# USER MANUAL

## MindLINK TEST® Software

## Online/Offline Version

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# MindLINK TEST Software

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## „Psyche as cause of illness" – decoded with the MindLINK TEST®

It is possible that parents and educators, as well as our own experiences and personal circumstances, communicate both positive feelings and instill negative programs as well. We all know phrases like "You won't succeed!", "You are not worthy.", "I don't like you!", and so on.

These are negative programs that can become entrenched in the subconscious and are inaccessible to rational corrections. They work as blockages and hampering censors to any positive countermeasures. These blocked emotions reduce our mental stability and our tolerance to stress. Stress, annoyances, and overloading may affect our mental and physical well-being.

The MindLINK TEST software helps us to determine these mental and emotional blockages that exert their psychological and physical effects in a quick and specific manner. It facilitates individual diagnoses and serves as starting point for any kind of therapy.

In addition, the integrated MindLINK TEST treatment efficiently balances these mental blockages and problems by means of positive affirmations.

## Patent-registered transmitter technology

The MindLINK TEST software is a database consisting of various test elements that refer to mental and emotional dynamics and blockages. Every element is connected to an audio file. The central component of the MindLINK TEST software is its specifically designed MindLINK SPOT transmitter spool.

MindLINK operates via a patent-registered transmitter technology based on Tesla coils. The MindLINK SPOT transmitter spool converts the software's audio file into a mind field. The MindLINK spool or MindLINK earphones are plugged into the audio output of a personal computer (PC) or a notebook. In this way, the information is transmitted directly to the client's subconscious.

The doctor/therapist is then able to check the resonances of the inner mind and detect blockages that are buried deep in the subconscious. A percentage score can quickly determine the intensity of a blockage. Simultaneously, it is also possible to test the various layers and low-lying backgrounds of a behavior pattern.

The positive affirmations that are tested  are saved as an MP3 file and exported to an iPod, MP3 player, or CD-ROM. Thus, the client can repeatedly listen to these positive affirmations via his or her MindLINK device (SPOT, POINT, PHON, WALL) whenever and wherever – it is at the client's convenience.

Depending on the therapist's practice, the positive affirmations can be carried out simultaneously with other treatments, thus enforcing their effect. For example, these positive affirmations can be delivered during an acupuncture session, cranio-sacral therapy, infrared light and magnetic therapies, Chakra therapy, massages, and so on.

## Areas of application:

•Serve as the basis for any kind of talk therapy
•Examine the underlying causes of learning problems and a lack of concentration
•Be used in addiction treatment (e.g., nicotine)
•Reduce anxiety (e.g., fear of flying, fear of spiders, fear of water, etc.)
•Provide weight loss assistance
•Offer coaching and personality development for employees and athletes
•Solve motivation problems; improve personal efficiency and creativity
•Develop individual success strategies
•Solve traumata (e.g., birth trauma) and work-related blockages such as burn-out
•Be used in the treatment of syndromes
•Help identify self-inflicted sabotage programs and psychological reversals
•Help identify behavior patterns resulting from family dynamics and past contexts

Since this program is based on the testing of inner resonances and is connected to an individually appropriate remedy, even the smallest impulses can have a strong impact. Capabilities in efficiency and creativity can be used more fully, without afflicting one's vitality and joy of living. This program can prevent early declines in efficiency, a lack of concentration or energy, fatigue and melancholy, or it may resolve these issues via simple means.

## Users:

Doctors, psychologists, psychiatrists, naturopathic therapists, therapists, life coaches, and coaches

# MindLINK User Manual

# 1.2

## Setup

The most important part of testing with the MindLINK TEST software is its approach to a certain problem – the Setup.

The therapist has several possibilities when setting up this program:

### General file:

This is the simplest approach, as it is broad and not very specific. This method can be chosen if the client does not have a specific problem he or she wishes to address.

Procedure: The client says "I am completely healthy." This information is locked in via XY Line. Test for the appropriate score and then begin directly with the test elements in test window 1.

### Therapy localization (TL):

This method is mostly used when a client has physical complaints. The client touches the area of pain or moves the joint until he or she can feel the pain (shoulder, knee, etc.). The therapist pulls the client's arms. The client likely shows uneven arm length (due to stress, which the pain causes). The therapist locks in this uneven arm length via the XY-Line.

**Examples:**

•A joint moving until pain is felt.
•Clenching/pressing teeth: the client moves his or her jaw back and forth, or he or she presses the upper and lower jaw together.
•Asthma/problems with respiration: the client is coughing.

### Visualisation:

Many clients are not able to put their problems into words. Therefore, there can be a more accurate approach to a problem, if the client visualizes a specific situation, a person, and so on. Give the client a moment to concentrate on the topic at hand. Tell him or her to nod, when the visualization is present.  Now, pull the client's arms. If the client is visualizing the correct stressful situation, he or she will show uneven arm length. Lock this in via the XY-Line.

## Counseling:

The therapist can also speak with the client about a specific problem, as well as to address specific questions. While talking, the therapist can pull the client's arms and observe, how the arm length difference becomes bigger the longer the client speaks. At a certain point, the therapist can lock this in via the XY-Line. While the client speaks, the rational and subconscious elements of a problem are combined.

## Photograph/Film:

One of the most effective methods for a setup is watching a film. For instance, an athlete is watching how he performs (skiing, soccer, etc.); the therapist can pull the athlete's arms, while the athlete is watching himself performing. At that point, the therapist can lock in the instance when the athlete shows different arm lengths.

## Activity/Performing:

Watching one's own performance on film is almost the same as evaluating the performance directly. As the golf player putts, the tennis player serves, and so on, this performance can be locked in. This is a great tool to find out why an athlete cannot achieve his full potential.

## Test Element from the MindLINK TEST Software:

One also can lock in a new setup using a test element that is directly available from the software.

*Examples:*
*Birth: provide access to a possible birth trauma*
*Allergy meridian: provide access to the psycho-emotional causes of allergies*
*Skin meriadian: can be used to access the psycho-emotional causes of e.g. neurodermatitis and other related conditions*
*„Blockages in the health dynamic": all test elements within this category can provide information about a possible psychological reversal. In cases where the therapist suspects that the client does not want to heal intentionally, one can begin the session with this element during Setup.*
*„Periode of time": determines wheter the onset of a chronic disease occured at a certain age.*

## Developmental phase 0 – 6 years

Experiences that occur during this period are important for the rest of our lives. Most of the experiences are registered subconsciously, but they later influence rational decisions. These experiences (good and bad) cannot be accessed with the previously described setups. The setup that occurs during this period of life may be as follows: the client must suck like a baby when drinking from the bottle – lock this in via the XY-Line.

With this type of Setup, one usually finds a maximum of 2–-3 blockages and only one or two positive affirmations to balance these blockages. The client usually describes that the found blockages are his most hindering and bothering experiences or situations of his entire life.

