

## Universal Symbols

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### Abstract

The use of symbols in muscle testing is explored. Primary attention is given to symbols that exhibit a universal tendency to induce a "weak" muscle test response. The paper explores the mechanisms behind this "weak" response and how to energy balance to eliminate the weak response. The paper also looks at how symbols are currently used to sell products.

### Background

Visual Symbols are basic to our thought processes. Spoken language, a unique part of our human heritage, becomes even more powerful as we use symbols to record our thoughts in written form. Our dreams are primarily visual, and although we don't always recognize it, they are also highly symbolic. Our basic experience of reality is what we experience in our "mind's eye", a primarily visual experience.

What we may not realize is the pervasive subconscious effect certain symbols have on our meridian energy system and thus ultimately on our feelings and actions. These symbols seem to be universal in nature, perhaps related to Jung's concept of universal archetypes deriving from a universal consciousness. Everyone who has not been balanced to them reacts in a similar way.

We have found four general classes of symbols:

- 1) Those that indicate various states of electromagnetic balance or integration,
- 2) Those that trigger chakra imbalances,
- 3) Those that have a positive or balancing effect, and
- 4) Those that are neutral, that is, have no known effect.

This paper deals with the first two classes of symbols.

### Electromagnetic Balance Symbols

The symbols that we are most familiar with in a muscle testing situation are the symbols for various states of electromagnetic balance or integration shown in Figure 1.

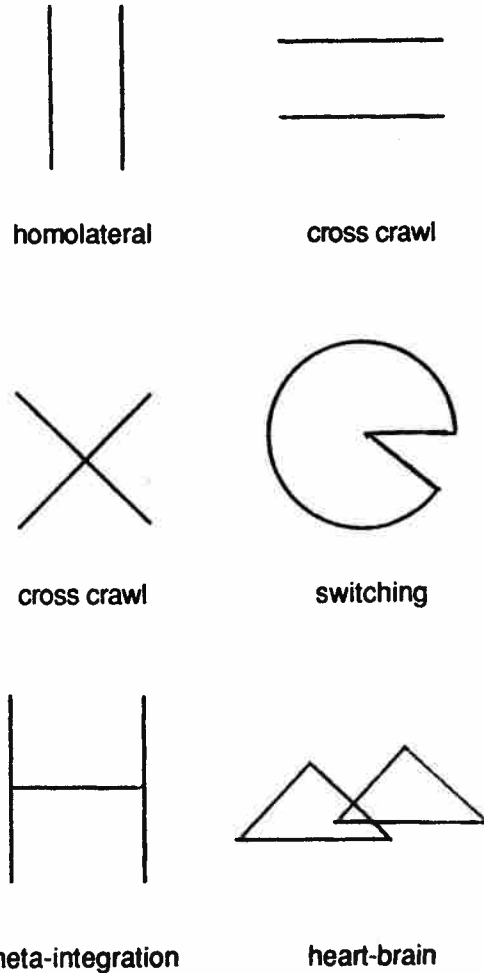


Figure 1. Symbols for Electromagnetics

For example, a person who muscle tests weak while looking at the symbol for homolateral crawl will also muscle test weak after doing the homolateral crawl. Similarly a person who muscle tests weak while looking at either of the two symbols for crosscrawl will also muscle test weak after doing the

crosscrawl. Thus we can use these symbols to make a quick assessment of the testee's state of brain integration:

- 1) Strong to || and weak to X or = equals unilateral state of integration.
- 2) Strong to X or = and weak to || equals bilateral state of integration.
- 3) Strong to || and also strong to X or = equals trilateral state of integration.

Unilateral = one-sided (homolateral) brain functioning
Bilateral = two-sided (right-left) brain integration
Trilateral = three-dimensional (right-left, up-down, front-back) brain integration

**Switching.** We first experienced the use of symbols at a workshop given in Los Angeles by Dr. John Diamond, author of the well-known book on muscle testing, *Your Body Doesn't Lie*. He showed that a person with an electromagnetic polarity reversal, generally called "switching", will muscle test weak while viewing the familiar computer game "Pacman" symbol. Correcting the switching will enable the person to muscle test strong while viewing the symbol.

