

Muscle Testing for You, Your Family, and Your Pet

Biofeedback for the
Layperson or Pet Parent



Jill Meryl Levy
Firebelle Productions

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Disclaimer

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Biofeedback for the Layperson or Pet Parent

When Laddie and I embarked on our muscle testing journey, I found very few resources geared for the layperson. Most were geared for healthcare professionals.

This book is truly a DIY (do-it-yourself) resource for the layperson or pet parent. It's the book that I wish had existed when I wanted to learn how to use muscle testing for myself and Laddie. It began as a missive from one pet parent to another, then grew into a resource for a much larger audience.



This book is not intended to be all-inclusive. It is filled with a lot of good instruction and ideas. But there is far more to explore for those who are interested in doing so.

Nor is this book geared for healthcare professionals who are trained to use muscle testing as a diagnostic tool. Their training and experience surpass the information in this book. Nonetheless, Laddie and I hope that it will also be a valuable resource for healthcare professionals who desire to educate their patients or pet parents about muscle testing.

Acknowledgments

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To actress Angela Cartwright for her role in the movie *Lad: A Dog*, my inspiration when I was finally ready to share my life, my love, and my home with a dog.

Chapter 1: A Quick Start Guide to Muscle Testing

One of the most exciting things about muscle testing is that a person with little or no training can effectively use these noninvasive techniques to obtain feedback from the body or the subconscious mind. Even children can do it.

You don't need to understand how or why it works. You don't need a partner to do it with you. You don't need any equipment. A few simple instructions are enough to get you started.

This section contains an overview of one self-testing method that you can use for yourself or your pet, the idea being to give you a tool that you can put to use immediately:

- Quick Start Guide to Self-Testing with the Straight-Arm Method
- Quick Start Guide to Testing Pets with the Straight-Arm Surrogate Method

More detailed instructions and other testing methods are provided in subsequent chapters.

Quick Start Guide to Self-Testing with the Straight-Arm Method

This quick start guide begins with the premise that ...

- You already know a little about muscle testing, but perhaps didn't realize you could do it yourself, and/or
- You want to jump right in and are content to wait for more detailed information later.

One Test to Get Started

The straight-arm test is my favorite. It's the first method that I learned and the one that I feel gives me the most reliable results. So the straight-arm test is the one that I've chosen to use for this quick start guide.

If you prefer other muscle testing methods, that's okay. We're just dipping our toes into the water here. There are several more techniques to learn in Chapter 4.

The Steps

1. While standing or sitting comfortably, hold one arm in front of you parallel to the ground with your elbow locked.
2. Apply brief downward pressure with your free hand while resisting with the arm being tested. (Use two fingers about an inch above your wrist. Avoid pressing on the wrist bones themselves.)



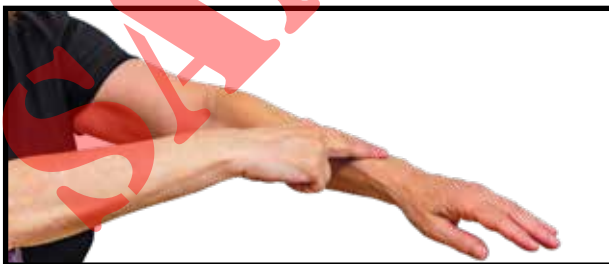
This doesn't require much pressure or resistance. In fact, you should be using as little pressure and resistance as necessary to get results. You are testing for muscle response, not strength.

More details regarding pressure and resistance are provided in Chapter 3. For now, try this a few times to get a feel for the process and the amount of pressure and resistance needed.

3. Establish a baseline.

Establishing a baseline is done to familiarize yourself with what your Yes and No answers feel like.

One option is to give your subconscious mind simple instructions such as "Show me a Yes" or "Show me a No." For Yes, the arm should remain strong (below top). For No, it should go weak, dropping slightly with the application of light pressure (below bottom). (Two inches of movement should be enough to signal a No response.)



Alternatively, you could use statements that are either true or false. For example, if you say "My name is _____," your arm should remain strong for your name, but go weak for any other name.

4. Proceed with your inquiries using questions or statements according to your preference.

More muscle testing guidelines are provided in Chapter 3, and examples are provided throughout the book.

5. Rephrase and retest as needed.

Muscle testing is binary. It can only tell you Yes or No, True or False. So if the results of your muscle testing are inconclusive or if you realize that you have phrased your question or statement poorly, rephrase and retest.

Think of this as a True/False test, not a multiple choice test or essay test.

