Self Administered Applied Kinesiology

Applied Kinesiology is a method of checking the truth about a particular statement, belief, or thing. There is much research to support the use of applied kinesiology (AK), also known as muscle checking.

For example, one person gave his audience envelopes that had either pure organic vitamin C powder or aspartame in them. He instructed the group on the use of applied kinesiology and suggested that each person hold the envelope to their solar plexus and check the strength of their arm by using AK with a partner.

The result was that 100% of the people who had the vitamin C stayed strong and 100% of the people who had the aspartame became weak.

The following are eight different methods of applied kinesiology that you can use on yourself. Before doing AK, it is important that your energy is “clear” in order to get accurate answers.

If you have been drinking alcohol or using drugs that affect your senses, the answers you get will not be accurate. I highly recommend that you wait to do any AK checking until you are clear of these substances.

Additionally, it is important that the body is properly hydrated when doing AK checking. If you are dehydrated, the results of the AK checking will be inaccurate. Caffeine dehydrates the body and should not be used when doing AK checking.

I highly recommend that you drink some water before getting started and that you sip water occasionally while doing AK checking.

Method 1

1. So that your thoughts do not affect your answers, set the intention to keep yourself clear by making the following statement. “I intend to stay clear and accept the answers provided.”
2. Place the tip of your tongue so that it is on the roof of your mouth just behind your front teeth.
3. Place the tip of your index finger and thumb together and form a circle as shown in figure 1.

![Figure 1](image1.png)

4. Loop the index finger of the opposite hand through the circle created in step 2 above and touch the tip of that finger to the thumb of the same hand forming a chain effect as shown in Figure 2.

![Figure 2](image2.png)

5. Ask permission to ask questions about the specific subject you want to check on by stating, “I have permission to ask questions about __________.”

6. Then attempt to pull the chain apart by pulling one of the circles against the opening of the other.
   a. If it stays strong (as shown in figure 3) the answer is yes
   b. If you are able to pull the fingers apart (as shown in figure 4) the answer is no.
7. To verify that this method works for you do the following check.
   a. State your name as follows:
      “My name is ___________.”
   b. Using the method above, check to see that the loop stays strong.
   c. State your name as someone else’s name
      “My name is ___________.”
   d. Using the method above check to see that the loop is weak since it is not your name.
8. If this works for you then you can check other things as well with this method.

Method 2

A second method is to see if you can notice a difference in the feeling when rubbing your thumb and
index fingers together making the same statements (see figure 5 below). If you can clearly distinguish
a different feeling between the yes and no, then you can use this method.
Method 3

In method 3 you will be testing whether a finger stays strong and in position or slides down the other finger.

1. Place your middle finger on top of your index finger, just above the top edge of your finger nail (see figure 6 below).

2. Press forward on your index finger with your middle finger, if the index finger does not slide down the finger it indicates a yes answer.

3. If the finger slides down the index finger as shown in figure 7 below this indicates a no answer.
4. Follow the steps listed in method one to determine whether this method works for you or not.

Method 4

In method 4 you will be testing the strength of your index finger.

1. Place your middle finger on top of your index finger, just above the top edge of your finger nail (see figure 8 below).

2. Press down on your index finger with your middle finger, if the index finger stays strong it indicates a yes answer.
3. If the index finger goes weak as shown in figure 9 below this indicates a no answer.

4. Follow the steps listed in method one to determine whether this method works for you or not.
Method 5

In method 5 you will be checking the strength of hold two fingers pressed together while attempting to pull another finger through the circle and breaking the connection.

1. Place the tip of your index finger and thumb together and form a circle, then insert the index finger from the opposite hand into the circle as shown in figure 10 below.

![Figure 10](image)

2. Slide the index finger quickly toward the place where the index finger and thumb are joined to make the circle. If the fingers joined together making the circle stays strong it indicates a yes answer. See figure 11 below.

![Figure 11](image)

3. If the index finger breaks through the circle as shown in figure 12 below this indicates a no answer.
4. Follow the steps listed in method one to determine whether this method works for you or not.

**Method 6**

In method 6 you will be checking the strength of a leg muscle.

1. While sitting down, lift one foot approximately 6 inches off the floor, while keeping the other foot flat on the floor. Place the palm of your hand at the top of your knee as shown in figure 13 below.

2. Press down on your knee with the palm of your hand as shown in figure 14 below.
3. If the leg stays strong and the foot does not move toward the floor it indicates a yes answer.
4. If the leg goes weak and the foot goes down toward the floor this indicates a no answer.
5. Follow the steps listed in method one to determine whether this method works for you or not.