

# Muscle Testing 101 for BSFF

Here are three articles to help you understand much more about muscle testing and how you can learn and use it with BSFF. It is a wonderful and very practical, helpful tool. It takes a lot of the guesswork out of helping yourself or others to be set free fast.

## **THE ART AND SKILL OF MUSCLE TESTING**

By Larry P. Nims, Ph.D.

Muscle testing is one of the most helpful skills any therapist can utilize. This skill is the key to precision diagnosis and precision treatment.

No matter what therapeutic modality is used, the ability to know what is going on in the subconscious mind is of inestimable value to the therapist and to the client. Plus, the combination of basic therapist clinical skills, insights, intuition and muscle testing, can dramatically reduce treatment time with any type of counseling method.

When all of these elegant techniques and skills are combined with BSFF, (or many of the other Energy Therapies) you can reasonably expect to reduce treatment time for most therapeutic issues by perhaps a factor of ten or more.

In psychotherapy, reference to “the presenting problem” is a very vague term. *Often the presenting problem is really a whole complex of individual problems or a combination of issues and separate individual problems.*

Clinical diagnostic categories are comprised of several sets of issues, which are called “diagnostic criteria.” Each criterion that your client manifests may have multiple problems to treat. In fact, these criteria can be tested as individual statements to form a precise diagnosis.

Therefore, the exquisite tool of skilled muscle testing can be of enormous value to any counselor or therapist, or to anyone else. Muscle testing helps make any counseling more precise, efficient and sure. It is well worth the little practice it takes to become skillful in using it.

My experience is that in most counseling sessions I get results on multiple issues that would have taken months and years to get even minimal results. With muscle testing, both the therapist’s and the

client's confidence about the appropriateness and the effectiveness of therapeutic interventions are enhanced markedly. Muscle testing makes counseling highly efficient.

With muscle testing most of the guesswork is removed from the therapeutic process. I say this without any hesitation because I have experienced this dramatic difference for many years in my counseling practice. It's like having a lie detector apparatus right in the counseling room with you. Other therapists who use muscle testing skillfully will affirm its tremendous value, as well.

### **What is Muscle Testing?**

I will not teach the history of muscle testing here. Suffice it to say that it grew out of a field of study called Applied Kinesiology. Muscle testing has been around for probably hundreds of years. But, it is only in the past 40-50 years that it has become increasingly utilized in this country.

Muscle testing is the use of a specific muscle or muscle group as an indicator of some internal event. With BSFF procedures muscle testing is used to confirm whether a specific assertion related to a psychological problem is correct or incorrect in the subconscious mind of the client.

Specifically, it tests whether or not the statement being tested switches, i. e., reverses the polarity of the acupuncture meridians in the body of the testee. A switch in polarity indicates a change in the psychological or physical state of the person being tested.

“Meridian” is a term referring to specific electromagnetic circuits in the body, each of which traces a particular path through the body. There is a parallel circuit on each side of the body for each of the fourteen meridians. Each meridian is said to influence or control a specific organ system in the body.

Some people fear that Applied Kinesiology and the technique of muscle testing are some kind of occult practices. However, these amazing tools are simply natural phenomena, which are being accessed to help people be set free in significant problem areas of their lives.

Like any tool, muscle testing can be misused. But, we must always be careful not to *“throw out the baby with the bath water.”*

When the experienced and skilled user is committed to knowing only what is true, and when s/he is balanced or “centered,” (that is, set free) in him/herself, without an agenda for the results, this can be an

extremely powerful and useful tool to help oneself or others. Muscle testing works so well because it is skillfully accessing a mechanism that is built into every one of us by our Creator.

### **How to Muscle Test Another Person**

Here is a very simple and convenient way to muscle test someone. Have them extend either arm straight outward (at a 45-90 degree angle) with palm down. Ask them to hold it firm by locking the muscles in place and to resist your downward pressure.<sup>1</sup>

Now place your hand firmly on top of their wrist and press down with your hand until their arm starts to bend downward. It does not need to go all the way down. You need only observe that it no longer stays locked.” A movement of two or three inches is fine.

Now, lighten the pressure with your hand until their extended arm no longer moves downward, but if you pushed any harder at all, the arm would move downward. That is, the “lock” would break. Then use this amount of pressure for each muscle test.

*Note: You are looking for that differential boundary in pressure where the muscle stays locked vs. giving way. This differential will vary, of course, if the person changes how hard they are locking their arm muscles. With practice, the tester quickly learns to calibrate (adjust) the pressure on the testee’s arm accordingly.*

I suggest to clients not to resist too strongly because they will fatigue their muscles excessively when doing a lot of testing. I remind them that we are not doing a test of their strength. That it will be tiring for both of us if they hold really hard. We are only interested in determining whether or not the muscle locks or is “spongy.”

Also, it is not necessary to press the arm all the way down. That just creates premature fatigue as well. Advise clients to relax their arm between tests and to lock (i. e., resist your downward pressure) only just after finishing the test statement.<sup>2</sup>

Likewise, I encourage clients who are being muscle tested to extend the other arm if one arm is getting fatigued. I tell them that every muscle in their body, both internal and external, is responding to the

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<sup>1</sup> You can see example of muscle testing in books by John Diamond, M.D. “Your Body Doesn’t Lie,” paperback, and “Life Energy,” soft cover

<sup>2</sup> Actually, after the client has done a few muscle tests, you can just say the test statements yourself and then test, without the client repeating the statement. The client’s subconscious mind will respond to the test in the same way as if s/he had repeated your test statement.

test statements at the same time. So, it makes no difference what muscle(s) we use for the testing.

If they have some problem with using the muscles of either arm in the extended position, you can have them hold an arm firmly to their side and pull outward on their wrist with your hand. Or, they can rest their elbow on the arm of the chair and you test with just their forearm. There are a number of other variations that can be creatively used if necessary.

You will only be pressing downward on their arm after they complete each test statement. *Do not press their arm continuously* between statements. That will fatigue both of you pretty quickly.