If you find this method awkward at first, that's okay. You'll learn later how to refine your skills and become more proficient.

And Now, Let the Journey Begin

This was all that it took for me to get started using muscle testing on a daily basis. I continued to learn a lot more about muscle testing—knowledge that I share with you throughout this book. But if you are eager to start your muscle testing journey before reading further, go for it.

The only other thing that I needed to jump start my muscle testing experience was information on how to use it for Laddie. That quick start guide begins on the next page.

Quick Start Guide to Testing Pets with the Straight-Arm Surrogate Method

This quick start guide builds on the previous one for self-testing. So if you are not already familiar with that material, start there.

When we muscle test for a pet, we use a human surrogate. Information on how this works and detailed instructions will come in later chapters. This is just enough to get you started.

The Steps

These instructions are based on the premise that you will be testing for your own pet using the self-testing method.

1. Establish your intention to test for your pet.

For example, I would say “I am testing for Laddie” to create an energetic link between my subconscious mind and his.

2. Confirm your connection with your pet.

For example, I would say “My name is Laddie,” then test for a strong or weak response using whatever muscle testing technique I choose. A strong response confirms the connection. If I receive a weak response, I would repeat Steps 1 and 2 until I received a strong response.

Contact with your pet is optional.



3. Request permission to test your pet.

Even when working on your own pet, respect that animals also have free will. So ask your pet if he or she will give you permission to proceed. Use muscle testing to get the Yes or No answer. If your pet says No, respect his or her choice. You can always try again later. (See “Permission to Test” in Chapter 3 for more information.)

4. Ask your question(s), testing for a strong or weak response with each one. (Follow the instructions in the previous quick reference guide.)

The questions can be phrased in second person (e.g., Is this food good for you?) or in third person (e.g., Is this food good for Laddie?) as long as you are clear that you are talking to the pet.

5. Disconnect when done.

For example, to break the energetic connection with Laddie, I would say “My name is Jill,” then test for a strong or weak response. If the connection is broken, the response will be strong.

Additional Details

Surrogate testing on a human is done the same way. So you can use these same instructions to test other humans.

Chapter 2: How Muscle Testing Works

This chapter provides background into how muscle testing works:

- Introduction to Muscle Testing
- Types of Muscle Testing
- Communication with the Subconscious Mind
- Vibrational Resonance
- Muscle Testing Is Not For ...
- Accuracy of Muscle Testing

Types of Muscle Testing

Self-Testing

As the name implies, self-testing involves testing one's own muscles. Most of the tests in this book are self-testing methods. Self-testing methods can also be used for surrogate testing and proxy testing.

Testing Another Person Directly

Muscle testing can be done on another person, for example, the way that chiropractors test their patients. This book contains two simple tests that laypersons can easily do on another person.

Surrogate Testing for Humans

Surrogate testing can be done for babies, young children, the elderly, people with disabilities, comatose patients, or anyone else unable to fully participate in testing.

The subconscious mind is always active, monitoring the environment and keeping the body functioning. Thus the subconscious mind can respond to questions if provided a mechanism to do so. Think about scenarios in which someone in a coma is asked to blink his or her eyes or squeeze the hand of a loved one in response to Yes/No questions. That's the subconscious mind responding through a form of muscle testing. (It takes muscles to blink one's eyes or squeeze a hand.)

Surrogate testing provides an alternate mechanism to obtain feedback from another person's subconscious mind. It's believed that one's intention to act as surrogate for another person creates an energetic link between both parties, enabling the surrogate to access information or responses from the other party's subconscious mind. Questions are directed toward the subject, but the muscle testing is done on the surrogate.

Surrogate testing can be done through self-testing, where one person acts as both tester and surrogate. Alternatively, the tester can use a third person as the surrogate. For example, the tester might use a parent as a surrogate for his or her child. Physical contact between the surrogate and the person being tested is optional. The process works equally well with or without contact.

Surrogate Testing for Animals

Surrogate testing works for animals in much the same way as it does for humans. Animals don't always understand our spoken words to the same extent that humans do. However, when we connect with their subconscious minds on an energetic level, they are able to understand the intent behind our words such that we can obtain information from them in the same way that we do from other humans.

Just as with surrogate testing for humans, surrogate testing for animals can be done by using self-testing methods or by using another person as the surrogate. For example, a pet owner can act as surrogate for his or her fur baby. Physical contact between the surrogate and the animal being tested is optional. The process works equally well with or without contact.