It is interesting that the principal symbol from one of the all-time favorite arcade computer games corresponds to an electromagnetic imbalance. We would suspect that viewing other symbols from popular computer arcade games may also cause imbalances in our meridian energy system.

Doing the Five Finger Quick Fix (Refs. 1 and 2) will provide Full Electromagnetic Balance (or Trilateral Integration) enabling a person to muscle test strong while viewing any one of the first four symbols.
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**Meta-Integration.** A further state of brain integration, discovered and named meta-integration by Steven Rochlitz (Ref. 4), is tested by the symbol H. A person who muscle tests weak while viewing this symbol will also muscle test weak after doing a combined homolateral-crosscrawl exercise such as jumping jacks or after saying, "I will try . . ." A person who muscle tests strong while viewing this symbol will also muscle test strong after doing these same exercises.

The H symbol is similar to the symbols we will discuss in the next section since it induces a chakra imbalance in people who muscle test weak while viewing it. For the H symbol the imbalance is always in the crown chakra. Any technique that will correct this chakra imbalance will enable the testee to muscle test strong after doing jumping jacks or saying, "I will try . . ." A very simple way to do this is to lightly touch your ESR (emotional stress release) points while repeating the phrase "I will try . . .".

**Heart-Brain Integration.** We also have a symbol to test for heart-brain integration, the double overlapping triangle. Hap discovered this symbol one day when he overexercised and stimulated an excessive pulse rate. While resting afterwards in a meditative state, the symbol appeared in a visualization. Doing a heart-brain integration balance will enable a person who initially muscle tested weak while viewing this symbol now to test strong while viewing the symbol.

### Chakra Balance Symbols

Perhaps the best known of the chakra balance symbols is the 3-tined fork, the classical "devil's pitchfork". Dr. John Diamond first pointed out the effect of this symbol on a person's energy in his book, *The Body Doesn't Lie*, (Ref. 3). He included a black and white reproduction of the famous painting by artist Grant Wood, *American Gothic*. Almost everyone will initially muscle test weak while viewing this painting. By selectively masking various areas of the painting, you can show that it is the pitchfork, not the stern faces of the farmer and his wife, that causes the weak muscle test. Our investigations have shown the weak muscle test response results from chakra imbalances induced while viewing the painting or the 3-tined fork symbol.

As an interesting sidelight, we worked with two artists several years ago, energy balancing them to their paintings. We found that they muscle tested weak while viewing any one of their paintings. In each case by selective masking we could relate the weak muscle test response to some specific part of the painting. Again in each case we found out-of-balance chakras.
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Correcting the chakra imbalances will balance the response to viewing the symbol. Perhaps the most interesting way in which to balance chakras is through age recession. The idea behind this technique is that the chakra imbalance reflects a deep-seated paradigm shift (i.e., an internal and probably subconscious shift in world view). If desired, the specific incident that triggered the paradigm shift can be determined by muscle testing yes-no questions after using muscle testing to determine the precise recession age.

There is also an emotion associated with each symbol. The specific emotion can be determined by muscle testing. The emotion most often associated with the 3-tined fork is "fear of the known."

A dramatic example of how this works involves an unmarried young lady with a baby living at home with her mother. She experienced extreme difficulty in breathing whenever she went outside. This made simple activities like working in the yard or going shopping very stressful. As a result she stayed home most of the time. She also compulsively awoke each night with the fear that her baby was choking, and she would go to the baby's room to check her breathing.

She muscle tested weak while viewing the 3-tined fork symbol. We put this into signal lock (by spreading the legs) and tested the finger modes to find the priority mode, which turned out to be chakras. We did an age recession and found that the muscle test strengthened for times earlier than 11 am on the day after she was born. Further muscle testing with yes-no questions revealed that the emotion was fear and the person involved was the doctor.

