Enhancing Creativity with Muscle Testing

A Valuable Tool for Crafters

a special publication from Firebelle Productions

What Is Muscle Testing?

Muscle testing is a form of biofeedback that reflects subtle changes in the body's energy systems. It's a "detector" of sorts—one that costs nothing, is noninvasive, and can give us valuable information to help us live healthier, happier lives.

Muscle testing is used primarily by healthcare professionals to identify or evaluate such things as imbalances, misalignments, energy blockages, and nutritional needs. However, muscle testing isn't only for trained healthcare professionals. It is simple enough that a person with little or no training can effectively use these techniques to obtain feedback from the body or the subconscious mind.

Shown below is just one example of muscle testing—the interlocked fingers test (or ring-in-ring test). When one asks a Yes/No question, the rings should remain strong for Yes (below left) and separate for No (below right).

Muscle Testing for You, Your Family, and Your Pet

The book *Muscle Testing for You, Your Family, and Your Pet* is packed with valuable information, including:

- How muscle testing enables us to obtain information from the body or subconscious mind.
- Several muscle testing techniques that are easy to do for yourself or others.
- How to adapt muscle testing techniques for use with pets.
- Ways to fine tune muscle testing to gain confidence and improve accuracy.
- Practical applications for muscle testing, including evaluating foods and supplementing medical or veterinary care.

Muscle testing can also be a valuable tool for crafters.

The book *Muscle Testing for You, Your Family, and Your Pet* explains how muscle testing enables us to obtain feedback from the body or subconscious mind.

Muscle testing can help crafters enhance creativity and prioritize projects.

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How Can Muscle Testing Enhance Creativity?

Although muscle testing is primarily a tool to be used for health and wellness purposes, I have also used it to enhance creativity. This works, because muscle testing allows us to bypass the analytical conscious mind and tap into the more creative subconscious mind.

I enjoy sewing and quilting in my spare time. However, I've sometimes wasted a lot of time stuck in analysis paralysis, agonizing over what patterns, fabrics, or threads to use. Muscle testing has helped me streamline the process.

Often I approach this by asking my subconscious mind to reveal my preference. Muscle testing is binary, so I need to ask Yes/No questions, not multiple choice questions. For example, if I'm trying to pick a focal fabric for my quilt, I wouldn't ask my subconscious mind, Which fabric should I use as my focal fabric? Instead, I would focus on each choice one at a time and ask, Should I use this fabric as my focal fabric?

If the answer to my question is Yes, the muscle remains strong. If the answer is No, the muscle tests weak. This is true regardless of which test I use.

Sometimes I take the opposite approach, asking my subconscious mind to help me deselect or weed out options. For example, when choosing a thread color for my quilt tops, I might start with a handful of options. Then one by one, I would focus on each color and ask my subconscious mind if I should deselect that color next. Eventually, I weed out all but the color that I believe will work best.

Tapping into my subconscious mind to enhance my creativity has been a big time-saver. Additionally, because I'm no longer second guessing my choices, I get more pleasure from the finished quilts.

I use the same technique to help prioritize projects. When I'm struggling to decide which of several projects to work on, I'll use muscle testing to ask my subconscious mind for feedback. Again, muscle testing is binary, so I have to ask Yes/No questions. For example, Do I want to work on a Christmas quilt tonight? Or should I work on the tote bag for Marina first? Once my subconscious mind reveals which project I want most to work on, I can enjoy my choice and not feel guilty about the ones that I didn't choose.

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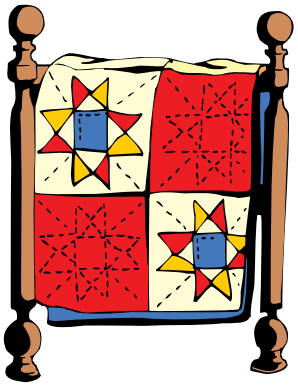
Muscle testing can be a valuable tool for crafters, helping us bypass the analytical conscious mind and tap into the more creative subconscious mind.



Tapping into the subconscious mind to enhance creativity can be a time-saver and can enable crafters to get more pleasure from their finished products.

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