

Energy Testing: Fundamentals for Accurate & Ethical Muscle Testing

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June 1, 2024 2:15 - 4:15pm

schedule & overview

Fundamentals of Energy Testing

Energy Testing & Ethical Overview

Typical Ways to Muscle Test

Assessments & Interventions for Best Results

Experiential Learning

Using muscle testing to assess & correct neurology

Using muscle testing to assess & correct embodiment

Discussion of interactive experience and questions

Ethics Review & Closing Discussion

Ethical considerations when using muscle testing

Questions and closing



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Course Objectives

Objective #1:

Describe three ways to conduct muscle testing.

Pendulum | Finger Pull | Grip Strength Meter

Objective #2:

List four interventions to assess and correct neurological disorganization.

Hydration | Polarity | Neurological Coherence
| Psychological Reversals |

Objective #3:

Identify two ethical considerations when using muscle testing.

Informed Consent | Client Autonomy

Additional Notes



Energy Testing

Our bodies and energy fields want to find a way to communicate with us and will cooperate with us to develop and use clear communication. We can train our bodies and fields to respond to statements with a “clean yes” and a “clean no” either through our muscles or our intuitive gifting. And we can train our minds and egos to value and heed input provided by our subconsciousness and physiology. We are healing and valuing our Whole Being by creating and strengthening this consensual relationship with all our selves.

The end goal of Energy Testing (ET) is to neutrally determine what is or is not in positive coherence with you, meaning bring into awareness what will support or benefit you or what will harm or cost you. To do this, we focus our awareness and intention through Karmic Coherence and prepare our physiology through the Energy Wellness Protocol.

The Energy Wellness protocol is rooted in your Somatic Navigator and centers in your Karmic Coherence. Our Somatic Navigator gathers and condenses system wide input about keeping you safe, stable and aware and it communicates through senses and emotions. Our Karmic Coherence grounds, centers and attunes us to the present as well as our path, so that we can be aware of current changes and choices that are in our best interests. When we are naturally in Karmic Coherence and attuned to our Somatic Navigator we often call this intuition, gut instinct, in flow or feeling /sensing/knowing. We can create this experience of flow by consciously using ET to make decisions and heal trauma, usually via using dowsing rods, pendulum and Muscle Testing.

Statements Vs. Questions

Many people use questions during ET and have successful outcomes. However, using statements instead of questions resolves several potential barriers at once and can increase the speed and accuracy of ET|MT. Making a statement increases clarity because a statement creates a natural binary (yes|no), is able to contain more specific details and simplifies any required clarification. Whereas it is difficult to use nuance using questions in the same way. Additionally, it eliminates the burdensome and sometimes tricky need to shift between “regular” ET|MT and “Indicator Mode” ET|MT. Indicator mode is used to quickly locate a specific piece of required information, for example the age of an injury. Using statements you will always be looking for the “pop or drop” on the overall topic, the priority injury or incident, any required details as well as the best intervention.

Golden Guidelines

- Assume nothing - test everything
- Prioritize and maintain your Energy Wellness
- Gain consent prior to investigating or treating anyone,
 - even yourself or a part of you
- Be teachable, open minded and available to progress
- Release the outcome, allow progress to occur naturally



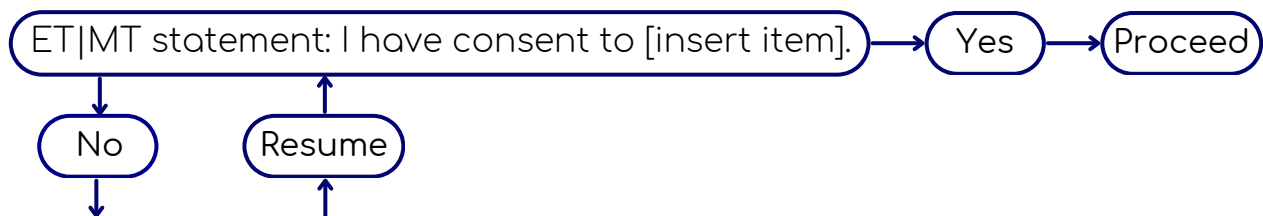
Energy Testing and Trauma

Healing trauma, old wounds and unhelpful patterns requires respect and trust of our Whole Being. Sometimes parts of us find ET to be intrusive, scary and unwelcome and those parts deserve our attention, respect and care. ET requires us to receive - and maintain - consent throughout the process.

