

Muscle Testing 101

A Primer in Energy Testing

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Debra Greene, PhD

808-874-6441

debra@DebraGreene.com

www.DebraGreene.com

Synopsis

Muscle testing, muscle monitoring, muscle checking, energy kinesiology, energy testing - it goes by many names. Regardless of what it's called, it remains a powerful tool for transformation utilized by many energy practitioners to communicate with the body/mind/spirit system. In this interactive session we will use the energy-based model of William Tiller, PhD, to understand how and why energy testing works. In hands-on practice energy testing will then be employed to discern results and refine skills. Four barriers to effective feedback from energy testing will be demonstrated and, along with their corrections, will be performed. As with any powerful tool ethical implications are paramount and will be discussed utilizing the Instructors Code of Ethics established by the International Kinesiology College (IKC).

A. Introduction to Tiller's Multidimensional Model

- The four dimensions
- The four energy bodies
- The vital body as interface

B. The energetic mechanisms of energy testing

- Mechanisms of action
- Mechanisms of efficacy

C. Energy testing versus muscle testing

D. Interpreting the energetic feedback

E. Four barriers to reliable results and their corrections

- Over energy in the meridians
- Polarity switching
- Lack of presence
- Subtle dehydration

F. Ethics and Closure

- Ethical applications and considerations
- Questions and answers

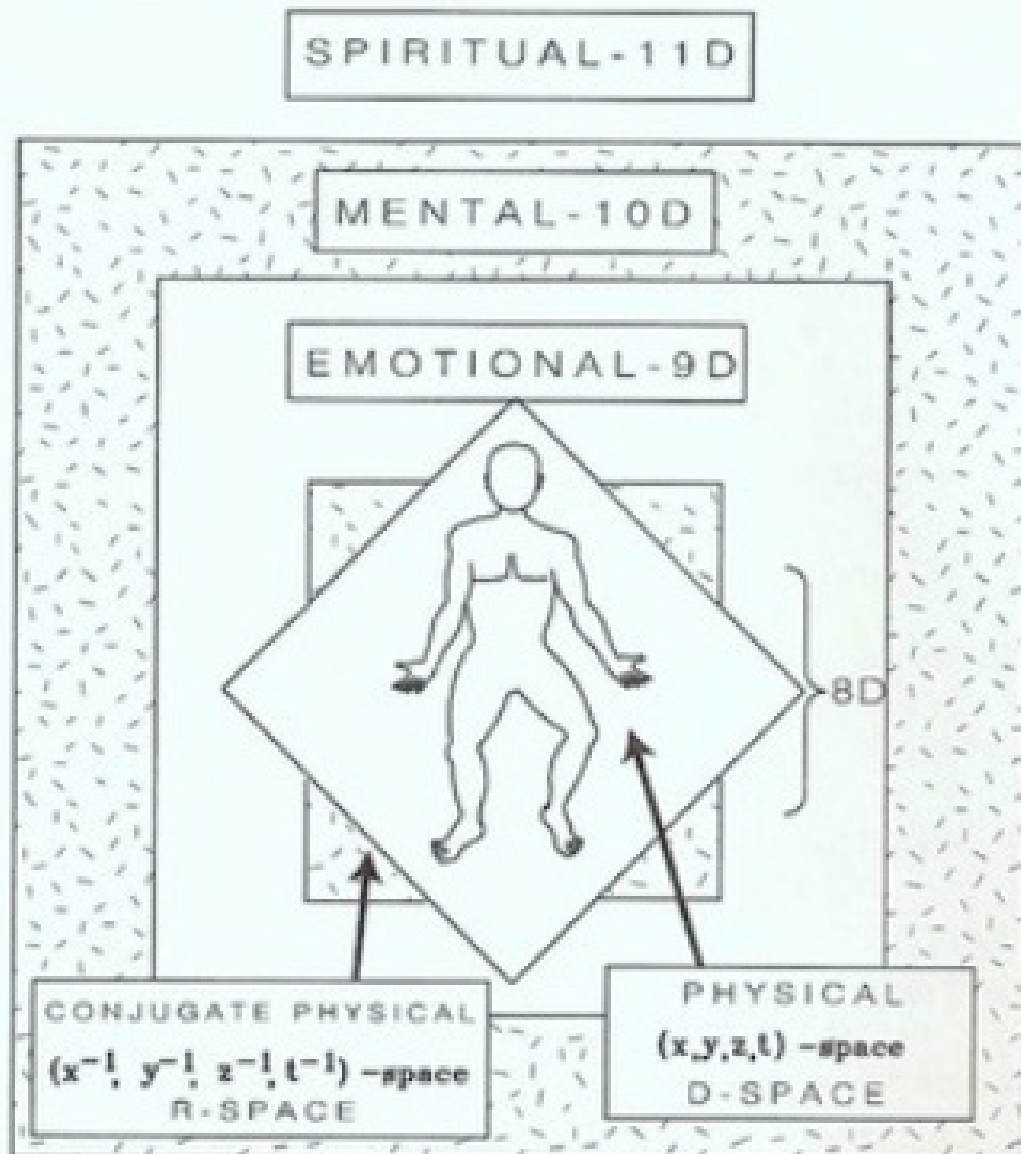
Objectives:

- 1) Name the unique characteristic of the vital body that can explain why energy testing works.
- 2) Identify four barriers to reliable energy testing.
- 3) Perform ethical energy testing in your life and/or practice.

