

Energy Muscle Testing

It is widely known that positive thoughts and feelings are beneficial. While this concept can be readily accepted, have you ever seen proof of the power positive thoughts? I am thrilled to share with you a very simple technique called Energy Muscle Testing (EMT).

I was first introduced to this technique by Daphna Slonim, MD and I continue to implement it in my work. Once you experience it for yourself, you will certainly think twice before berating yourself with negative thoughts, participating in negative chatter or absorbing negative energy.

To give you a greater understanding of the history of this methodology, I am providing a brief synopsis of the origin of Energy Muscle Testing and how it works

History and Theory of Energy Muscle Testing

By Daphna Slonim, MD

Applied Kinesiology that addressed the concept of Energy Muscle Testing (EMT), began in 1964 with the research of the American chiropractor George J. Goodheart, Jr. In his book with Robert Frost called *Applied Kinesiology: A training manual and reference book of basic principles and practices* (Ronin 2002), Dr. Goodheart wrote, "Applied Kinesiology is based on the fact that body language never lies. The opportunity of understanding body language is enhanced by the ability to use muscles as indicators for body language—the opportunity to use the body as an instrument of laboratory analysis is unparalleled in modern therapeutics because the response of the body is unerring."

In 1971, Dr. Goodheart found a correlation between muscles, organs and glands with the meridian system of Chinese medicine. When there is a block to the flow of life energy (Chi) in a meridian, for whatever reason, the muscles connected to that meridian will weaken. When the energy flows freely without blockages, the muscle will be strong. He discovered that the lack of energy in a meridian could be associated not only with muscle weakness but also with functional problems in specific organs and glands.

In 1973, his student, the chiropractor John Thie, wrote the Touch for Health manual that was intended for use by the general public. This book and its many editions, laid the foundation and made “Energy Medicine” and “Energy Psychology” available to millions of people.

By testing the strength or weakness of an indicator muscle, Applied Kinesiology provides access to the body’s internal computer. Since the body is connected to the consciousness of all that is, this internal computer has unlimited knowledge. The Universal Consciousness, or the Higher Self that I refer to in this book, knows much more than the limited ego is aware of. The Higher Self that is part of the cosmic computer is not limited by the conscious knowledge of the thinking brain.

The body’s computer regulates millions of functions that we are unaware of, such as controlling our heartbeats, filtering urine, fighting bacteria, digesting, metabolizing, breathing etc. The body’s computer obviously knows much more beyond our conscious awareness. So it is not surprising that the body’s computer also knows what is good for us and what harms us.

As with all computers, the body’s computer operates according to the binary system: 0’s and 1’s; either a yes (1) or a no (0). The access is through energy muscle testing. A strong muscle is a “yes.” A weak muscle is a “no.”

Doctors Goodheart and Thie used muscle strength to check beneficial or harmful nutrients. The Australian psychiatrist, Dr. John Diamond took this finding further in what he called Behavioral Kinesiology. He found that the same principle of muscle testing was true when checking the body’s response to emotional or mental stimuli. The muscle will get strong with a positive statement, positive emotion, looking at smiling faces, listening to classic music etc. On the contrary, negative statements, hateful emotions, hard rock music and looking at frowning faces, will weaken the muscles.

Later the American psychiatrist, David R. Hawkins M.D. Ph.D. expanded the research and discovered that one can use muscle testing to distinguish between truth and falsehood.

Dr. Hawkins also discovered that the body’s computer had access to knowledge that was not consciously available. During his seminars he would often distribute 1000 sealed, unmarked envelopes. 500 contained artificial sweetener and 500 contained Vitamin C powder. The participants were instructed to muscle test each other while holding the envelopes and to note if their muscle was weak or strong. With no exception, when the envelopes were opened the people who held the Vitamin C had strong muscles. The people with weak muscles found that their envelopes contained the artificial sweetener.