## A Sentence for a Specific Topic:

A good example of a specific sentence is the following: "I want to lose weight.".  This is the intention of many clients, but it is not specific enough for the mind. If the client lost 500 g, the solution is already accomplished, because weight is lost. It is much better if the client selects a specific number. , such as "I want to lose 5 lbs. of body weight." Always have the client select a realistic goal! In this type of case, continue working with the client and go step by step (for instance, aim to have the client lose 3–-5 lbs. at a time during the course of the weight loss program).

It does not matter, which Setup the therapist chooses; after locking it in via the XY-Line, the score of this new Setup is verified with the test software. An initial setup is only worth working with if it has a resonance of 80%, 90%, or 100 %. With MindLINK TEST, we do not test for priority, rather,  the priority has the highest score.

**Example:**
If a client has several "important" problems, lock each problem in and verify which one has the highest score.

Note: In this case, every time the therapist locks in a new Setup in order to determine which one holds the highest priority level, one has to also lock out the setup.

**Locking out procedure:**
The therapist strikes in the client's energy field from the episternum down to the umbilicus.
This procedure has to be performed with the client's eyes both closed and open.
After locking out, the client has to show an even arm length. At this point, the therapist can create a new setup with the information that had the highest score (i.e., the one that was of the highest priority). The test begins here.

When a major problem that has a high score is balanced and treated with positive affirmations, the client's mind is able to gain new capacities and can balance small blockages by itself. By using positive affirmations and opening up deep layers of problems, the client is able to effectively expand the so-called knowledge frame, which can also be called the power of self-healing.

## Testing with the MindLINK TEST software is performed as follows:

1) Setup the problem/blockages as described above.

2) With the resulting score, the therapist can identify how important the problem is.

3) Once the score is obtained, the first Setup is stored, and the four test windows automatically open.



**"Setup: Harmonization"**

This element is used to harmonize the client if he or she switches during the pretest.

**"Setup: Surrogate Test"**

This test element is only used for the Setup for a surrogate test.

– For more detail, see page 33 & 34.

**"Blockage of physical dynamic"**
the actual test begins with this first main category

In blockages, the test always begins with a "physical dynamic". These blockages represent the physical, shallower level. If this category has no resonance, one can assume that there is no physical blockage affecting the psychological problem in the first setup.

**"Blockage of personality"**

If this main category shows resonance, the category is then opened up, and within this category the test elements are ALWAYS tested one by one. For the test element that has resonance, the appropriate score is tested and it is then automatically transferred to test window 2. When all test elements in "Blockage of personality" are tested for resonance, a new Setup has to be created if some are stored in test window 2. Click on the "Play Setup" button below test window 2 – pull the arms – even arm length – locking in via the XY-Line – deactivate the "Play Setup" button and pull the arms again. Now the client should show uneven arm lengths.

What may also occur is that the client might not show resonance in this first category. In this case, continue testing the main categories one by one until you find resonance – i.e., even arm length. At this point, one can quickly test the various subcategories and many test elements by activating the button "Blocktest". Continue testing until the score is automatically combined with a single test element; this element, which shows resonance, is then transferred to test window 2. Whenever a test element + score are transferred to test window 2, a new setup has to be created.

**Procedure:**

✓ Activate the information in test window 2 by pressing the "Play Setup" button below test window 2 (blockage selections).

✓ Lock in the new setup via the XY-Line.

✓ The therapist can begin checking the main categories again,starting with "Blockages of emotional dynamic".

**"Blockages"**

Test window 1 contains the different categories of the negative, blocking test elements. Each test element could fit into each category. In order to receive an overview of and to allow for fast and precise testing, we had to add more than 1000 negative blocking test elements into the categories; these main categories were then divided into subcategories. A "+" in front of the category means that there are additional details in various subcategories. Looking at the final test results, one must not concentrate on the main category, but rather on the final detailed test element. The test results must not make sense to the rational mind – with the MindLINK TEST software we should be testing the subconscious mind; if we rationally understood things, we would not have to consult a therapist. It is thus more important to focus on the positive affirmations that are found.
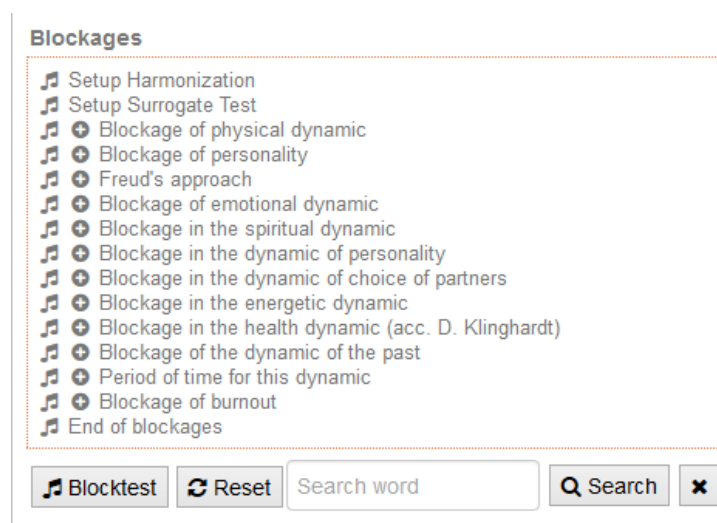


**Note:**

With the negative test elements, do not start with the "Blocktest" at first. Rather, start testing each main category one at a time. This part of the test contains too many negative elements/blockages and could stress the client's subconscious too much.
When a primary category with resonance is identified, open this category and then start the "Blocktest".

The testing process with the MindLINK TEST works in layers. Once a negative test element is found, a new setup is created and locked in; the client then gains access to the next and deeper level of a problem (for more detail, see page 22 - 32: MindREFLEX). When 5–6 blockages and their scores in test window 2 are stored, one can verify whether this test already identified all of the blockages with the test element "End of blockages".

**Procedure:**

✓Test window 2 – Play Setup (5–6 blockages are listed in this test window).

✓Pulling the arms = EVEN arm length (compliant to all listed blockages).

✓Locking in via the XY-Line.

✓Pulling the arms = UNEVEN arm length (stress of all uncovered blockages).

✓Activating test element "End of blockages".

✓Pulling the arms = EVEN arm length (compliant; for this test, all necessary blockages are found).

✓Pulling the arms = UNEVEN arm length (not all blockages are identified; continue testing).

Caution: DO NOT store the test element "End of Blockages" in test window 2. Test window 2 is used for new setups, and this element is not adequate for a setup.