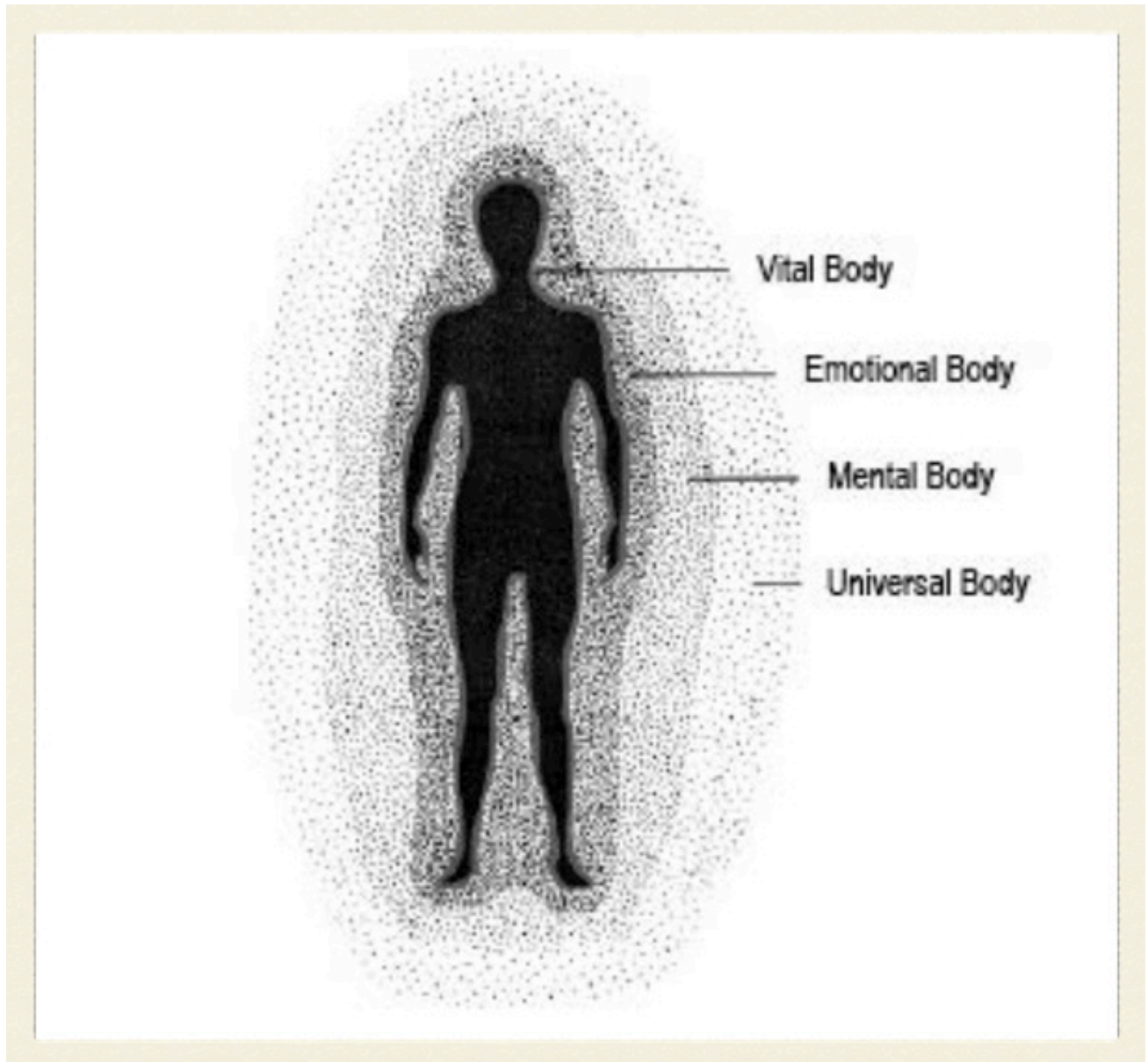
Instructor Bio:

Debra Greene, PhD, a frequent presenter at ACEP conferences, is an innovator in energy medicine and energy psychology. Developer of Inner Clarity (IC); certified in numerous modalities; author of the acclaimed book, *Endless Energy: The Essential Guide to Energy Health*; and trained in energy testing by faculty of the International Kinesiology College (IKC), she has lectured extensively, worked with thousands of clients, and taught hundreds of workshops/trainings in-person and online: wwwDebraGreene.com

