

How to Use the Logical Soul® Method

The 4 Steps: Interview, Discovery, Access, Resolution

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The Logical Soul® Method

The Logical Soul® is a simple, natural technique for uncovering hidden decisions that block your health, wealth, and happiness, changing these decisions, and allowing you to move forward in life without struggle.

The process itself is made up of Four Steps:

1. **Interview** – Uncovering the problem
2. **Discovery** – Confirming the problem
3. **Access** – Bypassing normal subconscious blocks
4. **Resolution** - Opening to a new reality

Each of these phases is unique in and of itself and, while some are used in other forms of therapy, The Access Step is – so far as I know - unique to Logical Soul®. Although the phases are usually presented in order, they sometimes present themselves in unique and random ways. Testing and feedback is important throughout the process to discover which phase you are in, and what is needed at each point.

The Interview and Discovery phases, for example, may become interchangeable. You may think you know the key issue, only to discover in the testing phase that more information (Interview) is needed. The same is true as you go through the process. You may find that

the interview reveals that a Forgiveness or Amends Process is necessary before you can even get results from muscle testing.

The Logical Soul® process takes years to perfect. Although you can have a working knowledge of how to use it, it will take time to get a “feel” for both the process and each of the clients or people who come to you. Be patient; this technique — once mastered — will open doors to transformation that can change lives forever!

How to Muscle Test

Muscle testing is done very simply by using a spouse or significant other, maybe a friend or family member to help you. Just have this person sit next to you in order to test their arm, or have them test your arm. Have the person hold out his or her arm and use about two to three pounds of pressure to just press on that arm to see whether or not it is strong.

- If the arm is strong (stays up), this indicates a “yes” answer to an affirmation or statement.
- If the arm is weak or rubbery (goes down), this indicates a “no” (or “not yes”) answer to an affirmation or statement.

This is a powerful way of testing affirmations. The reason is because at any given moment, our conscious minds can only hold so much information, compared to the trillions of bits of data that zip around our neural circuits each second.



If you want to remember a phone number, for example, you have to say it over and over in your head walking from one end of the house to the other. If somebody asks you a question, suddenly all is forgotten. Why? It's too much for the conscious mind to handle, and you lose your train of thought.

The body, on the other hand, can process several trillion bits of information at any given time. It gathers all that information up and gives you a “yes” (based on the information it knows to be true) or a “no.”

This is a tremendously valuable tool that you can use at any given moment to find out where you are heading, and how you are going to get there.

How to Self-Test

Another way of muscle testing the body — i.e., finding out if the body is saying yes or no — without a partner, is to use self-testing.

There are various means of self-testing, but none are as accurate as using a partner, quite frankly. However, the self-testing methods taught here are very good in a pinch, and much better than nothing.



The method used most is the one where you take your thumb and index finger and create a loop, like an “OK” sign. If you are right-handed, create the sign with your left hand. If left-handed, use the right hand.

Next, stick the index finger of the other hand through the loop and try to break that loop by briskly hitting the side of the index finger against the point of contact between the loop made by your other thumb and index finger. Do this several times to get a feel for this action.

Once you feel ready, formulate a positive statement such as “My name is (state your name).” Then test. If you said your name correctly, the loop should hold.

For example, saying “My name is Michael” (assuming your name is Michael) should keep the loop strong, not allowing the opposite-hand finger to break through — indicating a “strong” or “yes.” Saying an incorrect name, such as “My name is Sally,” should break the loop, giving a “negative finding,” or a “No.”

Do this until you consistently get a “yes” or “no” based on known statements such as “I have a million dollars in the bank” (no) or “I raise llamas in my backyard” (this will probably test weak). Once you get reliable readings on known positive and negative statements, you can proceed further and test for unknown positive or negative statements.

Here is the summary:

- Loop holds = Strong = Yes finding = True statement
- Loop gives way = Weak = No finding = False or “not true”

Exceptions. If for some reason you don’t seem to be able to get any clear-cut answers (yes or no), you may have an issue with trusting your instincts or intuition, and may need to get a partner or practitioner to do the testing for you. That is a more powerful approach anyway.