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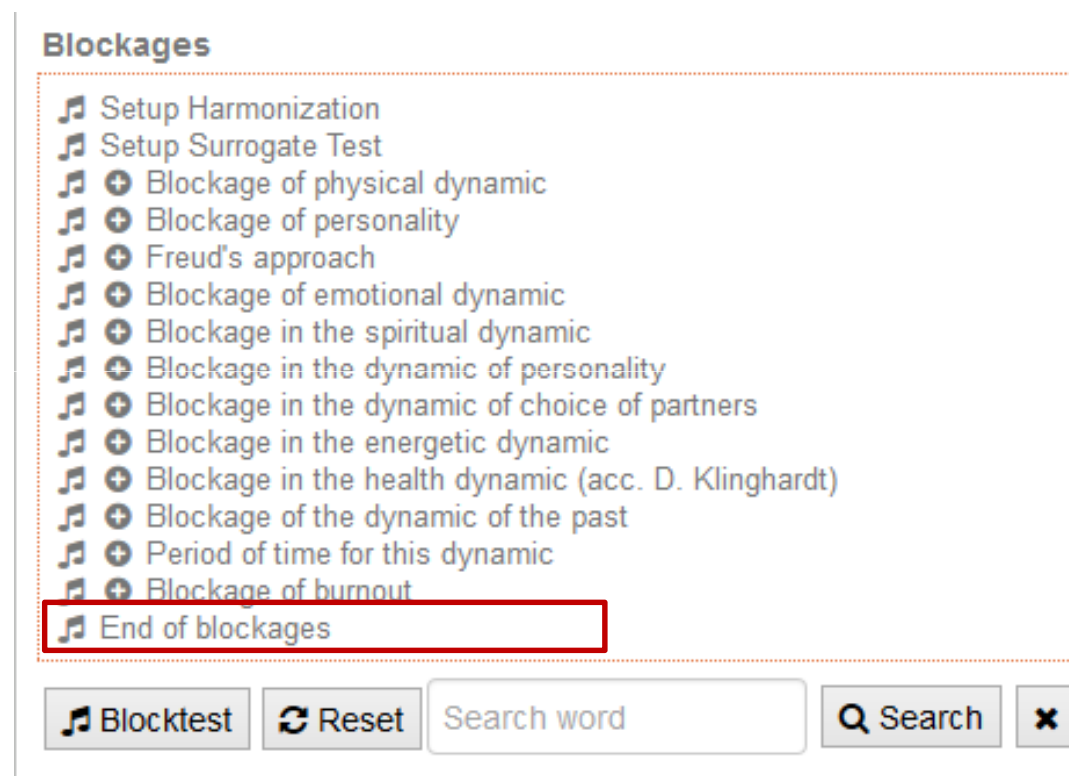
When all blockages are tested and identified, switch to window 3, "Solutions".

First, we begin to offer music and sounds of nature. With these in play, the hemispheres of the brain can be harmonized; in this way, better inner order can be established. Better inner order means better access to self-healing.

The Kirlian photographs show the effect of classical music played through the transducer loops of the MindLINK devices (WALL, SPACE, PHON, POINT, and SPOT).

Figure 1: Condition BEFORE the application of classical music with a MindLINK device. Here, we took a Kirlian photograph of both hands and feet, and it is very visible that there is very little energy flow in the meridians. The inner order of this client is extremely low and it shows an imbalance between the left and right sides of the body and brain hemispheres.



Figure 2: Kirlian photograph following the AFTER 5 minutes music application – inaudible via the transducer loop.
Now the energy flow in the meridians has improved visibly; the tips of the client's toes and fingers have equal and strong contours and the imbalance of energy has disappeared.
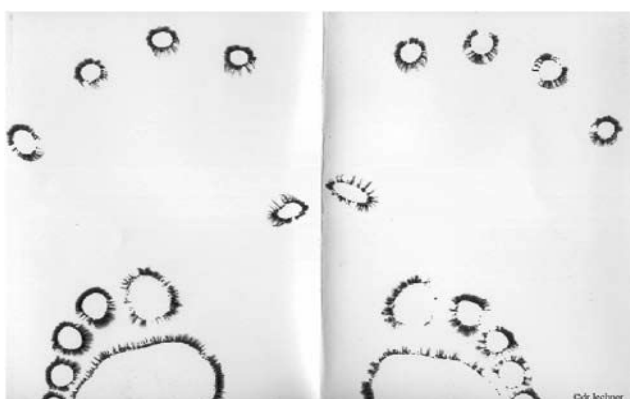
After balancing is achieved with classical music, the client can listen to the tested affirmations with his MindLINK device. Since the imbalance is harmonized, the client is now in a state of a better inner order, and therefore the oncoming positive affirmations are much more effective.
In MindLINK TEST, we offer classical music and sounds of nature prior to delivery of the affirmations. In cases where a client has an imbalance and requires such balancing, the subconscious mind will show resonance. Sometimes a client needs various pieces of music or sounds of nature to achieve this balance.
If a client requires such harmonization, then in addition to the positive affirmations, one can always recommend playing classical music 1 or 2 times a day for approximately 15 minutes with the MindLINK device. This particular type of client has an imbalance in his energy flow and needs some extra support in order to be able to process the specific treatment with his individually tested positive affirmations.

With the positive affirmations, we provide the subconscious with solutions to which it does not have access, especially since the inner knowledge is blocked. With this process, the "Knowledge-Frame" is extended or accessible again.

**The test in test window 3 is performed as follows:**

1) Begin with the last setup from test window 2: client shows UNEVEN arm length.
2) Click on "Music and sounds of nature".
3) If EVEN arm length = "Yes", the client resonates with the music and sounds of nature.
4) As soon the piece of music, which has resonance, is found, check for the appropriate score. Also, only 80%, 90%, or 100% scores are relevant.
5) The result is automatically stored in test window 4.
6) At this point, change to the first affirmation category, "Basic affirmations". Continue testing as described under step 4. Also, first check which main category has resonance and then open up this category and start testing in "Blocktest"
7) As soon as one affirmation in a category is found, test for its score and store the affirmation in test window 4. Always continue testing with the next sentence in the same category. It could be that more than one positive affirmation in the same category resonates.
8) When 6–7 positive affirmations are stored in test window 4, check if all necessary affirmations are found. Click on "End of solutions". Pull the client's arms; if UNEVEN arm length is noted (the stress of all blockages locked in), activate the test element, "End of solutions".
9) If EVEN arm length is noted (agreement is when affirmations are identified in this test), the test is finished. Pull the client's arms. If UNEVEN arm length is noted (not all necessary positive affirmations are identified yet), then continue testing in "Solutions" until the client shows EVEN arm length, indicating resonance with the test element, "End of solutions".
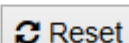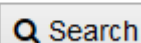
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**Important:**

In Window 3, NOTHING is locked in via the XY-Line!



