

# Your Body Knows

How to A.S.K. and why you should listen

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## THE TRUTH REFLEX

The human body, and its divine purpose, is NOT a mystery.

What *is* baffling is that humanity has been given access to the Source of Truth – to infinite knowledge and wisdom many times, and over the course of thousands of years, and we’ve said, “Thanks, but no thanks.”

## WHY?

Think about it. Why would someone NOT WANT to hear or believe the Truth? It’s actually quite simple. It’s easier NOT to. It’s more convenient NOT to accept the Truth. You don’t have to feel the feelings or make the changes that would be normal and natural if you saw and accepted what was really going on.

It’s called DENIAL. As long as we continue to DENY TRUTH, nothing will change – and for certain systems, lack of change, protects the integrity of the system, which is why change is resisted even if it’s desperately needed. In families, each member has a role to play and rules to respect. Members of the family system behave in predictable ways which are dictated and regulated by their role in the family. Maintaining the same pattern of behaviors within a system creates balance (stasis) in the family – but it can also lead to dysfunction. For example, if a husband is depressive and cannot pull himself together, the wife may try to absorb some of the slack by taking on more of the family responsibilities. This role change may, in the short term, maintain the stasis or stability of the family but it may also lead to feelings of overload, resentment, or inadequacy on the wife’s part which could damage the family in another, more permanent ways, in the long run.

Whenever we deny what’s really going on, there will be a corresponding result in the body – a Truth reflex, reminding you of the separation from truth. Get yourself worked up about the situation but chose not to do anything about it, your stress may cause you to literally feel “sick of it” – and the stress hormones may be sick feeling resentment, your body may feel physically ill.

Continue only to medicate your gastro-intestinal problems or migraines (forgetting about how they started in the first place) and the best you can expect is temporary relief. You’ll probably end up with a “chronic condition” or “syndrome” that’s untreatable – and a bonus dependency to the medication you were legally prescribed to treat the symptoms of what you were feeling and thinking in the first place.

As you can see, denying the Truth creates a downward spiral, yet this is the most preferred method of “self-defense” of the human species. On one level, this doesn’t seem to make any sense. On another, it’s perfectly logical. As humans, we are invested in defending and preserving “the SELF” -- the ego based concept that we perceive is us. We spend billions of dollars annually to look younger, appear sexier, perform with greater stamina – WHY?

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It makes us feel better when OTHER PEOPLE APPROVE OF US.

As much as this hurts to admit, the opinion of others has become the yard stick against which we judge our self worth. We have put our need for acceptance from others (via our perceived status, wealth, sexy body, young appearance, prolonged erection) before an obvious, fundamental first.

Whenever we rely on anyone or anything, we set ourselves up for dependence on that person or substance. We eventually become enslaved to that entity for “the way it makes us feel.”

What we crave most IS the connection to peace and love – a connection we’ve known all along – a connection we deeply miss but that we’ll always remember. We miss this because we have allowed our “self” to separate us from the ultimate Source of unconditional love, light, Truth, energy . . . God. We’ll remember this feeling, because it is intrinsic to our very being. It is the essence of who we are.

Our brain remembers The Truth – and communicates this awareness in subtle (and not so subtle) ways. Some people call it “a knowing.” Others refer to it as a feeling of connection. Some people can’t even find the words to describe it. **A.S.K. – Applied S.E.L.F. Kinesiology** – was designed to help people decode the body’s awareness so you can “tap-into” the conscious and subconscious memory and commune with the Truth inside you, ultimately reuniting you with the ultimate Truth that connects us all.

Although individual reactions may vary in kind and degree, the moment we deny what is in our highest good and deviate from the Truth, our brain-body will respond with measureable changes in the central nervous system. It’s as if the brain experiences a type of “allergic reaction” to falsehood and reflects this to us in the form of pain, discomfort, ‘dis-ease’ or some form of malfunctioning or imperfection on the physical level.

