



The Art of Communicating How Muscle Testing Works

By Larry Green

In TFH we use muscle testing as a communication tool. Successful muscle testing includes communicating to the client (or testee) their part in this co-operative venture. And communicating the value of using TFH.

TFH instructors spend a lot of time (hopefully) in TFH 1 explaining, demonstrating, observing, correcting, modeling, fine tuning and providing hands on feedback of how to do a muscle test. A lot of attention is given to mastering the physical skills involved with muscle testing. (See page 10 of the Touch For Health class manual - Book I.)

But we also tell our students that 50% of successfully performing a muscle test is communication with the client. Explaining to the client what muscle testing is and how it works. And educating the client about their role/responsibility in the muscle testing procedure.

Although we say communicating TFH is important, there is very little information in the class manuals on how to successfully communicate all this information. As an instructor do you have your students practice the 'art' of communicating muscle testing? Do your students practice explaining

what Touch For Health is? Do you give them feedback and coaching on the skills necessary to communicate what we do?

Most students who take TFH 1 do not go on to TFH 2. Some people finish their first class unsure of how to approach someone and offer a balance, so they don't practice. Some find it hard to successfully balance the people who they do work with. Many students get discouraged when their initial balances don't go well, so they stop.

I believe more students will succeed in muscle testing and balancing if we empower them with more training, practice and skills for communicating what we do. The 50% we need to give them is the ability to communicate all that we do.

An important aspect of communicating TFH is both knowing what to say, and also, tailoring what you say to your audience. Talking in technical jargon to some people is a convincing strategy. They are impressed with facts, technical and scientific language, polysyllabic words and references to studies. Other people are turned off or intimidated by this approach. Tailoring your presentation to your audience is good for anything you are presenting. In this paper I will offer a number of different ways to

'language' what we do.

When you offer to balance someone who has never heard of TFH, you are selling them on trying TFH. In sales it is a useful strategy to have what is known as a 30 second explanation of your product or service. And also a 2 minute explanation, and a longer explanation. You never know how long the opening opportunity to tell someone about your service will be.

To that end choose an explanation that you like and feel comfortable with, and memorize it. This can be very useful especially for beginners. That way you don't have to stumble finding the words when someone asks, "Just what is Touch For Health?"

In my classes I have my students break into pairs and practice explaining TFH to each other for 2 minutes. Most people experience their first attempt (or their first number of attempts) to be like dancing with two left feet. Better to trip in class and recognize what you need to learn. In TFH class we already have the students practice their muscle testing skills to develop proficiency; I also have my students practice their communication skills.

Another important distinction to make when talking about TFH is the difference between features and benefits. Features describe what we do (we push on muscle, we balance meridians, we check for hydration) Benefits are what people are interested in (we can help you feel less stressed, you'll

probably have more energy after a balance, pain often decreases.)

People also respond well to stories. Know some good stories of people who have been helped with a range of issues. And particularly share your own experiences receiving and giving balances. If you would like to see many testimonials from students and clients check out www.USkinesiology.com

Lastly before describing ways to talk about what we do, I often introduce people to TFH and muscle testing by asking them if I can show them something (prior to explaining it.) I then ask them to hold out an arm which I lightly test and have them notice my pressure. Then using spindle cells, central meridian or "think of something stressful" I give them the experience of being muscle tested. This almost always gets their curiosity.

Each person is going to have their own preferences and unique ways of talking about TFH. There is no right or wrong, just what works for well for you.

Sample Explanations of TFH

Here are some ways of communicating what Touch For Health is. This list is not complete and there are many other ways you may discover.

- ◆ In TFH we allow and facilitate the innate healing powers of the body to restore harmony
- In TFH we work with a series of 'energy

reflexes' developed by western doctors to re-balance the system.

- ◆ We can upgrade our present and future performances physically, emotionally and mentally with TFH balances. Our body is electric, if the heart stops you jump start it, like a car. TFH helps jump start the stuck places in the energy system.
- ◆ TFH helps with neurological integration. This helps us think clearer, be more coordinated, more alert and responsive to life.
- ◆ Learning the 'language' of TFH is like seeing your body as a bio-computer
- ◆ In TFH we share information that will enhance personal power for health improvement, disease prevention, and releasing natural healing energies.
- ◆ The potential for having peak performances and 'personal bests' is increased when the energies are balanced using the TFH methods.
- ◆ Western science with its reductionistic and mechanistic world view has tended to look upon us as anatomical and physiological beings, like a complex machine. TFH addresses us as wholistic, holographic and multi-dimensional and is more effective in bringing harmony and balance to the entire system.
- ◆ When you get a TFH balance, your system has more of it's inner resources available to address challenges or stresses at the physical, emotional, mental and spiritual levels.
- ◆ TFH and kinesiology blend both Eastern and Western research. It draws upon 5000 years of acupuncture theory and experience, and western scientific observation (empiricism) and controlled studies.
- ◆ We are structural, biochemical, emotional, mental and spiritual beings. When any one of these sides of ourselves is stressed or unbalanced, all the other sides can become affected. Emotional stress affects our chemistry, which can effect our mental states, which can effect how we hold ourselves structurally, which can cause pain creating emotional distress. TFH can balance for all of these.
- ◆ A TFH balance is more than just a structural assessment of the body's musculature. Muscle testing of each of the body's meridian systems can give us a 'computer readout' of the internal status of the body
- ◆ TFH can help people care for themselves, their family and friends. It can save money on doctors and medications, though it does not completely replace the need for medicine. TFH techniques are safe, simple and easy to learn and use.
- ◆ You have within you a unique human bio-computer, which serves you by making moment to moment decisions. How you look, feel and behave is a result of these decisions. The bio-computer always makes the best possible choice it can, given the information it has available at

