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## **Muscle testing and dowsing for health**

By Deborah Mayaan

I've found muscle testing and dowsing very helpful in choosing foods, supplements, flower essences, and other potentially helpful things. The best way I can understand it, is that everything has a resonance frequency. If the vibration of something will contribute beneficially to someone's energy field, then they'll test positive for it. Testing "no" for something does not necessarily mean it is of low quality; maybe it's just not what they need right now. Someone else may test positive for it.

Since muscle testing or dowsing gives a "preview" of the effect, it can spare us the experience of having bad reactions to things. It can also help us save money since we can choose to get what will help us the most, rather than scatter money and energy.

It's quick and easy to learn the basics of a muscle testing or other dowsing method. The greater challenge is to become accurate in testing. Dowsing is a skill like any other, which improves with practice and with learning refinements that contribute to one's overall skill level.

There are many different methods for muscle testing and dowsing. My favorite is a non-resistance method in which the body moves to indicate answers. One of the reasons I like this method is that it is not necessary to calibrate to determine how much resistance to apply, and thus was the first method that worked well for me when I was very strong-willed. Also, it does not involve the use of my hands, so that I can test with my body, while my hands take notes.

Since I have not seen complete instructions for that method anywhere, I will share that method. But another testing method may appeal to you more; it is important to find a method that you like. In this virtual workshop, I'll share these things with you:

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## Learning the basics of the body-as-pendulum testing method

### Doing it for the first time:

Be sure you are well hydrated. If you are hungry or your blood sugar level is low, eat some nourishing food. Take a bathroom break, even if you only have the slightest need to go. If you are tired, rest before beginning.

If you are feeling emotionally off-balance, try one of these methods:

- Balance your energy by doing the Tibetan figure 8
  1. Sit or lie down.
  2. Place your left ankle over your right ankle.
  3. Extend your arms out in front of you, with the thumbs pointing down.
  4. Cross your right wrist over your left wrist.
  5. Bring your palms together and then clasp your fingers together.
  6. Curl your hands downward and then inward toward your chest.
  7. Place your tongue on the roof of your mouth, and breathe in through your nose.
  8. Place your tongue below your lower teeth and breathe out through your mouth.
  9. Breathe in and out until you feel balanced.

(Thank you to Phyllis Winslow, who learned this method and taught it to me.)

- Take a flower essence to address your emotional state (choose an essence based on reading descriptions or because you are very drawn to its photo or name).
- Do Donna Eden's daily routine (Eden book in resource list, p. 60).
- Use a tapping method such as the Emotional Freedom Technique.
- Say a prayer for getting clear. One example in Judaism is the *Ana B'koach* in which we ask God to "untie our tangles," according to the translation by Rabbi Zalman Schachter-Shalomi and which is found in his book *All Breathing Life*, edited by Michael K. Kagan (Santa Fe, N. Mex.: Gaon Books, 2011).

Clear your mind and get into a meditative state.

Stand upright with your body feeling loose and open. Let your knees bend slightly so that they are not locked. You are going to ask your body to move to give you answers, so you need to feel fairly evenly balanced, without being so solidly rooted that you won't move easily.

Smile—this is going to be fun!

Relax and breathe.

Ask your body, "Which way is 'yes?'" Let your body respond. After getting the answer, write it down.

Ask your body, "Which way is 'no'?" Let your body respond. After getting the answer, write it down.

The body will usually give a clear indication of one direction for "yes," and another for "no." If you are not getting clear indications from your body, relax and play with this more. If you are putting pressure on yourself, you may be inhibiting your natural responses. You might wait and try it another time.

### Testing

Hold a substance such as a food, flower essence, or nutritional supplement in your hand, preferably against your solar plexus (midriff area; between your belly button and chest). The substance doesn't have to be directly in your hand. It can be in a baggie or bottle. Ask a specific question:

Will ingesting this substance today produce a beneficial effect for my body?

Will taking this supplement help maximize my health?

If so, is the maximum daily dose that will be helpful to me 200 mg. or less?  
[Continue with related questions to get the precise dose.]

Will I tolerate having this material placed in my mouth as a filling?

What is the likelihood that I will tolerate this material on an ongoing basis for at least three years? (Rather than developing a sensitivity to the material over time.)

Please note that any questions about the future deal with probabilities that involve many, many variables. People are constantly making choices that affect outcomes. And a question such as the one above can still be helpful in picking a dental material or building product that is most likely to be well-tolerated in the long run.

### Improving accuracy by testing without knowing what you are testing

In order to detach from thoughts and feelings about what you are testing, it can be helpful to test without knowing what you are holding at the moment. This can be achieved by placing substances in baggies or bottles, and then testing a number of substances without looking at them. You can simply reach for them with eyes closed, and then put them in piles of "yes" and "no."

