

# What Is Muscle Testing?

by Genelle Pepple

Before we look at what muscle testing is and how it works, please do not be confused between Muscle Testing (aka Applied Kinesiology) and plain Kinesiology since they sound similar, yet are very different.

Plain “Kinesiology” is:

[ki·ne·si·ol·o·gy](#)

The study of the anatomy, physiology, and mechanics of body movement, especially in humans.

*Medicine.* The study of the motions of the human body, especially as they apply to therapy through corrective exercise. Also called **kinestherapy**. — **kinesiologic**, **kinesiological**, *adj.*

However, “Applied Kinesiology” is defined as:

[Applied Kinesiology](#) is a complementary therapy, which uses various forms of muscle testing to identify imbalances in the body's structural, chemical, emotional and spiritual energies. By using these tests, the therapist can establish the body's priority healing needs, and go on to evaluate the changes in energy flows that result from any therapeutic procedures applied.

The basic assumption behind (Applied) Kinesiology is that the body has a natural innate capacity to heal itself, but that sometimes the assistance of the therapist is needed to bring this care into the body's reality. It follows that one of the principles of (Applied) Kinesiology is that there are energy flows within the body at every level - cellular, tissue and organ level - as well as within the body as a whole organism. And while you're not consciously aware of these energy flows, the vast repository of knowledge in the subconscious mind contains information about every aspect of them. This is where muscle testing allows the therapist to diagnose imbalances in energy flow and then intervene with an appropriate remedial action.

Does Applied Kinesiology (AK) work? Yes, for many, it does. But *how* does it work? The answer to this question is most important for Christians to ascertain. When I want to know whether something is safe from a Christian perspective, I always look at its roots and origins and then I test it against biblical principles and teachings.

In looking at the roots and origins of muscle testing, I found that it was initiated in 1964 by George J. Goodheart, Jr., D.C. He is credited with being the father of Applied Kinesiology. Unfortunately, in looking at his roots, he was involved with the occult. He is reported to have developed his elaborate charts showing relationship of specific organs and acupuncture meridians to certain nutrients and herbs (at least in part) through psychic powers.

In essence, Goodheart combined the eastern philosophy of early chiropractic theory concerning the body's supposed Innate Intelligence with ancient Eastern practices designed to regulate supposed mystical life energies within the body. The concept of "the Innate" is at the foundation of chiropractic. It shares common ground with many other healing arts that work off the assumption that your body has an innate intelligence or higher intelligence *within* that *knows* what the body needs and what is best for it.

Therefore, you simply need to connect with the Innate and it will direct you as to what your body needs; it will also self-correct problems within the body. In a census taken by the National Board of Chiropractic Examiners in 2000, 43.2% of the chiropractic profession now use Applied Kinesiology in their practices. Now twenty years later, I would expect the number is even higher. <https://www.dynamicchiropractic.com/mpacms/dc/article.php?id=52322>

Many other holistic health practitioners also use muscle testing as an assessment tool. "It is used to assess many different things – as broad as general health status and as refined as specific supplement dosage, and almost everything in between." <http://theconversation.com/muscle-testing-kinesiology-panacea-or-placebo-11075>

Muscle testing can be used to answer all kinds of questions using the process of divination to accomplish the task. Divination you say? Really? I know this may sound shocking at first, but it's true. Muscle testing, pendulum, and sway testing are all are methods of divination used to connect with the innate intelligence or higher self within to obtain answers. There is a mystical component that cannot be fully explained as to how and why they work – yet they do.

How can I label these therapies as divination so quickly? Because "I" didn't do the labeling, the people who practice it did. Below are some examples.

**Example #1:** Wicca (witches) openly identify muscle testing as divination. Of course, being openly involved in the occult, they have no concern with practicing divination, but shouldn't a Christian be concerned? Here is what they published on "Wicca Spirituality" <http://www.wicca-spirituality.com/applied-kinesiology.html>:

### **Applied Kinesiology: Your Body As A Divination Tool**

Applied Kinesiology (AK) is usually listed among divination methods. But *human bodies are very effective divination tools*, and this technique allows us to access deep wisdom that the mind cannot attain.

### **How Applied Kinesiology Works**

The muscles remain strong in the presence of a "yes" answer, and collapse without strength in the presence of a "no" answer.

The same is true in the presence of something healthful and something not good for the body. You can use this to as a divination tool to test for yes-or-no answers, just as you would use a pendulum.

## Advantages

There are three major advantages of using muscle testing over other divination methods...

- Your body is always with you.
- Unlike pendulums, tarot cards, etc, muscle testing can be as subtle and as quick as a flick of the fingers beneath a table.
- You can easily determine which foods, supplements, or treatments your body needs... even while standing in the grocery store!

**I'm not sure if reading that caused you to pause in thought or not, but I was initially taken aback to see muscle testing lumped-in with pendulums and tarot cards not to mention it was a witch advocating for how to use it.**

**Example #2:** Another website identifies muscle testing as essentially, a way to *ask your higher self* questions – and get answers.

Here is what “the crystal child at wordpress.com” [http://crystalchild.wordpress.com/2011/10/27/muscle\\_testing/](http://crystalchild.wordpress.com/2011/10/27/muscle_testing/) says:

Now, what is muscle testing?

