

The Great Fourteen Muscle Scam - Back to Basics

by Toni Lilley

So you feel confident giving a muscle balance and you know your muscles. Yet sometimes there is a feeling that something is missing. Your instinct tells you that all the information is not there and that the person being balanced is holding out on you. Invariably you are correct.

This is almost always done on an unconscious level and only subtle clues will announce the problems inherent in this type of recruitment. Most Touch for Healthers have come across the term "recruiting" and are able to spot it while using muscle testing. It is a conscious or unconscious desire on the part of the person being balanced to maintain their strength and balance in the body.

I think that the basis for this need is the belief that it is not OK not to be OK. In other words, the body is so good at protecting us, reinstating energy, hiding and covering weaknesses, putting on a good front and avoiding potential faults that it is unthinkable for it to act any other way. Not only does the body not want to show its weaknesses, it will also

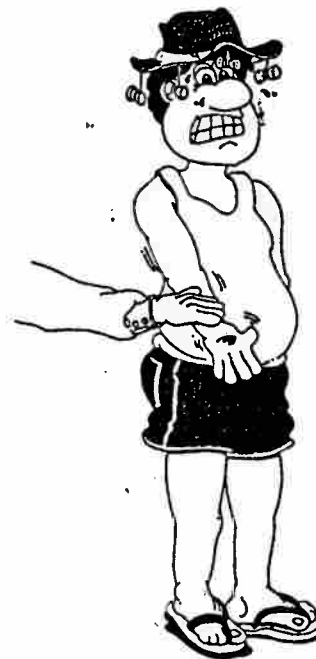
adopt a manner so that it is not noticed, and will set up thought patterns that will allow the person to protect himself at all times.

This understanding makes it easier for you as the tester and teacher to communicate with your people in order to make your muscle testing more potent. A clear explanation of how muscles are tested goes a long way to reassure a person waiting to find out what his "weaknesses" might be. Vocabulary should change to suit different people. A large strong earthy male may not be impressed with ... "I will be using gentle pressure in order to see how weak your arm is" and may be happier with ... "if the muscle wants to be strengthened again, I can tell by exerting firm pressure and feeling the way the muscle locks in position". Encourage feedback from your friend so that he or she feels that it is OK to tell you how the muscle testing is feeling.

My experience has given me some insight into the types of recruiters and the way they do it.

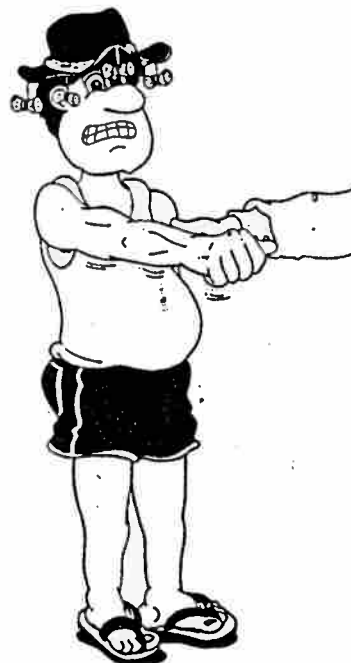
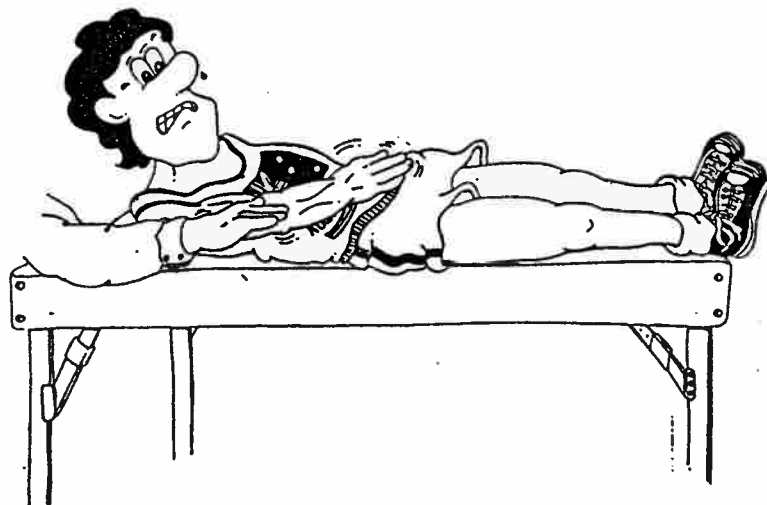
The Arm Raiser

Here the arm begins to raise even before you begin to test the muscle. This is very common when using an arm muscle as an indicator. Your person knows before you do whether there is an imbalance and seeks to "protect" himself by giving a strong indicator muscle test. So if you start in the beginning position for the Anterior Deltoid test and end up needing a step ladder, look for hidden imbalance.



