

What is Muscle Testing?

Kinesiology, another word for muscle testing, is quite simple. It is a process that uses your body's electrical system and your muscles. It's actually so easy to do that anyone can do it, even children.

It is something that you can learn in about 5 minutes, but only if you actually believe that your body has an electrical system. If you've ever been to a practitioner experienced in kinesiology, they will tell you to hold out your arm and resist the pressure as they push down. You are resisting the pressure, and then something weird happens, your arm falls down, no matter how hard you try to hold it up! That's muscle testing. That is using your body's energy, or what is referred to as kinesiology.

There is a huge electrical system that is in and around your body. If you come in contact with something that is not good for your body, your muscles are not able to hold their strength, due to the fact that your muscle power is directly related to your electrical balance in your body. On the other hand, if you come in contact with something that is good for the balance of your body, your muscles are able to resist and stay strong, thus you are able to keep your arm up and easily resist, despite the pressure being applied to it. This relationship with your muscles and electrical field is a natural part of the human body. It is not based on magic.

When you are working with nature, nature will give you negative and positive answers to your questions by projecting either a negative or a positive energy. It works very much like an electrical circuit or even a battery. If the circuit is improperly connected it is weak or even non-existent, but if it is properly balanced and grounded it is strong.

There are even muscle testing techniques you can learn to do for yourself. You don't have to rely on someone else to do it for you.