

Muscle/Energy Testing Explained

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The first time someone is exposed to Muscle/Energy Testing, it may, understandably, seem that the practitioner is using some sort of voodoo or psychic abilities. This is surprisingly far from the truth, as almost anyone can, when properly trained, utilize this technique (and it's a great party trick, too). When the process is understood from a neurological standpoint, it is an amazing method used to tap into the body's innate wisdom in order to expedite the healing process.

Energy/Muscle Testing measures a natural stress response called Binary Biofeedback — the measure of the body's response to a stimulus. Binary Biofeedback is used in virtually every medical field with EEGs and ECGs to heart rate monitors and with devices used to measure heart rate and temperature. The difference with Muscle/Energy Testing is that it is done by using the body's muscles to measure a response - the biofeedback device itself.

As we all know, muscles are controlled by nerves and the muscles of the body will respond differently to different neurological (nerve) messages. Because of this, we have the ability to measure muscle strength as a way to understand what the nervous system is trying to tell us. By tapping into the nervous system through Energy/Muscle Testing, the practitioner can ascertain imbalances in the body and advise the client about how to help address these imbalances. This allows the body to use its own innate ability to heal - nothing magical here, just a way to work with the natural flow of the body to create balance and health.

When the body is presented with something that it perceives as a stress to the system (something it is incompatible with or is toxic to the body), the electrical signals between the muscles and the brain are stressed or "short-circuited" and the muscle being tested is weakened — a.k.a. the Binary Biofeedback response.

Muscle Testing is performed in many different ways, but the most common form is done by having the client hold an item while trying to resist downward pressure placed on the arm by the practitioner. The practitioner is testing for the client's energetic strength/compatibility with an item. A strong/resistant arm is considered a positive response and a weak arm is considered a negative response (an "incompatibility" or toxic relationship with the item tested).

A Muscle Testing practitioner's goal is to help the client regain or maintain balance, working with the systems already in place within the body. By adding Mind Body Spirit Release™ into the mix, we are able to ascertain emotional stressors, blocks or toxins that are weakening the body and then clear them energetically. This helps redirect the body's energy into the healing process and out of the stress-response loop. Muscle Testing is simply a tool to help achieve that end in a more efficient manner by using the most amazingly complex computer on the planet — the human brain.