

Clear Circuit Muscle Testing

Muscle testing (muscle monitoring) is a bio-feedback mechanism that allows us to access the bodies bio-computer, to assess & upgrade its performance.

Clear circuit muscle testing confirms, and ensures, the indicator muscle (IM) that we are working with is giving us clear & accurate feedback via the nervous system, as it designed to do.

This is a muscle that you can deliberately turn on (lock), and off (unlock), bilaterally. Both in contraction to extension (Physically, emotionally, and biochemically) and extension to contraction.

Pre-Evaluation: A good habit to get into is doing the 'Switching On' techniques before each session (both you and your client). This helps the brain to be integrated before we start.

NOTE: you will also learn to test for switching as a part of this procedure.

Evaluation: (this example is on Anterior Deltoid (AD) - use this same process with all other IMs)

1. Ask the person to hold both arms forward and straight at 40 degrees.
2. Apply very slight pressure just above the wrists to press the arms downward (toward the body) - (contraction to extension)
3. Repeat, but have both arms at the client's sides and give a slight pull forwards (away from the body) - (extension to contraction)
4. The arms will either 'lock' (hold firm) or 'unlock' (go 'mushy').

NOTE: Aim to use medium pressure (approximately 1kg of pressure) & hold for approximately 2 seconds. Just until you feel if the muscle locks or unlocks (goes 'mushy'). If the arms go 'mushy' just move it a few cms.

If the IM is 'mushy' from the start and you are unable to get a lock (on either the backward push or the forward pull), get the client to hold one hand on the top of their head (the Neuro-Vascular point for Anterior Deltoid) & with the other hand vigorously rub rib spaces between the breasts, close to the breast bone (the Neuro-Lymphatic points for Anterior Deltoid).

Please remember: when you are using other IMs you will be using **their** associated NVs & NLs.

5. Now manually (physically) 'turn OFF' the muscles by pushing together in the belly of the muscles with both hands (push to mush). Both muscles now test 'mushy' (unlock) on the forward push and the backward pull when arms are tested bilaterally. (If they don't see note below).

6. Manually 'turn ON' the muscles by pulling apart in the belly of the muscles with both hands (lengthen to strengthen). Both muscles now test 'locked' on the forward push and backward pull when arms are tested bilaterally. (If they don't see note below).

7. Now 'turn OFF' the muscles using an emotional/mental stimuli by thinking of a stress (perhaps a place they don't like being, a food they don't like or a stressful memory). Both IMs now test 'mushy'/unlock with both the forward push and backward pull when arms are tested bilaterally. This is the normal stress response (If they don't see note below).

8. You now 'turn ON' the muscles using an emotional/mental stimuli by having the client think of something pleasant or positive that brings them joy. Both IMs should now test 'locked' with both the forward push and backward pull when arms are tested bilaterally. (If they don't see note below).

9. Now 'turn OFF' the muscles using a biochemical stimuli by having the person either sniff a biochemical substance (like a marker pen or nail polish remover) that introduces a temporary stress for the body. Make sure you ask their permission first before placing near their nose. Both IMs should now test 'mushy'/unlocked with both the forward push and backward pull when arms are tested bilaterally. This is a normal stress response (If they don't see note below).

10. Now have the client take some deep breaths in and out through their nose to clear the stressor. Both IMs should now test 'locked' with both the forward push and backward pull when arms are tested bilaterally. (If they don't see note below).

NOTE: Use the Clear Circuit IM Troubleshooting document if muscles do not respond as above.