Proxy Testing for Humans or Animals

There doesn't seem to be one universal definition for proxy testing. In fact, some people use the terms *surrogate testing* and *proxy testing* interchangeably. In general, however, the term *proxy testing* is used to mean one or more of the following:

- Testing done at a distance (e.g., greater than six feet).
- Remote testing (e.g., testing done over Zoom or a similar platform).
- Independent testing for a human (e.g., testing another person with his or her permission, but without that other person's direct participation).
- Independent testing for an animal (e.g., testing a pet with the owner's permission, but without the owner's direct participation).

Aside from these distinctions, the information above regarding surrogate testing also applies to proxy testing.

Distance is no obstacle when we connect with others energetically, making it possible to work with people or animals all over the world.

Chapter 3:

General Muscle Testing Guidelines

This chapter contains general guidelines that apply to most of the muscle testing techniques in Chapter 4.

- Pressure Versus Resistance
- Permission to Test
- Refining Questions for Muscle Testing
- The Role of Water in Muscle Testing
- Muscle Testing When Ill, Injured, or Otherwise Impaired
- Guidelines to Gain Confidence and Improve Accuracy
- Love, Intention, Prayer, and Gratitude
- Balancing the Body

Pressure Versus Resistance

Perhaps the biggest challenge for people who are new to muscle testing is learning how much pressure or resistance is needed. The following guidelines should help you develop a feel for it.

Most of these guidelines are written in the context of arm testing techniques, but many are applicable to the other tests as well.

Gentle and Balanced

Gentle pressure and resistance are all that we need for accurate muscle testing. The amount of pressure and resistance should be fairly balanced such that when the subconscious mind is providing a Yes response, the arm being tested remains strong. It may dip slightly, but it doesn't drop. Nor does it pop up from the resistance exceeding the pressure being applied.

Muscle testing does not involve trying to overpower the person being tested. **No Arm Wrestling.** Not when you are testing another person. Not when you are testing yourself. This is not a contest to see who is stronger. We are not testing muscle strength. We're viewing the muscle response as an indication of energy flow or balance in the body. We're using the muscle as an *indicator muscle*.

Muscle testing works only if the person being tested offers some resistance. If he or she drops the arm at the slightest pressure, it doesn't work. The same is true when you are testing yourself. **No spaghetti arms.**

Finger testing techniques are obviously different from arm testing techniques, but it's still important to be gentle and balanced. **No finger wrestling.** Again, we are testing for muscle response, not muscle strength.

The Dimmer Switch Analogy

In his book *The Emotion Code*, Dr. Bradley Nelson uses the analogy of a dimmer switch to convey how much strength is needed on the part of the tester and the person being tested.⁴ Think about the way a dimmer switch is used to control the light coming from a light fixture. You can produce more or less light depending on how far you turn the dimmer switch.

During muscle testing, if both the tester and the person being tested are using their full strength, it would be as if their individual dimmer switches are each set to 100%. This is not what we want. Again, this is not a contest to see who is stronger. In fact, using 100% strength will cause both parties to tire quickly and can produce inaccurate results.

Dr. Nelson recommends that each person aim for 5% or less on the dimmer switch. The same concept applies when self-testing. At first it may seem as though that's hardly enough pressure or resistance to get any information from the subconscious mind. However, with practice, this will become very comfortable.

Finger Placement

When using either the straight-arm test or the bent-arm test described in Chapter 4, use two fingers about an inch above the wrist. Do not put pressure on the wrist bones themselves, because the brain, in an effort to protect the joint, may cause the arm to weaken, resulting in a false negative.



The Rule of 2s

In their book *Touch for Health*, Dr. John F. Thie and his son Matthew Thie present what they call **The Rule of 2s**.⁵

2 pounds • 2 seconds • 2 inches

One needn't apply more than two pounds of pressure to get accurate results. (To get a sense of what two pounds of pressure feels like, try pressing gently on a postal scale or food scale.)

Two seconds is sufficient to get a Yes or No response to any single question. Testing for longer than two seconds can cause fatigue and give you a false negative.

Two inches of movement is enough to signal a No response with arm testing methods. There's no need for the arm being tested to drop further.

Other Suggestions

I've found that when I'm self-testing with the straight-arm test, I can get good results with barely more than a tap. It's taken practice to reach that point, but it's certainly less tiring on my arm and worth the effort to reach that level of proficiency.

The people whom I find most difficult to test are those who offer almost no resistance (spaghetti arms). They generally need more coaching to understand what's expected. If I can help them provide the necessary resistance, great. If not, I'll switch to surrogate testing instead.

