



Qi YINtegration™

How to Muscle Test

Muscle testing is a way to use a single muscle in the body to indicate an energy shift for the whole body. Any muscle in the body can be used, but there are two common ways that we use: for the self, we use the Body Pendulum; for someone else, we use the Anterior Deltoid.

Body Pendulum

Standing with the feet shoulder width apart and facing straight forward, stand with hands by your sides and the head straight forward. Feel where the weight is in the foot so you can notice if this weight shifts later. State your name out loud: “My name is...” Continue to stand and notice if you feel the weight shift in the feet, or if the body sways in a particular direction. This will be your “yes” answer, or your direction of energy. Then, say a name that has no meaning to you, a made up name: “My name is...” Continue to stand and notice how the weight shifts in the feet, or if the body sways in a particular direction. This will be your “no” answer, or your direction for a downshift in energy.

Many people will go forward for “yes” and backward for “no”, although some people will be the opposite of this. There may be a sway to the left or right, or a circle happens. If the body stays on the spot this is often an indication of no energy shift of significant value. Whatever the

answer is, it is the answer for you. This needs to be checked each time you want to begin using the Body Pendulum method, in case the body has shifted its indication method, which can happen from day to day. Always keep the mind open so you have not predetermined your response.

Anterior Deltoid

This muscle test can be done on someone else, or on yourself. When working on someone else, ask permission to muscle check first. A conscious "yes" from the participant is important to the results. Have the participant hold their arm out straight in front, at a 30 degree angle from the body. The tester will place two fingers on the participants forearm (not over the wrist joint) and gradually add up to 2 lbs of pressure to see if the arm will hold in position. The other hand of the tester is usually placed on the participants other shoulder to complete the circle of energy. A hold with the arm shows energy integrity. Now to challenge the arm for a shift in energy. A physical challenge can be pushing in to the belly of the anterior deltoid, on the inside of the arm, just below the shoulder – "push to mush", retest the arm. It should release and drop, or there may be a drop in the energy in the arm to make it feel like the tester is pushing harder. "Lengthen to strengthen" the belly of the muscle – pulling the muscle fibers away from the center towards the outer ends, and this will rewire the muscle and when retested it should hold. For an emotional challenge have the participant think about something they enjoy, this should hold the arm solid. Then, have the participant think of a smell they don't like, this should drop the arm.

Simple reminders to have an indicator muscle working well. 1. Remember to breathe while being tested. 2. Take a drink of water if there is a challenge getting a proper reading. 3. If the arm is holding all the time, place the hand on the top of the head, while rubbing the space between the ribs near the sternum for the 3rd and 4th ribs, and then try again. 4. Have the participant look straight forward with the eyes open.

(For more information on muscle testing please refer to John Thie's descriptions in the "Touch for Health" manual. More skill can be developed in the Level 1 course for Touch for Health.)