
Setting an Intention and Testing for Resistance

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This article describes some basic techniques for setting an intention and using Manual Muscle Testing (MMT) to check for resistance to your intention.

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Applied Kinesiology (Manual Muscle Testing or MMT)

Applied kinesiology or manual muscle testing is a practice of using manual muscle-strength testing for a variety of applications. The premise of Applied Kinesiology is that various bodily interrelationships can be evaluated by testing the strength of a muscle in response to various stimuli, such as placing an object with the body's field, testing for a response to a true/false question, or testing for causes of a problem. For example, allergic reactions to certain foods or chemicals can be detected by placing the foods or chemicals in one hand and holding it against the solar plexus while a practitioner exerts downward force on an extended arm. If the food or chemical is harmful or imbalancing, the muscle will go weak, and the arm will not be able to resist the pressure. If the food or chemical is not harmful or imbalancing, the muscle will stay strong and will resist the pressure being applied to it.

The most reliable form of manual muscle testing is that in which a practitioner or other person exerts pressure on your extended arm. However, having someone else who is able and available to assist you in testing your response to various stimuli or statements is not always possible or practical. There are several forms of self-manual muscle testing which vary in their reliability.

Self MMT Techniques

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The two-ring technique: form a ring by placing the tip of your middle finger against the thumb of the same hand with both of your hands. Next, place one ring inside the other ring so that the top of your middle finger on the inner ring is resting against the bottom of your middle finger on the other hand, the top of the thumb on one hand is resting against the bottom of the thumb on the other hand. (See picture at the end of this article.) It is best to use your dominant hand as the inner ring, this feels less awkward. You should not exert pressure between the finger and thumb, just allow them to touch one another. To perform the test, make a statement, then pull the thumb and middle finger in the inner ring apart. If the statement is true, the fingers in the outer ring will resist being separated, if the statement is not true, then the outer ring will easily break apart.

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The one-ring technique: form a circle with the thumb and forefinger of your non-dominant hand and place the middle finger of your dominant hand where the thumb and forefinger meet. As with the two-ring technique, no pressure should be applied between the thumb and middle finger, they should simply touch one another. (See the picture at the end of this article.) Make your statement, then exert pressure on the ring with the middle finger of your dominant hand. If the response is strong (true), the thumb and middle finger will remain joined together, if the response is weak (false), the ring will break apart and the middle finger will easily separate the middle finger from the thumb. This technique is less reliable than the two-ring technique because it is easier to break the circle with this technique than it is with the two-ring.

Factors Influencing Reliability

- If too much pressure is exerted between the thumb and middle finger that are forming the ring, all statements will test as strong.
- If you are not grounded or connected to your higher consciousness while testing, results will not be reliable.
- If the ego is heavily invested in a particular outcome to the question, it is possible to get an inaccurate response.
- If the ego does not believe that it is "safe" to get an honest answer, the response can be inaccurate.
- If you are in denial about something, the results can be inaccurate.
- Muscle testing cannot be used to test statements about the future or statements about another person. What is being tested is your body's knowledge regarding the truth or falsity of a particular statement. Your body cannot know what is going to happen in the future, nor can your body know what is true for another person. The exception is when you are acting as a "proxy" for someone else, such as a mother for an infant, or for someone who is not present when the testing is being performed, but who gives consent to allow someone else's body to test statements for them remotely.

Steps for Beginning Your Session

- Ensure that you are grounded. There are many web sites that have instructions on grounding techniques, find one that you like and use it to ensure that you are grounded.
- State out loud or to yourself that your intention is to test for true statements, and that the muscle should stay strong for a true statement.
- Test the statements, "I am grounded," and "I am connected to my higher consciousness." If you find that the muscle goes weak on being connected to your higher consciousness, make a fist with your dominant hand and tap your thymus four or five times. The thymus is located just below where your collarbones meet in the center of your chest. After you have tapped, test the statement again. If at any point in your session, your responses seem to be inaccurate or don't seem to make sense, test to ensure that a strong emotional response has not disconnected you from your higher consciousness or caused you to become ungrounded.
- Once you have determined that you are both grounded and connected to your higher consciousness, you can begin testing your statements.

Setting Your Intention

Before you are able to expect consistently high levels of success in what you want to do, as well as being able to expect the support of your guides, angels, and the Universe, you must set a clear intention. For example, "I intend to receive clear guidance at least once today." There are some guidelines that you need to follow in setting your intention:

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Your intention cannot involve another person. For example, if you would like to convince your boss to give you a raise, you cannot set your intention as "I am going to get my boss to give me a raise today." You CAN set your intention as "I intend to be as convincing as possible in presenting arguments to my boss as to why I deserve a raise," but since your boss has free will, you cannot intend to determine his behavior, you can only do the best that you can in demonstrating that you are worthy of a raise.

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Your intention should be stated as if it is already true. For example, if you want to lose 10 pounds, setting your intention as "I will lose 10 pounds," will never work as this is a FUTURE condition that will be met some time in the future, and since the present is not the future, a future-based intention will always fail. You CAN set your intention as "My body craves only the food that is healthy for me and will support me in shedding body fat," or "I am motivated to establish and follow an exercise regime every day," or most simply, "I am my perfect form."