We have to discuss the interpretation of what happens when different positive affirmations are found:

Presently, the inner self has negative programming. Therefore, the positive sentence, "I accept my needs and express them openly", is currently imprinted in a negative manner in the subconscious mind of the client: e.g., "I do not accept my needs and do not express them openly". Listening to this POSITIVE AFFIRMATION repeatedly with the MindLINK device changes this negative programming into a positive belief.

At this point, test window 3 requires further explanation.

## Affirmations – male and female voice:

All positive affirmations are recorded with a male and female digital voice. The rationale behind this is idea was that a male conscious field is different from a female conscious field, as they are different concepts. Also, different individuals (male and female) had imprinted a blockage into the mind of each client. Our idea was that we should use the same gender that caused the blockages to reverse these blockages. Using the same test and with the same problem, it is possible that affirmations recorded in both male AND female recordings are tested. It is important to note that the gender of the affirmations is usually not connected to the gender of the client.

Of course, the tested affirmations could always be interpreted in different ways. Interpretations are very dependent upon the therapist's type of practice. In this software, we integrated assistance to guide the interpretations in order to explain our intentions for each test element. The blockages and affirmations cover a wide field of different schools of thought and teachings. In addition, each element could fit into different categories. In order to allow for rapid testing, we created main categories and subcategories. Therefore, do not focus too much on the primary tree. Rather, focus on the final test element and its interpretation. We recommend NOT giving the client the sheet with the blockages. Only hand out the sheet with the positive affirmation. People tend to focus on the negative. Interpretation without expert knowledge is difficult and could lead to dangerous consequences.

Also, it is not important that the findings do not "make sense". These are test results of the subconscious mind and should not be analyzed with the rational mind. The client should try to focus on the positive and listen to the found affirmations with the MindLINK devices.

**Brain Power:**
The affirmations in the category have greater connection to the client's energy levels. For instance, with the stomach meridian, this affirmation provides a hint to a connection with this meridian. In this category, one hint is that the blockages occur more at the energetic level (energy flow in the meridians) at the stomach itself. An acupuncturist could also treat this meridian for the best effect. One could also stimulate the beginning and end points of this meridian (touch for health).

**Fit for Learning:**
The main focus is learning. If these affirmations have tested positive for children, it likely concerns topics around school, learning, etc. With adults, it refers to the school of life, and how well the adult copes with new and unknown situations.

*Examples:*

Affirmation for parents: "I listen to my child". This means that adults should better look after their "inner child".

Memory: "I remember what I have read and share it". Clients often have problems understanding and repeating what they read or hear. This affirmation is indicative of such a problem.

Arithmetic: "I am concentrated and confident". The adult client needs this affirmation if he is not doing well with numbers; this not only applies in a commercial context.

Language: "I understand vocabulary and text". This means that the client often has problems coping with something new and unknown, and has difficulty accepting rules (grammar is rule-based).

**Mind–Body Harmony:**

The affirmations in this category integrate the mind and body. They provide suggestions regarding blockages related to more physical elements. Sentences like: "I love and accept my legs", or "I love my third chakra" do not sound very spectacular, but obviously the subconscious holds negative feelings about this organ, as it causes blockages that must be balanced.

**With Motivation to Success:**

Theses affirmations are for reaching goals, conflict management, ego power, communication, coping strategies, relaxing, harmony, and much more.

**Sexuality and Partnership:**

These affirmations are not only for sexuality, but also for healthy partnerships and social contacts.

**Affirmation Elements:**

This is where affirmations for the five elements (TCM) are listed.

**Fear and Pain:**

Coping with chronic pain, fear, and phobia is difficult. This category has special affirmations for these topics: coping with pain and fear, self confidence, calmness, etc.

**Life Plan Affirmations:**

With these affirmations, issues of a life plan are balanced – for example, not letting go of something; trusting intuition; extreme need for safety; establishing one's own comfort zone; etc.

**Positive Emotions:**

The idea behind this category is that sometimes a client does not have resonance to a special affirmation, but rather to a feeling. Feelings can also be out of balance. The guideline is the universal knowledge.  However, a feeling can be out of alignment with this universal knowledge. One can be too needy for something, or he or she avoids a certain feeling. This single emotion/feeling brings one back in connection with the universal knowledge/neutral state of an emotion.

**Treatments and Therapies:**

This is where the different therapy methods are listed, which support and enhance the process of balancing (e.g., acupuncture, workplace improvement, etc.). These provide hints as to what should be changed, or at least looked at, in order to lead to optimal outcomes.

**End of Solutions:**

As soon as five or more positive affirmations are stored in test window, the therapist can verify whether all balancing affirmations have been found with this test element.

For all affirmations in test window 3, a score is tested as well. Only affirmations with a score of 80%, 90%, or 100% are stored in test window 4.

Sometimes it might be that no specific affirmation can be tested and that only the category shows resonance. In this case, test for the appropriate score for this category and store it in test window 4. This means that either the subconscious does not have resonance for the provided affirmations, or that the mind is not ready for more. The mind knows what needs to be balanced, but it cannot select more specific elements at this time.

Both situations clearly show that with MindLINK TEST, manipulation is not possible. If the subconscious does not resonate with the offered solutions, they are not paired.
Also, the therapist cannot overstrain the mind and can never test blockages and affirmations that the client is not ready to work on.

## Concluding  the MindLINK TEST:

When all resonating positive affirmations and solutions are found and the test is finished, it is now up to the therapist to determine how to treat the client.

The therapist can speak with the client in great detail about the blockages and affirmations that were found, and the therapist can begin counseling.
In this case, we recommend playing the positive affirmation via a transducer loop while speaking about the test results. This allows the client to cope more easily and to gain a better understanding of the test results. We can usually see that the clients will open up much easier and have better access to their inner selves, while seeing connections.

Depending on the practice, the therapist can provide acupuncture, engage in cranial or osteopathic manipulation, provide a massage, touch for health, offer light or magnet field therapy, etc., and the affirmations can be played during the treatment or following treatment via a transducer loop.

Additionally, the client should listen to the positive affirmations via a transducer loop at home – this is one of the most effective methods. At the end, simply test how often and how long (e.g., 2–3 weeks, 5 minutes per session, etc.) to apply the treatment. With MindLINK TEST, it is possible to export the affirmations as an MP3 file and send them via email to the patient.

# MindLINK TAP

If the client wants to contribute actively, he or she can use additional "tapping" techniques. MindLINK TAP is a powerful technique for at–home use. With this tapping, the endpoint of different meridians is stimulated (like EFT/BSFF ). The tapping enhances the energy level of the meridians, which enhances the self-healing power; the energy flow that is blocked is released through tapping.

First, the client must lock in the subjective problem that is being felt by repeating the primary problem in that moment.