At this point the mother exclaimed, "That was when they put the tubes down her throat!" Then she explained that her daughter had been born prematurely and that she had difficulty breathing because of excess mucous in her throat. She had never talked to her daughter about this, and the daughter had no conscious recollection of the incident

We then balanced the chakras by lightly touching the young lady's ESRs. Then returning to the present, she muscle tested strong while viewing the 3-tined fork

symbol. As a further test, we suggested that she go out into the yard and take in some laundry that was hanging there, which she did without experiencing any breathing difficulties. We saw the young lady and her mother again a week later, and they reported that she was no longer experiencing breathing difficulties. She was still waking in the night, but realizing that her fear for her baby's breathing was really her subconsciousness fear for her own breathing when she was a baby, she was not creating any anxiety and did not bother to get up and check her baby.

Examples of symbols that trigger chakra imbalances are shown in Figure 2, along with the emotion most commonly evoked by the symbol. We first found the 3-tined fork and the asymmetrical cross in Dr. John Diamond's book on Behavioral Kinesiology, *Your Body Doesn't Lie* (Ref. 3). Actually there are many more of these symbols than are shown in Figure 2. We have discovered a number of these symbols by testing symbols that seem to affect our energy level. Some of the symbols are totally different; and some are more complex symbols that contain a basic chakra balance symbol within their patterns.

The balance correction is usually a chakra balance with an associated emotion and paradigm shift. When age recession is used, the age at which the paradigm shift occurred is most often found to be between 3 and 6 years of age. However, we have found that the paradigm shift can occur at any age including adulthood and prebirth.

The 3-tined fork is perhaps the most pervasive in our culture. It appears in many forms and can be buried in a more complex symbol. Just holding up three fingers will do it. The fork handle is not required, but there must be 3 tines of approximately the same length. Either an up or down orientation will trigger the response.

The asymmetric cross is also very common and will work in any orientation. The only requirement is that the lower leg must be longer than the other three. A cross with all arms of equal length does not elicit a weak muscle test response.

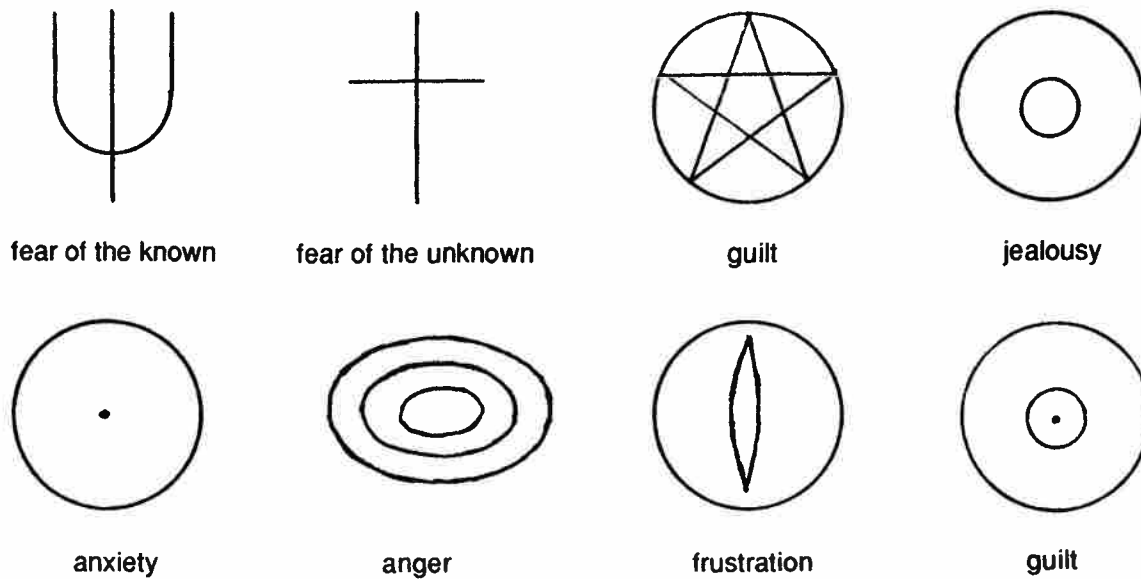


Figure 2. Typical Chakra Symbols

The pentagram, which has been involved in several recent crimes involving drugs and sexual abuse, triggers on paradigm shifts associated with feelings of guilt.