Now, with the pressure just at that differential point, have them make a series of pairs of statements, where one statement is clearly (100%) correct and the other is incompatible or opposite—therefore being at least something less than 100% correct. In other words, use pairs of statements where they cannot both be 100% correct. Muscle test on each statement in the pair.

I use such pairs of statements as:

- “*My name is Larry.*” “*My name is Lawrence.*” (*It is Larry, and not Lawrence.*)
- “*My shoes are black.*” “*My shoes are brown.*”
- “*My office is in Fullerton.*” “*It is in Orange.*”
- “*Today is Monday.*” “*Today is Tuesday.*”
- “*One and one is three.*” “*One and one are two.*”
- “*I am more than 45 years old.*” “*I am less than 45 years old.*”
- “*I have a child.*” “*I have no children.*”

Oops! This last statement may lead to some confusion or embarrassment for some people. I’ve heard that one definition of a bachelor is “a man who has no children to speak of.” So maybe we shouldn’t use this one. ☺

Each of these statements could be made in the negative form as well. That is, the test will work just as well to say, “One and one are not two.” However, a negative result, that is, the arm does not lock on an incorrect negative statement, is a bit confusing. That is because a negative test is essentially saying that *it is not true that this statement is not true*. Double negatives confuse most clients, so I usually avoid them.

The person being tested makes each specific statement and the tester checks the validity of the statement by putting moderate pressure on the muscle to see whether the arm muscles lock or give way.

When the muscles lock, it means that, to that person's subconscious mind, the words in the statement are 100% percent correct. If the muscles do not lock, the subconscious is essentially saying that the words are something less than 100% correct. *They could still be partly correct, that is anything above 0% and less than 100% true or accurate or correct (according to their subconscious mind).*

Also, notice in the statement about the person's age, that neither of these two tests precludes the possibility that the person might be exactly 45 years old. So, you could get a negative test result, with the arm going down of both statements. So, clearer test statements would be "I am age 45 or older," and, "I am younger than 45."

These test results are completely independent of what the client's or the tester's conscious mind might think the statement means—which frequently makes for some interesting and informative surprises for both people.

*Note: Many professionals muscle test with questions, instead of definite statements. I believe that it is best always to use specific statements. I do not use questions, or even a questioning tone of voice.*

*Historically, in Applied Kinesiology, the method is to make a definite statement (positive or negative) and to "challenge the statement" with muscle testing to see if it is true. Using questions can lead to confusing interpretations of the muscle test results.*

When I want to show how precise and literal the subconscious mind is, I test on this statement. "My house number is \_\_\_\_\_." It tests as being true. Then I tell them to state it again with any one of the numbers modified up or down by one number. The test results will be negative even if it is a very long number because the statement is no longer 100% correct.

Of course, you can also "mix and match," using the positive or negative statement first to show that it is not a suggestion effect that might be influenced by the order of a series of statements.

Then, I usually also test clients while they are thinking a pleasant thought vs. an unpleasant thought. This shows them the power of their thoughts to affect their internal functioning. Usually, after I

finish demonstrating muscle testing, I retest them on the identical pleasant and unpleasant thoughts they used just previously.

Then, I have them think the unpleasant thought for a third time and use their cue word to *“treat for what makes your arm go weak when you think that thought.”* Then their arm always tests strong while they are thinking that thought for the third time. So, I tell them *“you have just done your first Instant BSFF treatment. It’s just that simple and easy.”*

I will also test them while they smile vs. while they frown (without thinking of anything in particular). Then I will test them while they watch me or someone else in the room, or just imagining someone they know, smile or frown.

The same smile makes both people, the person smiling and the observer, test strong while the frown makes both weak. This usually gets their attention and their recognition that there is a lot more going on between them and other people than they have realized.

### **How to Learn to Self-Muscle Test**

Self-muscle testing is an extremely useful skill to learn. With it you can detect or clarify problems within yourself and also confirm or non-confirm whether progress is being made in self-treatment. It can be used routinely to detect or clarify the distresses and problems that come up in daily life. BSFF treatments can then quickly eliminate them.

Here is a very simple and convenient way to muscle test yourself. Extend your index (the pointer) finger. Hold it firmly but not really hard, by locking the muscles in place. Place the middle finger on top of the first finger. Press down with the middle finger until the first finger starts to bend downward. It does not need to go all the way down. You need only notice that it no longer stays locked in at least one of the three joints of your finger.

Now reduce the pressure with the middle finger until the first finger no longer bends anywhere. Continue the pressure with the middle finger just enough that, if you pressed on the first finger any harder, it would bend the first finger downward.

Now, use this same amount of pressure for each muscle test. The finger will then move downward when the test statement is not 100% correct, and it will stay locked when the statement is 100% correct.

*Note: You are looking for that differential boundary in pressure where the muscle stays locked vs. giving way. This differential will change, of course, if you change how firmly you are locking the first finger. I suggest not locking the finger too rigidly because you will fatigue the muscles excessively when you do a lot of testing. But then, you can always change hands if one hand starts to get fatigued.*

Note also, that all of the discussion about testing someone else, above, applies to self-testing as well, except that you are using different muscles.

There are many other ways to muscle test, most of which require using two hands. I prefer to have one hand free so that I can be doing other things such as driving, carrying something, or talking on the phone and still be able to muscle test, and also, so I can switch hands as needed.

Finally, I urge you to become skilled in testing with either hand so that you can use whichever one is available. Most people start out using the most comfortable hand for testing. Usually that is their non-dominant hand. Also, many people hold their hand way out and up in front of them and watch it closely. That's OK but it is hardly necessary. Your hand can be anywhere (as long as it is attached to your wrist). ☺

### **Barriers to Muscle Testing & Self Testing**

Roger Callahan always pooh-pooed my interest in self-muscle testing. He would just dismiss it out of hand when I would advocate it. I have not talked with him about it in over seven years. I wonder if he still believes it is too unreliable.

I have found muscle testing to be an extremely useful and reliable tool for my clients to use, for myself, personally, and for doing surrogate testing. (I am curious to test it out vis a vis a polygraph test sometime.)

