

Energy Kinesiology: Core Concepts and Techniques

Introduction

Energy kinesiology is rooted in the understanding that everything in the human body is energy. As George Goodheart — the founder of applied kinesiology — observed when teaching in Detroit in 1982: "*Everything's energy and energy runs everything.*" This foundational principle underpins every technique in the field, from muscle testing to chakra balancing to sound frequency work.

Goodheart was the first to observe that every muscle in the body is associated with an acupuncture meridian, and that when a muscle is weak, it can be immediately strengthened through the proper energy and neurological reflexes.

The Five Elements and Emotional Connections

One of the most important frameworks in energy kinesiology is the Five Element system drawn from Traditional Chinese Medicine. Each element corresponds to specific meridians, organs, muscles, and crucially, specific emotional patterns.

Element	Meridians	Associated Emotions
Wood	Liver, Gallbladder	Anger
Fire	Heart	Lack of joy
Earth	Spleen, Stomach	Anxiety about the future
Metal	Lung, Large Intestine	Grief
Water	Kidney, Bladder	Fear and anxiety

Key learning point: When a client presents with chronic emotional patterns, the five elements give you a starting point for investigation. Someone who is persistently angry, for example, likely has a blockage in the Wood element — meaning the liver or gallbladder meridian may need attention.

The Indicator Muscle Test

The foundation of a kinesiology session is establishing a reliable indicator muscle. This is used to detect energy blockages and confirm corrections throughout the session.

Procedure:

1. Ask the client to raise their arm
2. Place the weight of your hand on their arm — do not force it down
3. Lean in gently; the client meets your pressure
4. "Spindle cell" the muscle twice (a brief overstretching stimulus) to confirm accuracy — if the muscle weakens and recovers appropriately, you have a valid indicator

Testing for Priority Imbalances: The Head Points

A practical starting point for any session is to check the Five-Element head points to identify which element most needs balancing.

Procedure:

1. Test the five priority head points (each corresponding to one of the five elements)
2. When the indicator muscle weakens at a specific point, that element is "out."
3. To identify which organ within the element is involved, hold the relevant alarm points while testing

Example from the demonstration: The Metal Element tested weak. To determine whether the Lung or the Large Intestine meridian was involved, each was named while the muscle was monitored. As John Maguire explained: "*A change is going to do you good*" — meaning a shift in the muscle response when naming an organ confirms that organ is the priority.

Finding Over-Energy: The Navel Tug Test

Under-energy and over-energy are both forms of imbalance. A muscle may test weak due to a deficiency, but there may simultaneously be excess energy elsewhere in the same element.

Procedure:

1. Have the client tug their navel upward — this corresponds to the Fire element and should test strong
2. Move to approximately two o'clock — this corresponds to Earth
3. Move to approximately four o'clock — this corresponds to Metal
4. If the muscle weakens at a position, that element has over-energy

Important concept — split meridians: A meridian can have over-energy on one side of the body and under-energy on the other. Similarly, within one element (e.g., Metal), one meridian may be over (Lung) while the other is under (Large Intestine). The alarm points help you locate exactly where the imbalance is.

The Command Point Technique

Once a deficient meridian is identified, the command point technique can dramatically restore muscle strength.

Key principle: Each meridian has a "command point" corresponding to each of the five elements. For the yang meridians, the metal point is located at the fingernails or toenails.

Procedure for Large Intestine Deficiency:

1. Locate Large Intestine 1 — the base of the index fingernail
2. Have the client touch the pad of their thumb to that fingernail
3. Retest the previously weak muscle

What to expect: A muscle that had virtually no strength will often become completely immovable once the command point is activated. The mechanism is understood as follows: the command point "calls up" the paired meridian. In the Metal element, Large Intestine (yang) signals Lung (yin) to share its excess energy — restoring balance between them.

Chakra Balancing

Chakras are understood as high-voltage energy centers corresponding to nerve plexuses. Each chakra is mapped to a specific element. According to the system taught by Sheldon Deal, the Metal element corresponds to the throat chakra.

Procedure:

1. Test the indicator muscle while hovering over the relevant chakra — weakness indicates an imbalance
2. Identify the correct balancing frequency (see below)
3. Use circular hand movement over the chakra, moving clockwise until energy builds
4. Incorporate the corresponding affirmation

Affirmation for the Throat (Metal) Chakra: "*I speak*" — completed personally by the client: "I speak my truth," "I speak my mind," "I speak love," etc.

The affirmation, combined with energetic contact, can produce a noticeable build of energy. Clients often report physical sensations, such as chest vibrations, during this process.

Sound Frequency as a Balancing Tool

Every chakra has a corresponding sound frequency. When the correct frequency is found for an individual, it can clear a chakra imbalance that other methods haven't resolved.