### More Examples

We were asked by a typical middle class homemaker to do some energy balancing that might help her come to a clearer decision on whether to have another child. So we used these symbols to trigger various past emotional traumas that might be subconsciously affecting her ability to deal with this question.

In a situation like this we generally run through a series of symbols, starting with the fear symbols and then moving through the other emotions. Each symbol will trigger a chakra imbalance and a past paradigm shift associated with the triggering emotion.

The most interesting example from this series came while viewing a symbol for anger. The age recession went to the very recent past, and the anger was directed toward her husband. The situation was breakfast time. She was busy making everybody breakfast and getting her two children off to school. Meanwhile her husband had his face buried in the morning newspaper and made no offer to help her.

Much the same scene had been going on each morning since their wedding breakfast. At first the young bride was anxious to do breakfast for her husband to demonstrate her love for him; so he quickly got into the habit of being waited on and thought nothing of it. Meanwhile, family responsibilities gradually grew, and making breakfast for her husband while getting two youngsters ready for school was no longer fun. Somehow she stuck with the old routine, not thinking to ask her husband for help, until suddenly the final straw, one more morning, caused the paradigm shift to occur: "Why in the h . . . can't he offer to help?" But still she could not bring herself to ask him for help, perhaps because she was repressing the entire issue into her subconscious until we brought it to the surface with the use of the symbol.

The first example we gave of the young lady who had tubes placed down her throat as a new born baby shows a paradigm shift caused by a single highly stressful event. This example is like "the straw that broke the camel's back", an often repeated routine that finally triggers the paradigm shift.

We find this next example amusing as well as instructive. We were helping a lady deal with marriage issues. Again we were using a symbol for anger. The age recession took us to Christmas Eve when she was 10 years old.

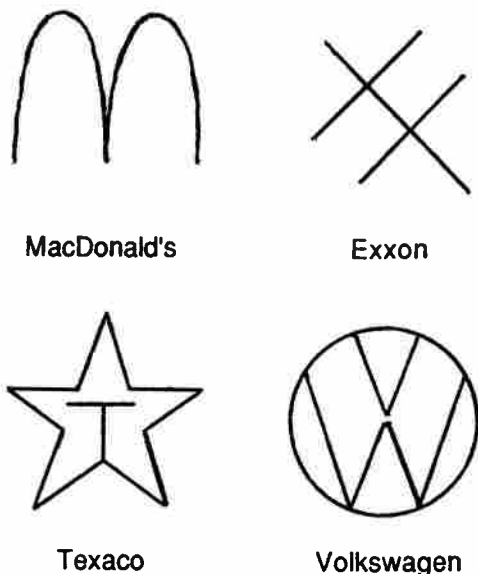


Figure 3. Typical Corporate Symbols

At this point she angrily interrupted the session and pointed out that this was all fakery since she was Jewish and never celebrated Christmas. We talked about this for a bit and discovered that she was angry with her mother for not letting her celebrate Christmas with a tree and presents like the other children on the block. She subsequently married a gentile and celebrated every Christmas with a Christmas tree and gifts for her daughter. At this point we returned to the chakra balancing process and hopefully released the repressed anger towards her mother as symbolized by the Christmas festivities.

We were getting ready to shut down our booth at the New York State Natural Foods Association on a Sunday afternoon. A lady who had visited our booth the previous day came rushing in and anxiously asked us if we still had time to do a private session with her. She explained that she was to meet with a business man with whom she had a contract to write a biography. According to her understanding, they had a verbal agreement to extend the scope of the book for an increased fee. Now that she had completed the extra writing, he was refusing to pay the extra fee.

We showed her a symbol that triggers a chakra imbalance related to anxiety. She

exclaimed, "That's my favorite telephone doodle." We balanced her to that symbol, and she seemed to be much relieved. We had an occasion to talk with her later on. She reported that her meeting with her employer went very well and that he paid her the additional fee. She felt that the chakra balancing session had a significant effect on this outcome by enabling her to be more centered during the meeting.

### Corporate Symbols

Many current corporate logos incorporate a symbol that elicits a weak muscle test response. One might speculate that the sales departments have discovered empirically that these trademarks increase sales. We might speculate that their commercial effectiveness is a result of their unbalancing effect on our meridian energy system and chakras.