Also, this technique will usually not work if you are a committed left-brainer or on heavy medication. It seldom works for habitual liars, sociopaths, and if you are drunk or stoned; those with deep-seated personality disorders, addictive or bi-polar disorders.

NOTE: If you have been diagnosed as bi-polar, do a Google search for **Ken Jensen** to learn his drug-free way out of this affliction. He can also refer you to the right sources for help if needed.

The above rare exceptions, however, should not stop you from trying it out. Use this simple self-help technique to test statements on different facets of your life.

Step 1: Interview

The Logical Soul® Interview is the first in a series of steps. The purpose of this phase is to allow the person's conscious and subconscious minds to relax, trust you, and open up. Although there are no clear steps to follow, by listening a certain way and using a series of questions — each one digging a little deeper than the one before it, about 5 questions deep — the subconscious mind is allowed to feel enough respect that it will tell you things it wouldn't ordinarily share.

Divine Listening. This is the process of letting your ego go and trusting that the person sitting in front of you is a Divine Being who is playing a game of cat-and-mouse with him or herself. Their conscious mind wants something. The subconscious mind, on the other hand, wants something completely different . . . and for a VERY GOOD REASON! Neither you nor your subject may know that reason, but your job as a Divine Listener is to respect the Divine Being in front of you and listen for that hidden reason to reveal itself.

Step 2: Discovery

The Logical Soul® Discovery is a “motivational cybernetics” tool you can use to communicate with your “subconscious being,” or “Body/Subconscious.” Only by this process can you begin to see the discrepancies between conscious and subconscious decisions, and allow a new subconscious decision to be made that aligns with your stated goal.

Once you discover the reason given in Step 1, assume it's a conscious-subconscious conflict. The Discovery process allows both you and your clients to test this reason for accuracy in a way that gives you both instant feedback. If the first reason is weak, keep testing statements, i.e., dig deeper to find THE “Lynchpin Decision” that holds the so-called “problem” in place.

Muscle testing is done by asking the person to stretch out his or her arm to the side, usually with the palm down (see the previous “How to Muscle Test”). Test standing slightly to the side of the person (some people like to test from the front; either way is fine). Put one hand on their shoulder, just to stabilize the Deltoid muscle, and the other hand on the wrist. Using 3 fingers on the wrist, ask the person to make the statement you want to test. Once the statement is made, say “Hold,” wait 3 seconds, then press downwards with about 3 pounds of pressure (the “3-3-3 test”). The muscle will either respond as strong (yes) or weaker (no).

Important Note. If tests continue negative, check for Forgiveness, Amends, or being “out of the body.” (later topics) Often, I even check the statement “This is mine or someone else's “stuff.” This test helps determine whether or not someone has affected you or the subject enough to affect your subconscious decision-making. If strong, ask the person to name various people they've had contact with recently (or family members) who might

legitimately have “stuff” going on that the person would have taken on. This is most common for empathic people, or even emotionally stable people who are in dysfunctional relationships or environments. Do this. It’s easy to test and the easy to release!

Using this 3-3-3 testing process, ask the person to say several things you both know are true while testing. Each of these should register strong, or “yes.” Do this until you both feel comfortable, then test some false statements until you both can see the difference between weak and strong. Then you’re ready to go.

The reason conscious-subconscious conflicts exist is because the communication between your conscious being (“the spirit who speaks,” or conscious mind) and subconscious being (**Body/Subconscious**) has broken down.

While in the Discovery Phase, use statements that are both SPECIFIC and PRESENT-TENSE. This allows the **Body/Subconscious** to either APPROVE them (based on the desire to please), or DISAPPROVE (based on the power of a pre-existing Prime Directive). Vague statements that involve “want,” “need,” “wish,” or “should” are confusing to the subconscious since they are not decisions, but indicate lack, and are therefore to be avoided.

