

body to 'Body'

The Science of body and Spirit communication

By Victor Dutro November 25, 2015

Introduction

Spirit Kinesiology or Spirit K, could be a special branch of Specialized Kinesiology, that enables an individual to access Spirit via the form or outer expression of Spirit. I call this outer form the body and the Inner Source from which all things flow (which includes the Soul and the Spirit), the 'Body'. In this presentation I will be as brief as possible due to the vast amount of detail and knowledge that lies behind this concept. I will not attempt to fill in the required knowledge and the step by step process that would enable a student to apply this technique and thus gain access to the Soul and the Spirit. This is an attempt to present the concept behind the actual process.

Background:

This concept did not just spring out of my mind out of the wild blue yonder but it was brought to my conscious mind based on years of study and training as well as a build-up of life experiences in a process of synthesizing years of Soul Guiding Revelations. I studied many of the Kinesiology available at the time and one in particular called Transformational Kinesiology. This used Kinesiology along with the Ageless Wisdom teachings and in particular the Alice A. Bailey books.

Kinesiology as I use the term is a bit different than what academia knows it as. To them it is the Science of Muscles in Motion. This type of Kinesiology is very much related to physical therapy used for rehabilitation of sports injuries and the like.

Our Kinesiology or Specialized Kinesiology (as we use the term) is used to balance the body's muscles (and energies) by a scientific approach of turning on and off the muscles. This was discovered by Dr. George Goodheart D.C. in the 1960's. Since then it has been discovered that this mechanism not only balanced the muscles but also gave access to other more esoteric information and systems far beyond the dense physical.

Meridians, Nadies and Energy Centers (Chakras) from Ancient Chinese medicine were incorporated into the process early on and this enabled even the most skeptical student to discover for themselves that there was a world beyond the dense physical body and that they could use this process of muscle testing to gain access to the inner workings of the body, the emotions and the mind.

Occult Science

The difference between the advanced students of the past and today is the difference between Mysticism and Occultism. Mysticism or the practical Mystic is the approach to Spirit or God via the idealism and devotion of the devotee and from this Love or Heart connection arrives at a connection between the devout student and Spirit.

This approach doesn't use the mind to any extent.

Today mankind has progressed in his/her evolution and the mind is more and more utilized and the requirements to gain access to Spirit is now through the use of the mind. This doesn't negate the use of the Heart as now the two work in unison to bring the Heart into the Head so to speak.

The Occult path begins after the students First Initiation and is a growing awareness of energies and forces behind everything. This approach studies the form and its Rules and Laws to arrive at the underlying energies and forces that were or are the cause of the manifestation of the form. So this process actually works opposite from the Mystical technique that distanced itself from form. The Occult uses form as the means to discover Spirit or God within. The object is to arrive at Oneness eventually.

Kinesiology uses form

The Kinesiology student learns to use the body's muscle response to gain access to the Body's knowledge initially to heal or balance the body's energy. The muscle turns on when energized and off when switched off. The beginning student is not aware of where this ability comes from and when they graduate to asking 'yes' and 'no' questions they don't know from where the answers come.

They are taught to use the muscle testing protocols to do specific tasks. There is no limit to what task this could be applied to. In the study of my own field of interest, it has been used to bridge the gap between the lower mind and the higher mind and to the Soul. This bridging process is called the Rainbow Bridge or the Antahkarana.

The Antahkarana

In the teachings of Djwhal Khul, (DK), the object of the Spiritual Path also referred to as the Path of Discipleship is to build this Bridge that connects the Lower Mind to the Higher Mind and the Soul. This Bridge of light is built via the use of mental substance, utilizing the imagination with light and love. Added to these is the will power which is the drive or determination to connect with God. This is no longer the desire of the astral plane but the higher aspect of Aspiration. The upper span of this bridge from the Soul to Spirit will connect the higher mind with the Buddhic and Atmic planes via the Spiritual Triad.