Muscle testing is essentially a way to ask your Highest Self / the Universe / God / Source whether something is for your highest good. It's very simple to do and to learn and you can do it on yourself.

You can ask yes/no questions like:

- “Is it in my highest good to\_[fill in the blank]\_\_?”
- “Is it in my son's highest good for him to eat this food?”
- “Is it in my daughter highest good to try this treatment?”

Then trust the response and take action based on that response.

**Do you see how this is divination? Does a person have to be a self-proclaimed psychic in order to make spiritual inquiries? Does one even need to know, be aware, or intellectually recognize they're working with occult power in order for it to work?** No. That's why it is so dangerous! It will work whether you are aware of the fact that you're tapping into it, or not.

**Example #3** is as follows: <http://www.astrostar.com/Divination-Psychic.htm>

### **Divination Without Being Psychic By Shen Gerald**

When we think about spiritual inquiring and divination, we often think that one needs to be psychic in order to do so. Well, that is not true.

If one is not psychic, how does one clarify spiritual-based queries about oneself? There are two methods that I know of, namely Applied Kinesiology and Pendulum Reading.

Using Applied Kinesiology or Muscle testing, it is possible to ask our own body and the soul/mind questions and get 'Yes' or 'No' responses. Applied Kinesiology works by gauging the reaction of certain muscle after asking the intended question. A strong response from the muscle means a 'Yes', while a 'No' will elicit a weak reaction. Uncertainty to a question will also yield a 'No' or weak response.

**Farther down on the website Shen Gerald writes:**

Well, these are the tools for divination and spiritual inquiry that doesn't need one to be psychic. In fact, *one will be surprised at the ease of performing these divinations.*

Happy experimenting...

Personally, I find it offensive to think that Satan has pulled-one-over on so many unsuspecting individuals. I want no part of his deceptions and I believe other sincere Christians feel the same way. As Christians, we are held accountable for the biblical truths we know. And with that in mind, I believe it is wise to pray for discernment, question, and study to find answers when a flag pops up in our mind or our spiritual radar bell goes off. Colossians 2:8 says:

“See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.”

The examples given above should be enough to realize that while sincere people (who do not identify with practicing Wicca, New Age, or seeking psychic inquiry) may practice muscle testing, perhaps they do not realize the source from whence it comes? Divination is expressly forbidden by the Bible and is a method for connecting with evil spirits. It may work, but it is a doorway to the occult and whether one realizes it or not, it relies on mystical, spiritual forces to obtain the answers.

How is it that Wiccans and New Age believers use muscle testing and other forms of divination as part of their craft while professing Christians, chiropractors, naturopaths, and many others also use it effectively for *their* designated purpose?

If (Wicca/New Age/Psychics) openly identify it as “divination,” can we simply give it another name and thereby change what it actually is? Because we may be ignorant of *how* it works, does that change the source of the power that *makes* it work?

I would submit that we must remain conscious of the fact that: “we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” (Ephesians 6:12) The Bible entreats us to: “Turn from evil and do good; seek peace and pursue it.” (Psalm 34:14)

In closing, please see a few scripture references on divination that show how strongly the Bible speaks against using it.

### **Deuteronomy 18:10-12 KJV**

18:10 There shall not be found among you [any one] that maketh his son or his daughter to pass through the fire, [or] that useth *divination*, [or] an observer of times, or an enchanter, or a witch,

18:11 Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer.

18:12 For all that do these things [are] an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee.

**Leviticus 19:26, NIV** “Do not practice *divination* or sorcery.” (It is prohibited by God)

### **Ezekiel 12: 24-25, KJV**

12:24 For there shall be no more any vain vision nor flattering *divination* within the house of Israel.

12:25 For I [am] the LORD: I will speak, and the word that I shall speak shall come to pass; it shall be no more prolonged: for in your days, O rebellious house, will I say the word, and will perform it, saith the Lord GOD.

### **II Kings 17:16-18, KJV**

17:16 And they left all the commandments of the LORD their God, and made them molten images, [even] two calves, and made a grove, and worshipped all the host of heaven, and served Baal.

17:17 And they caused their sons and their daughters to pass through the fire, and used *divination* and enchantments, and sold themselves to do evil in the sight of the LORD, to provoke him to anger.

17:18 Therefore the LORD was very angry with Israel, and removed them out of his sight: there was none left but the tribe of Judah only.

The Bible teaches that: “God winks” at what we do not understand, but once it is made clear, we are to live in accordance to His principles and truth. He loves us more than we can understand. He only wants to protect us from things that will separate us from Him.

Please do not be fooled by muscle testing and other holistic healing practices that utilize the body’s supposed innate wisdom and ability to self-correct health problems. They are built on a wrong foundation rooted in the occult. Christians are to steer clear of these methods—understanding they are not relying on God’s power for their results. It is never safe to dabble with the occult, even a little. It is Satan’s playground. Ultimately, it will lead us astray.

May God guide you and give you spiritual wisdom and discernment to avoid these pitfalls. We are promised: “Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.” (James 4:8 New King James Version)