Use instead statements like:

- I CHOOSE to be here — in the body, on the planet (or whatever the lynchpin statement is)
- I CHOOSE Happiness
- I AM Worth (\$ money)
- I CAN Accept (\$ money)
- I EASILY EARN (\$ money) in the presence of my Father . . . etc.

Here is how to help formulate these statements. Ask your client:

“As I understand it, you have an issue with _____. Assuming it is possible to override this decision or programming, here is my question: ‘What is a statement you can make that - if true - would mean that the problem or issue no longer exists?’” OR

“‘What statement could you make that would render this issue — and all the difficulties that come with it — harmless?’”

By testing statements and getting a Yes or No answer, you are able to clarify the issue on a much deeper level by testing further underlying issues or statements. Once you get THE STATEMENT that encompasses ALL parts of the issue, you will have found the LYNCHPIN DECISION. This is the goal of Discovery.

Step 3: Access

The Access Phase is unique to the Logical Soul®. Instead of trying to out-manuever and go around “sticky problems,” or issues that block one’s ability to achieve, Access bestows upon the Subconscious Being (**Body/Subconscious**, or Low Self) the honor of allowing (or not allowing) access to the very survival decision that has held the so-called problem in place until now.

The reason Access may NOT be available in the first place is because the **Body/Subconscious** has taken responsibility to fulfill a direct order from an earlier program made by the Conscious mind that said:

- a) This is a survival situation, and
- b) Once this decision is made, do NOT allow it to be changed!

Consequently, this “Prime Directive” from an immature child (or through parental or ancestral influence) is tucked away deep within the subconscious, and away from conscious awareness or control. The only way to gain Access is through TRUST of the one who made the original decision, and PERMISSION from the original decision-maker(s) to make a NEW decision to counter-act the original one.

Once you’ve established the Lynchpin Decision, muscle test the subject or client while having them say:

- 1. “Access is available to change this program,” and
- 2. “I allow (your or subject’s name) access to change this program.”

If both statements are true, proceed to the Resolution Phase.

If #1 is true, but #2 is false, that means the client’s conscious mind is locked out. You must gain the trust of the client’s **Body/Subconscious** in order to determine his or her personal Archetype, Protector, or Guide. Once done, proceed to Resolution. (By the way, #2 cannot be true unless statement #1 is true also.)

If both statements are false, you will need to find out *WHO* has Access (personal Archetype, Protector, or Guide) and get this being or Guide to “open the door” to the underlying decision(s). You can also use the Alternative Access Process, i.e., the “Family Conference” to get Access, or in some cases, the Forgiveness Process.

The ACCESS Step is the most unique part of the Logical Soul® method. This is the step that could revolutionize most talk therapies, since most other approaches lack this step. Successful therapy has come to mean a process that happens and evolves over months and years before a breakthrough can happen. With Logical Soul® this breakthrough can happen in one sitting! But again, the skill of the practitioner is also important.

If you feel that you or someone you love could benefit with a session with qualified practitioner, go to our website at <https://logicalsoul.com> to book a Zoom session.

Step 4: Resolution

The purpose of this phase is to allow the Inner Child — or the subconscious “One Who Made the Decision” — an opportunity to change that decision on a very deep level, and bring it into the body so as to make it more concrete and manifest in everyday life. Below is a script I use in most cases:

First of all, test again to see if the child is the one who made the decision. If not, go with whoever showed up. More often than not, it's the inner child, so ask him or her if he or she is ready to make a NEW decision about [the issue]. If so, repeat the following script to your subject. If the subject is you, record the script and play it back while your eyes are closed, like a guided meditation.

“Take your child by the hand and go up to a place where there is a very colorful Rainbow Path leading off into the distance. Take your child by the hand (and have his or her other guide — parent or guardian — take the other hand) and begin to walk down this path. At the end of that path, you and the child begin to notice there is a very large, elaborate Gate at the end. It begins to open . . . slowly . . . and you notice there is a very bright light on the other side of the gate.

