

Energy Testing for ThetaHealing

by: Lyn E. Ayre, Ph.D.

Energy testing gives us valuable information. It has been estimated that the conscious mind represents only 10% of our mental capacity and the sub-conscious 90%. The function of the conscious mind is to deal with our day to day tasks, keeping us 'on top of our lives' with scheduling and various other tasks. The subconscious mind deals with our assumptions, attitudes, behaviors, beliefs, creative thought, emotions, experiences, habits, language, memory, moods, and skills. The subconscious mind is always moving towards pleasure and away from pain.



Using the pull method.

Finger Test: This shows the Practitioner using both of her hands to pull apart her clients' fingers. After asking the testing question, grasp the thumb with one hand and the index finger with the other then pull. If you cannot pull them apart that indicates a strong response. If you can pull them apart that indicates a weak response. Whether or not you want a strong or weak response depends on the question asked.

Shoulder Test: Practitioner begins by asking her client to say his or her name. They should test strong on this. Ask your client to keep their head still and cast their eyes down to the floor a few feet in front of them, as this engages the sub-conscious mind. Have them stick their arm out to the side of their body at a 90 degree angle. Ask them if there's any physical reason why you shouldn't push down on their arm ie: an injury or bursitis. If it is okay to proceed, place your hand on the other shoulder to steady them, ask them to say their name out loud, ie: say 'My name is Lyn' (if that is their name) **tell them to 'RESIST'**, and then using two fingers placed just above their wrist bone, press down lightly. It should be strong or may have a bit of a bounce. Then ask them to say, 'My name is Ralph' (if it is not Ralph). The arm should test weak and will easily go down to their side, as they lose power. Your body doesn't lie.

Self-Testing

There is another way to energy test that we can do for ourselves and here is the procedure:

Hydrate first. Face the north. Stand erect and bend your knees a tiny bit so you will stand steady when you close your eyes. Always begin an energy-testing session with a baseline question ie: when you say YES, you should test STRONG; when you say NO, you should test WEAK.

Simply ask a question or say a statement and see which way you tip. ie: “I hold the belief that I am not good enough.” If you tip forward, you do hold that belief. If you tip backwards, you don't.

The efficacy of Energy Testing:

Our thoughts affect us on a physical level. We can show this in a group by having one person think a critical thought about another while they test their energy. The subject will test weak. Then have the person think a complimentary thought and they will test strong. By showing this experiment to our clients, it brings home the idea that, if we can control or change our thinking, our physical energy will be much better. End with the practitioner thinking two positive thoughts to the client. Do the test silently and then share what you were doing with your client.