Consent

Gaining consent is a crucial part of ethical work, even on ourselves. We have chosen to have & become individual experience & perspective during our incarnation. As individuals, we have discreet boundaries that we require. Even accidental or well intentioned boundary violations create stress and impact healing and regeneration. Consensus feels good because our boundaries, individuality and agreement are intact.

Consent Decision Tree



1. Check to confirm that the priority is accurate. If it is accurate, move to # 2 below. If it is not, refine or redirect by confirming the details or focus, until you consent is available.

2. A "YES" answer to #1 usually means a treatment is required to gain consent. **Confirm consent to treat the lack of consent.** Apply treatment. Check if you have consent to proceed with the priority. Repeat as needed. If no consent is offered several times, go to #3 & 4.

3. Occasionally, lack of consent persists. This happens because you are not the right person or do not have the right tools treat this priority. Trust your Somatic Navigator and do not take this personally. Leave your ego at the door. Consider waiting, a referral or skills building.

4. Persistent lack of consent can insulate the patient from unsafe or ineffective treatment. Frequently, it the wrong time, space or sequence for a patient to become vulnerable or misinformed by the process of the work. It is appropriate to muscle/energy test to discern the optimal time, place and practitioner to resume work.



Muscle Testing

How to choose a muscle

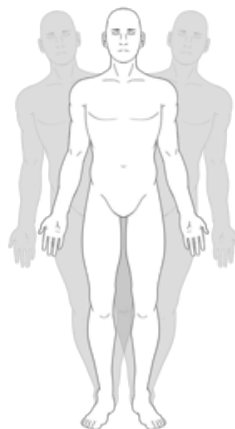
Muscle Testing (MT) is the simplest and most direct way to do Energy Testing (ET). The most basic form of muscle testing is listening to our bodies through pendulum movement. Most of us will go forward when we are coherent with whatever is being evaluated. Lots of us call that “a clean yes”. Most of us stay still or move backward when we are incoherent or incompatible with whatever we are testing. Most of us call that “a clean no”. Please keep in mind that pendulum testing is not required, because any muscle will work. So if it doesn't resonate with you to use the pendulum stance, or you notice a response that comes to you naturally and consistently, please trust yourself. Please choose a muscle that is functional and non-injured or strained. Other choices are to do a finger test or use a grip meter.

What to look for

A “clean yes” and “clean no” means that the muscle motion is smooth and consistent - it responds to statements. This requires that all participants be and remain “in neutral” during the process. The movement is crisp, swift, solid, and does not feel “funny” in any way. ET|MT is not a tug of war, competition, or arm wrestling situation. This will only fatigue you and frustrate the process.

What to do

In a pendulum ET|MT, relax your body, soften muscles, and stand or sit upright and balanced. Positive coherence will move your body forward and null or negative coherence will leave you still or move you backward. To test other muscles, the person of focus gently floats or holds the muscle while pressure is applied. If the response is firm, this is called a “strong hold”. If the response is loose or gives way to the pressure applied it is considered a “weak hold”. ET|MT is about gathering information in a neutral way that will help you and/or your patient with healing work and life choices. Simply make a statement, witness the response, and move on from there.



energy wellness protocol

Your Somatic Navigator

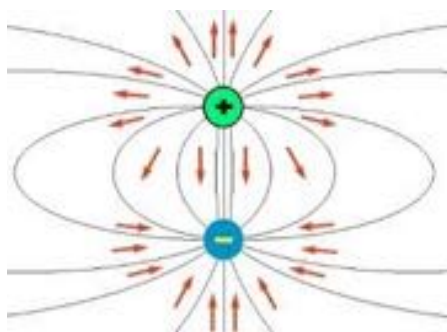


HYDRATION

Hydration: Our body conducts electricity and we require water to make that happen effectively.