Master DK teaches that the imagination is a lower form of the Intuition. DK gave his disciple CDP the exercise of creating a garden using her imagination. This exercise was deemed important to teach her to use the imagination to develop her creative abilities in the use of mental substance. This is also important in the ability to connect to the Soul, the Master and Spirit.

When we couple our creative ability with our meditation practice I believe we build this bridge to the Soul and beyond. The objective is to integrate the Personality with the Soul which we call a Soul-Infused Personality.

Whether we reach the Soul using proper meditation procedures as when we use Raja Yoga Meditation or if we are assisted using the Kinesiology using Spirit K. there is the merging of objectives, both with the intent to communicate with the Soul and higher Spiritual Realms. The reader of this may not be convinced that this is possible but when one is properly trained, the two processes have more in common than one might think at first. Later I will describe some common obstacles that both will need to address. Both are procedures that use the inner workings of the mind. The questions to be asked in each protocol come from the same source and the answers do as well.

Character Building

The students of the Ageless Wisdom and the Teachings of Master DK via the 'Blue Books' the steps along the Evolutionary Path prior to the First Initiation is a preparation or development of Character or Character Building. As one learns the Raja Yoga Meditation there are steps that have to be built into one's nature. The Process includes the elimination of 'Hindrances', and the following of certain Rules and Commandments that bring the individual to a stage of preparation for accepting higher contacts. As given in the Meditation training, those Hindrances are 1. Ignorance, 2. Personality, 3. Desire, 4. Attachment, and 5. Hate. Each of these must be addressed and the student has to overcome these traits on the path of becoming the Yogi. These same limitations distort muscle testing and therefore should be part of the Kinesiologist's training as well. The same can be said of the Rules and the Commandments. The Rules are 1. Purification, 2. Contentment, 3. Aspiration, 4. Spiritual Reading, and 5. Devotion. The Commandments are 1. Abstention from Theft, 2. Abstention from Incontinence, 3. Abstention from Avarice, 4. Harmlessness and 5. Truthfulness.

Alignment is key

The sum total of training and Character Building is to instill a clear, trustworthy and steady vehicle or receptacle for the Soul and then the Spirit to utilize. This alignment process has been used in meditation for thousands of years and has a proven track record to bring a student of the Ageless Wisdom to a stage of enlightenment and connection with the Soul and/or Spirit. Beyond that of course is the goal of alignment with All-that-is. We all know of this process and its importance in the development of consciousness, the identification and the ultimate At-One-Ment.

What is not yet accepted by the general population or the scientific community is the fact that it is difficult to test and/or measure results of meditation. The students of the Ageless Wisdom can advocate meditation is a viable science but many still see it as pseudo-science at best.

I believe that Spirit K. using Kinesiology is a step that is needed to fill in the gaps between the physical realm and that of Spirit. This is only a tool to assist those that need 'Proof' at the physical level to verify those non-physical states of mind and beyond. Their body is used as the

required interface much like the keyboard and the monitor are used to translate the inner workings of the computers processes and calculations.

Up to now, the test results from one muscle tester to another, in some cases, have given skeptics the impression that muscle testing is not reliable or repeatable. It is my belief the cause of this inconsistency is the same reason people receive different impressions while meditating. The problem is that everyone is unique and everyone is at a different stage of development in consciousness. Alignment is as important in muscle testing as it is while meditating. Failure to do this Alignment opens oneself to getting wrong information or connecting with some undesired source.

The Scientific Approach to Spirit

Muscle testing is based on the body switching on and off an indicator muscle to answer yes and no questions. Those questions can be based on the physical body and its functions and this is the way most Kinesiology students use it. However, over years of self-testing I discovered that there is an intelligence within that wants to communicate and it can use the muscle testing procedure to do so. As it turns out, it is the same entity that I have contacted during meditation and this entity is called the Solar Angel.

