

Spiritual Kinesiology (SK)

Adapted from *Getting Thru to Your Soul* by Phillip and Jane Mountrose

1. **Muscle Test:** Can use checklists from *Getting Thru to Your Soul* book/videos. Alternatively, the issue might already be clear and muscle testing is unnecessary; then proceed to Step #2.
2. **Set Up:** Pinpoint what you want to address. If the muscle testing revealed more than one issue or emotion, pick one to start with
3. **Evaluation:** Self assess intensity between 1-10
4. **Reframing and Anchoring (can be done on self or another).**
(The following is for SK on oneself, or you can direct the client to place hands on designated spots.)
 - A. Anchor: Think of issue and place left hand on left knee. After a few seconds, remove the hand from the knee.
 - B. Reframe: Either recall a positive experience, anchor soul's energy, or visualize the sun shining on a solid tree. Place right hand on right knee.
 - C. Remove right hand.
 - D. Think about nothing and place hands on both anchors (knees).
 - E. Remove left hand. (Collapses negative anchor into positive one.)
 - F. Remove right hand.
5. **Re-Evaluation:**
 - Take deep breath.
 - Then focus on original issue.
 - Measure the intensity.
 - If necessary, repeat the process.