

Muscle Testing – online course

The Muscle Testing Course is comprised of 6 modules, each consisting of theory in video and pdf format, as well as a practical video guide. The videos and pdf's are all downloadable which means that once purchased they are yours to keep and thus you have the leisure of using the material at any time.

Course Presenter

Helen Hansen has been a professionally practicing kinesiologist since 2016 and up until 2022 was in full time practice for six years. Currently she is in part time practice as she is now also focusing on sharing the skills of muscle testing, meridian therapy and archetypal psychology through online courses. During her full time practice Helen was continually researching the science of muscle testing always striving to understand the mechanics and quantum mechanics at a deeper level. The highlights of her research is shared in this course.

Course Outline

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| Module 1 | <ul style="list-style-type: none">* What is muscle testing and how does it work?* Understanding frequencies and vibration within and around the body.* Observing resonance and dissonance in the body with muscle testing.* Practical : basic level muscle testing. |
| Module 2 | <ul style="list-style-type: none">* External factors that affect muscle testing results and how to manage them.* Ensuring accurate feedback in the beginning, middle and end of testing procedure.* Practical : reset techniques for muscle testing. |
| Module 3 | <ul style="list-style-type: none">* Indicator Muscle Testing versus Evaluational Muscle Testing* Meridian Muscle Testing* Practical: protocol for IM & EM testing |
| Module 4 | <ul style="list-style-type: none">* Muscle Testing case studies* Biggest factors impacting muscle testing* Practical : Combining reset techniques with IM and EM testing. |
| Module 5 | <ul style="list-style-type: none">* Sabotage programmes and the Saboteur archetype* Dealing with sabotage programmes that arise during a muscle testing process.* Practical : Checking for sabotage programmes |
| Module 6 | <ul style="list-style-type: none">* Recap – the Do's and Don'ts of muscle testing* Self-testing* Practical: Full muscle testing procedure* Practical: Self-testing |

The Muscle Testing Course Whatsapp group

This is an ongoing support group where you can ask questions to the presenter of the course as well as share your experience of the course.