Also challenging are those people who are so strong that there's very little visual difference between a Yes response and a No response. When the difference is so subtle that it's tough to tell visually, try asking the person being tested for feedback on how each response compares to the baseline test. (You should always establish a baseline by asking a person's subconscious mind to first show you a Yes while testing, then show you a No while testing.) Asking for feedback also gets the other person more engaged in the process and more in tune with the responses from his or her body.

Pain During Testing

Muscle testing isn't supposed to be painful. If you or the person being tested feel pain, stop and reassess. Are you using too much strength? Are you doing anything wrong? Could there be an injury or other imbalance in the body that needs attention?

If appropriate, use a different muscle test. For example, although I prefer the straight-arm test, I may switch to another method if my neck is bothering me.

Chapter 4:

Muscle Testing Techniques

This chapter provides basic guidelines for several muscle tests that can be done at the layperson level. These instructions build upon the basic guidelines provided in Chapter 3.

Muscle Testing Techniques

The muscle tests covered in this chapter are listed below. Most are self-testing techniques, any of which can also be used to do surrogate or proxy testing. Other tests do exist, but I've included only those that have been the most reliable for me.

- Sway Test
- Straight-Arm Test (Self-Test)
- Straight-Arm Test on Another Person
- Bent-Arm Test (Self-Test)
- Bent-Arm Test on Another Person
- Two Finger Test
- Interlocked Fingers Test (Ring-in-Ring Test)
- Finger Slide Test
- Pry Test
- Leg Press Test

Pendulum Testing

Another option is pendulum testing. While it is not strictly a muscle test, movement of the pendulum reflects the body's subtle energy changes in much the same way that muscle testing does.

Surrogate and Proxy Testing

Lastly, we'll look at minor modifications needed for surrogate and proxy testing.

Sway Test

The sway test is relatively easy in that it doesn't rely on pressure or resistance.

The Basic Steps

1. Stand upright with your feet shoulder width apart.
2. Stand still, with your arms by your side.
3. Establish a baseline by asking your subconscious mind to show you a Yes. Your body should sway forward. Then ask your subconscious mind to show you a No. Your body should sway backward.
4. Proceed with your inquiries using questions or statements according to your preference.



Additional Details

Movement of the body forward or backward is a reflection of how we respond to external stimuli. We are naturally drawn toward positive stimuli and repelled by negative stimuli. All living beings respond the same way.

In the beginning, you may find that it takes several seconds before your body responds. Don't get discouraged. With practice, your body will respond more quickly and this will become easier.

Your movements may be very slight. That's fine. You don't want to sway so far forward or backward that you lose your balance.

Straight-Arm Test (Self-Test)

The straight-arm test is my favorite. It's the first method that I learned and the one that I feel gives me the most reliable results. (Note: If you have shoulder pain, this can cause further irritation. Consider an alternate test instead.)

The Basic Steps

1. While standing or sitting comfortably, hold one arm in front of you parallel to the ground with your elbow locked.
2. Apply brief downward pressure with your free hand while resisting with the arm being tested. (Use two fingers about an inch above your wrist.)
3. Establish a baseline by asking your subconscious mind to show you a Yes. Your arm should remain strong. Then ask your subconscious mind to show you a No. Your arm should weaken and drop slightly. (Two inches of movement should be enough to signal a No response.)
4. Proceed with your inquiries using questions or statements according to your preference.



Additional Details

This doesn't require much pressure or resistance. In fact, you should use as little pressure and resistance as necessary to get results. You're testing for muscle response, not muscle strength.

You can use this same technique for surrogate testing on another person or an animal.

This test can also be done while lying in bed or on the floor. The process is the same, except that you will start with your arm reaching toward the ceiling. As you test, apply gentle pressure as though pushing your arm down toward your side.



Straight-Arm Test on Another Person

For the purpose of explaining this technique, we'll refer to the other person as your partner. (Note: This test is not recommended for someone with shoulder pain, since it can cause further irritation. If your partner has pain in one shoulder, use the other arm. If your partner has pain in both shoulders, consider the bent-arm test, surrogate testing, or proxy testing instead.)

The Basic Steps

1. Explain to your partner what you intend to do by first demonstrating the straight-arm test on yourself. (See the previous two pages for instructions.)
2. Request your partner's permission to proceed. (If your partner is a minor, get the permission of a parent or guardian.)
3. Have your partner stand or sit comfortably while holding one arm out straight parallel to the ground with the elbow locked.
4. Place two fingers of one hand over your partner's outstretched arm about an inch above the wrist.
5. If desired, place your free hand on your partner's opposite shoulder for support.