Test: Lightly pull hair or pinch skin

Fix: Make sure you drink water, bathe/shower/soak, fix absorption issues.

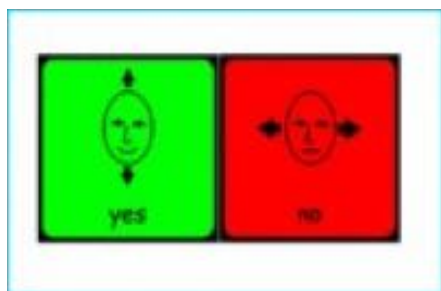


POLARITY

Polarity: We have a top and a bottom to our bodies. If we are “backwards” we get poor, reversed, or no flow.

Test: Hand over crown of head, palm down = forward | Palm up = backward

Fix: 1. Zip Up. 2. Gates of heaven”hold: two fingers on upper lip and palm of hand on back of head. 3. I love you pose - cross and twist arms/legs



COHERENCE

Accurate Yes/No: We are integrated beings and our entire being needs to be onboard and aligned. Being out of alignment is called a “reversal.”

Test: Say yes/no with intention. Yes= forward | No = backward

Fix: Pause and deeply intend to have a “true yes or no”. If this does not work, massage chest wall “tender spots.”



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Karmic Coherence | Amplified Earth Grounding

Notice the earth energy that moves down into your earth star chakra from the sole of your dominant foot

That same energy moves up into the sole of your non-dominant foot from your earth star chakra

Then the energy moves up your non-dominant leg to your pelvic floor

It gently fills your pelvic bowl and then moves down your dominant leg, and then out the sole of the non-dominant foot, completing a grounding circuit

Enjoy that the same energy moves up from your pelvic bowl, through your center, along your spine, out the top of your head, and then pours down on to your field, nourishing & protecting you

Notice energy from you Root Chakra connects you to your Earth Star Chakra and creates a torus of magnetic energy around your legs and lower body.

Your torus grounds you to your here & now and orients parts of your proprioception.