A **polygraph** (AKA a [lie detector](#)) is a machine that measures and records the changes in the nervous system when a person is asked and answers questions. Applied S.E.L.F. Kinesiology (A.S.K.) measures obvious changes and does NOT require a machine. A polygraph CAN NOT tell us if a person is lying. Neither can Applied S.E.L.F. Kinesiology. What they both CAN tell us is how a particular person's response's change when that person is under emotional stress. Since lying typically causes emotional stress, if we see changes in [blood pressure](#), [pulse](#), [respiration](#), [skin conductivity](#), [pupil dilation](#), it could suggest that the person is lying – however, it is NOT conclusive.

The idea that the thought of lying produces physical changes in the body is not new – nor is the desire to craft a way to measure such changes. In ancient China, a handful of rice was placed on the tongues of those suspected of criminal activity. “Dry mouth” caused by the cessation of salivation was a symptom of anxiety, and

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associated with lying. If, after the end of the prosecutor's speech, the rice on the suspect's tongue was dry, he/she was in big trouble.

In parts of Africa, a suspect had to take the "bird's egg test." They were made to pass a bird's egg to one another until the guilty party's anxiety triggered a lack of coordination and caused him/her to drop/break the egg.

For the last 25 years, A.S.K. has maintained the premise that the body reflects what the mind knows and has been attempting to validate it with case studies and empirical testing. Finally, we are seeing a plethora of research suggesting this and posing interesting questions with regard to the limits, ethics, and applications of bringing this technology.

A similar technique that neuro-scientists are now exploring is "brain fingerprinting." Based on the fact that the body unconsciously responds by emitting an electrical signal called a P300/MERMER when a person recognizes or remembers something. This confirms that the picture, object, sound has previously been logged somewhere in the brain's memory database.

The polygraph, brain-imaging and the majority of lie-detection technology can only indicate whether a subject responds to isolated stimuli. To arrive at a conclusion of guilt or innocence, one must defer to the operator's willingness to objectively apply principles of logic and reason. If applied appropriately, using scientific method, factoring general semantics, it is possible to remove the unaccounted for doubt in the equation and make brain imaging and traditional polygraph technology significantly more effective.

As with most advancements, it is the intention behind the use of the technology that is the problem. When A.S.K. was designed, it was designed to help people understand themselves and others better – to determine what was keeping them from having success – to increase connection and reliance with/on Source, first and foremost.

Neuroscientists and neuropsychologists don't mention the powerful application of this technology for non-criminals – for innocent people, wishing to heighten awareness of Truth on the personal, familial, local, societal, government, global, or spiritual level. It is true – brain-body mapping may be used against us by our bosses to see the real reason we were late or by media researchers to exploit our buying habits, or by the police to see if we are telling the Truth. But it's not up to neuro-ethicists to decide for us whether we should risk NOT having access to it. It is no more their decision to withhold this technology than it is their choice to allow us to have access to the internet.

The technology is here. The choice is ours. There will be people and entities that will exploit automated mind-body mapping technology – as there is with nearly all technology, but with Applied S.E.L.F. Kinesiology, the chances of that happening are significantly less because the success of the system relies on and in proportion to the integrity of the operator.

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**Applied S.E.L.F. Kinesiology (A.S.K.)** evolved over the span of 25 years. It was the result of ten consecutive years (1996-2005) of surveying the literature of leading neuroscientists, combined with the clinical observations of several hundred patients and thousands of students, that an exhaustive list of over 3000 emotions / beliefs / thoughts was generated as was their counterpart - the corresponding physical reaction/sensation that those emotions appeared to elicit in the body. Pairing the physiological sensation with the subconscious awareness that triggered became the basis for **The Vantage Point Awareness Typography (V-PAT)** a systematic method of self-awareness and acceptance. As it turned out, the **(V-PAT)** not only helped practitioners to understand their clients (and what was really at the root of the “problem”) but its user friendly format made it a useful self awareness tool for the client themselves.

Like with a polygraph, when a person lies, the body instantly sends a wave of physical reactions reflects .the - - when, all along, what we crave, is that feeling. That feeling of unconditional love. Peace. how “it way it makes us” feel, and to make our primary relationship an in a personal one. , first and foremost, love ourselves and to – how we intrinsically feel about ourselves, and more importantly, how we feel we stand in the eyes of our creator.

Applied Kinesiology is often debunked and considered quackery due to the myriad of uncontrolled variables left unaccounted for by untrained testers. Applied S.E.L.F. Kinesiology (A.S.K.), founded by Sally St. John, incorporates general semantics and scientific method, reducing probability of error and proving Truth by disproving Falsehood.

