel to the floor, elbow straight.
2. Face your subject and place your left hand on his right shoulder to steady him. Then place your right hand on the subject's extended left arm just above the wrist.
3. Tell the subject to resist when you try to push his arm down.
4. Now push down on his arm fairly quickly, firmly, and evenly. The idea is to push hard enough to test the spring and bounce in the arm, not so hard that the muscle becomes fatigued. It is not a question of who is stronger, but of whether the muscle can 'lock' the shoulder joint against the push.



*Basics of Muscle Testing*

Source: <http://www.goodenergyproducts.com/images/Muscletesting.jpg>



H: Surrogate muscle testing.

You can test other people who are not in the same room as you and can be tested by people who are not at the same location as you. I surrogate muscle test my clients over the phone all the time. Surrogate muscle testing works just as well as hands on muscle testing. Avoid thinking that one works better than the other. Hands on muscle testing is great to demonstrate energetic strengths and weaknesses to the client, but surrogate muscle testing is just as effective. Simply have the intention to tune in to the person you are testing and use one of the single person techniques above or any other that works for you. I simply tune in to the other person and listen to their voice while using my muscles to test for them.

When doing this over the phone, I have had some clients ask me if I was using an Ouija board :-). There is no magic involved here. It is simply testing your muscle strength, while tuning in to another person's energy.

Just like self testing or two-person testing, you must be sure that the person to be tested is in a testable state to get accurate results.

### **Always check for polarity reversal**

If none of the above tests work for you, it is very possible that your polarity is reversed. Before testing anything, you want to check your polarity every single time. It's not uncommon to reverse several times during the day.

Here is the process I use to determine if I or my clients are testable, before doing the actual testing.

1. Make a statement that you know to be true: My Name Is Stacey and then test. Say a statement that you know to be false: My Name Is Fred and then test. You can also say the word "love". You should get a strong response. And then say the word "hate" for which you should get a negative response.

If you get a weak response, when you should get a strong response, then you are reversed. To correct this, take five fingertips on one hand and place them on your abdomen, 2 inches above your bellybutton. Then say the same statements again and test. They should test correctly now.

2. There is another level of testing for accuracy. After doing Step One above, do the following: Keep the fingers of one hand 2 inches above your bellybutton and say the following statements and then test. If you need to use two hands for testing, touch the area above your bellybutton and then you have 30 seconds to test. So touch the area above your bellybutton in between each statement and then test.

"I am 100% clear of deception." - then test.

"I am 100% clear of blocks to accurate testing." - then test.

"I am a 100 percent clear of interference - then test.

If any of these statements result in a weak test, then the first thing to do is make sure you're not dehydrated. Drink a glass of water and then test again.

If not dehydrated, you can normally correct the reversal by using the following method. Tap on the side of your hand that your pinky is on - the fleshy area below your pinky, that you would make a karate chop with. (See diagram above). You can also tap under your nose several times. After doing that, test those statements again to make sure they are strong. Now you are ready to test.

If you were reversed, you probably want to test to find out what had you be reversed (test things such as foods that you ate recently, other substances you have come in contact with recently, or toxic emotions) You can test substances by using the protocol below. When testing, I highly recommend placing your fingertips one hand 2 inches above the bellybutton while testing. This will help to ensure that you get accurate results, i.e. that you don't reverse while testing. If someone else is testing you, they need to make sure they are not reversed either. If they are not a clear channel, it will affect your testing.

## **Here is the protocol I learned to test foods and other products.**

There are many ways to do this. If you have a process that works for you, keep it and feel free to share it on the forum.

This is a multi-level process.

First you state the name of the product while looking at it or holding it. Remember everything is energy so we can pick up the energetic sequence of something when we look at it or sense it with our other senses such as touch or smell. You can also place it under your tongue, or hold it next to your body while testing.