See the section below for other suggestions for improving accuracy.

### When testing another time

Always make sure you are well hydrated, and not tired or low in blood sugar. Then ask which way is yes. If the answer is different than your usual yes, this indicates that you need to do an energy balancing procedure. Do a balancing procedure, and then again ask which way is yes. If you are still getting a different answer than your usual yes, you may not be able to be balanced enough to test at this time, and may need to take care of yourself and come back again when you are centered and well-rested.

### Doing this method sitting down

This method can also be done sitting down. If you can stand, it tends to be easier to first learn to do it standing. To do it sitting down, sit on the edge of a chair, so you are lightly balanced enough to move in any direction, and follow the instructions given above. It is most common for the yes and no responses in the sitting position to be different from those in the standing position.

## **Moving beyond what the body knows and improving accuracy**

Our body knows the answers to basic questions such as what substances are beneficial to ingest. When asking questions that are beyond a simple resonance with the body's needs, then we need to take additional steps to get accurate answers.

Specify what **sources** you are willing to receive information from in general. This way you can receive guidance from selected sources such as your higher power and spirit guides, but not pick up information from just any source out there. For more about this, I'll refer you to instructions for programming your system in Walt Woods' booklet (all references are found at the end of this document). You can download it for free, and it's an excellent guide for the next phase of your dowsing work.

Each time you dowse, follow these steps after balancing your energies:

**Say a prayer of protection or clearing the pathway.**

Set your intention to **let go of ego** and be a clear channel for information.

**Ask**—Do I need to use the word “**suppress**” to pull in my energy so I am not affected by other people’s energy? If so, say “suppress, suppress, suppress.” For more about this, see books by Anneliese Gabriel Hageman.

**Ask—may I, can I, should I** dowse in this subject area?

“May I” asks if you have permission from all levels of your consciousness (and later, if you are testing other people, it asks if you have permission from all levels of their consciousness). If you get a “no,” see Hageman’s *To Our Health* for some troubleshooting possibilities.

“Can I” asks if you have the ability to successfully dowse in this area.

“Should I” asks if it is in the highest and best good for all concerned for you to dowse.

For more details on these steps, see booklets by Hageman and Woods.

Follow Woods’ instructions for “**When you can trust your dowsing**.” You’ll be practicing, and also working to reduce the amount you influence results. Once you get down to a zero percent influence of results, you can check your accuracy by doing a double test of some sample questions. You can test a list of things yourself, and ask an experienced tester to test on those same questions. A high rate of agreement indicates that you are both testing accurately. You can also act as both testers, by testing the list of things without knowing what you are holding as you test. This can be done by testing samples in baggies or bottles without looking at them, as done above. With non-physical

things (such as names of practitioners you are considering working with, or a question about whether it would be beneficial for you to travel somewhere), you can write the name of the people or places on pieces of paper, which you fold so that you cannot see what you are testing on. When Homer Hefty, of blessed memory, recommended this, he warned me that it was not a good idea to habitually test everything twice; double-testing without knowing what you are testing is a means of checking your reliability in testing. If you test everything twice regularly, you are establishing a mindset of doubting your results.

**Phrasing the question** is extremely important in getting accurate results. Be specific about what you desire to know. Phrase the question so that it can have only one meaning. When testing in a new area of inquiry, try slightly different variations of questions and look for consistency. Inconsistencies may be clues to unclearly worded questions. If you suspect you are having difficulty phrasing questions well, ask an experienced tester to test on the same general question, with each of you phrasing your question independently. If your results are not in agreement, examine the questions you are asking.

**Ask for additional signals.** As well as yes and no, with some methods we can ask for or program additional signals. In Woods' booklet, his pendulum dowsing chart includes signals such as "information not available," and "incomplete question." A resistance-type of muscle testing may not lend itself to such a range of possible signals. But if you are getting unclear information, you can ask yes/no questions such as, "Was the question unclear?" In the body-as-pendulum method, you can ask for a general signal that you need to clarify something in your testing, and then do yes/no questions to refine what that is.

The quality of information that is received may also be increased by working in what is called a **"coning."** In a coning, we can integrate input from our higher self, highly evolved souls, and nature intelligences. According to Machaelle Small Wright, a coning balances the direction and purpose supplied by people with nature's contribution in supplying the matter, means, and action for achieving our purposes. For more information, see her books.

**If you are still having trouble** getting accurate answers, it can be helpful to consult with an experienced tester about your methods and questions, and/or to have someone check out your body's energy system for any problems that may be interfering with getting accurate information.

