

# Basic Kinesiology For Tesla's Products By Cheryl Auckett

"A fundamental premise of Kinesiology is that the body has an innate healing energy and is doing its best to care for itself, but sometimes needs assistance to achieve this state."



## **Disclaimer**

**The information contained in this  
Manual has been written for  
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*Always seek the advice of a health practitioner  
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# KINESIOLOGY

## Muscle Testing

Kinesiology bypasses conscious thinking processes to isolate causal factors in the subconscious, body & etheric levels. Honoring this system enables the body to clear itself at its own enhanced rate & priority. Muscle monitoring is a natural feedback system using an indicator muscle, which supplies information via nerve pathways & the meridian system of the Brain & Body.

While the practice of Kinesiology itself is an in-depth modality & one that requires practice to become a skillful practitioner, the lesser form of Kinesiology is muscle testing or a basic strength test.

In basic muscle testing the client can hold his/her arm out while the tester proceeds to place pressure on the clients arm while holding the required testing object e.g. Foods, substances,



medications, in fact anything can be held against the body & the arm will either remain locked or it will unlock.

In Kinesiology, the arm being used is called **The Indicator Muscle**. So from this point on when we are discussing & testing, it will be called **The Indicator Muscle**

When the muscle becomes weak when testing, it is known as an **Unlocked Indicator**.

When the muscle remains strong, it is known as a **Locked Indicator**.

Hence a **Locked Indicator Muscle** is regarded as a **positive response** to the test & an **Unlocked Indicator** is regarded as a stress for the body or a **negative response**.

When testing the client, the **Deltoid muscle** (arm is held out to the side at a right angles to the body) this is a common **Indicator Muscle**.

While this **Indicator** is easy to use, it is always wise to ask the client if they have any shoulder problems. If they say yes, then use the other arm or if both shoulders are a problem it would be best to use the **Anterior Deltoid muscle**. The **Anterior Deltoid** can be found by raising the client's arm to a 45deg. angle, directly in front of the body. This **Indicator** is best for women to use on a man as there is more leverage for those extra strong men that want to prove that they are strong & no-one can make their arm move.



When you have established the **Indicator** that you will use, test first by saying, "**hold against my pressure**". The arm should be **locked**. Now place the object to be tested against the navel point. (Especially for food sensitivity testing etc.) Now test the **Indicator Muscle** again

To show the client the effectiveness of Tesla's technology products, place the item over the Thymus Gland, say "hold against my pressure" & then test the **Indicator Muscle**. A positive response is a **locked Indicator Muscle**.

When testing the effects of a mobile phone to the system (person), bring the phone slowly towards the Thymus gland & testing the **Indicator Muscle** at the same time.

In most cases, the **Indicator Muscle** will **unlock when the phone is about 12-14cms from the Thymus gland**.

In my personal experience, if the **Indicator unlocks** further away from the body when testing a mobile phone against the thymus gland, usually suggests to me that the system (person) may be weakened in the immune responses & also could mean that the person is electrically sensitive.

Equally when testing, if the **Indicator** does not **unlock** until the mobile phone is close to the body this would indicate to me that perhaps the system is much more resilient & robust in nature, suggestive of a strong immune system.



## SWITCHING

Occasionally you will meet someone who will be switched.



The term switched comes from the left & right hemispheres of the brain functions being switched in the sequences or circuitry. It is not harmful, but it does make the system reversed so to speak. If for example you tested a phone against the Thymus Gland it would become stronger (**locked**) instead of

becoming weak (**unlocked**).

It is at these times when you are learning muscle testing that you may think that you cant do it because the arm wont **unlock** & could throw doubt into your testing abilities.

Switching is usually brought on by such things as shock, trauma, excessive fasting or dieting etc. & can make the person feel out of sorts or at times generally unwell, or even dyslexic.

While it takes some experience to recognize these things, it is in this basic overview of muscle testing that I have mentioned this phenomenon. If this occurs just politely state that you think they might be switched & that there is nothing to be worried about but they might like to see a kinesiologist to be rebalanced.



## Switching On Techniques.

### 1. K27 (Kidney Meridian)

With forefinger & middle finger of one hand, place just under the collarbone & the thumb on the same hand on the opposite side of the collarbone. The other is placed on the navel. Rub the K7 points for about 10seconds. Then swap hands.



### Activate Central & Governing Meridian.

Place the forefinger & middle finger of one hand above the top lip & the thumb below the lip. The other hand is placed on the navel. Rub the top & bottom lip for about 10 seconds. Then swap hands.



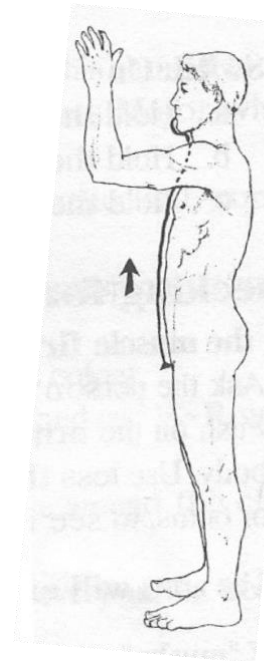
### 3. Activate the start of the Governing Central Meridians

Place one hand on the naval & with the other hand, rub the Coccyx (Tailbone) area for ten seconds. Then swap hands.



### If still not corrected perform a Meridian Flush

Run the palm of one hand (2 inches away from the body) from the Pubic region upwards to the bottom lip, then straight down from bottom lip to Pubic bone region, do this 6 times. Finish the process by running the Meridian upwards ONLY 3 times. These actions are called Zip Ups.



**Cross Crawl Techniques** can be beneficial as well as done in Dowsing training.