

Muscle Testing 101

A STARTER KIT

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Options to Health



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YOU – The Only Source of Information!

The only source of information about you ... is YOU! Anything else is guesswork. You are about to discover the gentle, powerful, bio-feedback tool called muscle testing that will change not only your life, but also the lives of your family, friends, clients and animals.

In the world of kinesiology or muscle testing, acknowledgement goes to George Goodheart, the “father” of Applied Kinesiology, John Thie – Touch for Health, Paul Denison – Brain Gym® (Educational Kinesiology) and the late Gordon Stokes and Daniel Whiteside - Three In One Concepts, Inc.

“One session was like 10 years of therapy!” N.E.

“After two sessions, the paranoia that I’d experienced for years was gone!” A.C.

“I am now free of chronic pain!” V.P.

What is Muscle Testing?

- Muscle testing, also called **Kinesiology*, is a unique approach to wellness, prevention and stress management.
- Muscle testing is a biofeedback tool that identifies blocks that occur on the physical, mental, emotional and/or spiritual body levels (Body Wisdom).
- Muscle testing makes it possible to identify and release unresolved emotional stress and negative beliefs and fears that keep you from functioning up to your full potential.
- Muscle testing is a quick and reliable means of getting information from the body, eliminating guesswork and interpretation.
- Muscle testing has proven remarkably effective for relieving a wide variety of stress-related problems including: depression, anxiety, addictions, phobias, weight issues, learning problems, relationship challenges and more. Any problem caused by negative emotional stress can be treated with this system.

***Kinesiology** = the study of muscles and motion. Using kinesiology/muscle testing to identify and release stress/blocks, allows an individual to move forward with clarity, confidence and success!

Experiment

1. Sit comfortably;
2. Close your eyes;
3. Take 4 deep breaths and relax;
4. Think of something or someone who you love;
5. Tell yourself, “I love ...”
6. What does it feel like when you hear a truth?
7. Take 4 more deep breaths, keeping eyes closed;
8. Tell yourself a lie;
9. “I hate (the same thing you just said you loved)..”;
10. What does it feel like to hear a lie? Where do you feel it in your body?

This is the first step in feeling Body Wisdom respond to a truth and a lie or belief system.

The following pages will introduce ways of muscle testing individual truths, taking the guess work out!

Muscle Testing Options

The following pages will illustrate different methods of muscle testing Body Wisdom. Practice with each of the techniques to find what is most comfortable for you.

Your job as the tester is to have **no expectations of the outcome**, to be neutral and to attune to the testee (your client).

As with anything new, it takes time to build confidence. There is no specific time table for feeling confident in the science of muscle testing or in your ability to test. Work at your own pace!

Whether you decide to use a pendulum to test or use your fingers or your body or specific muscles, the desired outcome is the same:

A CLEAR MUSCLE CURCUIT means that when you ask for a “YES” or a POSITIVE RESPONSE, the muscle HOLDS STRONG. When you ask for a “NO” or a NEGATIVE RESPONSE, the muscle GOES WEAK.

Explanation:

What do you say to someone when you have bad news to report? *“Sit down, I have something to tell you.”*

You want that person to sit down before they fall down due to the hamstring muscles in the back of the leg releasing with the stress of the news.



Using Your Body as a Pendulum

Using your body as a pendulum is one of the best techniques for learning how to test your Higher Self/Body Wisdom/Body Intelligence.

When asking a question, wait for either a forward-tilting response or a backward-tilting response.



For most people, a *forward-tilting* response indicates a YES/POSITIVE and a *backward-tilting* response indicates a NO/NEGATIVE.

Practice with simple questions and responses. For example, hold something in your hand and see how your body tilts. Is it a positive response or a negative response?

Finger Testing



Bring your thumb and index finger inside a circle made with the opposite thumb and index finger. A YES will hold strong and a NO will cause your fingers to slide out.



Place your middle finger on top of index finger. Press down. A YES will hold strong and a NO will cause the fingers to drop.



Muscle Testing Another Person



Any muscle can be used for testing provided you can get a CLEAR CIRCUIT, meaning the muscle holds strong for a YES and gives way or weakens for a NO.



Top Left – Testing using the *Deltoid* muscle.

Middle – Testing using *Fascia Lata*



Bottom Left – Testing using *Pectoralis Major Clavicular*.

For more information, see the *Touch For Health* info in the resource page.