The beauty of Kinesiology is that the new student can learn to properly perform muscle testing and immediately get a response from the body without going through years of special training. The body wants to communicate and it responds to stress/no stress tests, as well as yes/no format questions. I won't go into details here but it is important to consider other factors such as motive, intent and alignment, to insure accurate test results. While the new student is learning, the body makes allowances for a lack of esoteric knowledge and the omission of a rigorous preparation and alignment process. The Body actually knows what the student knows and uses this to allow a healing or body balance to succeed. As the student learns to communicate with the Body, the Body then can assist the process by leading the student to those lessons that are beneficial to expand the students' consciousness.

The student can see and actually feel the physical responses of the body as it switches on and off the indicator muscle. Any muscle can be used as an indicator but the heavy muscles become exhausted quickly so I use the fingers and specifically the middle finger and thumb to hold in a ring and then test the strength of that ring. (see pictures 1-4). I can switch the format from a strong response =yes/ weak response = no. I can also switch formats to what we call an 'indicator' format. Weak response = yes and a Strong response = no. The benefit of having these different formats is to keep the patient/client/testee neutral and keep them guessing as to what format is being used and thus which answer is being given. We want the 'Body' to give the answer, not the conscious Personality. To help facilitate this we can have the client say "I am curious, I am curious" over and over, as the test is being applied. This keeps their conscious mind busy and helps avoid interference with the Body communication. This process is taught in the classes on virtually all Kinesiology branches that I have witnessed or experienced. This is just part of the fundamentals of muscle testing. Some use silent muscle testing (just thinking of the question rather than say it out loud), but the International community frowns on this practice.

They believe that all questions being asked the patient/client should be put to the client verbally and out loud. They claim the client has the right to know what is being asked and can opt out or refuse to allow the test to go forward if for some reason it infringes on an issue that the patient/client may want to keep private. This is an issue of ethics. The Body would give the true answer without regard to the consequences of possible embarrassment or revealing the secrets of the client. It should be noted that Alignment is paramount here and I will explain why in the next section. The take away here is that the Body doesn't lie. I have attached several pictures at the end of this paper to show my self-muscle testing method. I like using the fingers as they don't tire as quickly as many other heavier muscles tend to do, but it's good to know how to test the others muscles.

The 'Body'

To a beginner, the initial muscle test response coming from the Body, is in most cases, believed to be just coming from the physical components, those of the nervous system, the nerves themselves, the cellular structure, the various systems within the anatomy of the human body, and its senses of touch, taste, hearing, smell and sight, are used to experience the outer world. These senses are hard wired within the body (note the use of the small letter b). These are the nerves plus the chemical, electrical and magnetic impulses that transmit signals to the brain for processing. The brain then transmits signals back to the various body components such as the muscles if movement is desired, or other bodily system. This is the automatic mechanism that is the result of millions of years of evolutionary development. The brain is in essence the interface between the dense physical and those regions beyond this basic elemental level of consciousness. Once a task is learned at this level it can essentially function without the need for guidance or decision making from other regions of the 'Body'. This aspect of the bio-system can be studied in any anatomy book and is beyond the topic I wish to present here.

Associated with this densest of the bodies are those regions that are more refined levels we know as liquids and gases, and beyond these we have the even more rarified energy levels we know as the etheric or vitalizing energy field that interpenetrates and surrounds the dense physical body. Beyond that we have the Astral planes and the mental planes all the way up to the rarest levels that are considered part of the Cosmic Physical Planes. We study these levels when we cover them under the topic of the Human Constitution and I won't elaborate on these in this paper. The point I do want to make here is that the 'Body' is inclusive of everything here and more. The 'Body' as I use the term with a capital B is the Greater all-inclusive matrix of energies and forces. It includes the dense physical, the emotions and desires, beliefs both true and false, glammers and illusions, the entities of various levels of consciousness both in incarnation and out, thought-forms, impressions, the Solar Angels, members of the deva kingdom of all grades, the Masters, chelas of different grades and Spirits of all grades of enlightenment, access to the Akashic Records and entities of the Hierarchy, Shamballa, the planetary logos, the solar logos and beyond. I am sure this is only a partial list but I hope you get the idea that to me the 'Body' or simply the Body is all of this. When I muscle test the body I get a response from the Body. When I meditate and ask a question I get a response from the Body.