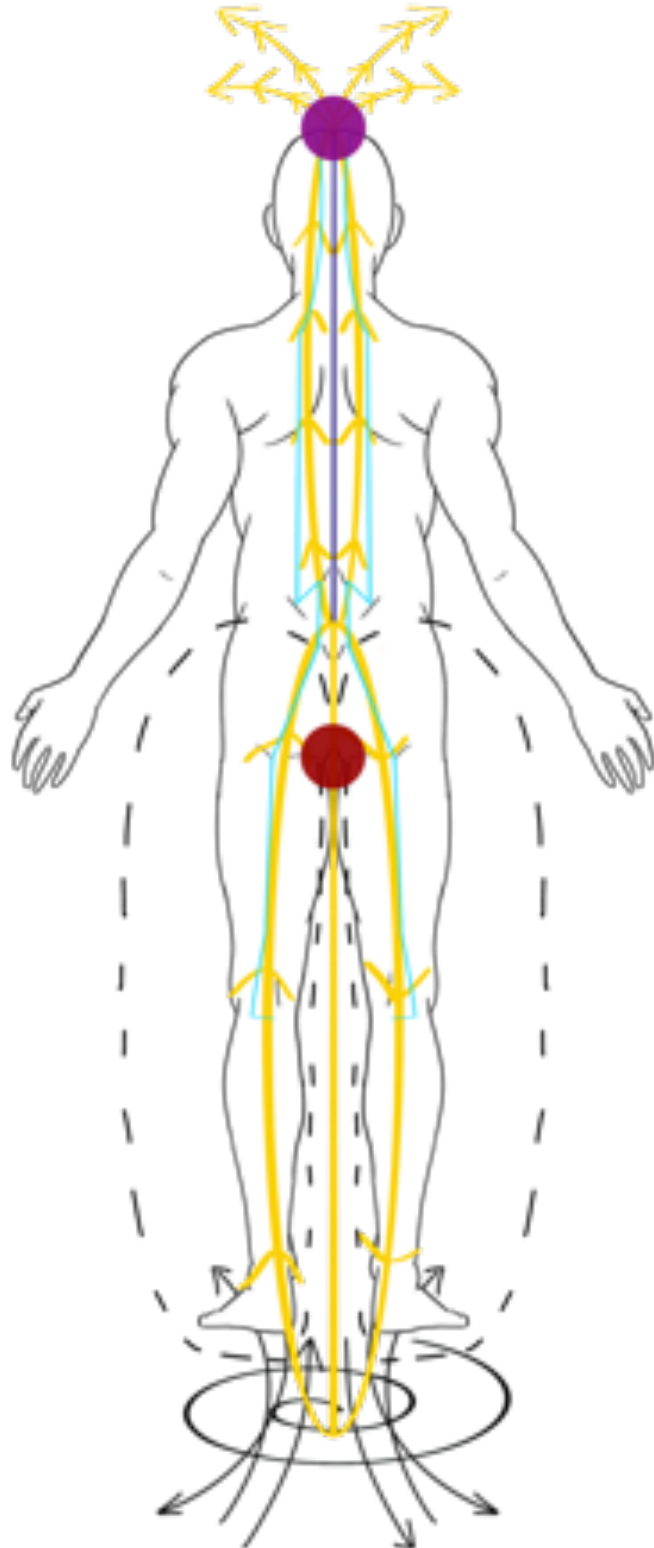


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Karmic Coherence | Amplified Earth Grounding