Once you have been practicing your dowsing consistently for some time and are able to be accurate on a regular basis, you will be able to trust your results. But for some **major decisions**, you may not know if you are able to be unattached enough to the outcome to test well for yourself. Even very experienced dowsers often ask someone else to test for them when making a major decision. Dowsing is a wonderful tool for self-empowerment, and empowerment does not exclude getting help when we need it.

## Other Methods

When you are starting out, it is usually recommended that you choose one method and get proficient with it. After you are skilled in one method, it is easier to translate your learning to a new method. Choose a method that appeals to you.

Some people may prefer a resistance method such as pushing down on an arm, because they can feel how the muscle resistance changes. For instructions on this method, see David Hawkins' and Donna Eden's books in the resource section below. If you are testing for yourself or for a being that doesn't have an arm to push or that is not present with you, then another method is needed. You may like to try the method of using the resistance of the fingers of one hand against another; for instructions, see Machaelle Small Wright's books.

To learn about traditional dowsing tools such as pendulums, L rods, or Y rods, see Walt Woods' booklet. Another ancient method is tossing coins in the I Ching. See Anthony and Moog's book.

The intuitive sense is also a means of accessing information.

## Resources for further reading / study

**Anthony, Carol K., and Hanna Moog. *I Ching: The Oracle of the Cosmic Way.***  
Stow, Mass.: Ichingbooks, Imprint of Anthony Publishing Co., 2002.

New translation of the I Ching which restores the original Taoist meanings of the text, and introduces traditional and new methods of working with the I Ching to identify and clear limiting beliefs and thought forms.

**Eden, Donna, with David Feinstein. *Energy Medicine: Balance Your Body's Energies for Optimal Health, Joy, and Vitality.*** New York: Jeremy P. Tarcher/Putnam, 1998, 2008.

Teaches a resistance method of muscle testing, includes a general energy routine that can be used for balancing before doing testing, and provides a wide variety of energy healing techniques.

**Hagemann, Anneliese Gabriel. *Dowsing/Divining, the Golden Key to Tapping Energies.*** Wautoma, Wisc.: 3 H Dowsing International, 2000.

Guide to dowsing/divining, includes steps to pull in your energy so you don't affect the results, and to balance your energies to increase accuracy.

**Hagemann, Anneliese Gabriel, and Doris Katharine Hagemann. *To Our Health: Using the Inner Art of Dowsing in the Search for Health-Happiness-Harmony in Body-Mind-Spirit.*** Wautoma, Wisc.: 3 H Dowsing International, 1999.

Extensive set of lists to help dowse for what is out of balance and what is needed to restore harmony.

**Hawkins, David R. *Power Vs. Force: The Hidden Determinants of Human Behavior.* Carlsbad Calif.: Hay House, rev. ed. 2002**

Teaches an arm-resistance method. Presents data about testing the effects of various words on large populations of people.

**Woods, Walter. *Letter to Robin: A Mini-Course in Pendulum Dowsing.* Oroville, Calif.: The Print Shoppe, 1990; 2001.** Booklet available from the American Society of Dowsers 1-800-711-9530. Or download in English, Spanish, French, German, or Italian at: <http://www.lettertorobin.org>

Guide to dowsing that includes instructions for how to not influence your dowsing. Also includes a list of questions to dowse on. Includes corrections for dealing with substances or noxious energies that are negatively affecting you. (Note: Exercise caution in correcting noxious energies. In the advanced dowsing workshop that Woods teaches, he notes that there is actually an optimal level of exposure to a noxious energy. When all noxious energies are corrected, a person may become increasingly affected by such energies and become less able to function in the world.)

**Wright, Machaelle Small. *MAP: The Co-Creative White Brotherhood Medical Assistance Program.* Warrenton, Va.: Perelandra, Ltd., 1990.**

Wright did not coin the term "the white brotherhood" and explains that this phrase was not invented by the group of highly evolved souls of diverse races and genders that are willing to be of assistance to all people seeking healing. The book tells how to set up healing sessions with your personal MAP team made up of such souls. All of Wright's books also explain how to do a type of muscle testing using your fingers.

**----. *Perelandra Garden Workbook II: Co-Creative Energy Processes for Gardening, Agriculture and Life.* Warrenton, Va.: Perelandra, Ltd., 1990.**

Energy processes that are helpful in working with land, or with growing the garden of your life, your health, your business, or anything else. These processes involve an investment in sets of Perelandra flower essences, and in minerals used in balancing. If applying the processes to something other than a gardening/agriculture, it is advisable to start by viewing their Video 3: Working with Nature in Soil-less Gardens. <http://www.perelandra-ltd.com>