While Roger is certainly right to assert that muscle testing can be influenced (impaired) dramatically by human subjectivity, I believe, and my experience with hundreds of people has confirmed, that such subjectivity can be overcome by using BSFF or EFT (and perhaps TFT) to eliminate the subjectivity.

An individual's subconscious programming can keep any person from being objective and accurate during muscle testing on any given problem or issue. The more psychologically free the tester is, the more likely their testing will be consistently valid and reliable.

The more balanced and impartial we are about the test result, the more likely we can muscle test accurately. I believe it requires skillful muscle testing ability and a commitment to become and remain totally impartial about the results.

Our goal must be to know only what is true. I use muscle testing routinely (and I do mean routinely) for myself and for my clients, both in my office and during telephone sessions. I find it to be very functional.

To check my own impartiality, I frequently test for it in myself. Some people argue that muscle testing simply cannot be consistently valid. My experience with it in counseling and in working on my own issues tells me that it can be.

Even if I do test inaccurately on something (from rushing, or from occasionally becoming subjective about the desired outcome) this work will quickly bring that error to the light. That is because, before long, some other muscle tests on that issue or related issues will not square with the incorrect one. Remember, you can always retest anything. Just be sure to get your ego/pride out of the way first.

The guidance that I get through muscle testing consistently leads to excellent therapeutic outcomes. I do not know whether this could easily be tested out “scientifically” or not. What I do know is that my empirical evidence is very confirming of the possibility of anyone being able to learn this extremely functional and useful skill. I teach it to most of my clients. They learn to use it quite well.

### **A common block to learning accurate muscle testing**

I have observed for over ten years now that, initially, people are able to muscle test accurately or reliably on others about 50% of the time, and somewhere around 80-90% of people are initially unable muscle test themselves or surrogate test accurately.

The primary reason for this barrier to learning to muscle test is that they are subconsciously blocking their ability to do it. That is, they are psychologically reversed. They will test negatively on this statement: *“I want to muscle test accurately on myself and/or others every time I test for anything from now on.”*

Then, when we explore the subconscious reasons for this Psychological Reversal (PR), almost all of these folks will test negatively on these three statements:

- “I don’t think I am smart enough to do this.”



- “I don’t deserve to have such elegant help.”
- “Besides, it’s just too weird for me.”

They may, of course, have additional subconscious messages that sabotage them; but that is rare. No matter, I simply eliminate all of these messages (“*the problems*,” in BSFF terms) with one single treatment. Then, people invariably start to test accurately right away. I am confident that EFT and other Energy Therapy techniques could correct this *PR* just as well.

Of course, muscle testing is a skill; so, like any new skill, it does require practice. I do not introduce self-testing until people have experienced my routine muscle testing with their arm 50 to 100 times or so. I want them to feel reasonably comfortable with the validity and reliability of muscle testing before suggesting that they try it on their own.

Another possible reason for difficulty with muscle testing accurately may be that the polarity of the electromagnetic circuits (meridians) are switched. This is often caused by “neurological disorganization.”

One way this can be detected is by having a person walk a short distance (five or ten steps) and watch whether his/her arms swing in the natural cross-lateral way. If one or both arms are constricted in the natural full swing, they are highly likely to be polarity switched.

You can also test for such switching by having them place the palm of either hand on, or just above, the crown of their head. Then muscle test them with their other arm. If they test strong, they are most likely not switched.

Double-check this by having them turn the hand over so that the back of the hand is on, or just above, the crown of their head. If they test weak now, they are not polarity switched. In both tests the hand should be placed at the crown, and not forward or to the back of the head, because the polarity is different there.

However, for people whose polarity is switched, they will test weak with the palm down and strong with palm up. A simple, temporary, correction for this is to have them walk (or just stand in place) and swing their arms and step in a normal cross-lateral fashion for five to ten steps.

Another temporary correction is to gently rub the K-27 points (CB spots) for about ten seconds. (There is no need for them to say anything). These spots are just below the collarbone, on each side, about one inch off center.

Another fascinating cause of inability to self-test is that many people are reversed when facing certain directions, but not reversed when facing other directions.

Usually this switching is limited to only one or two directions. If it is two directions, it will usually be 180 degrees in opposite directions, i.e., East and West or North and South. Muscle test the person using the palm down, palm up method while they are facing in each direction. Again, you can use the temporary correction (K 27 spots) for this switched polarity.

However, there is an even more fascinating way to correct this problem. Another professional suggested that ingesting Spirulina (a food supplement), Bee Pollen, or an RNA capsule could correct the polarity switch. Any one of these substances can, supposedly, do the job. I have tested Spirulina and Bee Pollen and both corrected switching.<sup>3</sup>

I also discovered that just holding one of these substances in either hand or near the body (like in a shirt pocket) works just as well. Don't have the substance in a plastic container, since plastic will switch a person's polarities quite readily. Just for fun, try having a person hold a plastic kitchen *baggie* or other plastic item. It will switch the polarity of their electromagnetic circuits and cause a weak muscle test.

Likewise, fluorescent lights, microwaves, cell phones, hair dryers, clock radios, and any other electromagnetic source, will switch our circuits if we are close enough to them.

Metal held anywhere across the midline of the body (metal glasses frames are a bit of a problem here); anything with sugar or artificial sweeteners in it, and many other toxic substances in our environment switch our circuits. It is highly likely that this switching causes numerous other problems in bodily functions.<sup>4</sup>

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<sup>3</sup> These products can usually be found in health food stores, although RNA is not as readily available as Spirulina or Bee Pollen. There probably are many other substances that would have the same positive effect on the polarity of these circuits.

<sup>4</sup> There is a growing body of evidence that some forms of cancer, especially in children, are caused by long-term exposure to the low-level electromagnetic radiation from living close to electric power generators and high-tension electric power lines.

Now I'll get even more exotic. Here is my preferred method when a person is switched directionally. I just love it when we don't need to have any extra devices, equipment or products, et al, to get the job done. I believe that our Creator equipped us with everything we need. So, I figured out another way to correct this polarity switch.

Here is the fun technique I use. While the person is facing in a direction in which they are switched, just have them imagine that they are facing in a direction in which they do not switch. They will now test as not switched. This is fun to do with people. The human mind is truly an amazing resource.

