

Findings Regarding Conscious Control

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Abstract

Conscious control is one of the biggest stumbling blocks to accurate muscle testing and effective corrections. A conscious negative or positive thought about a muscle test should not be able to control the result of the test. Conscious control can occur at any time during any system of muscle testing and when this state exists, the muscle test will never tell the truth.

Tests that challenge a muscle test to determine the existence of conscious control will be presented along with a simple method for eliminating it. The audience will pair off to induce this state in themselves and then correct it.

Introduction

We believe that conscious control is the biggest stumbling block to effective muscle testing. Its existence needs to be acknowledged and it is our desire to make as many people as possible aware of the need to check for it constantly. We would also like to present a method by which this can be done.

Conscious control occurs when a muscle test result can be changed simply by having the tester or testee consciously think a negative or positive thought about the test.

Our research so far points out that the quality of a person's mental abilities and emotional states seem to be very dependent on the condition of the physical body. If a conscious positive or negative thought about a muscle test can control the test result, it is only because the physical body is in a specific type of imbalanced state that lets this happen. It is not a good thing for this to occur because it masks the truth.

How to Test for Conscious Control

1. Test a muscle; i.e., the right Latissimus Dorsi (hereafter referred to as R. Lat.). Record the result.
2. Retest the muscle, but this time the tester states out loud that both the tester and testee will think quietly, "This muscle is weak," while the test is being performed. Record the result.
3. Retest the muscle again, but this time both the tester and testee think, "This muscle is strong," while the test is being performed. Record the result.
4. Repeat the above three tests using the left Latissimus Dorsi (hereafter referred to as L. Lat.). Record the results.

If conscious control is present, the initial muscle test will reverse its result when challenged with either the No. 2 or No. 3 test.

Any possible combination can cause a reversal. Usually an initially strong test will reverse to weak when "This muscle is weak" is thought. Occasionally, however, an initially strong test will reverse to weak when "this muscle is strong" is thought and an initially weak muscle will tighten when "This muscle is weak" is thought. We refer to these last results as reverse conscious control but for the purposes of this paper both types are lumped under the term, conscious control

Conscious control is not always present in both the R. Lat test and the L. Lat. test. One side can have a different degree and type of energy loss than the other.

Receiving the Truth from all of our Muscle Tests

A cell, muscle, or area, etc. of the body that causes conscious control will never tell the truth when being checked

through muscle testing. When conscious control is present, the slightest conscious feeling toward whether the test should be weak or strong will produce exactly the result the tester expected. The tester and/or testee will unknowingly cause a strong response just by the desire to hold the muscle tight for the test. The real source of the imbalance can test strong and be missed.

If a tester is testing a muscle that gets its energy from the lung meridian on a person with pneumonia, chances for a weak muscle response are great because in most people's minds there is a relationship between pneumonia and lung weakness. Time could be wasted by making a correction for something that is not what the body really wants done and testing after the wrong correction would show a strong muscle response because that is what both tester and testee expected.

Is Conscious Control the Tester's or the Testee's Problem

If conscious control seems to be a problem, you may wish to determine if it is the tester's problem or the testee's problem. Retest again with a thick material or glove to keep the tester's skin from contacting the testee's skin. If there is no conscious control, it was the tester's problem. If there is still conscious control, it is the testee's problem and maybe also the tester's problem. The testee would then have to test the tester off of the skin to determine whether or not the tester has the problem.

What Imbalanced State Allows Conscious Control To Exist

In electromagnetic Kinesiology we think of cells, areas, muscles, etc. as being balanced or neutral because the specific amount of negative (-) and positive (+) energy they should contain is equal.

Evidence points out that in most cases the cause of the initial imbalance is a trauma or injury to the cells which causes the cells to lose either (-) or (+) energy or both. The more injuries an area receives, the more reactive it becomes with the rest of the body and the

more compound the loss of energy becomes. From our work with pregnant mothers and newborn babies, it also looks like initial imbalances can be inherited genetically and passed on if the mother's body doesn't have the specific energy in perfect balance herself that is necessary to counteract the genetic imbalance during the fetal growth and development of the affected area. (Happily, evidence is showing that the fetus gets balanced as the pregnant mother gets balanced.)

The following Figures 1, 2, 3, and 4 give a simple back view of what is probably happening to the (-) and (+) flow of energy between the muscle and the brain.

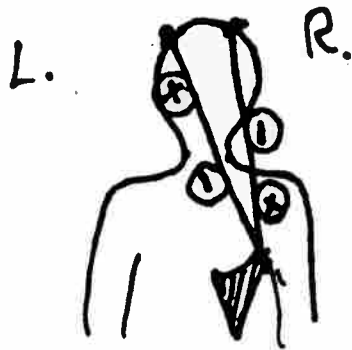
Ideally the R. Lat. and its controlling left brain area have a constant flow of balanced (-) and (+) energy along the pathway between them. Figure 1 shows the balanced flow of energy in both the R. Lat. and the L. Lat. along these pathways.