Typical examples are shown in Figure 3. The MacDonald's symbol is a variation of the 3-tined fork. The Exxon symbol embodies the asymmetrical cross. Actually we have extracted just the peculiar double X from the overall Exxon trademark. Both of these symbols trigger the emotion fear.

The Texaco symbol appears to be a uniquely different symbol. Neither the open five-pointed star or the simple T will elicit a weak muscle test, but the combination does. The associated emotion again is fear.

However, if you turn the open five-pointed star upside down (i.e., so that one point is pointing down and two points are pointing up), it will elicit a weak response with sexual jealousy as the usual related emotion. Also if you add vertical serifs to the cross bar on the T, it also will elicit a weak response and relates to jealousy.

The Volkswagen symbol also appears to be unique. It triggers the emotion anxiety. In the heyday of the VW bug, the medallion with this symbol was a popular theft item with the off-beat crowd.

### Reversed Symbols

Some symbols will affect us while their mirror images do not. The letters N and Z when reversed elicit chakra imbalances, while the normal letters do not. These chakra

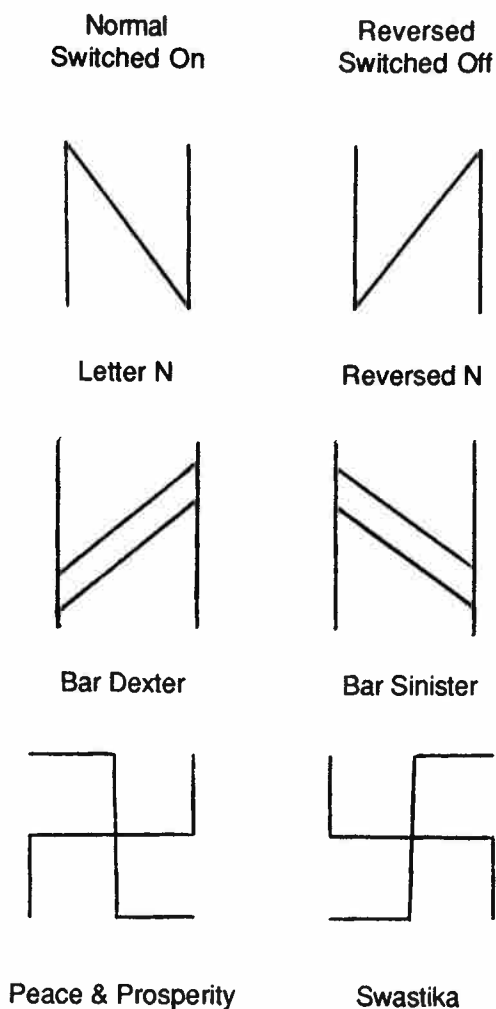


Figure 4. Typical Reversed Symbols

imbalances are related to anxiety and fear respectively.

Another example is the "bar sinister" of heraldry, commonly found today on men's "rep stripe" neckties. Stripes running from high on the left to low on the right will elicit a chakra imbalance related to fear or guilt and a weak muscle test response, while stripes running from high on the right to low on the left do not. Since most neckties run down from the left, or "sinister" direction, it is a good idea to balance your chakra response to

this pattern. This necktie response was first pointed out to us by Dr. Sheldon Deal.

The "bar sinister" on the rep stripe necktie runs the same way as the diagonal bar in the normal letter N. This may seem contradictory, but what we found was that a stripe or bar acts like a double line. If you modify the letter N so that the diagonal line is a double line, then the modified letter will muscle test just like the necktie stripe.

The Nazi Swastika of World War II elicits a chakra imbalance and a weak muscle test response, while its mirror image, which has been used by many cultures as a symbol of peace and prosperity, does not. We have also discovered that the combination of the color red with the color black elicits a chakra imbalance and a weak muscle test response. Can we speculate that the chakra imbalances triggered by the red and black Nazi flag with the swastika contributed to the ability of the German leadership to lead their country down its terrible, ill-fated path?

#### References:

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