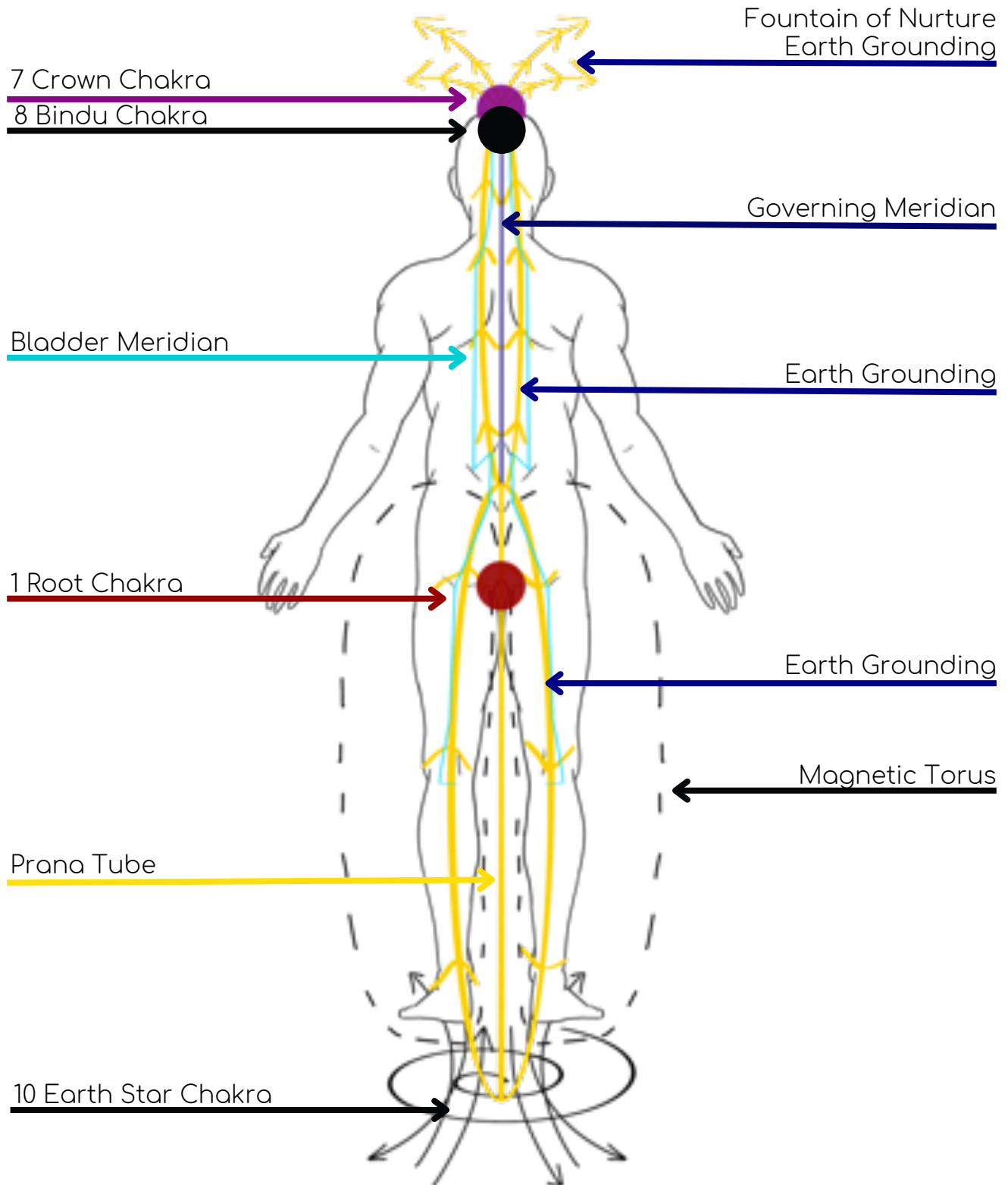


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Karmic Coherence | Cosmic Grounding

Notice that the energy located in your Root Chakra/perineum moves out & down, through your 10th Chakra and creates a grounding cord to the center of the earth, the core of "mother".

Now be aware that the energy located in your Crown Chakra, at the top of your head, moves out & up and creates a grounding cord to the center of the cosmos, the core of "father".

Guide the flow of cosmic "father" energy down through the center of your Crown Chakra, down your center in front of your spine [Prana Tube] and notice it is connected to the grounding cord to "mother". Two energies in one location.

Also guide your cosmic "father" energy to flow from the Crown Chakra down the back of your neck and then down to your Earth Star Chakra "mother" using the same pathways as in Amplified Earth Grounding- the meridians located down your spine and the back of your legs.

Guide the combined energy to flow through you. Center and align your 12 Chakras on your Prana Tube and notice that the energy also flows through your meridians.

Center the orb or disc of your Highest Self on your prana tube near your 8th/9th Chakras.