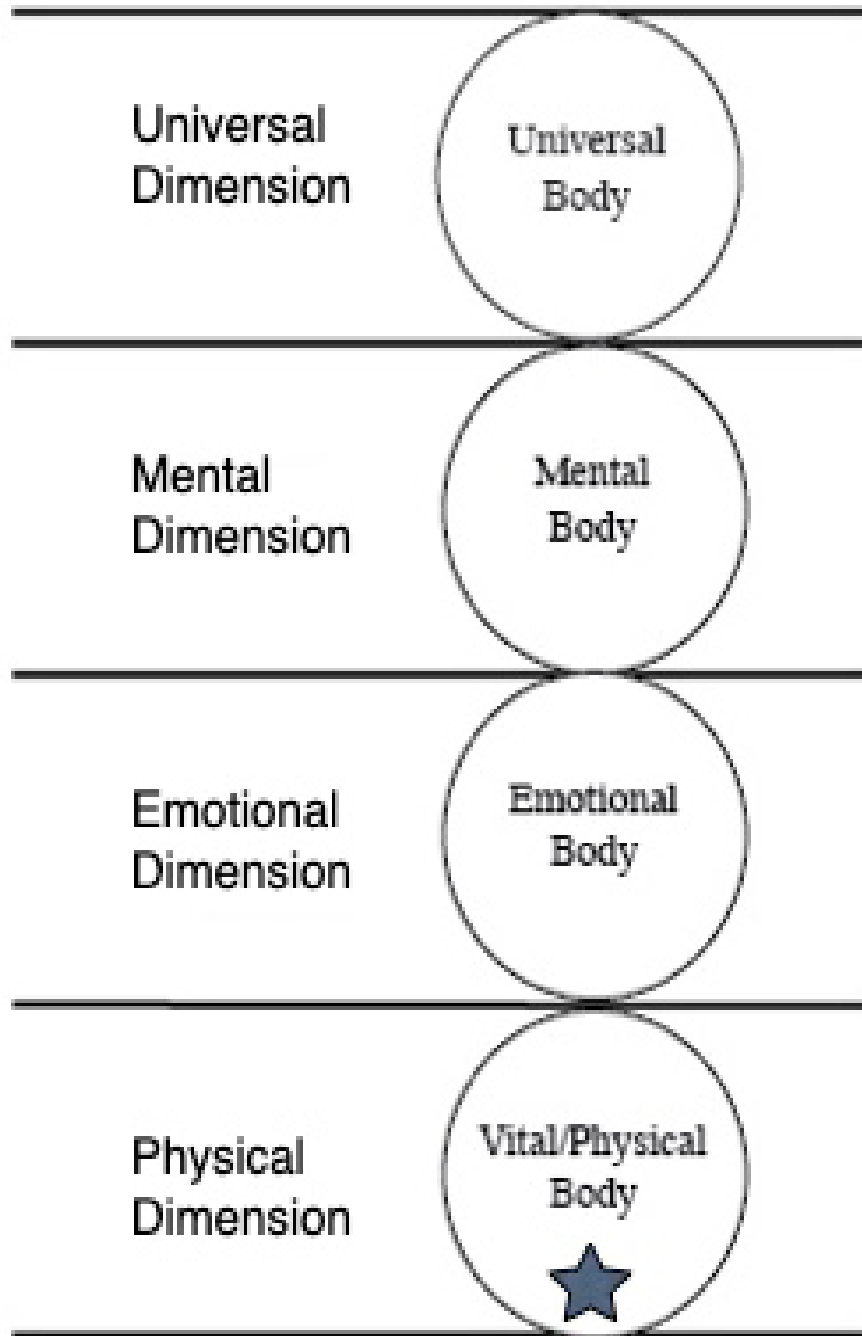
Tiller's Multidimensional Model



The Four Energy Bodies

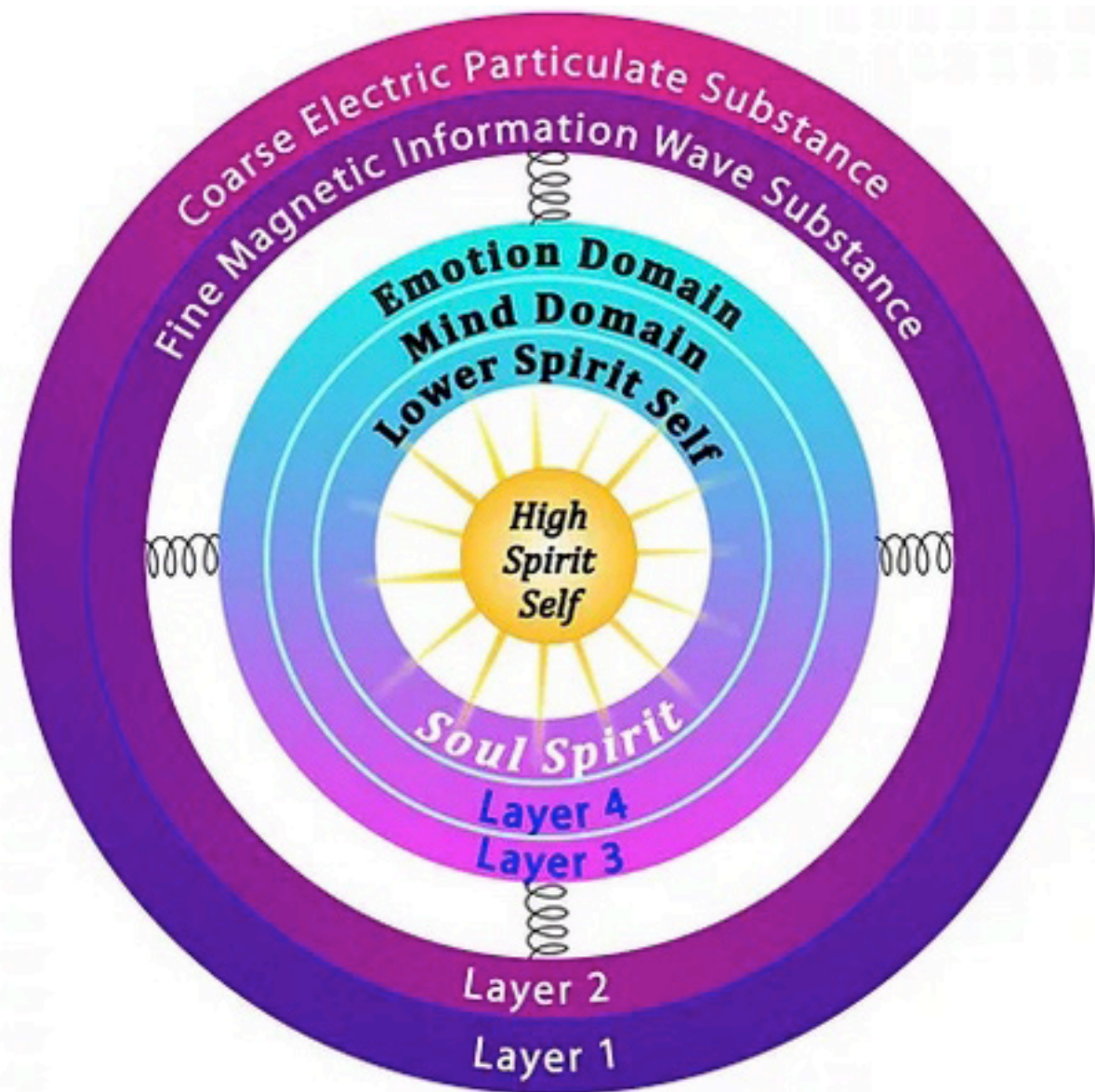


Four Main Channels of Experience



Tiller's Multidimensional Model Circular View

*Note the presence and position of the spirals



The Role of Information

Tiller was among the first to coin the phrase: *Information Medicine*. He researched, taught and wrote about the important role of information in energy medicine. He saw humans as energy/information beings.

In his Multidimensional model Tiller illustrates what he calls “deltrons”, which are depicted as spirals in the model (above). He describes deltrons as the interface between the physical and the energy/information dimensions. From his description deltrons can be understood as the vital body - sometimes also called the *etheric body* or the *biofield*.



**The vital body interfaces with and “programs”
the physical body.**

Energy Testing

The word *kinesiology* conventionally refers to the study of the movement of muscles or the academic field of structural kinesiology. We are focused instead on the practical application of that study, sometimes called *applied kinesiology*. This refers to muscle response testing which was established in the U.S. in the 1960s by chiropractor George Goodheart.

Dr. Goodheart, also a practitioner of Chinese Medicine, studied the subtle energy systems of the body as well as the physical systems. Combining his knowledge of these two, Dr. Goodheart discovered the interrelationship among the energy meridians, the particular organs those meridians feed into, and the specific muscles that are governed by the meridians. Dr. Goodheart, along with his colleague Dr. John Thie, also a chiropractor, developed a system called Touch For Health (TFH) that forms the foundation for a vast array of kinesiology muscle testing applications.

Manual muscle testing in some form has likely existed in various cultures for a very long time. Today there are dozens of established kinesiology systems worldwide that use muscle testing as their primary assessment tool. This tool is most often used by health professionals and educators to help people improve themselves and their quality of life.

