Quick Start Guide to Muscle Testing

Easy Self-Testing Method for You, Easy Surrogate Testing for Your Pet

a special publication from Firebelle Productions

Introduction

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. You don't need to understand the science behind it. 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.

A person with little or no training can effectively use muscle testing to get feedback from the body or subconscious mind.

My introduction to muscle testing was in the context of two-person testing—one person testing another. It was decades before I learned that I could do muscle testing on myself or that these techniques could be used for pets also. Once I learned these techniques, I began using muscle testing on a daily basis.

This newsletter 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.

More detailed instructions and other testing methods are provided in the book *Muscle Testing for You, Your Family, and Your Pet*.

This overview provides a tool that you can put to use immediately.

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 learn more later.

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. If you prefer other muscle testing methods, that's okay. This is no one "right" way to do it.

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.

 © 2025 Firebelle Productions

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.

3. Establish a baseline 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.

Muscle testing doesn't require much pressure or resistance. We are testing for muscle response, not strength.

Your arm should remain strong for Yes and drop slightly for No.

 © 2025 Firebelle Productions

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. It becomes much easier with practice.

You can learn much more in *Muscle Testing for You, Your Family, and Your Pet.* However, this quick start guide provides basic guidelines that you can put to use immediately.

Muscle testing is binary. It can only tell us Yes or No, True or False.

True or False?

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

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

When we muscle test for a pet, we use a human surrogate. You can act as both the tester and the surrogate, or you can use another person as a surrogate.

This quick start guide builds on the previous one for self-testing so that you can muscle test your pet without having to rely on anyone else.

1. Establish your intention to test for your pet.

   For example, when testing for my dog, 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. In this case, it's the straight-arm test. 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.

 © 2025 Firebelle Productions

4. Ask your question(s), testing for a strong or weak response with each one.

   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.

For More Information

More detailed instructions and other testing methods are provided in the book *Muscle Testing for You, Your Family, and Your Pet.*

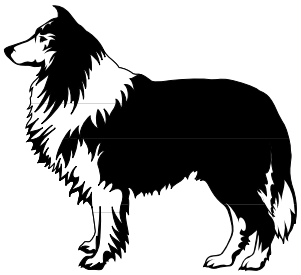
Permission to Copy this Newsletter

This free newsletter may be copied, distributed, reposted, reprinted and shared, provided it appears in its entirety without alteration and the reader is not charged to access it.

Jill Meryl Levy
Author and Publisher
Firebelle Productions

www.firebelleproductions.com

We can muscle test for pets by using a human surrogate.



Questions asked of pets can be phrased in second person (you) or third person (Laddie) as long as you are clear that you are talking to the pet.