Pendulum Testing



Many people find that using a pendulum for testing is the most accurate and most comfortable.

Use your intuition to choose the method that is best for you.

If you choose to use a pendulum, practice so that you are clear as to what a Yes/Positive response looks like and what a No/Negative response looks like.

Is it easier to use while sitting or standing? Decide what works best for you.

Practice Muscle Testing

Muscle test the following pictures. Do you get a positive response or a negative response? Experiment with many different images. There is no right or wrong, it is simply your body's response.



2012 Gary Bailey

More Practice

Muscle test the following statements. What response do you get with each one? There is no right or wrong. It's YOUR perception. A negative response is not an absolute. This will make more sense as we get to NEGATIVE EMOTIONAL CHARGE.

I can't.

I Can.

I trust in the process of life.

Life is scary.

I trust myself.

I am clear and focused.

I make decisions effortlessly.

I can never make enough money.

I learn best by seeing and hearing.

I learn best by touching and doing.

I love routine and a schedule.

I go with the flow.

I always say what I mean.

Starting a Session

Using Muscle Testing or a Pendulum, test:

1. Do we have PERMISSION to test? Yes/No
2. Is there any reason we shouldn't? Yes/No
3. Are all body levels 100% PRESENT? Yes/No
 - Physical, Mental, Emotional, Essential (Spiritual)
4. Are all body levels 100% willing to work? Yes/No
5. Are all body levels 100% willing to ***work together as a team?***
6. Are all body levels 100% willing to BENEFIT, HEAL, and SUCCEED from this or any other work? Yes/No
7. Are all body levels 100% willing to work GENTLY?

If you get a NO to any of the above questions:

1. Have your testee drink some water and retest.
2. If you still get a NO, do Frontal/Occipital Holding (see the next page) and retest.
3. If you still get a NO, suggest that this is not the right time to work.

Frontal/Occipital Holding

Frontal/Occipital Holding (F/O Hold) is one of the easiest and gentlest ways to release a fear, a block, an emotion and integrate the brain hemispheres.

- Place one hand on the forehead and the other hand on the back of the head.
- Hold for several seconds or minutes depending on what your client needs.
- Watch for your client to take a deep cleansing breath or feel pulsing under your/her hand that is on the forehead.



Explanation:

Touching the frontal and occipital lobes of the brain brings *blood, circulation* and *intention* to those areas, stimulating the function of those parts of the brain.

For example:

- the forehead stimulates thinking, imagination and choice;
- the occipital area stimulates vision.

Further Understanding of the Questions for Starting a Session

1. Asking **permission** from Body Wisdom reminds the client that they are in charge of the session, ensures that nothing is done that doesn't feel safe and may indicate that something has been overlooked.
2. If you get a "NO" to any of the initial questions, ask, "is this something we can correct quickly or is this the focus of the session?"
3. When someone is overwhelmed, traumatized, scared, etc., it is difficult for the body levels to **work together as a team**. The body levels often disconnect and that leaves the individual feeling tired, unfocused, disconnected, spacey, fearful, emotional.
4. If all body levels are **not willing to benefit, heal and succeed**, explore what the healing experiences have been like in the past. There are many painful medical tests that are utilized. Why would someone want to heal if it means going through more pain? Will healing change a significant relationship?
5. Working **gently** may mean that the brain does not allow the client to have memory of an event or an age of cause until the NEGATIVE EMOTIONAL CHARGE has been released. Then the client will tell the story of the event and do it unemotionally.
6. Remember to keep it simple, trust muscle testing and Body Wisdom and have fun with it.

Possible Questions for Muscle Testing

Questions you might ask:

- Do I have permission to ask this questions?
- Is this something I should participate in?
- Is it highest and best to share this information?
- Am I asking the right question?
- Do I need to ask anything else?
- Will there be any negative repercussions from following this guidance?
- Is this the best choice for my life purpose or soul's progress?
- Do I need a second opinion?
- Is this reasonable and in alignment with my morals and values?
- Is this in my scope of knowledge?
- Is there an easier way to do this?
- Is this something I should let go of?
- Is this for me to be involved in?
- Is the conscious mind afraid of accessing the unconscious mind?

What is NEC and PEC?

The **NEGATIVE EMOTIONAL CHARGE** or NEC is the percentage of negative energy invested in any given issue and shows the degree of self doubt that is still blocking you from moving forward.

To identify the % of NEC – test upward from 0 in increments of 10 to 100.