“As the gate opens more and more, you notice the light gets brighter and brighter until, finally, it is completely open and the light shines on both (or all) of you . . . and you are covered with this brightness from top to bottom, head to toe.

“Squeeze your child's hand as you walk towards this light, and explain to the child that this is a Place of Decision, and that he or she will have an opportunity to make a New Decision on the other side. Explain that — as soon as he or she gets to the threshold and steps over into the other side, HE (SHE) WILL HAVE MADE A NEW DECISION THAT [Affirmation or New Decision].

“So finally you reach the threshold. Say to the child, ‘Whenever you are ready, step over the threshold and I will follow.’ Then tell me when the child does this. . . . He (she) does? Good. Now cross that threshold with him (her), get down and look him (her) in the eyes and say to him (her), ‘THANK YOU for making this new decision! Thank you for having the courage to do this! I need you and couldn't do it without you!’

“Then open up your heart and ask the child to come inside — tell the child you will protect him (her) from now on, and that they will have your support and help at all times. Tell the child that he or she only needs to ask and you will provide — as best you can — what they need. Then seal up your heart and feel them inside — happy and fulfilled — then go to the edge of this place and look down to see the earth as a small globe below, with a silver cord running down from this place.

“At some point, make a decision to jump onto this cord and glide down towards the Earth . . . it gets bigger and bigger the closer you get until, finally, you zip on by the clouds, through the top of the roof . . . through the top of your head . . . into your head, your neck, your shoulders, your chest, your abdomen . . . hips, thighs, knees, legs, ankles, and feet.

Then feel the Earth beneath your feet, as the energy shoots down and connects to the center of the Earth, shoots back up . . . up through your feet, legs, thighs . . . and into your Solar Plexus, where the energy creates a vortex of purple light that begins to circulate throughout your body . . . all the tissues, cells, and organs of the body . . . with a NEW DECISION . . . {repeat the Affirmation or Decision} . . .

“With this new decision firmly established throughout your body . . . all the tissues, cells and organs . . . take a deep breath, and open your eyes.”

[RE-TEST]

Access/Resolution Alternative: The Family Conference



The biologist [Jean-Baptiste Lamarck](#) (1744–1829) developed a theory before Charles Darwin that families and ancestors pass on their BEHAVIORAL and other traits to their offspring and descendants. This theory has recently been backed up by epigenetic research that shows behaviors being passed down through multiple generations. If hidden decisions cannot be changed in normal sessions, working with ancestors and deceased (or living) family members can often bring about amazing results. Use the following script as needed:

“Since your Ancestors are involved in creating or holding in place the underlying decision, let’s hold what we call a **‘Family Conference.’** This allows your tribal connections to be cleared, and new decisions to be made without fear.

“Picture yourself at the head of a large room — a conference room — where you are standing on the podium or seated at the front with either a microphone, or a way that everyone in the room can hear you. Slowly, your ancestors (from either your father or mother’s side, or both) begin to come into the room and find a place to sit down. You’ve never seen these people, except through old photographs, but you know them . . . they are your ancestors, the ones whose genes surge through your body in this life.

“Allow them all to come in and be seated. At some point, call the room to attention and present your greeting: ‘I want to thank all of you for coming here at my request. I also want you to know that I really appreciate your doing this, and that I owe you my life — literally. I realize most or all of you have gone through tremendous pain, suffering, and challenges in your life, and that there is no way I can thank you enough for these sacrifices. But please allow me to express appreciation in my own small way, and to say I treasure being your descendant. I hope to honor you by living a great life — one that carries forth the same dreams and wishes to my heirs that you have bestowed upon me.

“I want to say, however, that I’m having a problem right now that I need your help with. I have come across an inner decision that is blocking me from moving forward: ____ (repeat the decision) _____. And, because of my need to be connected to you — as my tribe, my

ancestors, and to honor your place in my life — I have subconsciously chosen to hold on to this decision as if it were my own.



