

If an energy imbalance occurs in a particular meridian system, the associated organs will be affected. By inserting needles at specific points along the meridian, the energy flow in that meridian can be influenced and a therapeutic effect on the associated organ is brought about.

Acupuncture's ability to treat or block pain is its most accepted role in Western medicine today, although just how it is able to create its analgesic effect is argued. Because these meridians do not follow any known anatomical pathway, mechanistic-oriented minds find it hard to accept that these electromagnetic energy channels are there! Research in the growing field of neuroendocrinology may be able to change this attitude.

Now let us get back to the subject of Muscle Testing and its role in tailoring your personal health regeneration program.

### *Muscle Reflex Communication System . . .*

Dr. George Goodheart, the originator of the specialty called Applied Kinesiology, discovered that there is a direct relationship between muscles and meridians. Muscles can be thought of as "energy pumps" that assist the flow of energy through a meridian. A weak muscle indicates an energy imbalance; a strong muscle indicates the flow of energy is unimpeded.

When I refer to "muscle testing", I am not referring to the strength of a muscle as a physical therapist might assess it, but to the ENERGY condition in the meridian associated with that muscle. This differentiation is an important point to remember.

The body has an ability to sense and feel harmonizing or conflicting energies. This is due to the properties of resonance and dissonance. "When two wavelengths of energy are in harmony or in tune with each other they resonate together. The effect of resonance can be observed when a particular note causes a chandelier to vibrate, or a singer hitting a certain note causes a glass to break. The object was vibrating at the same rate as that particular note, and being in harmony with that note, it absorbs the energy of it and increases its rate of vibration. In the case of the glass breaking, the glass absorbs so much energy that it vibrates apart." Master's Course in Holistic Healing, Nature's Field, 1992.

Stressful conditions (situations or choices undesirable to the body) disrupt your energy flow. Such a disruption affects the muscles. Think about the physical reactions felt when you are suddenly given bad news or frightened...weak knees, heart palpitations, dry mouth, light-headed, etc. These are all physical reactions, muscle reactions. Your body wisdom is telling you, "Undesirable! Not nice!"

"The first time someone demonstrated muscle response testing to me, I was skeptical. Well, one day I was demonstrating muscle testing to a friend, just for fun. I was showing him how a person's arm muscles were weaker when they were holding something like sugar and stronger on healthier foods. My oldest daughter, Sarah, was fascinated with the muscle testing. She was six at the time. So using my fingers, she began to muscle test me on various substances. I was talking to my friend, not paying much attention to what she was doing, except when she said 'hold'. Then I would hold my two fingers together tightly while she tried to pull them apart. Believe me, I was holding tight; after all, I wasn't going to let my six-year-old daughter best me in a contest of strength.

"Then she dropped something on my lap and said, 'hold.' I held as hard as before, but my fingers came apart. I looked down and saw that she had dropped sugar on my lap. I was incensed and didn't believe it. I made her do it again and had the same result. We tried it several different ways and it always came out the same. As long as I wasn't touching the sugar, I could hold my fingers together, but as soon as I touched it, my daughter could easily pull them apart.

"After that experience, I knew that touching a substance which wasn't good for you could make an actual difference in a person's physical strength. I have since proved this to myself many times over."

Steven H. Horne,  
Master Herbalist and Author

Through a complicated interaction of energies, the brain records every event experienced and analyzes it against your PERSONAL IDEAL. (One man's meat is another man's poison, so what is all right for one person may be rejected for the next.)

If there is a match of the event (or food or herb, etc.) with what is right for YOUR functioning, muscles remain strong...energy balance is present. OK!

If there is a mismatch, muscles become weaker...energy imbalance is present. ERROR!

So it is possible to use this muscle reflex communication system to assess the body's energy flow, its nutritional needs, its emotional blocks (if any). We can, in effect, "talk" to our bodies and tap into our inner wisdom whose sole purpose is to keep us in perfect health and vitality.

"We experience the effects of resonance and dissonance all the time, but most of us are virtually unaware of it. For example, when we meet someone who thinks and feels a lot like we do, we say we feel 'in tune' with that person. We might also say that we are 'on the same wave length' or we get 'good vibes' or 'good vibrations' from them. When we are in harmony with someone in this manner we feel more energized, stronger, edified and more alive. Conversely, you have probably noticed that contention tends to drain your energy. We speak of contention as 'discord,' 'disharmony' or 'bad vibes.'" Ibid.