The **POSITIVE EMOTIONAL CHARGE** or PEC is the percentage of WILLINGNESS to move forward, feel better, and be successful with any given situation, relationship or challenge. The hope is to find 100% PEC.

To identify the % of PEC – test upward from 0 in increments of 10 to 100.

Charts for Determining the Emotional Connection to any Challenge/Experience

There are many charts that you can use to help yourself or someone who you are muscle testing identify the emotional root cause for any issue.

If you have had a session with me, you have been introduced to the **Behavioral Barometer** from Three in One Concepts where I studied in Burbank, California and/or **The Emotion Code** created by Dr. Bradley Nelson.

I have included those charts along with a few others. See what resonates with you.

The Behavioral Barometer is an incredible tool that I have used for over 30 years. It's quite involved and if you would like to use it, I would suggest some mentoring sessions with me and I can help you understand the marvel that it is. I can't imagine working without it.

Dr. Bradley Nelson has created a phenomenal modality using The Emotion Code and The Body Code, both of which I use. To learn more, contact me or go to www.discoverhealing.com to learn more.

The Behavioral Barometer

The Behavioral Barometer was created by the late Gordon Stokes, Daniel Whiteside and Candace Calloway, founders of Three In One Concepts, Inc. in Burbank, California. They never took credit for it and always stated that the Behavioral Barometer created itself.

Having used the Behavioral Barometer for over 30 years, I can attest to the fact that it continues to evolve.

When you study the Barometer, keep in mind that although you view it on a piece of paper, it is really a three dimensional model resembling the RNA/DNA strands or the Chakra system. Your behavioral story with any given challenge covers many time frames: Conscious, Subconscious and the Body or Cellular Level.

The Behavioral Barometer will help you identify and release any negative emotional charge that you have on any situation, relationship and challenge.



THE BEHAVIORAL BAROMETER

ACCEPTANCE

- Choosing to
- Optimistic
- Adaptable
- Deserving
- Approachable
- Acceptable
- Worthy
- Open

CHOICE

CONSCIOUS

ANTAGONISM

- Attacked
- Questioned
- Annoyed
- Opposing
- Bothered
- Burdened
- Indignant
- Inadequate

WILLING

- Receptive
- Prepared
- Encouraging
- Invigorated
- Adequate
- Answerable
- Refreshed
- Aware

ANGER

- Incensed
- Over-wrought
- Seething
- Belligerent
- Furious
- Fuming
- Fiery
- Hysterical

INTEREST

- Fascinated
- Understanding
- Essential
- Tuned-in
- Welcomed
- Appreciated
- Caring

RESENTMENT

- Hurt
- Wounded
- Unappreciated
- Dumb
- Embarrassed
- Used/abused/confused
- Rejected
- Offended

ENTHUSIASM

- Amused
- Admirable
- Delighted
- Alive
- Jubilant
- Attractive
- Excited
- Trusting

HOSTILITY

- Trapped
- Put-upon
- Deprived
- Vindictive
- Picked-on
- Frustrated
- Sarcastic
- With-holding

SUBCONSCIOUS

ASSURANCE

- Motivated
- Protected
- Brave
- Affectionate
- Daring
- Bold
- Considered
- Proud

FEAR OF LOSS

- Let-down
- Bitter
- Threatened
- Frightened
- Not-heard
- Disappointed
- Over-looked
- Unwelcome

EQUALITY

- Lucky
- Involved
- Reliable
- Sincere
- Co-operative
- Purposeful
- Concerned
- Productive

GRIEF AND GUILT

- Betrayed
- Discouraged
- Self-punishing
- Defeated
- Conquered
- Unacceptable
- Despondent
- Ruined

ATTUNEMENT

- In tune with
- In balance
- Perceptive
- Tender
- Congruent
- Creative
- Appreciative
- Gentle

BODY

INDIFFERENCE

- Pessimistic
- Rigid
- Stagnant
- Destructive
- Immobilized
- Numb
- Unfeeling
- Disconnected

ONENESS

- Quiet
- Calm
- Unified
- Fulfilled
- Safe
- At peace
- Completed
- At-one-ment

SEPARATION

- Uncared for
- Unacceptable
- Unimportant
- Morbid
- Unloved
- Loveless/unlovable
- Melancholy
- Deserted

CHOICE/NO CHOICE

The Emotion Code™ Chart		
	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

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To learn more about this chart, go to www.discoverhealing.com

How do you feel today?