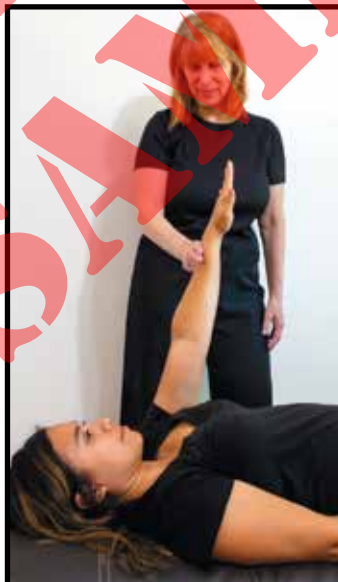
6. Apply brief downward pressure while your partner resists.
7. Establish a baseline by asking your partner's subconscious mind to show you a Yes. Your partner's arm should remain strong. Then ask your partner's subconscious mind to show you a No. Your partner's arm should weaken and drop slightly. (Two inches of movement should be enough to signal a No response.)
8. Proceed with your inquiries using questions or statements according to your preference.

Additional Details

This doesn't require much pressure or resistance. In fact, you should use as little pressure and resistance as necessary to get results. You're testing for muscle response, not muscle strength.

Your partner's arm can be held out in front, to the side, or at a 45-degree angle. Position doesn't matter.

You can also do this test with your partner lying in bed or on the floor. Have your partner lie on his or her back with one arm reaching toward the ceiling. Apply gentle pressure as though pushing your partner's arm toward his or her side.



You can use this same technique to test for a child or pet by using a surrogate as an intermediary, as in the photos below. (Holding the child or pet is optional. A hand on the shoulder for support is also optional.)



Two-Finger Test

The two-finger test is ideal for those times when we don't have both hands free. Of all the hand testing techniques, the two-finger test is my favorite. I consider it similar to the straight-arm test, which for me is the most reliable.

Most people find that it works best with the index finger and middle finger. Some prefer to have the middle finger on top, applying downward pressure to the index finger. Others prefer the opposite. Either option is fine as long as it is comfortable for you.

The Basic Steps

1. Place one finger on top of the other.
2. Apply brief downward pressure with the top finger (the pressure finger) while resisting with the lower finger (the resistance finger).
3. Establish a baseline by asking your subconscious mind to show you a Yes. Your resistance finger should remain strong. Then ask your subconscious mind to show you a No. Your resistance finger should weaken and drop.
4. Proceed with your inquiries using questions or statements according to your preference.



Additional Details

This doesn't require much pressure or resistance. In fact, you should use as little pressure and resistance as necessary to get results. You're testing for muscle response, not muscle strength.

Interlocked Fingers Test (Ring-in-Ring Test)

The interlocked fingers test (or ring-in-ring test) is popular with a lot of people who do muscle testing. Some people use this method exclusively.

The Basic Steps

1. Make the OK symbol with the fingers of both hands. Interlock the rings.
2. Gently try to pull the rings apart.
3. Establish a baseline by asking your subconscious mind to show you a Yes. The rings should hold strong. Then ask your subconscious mind to show you a No. The rings (either one or both) should break.
4. Proceed with your inquiries using questions or statements according to your preference.



Additional Details

Although the OK symbol is made with the thumb and index finger, you can use any of your other fingers in place of the index finger. I like using my middle finger.

This doesn't require much pressure or resistance. In his book *The Emotion Code*, Dr. Bradley Nelson describes the amount of force necessary for holding your fingers together as the amount of pressure you would use to hold a ladybug safely between your fingertips without hurting it.¹¹

Chapter 5

Practical Applications for Muscle Testing

As explained in Chapter 2, muscle testing is primarily a tool to be used for health and wellness purposes. This chapter provides a number of examples, along with additional details to help you be more successful.

- Evaluating Foods
- Evaluating Supplements
- Evaluating Other Items
- Supplementing Medical Care
- Supplementing Veterinary Care
- Communicating with Dying Loved Ones

I have also found muscle testing to be a useful tool for communicating with Laddie and for tapping into my own subconscious mind to enhance creativity and to get unstuck when my conscious mind is suffering from analysis paralysis. I've included some examples of this too.

- Conversing with Laddie
- Enhancing Creativity and Setting Priorities

Evaluating Foods

If you recall from Chapter 2, everything is made of energy, including us and our pets. We each have unique energetic vibrations. Food also has specific vibrational frequencies. Muscle testing gives us a way to evaluate how well different foods resonate with our unique energetic vibrations.