Say "This aspartame." And then muscle test

"This aspartame I want to be healthy." And then muscle test

"This aspartame I want to be sick." And then muscle test

"This aspartame will challenge me." And then muscle test.

If a product is good for you, you will test strong to the first 2 statements and weak to the second 2 statements.

If it is strong on all statements except "It will challenge me," then you want to ask follow-up questions. "I should avoid it" and if yes, for how many days. (One day, two days, etc.)

Or I should limit it? And if so, what quantity per day or per week. For example, you may be able to eat wheat or fruit but only once or twice a week. (Test: One piece of bread per week, two pieces of bread per week, etc.)

Some of the more common food allergies are wheat, gluten, sugar, corn and cow dairy. So why should you listen to your body about food. Very simply if you ingest food that is not good for you at this time, it is like putting poison in your body. Your body cannot digest it and it will do damage to your digestive system. There are many studies, which say that all disease starts in the digestive system. On a physical level, I think that is probably true but on a deeper level, I believe it all starts with repressed emotions, negative thoughts and beliefs that build up as toxins over time, then affecting our ability to digest foods. Of course, I am not a doctor and this is just one theory. It may not apply in all cases so take what resonates and throw out the rest.

### **Inconsistent Testing:**

If you have inconsistent testing, it could be due to:

- Toxins in your body such as bacteria, virus or fungus. We will be discussing that in a future class.
- Use of fabric softener on your clothes. Most fabric softeners are toxic and if you are touching your belly button area through your clothes, it will affect the testing. (I highly recommend discontinuing use of fabric softeners you find in grocery store as well as Tide detergent which was also found to be toxic.)
- You don't believe you can do this. If this is the case, you can release that belief using the dominion technique taught in the Vibes Up classes. (I command my body to release this belief or use EFT to let go of that fear and replace with an affirming belief such as I choose to test accurately)
- Just need more practice. This takes a while to learn but is worth it.
- If you are unable to do this on yourself, get another person to test you using one of the 2 person techniques.

To keep yourself from polarity reversal while testing, touch your finger tips to the area above your belly button briefly and then test one statement. Then touch your finger tips to the area above your belly and test the next statement. I don't know why this works but it does.

# Your Assignment

**STEP 1:** Learning to test accurately takes a lot of practice. Try using each of these methods, and then choose one to practice consistently every day for a few minutes. Start by testing things that you know to be true.

1. Test your name, and someone else's name.
2. Test "love " and "hate"
3. Test aspartame

**STEP 2:** Once you have gotten comfortable with testing and feel like you can get accurate results, try it out on things you want to know.

**STEP 3:** Test your foods and supplements to see if they are good for you. If you are ingesting something that is not good for you, it is draining your energy and affecting your mood, which affects your ability to live out your dreams from a place of peace. And of course, it affects your health.

**STEP 4:** Pay attention to the 9 indicators that you may have taken on someone else's energy. If you suspect that you have taken on other people's energy, test for it.

If you have teamed up with a buddy, practice with them. Yes, you can do it over the phone. Simply have them say the true and false statements and test them using any of the one person protocols above or any others you may know.

Have fun with this. No need to stress out over it. It's just a tool that can help you if you so desire.

**If you have no desire to learn this, or find it too challenging, you can get quiet and ask yourself the questions and allow your higher voice to answer.**

Wishing you the best in living out your dreams,



Stacey Mayo, The Dream Queen  
Master Certified Coach and Publisher of [Life Transformation Tools & More](http://www.LifeTransformationTools.com)

## Resources

Here are some other resources, if you would like to read more about muscle testing.

Article on muscle testing -  
[http://www.goodhealthinfo.net/herbalists/muscle\\_testing.htm](http://www.goodhealthinfo.net/herbalists/muscle_testing.htm)



**Books:**

*Your Body Doesn't Lie* by John Diamond MD. (This is an older book)

*Your Body Can Talk* by Susan Levy, DC.

*Power versus Force* by David Hawkins, M.D., Ph.D.