								
LOVED	HAPPY	CONTENT	SLEEPY	SAD	HEARTBROKEN	STRESSED	WORRIED	ANGRY
								
ESTATIC	WARM	AFFECTIONATE	SHOCKED	ANXIOUS	HESITANT	CONFUSED	DEPRESSED	BETRAYED
								
INTELLIGENT	LUCKY	CONFIDENT	SKEPITCAL	SCARED	HELPLESS	DISAPPOINTED	IRRITATED	EXPLOSIVE
								
ACCEPTED	HOPEFUL	PLAYFUL	HOPELESS	INVISIBLE	FRUSTRATED	POWERLESS	DISGUSTED	VIOLENT
								
STRONG	SILLY	GOOD	UNSURE	EMPTY	WORTHLESS	GAURDED	SNEAKY	RAGE
								
UNBREAKABLE	EXCITED	ABANDONED	LOST	ALONE	REJECTED	TOXIC	HURT	OVERWHELMED

A List of Feelings

A Angry Annoyed Afraid Awkward Affectionate Anxious Alarmed Awed Aggravated Amazed Astonished Amused Apprehensive Absorbed Ambivalent Ashamed Able Admired Admirable Affable Agreeable Aggressive Abandoned	C Cheerful Cooperative Confident Calm Cold Curious Content Considerate Cautious Cranky Crestfallen Contrite Chagrined Carefree Composed Capable Caring Careful Contemptuous Cross Concerned Complacent Charitable Crushed Cantankerous Compulsive	Disenchanted Doleful Disinterested Disdainful Dismissive Dejected Disengaged Distant	G Grouchy Guilty Grief-stricken Generous Greedy Grateful Grumpy Guarded Gleeful Glad Gloomy Glum Gracious Grateful	Indifferent Irrked Impertinent Inquisitive Isolated	Misunderstood Mischievous Mokey Melodramatic Moody Melancholy Mirthful Moved Morose Manic	P Panicked Panicky Peaceful Placid Playful Pensive Puzzled Powerful Powerless Pleased Petty Petulant Preoccupied Proud Prideful Prickly Petrified Pressured Perturbed Peeved Passive	Rebellious Reluctant Reassured Remorseful Reserved Rejuvenated Restless Rattled	Tolerant Tolerated Trusted Trusting Trustworthy Temperamental Terrified Timid Tired Tiresome Troubled Tickled Torn Touched Threatened Tender Tranquil	Violent Valued Valuable Vital Vexed Volatile Vulnerable Victorious Victimized Vacant
B Brave Bothered Bewildered Bitter Bashful Blue Baffled Blissful Buoyant Bereaved Bold	D Defiant Depressed Discouraged Delighted Disgusted Determined Disappointed Detached Daring Disillusioned Devious Dismayed	E Elated Enthusiastic Embarrassed Edgy Excited Envious Exhausted Eager Exuberant Enraged Euphoric Ecstatic Eager Emboldened	H Happy Humiliated Hurt Helpless Hopeless Horried Hesitant Humbled Heartbroken Hysterical Hyperactive	K Kind Keen	L Loving Lonely Lackluster Leery Lethargic Listless Lazy	N Nice Naughty Nasty Nervous Neglected Neglectful Needy Needed Naive Nonchalant Nonplussed Numb	Q Quirky Quarrelsome Qualified Quivery Quiet	U Uneasy Uncertain Uncomfortable Unruffled Unafraid Useless Useful Unimpressed Unappreciated Undecided Unruly Uptight Unnerved Unhappy Unsteady Uplifted Unsure	W Worried Wary Weak Weary Wistful Willful Willing Weepy Whiny Worn Whimsical Warm Witty Withdrawn Worthless Wronged Wasted Worldly
		F Funny Frightened Fearful Furious Fair Foolish Frustrated Forgiving Flustered Fulfilled Fatigued	I Irritated Irritable Interested Insecure Impatient Inspired Inspiring Inadequate Irrational Ignorant	M Mad Meek Mean Miserable Malevolent Marvelous Manipulated Manipulative	O Overpowered Overjoyed Obedient Obsessive Obsessed Offended Outraged Overloaded Overstimulated Obstinate Obligated Optimistic Open Open-minded	R Relieved Relaxed Resentful Rattled Refreshed Repulsed Rational Reasonable Reasoned	T Thankful Tearful Teary Thoughtful	V Vivacious Vain Vibrant	Z Zany Zealous