I presume there may be other reasons people are unable to muscle test accurately. But, these understandings are all that I have needed to solve this problem. I would be most interested in hearing about anyone else's experience with this issue of polarity switching.

### **When Someone Has A Problem with Muscle Testing**

Someone wrote to an email list with this inquiry about muscle testing. "I have a question about muscle testing. I've dabbled in various forms of muscle testing off and on for about 20 years, but I often find people I can not muscle test (including myself) accurately. Usually they test strongly on everything.

I try a few different muscles. Sometimes it works on a different muscle but not often enough. Help! I'm frustrated. I met with a tapping friend who also has this difficulty and we tried everything we could think of, including various PR corrections."

My Answer included much of the information, above, along with these comments. *"Here are some possible solutions to your muscle-testing dilemma. First, a message of encouragement to you and to most of us who run into occasional obstacles to "doing the stuff" at optimum levels.*

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Likewise, it is widely recognized that switched electromagnetic circuits can contribute to neurological disorganization, thus interfering with thinking processes and muscle coordination.

I do wear metal reading glasses frames, but I carry a special pendant around my neck to neutralize the polarity switch, which can result from the metal crossing my body midline, and, to also neutralize "switching" of my body's circuits by electromagnetic sources.

A good source for these pendants, and related products, to protect you from electro-magnet forces (EMFs) can be found at [www.advancedliving.com](http://www.advancedliving.com) or by phone at (619)466-5683. I wear one of these pendants 24/7. Please be sure that I have no financial interest in these products. I pass along this information because I believe that it is crucial for us all to protect ourselves from these environmental assaults.

*“My encouragement to you is this. I have found, have accepted, and am at peace with the certainty that, whenever I run into a block to progress in treatment with a client, or with myself, I have a great opportunity to learn something new. So, I have learned to persist in searching for the answer.*

*“There is always an answer; and someone knows what it is. So, I appreciate and respect your openness in putting yourself out here to all of us to get an answer. And, I want to offer some ideas for when you have a problem with muscle testing. You can check these out. I don’t know if they will work for you, but check them out and let me know. This may be another opportunity for me to learn something new, too. That’s fun.*

*“Interestingly, to illustrate my point, I remember a time when I could not get a clear test with a client. I tried everything I knew at that time with no success. I was at a loss. I was stuck about this situation and didn’t have the foggiest notion how to resolve my dilemma.*

*“That very next week another client brought me a 20-year-old book written by an M.D. who was using Applied Kinesiology in his medical practice. He had the solution to my dilemma. My client just brought the book in because she ran across it in a used bookstore, got excited about it, and thought I would be interested. Coincidence? I don’t think so.*

*“That is where I learned about polarity switching related to geographical directions in some people. And this doctor had some solutions. They are the Spirulina and bee pollen that I just reported about, above. I have used them to resolve the problem many times.*

*“So, be of good courage. Like I did in this case, you have “put it out there to the universe” and, you will likely find the answer. Then you will be able to help many more people who also struggle with this problem. And, you will know some neat new things, too. Please let me know of any other interesting discoveries you make concerning muscle testing.*

*“With respect to getting a strong test on everything, it is possible that you have not found the differential amount of pressure to use for each person. Or, they may have changed how hard they are locking their muscle. Review that procedure above and practice with clients a little more. Also treat yourself for a possible PR about being able to muscle test accurately, every time, with everybody.*

*“And, of course, treat yourself for your frustration, your anger, and any other negative feelings you have about this difficulty, and then treat for unforgiveness toward yourself for having this problem.”*

### **A Special & Inevitable Case**

There is one more problem that most counselors will discover from time to time. Occasionally, even though muscle testing is working well with a client, you will discover that you get a weak test on both of two incompatible statements. In other words, you cannot get a clear difference between the two statements. Re-testing then gets the same result.

When this occurs, test for this statement: *“I don’t want to know the answer to this issue.”* Most always, the muscle will test strongly on this statement. So, you treat (usually just once) with BSFF for *this* problem (of not wanting to know, or being afraid to know, the answer). Then, when you retest with the exact same two incompatible statements, you will likely get a clear difference.

Next, test for the identical two previous test statements and use BSFF, if needed for the original problem and just move on. I have experienced this testing dilemma with virtually every client I have treated with BSFF, and with myself.

Aside from these problems I have discussed, I do not believe that anything psychological about a person is non-testable. The subconscious mind has all of the information about past and present experiences and psychological states, and it can be accessed through skillful muscle testing.<sup>5</sup>

Sometimes I test the following statements: “My subconscious mind knows the answer to this question,” and “It will accurately test for this.” If the muscle test is affirmative on both, then the information can be obtained.

You may well want to explore further to see why the person was blocked. It can be very instructive for both of you. The subconscious mind is certainly a skillful and reliable “faithful servant.” It protects us exactly as it has been taught; even when we might think a different outcome is more desirable. Don’t argue with the subconscious programming. Utilize it to learn, grow and BE SET FREE!

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<sup>5</sup> Often someone asks if muscle testing can tell about future events or future psychological states. I hasten to tell them that this is not possible, since the subconscious mind does not yet have this information. However, you can state a hypothetical situation about the future and ask what the subconscious mind thinks would be the case in that situation. This is tricky stuff. There is much art and care needed to do this skillfully. There are also some extremely important spiritual considerations here, as well. But, I cannot go into all of that here in this discourse.

Remember that you still must make test statements as definite assertions, not as questions. Testing on questions can result in confusing results. *Use only definite statements, as if they are already true. Then challenge the statement with the muscle test.*

People often ask me whether a particular symptom can be treated with BSFF. Be aware that problems are treatable with BSFF only if they have direct or indirect emotional roots.

So, when there is a question about whether something can be helped with BSFF, I test on this statement. *“This problem has emotional roots.”* If it tests positive I go ahead and treat it. Otherwise, it will not be responsive to this treatment methodology. But, of course, I still treat for the various distresses the problem may be causing for the client.