What Can We Do at the Layperson Level?

My first exposure to muscle testing was in the context of distinguishing foods that were either good for the body or bad for the body. It was a simple demonstration in which the volunteers being tested were asked to hold different substances in one hand while the presenter muscle tested using the other arm. When the volunteers were holding something healthy, like an apple, their muscles remained strong. When the volunteers were holding something unhealthy, such as a candy bar, their muscles became weak.

The pure simplicity of this test means that any layperson can easily get feedback from the body regarding foods that are compatible or incompatible. Even children can do this.

This is not meant to replace more comprehensive testing done by trained healthcare professionals. However, it is a good starting point for those who don't need a full workup or who can't get in to see a trained healthcare professional as quickly as desired.

The information below is written in the context of self-testing. However, whatever you can do for yourself, you can also do for family, friends, or anyone else who gives you permission to muscle test them.

Note: For more information on using muscle testing to evaluate foods, consider reading *The Food Codes* by Lana Nelson.

How Do We Test the Foods?

What makes this even more fascinating is that we don't need to hold the questioned food during muscle testing. The key elements are intent and focus. So we can be at the grocery store, for example, focusing our attention on a specific food, beverage, condiment, or whatever while testing for the body's response.

Through Containers and Packaging

We can test through containers and packaging. It is believed that our bodies can detect a food's energetic vibrational frequency even through a closed or sealed container. The interaction between that vibrational frequency and our own energetic fields provides a strong or weak response during muscle testing.

Without the Food Present

It isn't even necessary for the food to be present. It is believed that if we are clear in our intentions, the subconscious mind will know and respond as though the food were directly in front of us. The conscious mind supplies the picture, the subconscious mind generates an appropriate vibrational frequency, and the body responds accordingly during muscle testing. This comes in handy, for example, when choosing from a menu at a restaurant or generating a shopping list before going to the grocery store. If we are clear in our intentions and ask good questions, the subconscious mind will supply the answers.

What Do We Ask?

In my apple-versus-candy-bar story on the previous page, it was unnecessary to ask anything. The volunteers simply tested strong or weak in response to whatever they were holding. However, we can often get more meaningful feedback by asking specific questions.

Is This Food Good for Me at This Time?

It's acceptable to ask, "Is this food good for me?" However, our needs change throughout the day and in response to other variables, such as weather conditions, activity level, and stress. So adding "at this time" can provide more accurate feedback.

Is This the Best Option for Me at This Time?

Sometimes it's more valuable to identify the best option among multiple choices. Remember, however, that muscle testing is binary. It can only tell us Yes or No, Good or Bad. So we can't ask our subconscious minds to "pick one" from everything in the refrigerator or on a menu. We need to go item by item and ask if each is the best option.

Is This Food Good for This Purpose?

When we have a specific purpose in mind, such as losing weight, stabilizing blood sugar levels, or sustaining us through a day of high activity, we can ask if particular foods are a good choice or the best choice for that purpose.

What Is This Food on a Scale of 0 to 10?

We can also rate foods on a scale of 0 to 10 to determine the best choice(s). However, because muscle testing is binary, we need to ask one number at a time to arrive at the rating.

- On a scale of 0 to 10, with 10 being best for me and 0 being worst, is this a 10? Is this a 9? And so forth.

We can shortcut this a little by dividing the range in half.

- On a scale of 0 to 10, with 10 being best for me and 0 being worst, is this food a 6 or above?

If the answer is Yes, we can then ask about the numbers 6 through 10. If the answer is No, we can work our way down from 5.

Lana Nelson, author of *The Food Codes*, recommends that we eat mostly foods that score 8, 9, or 10, supplemented as needed with foods that score 5, 6, or 7.¹² For optimal health, we should avoid foods that score 0 to 4, or eat them sparingly.

Are There Variables that Make a Difference?

Our bodies may respond differently to foods depending on other factors, such as how the foods are prepared. For example, eating raw onions makes me sleepy, but eating cooked onions does not. So when we're muscle testing to determine how well different foods resonate with our bodies, we may find that changing variables, such as those below, affects the feedback we receive.

- Cooked or raw?
- Fresh, frozen, freeze-dried, or canned?
- With skin or without?
- Method of cooking?

What Food Do I Prefer at This Time?

Although the main purpose of muscle testing is to determine what is good for us or bad for us, I've sometimes used it to let my subconscious mind weigh in on preferences, for example, what to order off a menu when I'm debating between multiple choices. It's helpful when my conscious mind is grappling over other considerations, such as cost and calories.

