

Tips for Success with Kinesiology

QUICK REFERENCE

Small changes in technique can produce big changes in the results you get using Kinesiology. As with learning anything new, successful use of Kinesiology generally takes practice. The following suggestions may also help you to increase your effectiveness.

1. **Use test statements to confirm accuracy.** We discussed this before, but it is so important, it deserves repeating here. Always start with some test statements to be sure the receiver is responding well. Start with his or her name. Then test other simple statements, like the city you are in, the current year, etc. If you are not able to get accurate responses to these questions, we do not recommend proceeding further with testing.
2. **Be sure the receiver is ready.** Always finish the statement you are testing before applying pressure and be sure the receiver is resisting. Say the statement, like “My name is Joe,” and have the receiver repeat it aloud. Then say “resist” just before pushing to be sure the receiver is resisting.
3. **If in doubt, repeat the test.** If there is any doubt about whether the receiver was distracted or whether the result was strong or weak, repeat the test. You can also use the opposite statement, such as “I deserve...” and “I don’t deserve...” to confirm the result.
4. **Be sure the receiver is not pushing upward.** The receiver should be resisting the downward pressure, not pushing upward. Pushing upward involves other muscles and will interfere with the accuracy of the results.
5. **Communicate with the receiver.** Issues like deserving to improve or having the ability to improve in an area of a person’s life are subtle, but the receiver may know where the problem lies or experience a sudden recognition about the source of the problem. When you get significant test results, ask if the receiver understands what they mean.
6. **Keep the ego out of the way.** Muscle testing is not a contest. Any kind of competitive battle, where the provider and/or the receiver are trying to prove something, will interfere with the results. Being neutral about the results is the keys to successful muscle testing for both the provider and the receiver.
7. **Relax and take your time.** Test responses are sometimes confusing, so it is important not to rush yourself. You may have to stop and think for a moment to be sure that you understand what the result of a test means.

For example, if a person tests strong for “Focus on anger” what does this mean? Whatever a person tests strong for, their unconscious takes as positive or necessary. A strong response to focusing on anger means that the receiver considers anger to be positive or necessary. A balanced reaction to a negative emotion is a weak response, so this person has a problem with anger. It may also take some time to determine how to proceed with EFT once the nature of a blockage has been determined.

Basic Checklist

YOUR INTERNAL WORLD

STATEMENT	STRONG	WEAK
"Focus on your heart."	_____	_____
"Focus on your mind."	_____	_____
"Focus on your weight."	_____	_____
"Focus on your sexuality."	_____	_____
"Focus on your physical fitness."	_____	_____
"Focus on the sound of your voice."	_____	_____
"Focus on being your age."	_____	_____
"Focus on being healthy."	_____	_____
"Focus on your body."	_____	_____

Think of any other aspects of yourself that may be having a negative effect on you and test them.

"Focus on _____."	_____	_____
"Focus on _____."	_____	_____
"Focus on _____."	_____	_____
"Focus on _____."	_____	_____

YOUR EXTERNAL WORLD

STATEMENT	STRONG	WEAK
"Focus on your job."	_____	_____
"Focus on your home."	_____	_____
"Focus on your office."	_____	_____
"Focus on your next birthday."	_____	_____
"Focus on money."	_____	_____
"Focus on going to the dentist."	_____	_____

Think of any other activities, places or things that may be having a negative effect on you and test them.

"Focus on _____."	_____	_____
"Focus on _____."	_____	_____
"Focus on _____."	_____	_____
"Focus on _____."	_____	_____

Current Lessons Checklist

If you want to know where there are imbalances in your energy system, use this statement:

“Focus on _____ (select an item from the following lists).”

If you have an issue that you want to clear, use the following statement:

“Focus on _____ (describe the imbalance) in relation to _____ (select an item from the following lists).”

The first group of statements relates directly to the lessons of the seven chakras.

CHAKRA	STATEMENT	STRONG	WEAK
1	“Focus on physical survival.”	_____	_____
2	“Focus on emotions.”	_____	_____
	“Focus on your sexuality.”	_____	_____
3	“Focus on your power in the world.”	_____	_____
4	“Focus on unconditional love.”	_____	_____
	“Focus on relationships.”	_____	_____
5	“Focus on communication.”	_____	_____
	“Focus on creativity.”	_____	_____
6	“Focus on your vision.”	_____	_____
7	“Focus on your inner knowing.”	_____	_____
	“Focus on wholeness and unity.”	_____	_____

The next group of statements covers other aspects of our reality.

STATEMENT	STRONG	WEAK
“Focus on reaching out in your life.”	_____	_____
“Focus on moving forward in your life.”	_____	_____
“Focus on feeling grounded and present in your life.”	_____	_____
“Focus on following your soul’s path.”	_____	_____