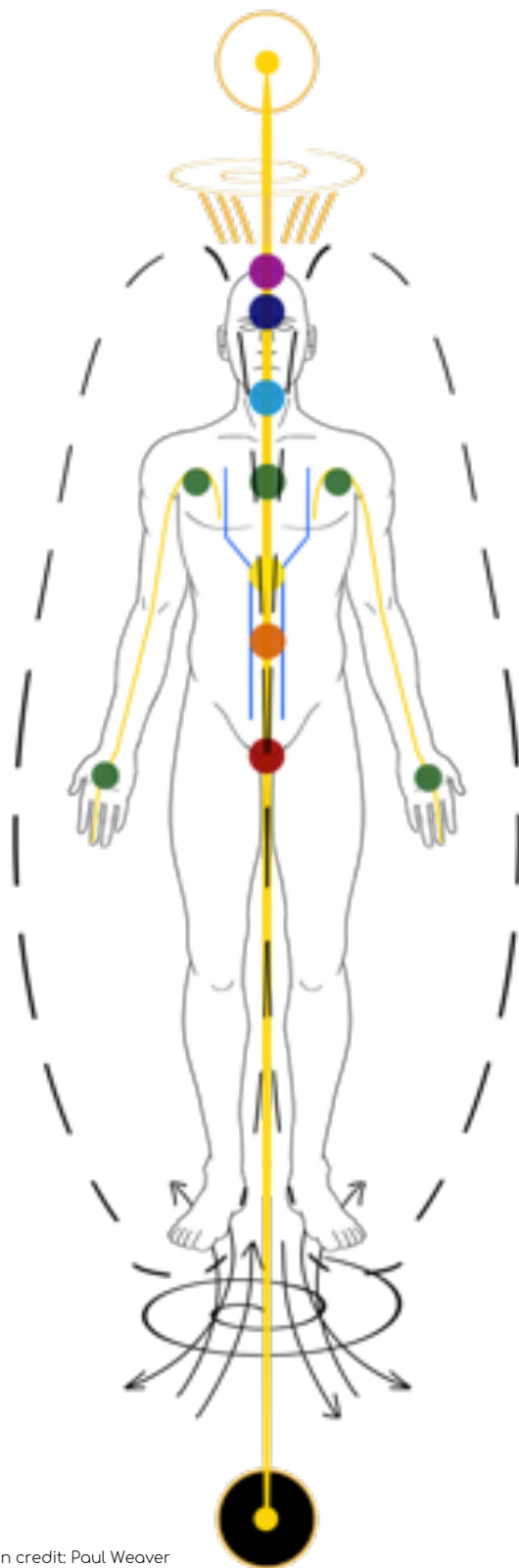


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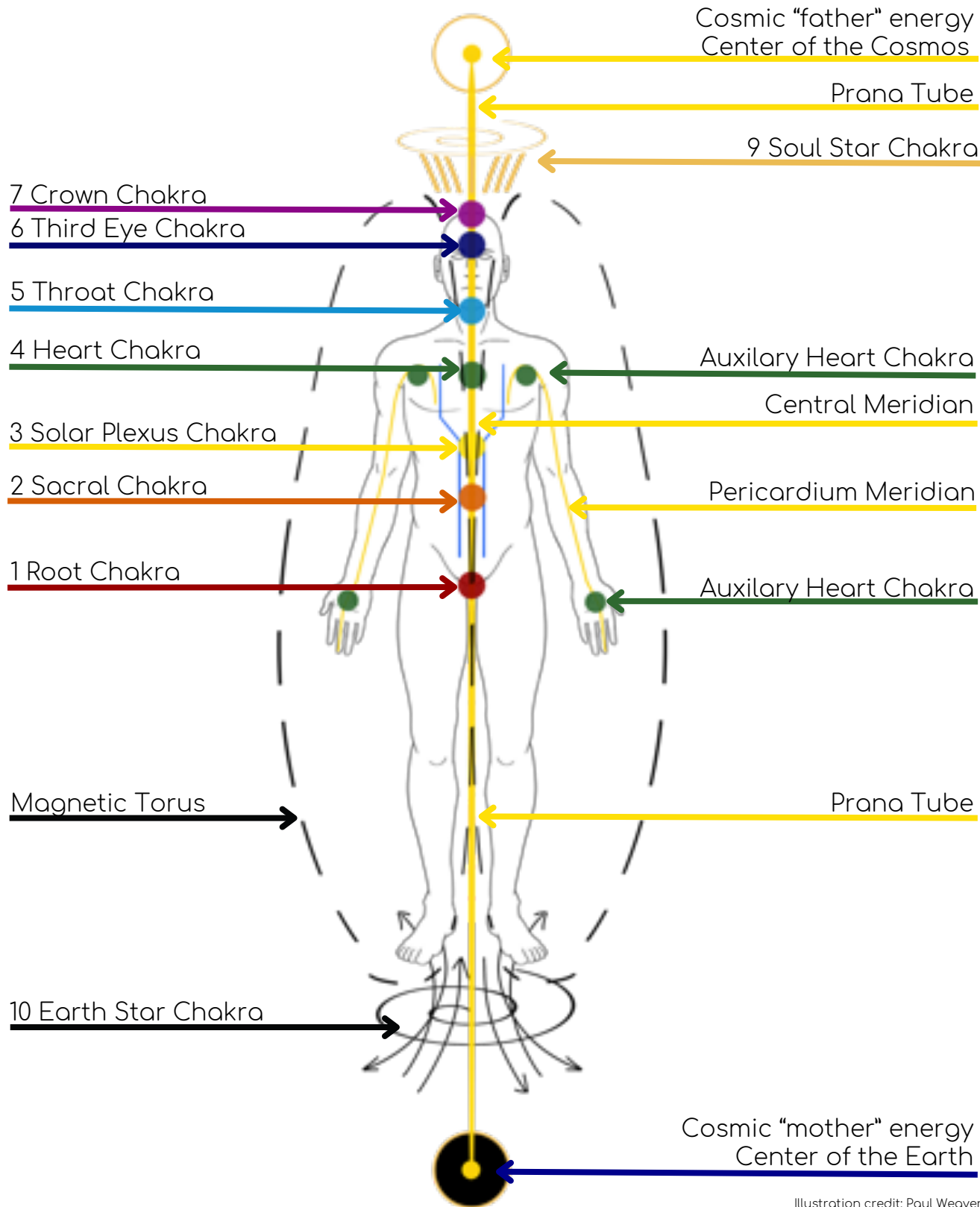