The scientific method is a series of steps designed to force the practitioner to reduce subjectivity and, in a sense, prove Truth by disproving Falsehood. By incorporating these steps in your testing protocol, you will think clearer, weed out unnecessary variables, and include important and often overlooked variables that must be ruled out to determine Truth.

It is most important to note that the order in which receiving these steps in is not written in stone. As we know, when muscle testing, like when conducting a traditional scientific or criminal investigation, there’s a tendency to shuttle back and forth between different phases of the process. For example, we’ll keep making improvements on our “ideal testing statement” until it tests strong, and this might occur all the way through the testing process, even after you’ve asked questions, established baseline, gathered information, etc.

The value of listing these phases, therefore, is not to train you to follow a strict order, but to remind you of the types of functions that must be covered and completed to keep variables in check and to keep our work as accurate as possible.

It is also interesting to note that the following steps are typically applied in a continuing and eternal cycle. As new information is gathered and analyzed, new

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conclusions are often found which suggest new ways of looking at things – new aspects of the original problem, or new perspectives that deserve to be tested as well. In other words, by continuing observation and exposure to Truth, what appears True to us may actually change as we are able to obtain more and more precise scientific and Truthful awareness.

What follows is an outline of the scientific method adapted for Truth testing. It is meant to be a GUIDE to assist you in moving closer to an allusive, subjective, “intangible” that we call Truth.

1. **A**sk a question
  - a. Wherever the **need for Truth exists, you can apply this principle**
  - b. When you need to know something, make a decision, get an answer, have a piece of information, the fact that you **seek knowledge** on any level
  - c. This can be any sort of need, difficulty, or curiosity that exists
2. **B**ackground Research
  - a. You can also test the character of an object, or attempt to explain an unexpected, or not well understood event or situation Get specific about what kind of Truth are you seeking (**what are you trying to do?**) and the technique you’ll be using to determine this, in our case, ASK.
  - b. Make a decision
  - c. Get an answer
  - d. Get factual information
    - A name
    - Locate and object or person
    - A calibration, Vantage point, etc.
  - e. A clear-cut, carefully phrased **statement is formed** related to the thing you want to test
3. **C**onstruct a Hypotheses: create list (menu) of possible testing statements
  - a. Include all possible combinations, solutions, outcomes, explanations, hunches, guesses, theories, ideas
  - b. Include CONA
    - Combination, Other, None, ALL for possible solutions.
    - Specification of the particular learning outcomes, abilities, or other characteristics to be evaluated or assessed--the hypotheses or objectives to guide the collection and analysis of results.
4. **D**o the Testing
  - a. Exhaust step 3, so no stone is unturned
  - b. Generate ideas, situations, problems that may give additional opportunities to rule step 3 criteria in or out

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- **Write everything down**
  - c. Provision of a means for obtaining a record of the behavior.
  - d. **Start testing**
  - e. Scoring on our **standard scale of 0-10, 10 absolute YES** and track results.
  - f. **REPEAT YOUR TEST**
    - Double blind test and record your results
5. **E**xamine Results:
- a. **Evaluate your results by comparing them** with your original statement and any suspected outcome you may or may not have had in Step 3
  - b. Write your findings down, no matter what you get
  - c. Draw a conclusion about your results, even if your conclusion states that you realize that you made a mistake, and that you need to repeat your test
6. **F**inalize: Conclude and Summarize your results
- The solution is then double blind tested and evaluated in the light of our original expectations and based on that score expectations for future needs and applications are considered.

Despite the fact that we train people to detect and uphold Truth by respecting and incorporating general semantics and scientific method, the potential for error always exists when searching for Truth about experiential concepts, futuristic themes, or questions that address moral, ethical, or aesthetical import.

Our mission is to demonstrate to those who genuinely want to know, that the Truth does exist – and that there's a way to access it by comparing it (and your body's reaction to it) to falsehood, so you can recognize it when you see (and feel) it.

Knowing the difference between Truth and non-truth will give you a timely and powerful advantage to make objective, important, decisions in a time when we, as a people (and country) need it most.

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