

Reminder about Muscle Testing with the Superconscious!

Would you jump off a cliff and try to fly if you believed your superconscious mind gave you a Strong muscle response indicating that you could do that?!

Hopefully not ...

Muscle testing is not an infallible source of TRUTH. For instance, an anorexic can test strong to, "I am fat," when in fact she is dangerously thin. Muscle testing is a measure of your subconscious beliefs, not necessarily objective TRUTH. You may be using it in an inappropriate manner. It is designed to be used modestly and conservatively, not as a direct, infallible connection to God/Spirit or your Higher-Self, especially when your intention is to get a response from the superconscious mind!

In fact, in Rob's own early stages of the learning curve with PSYCH-K, when he started to rely heavily on what he thought of as the superconscious mind, as a "substitute" for his own logical and intuitive reasoning, he got in trouble. He actually started to get inaccurate answers to various questions asked. They simply proved to be wrong! At first, he was disappointed and disillusioned. He even felt betrayed. Then he finally got the message! Don't use the superconscious mind as a substitute for "thinking" consciously or intuitively. It is not a substitute for common sense!

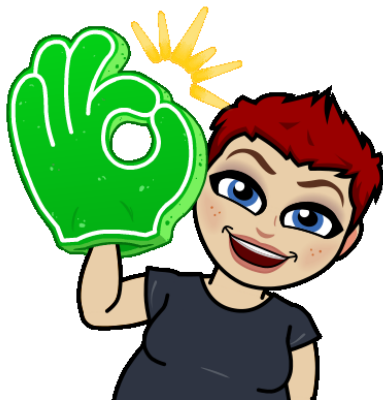
Muscle testing is not designed to be used as a diagnostic medical tool or trivialized in its use as in checking melons for ripeness, or what to have for dinner, or for answering "should I do this", or "should I do that" questions. Muscle testing for Ultimate Truth is an abuse and misuse of the method and is not a part of PSYCH-K. Muscle testing can definitely be affected by "wishful thinking", your mood, or your concentration in the moment, especially when the stakes are high, as in a disease process coupled with a desire for wellness, or a goal you are highly invested in achieving. There are numerous variables involved in who does, and does not, have a clear channel to their superconscious mind via muscle testing. You may have a relatively clear channel one time, but a not so clear channel another time. In fact, it is believed that it is probably quite situational. So, especially in important matters, use your conscious reasoning mind to compare the answers you get when you are muscle testing for answers with your superconscious mind. In Rob's view, the superconscious, as we call it in the handouts, is like a wise and benevolent parent. Good parenting is keeping the child from becoming overly dependent on the parent, i.e., teach the child to think for itself, not defer to the parent for all its answers! Unfortunately, muscle testing is getting abused in this way. If you learned something different from a PSYCH-K instructor, a small edit to your understanding is needed.

Another misuse is to go into surrogation for someone else (with what you think is their superconscious mind) and then ask questions that simply confirm what YOU already think is true about them, or for them. All that says is that your ego is probably playing the dangerous and misleading game of "See, I'm right!" Staying curious is not as easy as it sounds when you want to be right, or appear to be super intelligent, so it is advised to use this approach judiciously and sparingly to avoid the possibility that your ego is actually running the show! If you are really honest with yourself, you will most likely know when you are in a state of curiosity, or in a state

of, “See how smart I am, I was right again!” Rob used to do this, and he balanced to change that behavior and doesn’t use muscle testing that way anymore. If you could use a balance for this as well, as a facilitator, you know what to do next.

The use of our connection to the superconscious mind as a protocol and safeguard against goal statements that are not “safe and appropriate” for the individual to internalize at the subconscious level of the mind, is a useful process. Your superconscious will probably keep you safe, i.e., bring you no harm, even if the muscle test is Strong to the “safe and appropriate” statement, because that is its job, no matter how much you want a specific outcome. As the saying goes, “Some of the best prayers are the ones that go unanswered!”

Remember that PSYCH-K is designed to use your **conscious mind** to develop goals, your **subconscious mind** to carry out the change processes, (or Balances), and the **superconscious mind** to sign-off on the overall goal before Balancing for it. That’s its main job in PSYCH-K. Be very careful about using it as an absolute source of TRUTH.



Love, Light and Sacred Space,

Katherine Moyer

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