There is no limit as to what can be accessed except by our own ignorance, wrong identification, our fears, our glammers and our illusions. As we expand in consciousness our capabilities increase to eliminate those hindrances that distort or disrupt the free flow of Spiritual Energy throughout our body at all levels.

As I have stated before, the Body knows everything about the body and its point in evolution. It knows what its purpose is and the Divine purpose that is to be unfolded in this lifetime. The Body is aware of what lessons are needed and how to bring those about. It knows what steps need to be experienced and mastered to enable the developing Personality to strive to join with the Soul and more.

As the Personality develops it learns the process of communication with the Solar Angel as well as recognizes its tone, color and frequency and thus avoids falling victim of being misled by some entity pretending to be the Angel. The Body includes all, the good and the bad. It is up to us to discover the means to discern the True from the False, the Real from the Unreal. This is why the process is dependent on our development of Character. The Soul and those of the Spirit express those qualities which are inherent in Un-conditional Love, Purity, Unity, Brotherhood and Selflessness. If the entity doesn't fit these basic characteristics then it isn't the Solar Angel and it isn't of the Spirit. This applies to both meditation and to muscle testing.

The Solar Angel/Soul is group conscious and it won't be directing our day to day decisions. The esoteric student can pay attention to the way Master DK teaches his Disciples to get an idea as to the way a master makes suggestions for the student to do something. There is never a directive to do this or that. The student is always given a choice and the decision is always left to the Free Will of the student to follow the suggestion or not.

Discrimination

As with meditation and also with muscle testing there is a need to be able to discern the Real from the Un-Real, the True from that which is false. Spiritual Reading helps to learn the Rules and the esoteric psychology underlying the energies and forces. It is important to live as a Spiritual Being as best as one can. The virtues that are developed and the ability to align with the Soul and with Spirit develop within one's nature the ability to know the Seven Rays (types of energies) and recognize them in all things. The student in time becomes the Occultist and proceeds upon the Path of Discipleship, the Path of Initiation and will finally become the Master of the Wisdom. How does one learn discrimination? Each student must take themselves in hand and develop those virtues, follow the rules and laws given and do what is required to purify one's nature of all hindrances and always be vigilant for anything that doesn't fit the quality aspect of Divine Love, Divine Intelligence or Divine Will. If what we are getting serves the little self or feeds its need for something and not serving others then that should raise a red flag that we are being misled. Dismiss this and work on one's alignment. Pure Love and Selflessness are needed.

Conclusion

Become an expression of more Love and Light. The Astral Plane becomes a tool to express Love and is a power house for healing energy. The lower mind becomes less caught up by illusions as it aligns with the Soul and Spirit. Replace negativity with its opposite and with that of Love.

Alignment with the Soul/Solar Angel or with Spirit is key to meditation and with Muscle testing.

I believe that muscle testing is the link between the body and the Body and once this is explored and better understood, it could lead to the scientific breakthrough that connects the dense physical to the Spirit. Science requires a systematic way to test and retest and get consistent results that can be used to validate if something has merit. Muscle Testing, I believe will be able to provide this 'Proof'. Work still needs to be done to train the Kinesiology students to properly align with the Soul. This implies that a certain level of development in consciousness needs to be attained as well. Today's students of the various Kinesiologies have a ways to go in this regard. This is the root cause of the different testers getting differing results rather than indicating a more consistent result. Kinesiology is a tool that if properly used can bridge the gap between the lower mind and the Soul and the Spirit. I see this as a compliment to Meditation not as a replacement. If a person needs 'proof' that there is something beyond the dense physical then Kinesiology, in my experience, provides that proof.