the time. Using Touch for Health, you are actually using a language that communicates with our bio-computer. You create communication links that allow the bio-computer to evaluate how good a job it is currently doing and to upgrade decisions that contribute to your well-being. There are many ways to interpret the language of the bio-computer, such as recognizing pain, taking blood test, using bio-feedback, looking at posture and function, etc. However, TFH is a language that allows you to establish a two-way communication that is easily learned and can be used by anyone.

- ◆ This is for someone with a strong Christian or religious background, courtesy of Dr. Thie (I am paraphrasing what I recall he says.) 'We were created by a Divine creator, who imbued creation with an intelligent design. When we do TFH we are accessing the intelligent design that the Divine creator placed within us.'

Sample Explanations of Muscle Testing

- ◆ Muscle Testing is an art and a science.
- ◆ Muscle testing is a stress response indicator
- ◆ Muscle monitoring is a biofeedback mechanism
- ◆ Muscle monitoring is a biofeedback mechanism that allows us to access the body's biocomputer and upgrade its performance.

- ◆ We are looking for differences in muscle strength and performance. (or muscle response.)
- ◆ The brain is like a computer and we are accessing its information.
- ◆ Muscle testing is an extension of our intuition
- ◆ When we muscle test we are getting feedback about the energy system in the body. It is really more of an energy assessment than a test of muscle strength.
- ◆ With our words and mind we can edit what we tell each other, but muscle testing shows us what is so.
- ◆ Every individual responds somewhat differently with muscle testing. It's like dancing the foxtrot, the steps are always the same but you have to find the right rhythm which each new partner.
- ◆ Muscle testing is a co-operative venture. We decide together about the results. As the tester I have a part to play, and so do you as the testee . Your role is to notice if the muscle locks or does not lock. Does it have integrity with each test? Both roles require an unbiased, neutral stance and a degree of curiosity.
- ◆ Through accurate muscle testing we find energy and muscular imbalances. We can also find stress patterns in the system at structural, biochemical, emotional and mental levels. With more sophisticated approaches in testing we can discover a wide range of specific

- imbalances or stressors to the system.
- ◆ Physiologically, when we muscle test, our sensory nerves have recorded our testing pressure and sent this information to the spinal cord, limbic system and brain. The system responds by sending information down the motor nerve to tell the muscle to lock or unlock. If the muscle does not lock we know that somewhere in the energy circuitry an imbalance is occurring. (Or: there is stress in the system).
 - ◆ In muscle testing we start with the muscle in it's contracted position and push back into extension. This is opposite of what the muscle does when it works. For example the quadriceps bring the leg up. We start with it up and push down

Sample Explanations of the Meridians

- ◆ 'Meridians are the interface between the physical and energetic bodies' - Richard Gerber M.D.
 - ◆ The meridians are 'energy pathways' that were discovered 5000 years ago by the Chinese.
 - ◆ The body has an energetic blueprint that directs it's incredible intricate workings. We call this blueprint the acupuncture meridian system.
 - ◆ The meridians are subtle and constantly in flux. And like our body temperature on hot or cold days aim towards homeostasis or equilibrium.
 - ◆ Energy flows like water in a hose until it gets a kink. If it gets blocked it backs up or flows elsewhere. We work with meridians to unblock the flow.
 - ◆ The meridians have been measured by western science using electronic, thermal and radioactive technology. Modern technology has verified that the Chinese correctly mapped the meridians 5000 years ago.
 - ◆ The acupuncture meridian points are measurably lower in terms of electrical resistance than surrounding tissues.
 - ◆ The meridians were named for organs and life functions by the Chinese. They had to call them something. There is a very complex interplay between all the meridians, and just because today you have one that is under-energized does not indicate a problem with the organ or function it's named after.
- The acupuncture meridian system exists in chicken embryos 24 hours after conception and before cell differentiation. (From Vibrational Medicine by Richard Gerber M.D.)
- ◆ When we have a goal and test the meridians, we get a snapshot (or energy readout) of the energetic imbalances in relation to that goal. We can re-set the energetic pattern connected to that goal. This allows us more opportunity and access to our innate healing, and more options in responding to life.

These are 'sound bites' of introductory information about TFH, muscle testing and the meridian system. Write down similar lines when you hear your colleagues, students or other sources say something that sounds good. With this information you'll be better prepared to share a variety of different ways to introduce muscle testing. For TFH instructors you'll have a wide variety of ideas on how to better empower your students in communicating TFH.

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