

Verbal Questioning Skills

For Kinesiologists

Jane Thurnell-Read

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My thanks to John Payne for his support while this book was being written, for his attention to detail with proof reading, and for his questioning of my questioning.

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Reprinted 2004
Reprinted 2006
Reprinted 2009 (New Cover)

ISBN: 978-0-9542439-1-3

Published by:

Life-Work Potential Limited
Sea View House
Long Rock
Penzance
Cornwall
TR20 8JF
England

Tel: 01736 719030
Fax: 01736 719040
www.lifeworkpotential.com

Other books by the author:

Energy Mismatch

ISBN: 978-0-9542439-3-7, Life-Work Potential, 2004

Allergy A To Z

ISBN: 978-0-9542439-2-0, Life-Work Potential, 2005

Geopathic Stress

ISBN: 978-0-9542439-4-4 Life-Work Potential, 2006

Health Kinesiology: The Muscle Testing System That Talks To The Body

ISBN 978-0-9542439-6-8, Life-Work Potential Limited, 2009

Nutritional Testing For Kinesiologists And Dowzers

ISBN: 978-0-9542439-5-1, Life-Work Potential Limited, 2009

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INTRODUCTION

Asking verbal questions is one of the most useful skills for a kinesiologist to acquire – unfortunately it is also one of the most difficult.

More and more kinesiologists are now using verbal questioning for all or part of their work. Many kinesiologists who rely extensively on finger modes eventually find they run out of finger modes and so resort to the occasional verbal question. Some of the antagonism against verbal questioning voiced by some of the kinesiology community is to my mind clearly attributable to the fact that they have not been taught to ask precise verbal questions, nor had much experience of those who have.

Inexpertly asked verbal questions do not further the cause of kinesiology nor of healing. Correctly formulated verbal questions enhance any kinesiology practice and the well-being of clients fortunate enough to be exposed to this rigorous discipline.

If you have reservations, I suggest you start by studying this book, and then use verbal questioning in situations where you have a clear opportunity to verify your answers by monitoring what happens to your clients.

I first started when I was introduced to it by Dr Jimmy Scott. Jimmy Scott developed health kinesiology in the 1980's and is a master of verbal questioning. His teaching and insight started me on the long road (not yet completed) of honing my skills as a verbal questioner. Along that road I have made some spectacular mistakes.

Some years ago, when my sons were small, I was visiting my parents for a few days. One of the boys was being very obnoxious and trying everyone's patience, so I decided to do some work on him. His energy system insisted that the work had to be spread over two days. At the end of the first session I asked: "When will I notice a difference from the work I have done – will it be today?"

The answer was 'yes'. Further questioning indicated that the difference would be noticeable within a couple of hours. I was much relieved by this, but after a while my son's behaviour got worse and worse, and I was mystified because I had tested that I would notice a difference within a couple of hours. Eventually the penny dropped: I had assumed that 'difference' meant 'improvement'. Of course, I should have asked something like: "When will I notice the benefit / positive difference of the work I have done?"

On another occasion a client told me that there were reputed to be gold sovereigns in her very old house, hidden there by a long dead sea captain. She asked if I could help her find them. I didn't know if I could do this, but was interested enough to have a try. Using muscle testing I asked: "Is there any hidden treasure in this house?" The response was positive, and so, amid great excitement, we tested to find the exact spot. Finally we came to the conclusion that the treasure was under a large chest freezer in the basement. When the chest freezer was removed, hidden treasure was indeed found: a one-pound coin that had obviously rolled under there at some point! She did dig down into the earthen floor but found nothing further. My question had been about hidden treasure not about gold sovereigns. A more precise question would have been: "Are there any gold sovereigns buried in this house?"

I hope that you will use this book to improve your verbal questioning skills and to fast-forward your learning process on the back of my mistakes and insights.

This is a book for kinesiologists. Unlike most kinesiology books it does not teach you new procedures, important as these are. It is designed to help you develop confidence in your own ability to ask rigorous verbal questions in a wide range of situations. Whatever kinesiology you practice or are learning this will enhance that practice immeasurably.

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For many of the examples in this book I have used situations involving flower remedies, affirmations and nutrition. I have deliberately done this, because I want this book to appeal to a wide range of kinesiologists. The questioning skills taught in this book have much wider implications and applications for the way in which you practice. Please adapt this information to the particular type of kinesiology you use.

BASIC CONSIDERATIONS

Systematic Questioning Versus Intuition

One of the aims of this book is to help you to ask questions systematically. Many people rely predominantly or solely on intuition. But this does not always work. Sometimes your intuition is just not working very well; this particularly tends to happen if you are tired or disturbed in your own life. It may also apply when you are working on emotional problems for a client that are similar to your own emotional issues.

The Importance Of Intention

Many kinesiologists seem to feel that they do not need to be rigorous in their work, because their good intention will carry them through. Undoubtedly many times you will get excellent results even when your questions are badly formed, but some energy systems will respond very precisely to the question as it is asked. Also, if your intention is to do sloppy work, (and this is your intention if you are not prepared to exercise the necessary self-discipline to learn how to ask rigorous questions), you will get sloppy, unsatisfactory results.