**Procedure:**

✓First, the client must "phrase" his or her problem:

✓While the client is rubbing meridian point Ki 27 three times with two fingers, he or she says:

✓"Despite … problem … I deeply love and accept myself."
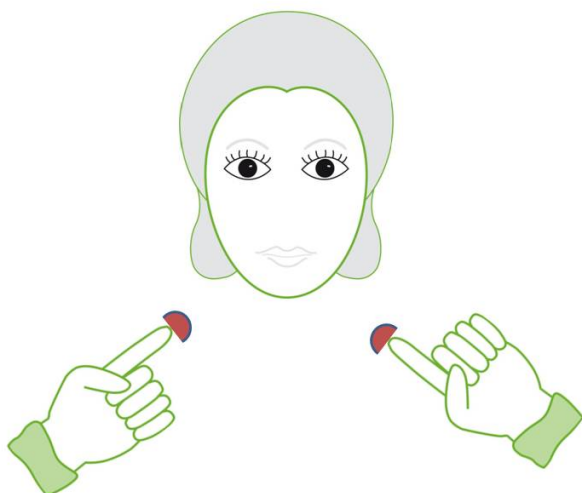


✓After this, tap each meridian point, as noted in the diagram below, for a total of seven times while repeating the problem with only one word ("Problem, Problem….").
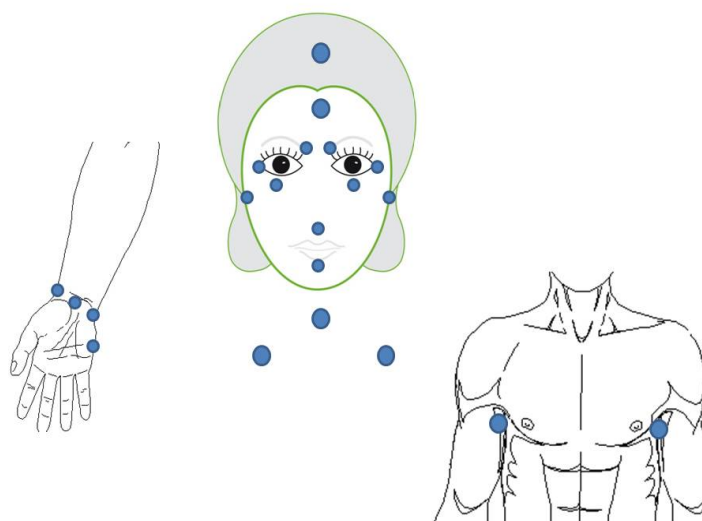
✓Now the client will show a large difference in arm length. This large difference is the expression of the tapped problem. With this tapping, different levels of the background of a given problem are linked together.

✓After tapping, the client "listens" to the positive affirmations that were tested with MindLINK TEST. By stimulating these energetic processes in addition to the connection of conscious and subconscious parts of a problem, the client's self-healing is enhanced.

If the client's MindLINK devices are too expensive, the therapist can try different therapies, which can also be very effective. These therapies will be discussed in the following sections.

## Balancing the Minicomputer Clearing Points

If the client cannot come to practice daily, the therapist can balance the Minicomputer Clearing Points. Usually this treatment is only needed once a week or every other week. This treatment is a depth regulation and is only needed a few times.

**Procedure:**

✓At the end of the test, the therapist can determine how often and for how long the affirmations should be applied to the Minicomputer Clearing Points. For this treatment, use MindLINK POINT headphones. Based on experience, a pause is needed between applications, and the application usually only needs one or two points. In the time between applications, the client needs to process the information.

✓An example for application is as follows: 1x a week – 10 sec. per point for a total of 5x.

✓ The Minicomputer Clearing Points are:
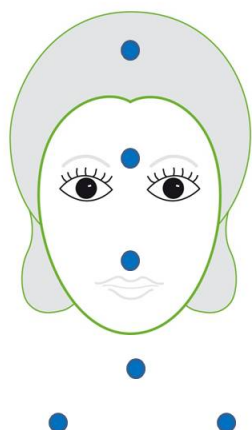
# The MindREFLEX = Arm Length Reflex Test

*MindREFLEX – a change in arm length makes the resonance of the inner consciousness visible*

In the seminars and workshops of the MindLINK AKADEMIE, we teach the use of the MindLINK TEST software in combination with the arm length reflex test according to Raphael van Assche. Of course, other methods can be used to check the resonances of the unconsciousness (applied kinesiology, touch for health, etc.).

The arm length reflex test/MindREFLEX is an ideomotoric reflex test. One can execute the MindREFLEX Test when the client is sitting or laying down.

We chose the MindREFLEX Test not only because of its easy and simple execution; rather, when using the MindREFLEX Test, the tester can observe different incidents that occur for the client:

The arm length difference becomes larger during the test, the deeper the test gets. With every new setup and with the opening of a new specific file, the difference in the client's arm length becomes larger.

In some cases, the client's polarity can also change; during one pull, the client might show that the left arm is long, and with the next pull, the right arm will be long, or vice versa. This shows that the client is testing an important topic.

## Execution of the MindREFLEX Test:

First, one must check if the client can be tested. If the client exhibits a so-called "switching" pattern, the test results are not correct. This is when the client shows both a "NO" and "YES" resonance, and vice versa. Switching might be due to superficial stressors, like smog (if the client comes in via the subway), the client is wearing a digital watch or a large belt, the client's glasses frames are made of metal, etc.

## MindREFLEX Test – When the Client is Seated:

First, no information is transferred from the test software to the client.

1) At the beginning, the tester pulls both arms of the client until the tester can feel a slight resistance/tension in the muscles.
2) Now bring the client's arms together in front of him or her and compare the length of the thumbs.
3) The arms/thumbs should show the same length = EVEN arm length.
4) Now the client's arms are pushed back, and their position should be at a 90 degree angle to the client's body.
5) This procedure is executed 2–3 times before the actual test begins.

**Note:**

Sometimes a client can be stiff in the arms or shoulders. In order to relax his or her shoulders and arms, strike over  the shoulders and arms until the client relaxes. The client has to be passive. The therapist lifts up the client's arms, pulls them, and then brings them back into position. The person being tested does not do anything!

The individual being tested sits upright in a chair and leans onto the back of the chair. No slouching should take place. In this position, the tester can best feel when the muscles have enough tension.

The tester pulls the arms forward, and the arms should be as wide as the client's body. Only when the tester feels the tension in the muscles should he bring the hands together in front of the client in order to compare the length of the thumbs.

## Pretest: Switching

As described before, the tester has to verify whether the client experiences switching before testing can begin with the software. For this, we use our hands for a positive and negative input to see which reactions the client shows.

**Procedure:**

✓  For the starting position, the client should sit in a relaxed and upright position in a chair; the client's eyes are open.

✓  The therapist gently touches the "third eye" of the client with the palm of his or her index finger = POSITIVE INPUT.

✓  Now, the therapist pulls the client's arms until the therapist can feel slight tension in the muscles.