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Karmic Coherence | Psychological Reversals

Return to Forward Movement

Managing Psychological Reversals (PR) plays a key role in the ease and effectiveness of our healing journey. Our natural direction is progressive movement forward. Progression means we direct our intention and energy forward and apply effort to move forward toward resources, peace and confidence.

However, when we store old energy, beliefs, fear or stories in our selves we can experience stagnation, paralysis, or regression. During these types of experiences, our energy is in park or reverse and it may be impossible to apply effort, or our effort moves us away from resources, peace and confidence. Sometimes you'll know you are in regression and other times you won't.

Key Concepts

You can use this technique to identify and release reversals and regression and then recalibrate to a progressive forward direction.

This is a fantastic somatic intervention to regulate and recalibrate your nervous system and emotional state.

Psychological Reversals (PR) are identified 1) in your Somatic Navigator Protocol with the "yes/no" test and 2) around denials of consent during the healing process. This intervention can be used for a simple alignment as well as for identifying and recalibrating core beliefs.

Recalibrate & Repeat: reversals can be stubborn, covert, layered, fragmented, locked, boobytrapped and/or hidden. Persistence pays off in this area because reversals guide and influence our unconscious structure and processes. A good session working on reversals may literally save 10 whole sessions down the road.



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Karmic Coherence | Psychological Reversals Steps & Troubleshooting

1. Identify and confirm that there is at least one PR via ET|MT.
2. Scale your level of distress/confusion/resistance from 0 - 10.
3. ET|MT to identify the priority PR core belief/event/issue.
4. Create your statement: "Even though [insert issue], I truly love, honor, accept and respect myself." Please use personal flavor - say it like **you**.
5. Massage/hold your "sore spots" on your chest wall. Typically they are located at TCM K28, which is located 3 finger widths down from your collarbone hollow and three fingers over from your centerline. However, if there are sore spots elsewhere on the chest wall that seem connected to the PR, ET|MT if that is the priority location.
6. When the PR is resolved to a 0 and the ET|MT is strong as "at least 100% complete" then go to Step 8.
7. If not resolved, these suggestions may help
 - a. Add to the end of the statement, "I forgive/release myself for any part I may have played in this pattern and, as best I can, I forgive/release others for their parts."
 - b. If the reversal or reversals persist, try this:
 1. Add a word like "completely" or "permanently" to the statement; e.g., "I will be deprived if I completely get over my cat allergy."
 2. Treat a root cause and break the connection between the root and the present. For example, "A dog bit me when I was three and I can't be safe now."
 3. Use another intervention to clear the reversal/s.
 4. Reference 7D Thinking and the Common Reversal List for some ways to expand your thinking about reversals.
 5. Discontinue the intervention.
8. Begin or return to the Recalibrate Process
 - a. Always start with the Energy Wellness Protocol
 - b. Always confirm consent
 - c. Begin or return to where you left off



karmic coherence

Decision Tree

