

FINGER TESTING AND SELF-BALANCING

by Cressandra Cobb

Ever since taking Touch for Health I in 1981, I have been intrigued with the idea of being able to balance myself. However, as the years rolled by, I neglected this in favor of testing others for food. As a substitute teacher, I was usually armed with two bags, one of jelly beans and the other of sunflower seeds, to demonstrate the negative effects of junk food to my students (Presidential preferences notwithstanding!). The arm being tested would prove weak when the jelly beans were placed in the student's mouth, and strong for the sunflower seeds, so I made quite a few converts! I even wrote a children's musical called "Tooth Rock" that promoted foods that are good for the teeth. Although it was produced by two Monterey County middle schools, it could never make the big time as it exposes most of the usual commercial sponsors!

After taking Advanced Edu-K in 1984 and the ITW in 1985, I again turned my thoughts to self-balancing. I realized that the first step was to be able to muscle test myself. A few weeks after my first Advanced Edu-K, I came down with the flu. Lying on my back with no energy for reading or even listening to tapes, I started out with my *opponens pollicis*. If my left hand thumb stayed pressed to my pinky when I tried to separate them with my right hand thumb and index finger, it was a "yes;" if they came apart, it was a "no."

So I thought of all the people and situations in my life that had left a scar — my language-brained fifth grade teacher who constantly admonished us to try harder, a boy-friend who jilted me, a rude co-worker, etc. Whenever I "finger tested" weak, I would mentally forgive them and bless them as I imagined cross-crawling by tensing opposite arms and legs as I looked up to the right. Then I did the same for the homolateral crawl as

I looked down to the left, and then clasped my hands in the integration metaphor. This subtle Dennison Laterality Repatterning helped me to neutralize a great deal of negative energy so that I was quite a changed person when I emerged from the flu! I realize now that most of these self-balancings were not permanent as I have had to re-balance myself for them, but it was a big step in self-awareness and taking responsibility for my own health and well-being.

The next step in self-balancing came when I met Denis Genesse at my second Edu-K Advanced workshop. He was sitting next to me and I noticed that he was pressing his middle finger down on his index finger every time Paul or Gail were about to test someone. When I asked him what he was doing, he told me he was practicing his finger testing: he would get the same response as the Dennison's a split second earlier, and that was a win for him! As I am a pianist, I had little difficulty in mastering Denis' method. I have taught it to several people, but most find it too difficult and haven't got the patience to play with it. Among several methods to choose from, they prefer the *opponens pollicis* or pushing down one wrist with the other.

I found that my finger testing was a way to communicate with my inner self. Of course, the usual precautions had to be observed — no dehydration, switching, or reversed energy. Occasionally I get a faulty answer, and on checking it find my energy reversed. So for important questions I always zip up the Central meridian after the answer to make sure my energy isn't reversed, and I ask the question in both a negative and a positive way as a check.

My ITW with Philip Crockford came the next month and with it I was on my way to a new

lifestyle that is still expanding. I found finger testing for foods I should eat the most valuable at this point. I could look at a menu and finger test the healthiest meal to order. I was sometimes surprised as I would have chosen something else completely different!

This finger testing proved invaluable in balancing children and invalids, for I found I could touch their shoulder with one hand and get an accurate response with my other hand — like surrogate testing without the third person. This developed into being able to look at people and ask non-verbal questions about them such as which brain hemisphere was language or whether they were suffering from some specific malady. Now I do not ask questions about other people without their permission, but my “period of exploration” convinced me that most people function using one brain hemisphere at a time — they are not integrated with a midfield as human beings are meant to be.

About a year after taking my first Edu-K Advanced, I took the Edu-K Vision Training. Using acupuncture points relating to the eyes, I immediately started balancing myself for these two points using Edu-K techniques (mainly affirmations in the emotional realm with the Cook’s Hookup). Suddenly I became profoundly psychic: a number of past lives opened up in detail. I discovered that people I was drawn to in this life had played important roles in my past lives and I was able to understand what brought us together in this life. Using Edu-K goal balancing, I found I could balance myself to neutralize the karma from a particular life and these balancings proved to be permanent.

Then I wondered if I could simplify this process enough to teach it to some of my clients. Sometimes the emotional goals we reached in our sessions were not permanent and needed to be rebalanced about once a week for several weeks

(depending on the muscle response to that question). To save their coming back, I devised a technique that proved effective: doing the Cook’s Hookup on both sides, making four positions, and repeating the affirmation three times for each position. Thus the affirmation is repeated 12 times, 3 for the first side, whichever foot over ankle tests stronger, 3 for the feet apart with finger tips touching, 3 for the other foot over, and 3 for the feet apart with finger tips touching. It is best to have someone test to see which foot over is strongest, also which arm over is strongest (this “top” posture remains the same for both feet positions).

The Cook’s Hookup is extremely effective for, like the cross crawl, it accesses and strengthens the midfield by putting the body into a figure 8, thus redistributing the energy between the two sides of the brain/body. This “centering” to the midfield taps the depths of the sub-conscious so that reprogramming of the biocomputer can take place. It is, of course, desirable for the client to have a full Edu-K balancing for the goal before the weekly sessions of self-balancing take place; however, once the client is familiar with the process, it is possible for him/her to choose new goals and initiate the weekly sessions — going for the maximum of ten weeks if no one is around to muscle test the necessary length of time. In my experience, the desired goal becomes permanent after the prescribed number of weeks, unless of course the goal is not appropriate or is of a negative nature.

I am excited about people being able to balance themselves — even if they don’t understand the art of muscle testing — for they will be able to achieve positive goals in their lives more effectively. Touch for Health and Edu-K are leading the way for the people on our planet to find inner peace and health, bring us closer to the planetary goal of a world without war! ■