✓  The arm length of the client is balanced = EVEN.
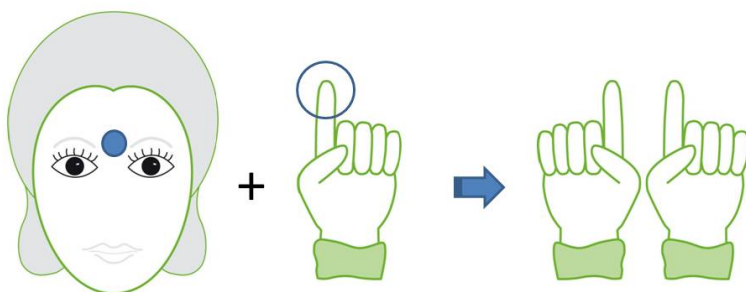


✓ Next, the arms are pushed back to the starting position.

✓ Now the client closes his eyes and the therapist repeats the same test (palm of the index finger on the third eye).

✓ The client's arms are the same length = EVEN.

✓ Next, the client's arms are pushed back into the starting position.

✓ Now the therapist touches with the client's third eye using the nail of his index finger = NEGATIVE INPUT.

✓ Now the therapist pulls the client's arms until the therapist can feel the slight tension in the client's muscles.

✓ The arms of the client are a different length = UNEVEN.
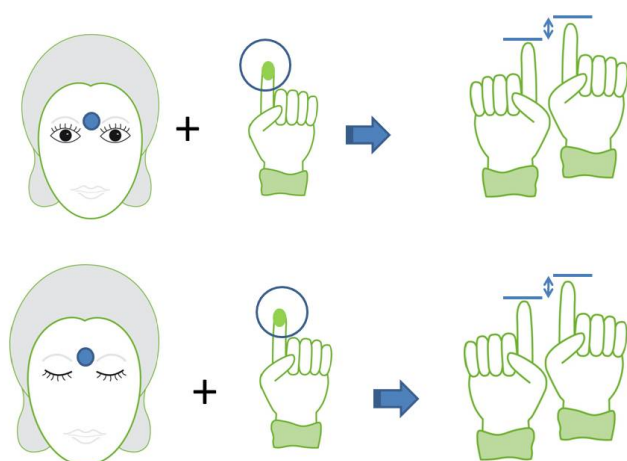
✓ Next, the client's arms are pushed back to the starting position.

**Note:**

The explanation for this phenomenon is as follows: our hands also have polarity, according to the principles of Yin and Yang. One can memorize this test with the following association: with the positive side of the hand (the palm side), one pets and strikes. With the negative side of the hand (the back of the hand), one slaps someone.

Usually, the longer arm/hand that is evident during the arm length reflex test is on the side that corresponds with the hand with which the client writes.

The test for switching is always executed twice:
First, the test is performed with the client's eyes open – this is for the conscious part of the mind.
Second, the test is performed with the client's eyes closed – this is for the unconscious part of the mind.

If the client shows the correct reaction to the input, then:
POSITIVE INPUT = arm length EVEN/BALANCED
NEGATIVE INPUT = arm length UNEVEN.

There is no switching, and now the therapist can start testing with the MindLINK TEST software.

**Note:**

If the client is switched – i.e., the wrong reaction was noted on input – first have the client take off his or her watch, jewelry, belt, glasses, etc. If the switching persists:

**Procedure:**

✓ In test window 1 of the software, activate the element "Setup Harmonization".

✓ Now, the transducer loop featuring the harmonizing music and sounds of nature is transferred onto the client.

✓ While this is playing at an inaudible level, the therapist pulls the client's arms. Now another phenomenon can be seen: the client shows different arm lengths with different arms – one time, the left arm is longer; another time, the right arm is longer. This is a so-called oscillation, which means that the client is in a state of processing. After a short period of time (a maximum of 2–3 minutes), the client stabilizes and shows consistently even/balanced arm lengths.

✓ The harmonization can be deactivated in the software.

✓ Now the pretest for switching is executed one more time. This time, the client should show the correct reaction the input on the third eye.

POSITIVE INPUT = arm length EVEN/BALANCED

NEGATIVE INPUT = arm length UNEVEN

If the test for switching is finished, the "General File" is opened.

## General File:

1) The client says with his or her eyes open, "I am completely healthy".

2) At the same time, the therapist pulls with the side of his thumb along the XY–Line (the XY-Line is the line from the top of the nose to the hairline), and this is executed from BOTTOM TO TOP.

3) Now the client closes his or her eyes and says one more time, "I am completely healthy", while the therapist strikes the XY–Line.

4) Then, the therapist pulls the client's arms until he can feel the client's tension.

5) Now the client's arm length MUST be uneven.

"General File"

"I am completely healthy!"
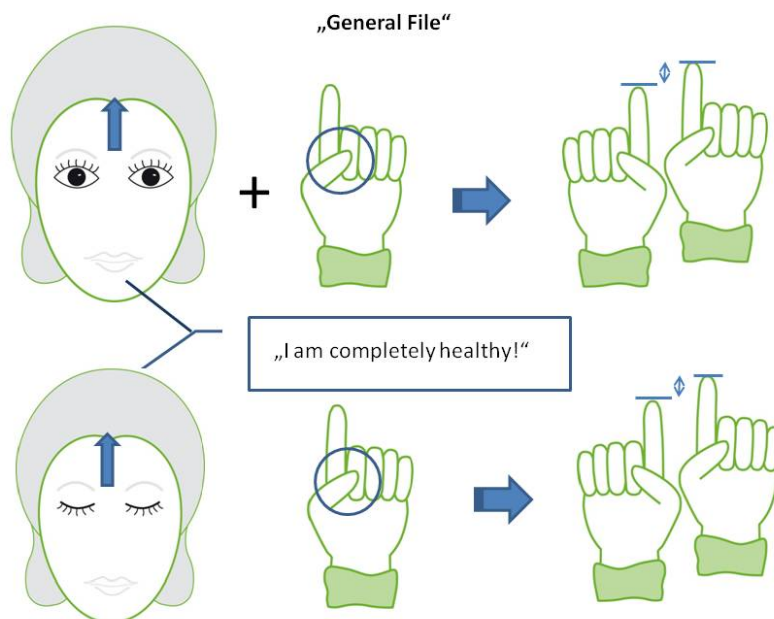
**Note:**

With kinesiological testing, the main focus is on accessing deeper layers of the system. Therefore, one must first verify whether there are any disturbances at a shallow level, which can be easily corrected and exerts no real influence. The next step is to gain access to the deeper levels of the individual. To access these levels, we use the "General File" in order to open up access to chronic and deeper information.

Access to these important and deep layers of the subconscious of the mind only enables a weak and generalized Yin state of the mind. This means that with the unspecific but general lie, the whole system is destabilized, and this interrupts the strong Yang state and creates access to the weak Ying part of the mind.