Historical information about issues that don't have emotional roots is still available in the subconscious mind, however. That information can be accessed with skillful muscle testing and lead to helpful actions to remedy some other types of non-psychological problems

### **Surrogate Muscle Testing**

Now we will get into a somewhat controversial area of muscle testing. Surrogate testing is a truly elegant procedure. It is extremely useful in counseling people via the telephone. It is also very helpful in face to face counseling in my office.

I am convinced that surrogate muscle testing is not limited by distance from the client. I use it routinely with my telephone counseling with people anywhere in the world. I find that my telephone counseling results are highly effective. They could not be nearly as effective without this skill of surrogate testing.

I believe a person could be on Mars and I could still test accurately as a surrogate for him or her. I am not anybody special with this skill. I just made the commitment to learn it and use it to help people.

I believe that most anyone can learn to muscle test accurately and consistently. They only need to be free in themselves and be committed to knowing only what is true and accurate. Then it is just a matter of practice to learn the skill and clearing personal blocks to accurate testing.

I routinely use surrogate testing (with the person's permission) to rule in or out the possible things to treat. I can then confirm them with

muscle testing the client.<sup>6</sup> This immediate feedback is great for developing your intuition! But, also, it is very useful for bypassing a lot of unnecessary testing with clients. This can make our counseling work highly efficient. As with directly testing on a client, this is a very useful diagnostic tool.

Always get the client's permission to use surrogate muscle testing. Although it is very non-intrusive, nevertheless, you are "getting into their heads." So, ethically, I advise having their informed consent before proceeding with surrogate muscle testing.

Here is how to do it. I just say to myself, "*I am John. I think/feel/believe/am \_\_\_\_\_.*" I then muscle test on myself as that person, then test on the client and treat accordingly.

This skill can be learned by anyone, I believe. Of course, you may need to treat for your subconscious barriers to learning and developing this skill.

### **Ethical Considerations in Using Muscle Testing**

Let me express this very important caution here. It is imperative that we respect the individual client's boundaries. So, I strongly recommend not testing anything, on them or surrogately, until you know you have the client's permission to explore and uncover that particular area of his/her experience.

One nice thing about surrogate work is that you can do it all silently and then check with the client without the client's knowing what you were surrogate testing—so they will not be inappropriately offended or frightened by some of the things you are surrogate testing.

Remember, you have their permission to surrogate test, but not license to use it manipulatively, carelessly or for purposes unrelated to their treatment.

You can test for all kinds of possibilities, no matter how strange they may seem, and then check them out in reality with the client. Even then, use good judgment and timing as to whether and when you disclose what your surrogate testing seems to be revealing.

*Please!* Be especially sensitive to issues that could be very confrontive, embarrassing, raise legal questions (that may put the client or

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<sup>6</sup> I do have one client, a 67 year-old woman, who is so infirm that she cannot tolerate direct muscle testing anywhere on her body. So we use surrogate testing for everything for her. The results have been excellent. We have done at least a thousand tests by now, I'm sure.

someone important to the client at legal risk), or that may increase the person's vulnerability in a relationship. (Also, be sure to treat for any problems that would reduce his/her ability to protect or to take good care of himself/herself in relationships.)

Also, take special care when exploring the possibility of uncovering some past abuse of, or by, the client. There are many other possibilities to be alert for in this domain.

The point is that we are asking clients to reveal what has been hidden in their subconscious minds. Much of the hidden material is unconscious for self-protective purposes or as coping techniques. This information is so personal that each of us keeps it hidden, that is, unconscious (subconscious).

Therefore, we cannot ethically explore issues that might "psychologically undress" the client without their fully informed consent. This protects the client and the counselor regarding the possible consequences of uncovering some critical issues, e.g., past sexual abuse, past sexual activity, secret fantasies, possible crimes committed by the client, covert knowledge of specific crimes, or the identity of perpetrators.

This type of information should not be sought until you discuss the possible consequences for the client of uncovering possible negative information, and until the client has clearly indicated willingness to address these issues. I would always confirm readiness with muscle testing.

This is all very touchy ground. Just be careful with it. The safest course seems to be to *first eliminate all distress* surrounding very sensitive issues and then wait for the client to bring up the core of the heavier issues when and if they are ready. And, even if they do bring it up

With this cautious approach, we are responsibly exercising our personal, professional, legal and ethical responsibility to obtain the client's informed consent before proceeding in sensitive areas of their personal issues. 'Nuff' said?

**"Twenty Questions" Protocol** following procedure follows a similar strategy for finding an answer as in the popular parlor game "Twenty Questions."<sup>7</sup> You may have played the game where you see if you can

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<sup>7</sup> A similar strategy was used by the members of the panel in the popular TV game show of many years ago, "What's My Line?" The panelists would narrow down the possibilities until they could finally guess



narrow down the answer to something by asking a series of questions. Questions like “Is it animal, vegetable or mineral?” “Is it larger than a bread basket?” and so on, until you arrive at the answer.

A similar approach can be used to uncover and highlight anything that may be of therapeutic interest to you or a client. It is a good method to use when you are first developing your muscle testing skills. And, you can fall back on this procedure when you are stymied about what is going on in a counseling situation.

When I first discovered “emotional roots” about seven years ago, I soon began to wonder how many roots there were to any problem, as well as when the first and last ones occurred. So, I used a binary process of narrowing down the field by splitting it into halves, much like the “Twenty Questions” game.

I would muscle test on a person saying, e.g., “*There are more than 1000 roots to this problem.*” If the test was positive, I would then state, “*There are more than 1500 roots to this problem.*” If the answer was negative, I would split the difference and test for “*more than 1250,*” test, split again, etc. until I found the number.

Likewise, when I wanted to know when the first emotional root experience happened, I would test with statements like “*It happened before I was 10 years old.*” If yes, I would test for before five years old, etc. It will be a specific month, day, hour, and minute, if I wanted to narrow it down that precisely.

Often this can be useful information. Very often, when I test for when some problem or event occurred, the client will then spontaneously start to remember something from around that time. This memory is almost always related to the current problem we are treating--often to the surprise of the person being treated.