What Can We Do for Our Pets?

Anything we can do for ourselves, we can do for our pets, the difference being that we need to do it via surrogate testing. We can ask the questions in either third person (Laddie) or second person (you) as long as we first establish a connection with the pet and are clear that we are asking for the pet's response, not the surrogate's response. (We are merely using the surrogate as a sort of translator.)

What About the Picky Eater?

Muscle testing has been a godsend with Laddie. Laddie is a picky eater. He might eagerly accept a free sample of something at the pet store, then not touch the same food or treat at home once I'd spent money on it. Or he might suddenly stop eating something he's been eating for weeks. So I was wasting a lot of money on food or treats that had to be thrown out, returned, or donated to an animal shelter.

I couldn't even rely on suggestions from Laddie's vet or from pet store employees, because Laddie can be so picky. So now when I evaluate items in the pet store, I will often ask two questions. One, is this good for Laddie? Two, will Laddie eat this if Mommy buys it? After all, just because something is good for him doesn't mean he will eat it. (The same is true for human children.)

Admittedly, I don't always get an accurate response to the second question. Remember, muscle testing can't predict the future, and our pets have free will to eat or not eat particular foods. But it was generally helpful with Laddie.

Unfortunately, Laddie has become even more difficult to feed since being diagnosed with kidney disease. Muscle testing might help me determine whether he'll eat wet food or dry food. But beyond that, the results have been less reliable.

Chapter 6: Beyond Muscle Testing — Introduction to Energy Healing

Hopefully, now that you have reached this part of the book, you have developed a good understanding of muscle testing and have benefited by incorporating it into your life.

There are no more how-tos in this chapter. Instead, I've chosen to share where muscle testing led me and give you an introduction to energy healing that can also be done at the layperson level.

- Where Muscle Testing Led Me
- Understanding Trapped Emotions
- Reducing or Relieving Pain
- Reducing Fears and Anxiousness
- Breathing Easier
- Letting Go of Heartache
- Cleaning and Decluttering
- Helping Children

This just scratches the surface of what I've learned and what I've done with energy healing. If any of this piques your interest, I encourage you to learn more by visiting discoverhealing.com and/or by reading the books *The Emotion Code* and *The Body Code* by Dr. Bradley Nelson.

Where Muscle Testing Led Me

Not long after I began muscle testing on a daily basis for myself and for Laddie, I knew I wanted to write a book about it. There was so little information available for the layperson that I wanted to fill that void. However, I wasn't an authority on the topic, and I had so much more to learn myself. So I began doing research.

The Emotion Code Book

My research led me to a book called *The Emotion Code* by Dr. Bradley Nelson. *The Emotion Code* is about identifying and releasing negative trapped emotions that can affect us physically, mentally, and emotionally. If we are unable to successfully process those negative emotions when they occur, the associated energetic vibrations become trapped inside our bodies. This creates irritation that can rob us of vitality and that can manifest with physical discomfort, illness, and emotional distress. Animals can suffer from trapped emotions also.

Dr. Nelson described how to identify the negative trapped emotions through muscle testing—many of the same muscle testing techniques described throughout this book. He also provided a simple but effective method for releasing the trapped emotions. It's a form of energy healing.

As I began using the techniques that Dr. Nelson wrote about in *The Emotion Code*, I found that I was generally happier, friendlier, more open, and less critical. I also observed positive changes in Laddie after working on him. So, naturally, I wanted to learn more.

Because *The Emotion Code* is not my intellectual property, I can't include information about how to release trapped emotions. However, I can share some of my experiences.

The Emotion Code Certification Program

Inspired by my successes after reading *The Emotion Code* book, I enrolled in the Emotion Code certification program, which provided much more in-depth information. I also refined my skills by working with a number of other people and animals as part of the training.

Below is a brief description of the Emotion Code certification program from Discover Healing (discoverhealing.com):¹⁴

The Emotion Code is a tool to help enable people to get rid of their emotional baggage. The technique works to identify and release trapped emotions, which are harmful emotional energies from negative past events. Trapped emotions can cause a variety of physical and emotional issues. They can block people from feeling love and happiness and can make them feel disconnected from others. Because trapped emotions are made of energy, just like the rest of the body, they exert an influence on the body's tissues and can cause physical discomfort. Releasing trapped emotions makes conditions right for the body to heal itself physically, and emotional difficulties often disappear or become much easier to handle.

The Body Code Book and Certification Program

The next level of training, Body Code, went far beyond Emotion Code to address a variety of imbalances in the body, many of which can be corrected at the layperson level. Once again, I was able to refine my skills by working with a number of other people and animals as part of the training.