The sentence/lie, "I am completely healthy" is, for most clients, a massive stressor. Locking this stress in via the XY-Line keeps this level of stress in the present; that is, it is visible in the difference in arm length. This lie takes the client out of balance (Yin state). Now in this Yin state, access to deeper levels of the mind is possible.

When this pretest is finished, the client is testable and the General File is opened.

In general, the General File is always tested with "Specific Files". This means that following the general stress associated with the sentence, "I am completely healthy" (General File), the therapist wants to access a specific topic and retrieve further information connected to this specific topic. This procedure is called "Specific File = Setup".

## Specific File = Setup:

1)  The therapist pulls the client's arms. After opening the General File, the client's arm length is uneven. An example of a Specific File/Setup is the visualization of a problem.

2)  The client visualizes a problem (e.g., to stop smoking) with his or her eyes closed.

3)  At the same time, the therapist locks in this setup via the XY-Line.

4)  Now the client opens his or her eyes and still thinks of the problem, and the therapist locks the problem in via the XY-Line one more time.

5)  The client can now relax and he or she must no longer think of the problem.

6)  When the therapist pulls the client's arms now for the MindREFLEX Test, he can observe that the difference in the client's arm length became greater.

7)  Now the client's problem is locked in and testing with the MindLINK TEST software begins.

**Note:**
The body and mind are focused on immediately integrating the processing of incoming information while reacting adequately: e.g., if a virus comes into and activates the immune system, then adrenaline accelerates and produces antibodies following this stress; with psychical problems, the mind searches for a solution in the subconscious. When testing with kinesiology, the subconscious mind searches for a solution at the moment of input (positive or negative); in order to be able to work with this artificial input, we use the technique of locking in a problem. This allows the following:

The subconscious mind knows that the therapist:

•**Needs all information connected to this specific problem; and**

•**Can allow access to all connected topics.**

•**As such, the problem and everything connected to it are visible for a longer period of time (it stays on display).**

This procedure can be compared to the opening of a drawer. Once we have identified which drawer we want to open, this is akin to Setup. We keep the identified drawer open and take out everything that is stored there – irrespective of whether it belongs there or not.

1) Under "Administration", "Client management", a new client is registered and a new test can be opened.

2) Here the therapist can make a short note about the main setup.

3) Now a "Score" opens up. With this score, the therapist tests how important the setup is for a specific topic.

Create new test - negative energy ✕

| 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |

Statement of problem/Setup

Abort    Open

4) This score has a mouse-over function. As soon as one places the mouse on the number, the color changes and, and the information is now transferred onto the client. This shows how important/precise the setup is.

5) Only if the score has 80%, 90%, or 100% resonance will it be worthy of further testing. Only a setup featuring such a high score will bring about change for the client in the future. If the percentage is lower, the client should reframe the problem he or she visualized, or select a different topic.

6) When the corresponding score is determined with the MindREFLEX Test, click on the number, and this information is automatically transferred to the protocol. Now the screen with 4 test windows of the MindLINK TEST software opens.

**Note:**

If the score is low, the client has:

•Selected the wrong or an unimportant topic.

•Used something else as the problem in order to avoid facing the actual problem

 (e.g., indicating the boss is the problem instead of the spouse).

•Has too many blockages and therefore no access to his inner consciousness.

.

Now the screen featuring the 4 test windows opens:

Test window 1 contains negative test elements under different primary categories. First, the therapist always activates ONE main category. If the client shows resonance in one category of the MindREFLEX Test, the therapist can then activate "Blocktest" to determine the underlying test elements. With this, he can quickly and precisely test many different blockages.

No change in the client's arm length (uneven length) = "NO" = i.e., no resonance to the transferred information. If this is the case, change to the next category and continue testing.

Change in the client's arm length (even arm length) = "YES" = i.e., resonance to the transferred information. Continue testing until the appropriate score is found. Here, we will only want take a closer look at the blockages that have a high score (80%, 90%, or 100%).

The result is automatically stored in test window 2.

As soon a negative test element + score is stored in test window 2, the therapist has to create a new setup for the client in order to access the next deeper layer.

**Procedure:**

✓ The therapist activates the "Play Setup" button below test window 2.

✓ Now the audio information is transferred with the transducer loop onto the client's file. This information is used for the access to the deeper layer = NEW SETUP.

✓ The therapist pulls the client's arms. The client shows even arm length = "Yes", I have resonance to this test element.

✓ This information is locked in via the XY-Line.

✓ The button "Play Setup" below the test window is deactivated (information transfer no longer occurs).

✓ The therapist pulls the client's arms one more time. Now the client shows a different arm length again = stress of the new setup/uncovered deeper level.

**Note:**

The more resonating deeper levels are opened up and the more setups are made, the larger the difference in arm length becomes, thus making the strain visible.

Every time the therapist creates a new setup for the client, he will have to begin at the start of the main category, "Blockage of the emotional dynamic", in test window 1. As was done before, the main categories are initially tested one by one, and they are later switched to Blocktest.
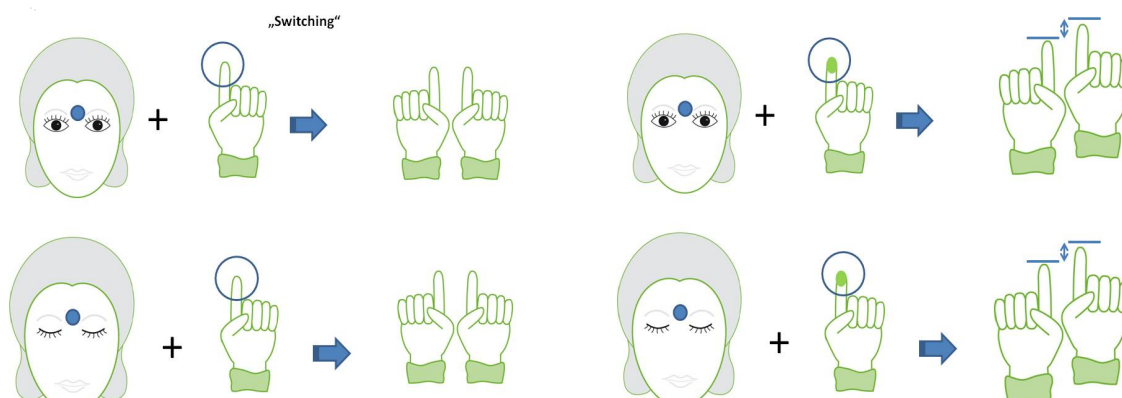
## MindREFLEX Summary:

**Pretest Switching:**

Client's eyes open – palm of index finger on third eye = EVEN arm length

Client's eyes closed – palm of index finger on third eye = EVEN arm length

Client's eyes open - nail of the index finger on third eye = UNEVEN arm length

Client's eyes closed- nail of the index finger on third eye = UNEVEN arm length
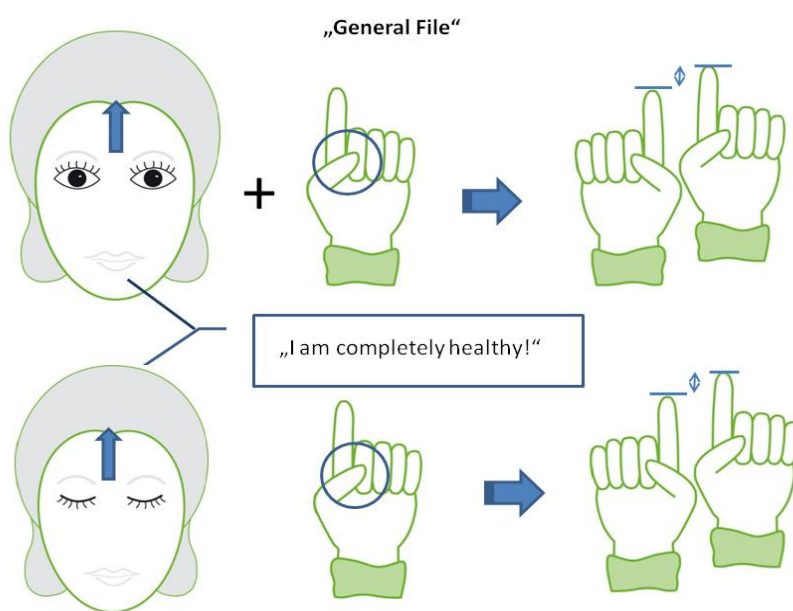
**Opening the General File:**

> Client says with his or her eyes open:
>
> "I am completely healthy"
>
> Client says with his or her eyes closed:
>
> "I am completely healthy"

At the same time, the therapist gently strokes the XY-Line with the side of his/her thumb = UNEVEN arm length



„General File"

„I am completely healthy!"

**Locking in a problem/blockage via the XY-Line**

(The therapist strokes from the top of the client's nose to the client's hairline with the side of his/her thumb)

> One time the client has his/her eyes open.
>
> One time the client has his/her eyes closed.

Every time the therapist finds a blockage that has resonance to the inner consciousness, a new Specific File/setup has to be created by locking in via the XY-Line.

# The Surrogate Test

**Surrogate = lat. means replacement.**

A so-called surrogate test can be made when the client is:

- ✓ absent
- ✓ not testable (only one hand, has shoulder problems, is in coma, etc.)
- ✓ a baby or toddler (children older than 4 years can be directly tested with the
  MindREFLEX Test. They like the attention and sense that something positive is
  done; therefore, they are usually concentrated and quiet while testing)
- ✓ an animal

For the surrogate test, a surrogate (third) person and a strand of hair or a drop of blood of the client are needed.
We want to point out explicitly that a photograph cannot be used for a surrogate test with the MindLINK TEST!

Blood: a drop of blood in a glass vial is sufficient. If the drop of blood is shipped via mail, make sure that the vial is covered with tinfoil (X-rays). Also, in some countries, there may be restrictions with sending blood via normal mail. One can also place the drop of blood onto a piece of coffee filter paper. Melitta coffee filters have the best quality because they are not bleached chemically.

Hair: A small strand of hair, cut off as close to the skin as possible, will suffice . From animals, use the hair you obtain when one strokes the pet.

**Procedure:**

- ✓ First, test the surrogate person for switching – this phenomenon does not exist in blood or hair.
- ✓ Then, open the General File of the surrogate person ("I am completely healthy").
- ✓ Now the surrogate will show an uneven arm length.
- ✓ Put the vial with the drop of blood or the strand of hair onto the transducer loop.
- ✓ Next, activate the test element, "Surrogate Test" in the MindLINK software.
- ✓ Pull the surrogate's arms again and observe his or her reaction. The surrogate person has to show EVEN arm length = "Yes", which is in agreement with the information blood/hair + "Setup: Surrogate-Test".

- ✓ Now lock this in without the client saying anything.
- ✓ Pull the surrogate's arms one more time to check if the surrogate is coupling = UNEVEN arm length = stress of the tested absent client.
- ✓ This means that the subconscious of the surrogate understands that somebody else's information is being tested now.
- ✓ Now start testing as usual.
- ✓ The glass vial with the drop of blood or the strand of hair stays on the transducer loop during the whole test!
- ✓ When finished, take away the hair or blood from the transducer loop and
  VERY IMPORTANT:
- ✓ Close this information for the surrogate person.
  Procedure: Strike in the energy field of the surrogate from the episternum over the umbilicus; this is performed once with the surrogate's eyes open and once with the surrogate's eyes closed.

**If with step #6 there is no resonance between the surrogate + blood/hair, then the surrogate is not suitable. Do not use parents, family members, or spouses for surrogates; there could be problems with boundaries.**



**Closing the test for the surrogate:**

Usually at the end of a test, the identified positive affirmations are played while discussing the findings. This is the first treatment and balances the blockages that came up during the test. However, the affirmations are not the positive sentences that are used to balance the surrogate. Therefore, we always recommend closing the retrieved test information.
If there is uncertainty surrounding whether the closing worked, one can always play harmonizing music and sounds of nature for a few minutes by activating "Setup Harmonization". After this, the surrogate has to show an even arm length.

# Quick Start MindLINK TEST® Software

**Installation: Online Version**

It is necessary to register the software online first.

For this, we need to create a login profile on the homepage, www.mindlinktest.de . Do not use a normal browser but rather, Google Chrome. If Google Chrome is not automatically installed on your PC or Notebook, you can download it for free.

Register only once with your name or the name of your practice, depending on which name you want to show on protocols and printouts.

For the login profile, use the password that was provided by MindLINK Munich.

You can change your user data and password for your login at any time.

**Installation: Offline Version**

First you have to create a new folder on your desktop. This folder can be named, "MindLINK TEST". Now copy the data, one by one, from your MindLINK USB stick into the newly created folder. This can take a few minutes.

You can open MindLINK TEST by double-clicking on "mindlinkserver".



| | | |
|---|---|---|
| galpiasiali | 0 no.2001 11.00 | Programmbibliothi |
| logo | 01.10.2013 14:02 | Icon |
| mindlinkserver | 28.01.2014 21:48 | Anwendung |
| pms_config | 31.01.2014 11:33 | Konfigurationsein... |
| readme | 27.05.2006 14:09 | Textdokument |

Now the software will start.

Within the software, you have access to different manuals.

**Technical manual:** the function and buttons of the software are described.

**User manual:** information about the use of the software in combination with kinesiology is described.

**Interpretation help test elements:** describes the concepts and ideas behind the categories and test elements.

If you have further questions, please contact our support team:
office@mindlink.info

MindLINK TEST is a registered trademark.