Note that, in this testing, for whatever number or age you are using for each test, it does not rule out the possibility that the answer may be the exact number you are using as the “more than” or “less than” number. A negative test for “more than 1000” does not preclude the possibility of the correct number being exactly 1000. A negative test on “younger than ten” could still be ten, or, any older age that you have not yet ruled out.

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what the occupation of the guest contestant was. They would not always get the correct answer in the allotted time; but, we are not limited by time in our muscle testing. With skill, and clinical insight, and the client’s participation, we can usually very quickly find out exactly what is going on at the deepest levels of the client’s psyche.

Remember that the subconscious mind, which is the repository of all this historical information, is highly precise, specific and literal. It is the mediating mechanism for muscle testing. When we are muscle testing someone, their subconscious mind is responding to the precise meaning it gives to the words in the test statement.

Always stay alert to the fact that the subconscious mind response is quite independent of what the person's conscious mind might think or wish is true, or what the person's conscious mind (or ours, as the counselor) thinks the words in the test statement might actually mean.<sup>8</sup>

Subjective, connotative, meaning is primarily an unconscious (subconscious) phenomenon. Even the subjective interpretation of denotative (objective) meaning can strongly influence the muscle test.

Just treat with this understanding and you won't be taken by surprise with answers so much. Always keep in mind that a positive muscle test always means that the statement is 100% true for that person's subconscious mind, at least at the time of the test.

Anything less than totally true will test negatively. So, be alert to recognize that a negative test result means only that the statement is not 100% correct to the client's subconscious mind. It could still be partially true. So don't overlook testing for possible variations of the test statements.

As I learned in working with hypnosis for many years, the way in which a statement is phrased is crucial. A dramatic difference in response can occur with seemingly minor and innocent changes in wording. It is every bit as important to know what not to say, as what to say, when constructing a test statement. Consider this series of statements:

- *"I want to be successful."*
- *"I'm willing to be successful."*
- *"I'm willing to be successful now."*

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<sup>8</sup> You will very likely discover that some people will try to influence the muscle test results. However, you will spontaneously learn to recognize when that is happening. A series of tests may not make sense because the statements cannot all be true, or all false. You can even test the person on the statement *"I am testing truthfully on all of these statements."* Just keep going. It will all fall in place for you as you practice and develop your skill at muscle testing. If you miss something, it will show up later—because it will not yet have been resolved by treatment.

- *“I’m willing to do everything necessary to see to it that I am successful.”*

These statements may well test quite differentially, depending on the subconscious programming. They often each test weak, entirely separately from each other. Likewise, “I want to be well,” and, “I’m willing to be well,” and, “I’m willing to be well now”, and “I will do everything necessary, starting now, to see to it that I get well quickly,” are all different statements<sup>9</sup>.

I have found, repeatedly, that someone with a physical malady, such as a head cold, a migraine headache, a rash, or a variety of physical pains, may test that they want to keep the condition. Further testing will show that they will keep it for a specific number of days, hours and minutes before they will let themselves get well, and sometimes forever. (Of course, this is usually easily rectified with BSFF treatments).

Remember, the subconscious mind is “your faithful servant” and its programming is highly precise and literal. It is doing exactly what it has been told to do for, or to you. It is an amazing mechanism! Now you can use this understanding to your benefit, rather than being “victimized” by past subconscious programming that you had no awareness of or control over.

As you practice using muscle testing, you will likely develop your intuition to the point where you will not need to do so much “plain and fancy” guessing, as in this “Twenty questions” procedure. Muscle testing gives you immediate feedback and this is a terrific way to learn. You get precise results, which can confidently be used for precision diagnosis and treatment.

Therefore, using muscle testing develops intuition far more efficiently than our old traditional psychotherapy way of...guessing what the problem might be...treating it with very imperfect methodologies...and just hoping that the results we got (if any) are valid, functional or stable.

It is very difficult to make the connection between an intuition we had months ago and any current change in the client’s psychological state or behavior. Not so with muscle testing. You can check out your intuitions immediately. This is a powerful learning tool for you, whether you are a counselor or just treating yourself!

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<sup>9</sup> See the discussion of the “Fail-Safe” system in the section on BSFF Treatment Procedures for an elaboration of, and treatment for, such problems. They occur in everyone from time to time.

**We no longer have to pretend, or hope, that we know what we are doing in our diagnosis and treatment.** (I did all that for way too many years!) It sure is wonderful that, now, using the muscle testing procedures, we can know—right on the spot.

In the past year or so I rarely have to muscle test a second time to uncover what is going on with the person. I just *know*. Partly, that knowing comes from years of experience as a psychotherapist. But, I believe that this ability results more from doing lots of muscle testing and developing my intuition (and confidence in my intuition) from all of the immediate muscle testing feedback about whether my “guess” is right or wrong.

Again, this is not due to any special brilliance on my part. It is a learned skill. I see no reason why anyone cannot become skillful at muscle testing, and also develop his/her intuition to a high level.<sup>10</sup>

You may well be experiencing a bit of trepidation, confusion or an overwhelming sense that you just cannot muscle test accurately and with confidence. So treat these problems and each and every one of the issues and problems that are blocking you from moving freely forward and developing this valuable tool for yourself.

If you are willing to make the commitment to take the risk of being wrong and to persist with practice, you can develop this very useful skill. I suggest you start by using BSFF to eliminate any/all subconscious blocks that inhibit you from learning to skillfully address such issues, as these, mentioned above. *“I’m too dumb to learn such a delicate skill.” “I don’t deserve such elegant help.” “It’s is just too weird for me.”*

You can do the same process of BSFF treatments for any resistance to treating a problem you may have. These are simply areas where you are not yet free. Most client excuses for not treating something are simply problems that can readily be eliminated. Treat the objections, and they simply vanish.

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<sup>10</sup> I also believe that, many times, it is not only intuition and experience. I continually ask God for guidance in my work. I *believe* (can’t prove it) that He often reveals some of the most unexpected things to test for. They seem “off the wall” many times, but usually are confirmed by muscle testing.

