

## Kinesiology PROCESS:

Found at: <http://www.empyreanquest.com/altheal.htm>

The muscles of the body may be used as a lie detector. When we are receptive to our personal **truthful spirit and have a body with proper energy flow**, they are **100% accurate**. The muscles are strong when we make a statement that is true, weak when we make a false statement. Sometimes this is called the 'science' of Kinesiology, or 'muscle testing'. This science, properly understood, can be used for the purpose of healing oneself, or you can learn how to guide a person to self-healing. ([Example--the effect of TV.](#))

Conceivably any muscle in the body may be tested. There are two ways I normally use: one on myself, and one on another person. If you don't already have a technique, click here: [Muscle Tests](#).

**WARNING!!!** Thousands have used Kinesiology without aligning the three master meridians, or checking that there were not possessing entities present. Unbalanced flow along the main meridians can trigger spurious results, and possessing entities can take charge of the muscles and lie about what is being asked. The consequences of misusing the science can be life threatening. ([Example--medication overdose.](#))

How then can we properly prepare to use muscle testing for self healing? That is, how do we know that the body is telling the truth? Check for the presence of

### A. [Truthful Spirit ..](#)

#### **Clearing the way for and invoking the Spirit of Truth within**

Muscle test by making the following statements. "Aura in the clear." "Body In the Clear" and "Body willing to tell the truth. If the aura and/or the body is not clear, determine by statement how many entities are in each. (Ex. "One or more in the body... two or more... three or more... etc." )

If any of the positive affirmations fail then you must test to find out the nature of the possessing entity (a spirit of frustration, for example). Then cast it out. An example is "In the name of the Spirit of Truth Within I bind and cast out the spirit of frustration from my aura and body."

Once the aura and body are clear and you are ready to tell the truth, invoke the the Spirit of Truth, your personal Guardian Angel, your Divine Spark. Sample invocation: " In the name of my Divine Spark, I invoke the presence of my Personal Spirit of Truth, my Guardian Angel, to enter my body and take command of my healing and response to muscle testing."

## **B. Balance in the Master Meridians**

Touch (or nearly touch) three places and muscle test:

1. Central Meridian--at the bottom of the neck, (in front) where the little indentation is. This one goes out with dislexia, and has to do with right-left flow.
2. Governing Meridian--Front--the upper lip, just below the nose. The brain and vision.
3. Governing Meridian--Back--the tail bone. This often goes out when riding in a vehicle for extended periods.

What to do if any of the above are weak:

Have the patient hold the left palm over the navel and with the right hand...

1. If Central Meridian is out, rub the bone at the top center of the chest with a firm right-left motion for about a minute. Test again.
2. If Governing Meridian (Front) is out, rub the upper and lower lip with two fingers, in a circular motion for about a minute. Test Again.
3. If Governing Meridian (Back) is out, rub the tailbone for about a minute. Test Again.