

# 8 Common Muscle Testing Obstacles (and How to Overcome Them!)



Muscle testing can be a helpful tool for accessing the knowledge hidden in the subconscious mind, and is an important part of using the [Emotion Code®](#), and [Body Code™](#)! However, if you're just getting started on your muscle testing and energy healing journey, there are a few common obstacles that can get in your way. If you've found yourself questioning your abilities, getting inconsistent results, or not trusting the results you're discovering, read on for our tips and tricks to help overcome these stumbling blocks.

## Muscle Testing Obstacles and Solutions

### 1. Doubting yourself

One of the biggest challenges we see when our customers are just beginning to use muscle testing is that they don't trust their own abilities! When you're just getting started, you might question the validity of your answers, and whether you're practicing energy healing muscle testing correctly. When you're doubting your abilities it may take you out of the moment, not allowing you to receive answers as clearly.

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**What can help?**

Practice! Practicing on yourself is a great way to get more comfortable. As you practice frequently you'll begin to feel more confident in your abilities and the answers you're receiving. Trusting yourself, your faith, and your own abilities is a journey, but it's one that's well worth going on! Perhaps as you begin to trust yourself more in this one aspect you'll recognize your strength and ability in other areas too.



## 2. Getting Distracted

When muscle testing, if you're distracted from the person in front of you or the task at hand, it's likely you won't be able to determine answers very consistently. Muscle testing and energy healing take focus, and this is something you can learn and improve!

**What can help?**

Before you begin testing, take time to get centered. Tune into gratitude for having this tool available to you, and for the person you are working with! Focus your attention on the person you are testing, and on the present moment.

## 3. Using Too Much Force

When muscle testing, it might seem like you should apply a lot of pressure on yourself or the person you're practicing on. This can be detrimental to your responses! When applying a lot of force, you may overpower a 'strong' response and believe it to be a 'weak' one, which can hinder your ability to get clear answers.

**What can help?**

Try using a lighter touch! Be gentle with yourself or the individual you're practicing on. Some call the appropriate pressure for energy healing muscle testing 'baby strength' — applying pressure as if you're only as strong as an infant! This may take some practice to perfect but as you complete sessions with a gentler touch, it will likely begin to feel more natural to you!



## 4. Overthinking Answers

Overanalyzing during muscle testing is easy to do, and it can really impact your ability to receive answers or to trust the answers that you do receive. When you're too caught up in your mind, you typically aren't able to listen to your intuition as easily. This happens in all aspects of your life and energy healing is no different.

### **What can help?**

Move from your mind into your heart! Take a moment before you begin to relax, meditate, and ask for support from your higher power. Instead of focusing on the test itself, focus on the person that you're working with. By moving the focus away from the technical aspects of muscle testing and into your feeling, intuitive self, your intuition will guide you and allow your subconscious to speak!



## 5. Dehydration

Our bodies are made up of 60% water — so hydration is important for most of our body's functions! If you or your clients are dehydrated, that can impact your ability to clearly read responses to muscle tests. Water plays an essential role in the body to keep your joints moving smoothly. When you're not hydrated, your body cannot perform at its highest level.

### **What can help?**

This one is simple! Take care of yourself and make sure you drink plenty of water on a daily basis. When you meet with clients, you might bring along some water to offer them, or make sure you recommend they stay hydrated throughout the day before you meet with them.

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## 6. Misalignment

Sometimes when you have a misalignment in your neck, it can become more difficult to get clear answers when muscle testing.

### What can help?

Here's a quick trick to help stretch out your Cervical and Thoracic Vertebrae. Remember to hold the intention to release any tension or negative energy as you do this practice. And have gratitude that doing this will help to realign the bones. I do this several times a day—it feels great and you will probably hear a few bones crack as you do it! But, be gentle. If you have any physical issues with your neck or spine, speak with a doctor before trying this tip.

- Roll your neck from side to side several times to loosen your joints.
- Bend over and let your upper body and head hang heavy. You can bend your knees if you like.
- Cradle the nape of your neck/head in your hands and let gravity gently pull your head towards the floor.
- Remember to take deep breaths, and don't pull! Simply let gravity work.

After trying this tip, you might want to drink a big glass of water and relax, then come back and see if you are testable. If not, you may have some deeper underlying imbalances getting in the way. You might want to seek help from a [Certified Practitioner](#) or one of our [Staff Practitioners](#). These kinds of imbalances can usually be cleared up in a session or two.



## 7. Lack of Sleep

Sleep is extremely important for our cognitive function and body health! Not getting enough rest can mean you experience fatigue and a lack of focus that impacts your ability to muscle test accurately.

### What can help?

Being well-rested can benefit your immunity, mental well-being, heart health, and more! Plus, when you've had a great night's sleep, you're more likely to be able to muscle test clearly. So for both your health and your energy healing abilities, making sure you get enough sleep is a great idea.