And yet, since I have gained the courage to muscle test for them, I have found that they are almost always correct. It is much easier to move boldly on these awarenessesa because I frame the muscle testing process with my clients in terms of “let’s see what is true and not true.” That way I do not have to be the brilliant professional who should always be right. We can simply check it out.

First, recall that, by definition, all treatable problems must each have a set of emotional roots combined with a single belief system (deepest cause). Problems are the lowest common denominator in BSFF.

Combinations of problems are called “issues.” Issues, therefore, require multiple treatments, one for each problem, until the entire issue is resolved. Also, I believe that all psychological reversals (PRs) are merely a particular category of “problem.” Since PRs respond to the BSFF treatments just like any other problem, I find no reason to view them in any other way.

*Wow, it sure is great to have these “Energy Psychology” tools! It’s so helpful to have such an improved sense of what I am doing and what I can realistically accomplish in treatment. This really is fun stuff! You can do it, too!*

*This section is copied and edited from a previous BSFF book written by Larry Nims.  
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### **Muscle Testing, as Used in BE SET FREE FAST By Larry P. Nims, Ph.D.**

Don asked me to share more of my understanding about how MT works, the source from which I think muscle testing information comes, and how I explain it to people. I will probably be saying more than this, but I want to put it in a clear context. Specifically, Don asked, "So, concretely, what would be the wording to present BSFF and MT for trainers to use?" So, here goes.

What a joy it is to share my thoughts with you. I welcome any ideas that may differ from my understanding. I am still learning from and with you.

The wording I use for my clients and the general public is something like this: The subconscious mind controls everything. I believe that the subconscious controls virtually everything that affects the way we think, feel and behave, and that it runs (controls) all of our body functions, including all of the energy systems. Useful information about what is going on with all these aspects of human functioning can be accessed with skillful muscle testing.

Muscle testing is a simple method for accessing subconscious mind content. To muscle test, the person makes, or just thinks a statement. Then the muscle is tested. A strong (locked) muscle means the answer from the subconscious is “Yes.” A weak muscle means the subconscious is telling us, “No, the statement is not 100% true” It could still be partially true, but usually it is totally untrue. If we

get a “No” we then we know that it is a problem. Then we treat the problem and test again. We do this problem until we get a “Yes.”

Therefore, we need to be clear on what words we are using in our test statements. That is because the subconscious is very precise and literal about word meanings. Whereas, we often use words very sloppily in our normal thoughts and conversation, the Subconscious does not do this. So, Saying, “I want to lose weight” is not the same statement as “I am willing to lose weight.” Nor is it the same if you add the words, “from now on.” Initially, you will usually get a weak muscle test to each of these statements. Fortunately, only one BSFF treatment for each of these will eliminate them as problems. Conclusion:

We need to recognize that the subconscious is treating only the problem that it understands the statement to mean. We could consciously think we are treating something else, but the subconscious is always right. It treats what we said, not what we may interpret what we may think we said.

Even the systems that we think operate automatically or innately can be disrupted or blocked by subconscious programming. For, example, I demonstrated that I could balance my own meridians by using my cue word. This was measured and recorded using a special computer program that detected and recorded the balance of my meridians. (Don Elium was present and observed these changes, many years ago, at an ACEP conference.)

Unfortunately, an enormous amount of contradictory programming occurs in every person's life. This programming causes malfunctions and disintegration of the exquisite organism we refer to as a human being. These malfunctions cause what, in BSFF, are called "problems."

Problems are comprised of multiple unresolved emotions from past experiences. Many of these past experiences will have multiple emotions (positive or negative) involved. Eventually this entire set of emotions becomes combined with a belief system. This connection is established in the subconscious by much repetition of triggering the emotions (with many internal and external messages and accompanying thoughts that become associated with the emotions) all being rehearsed over and over.

Each belief system in a problem is activated by a specific set of stimuli (usually both internal and external stimuli). Even beliefs have a set of emotional roots and a belief as their cause. Thus, beliefs can be treated effectively with BSFF, like any other problem.

It is the belief that gives the direction, intensity and duration of the problem reaction. I believe that the subconscious uses the bound up energy from the unresolved emotions to manifest the problem to the precise degree that it expresses itself.

Most of these (sets of a belief system combined with unresolved emotions) are the basis for maladaptive, dysfunctional automatic reactions. Some of them are the basis for functional adaptive reactions. Note that it is the nature of emotions to be reactive. Emotions are not proactive.

BSFF focuses on eliminating/neutralizing problems. When the specific combination of triggering stimuli is present, the subconscious automatically causes the related specific problem to occur. There can be multiple problems operating simultaneously.

Muscle testing accesses subconscious programming. Therefore, it is possible to develop skill in knowing when a problem exists and when it has been cleared. Cleared, in this context, means the person has been set free from the bondage of restricted thought, emotion and maladaptive behavior that has always resulted from the problem being triggered.

After complete and comprehensive treatment, the person has free will in the area that has been treated. This enables the possibility, but does not cause the person's intention to be directed toward creating more adaptive responses in that situation. Also, the energy that was bound up in the problem is now free energy, which is then available to all other systems of the body, I believe this is why so many people report "feeling lighter" after initial BSFF treatment sessions. The previously bound up energy was literally weighing them down.

By the way, I am convinced that this accumulation of bound up energy from years of accumulating problems is a major contributor to the aging process. As we accumulate more and more problems, tying up more and more of our energy, we have to work harder to accomplish things that previously were easier to do. This causes us to experience more distress, thus creating more problems, and thus tying up more energy. It is a vicious cycle.

The person is now free from automatically reacting to that specific set of stimuli. S/he now has free will and flexible choice about what response, s/he makes in those circumstances. This includes the freedom not to react at all. That is, to remain calm, balanced and at peace and with a clear mind in the face of what previously would have caused some maladaptive reaction that would likely stimulate or, indeed, reactively create other problems.

BE SET FRE FAST does not make or cause a person to be different or act differently. It simply frees the person to have free will and flexible choices in the previously limiting and stressful situation. The previous automatic reactions are now optional rather than obligatory.

