

Nancy Gnecco on MUSCLE TESTING

Note: Nancy does a great job of briefly explaining the use of muscle testing and giving an example of how to use the fingers as a muscle test. Gary started out using muscle testing with EFT but soon dropped it as a practice. There are ways the responses can be influenced. If you would like to use muscle testing we recommend you receive special training in how to do it accurately.

Muscle testing, sometimes called “Applied Kinesiology” is a way of communicating with the body, in order to determine the person’s deepest truth. What we are seeking to do is to set up a system of communication with the body by asking it questions in a yes/no format.

Dr. James Durlacher, in his book entitled *Freedom from Fear Forever* puts it this way, “Manual muscle testing is a precise measure of a neurological response in the body. It is a test, not a contest between two individuals.” Sometimes our conscious mind and our subconscious mind are not in agreement with each other. Regardless of what the conscious mind tells us, muscle testing will reveal the deepest truth of the body, for truth will strengthen a muscle, and that which is not true will weaken it.

Many people who use EFT, including Gary Craig, do not use Muscle Testing, but it can be an important and useful tool in situations where the issue that needs to be cleared is dissociated and the client can describe the trauma or issue without feeling any emotion. In such a case we can “ask the body” to tell us the degree of distress. It is also helpful to use Muscle Testing to determine which of several issues is the most important to deal with. I use the following statement in these cases; “It is in my highest and best interest, for my deepest and most profound healing to clear this issue at this time.” Or “The highest priority at this time is to clear issue A (name it) first.”

Although any muscle in the body can be used, and many people use the technique of testing a person’s arm, I have found that testing fingers is easier to learn, less invasive, and more reliable. One of the reasons for this is that, when using fingers, it is easier to avoid having the test become a contest of strength. Without using excess force, if the fingers we start with don’t respond appropriately we can move to a stronger or weaker finger, an option not available when testing muscles in the arm or leg.

Before beginning any muscle testing it is ALWAYS important to get permission from the client, and to ascertain that pulling on the fingers isn’t contra-indicated by arthritis, injury or any other physical condition. I usually say, “Is it okay for me to pull on your fingers? Do you have any condition with your hands or fingers that would make it hurt to do so?” If the answer is “yes” try testing another muscle.

Testing Fingers

1. Have client put the pads of the ring finger and thumb together
2. Test in the clear: Say to the client, “When I say “Hold” don’t let me pull your fingers apart.”(Pause to the count of 3, then pull to the count of 3. Do not use excess force, and do not continue pulling after counting to 3) Fingers should stay together. If they don’t, change to a stronger (index) finger
3. Say to the client, “I’m going to ask your body to show me a ‘yes.’ Hold.” (Pause, then pull) Should be strong - fingers stay together. If the fingers come apart, try a stronger finger.
4. “I’m going to ask your body to show me a ‘no.’

Hold.” (Pause, then pull) Should be weak - fingers come apart. If the fingers don't come apart, try a weaker finger.

5. If reversed ('yes' being weak and 'no' being strong) place one finger under the nose with a little pressure and the other hand at the back of the head with no pressure and hold for a minute or until the client takes a deep breath. Then try again.