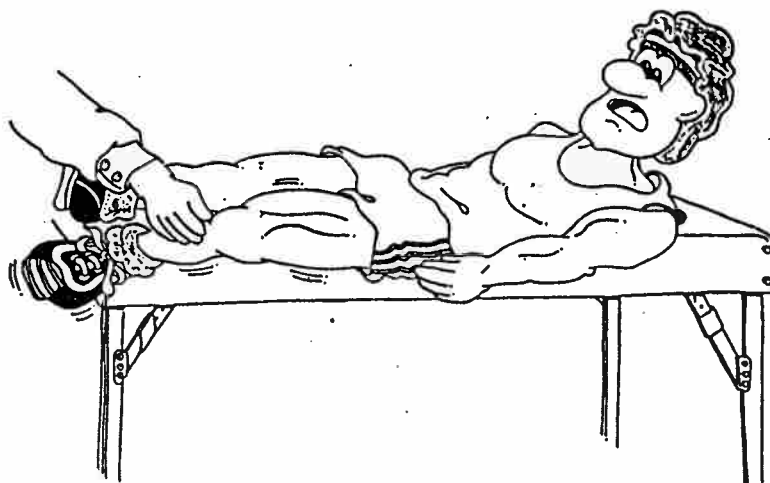
The Grabber

He doesn't like to seem to be "weak" and will grab at anyway he can to stay "strong". He will surreptitiously clutch the table while being tested. He grabs the air and makes a fist. He is someone who needs to have an understanding of "locked" and "unlocked" muscles so that an "I win, you lose" situation is avoided.



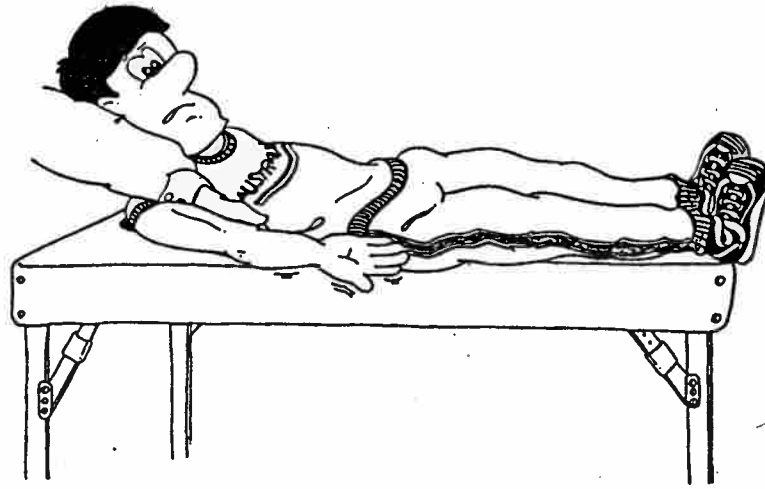
The Karate Kid

He will have his arm and hand like a steel rod. He's not relaxed at all! He's wondering how he has to defend himself. From where is the attack coming? What's going to happen? Will it hurt? He needs to realize that he can just lie there and relax knowing that he is in good hands.



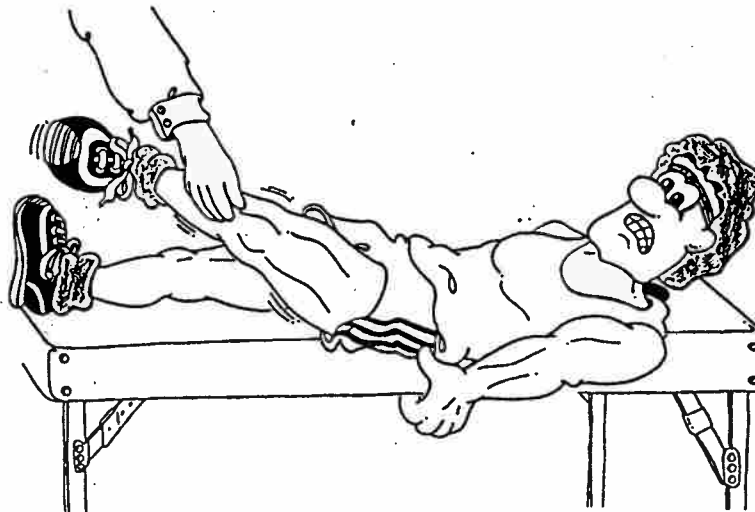
The Talker

They are going to distract you if they can. They don't want you to find out what's going on because they may not want to admit to themselves that there is something wrong. They will ask all the questions they can possibly think of so as to distract or cover up.



Mr. Inscrutable

He's very intellectual about the whole thing. He has listened to your explanations about what is going to happen. He's asked a few intelligent and pertinent questions and is now ready for testing. From now on he's noncommittal. After all, he's worked out very logically that he can have energy imbalances that can compromise his body and HE wants to find out if YOU can find them. But watch his face. Do the muscles around his jaw tighten up? Teeth make good recruits. Watch his neck muscles. Do they stand up like cords and does he raise one eyebrow? Maybe he is grabbing the table with his fingernails. He's going to recruit mentally too. He's not going to give anything away.



The Removalist

He's going to change your muscle test start position by putting himself where he can call out the recruits. Often, he already knows the muscle test positions and gets himself ready for you. Maybe some other TFHer you know. Maybe his leg is not quite wide enough for the Psoas test of Gluteus Medius tests. Watch him hunch his shoulder for the PMS/PMC tests or bend his elbow for Lat. Dorsi testing.