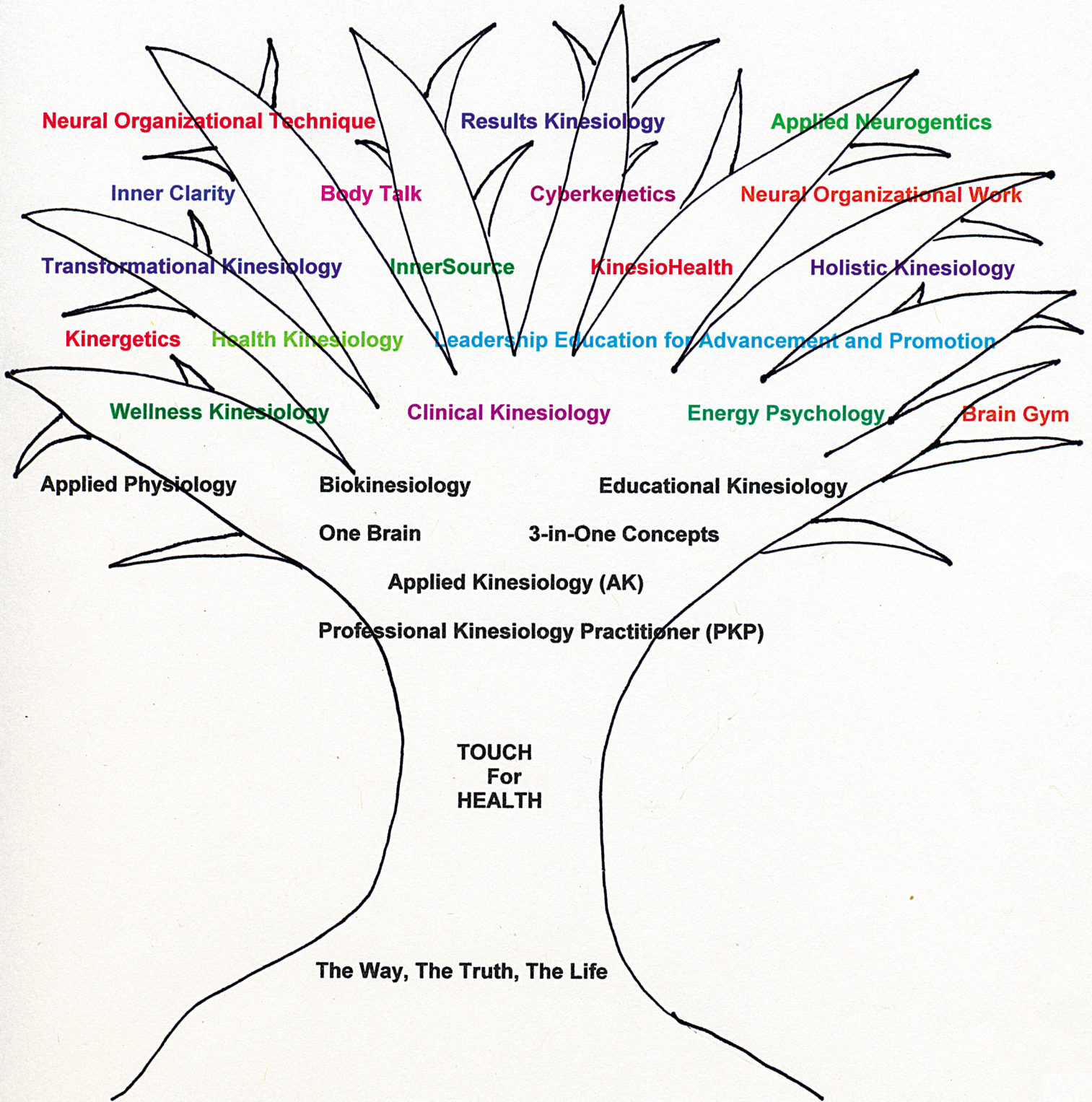
Some examples of various applications are Professional Kinesiology Practitioner (PKP), which is an expansion of Touch for Health (TFH), with advanced physical assessments and corrections that include primary emotions; Educational Kinesiology (Edu-K or Brain Gym) to activate and integrate brain, sensory, and motor systems; Wellness Kinesiology (WK) a vast system that includes emotional repatterning along with food and environmental sensitivity clearing; and Inner Clarity (IC) which is grounded in the Tillerian model and aimed at continuity of consciousness for more soul-infused living.

Because of its effectiveness as an assessment tool, muscle testing enjoys applications in medicine, chiropractic, dentistry, counseling, psychotherapy, energy medicine, veterinary medicine, athletics, business, education, and the performing arts. It is also used as a self-help aid for a variety of applications such as assessing nutritional supplements and herbal remedies.

A specialized form of muscle testing, called *energy kinesiology*, has been developed and is employed by a variety of practitioners. In this workshop we are concerned with energy kinesiology as it is taught and applied in the Inner Clarity (IC) modality developed by Debra Greene, PhD (www.DebraGreene.com). The IC process utilizes energy testing as one of its tools for transformation. Energy testing is a sensitive feedback method that employs light-touch manual testing to monitor the flow of energy in the body.

Like muscle testing, energy testing produces two important responses: An observable visual response and a felt kinesthetic response. These twin indicators are produced simultaneously and allow for detailed observation of a person's energy systems. This is possible because, in order for a muscle to fire, an entire bio-chemical-electrical-energetic process is involved. In energy testing we are concerned with the energy aspects of this process. Therefore, we use the term *energy testing* instead of *muscle testing*.

