

The Finger Test

Ideomotor Cueing in Logosynthesis®

During your work with Logosynthesis, you need to monitor the change process closely. The scales for the Subjective Units of Discomfort (SUDs), the validity of negative cognitions (VoC-) as well as the confidence scale, are some of the instruments we can use in treatment and self-coaching.

The finger test is a refined instrument for analyzing the process of change. You can apply the finger test to find your priorities in the application, or to assess the length of the working pause. Finger tests work on the basis of *ideomotor cueing*.

They will be an important source of information once you've mastered this somewhat unusual technique. It has long been recognized that involuntary muscular movements and other physical reflexes can provide information.

Pendulums and divining rods can detect such ideomotor cues. In hypnotherapy, they are used to get in touch with aspects of the client's unconscious. Applied kinesiology uses similar signals in muscle tests to provide information on the progress of the healing process. The use of ideomotor signaling is generally met with skepticism. Once you've overcome such skepticism and gained experience, you'll notice that the finger test can provide a great deal of clear information. However, getting really reliable information demands a true withholding of the ego.

The technique I describe here is just one of many, chosen because of its simplicity. If you've acquired skills in other ideomotor methods, use the one you prefer.

To discover your own personal ideomotor cues find a quiet place. Stimulate the circulation in

your hands; rub your hands together vigorously; move them about and stretch them. Then put your hands on your knees or on a table. Ask Essence directly for support, and to enable you to use move your finger as a signal. Next, ask for a sign from one of your fingers for "yes." Then wait and pay attention to any physical reaction.

Essence will work together with your conscious ego, if you're open to this interaction and prepared to receive the signals Essence sends you. If so, one of your fingers will give an involuntary cue. Watch out for any slight moving, twitching, or tingling in your finger. If you notice such a signal, ask Essence to strengthen it. Keep waiting and note the reaction from your finger. As soon as you receive a signal, express your thanks and ask Essence to repeat the signal.

Repeat the process several times until you're sure how the signal looks and feels. Again, express thanks. Then, ask Essence for a signal for "no." Ask Essence again, to strengthen the signal and once again express thanks. Once you've found cues for yes and no, the same method will show you signals for "don't know" and "no answer."

Now put your new skills into practice. Use true statements such as, "Grass is green," or "I'm a man/woman" to check if you get a "yes" answer. Then you do the same with untrue statements like "The grass is orange" or "I'm a man/woman" until your finger reacts immediately and independently.

Practice usually takes time. Detach yourself from the outcome of the test, observing the movements and feelings in your fingers as if they were somebody else's. Wait, and give the process in your fingers time to advance.

Learn to perceive increasingly subtle signals until the movements of your fingers become totally involuntary. Like many people, you may be impatient at the start. You can apply Logosynthesis for this impatience.

When you've learned how to get a reliable response to true and false statements, you can start to ask Essence for information. Go to your quiet place and place your hands in a relaxed position on your knees or on a table. Phrase your questions to require a yes or no answer, for example:

- Can I apply Logosynthesis to this symptom?
- Do I start with sentence 1?
- Do I start with sentence 2?
- Do I need to wait longer before I move on to the next stage in the process?
- Do I need to repeat the sentence?
- In this case, do I need to dissolve imprints as well?

Your attitude and presence should be quiet and neutral when you ask questions. Stay in a calmly attentive frame of mind while you absorb the information. Keep your skepticism in check for a quarter of an hour and allow your Self to receive answers that the mind doesn't like to hear.

It may not understand those answers, or they may not conform to your earlier view of people and the world. The mind can recognize the answer only through the ideomotor signal. It has virtually no access to the information provided by Essence through the finger test. Especially in the beginning, this will lead to doubt and skepticism. Usually such doubts come from

physicist, biologist, and psychologist introjects, who tell you that this doesn't make sense and that you're cheating. Resolve these introjects and practice. Once you've learned that the signals are consistent and reliable, you will start to trust the technique and use it.

If an answer seems confusing, ask for clarification. Essence is infinitely patient. If you receive inconsistent answers to a question, interrupt the sequence and return to your meditative attitude. You can recheck everything, all the time. Your awareness of ideomotor signals will be an important source of information on your journey towards personal development and self-healing. You do have other sources of information on your internal processes:

- Your current and previous emotions
- Your thoughts and beliefs, both past and present
- Your dreams
- Your fantasies
- Your body language and nonverbal communication.

Sometimes, information from these different sources is not coherent. Ideomotor signals are an additional instrument for finding or verifying information. If you're open to what Essence tells you, this information will be more reliable than what you can discover by other means. Give yourself time. Logosynthesis works beyond the conscious ego. Your Self has no interest in obscuring or distorting the information from Essence.

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