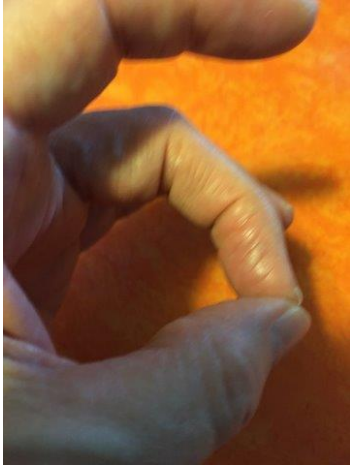
Does everyone need to learn muscle testing? No! Spirit K. has a place and is a tool that facilitates the Spiritual development. Once Soul contact is made on a consistent basis, muscle testing is no longer required except when teaching others. Then it is very valuable. I use it every now and then to check my impressions. It is easily accessible and fast. It is ideal to zero in on an item from a long list of possible choices. This is particularly useful for finding the emotion the Body wants to address and heal. Finding the age and the persons involved with the emotion is so easy to use, that we can find the culprit and resolve the issue in seconds or a few minutes. I have been told that in the field of psychology the protocol in common usage, currently takes many years to get to the root of a similar issue. Utilizing Kinesiology in their practice would revolutionize this process.

There is a need to be careful about teaching Kinesiology to those that would misuse it for selfish purposes. As it is now most of those branches of the various Kinesiologies are more concerned with its application to some aspect of the dense physical. This, in my opinion protects the hidden secrets within the Esoteric that could cause great harm to the student if a student were to misuse this tool for selfish purposes. The Law of Karma applies here.

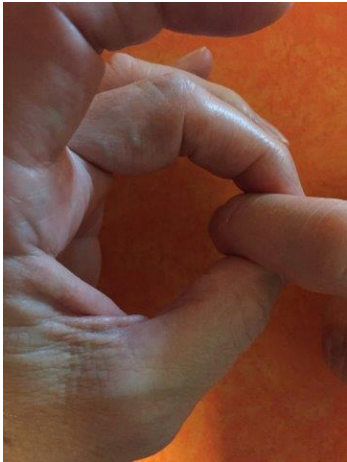
Those past a certain level of consciousness and with proper training in Character Building, learning the Rules and Commandments should also learn the fundamentals of Kinesiology and thus speed up their Spiritual Development and at the same time practice Raja Yoga Meditation. In my experience, they work together.

Kinesiology teaches the student to pay attention to the body and communicate with the Body.

So in conclusion we have a scientific way to communicate with the Body and through it, the Soul or Spirit depending on ones' level of attainment.



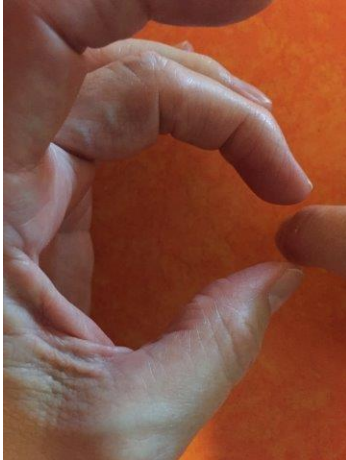
Picture 1



Picture 2



Picture 3



Picture 4

Picture 1 shows the ring to be tested. It is held tight and not voluntarily relaxed. The middle finger from the other hand is used to challenge the rings' strength. Shown in Picture 2.

Picture 2 shows a strong test result-the finger doing the strength test is not able to separate the thumb from the middle finger. The ring remains solid.

Pictures 3 shows the muscle is starting to give way indicating a weak muscle result. Note that the thumb and the third finger forming the circle are no longer in contact with each other.

Picture 4 shows the finger completely pulled through. At this point the thumb and the middle finger would snap closed. This happens really fast. I have stopped the motion to simulate the process.

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