The Branches of Kinesiology



The Energy Testing Process

Energy testing is a method of communication. It serves as a feedback method for accessing information from the body-mind-spirit system. It is both an art and a science. As a science, energy testing methods have been studied and systematized. Through observation and experimentation, manual energy testing has been shown to follow certain principles. These are outlined below.

As an art, energy testing requires practice in order to achieve proficiency. During the training, please keep this in mind. For example, you would not take a beginning painting class and expect to paint a masterpiece. This training is meant to be the beginning level in a series of trainings to improve your skills. You must also practice outside of classes in order to perfect your testing techniques. Since energy testing is an interaction between two energy information systems - you and the person you are testing - it is recommended that you practice energy testing a variety of different people.

In performing energy testing, we are not so interested in the strength of a muscle response, rather, we are interested in the *quality* of the *energetic* response. Muscle testing itself is sometimes called “muscle response testing” or “muscle monitoring.” The idea is to sense into the muscle system to ascertain the quality of the muscle response. In energy testing we are particularly interested in the energetic response of the system.

Beginning energy testing students sometimes err on the side of using either too much pressure or too little pressure. Too much pressure results in overpowering the indicator. Too little pressure results in a lack of kinesthetic response. Either way, the test can be ineffective. The idea is to find the “just right” amount of pressure so that both tester and recipient can ascertain the difference between a strong or a weak indicator.

Ultimately, the final decision is made by the person being tested. If the person says their arm feels strong (switched-on) or weak (switched-off) then that is the final result. When first learning to energy test the difference between strong and weak is best determined by having a conversation. It's important to give feedback to each other during this training. The best way to perfect your energy testing technique is to solicit feedback from those you are testing.

Energy testing is always done with permission and requires willingness in order to work. Before testing prepare yourself and the other person by explaining what energy testing involves. Be sure to ask permission before touching the person and ask if there is any reason not to test. This protects both of you from doing something that could elicit stress.

The Energy Testing Process (cont.)

Suggested Script:

Ask: "Can I test your energy?"

Explain:

"With your permission, I'd like to apply a little pressure to your outstretched arm just above your wrist. Please hold your arm up with a comfortable, medium tension."

Testing in the Clear:

Breathe: Breathing is smooth and even by both the tester and the recipient.

Intention: Set your intention to tune-in to the person's energy in an unbiased manner with an attitude of curiosity.

Test: With your fingers in a horizontal position apply a progressive, firm-yet-gentle, pressure for about two seconds, paying attention to the energetic response of the indicator (IN) arm.

Decide: Talk together to decide whether the test resulted in a strong or weak response (IN+ or IN-).

Four Step Clearing Process

In order to get reliable information from the body-mind-spirit system using energy testing, we must first make sure the system is cleared of disturbances that can potentially adversely affect the testing.

Various clearing protocols are used in different kinesiology systems. In general, the more sophisticated the clearing process, the more reliable the results.

The four energy tests covered in this workshop are:

- Over Energy
- Polarity Switching
- Subtle Dehydration
- Lack of Presence

If one of the tests indicates a need for correction, the correction is facilitated and the clearing process is started over again until all the tests indicate “positive” (IN+).

Four Energy Tests for Clearing

<u>Test</u>	<u>Correction</u>
Zip up-Zip Down (Over Energy)	Cook's Hook Up
Five Fingers (Polarity Switching)	Navel+Collar+Lips+Tail
Hair Tug (Subtle Dehydration)	Drink Water
"I am (name) here and now" (Presence in the Moment)	Eye Rotation

Over Energy (Zip Up-Zip Down)

Background:

Traditional Chinese Medicine (TCM) recognizes the existence of a meridian or energy channel that runs up the center of the body from the pubic bone to the lower lip. It is called the Central Meridian or Conception Vessel (CV). Like all energy channels, it can become temporarily out of balance. An imbalance in this channel can correspond to confusion, feeling spacey, foggy, or finding it difficult to focus or concentrate. There could be an excess of energy in the central meridian, i.e. "over energy." The following exercise is designed to identify and correct such imbalances. It is called "Cook's Hook-Up," named after Dr. Wayne Cook, the chiropractor who discovered it.

Suggested Script:

1. "May I run my hand in front of your body to check your central meridian?"
2. Find a strong indicator arm (IN +) and test in the clear.
3. Run your hand up the front center of the body from the waist to the upper chest, staying close to the body (within about 2 inches) but not touching the body.
The running of energy may be done by either person.
3. Re-check. IN +.
4. Run your hand down the front center of the body starting at the upper chest and ending at the waist.
5. Re-check. IN -.
6. If # 3 and/or # 5 give opposite results, correct as follows:

Cook's Hook-Ups

This technique works to connect several energy channels in the body (Kidney, Central and Governing meridians). Having these connected while the breath is steady reduces stress and allows the body to restore its balance.

There are two versions of the technique - the traditional version and an alternative. Both are described on the next page. Both versions have two steps. Each step is done for approximately one minute. Breathing gently and deeply facilitates the process.

