

Within the NET process, the practitioner uses the manual muscle test as a tool to help identify associated *involuntary physiological* responses. Just as it is normal to tap below the knee and have an *involuntary* Patellar Reflex response, similarly the muscle test can be used to evaluate an *involuntary physiological* response to various stimuli, such as physical contact or verbal stimuli.



This type of testing has been scientifically validated and it is classified as a 'functional neurology' muscle test.

It is important to note that when doing NET the muscle test is never used as a 'yes/no' or 'true/false' indicator, and it is never used to verify the past or say 'what is', nor is it ever used to predict the future or tell anyone what they should or shouldn't do.

Another important note: Within the NET process, the muscle test is *always* considered to reflect the patient's EMOTIONAL REALITY, as it may or may not correspond with actual or historical reality. In fact, science has proven that pieces of our memories are often stored together with other associated memories, and later when a memory is recalled, we frequently add some of those other pieces that did not originally happen! Thus, the verbal cues within the NET process are purely used with the objective of determining the presence or absence of an involuntary physiological response to the semantics being utilized.

In addition to verbal cues, the muscle test can also be used to determine if there is an *involuntary physiological* response connected with a physical touch or contact. Examples include areas of the body that may be holding trauma or areas that have associated meridian points, such as an active acupressure pulse point on the wrist.

The manual muscle test is an important component of the NET process. It's a valuable tool that helps the practitioner find unresolved trauma and stored patterns of stress that can interrupt the body's natural ability to heal itself. Once identified, NET helps connect the mind and body in a way that allows for the restoration of physical health and the release of stress-related issues.