Procedure:

1. Test the indicator muscle while the chakra is contracted — note the weakness
2. Sound different notes or frequencies
3. When the correct frequency is reached, the muscle will test strong
4. Incorrect frequencies (including half-tones in either direction) will not produce the same response

Clinical application: When the correct frequency is identified, encourage the client to seek out music in that frequency — particularly classical music — and to hum or sing along with it. Humming the correct frequency actively participates in the balancing process.

Note on individuality: The correct frequency may vary between individuals. Muscle testing allows you to find the precise frequency for each person rather than applying a generic protocol.

The Tibetan Figure Eights

Figure eight patterns run through every system in the body — a pattern reflected even in the double helix of DNA. Each meridian has figure eights associated with it, located in specific regions on the body.

Procedure:

1. Use a test muscle (e.g., the hamstring)
2. Stroke in one direction over the figure eight region — note if the muscle weakens
3. Stroke in the opposite direction — note if the muscle strengthens
4. Apply strokes in the strengthening direction to correct the imbalance

Clinical note: Figure eights can produce dramatic results even for structural problems. A frozen shoulder that could not be lifted was restored in a classroom setting by simply identifying and applying the correct figure-eight direction.

Neurolymphatic and Neurovascular Points

These reflex points are two of the primary correction tools in the kinesiology toolkit.

Neurolymphatics are firm massage points, often found alongside major muscle groups (e.g., along the iliotibial band for the Large Intestine meridian). When a client touches the relevant switch point, a previously weak muscle will often test immediately strong.

Neurovasculars are light-touch points on the head, located along the parietal ridge. The body can be "asked" whether it wants these points worked — a strong indicator muscle response to contact confirms they are needed.

Practical tip: While it is possible to correct a single reflex and move on, lasting results tend to come when all indicated corrections are made together. As Maguire puts it: *"I find when I'm doing all of these things, then it really comes together."*

Meridian Tracing

One of the simplest and most immediately effective techniques is tracing the meridian — running your hand from the beginning to the end of a meridian's pathway along the body.

When to use it: If a strong indicator muscle weakens when the client touches the end point of a meridian (e.g., Large Intestine 20, located beside the nostril), the body is signaling that meridian tracing is needed.

Clinical example: After severely crushing a finger in a car door, tracing the Triple Warmer meridian (running along the ring finger) reduced intense pain to nothing within 30–40 seconds.

Pain Relief: Finding the One Point

Among the hundreds of acupuncture points on the body, muscle testing can identify the single most effective point for a client's specific pain.

Procedure:

1. Test systematically to narrow down which meridian is involved
2. Use finger modes to confirm the category of blockage (structural, nutritional, emotional, electrical)
3. Tap or hold the identified point
4. Retest for pain reduction

Case example: A client with four years of chronic neck pain was tested, and Stomach 41 was identified as the priority point. After approximately 30 seconds of tapping, the pain resolved—and remained gone for weeks. Note that the neck muscles are associated with the Stomach meridian, illustrating how meridian associations often explain the location of chronic pain.

The Energetic Field and Its Role in Physical Symptoms

"Einstein said this: the field is the sole governing agent of matter."

A core principle in energy kinesiology is that disturbances in the body's energy field often precede and drive physical symptoms. Correcting field-level imbalances — including holes or disruptions in the biofield (aura) — can resolve physical pain that has resisted other treatment.

Key teaching point for clients:

"That's a sign of energy blockage. And when you unblock the energy, symptoms go away naturally."

This framing gives practitioners a consistent, accurate way to explain what they do: they identify blockages and restore flow, regardless of their client's presenting complaint.

Finger Modes: Identifying the Category of Blockage

When a client presents with a symptom, finger modes allow the practitioner to quickly identify what type of correction is needed before choosing a technique.

Finger Mode	Category
Thumb to index finger	Structural
Thumb to middle finger	Nutritional
Thumb to ring finger	Emotional
Thumb to little finger	Electrical

How to use them: Hold the finger mode while testing the indicator muscle. A weak muscle that becomes strong when a particular finger mode is held indicates that the blockage belongs to that category.

Assessing Progress

A simple and effective way to track a session's impact is to have the client rate their energy at the start and end of the session on a 1–10 scale (1 = barely functioning, 10 = abundant energy).

In the demonstration session, the client began at a 5 and ended at an 8 — after a session that, without demonstration pauses, could have been completed in five to six minutes.

Core Principles to Carry Forward

- **Everything is energy.** Thoughts, emotions, and physical structures all operate at specific frequencies.
- **Symptoms are signs of blockage.** Wherever a client presents a problem, there is an energy blockage at its root.
- **The body knows.** Muscle testing gives you a direct line to the body's own intelligence — what it needs, in what priority, and when it has been resolved.
- **Corrections hold when they're complete.** Addressing only one layer of a blockage may produce temporary results. When all indicated corrections are applied, changes tend to be lasting.
- **Results can be fast.** Many significant changes — pain relief, energy restoration, emotional clearing — can occur in under five minutes when the right blockage is identified and addressed.

"The greatest healing power is love. Being in a state of love, loving everyone around you, feeling compassion — that for me is the key." — John Maguire