Muscle testing, while not essential, is a very useful tool in guiding and selecting treatments with BSFF. I use it extensively for this very practical reason. The

temporal tap was added to the BSFF treatment protocol when I discovered that it aids in accessing even deeper levels of problems than just using a single cue.

Also, I am not convinced that intention is essential to muscle testing accurately, although the tester's intention can influence or contaminate testing. Muscle testing accuracy is dependent on mental and emotional neutrality of the tester and can override the intention of the person being tested. The limits of muscle testing accuracy and breadth of application are primarily determined by the tester's own subconscious programming. We must be sure that we are neutral about what answer will show up. The tester may need to treat himself/herself for not being totally neutral and totally committed to knowing only the truth about the problem's existence or non-existence.

Muscle testing can be used for many other applications, e.g., testing for which nutritional supplements, foods, medications and other products are best and/or needed, making decisions about best actions in a situation, discovering what disrupts the energy systems in the body, whether a physical symptom has emotional roots, and a wide variety of other applications. This testing can be very precise—even in comparing the percentage of effectiveness of some similar products or treatment interventions.

Finally, let me assure you that I have muscle tested and confirmed all of my assertions and conclusions that I have presented in this paper—many times over many years. If my muscle testing is accurate, great. If I eventually need to modify any of this, great. I just want to know what is true. ☺

Warmly and respectful of other ideas and possibilities,

Larry (a learner on this joyful journey with you)

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### **Muscle Testing Information & Resources By Larry P. Nims, Ph.D.**

Here are some links to muscle testing information. I am referring them to you only for the technicalities and various methods of muscle testing. I do not profess necessarily to embrace any of the theories, theology or philosophies on these sites. MT is a natural (and spiritually neutral) phenomenon, which is available to anyone who wants to learn and use it. I use it extensively in my BSFF work.

Before starting to learn to use muscle testing, do one BSFF treatment for this statement—as if it is untrue for you: *“I want to and I am willing to muscle test accurately on my self, with others, and when I do any surrogate muscle testing,*



*every time I choose to use muscle testing from now on.” Use a similar statement for learning surrogate muscle testing.*

Then treat yourself for this problem, as if it were untrue for you, *”For every person on whom I ever muscle test, including testing for myself, I and every part of my being will always be completely neutral about whatever the test result may be.”*

Start practicing on people with whom you feel pretty safe with doing this testing. Just suggest to them that you are learning a new skill and you would like to practice it with their help.

In the unlikely case that you may, after practicing awhile, still not developing your MT skill and testing accurately, then do the above BSFF treatments again for any further blocks you may have about MT. Then keep practicing. You will develop your skill at muscle testing if you persist. If you have any tendency to give up on learning it, then treat that problem.

Websites that discuss and/or show graphics about various methods of muscle testing (MT):

<http://www.ascending-star.com/kinesiolog.htm>

<http://www.geocities.com/sunmoonessences/muscle.html>

<http://www.empowerlife.com/selftest.html>

<http://www.empyreanquest.com/Healing/muscle.htm>

<http://www.geocities.com/sunmoonessences/tips.html> **MT tips that apply for any method of testing**

<http://theamt.com/modules.php?name=News&file=article&sid=43>

I use a two-finger, one hand method for self-testing. I prefer to have one hand free, and switch hands when I need to. That way I can use my other hand for something else or switch hands when one hand starts to get a little fatigued (when I am doing lots of testing in a session). This method works well with testing for anything on yourself or others. There are many ways to muscle test, but you really only need one, whether you are testing others, self-testing or for surrogate testing.

Videos of Muscle Testing:

<http://www.youtube.com/watch?v=Sr8MHgWZyAs&feature=related> **Brockie**

<http://www.youtube.com/watch?v=DfKwZd0wRoc&feature=related> **Chiropractor**

<http://www.youtube.com/watch?v=uFj9bg81sVk&feature=related> **Rebecca**

<http://www.youtube.com/watch?v=xBbso1JJgcA&feature=related> **MT For Your Health**

<http://www.youtube.com/watch?v=WSz2sNLRdUY&feature=related> **Cell Phones, Brockie**

<http://www.youtube.com/watch?v=ECfgMAUX0u8&NR=1> (Offers a Free EMF Shield) **Brockie**

<http://www.youtube.com/watch?v=CMilGaKq27Y&feature=related> **How-To Know What You Want Using Simple Energy Technique**

<http://www.youtube.com/watch?v=q0yoGyJfp44&feature=related> **Chiderley the the the you are**

There are many more videos on [www.youtube.com](http://www.youtube.com). Do a search there for "Muscle Testing" and you will find many others.

Now, here is another unique use of muscle testing. This is a demonstration I did with Gary Craig in February, 1998 at his seminar. I was showing how the subconscious mind can affect another person's mind and body. Here I was making myself a surrogate for Gary and silently affecting the muscle strength in his arms.

[http://www.youtube.com/watch?v=PHpNpbd\\_8Bo](http://www.youtube.com/watch?v=PHpNpbd_8Bo)

In my phone consultations I use surrogate muscle testing to guide me as a BSFF Trainer and Personal Coach with clients. This can be done at any distance and it does not involve Temporal Tapping. We subconsciously influence others much more than we realize. This has major ethical considerations because it is really true that "no man is an island."

Again, please note that in BSFF, muscle testing is used only for checking to see if a problem exists at the subconscious level and to know when treatment is complete.

Books That Discuss and Incorporate Muscle Testing:

One of the most impressive books I have read, and which applies muscle testing extensively is... "Power vs Force, The Hidden Determinants of Human Behavior,"

by David Hawkins. Hawkins applies MT as a means to determine the “truth” of anything.

Hawkins created the “*Map of Consciousness*” and one can MT for the various levels of consciousness and spiritual development. You can find this on the internet.

*Applied Kinesiology Muscle Testing for Allergies and Food Sensitivities...*  
<http://www.positivehealth.com/permit/Articles/Kinesiology/butlr15ahtm>

There is a paperback book called “Your Body Doesn’t Lie” by John Diamond, MD. I highly recommend this great book to learn more about applications of muscle testing for various things that affect us daily.

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