Figure 1



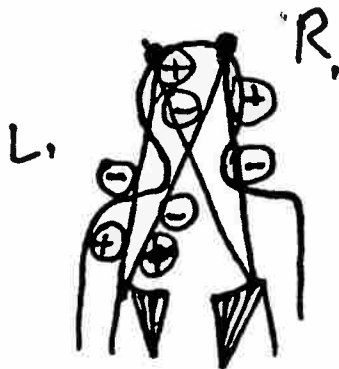
As soon as the R. Lat causes an imbalance, the flow along the pathway is disturbed. Our testing shows that whenever this occurs, the body's controlling mechanism immediately allows the weak area to borrow from another area that contains the same identical energy as itself. First choice is to borrow from the exact opposite side of the body as the loss, in this case from the L. Lat. and controlling R. brain as shown in Figure 2.

Figure 2



The borrowing in Figure 2 then causes the R. and L. Lats. and their controlling brain areas to share energies as in Figure 3.

Figure 3



Conscious control seems to result when the blockage occurs in such a way that the (-) and (+) energy fails to distribute its flow equally between both sides of the brain and the muscles. This can also occur during a correction that is only partially completed. One example is shown in Figure 4.

There are as many different causes of energy imbalances as there are cells in the body. There are also a number of different systems that have been developed to test and try to correct these imbalances.

Figure 4



We are more familiar with the electromagnetic correction which can either temporarily or permanently erase each conscious control imbalance as it surfaces. Other systems may or may not have dealt with this problem and found both a temporary and permanent solution. If not, we urge you to work on it. Because everyone is familiar with the cross crawl and the homolateral crawl, we are going to use them to temporarily balance out conscious control

Refer to the record of your conscious control challenge tests.

1. If you were weak in the clear with no conscious control, do the corrections anyway. (You will find that after the first part of the correction, you will probably be in a state of conscious control.)

2. If both Lats. were strong on the initial test, try to weaken them. Use the spindle cell technique or any other method that will do the job. You only have to weaken the R. Lat.

3. If you had conscious control, you are ready for the corrections. (Only one of the corrections should be needed to solve the problem.)

A Correction for Conscious Control

1. Cross crawl with your eyes shut. (Try to keep eyes still.)

2. Check the conscious control tests on both the R. Lat. and the L. Lat. Record the results.

3. Do a homolateral crawl with your eyes shut.
4. Recheck the conscious control tests on both Lats. and record the results.

If nothing counteracted the corrections, both muscles should now test strong with no conscious control.

This is only a temporary correction. The same imbalance will return when you press on or move the part of your body that caused the imbalance in the first place. Since you probably will not know the cause, you can again lower the energy by using one of our electromagnetic challenges for thoroughness which we call the Palm Challenge.

Palm Challenge

1. Put your left (-) palm approximately one inch above your head.
2. Put your right (+) palm about two or three inches over the back of your left hand.
3. While keeping your hands in the same relationship to each other, reverse them so the palms are facing upward and then return them to the palms down position. Do this twice.
4. Now retest the right and left Lats. and they will probably be back in the same weakened state as they were on your initial tests.

Now repeat the same crawl corrections again but with the following additions:

1. Cross crawl with the eyes closed while you think "I can" five times. Then think "I cannot" five times.
2. Recheck conscious control tests and record the results.
3. Do the homolateral crawl and think, "I can" five times. Then think "I cannot" five times.
4. Recheck conscious control tests and Record the results.
5. Recheck both Lats.
6. Use the Palm challenge over the head. Retest and record results.

If nothing has counteracted the corrections, you will find that the muscle stayed strong this time after the Palm challenge. This correction is still only a temporary correction but it is a more complete temporary correction than the first because thinking "I can" during both corrections helps correct the (+) aspect of the imbalance to both sides of the brain and "I cannot" helps correct the (-) aspect of the imbalance to both sides of the brain. The corrections can also be done by using (-) and (+) energies without using the conscious thinking of "I can" and "I cannot."

If you do not find the above results happening in your case it is probably because of one or more of the following:

1. Your body may be counteracting the correction.

Counteracting is caused by body movements during the correction; i.e., noises, eye movement, clenched jaw, tongue movement, heavy breathing, etc. Within reason try to keep these things to a minimum.

2. You may have created another imbalance because of some movement you made between the end of the correction and the beginning of the test.

Avoid excess muscle movement between the correction and test.

3. There may be some other reason that needs to be determined.

We urge you to experiment. Create a state of conscious control and experiment with all kinds of testing and corrections. Ask the body questions and have some fun with it. Remove the conscious control and redo the same experiments using the challenges. Become aware of the possibility that conscious control can crop up at any time during any type of testing and correction procedure. In fact a partial correction may be the cause of the largest number of conscious control imbalances. Use this knowledge to improve your testing accuracy and an increase in your overall rate of success will follow.