

16 About Kinesiology

Kinesiology testing is the art of finding what is strengthening or weakening our body's electrical network.

Our muscles respond to electrical changes.

With simple 'muscle testing' (Kinesiology testing) we can determine what impact certain food, remedies, events, even the Game Cards, etc. have on our body's electrical system.

In this way we can see if something is helpful and balancing or is weakening for us, while we play the game.

A positive input to our system makes the tested muscle strong ('on' response). If the muscle tests weak ('off') the item in question is not needed.

Learning to muscle test might take a bit of time and practice, but it is a very worthwhile skill to have! If you know someone who can show you muscle testing it is easier to learn.

There are several different ways of muscle testing.

An easy way to start muscle testing is to build a circle with the thumb and little finger of your left hand (if you are right handed). The fingertips just touch each other – see left side of the picture.

With the other hand form 'duck-lips' by using the index finger and thumb – see right side of picture.

Thumb and little
finger form the
test circle.



Index finger and
thumb form
'duck-lips' on the
right hand (if right
handed).

Now insert the 'duck-lips' into the the circle.

You test the finger muscles of your left hand/the circle only.

Hereby you use the 'duck-lips' of your right hand to open the circle you created with your left hand. You do this while focusing on a question. Start with simple 'yes' and 'no' questions you know the answers to.



If the circle holds tight when you squeeze the 'duck-lips' apart against the circle, you have an 'on' = strong = positive = 'yes' response.



If the circle gets weak and opens up when you squeeze the 'duck-lips' against the circle, you have a weak = 'off' = 'no' = 'not helpful' response.

Useful information on this kinesiology test can be found on Perelandra's website www.perelandra-ltd.com and in the MAP book.

Using Kinesiology during the game process:

Use kinesiology testing to find out what is needed as a next step. Holding the question *"What do I need to better understand and solve this issue?"* you test all the different options you have. These are listed in section at point 5 on the Game Chart – first column: Cards, MapMats, ETS, Sprinkles, Talk more, Move.

Ask clear simple questions as in the following examples:

1) *"Do I need Cards now?" "Do I need more MapMats now?" "Do I need to talk more?"*

2) Test through all the options in the section that tested positive.

E.g. if section 'Cards' tested positive:

"Do I need 'Needs' cards?" "Do I need 'Shadow' cards?" etc.

"Do I need one card?" "Do I need two cards?" etc.

"Do I place this card here?" "Do I place this card there?" etc.

Use this way of testing also for point 7 to 10 on the Game Chart.

We hope you find Kinesiology a valuable tool and enjoy its effective help.