

Subject: Muscle Testing/Kineosiology. Part 2 of 2.

From: "John Winston" <johnfw@mlode.com>

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Newsgroups: alt.conspiracy.area-51

Subject: Muscle Testing/Kinesiology. Part 2 of 2. June 13, 2012.

Ralph Squire has a way of doing this. You just hold your hand like you are going to click your fingers. Put pressure on the thumb and index finger so it won't click. Think of something that has a negative answer or is not truth and your thumb will weaken and your thumb and finger will chick. The other hand can be use to pick out objects or items on a map you are seeking.

Now Back to the subject of muscle testing/kinesiology.

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Now, I know it is going to seem that if you already know the answer to be "yes," you are probably "throwing" the test. That's reasonable, but for the time being, until you get a feeling for what the positive response feels like, you're going to need to deliberately ask yourself questions with positive answers. While asking questions, if you are having trouble sensing the strength of the circuit, apply a little more pressure. Or consider that you may be applying too much pressure and pull back some. You don't have to break or strain your fingers for this; just use enough pressure to make them feel alive, connected and alert.

4.
NEGATIVE RESPONSE.

Once you have a clear sense of the positive response, ask yourself a question that has a negative answer. Again press your circuit fingers together and, using "Negative Response"
<http://www.holistichealthtools.com/hand4.gif>
equal pressure, press against the circuit fingers with the test fingers. This time the electrical circuit will break and the circuit fingers will weaken and separate. Because the electrical circuit is broken, the muscles in the circuit fingers do not have the power to easily hold the fingers together. In a positive state the electrical circuit holds, and the muscles have the power to keep the two fingers together.

How much your circuit fingers separate depends on your personal style.

Some people's fingers separate a lot. Other's barely separate at all. Mine separate about a quarter of an inch. Some people's fingers won't separate at all, but they'll definitely feel the fingers weaken when pressure is applied during a "no" answer. Give yourself time and let your personal style develop naturally. Also, if you are having a little trouble feeling anything, do your testing with your forearms resting in your lap. This way you won't be using your muscles to hold up your arms while trying to test. Play with negative questions a bit, and then return to positive questions. Get a good feeling for the strength between your circuit fingers when your electrical system is balanced and the weakness when it is short-circuited or imbalanced. You can even ask yourself (your own system) for a positive response and then, after testing, ask for a negative response. ("Give me a positive response." Test. "Give me a negative response." Test.) You will feel the positive strength and the negative weakness. In the beginning, you may feel only a slight difference between the two. With practice, that difference will become more pronounced. For now, it is just a matter of trusting what you have learned; and practicing. Don't forget the overall concept behind kinesiology. What enhances our body, mind and soul makes us strong. Together, our body, mind and s-ul create an environment that, when balanced, is strong and solid. If something enters that environment and challenges the balance, the environment is weakened. That strength or weakness first registers in the electrical system, and it can be discerned through the muscle-testing technique;kinesiology.

<http://www.holistichealthtools.com/tips.html>
Tips on Muscle Testing
<http://www.holistichealthtools.com/articles.html>

Articles Index

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Part 2 of 2.

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Subject: Muacle Testing And Dr. David Kamnitzer. June 12, 2012.

I once went to Dr. David Kamnitzer for a treatment and he used muscle testing to find out what was wrong with me not feeling very energetic. After doing this he said, "Mr. Winston, your stopped up, your constipated. I'm going to have you get some herbs that will clean you out and make you start feeling energetic again". I did as he said and then was feeling fine and ran the Bay To Breakers 10k race two times, ran Stanford Linear Accelerator Race and they wrote it up in the paper as, " And last but not least, John Winston".

He is David's, who became of my dearest friend's, address:

"Dr David Kamnitzer, DC, Reviews, Recommendations, 555 Veterans Blvd, Ste 101, Redwood City, CA

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