

## Energy Muscle Testing Overview

### Baseline Calibration Procedure, using a finger circle



1. Make a circle with your ring finger and thumb. Typically, you'll make this circle with your dominant hand, the stronger hand. If right-handed, press your right thumb and right ring finger together, making a circle. If left-handed, press your left thumb and left ring finger together, making a circle.
2. State your true name, as in "My name is Paul."
3. Have your partner try to break the circle, force it open, while you resist and try to keep the finger circle intact. The best way to do this is for your partner to insert both index fingers (that is, from both of your partner's hands) into your finger circle, form hooks with the partner's index fingers, and have your partner forcefully pull those index fingers to opposite sides, to try to break your finger circle.

Since you are speaking truthfully, your muscles should be rock solid and your finger circle intact. You may then test using a false name. The muscle should be weak. End the procedure by testing the true name again.



### Arm Option: Straight arm horizontal

1. Stretch either arm forward, just one arm. Keep the arm horizontal and the fingers straight ahead (not in a fist).
2. State your true name out loud. "My name is \_\_\_\_." Have your partner put a hand on your forearm, a few inches above your wrist, applying steady force and try to push your arm down towards the floor, while you resist. Your arm should not be able to be pushed down.
3. Now state a fake name out loud. "My name is \_\_\_\_." Your arm should be weak, and your partner should be able to push it down with ease.
4. State your true name out loud. "My name is \_\_\_\_." Your arm should not be able to be pushed down.