## 8. Trapped Emotions or Other Imbalances

Certain trapped emotions or imbalances can make you less receptive to positive energy, and therefore less open to receiving muscle testing answers.

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## What can help?

If you believe that one of these issues is impacting your muscle testing practice, our recommendation is to schedule a visit with an [energy healing practitioner](#) to clear up some of these specific issues.

We hope these tips help you overcome any issues you may have when muscle testing! If you're ready to learn more, consider enrolling in our [Emotion Code and Body Code Certification Courses](#), where you'll receive a comprehensive education on this important skill!

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Andrea Lor July 14, 2022 at 3:44 pm [Log in to Reply](#)

I have some people that need 10 swipes instead of 3, sometimes even 15 (NOT inherited emotions) to clear things! Just interesting. But I repeatedly have my own things jump into Body Code when I am doing it for others. Always Electrolyte Utilization and Girdle Meridian. I clear the meridian but it keeps returning. And I can't figure out what to do about the electrolyte utilization issue. I have tested myself for many things that could be inhibiting this and searched online without any answers.

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Belle Hogan June 29, 2022 at 8:24 am [Log in to Reply](#)

Hi, ha just realized my name has 3 l's, anyhow, I wanted to share a little prayer I do before I start my questioning that really helps me center. "It is commanded

in the name of divine love that my mind ego & all attachments step aside whilst I'm reading the energy from my higher self through my body. Hello – indicate YES – indicate NO" xo

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Russell Williams June 27, 2022 at 10:49 pm [Log in to Reply](#)

just saw this question. Men do not have ovaries. If there was a location on a male, ovaries would not come up. I suspect this was a message from the client's subconscious that the muscle testing is off. Go back, refresh and start again. If you are testing you are in alignment with truth and get a 100% yes, that is really a problem. I do not trust answers that are blatantly wrong. That is naive, I'm afraid. It's complicated. I now do what can be called "Divine Muscle Testing". In my view, it's what Dr Nelson is actually doing. It takes a little more than a quick prayer and a yes to all questions that check we are "on track". We want the answers to be yes: this alone is enough to have them be that from an ever-compliant subconscious mind. Here's an idea: check your polarity, your psychological polarity (Test "I love myself" ... should be strong. If not, diagnose and correct ... to a 100%, and against everything else, repeat that test. The love is your Divine essence and you are testing your real connection with your innermost being. It's not a one-off test. Your spiritual polarity is not really covered in any healing system I know of. It was referred to in the early 1980s by Dr John Diamond ... recently deceased. It is in "The Collected Papers of John Diamond" Volume 2. It's out of print (I think I bought the only last available copy when it was released onto the market after a 4 year wait. He called it "the Umbilicus Test". It relates to but is deeper than "Post Hypnotic Suggestions" imbalance. You could verbally test "Pure Water is Good" and "Dirty Water is Good". It's sometimes hidden so test is repeated with neck arched backwards. It's not an either or black or white thing either. I measure it on a sliding scale of -100% to +100%. And you can be ok in many areas but off in one area. Test statement might be about the "goodness" in being over and fully resolving an issue. The clock is degraded by dark emotions such as curse energy, anger, hate etc so they always need clearing. Test a psychopath "It's good to kill other people" will be a yes. Dr Diamond wrote: It is as if inside the body, perhaps in the brain or in the Thymus, there is a master computer which is constantly monitoring the body and displaying the current conditions of all its parts on a screen. To continue the analogy, it is as if there are green lights where everything is normal and red lights where there are problem areas, energy imbalances. This system is probably the "central headquarters" of the acupuncture meridian system. ... If there is an umbilicus problem when there is a serious illness, it is as if all the lights are green and the body is falsely led to believe that areas requiring energy re-balancing are normal. The body is lulled into a false sense of health. This seems to be the case in some stage in every serious illness and it may well explain why chronic illnesses progress. The body does not set about healing the problem because it does not know the problem exists." Accurate muscle testing will always need to be checked for Spiritual Polarity (I also call it the moral compass). Hope this is helpful. Cheers Russell

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Cathy Gray December 6, 2020 at 3:09 pm [Log in to Reply](#)

Question: why would I go to ovary on a male? I tried several times and muscle testing was yes on ovary.

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Reagan Rios January 19, 2021 at 4:28 pm [Log in to Reply](#)

Hi Cathy!

From my experience usually it's an absorbed emotions at that point, either from a parent or a significant other. Ask if there's any info that is being hidden, or if it's inherited even. Sometimes it doesn't make 100% sense to our conscious brains, so you can always ask God/Source if you're in alignment with truth and if it's yes, I say trust the answer and clear away (:

Hope that helps!

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