Below is a description of the Body Code certification program from Discover Healing (discoverhealing.com):¹⁵

The Body Code deals with balancing the body in six broad categories – emotional, energetic, nutritional, structural, pathogens, and toxicity. The Body Code is a method of identifying and correcting imbalances in the body. This technique is not meant to replace any medical treatment. However, by correcting underlying imbalances, we help the body's innate self-healing ability to take over. As a result, discomfort and malfunction in the body often disappear, the organs function as they should, nutrients are absorbed properly, energy levels are raised, and emotional issues become manageable or nonexistent.

During the time that I was enrolled in the program, Dr. Nelson released his new book, *The Body Code*. While it isn't as in-depth as the certification program, it's an excellent resource for anyone who wants to learn about what can be done with Body Code.

The Belief Code Certification Program

A third online program, Belief Code, launched in late 2023. I have not enrolled in that program as of this writing. However, below is a description of the Belief Code certification program from Discover Healing (discoverhealing.com):¹⁶

The Belief Code builds on the Emotion Code and the Body Code, allowing us to tap into the subconscious mind in order to identify and release unwanted beliefs, reverse or replace negative systems of thought, and create space for new empowering beliefs. The Belief Code offers us a way to uproot negative subconscious beliefs, release ourselves from incongruous belief patterns, and allow us to see things as they really are. It is designed to free the mind, body, and spirit from beliefs that have been holding us back.

The Emotion Code Starter Kit

If you would like to learn more, Discover Healing offers an Emotion Code Starter Kit. Below is a description from the Discover Healing (discoverhealing.com) website:¹⁷

First 2 Chapters of the Emotion Code – eBook

Get started on the groundbreaking book that sparked an energy healing movement. Learn how you could release the energy of trapped emotional distress for better health, abundance and happiness.

The Emotion Code Chart and Flowchart

Want to feel like yourself again? Try the easy-to-follow Emotion Code Chart, step-by-step Flowchart, and Emotion Code Definitions! Follow the simple instructions, and you could easily find and release your trapped emotions.

Intro to Energy Healing: 8-Video Series

These videos present the foundational concepts of energy healing, designed to help you discover how to change your life for the better.

Finding a Practitioner

Some of you reading this book may question whether I offer energy healing services. No, not at this time. My full-time job keeps me plenty busy. And completing this book—bringing this valuable information about muscle testing to the world—was a higher priority and enables me to be of greater service to more people. However, there are thousands of practitioners worldwide.

Discover Healing maintains a list of practitioners certified in Emotion Code, Body Code, and Belief Code at the website below:

<https://discoverhealing.com/practitioners/>

Doing It Yourself

Being able to do energy healing oneself is very empowering. If you are inspired by the things you read in this chapter, consider reading *The Emotion Code* by Dr. Bradley Nelson and learning to identify and release trapped emotions yourself. That alone—for the cost of a single book—can make a significant difference in your life. *The Body Code*, also now available as a book, can help you identify and correct imbalances.

The App

The Emotion Code flowcharts and the entire Body Code System are combined in the Body Code System App¹⁸, which can be used by anyone, whether certified in the programs or not.

If your interest is limited to Emotion Code, you can get by with the chart contained in the book or printed on low-cost magnets available at discoverhealing.com.¹⁹ If you are interested in Body Code, or merely want to explore it further to see if it might be a good fit for you, consider getting the app. That's what I did. That's what convinced me that it was something I could do at the layperson level; I didn't have to be a healthcare professional to do energy healing.

The app is available for both iOS and Android devices. As of this writing, it is available free for a 30-day trial. A paid subscription is \$29 per month or \$319 per year if paid for a year in advance.

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Muscle Testing for You, Your Family, and Your Pet

Biofeedback for the Layperson or Pet Parent

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 and our pets live healthier, happier lives.

What You'll Learn ...

- 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 with no special training or equipment.
- How to adapt muscle testing techniques for use with pets.
- Ways to fine tune your muscle testing to gain confidence and improve accuracy.
- Practical applications for muscle testing, including evaluating food and supplements, supplementing medical care, and supplementing veterinary care.

Bonus Chapter ...

For those who may be interested in taking their muscle testing further, Chapter 6 provides an introduction to energy healing through Emotion Code®, Body Code™, and Belief Code® developed by Dr. Bradley Nelson. Each modality uses muscle testing to obtain feedback from the body or the subconscious mind as part of the energy healing process.

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