

Appropriate Muscle Checking

by Sharon Promislow

The one common denominator to all our Applied Kinesiology disciplines is the necessity to clearly and simply teach and practise effective muscle checking. Whether we are directly testing the integrity of a specific muscle in Touch for Health, or simply getting a read-out of a brain stress response to a particular activity, goal or substance, it is important to have a simple and universal understanding of the process.

Over the years the languaging of energy balance has included "Switched on vs. Switched off" "Strong vs. weak", "High Gear vs Low gear" "Locked vs. unlocked", etc. The terminology for energy imbalances has been equally awash with jargon: blocked, overenergy, underenergy, overfacilitated/underfacilitated, switched, stuck high gear, stuck low gear etc. What does it all mean, and how can we teach people to easily identify and work with these energy responses?

I propose a simple concept:

A MUSCLE CHECK IS EITHER APPROPRIATE OR INAPPROPRIATE.

The definition of an appropriate muscle response is:

A "switched on" muscle that is capable of showing an indicator change: showing there is still an instantaneous, clear "appropriate" communication between that muscle and the brain.

There are two easy physical ways to check for this:

1. Zipping up/down the central meridian
2. Tonifying or Sedating the belly of the muscle in question using the spindle cell technique.

There are verbal cues to show if that clear communication is in place and the muscle can quickly respond:

1. "Show me an indicator change"
2. "Show me a yes: Show me a no." (or "positive" and "negative")

3. "Your name is (Real name) Your name is (incorrect name) "

So a muscle test is **APPROPRIATELY** switched on or "high gear" when a strong muscle check can instantly switch off to:

1. Zipping down of the central meridian, or
2. Sedating (pinching the spindle cells in the belly of the muscle), or
3. "Show me a No", "Your name is (incorrect name)", or some other verbal request for a falling away of the muscle.

When a "low gear", falling away coding is expected for one-sided brain body processing, a muscle test is **APPROPRIATELY** switched off or "low gear" when a switched off muscle will instantly switch back on to:

1. Zipping up the central meridian, or
2. Tonifying (pushing apart the spindle cells in the belly of) the muscle, or
3. "Show me a yes", or "Your name is correct name " or some other verbal request for a switched on or high gear response.

An inappropriate check that holds strong and can't fall away is blocked or stuck high gear, etc.

An inappropriate check that falls away and cannot be switched back on is in overload or stuck low gear, etc.

A rule of thumb for effective muscle checking is

NEVER TAKE YES FOR AN ANSWER.

Always zip it down or see if you can get an indicator change. Only then do you know that you have gotten a precise and appropriate readout of the effect of the stressor issue or substance on that person's system.

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