Over Energy (Cont.)

Cook's Hook-Up

Traditional Version

Step One (see example on next page):

Touch the tongue to the roof of the mouth behind your front teeth. While seated, cross your legs by bringing the left ankle on top of the right knee. Clasp the right hand around the left leg just above the ankle. (If this feels uncomfortable, switch hands and feet from left to right and right to left.) Reach the left hand across the front of the body and touch the palm of your left hand to the ball of your left foot and wrap your fingers around your toes. Hold for approximately one minute or until it feels complete, then release.

Step Two:

Touch the tips of your fingers and thumbs together gently in front of your body. Keep both feet on the floor. Keep your tongue on the roof of your mouth. Hold for approximately one minute or until it feels complete.

7. Re-check # 2 and # 4 from above.

Alternative Version

Step One (see example on next page):

Touch the tongue to the roof of the mouth behind the front teeth. Cross your legs at the ankles. Stretch both arms out in front of your body, thumbs pointing down. Cross your wrists. Gently lace your fingers together and keep your hands clasped as you swing them downward and curl them in to your chest. Hold for approximately one minute or until it feels complete, then release.

Step Two:

Touch the tips of your fingers and thumbs together gently in front of your body. Keep both feet firmly on the floor. Keep your tongue on the roof of your mouth. Hold for approximately one minute or until it feels complete.

7. Re-check # 2 and # 4 from above.

Traditional Cook's Hook-Up



Alternative Cook's Hook-Up



Both versions end with finger tips touching



Switching (Five Finger Quick Test)

Background:

The energy channels, or meridians, have positive and negative polarities. In Chinese Medicine, the positive pole is referred to as *yang* and travels in an upward direction. The negative pole is *yin*, which travels downward. We can also think of a car battery which has a positive (red/+) pole and negative (black/-) pole.

The positive and negative poles are susceptible to signal scrambling. When this happens it is referred to as *polarity switching* or *energetic reversal*. When switching is indicated through energy testing, there is a polarity disturbance in one or more of the meridians.

The meridians, and the acupuncture points positioned along the meridians, are energy/information channels. This test, called the Five Finger Quick Test, is designed to indicate whether there is switching between the poles. In other words, it can indicate whether there is clear energy/information communication within these channels or scrambled signals that inhibit functioning.

The correction consists of three steps: stimulating Kidney meridian point 27 (K-27) near the collarbone; stimulating the end points of Central and Governing meridians (near the lower and upper lips); and stimulating the start point of Governing meridian (between the coccyx and sacrum) as shown on the next page.

Suggested Script:

1. "May I touch you on your upper chest to check for polarity switching?"
2. Challenge with five fingertips on the upper chest. Test IN.
3. If IN+, no correction is needed.
4. If IN-, remove your hand from the upper chest and facilitate the following:
 - a. Have the person place one hand with palm over their navel. With the other hand they rub the following three areas in turn, switching hands for each of the points;
 - b. Both K-27 acupoints simultaneously (on either side of the sternum just below the clavicle, to correct left/right imbalance)
 - c. Upper and lower lip acupoints (to correct upper/lower imbalance)
 - d. Between the coccyx and sacrum (to correct front/back imbalance)
5. Re-check # 2. IN should now be +.

Collar



Lips



Tail



Presence in the Moment (I am myself here and now)

Background:

We have often heard the saying, “Be here now,” but this is not just a New Age axiom. Lack of presence in the moment can deplete energy and contribute to stress. It shows up in energy testing as a weak indicator. Lack of presence is often related to being identified with another person, another place, or another time.

The right side of the body is controlled by the left brain hemisphere and the left side of the body is controlled by the opposing brain hemisphere. Energy testing can help determine whether both brain hemispheres agree that you are identified as yourself, present in the current time, and current physical location.

The right brain is considered the Gestalt brain, or the more “feeling brain.” The left brain is considered the analytical brain, or the more “thinking brain.” It can be helpful to note which brain may be lacking in presence, and why.

Suggested Script:

1. “Please hold out your arm and say: “I am (name) here and now.”
2. Test right arm to see if the left hemisphere accepts the statement (IN+).
3. Repeat the statement and test the left arm to check the right hemisphere response.
4. If both arms IN+, no correction is necessary.
5. If IN - in one or both arms a correction is indicated.
6. Facilitate the eye rotation correction.
7. Recheck statements on both arms. Both INs +.

Eye Rotation

Eye movement modalities such as Eye Movement Desensitization and Reprocessing (EMDR) and NLP (Neuro Linguistic Programming) may demonstrate a correlation between eye positioning and brain functioning. NLP Developers John Bandler and Richard Grinder mapped out specific locations of eye positions when particular areas of the brain were engaged. During thought processing, certain brain frequency patterns are evident. When we direct the eyes in particular positions through an eye rotation we are potentially resetting and reprogramming the brain. The old frequency pattern can potentially be interrupted by rotating the eyes while simultaneously introducing a new frequency through a reprogramming statement that is repeated during the exercise. Eye rotation potentially stimulates areas of the brain and interrupts crystallized thought patterns.

