

What Muscle Testing Can and Cannot Do

by Gordon Stokes

As a muscle tester, your one and only job is to facilitate the test results, without putting in your own opinions. Stick to the ONE BRAIN system. Honor what your testee's arms have to say. Keep your personal Belief System out of the picture. Your testee's Belief System is what counts.

Psychologists say we use only 10% of our brain's full capacity. To the extent we believe ourselves capable of doing so, we can activate different parts of the brain which we may not have been utilizing.

Our brains distinguish a vividly remembered *past* event (as we've perceived it) from a right/now happening. We're able to know the difference between memory and what's happening in Present Time. This gives us a clear relationship to Present Time and what our Belief System is right now. In fact we have a specific brain center to do just that. It's called the Common Integrative Area (CIA) and is located on the posterior surface of the left temporal lobe, the decisive operative of the whole brain.

This "CIA" enables us to function consistently according to our current Belief System. It takes note of all immediate sensory input, compares that with our past perception and causes us to react in keeping in accordance with past patterns. Our attitudes and habits "live" in the CIA.

Muscle testing puts us in contact with more of the brain than the CIA alone. It permits us to reach into the memory banks to contact core feelings and beliefs which are not clearly on-line in Present Time. It lets you know how a person felt about experiences which are not clearly remembered on a conscious level.

By defusing the Negative Emotional Charge associated with past experience we can actually change the *effect* of past memories upon Present Time. Changing the emotional effect of past experience can change our future by releasing us to make different CHOICES in the present.

Suppose as a youngster you had a particular vocational goal in mind toward which you worked. Your intent, images and desires focused your imagination into the future, seeing yourself being in this field, i.e. doctor, minister, lawyer, teacher, fireman, farmer, etc.

Now as an adult, you have some decisions to make and do not know which way to turn. Your confusion may develop from a Belief System which has negated your assurance to achieve what you desired. You may sense a swerving from your purpose. Muscle testing can identify your past experiences that cause this self-doubt and the emotional stress it causes you *subconsciously* in Present Time. With the defusion of the Negative Emotional "Charge" attached to the past emotional stressor you may suddenly find that you feel free to make the decisions necessary to reach your goal.

Example: A dedicated, knowledgeable young Chiropractor had already suffered a heart attack before the age of 24. His beautiful office was at the best address in a wealthy town in Texas, but he was going broke. Deep in debt to his father, he "had to" keep borrowing more.

In the session we found that his father expected him to make a great deal of money - as he himself had. This father had spared no expense paying for his son's schooling. Only the best was good enough for his son. On the other hand the young man really saw himself as a country doctor in a small town dedicating himself to the community. The son wasn't following his own dream; he was trying to live up to his father's expectations.

Once he got back in touch with his dream (through Age Recession) he was able to recognize and release the effort to please his father and take direction over his life. He contracted to repay what he owed and moved to another state to set up a practice near the mountains where he could live out his dream. Now success began to happen for him.

Obviously, he wouldn't have "made it" by living out his father's dream. His acceptance of himself and his own integrity gave him the power to alter his future by defusing the past.

What muscle testing CAN do is to put you in touch with the Self you projected into the future years ago.

With Age Recession, it can identify the traumatic past situations which block Present Time progress. It can also identify the specific energy blockages that lock negative emotion into past experience. The results of such muscle testing encourages you to continue to create the life and reality you truly want to have.

If you have a loving regard for yourself, then you will trust in your own direction - and your own CHOICES. That is why we tell our Three In One Facilitators not to make decisions for their clients. It makes no

difference what we believe "would be best for you to do."

The only solutions that work come from the person with the issue. It's always an individual matter, based on what that person **believes** is true. No one can progress beyond the boundaries of his or her Belief System.

It's futile to compare yourself to another's experience of life. It is equally futile to make decisions for others or try to *rescue them*. No one has had exactly the same experience of life; no one fully understands another.

Muscle testing, however, brings you as close as possible to another's individual truth.

As testers, our job is to make that close connection - and at the same time to honor the person's individual experience of life.