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Intentions should always be stated in positive terms. The Universe does not understand the term "not," nor does it recognize it. If you set your intention to "I am not going to smoke a cigarette today," the Universe hears "I am going to smoke a cigarette today," and will ignore your intention to not smoke. However, if you set your intention as "I am a non-smoker," then the Universe will support you in that intention, as long as you believe it and want what you are saying you intend, and you do not have any limiting beliefs blocking you.

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You must be clear as to your definition of words that you use in your intentions. If you set an intention of, "I am lucky," you must first determine what "lucky" means to you. If lucky only means winning the lottery, you most likely will not experience any difference in your level of luckiness. However, if you define lucky as being fortunate, then you will most likely experience yourself as being more fortunate than you have in the past, and you will find yourself attracting fortunate circumstances into your life. For example, I was testing myself on the statement, "I am successful." I found that I went weak on that statement, although I felt as if I was successful and believed that I was successful. I examined my definition of the word successful, and found that I believed that the term successful meant somebody who had proven that they were capable of accomplishing the tasks that they set out to accomplish over a long period of time. I.E.: John is a successful carpenter because he has been serving a large number of satisfied clients for many years. Since I had not been doing what I felt I was successful at over a long period of time, the statement tested as being a false belief. When I redefined successful as someone who has simply accomplished what they set out to do, I found that suddenly I was strong on the statement, "I am successful," although I had to add to the statement what it was in which I believed I was successful. General statements should be avoided when setting intention. Make your intention as specific as possible. "I am successful at baking bread."

Checking for Resistance

Once you have set your intention, use muscle testing to verify whether or not you believe that your intention is true for you. Whether or not you test strong on your intention, it is also necessary to check for resistance to that intention. To do this, fill in your intention after the following statements:

I don't want to (intention)

It is not possible to (intention)

It is not safe to (intention)

I do not deserve to (intention)

I will not (intention)

For example, if you set your intention to be "I always remember to ask for guidance before I make a decision," you would fill in the statements as follows:

I don't want to always remember to ask for guidance before I make a decision.

It is not possible to always remember to ask for guidance before I make a decision.

It is not safe to always remember to ask for guidance before I make a decision.

I do not deserve to always remember to ask for guidance before I make a decision.

I will not always remember to ask for guidance before I make a decision.

Clearing the Resistance Without Insight

I believe that the easiest technique to use for resolving sabotaging beliefs, emotions and behaviors is an energy psychology tool developed by psychiatrist Daniel J. Benor, MD. called Whole Health - Easily and Effectively, or WHEE.

Let's use the above intention as an example of how to use WHEE to clear resistance to an intention. If, for example, you muscle tested each of the statements and found that you went weak on the statement, "I do not deserve to always remember to ask for guidance before I make a decision," you would incorporate that statement into the following process:

Test your belief level using MMT. State out loud or to yourself, "On a scale of 0 to 10, with 0 being not deserving at all and 10 being completely deserving, go weak on my level of belief in my deserving." Then test 0, 1, 2, 3, etc. until the muscle goes weak.

Drink water before using WHEE, and test to make sure that you are centered and grounded. Fold your arms in front of you, resting your fingers on your biceps. Pat your left and right biceps alternately, with about one second between each tap. As you tap, state either out loud or to yourself, "Even though I feel that I do not deserve to always remember to ask for guidance before I make a decision, I deeply love and accept myself." Repeat the statement and continue tapping until it feels appropriate to stop, but repeat the statement at least three times.

Repeat your test in your level of deserving. If your level of deserving is less than 10, continue using the WHEE technique until your level of deserving tests as 10.

This technique will not necessarily be effective on all issues, particularly those such as weight loss, smoking cessation, relationship, attracting abundance, chronic fears and phobias, and other long-standing issues may require more advanced treatment or a lot of investigation into your beliefs around those issues. However, for intentions to which you have little resistance, this technique can help to ensure that you come into alignment with your intention more quickly and easily.

Getting Insight Into Your Resistance

The techniques involved with getting insight into your resistance to your intention are more complicated and require testing for negative emotions, and determining the cause of that negative emotion, which can involve advanced intuitive abilities in some cases. It also involves clearing the negative emotions with a variety of energy psychology techniques. This topic will be covered in detail in another article.

Troubleshooting

If you do not seem to be getting reliable results, test the statement, "I believe that I can get accurate and reliable answers to my questions using muscle testing." If possible, ask someone to try to push down on your extended arm, they don't need to know what you are asking, just make the statement in your head and nod at them when you want them to apply pressure to your hand or wrist. The most amazing thing about muscle testing is that a tiny woman could push down the arm of the strongest imaginable person using no more than two pounds of pressure as long as the person extending their arm does not believe that the statement that is being tested is true.

Muscle Testing Technique Photos

The two-ring technique

The one-ring technique