The frontal lobes of the brain (upper forehead or frontal eminences) correspond to the neocortex, the most recently developed part of the brain. The neocortex is responsible for rational thought and intuitive insights. It appears to be connected with lower and higher mental functioning. In this exercise it is activated through light-touch pressure by placing the pads of the fingers on the upper forehead.

Suggested Script:

“Touch the protuberances on your upper forehead with the pads of your fingers. Repeat the statement “I am (name) here and now” over and over again while slowly rotating your eyes in a large, full circle; first in one direction and then the other.”

Tester facilitates smooth eye rotations by slowly tracing a large circle in the air, for client to follow as a guide, while watching their eyes for smooth rotation. Retrace any glitches. Alternate option: client visualizes a large clock in front of them and eyes rotate around the clock, slowly touching every digit on the clock, while repeating the statement: “I am (name) here and now.”

Recheck statements on both arms. Both INs +



Subtle Dehydration (Hair Tug)

Background:

Our physical body is comprised mostly of water (between 70%-80%). Without sufficient hydration the bio-electrical-chemical-energetic system can be affected. Sometimes this subtle level of dehydration is referred to as *subclinical dehydration*.

Most human biology courses teach that our digestive system is like a plumbing system. When we drink water, for example, it makes a long journey down a series of tubes and pipes until eventually, over time, it gets absorbed into the system.

From the perspective of the Tillerian model, you are not a plumbing system. You are an energy/information system. And water plays a vital role in this. For optimal performance and proper functioning on all levels, the body-mind-spirit system requires water.

Water is a unique substance that has the capacity to become imprinted by the energy/information it comes in contact with. Water is especially adept at calibrating to and carrying specific energy/information frequency patterns, as is evident by its role in homeopathy, a well known form of energy medicine. Water also is susceptible to imprinting and carrying the energy/information frequencies of human intention (see the work of Tiller, et al.; Radin, et al.; and Emoto, for example).

From the standpoint of subtle energies water is intrinsic to the proper functioning of the body-mind-spirit system because it acts as an energy/information carrier. As such, water can be seen as playing a role in carrying and distributing energy/information throughout the body-mind-spirit system. Good hydration can facilitate proper communication within the system.

In this test a small tuft of hair is gently tugged which, in turn, slightly stresses the scalp skin. Since the skin is the largest organ of the physical body, subtle dehydration often shows up there first.

Drink Water:

Client takes a sip of water, or more as needed

Suggested Script:

1. "Can I tug your hair to test for subtle dehydration?"
2. Gently pull a small tuft of hair near the nape of the neck and test IN. Either person may tug the hair.
3. If IN-, the person takes a sip of water
4. Re-check # 2 after drinking water. IN+
5. If IN- drink more water and recheck
6. Repeat until IN+

Ethics of Responsible Energy Testing

Adapted from the International Kinesiology College (IKC) Instructors Code of Ethics

A kinesiologist is both a private and professional person and these two aspects are inseparable. Any professional is not only professional when at work or in their office but is equally representative of their profession when taking part in business or leisure activities. Ethics are the basis from which a sense of responsibility, a moral understanding, and a sense of conscience prevents us from doing harm.

- Make no claim to diagnose, prescribe, cure, or treat unless authorized to do so
- Respect human rights and the dignity of the client
- Maintain confidentiality when working with clients
- Use an educational model, working with energy, facilitating and educating as you go
- Recognize the purpose of energy testing is to access the body's energy and activate the person's own self-regulating and self-healing potentials
- Facilitate the conscious participation and development of the person
- Respect limits and boundaries, your own and those of others
- Honor the choice and decision-making process of the individual, recognizing that energy testing may not be used to replace this process
- Recognize that the energy test is not the decision, but is a choice to include in the decision-making process
- Do not assign blame or guilt to the person
- Recognize that the responsibility during the process remains with the client
- Recognize that an energy test may challenge a statement but, regardless, the energy testing outcome does not replace thinking or feeling
- Recognize that energy testing is used for purposes of self-empowerment and self-responsibility
- Recognize the use of energy testing as a self-development and educational tool that in no way takes the place of registered health modalities
- Complete training programs to continue self-education and personal development
- Maintain a high standard of professionalism in behavior, manner, language, business and financial activities

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Professional Organizations

Association of Comprehensive Energy Psychology (ACEP)
www.EnergyPsych.org

Energy Kinesiology Association (EnKA)
www.EnergyK.org

Energy Kinesiology Awareness Council (EKAC)
www.AwarenessCouncil.com

Institute of Noetic Sciences
www.IONS.org

International Association of Specialized Kinesiology (IASK)
www.IASK.org

International Society for the Study of Subtle Energies and Energy Medicine
www.issseem.org

Tiller Foundation
www.TillerFoundation.org

Touch for Health Kinesiology Association
www.TouchForHealth.us