Tuning Into Universal Knowledge

Some practitioners and students do not feel they need to put a lot of effort into understanding scientific knowledge, because they believe they can tune into 'universal knowledge' for anything they do not know. I accept that some people can do this at least some of the time, but many students and practitioners get very poor results relying on this external source. Monitor the results of this type of work particularly carefully. After all, if it were that easy and

reliable to tune into universal knowledge, we could all be brain surgeons as well as kinesiologists.

Pedantic Bodies

Some bodies are very literal in their interpretation of what you are saying. For example, look at this question:

- Do you need to take a flower remedy every day?

The muscle response from most people would be ‘yes’ if the person needed to take one or more flower remedies a day, but pedantic bodies may give the answer ‘no’ to this question if more than one flower remedy is required. Pedantic bodies often seem to be owned by pedantic personalities, so be on the look out for this. These clients really give us a chance to perfect our verbal questioning skills!

Silent Questioning

Silent questioning has several advantages:

- Clients cannot seek to influence the test results, as they do not know what questions are being asked.
- Asking silent questions is usually quicker than asking questions out loud.

The main disadvantage of it is that it allows sloppy questioning – when questions are not formulated out loud, some precision is lost.

Silent questioning also raises ethical questions about what questions should be asked. My own rule of thumb is that I will only ask questions silently that I would be prepared to tell the client immediately if they asked me what the question was that I had just asked.

Which Muscles To Use

You can use any muscle for verbal testing. I usually use the brachioradialis (in the forearm). Clients in general find this a very comfortable muscle to use, because when the client is lying down the upper arm is resting on the couch. It is also very easy to explain to the client how they need to position the arm for the test. Whichever muscle you choose use your normal techniques or checks to ensure that the muscle is responding predictably.

At times you will be doing an extensive amount of verbal questioning so it is important to use as light a touch as possible, and to change muscles if the client experiences fatigue.

Which Muscle Response Means ‘Yes’ And Which Means ‘No’?

In general a strong or locked muscle response indicates ‘yes’, and a spongy, weak or unlocked muscle response means ‘no’.

Using Statements Rather Than Questions

Some kinesiologists prefer to use statements rather than verbal questions. As I am a health kinesiologist, I am used to using verbal questions, but the explanations in this book can be adapted if you prefer to use statements. You will probably notice in some of the examples that I phrase the question by making a statement and then adding ‘Is this correct?’ on the end.

Initial Balance

Many practitioners work without checking that the energy system is balanced. This clearly works: clients do get better. Most of these practitioners are using finger modes, reflex points and challenging

to establish what is needed. My experience suggests that having the energy system balanced is more critical when using verbal questioning. Many kinesiologies have pre-checks, and health kinesiology offers a series of checks for different aspects of balance as a preliminary to undertaking any work.

Protective Devices

Sometimes clients will come in wearing a protective device, such as a programmed crystal or something to protect against electro-magnetic pollution. It is possible that such a device will interfere with the testing by masking some stressor(s). If this were the case, you would get a false picture from your testing. There are two possibilities; you can:

- Ask the client to remove the device.
- Check whether or not the device will interfere with the testing.

The first option is straightforward. In order to test for the second option, you have to take the device off, because if it were a problem it might interfere with the answer to the question asking if it is a problem! In general, as the client is going to have to remove it to test whether it needs removing, it is easier just to ask them to remove it for the session anyway. However, if you did want to check, you would get them to remove the item and then ask:

- Is there any reason why you should not wear the crystal during the session?

You might also want to test if the device is beneficial for the client. You can do that by employing similar questions to the ones discussed in the section on questioning procedures where clients are already taking supplements.

When Clients Are Pregnant, Extremely Ill Or On Powerful Medication

Many practitioners are nervous about working on people like this, because they are concerned about doing more harm than good, even though they know that muscle testing should take care of this. I tend to preface questions with the phrase 'bearing in mind', when I am working in a situation of this sort, e.g.

- Bearing in mind that you are six months pregnant, would it be appropriate for us to work together?
- Bearing in mind that you are on tablets for your high blood pressure, would it be appropriate to carry out technique X?
- Bearing in mind that you are seriously ill with colon cancer, would it be appropriate for you to take this supplement?

Although this is unnecessary, it does give the client (and me!) an extra layer of confidence.

Enlisting The Client's Help

Sometimes it speeds things up if you ask the client for suggestions, but sometimes their suggestions are misleading, or they forget about something important.

In one session I was trying to locate a scar. I asked the client where she had scars on her body, but none of these tested as being the scar that needed work at that moment. So I asked her what other scars she had. She was adamant that she did not have any more scars. I persisted, but she was still insistent too. Eventually I scanned her body to find the illusive scar. Testing said it was on her left lower arm and sure enough I found a two-inch scar there. Even when I pointed it out to her she told me she had no knowledge of it.