

# Using Applied Kinesiology in Decision-making

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Using Kinesiology (also referred to as *body testing*), can assist you in connecting to your higher consciousness through the body's electrical system to assist in making decisions. What enhances the body, mind and soul makes us strong. Together, our body, mind and soul create a holistic environment that, when balanced, is strong and solid. If something enters that environment and negates or challenges the balance, the environment is weakened. That strength or weakness registers in the electrical system, and it can be discerned through a muscle-testing technique - kinesiology. Practicing this regularly also helps you learn to focus and "reach into" things with your intuition. This is an excellent tool to get quick and direct answers to yes-or-no decision-making questions. Your higher guidance will say NO if a situation will *not* result in a positive interaction, choice, or outcome for you. Your higher guidance will say YES in answer to a question if the situation you are considering participation in will be positive for you.

This technique has been used for decades, including by practitioners in the medical community. Your body connected to your higher consciousness knows and can recognize anything that will do it harm, making the central nervous system a partner in decision-making that holds no false bias or mental expectations. For an in-depth exploration and better understanding of this, we recommend reading the book *"Power vs Force – the Hidden Determinates of Human Behavior"* by David R. Hawkins, M.D., Ph.D.

Here are the steps to follow to do kinesiology "finger testing" – this methodology does not require a partner or separate practitioner.

## 1. Positioning THE CIRCUIT FINGERS

**If you are right-handed:** Place your left hand palm up. Connect the tip of your left thumb with the tip of the left little/pinky finger.

**If you are left-handed:** Place your right hand palm up. Connect the tip of your right thumb with the tip of your right little/pinky finger.

By connecting your thumb and little finger, you have just closed the loop of a major electrical circuit in your hand, and it is this circuit you will use for testing. When you have the circuit fingers in position, they form a circle.

## 2. Positioning THE TESTING FINGERS and TESTING POSITION

To test the circuit (the means by which you will apply pressure), place the test fingers, thumb and index/pointer finger of your other hand, inside the circle you have created by connecting your circuit thumb and little finger. The test fingers (thumb/index finger) should be right under the circuit fingers (thumb/little finger), touching them, with your test thumb resting against the underside of your circuit thumb and your test index finger resting against the underside of your circuit little finger. Don't try to make a circle with your test fingers. They are just placed inside the circuit fingers loop. It will look like you have two sticks inserted inside a circle.

## 3. POSITIVE RESPONSE

Keeping this position, ask yourself a simple question in which you already know the answer to be "yes." ("Is my name \_\_\_\_?") Once you've asked the question, press your circuit fingers together, keeping them in the circular position. Using the same amount of pressure, try to press apart or separate the circuit fingers with your test fingers. Press the lower thumb against the upper thumb, and the lower index finger against the upper little finger. The action of your test fingers will look like scissors separating and pushing outward against the circle as you apply pressure to your circuit fingers. Your testing fingers, the fingers inserted in the circuit circle, will remain in position within the circle. All you are doing is using these two testing fingers to apply pressure to the outer two circuit fingers. Don't try to pull your test fingers vertically up through your circuit fingers.



If the answer to the question is positive (if your name is what you think it is!), you will not be able to easily push apart the circuit fingers. The electrical circuit will hold, your muscles will maintain their strength, and your circuit fingers will not separate. You will feel the strength in that circuit.

**CALIBRATING THE FINGER PRESSURE:** Be sure the amount of pressure holding the circuit fingers together is equal to the amount of your testing fingers pressing against them. Also, do not use a pumping action (pressing against your circuit fingers several times in rapid succession) when applying pressure to your circuit fingers. Use equal and continuous pressure. Play with this a bit. Ask a few more yes/no questions that have positive answers. This is your tool for calibrating your fingers for feeling the strong positive. You are asking yourself a question that has a positive answer. If your circuit fingers are separating, you are applying too much pressure with your testing fingers. Or you are not putting enough pressure into holding your circuit fingers together. You need to keep asking the question and play with the testing until you feel pressure in all four fingers and the pressure in your testing fingers is not separating your circuit fingers. You don't have to break or strain your fingers for this; just use enough pressure to make them feel alive, connected and alert. When this happens, now you have an understanding of what a clear positive kinesiology response feels like.

#### **4. NEGATIVE RESPONSE**

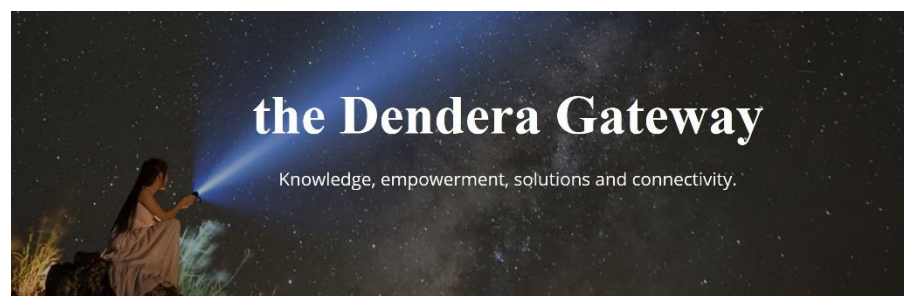
Once you have a clear sense of the positive response, ask yourself a question that has a negative answer. Again, press your circuit fingers together and, using equal pressure, press against the circuit fingers with the test fingers. This time, if the testing-fingers' pressure is equal to the circuit-fingers pressure, 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 hold the fingers together. In a positive state the electrical circuit holds, and the muscles have the power to keep the two fingers together.

**Different styles in how the fingers separate:** How much your circuit fingers separate depends on your personal style. Don't overthink this. Let it happen naturally. Weakness will be easily felt.

#### **5. CALIBRATION AND PRACTICE**

Calibrating and equalizing the pressure used by the circuit fingers and the testing fingers for negative responses is accomplished through practice. You are building trust and awareness of your body responses. Play with negative questions and continue adjusting the pressure between your circuit and test fingers until you get a clear negative response. When you're feeling a solid separation, return to positive questions. Once again, get a good feeling for the strength between your circuit fingers when the electricity is in a positive state. Then switch back to ask a negative question and feel the weakness when the electricity is in a negative state. Practice your testing by alternating the questions. In the beginning, you may feel only a slight difference between the two. With practice, that difference will become more pronounced.

**The key to using this is to remember it is a partnership, and similar to learning how to do anything new, take plenty of time to practice asking yes vs. no questions on things you are NOT emotionally attached to. If you wait until you're experiencing a crisis or emotionally charged issue to use it then you will likely say "this doesn't work for me." And that will be because you didn't take the time to build trust and connectivity.**



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