List of Feelings



Happy

Sad

Angry

Other feelings



Calm
Cheerful
Confident
Content
Delighted
Excited
Glad
Loved
Proud
Relaxed
Satisfied
Silly
Terrific
Thankful

Ashamed
Awful
Disappointed
Discouraged
Gloomy
Hurt
Lonely
Miserable
Sorry
Unhappy
Unloved
Withdrawn

Annoyed
Bugged
Destructive
Disgusted
Frustrated
Fuming
Furious
Grumpy
Irritated
Mad
Mean
Violent

Afraid
Anxious
Ashamed
Bored
Confused
Curious
Embarrassed
Jealous
Moody
Responsible
Scared
Shy
Uncomfortable
Worried



www.RewardCharts4Kids.com

How to Release NEC

Keeping it Simple

1. **Frontal/Occipital Holding** is one of the most powerful and simple release tools you can have. Adding breathing and visualization makes it more beneficial or talking through the emotional experience with a focus on what life will look like without this block in the way opens up possibilities.
2. Dr. Bradley Nelson (The Emotion and Body Code) uses a magnet and Governing Meridian to release trapped emotions. It can be a kitchen magnet, a Nikken Magnet, any magnet or your hand. Once you have identified the emotion or feeling, bring the magnet from the bridge of your nose, over the top of the head and down your neck, 3 times.
3. It is helpful to identify the **Age of Cause** (through muscle testing) or Root Cause as it gives more information to the story and challenge that you are releasing. Even if you don't consciously remember what happened, your subconscious does! Use Frontal/Occipital Holding, breathing and talking to let the issue go. See the next page for the process of Age Recession to Time of Cause.

Age Recession

Use muscle testing to determine the **Age of Cause** for any given issue.
The reason:

“The experience of the past has been fixed and retained by the neurons firing at the precise moment. Every muscle, nerve and tissue participating in the experience has been affected and will remember in its own fashion.”

From *Tools of the Trade*, 3 in 1 Concepts

The brain does not make a distinction between real or imagined and will respond in the same way to both. It is necessary to identify and release the emotional stress at the time of cause to prevent the pattern from continuing in the present.

To Test:

With permission, test backward from Present Time in increments of 10 years.

Example: Your client is 46 years old. Test: Is Age of Cause between 46 and 40? From 40 to 30? Test until you get the exact age.



The Infusion Process

After releasing a negative emotional charge on any given issue, it is important to INFUSE something positive to fill the energetic space.

An infusion can be anything that has meaning for the client. Often, finding the infusion involves intuition as well as muscle testing.

Possible infusion options:

1. A **symbol**: something that resonates with the client or a symbol such as a star or infinity symbol or a place with meaning, etc.
2. An **image**: example – seeing oneself on stage after releasing fear of public speaking
3. An **affirmation** or **intention** or **mantra**
4. A **flower essence**, essential oil, aura soma bottle, etc.
5. A Bible passage
6. A **color**
7. Or anything that has meaning for the client.



Other Uses for Muscle Testing

- Test for supplements, vitamins, flower essences, etc.;
- Test food sensitivities;
- Test emotions that trigger food sensitivities;
- Test any list you have to find the priority information;
- Test plants: where to plant, when to water, how much sun, etc.
- Body scan for disrupted energy;
- Test for crystals and gemstones and where to place them on your body;
- Test flower essences or essential oils for relaxation, immune support, serenity, releasing, etc.;
- Test percentage of effectiveness of any treatment, modality, supplement, etc.;
- Test a list of practitioners to see who is the best for you to work with;
- Test foods/supplements for your pets;
- Test which book might have the answer you are looking for. Test each chapter to find priority.
- Test percentage of healing that has already occurred.

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www.BrainGym.org

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My passion is helping people solve their problems, change their lives and reach their full potential. For over 40 years I have used my study in both the medical and holistic nursing field. I've owned my business *Options to Health* for over 32 years and have worked with children, adults and animals around the world.

I utilize my extensive knowledge of Eastern and Western medicine, kinesiology, flower essences and face reading, as well as my network of practitioners to insure that each individual's needs are met.

I've been fortunate to share my expertise on TV and radio, have consulted with businesses, hospitals and school systems and I have been a keynote speaker in a variety of venues.

I'm known for taking a complicated subject and breaking it down into easily understandable components. You will find that to be true in my book on face reading, *It's In Your Face – The True You Revealed*.

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