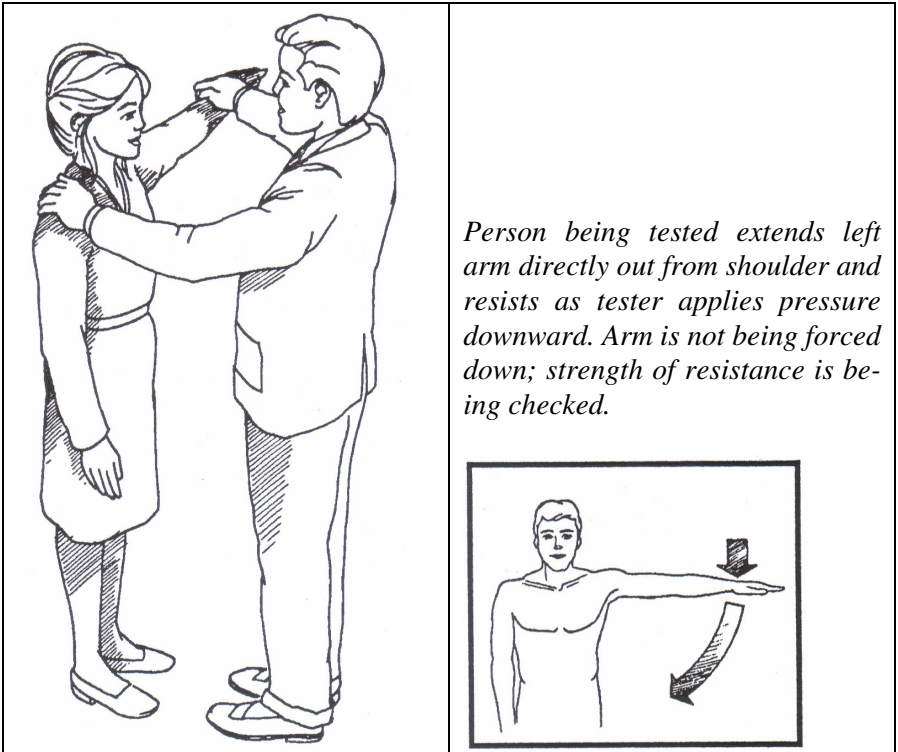
Have you ever experimented with a pendulum? You know...a wooden spool or ball at the end of a piece of string that you dangle from your finger and thumb. You watch it rotate clockwise or counterclockwise as you ask questions. You have, of course, established whether a clockwise or counterclockwise rotation means yes or no for you! Then you ask questions...Will I get a date for the prom? Will I pass my math exam? Will I become rich and famous? All such profound inquiries...

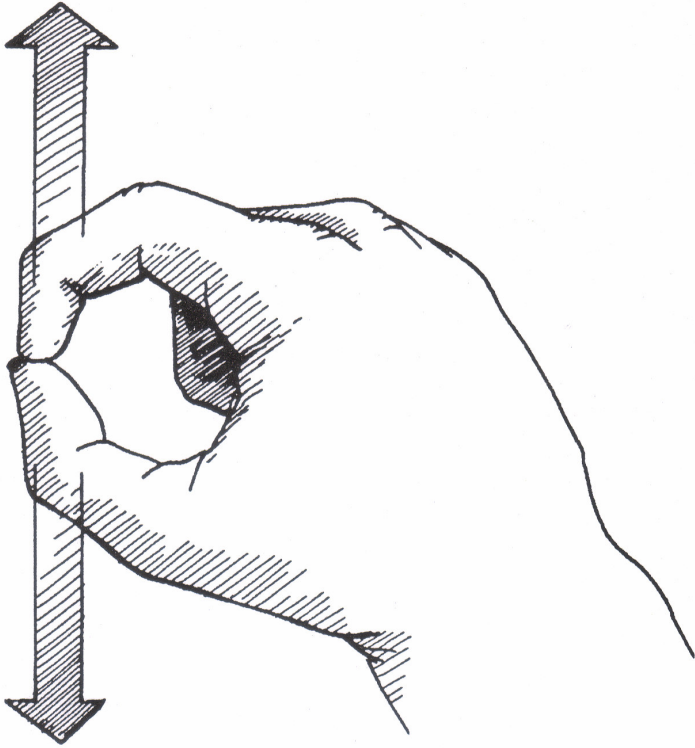
Well, the principle involved here is more than a parlor game trick. The pendulum is another example of energy field dynamics. Properly used, a pendulum can provide accurate indications, much as a sensitive water douser can find where to drill the well. There is wisdom behind what many dismiss as old wives' tales!

Muscle testing, which anyone can learn, has three things going for it:

1. It is inexpensive...no elaborate machinery or equipment is required. Many physicians do it as part of a routine physical examination.
2. There is nothing scary about it...no needles, pain or other trauma.
3. (And this is where its evaluative role comes in.) It can provide information that is otherwise unavailable from case history, physical examination or laboratory tests.

Even more beautiful, it can tell you something is wrong inside **BEFORE** anything abnormal shows up on the outside.





Person being tested places thumb and index finger together to form a circle, and is told to resist as tester attempts to pull the fingers apart. If the body's response is negative, the finger will part no matter how much resistance is offered!