“But now I need your PERMISSION and BLESSING to let go of this decision, and make a NEW DECISION for the sake of my life and the lives of my children and/or heirs. Again, please let me know what you need in order to grant me your PERMISSION and your BLESSING that I might change this decision. I’m not asking for YOU to release this belief or decision; I only ask that I may be allowed to make my own new decisions about how life is, and the way I should live it.’

“At this point, notice how your ancestors in the room begin to respond. Are they agreeable? Not? Allow them to either raise an objection or approve. If they approve, say, ‘Thank you for your permission and blessings that I might let go of this tremendous burden.’”

The Logical Soul® Forgiveness Process

(Edited from a transcript of a radio show presentation, Logical Soul Talk® with Michael Craig, May 19, 2009. The script has been edited to use with others.)

If there’s something in your past that is unresolved — if you haven’t forgiven somebody, or you had some traumatic experience that hasn’t been resolved consciously — the subconscious being doesn’t know how to deal with it except to store it and ruminate about that particular issue. The low self doesn’t have the same conscious, logical approach to dealing with issues.

The importance of the Logical Soul® is to bring these particular unresolved issues to the surface — not just to look at them, experience something, cry, or beat a pillow, but to actually look at the decisions that took place at the moment these incidents got stuck into place.

Whatever comes up, just feel that issue — feel that “stuff.” Just feel the stuff, feel the issue, feel the emotion, e.g. anger.

Forgiveness does not mean letting whoever abused you off the hook. What it does is balance the energy and allow your inner child (or adult) to feel that “justice is served.” So if there were something going on that you did not forgive at some point in your life, it’s very important to balance the energy there.

Often that means going back and *giving back to that person exactly what they gave to you* — at least in your own mind. Understand this is not about literal retaliation, but about the logic of the soul: “if you do something to me, I’m going to answer it,” so the energy can move, balance can be re-established, and peace can ensue.

Without doing that, the child, or whoever made that decision, will not feel resolved — often for a long period of time — and you'll feel stuck in that resentment. So, the process of forgiveness means going back and “balancing the scales” so that the child can break through that resentment and allow its own form of logic to prevail. This way you can resolve anger and resentment quickly.

This technique was discovered when Dr. Craig was in the 5th grade in Savannah, Georgia. The year was around 1962 and he was 10 years old. His grandmother was a born-again Christian, and always taught him to turn the other cheek and forgive your enemies. Because he loved her and strived to always do what she said, he never wanted to fight back. Being anything other than a good Christian felt impossible — until he was constantly picked on at school by another boy. Then his attitude got a bit darker.

That boy bullied him mercilessly, and there seemed to be no way to respond, since fighting back didn't feel like an option for “a good Christian.” The frustration built and built, with no answer in sight — not even from his grandmother.

One night in bed, after asking God what to do, a feeling of intense anger arose — a wish to tear the bully to shreds. Closing his eyes, he imagined doing all manner of violent things to the boy in his mind, then eventually fell into a deep sleep.

The next day, an amazing thing happened: the bully didn't pick on him that day. Or the next day. In fact, that same bully never even looked at him ever again. He simply became bored, civil, or lost interest — it's hard to say which.

Dr. Craig's childhood insight was this: by carrying anger in the subconscious without resolving it, a kind of “antenna” is created — one that invites exactly the treatment that anger expects. Consciously, forgiveness felt complete. Subconsciously, a great deal remained unresolved with this bully, because of trying so hard to be a “good Christian.” The doctor's younger self was walking around with a loud sign yelling “Please pick on me!!” And the bully simply obliged!

To be clear: this is not a recommendation to go out and harm anyone. Rather, it points to a type of negative energy still residing in the nervous system and mind that, left unresolved, will torment any person. Some worry that a process like this puts out “bad vibes” or amounts to a kind of curse. The response to that: the thoughts and resentments are already there. If they are not brought to the surface and released, they become a poison — one that harms both the person carrying it and, indirectly, the other person as well. This the phenomenon described by pioneering psychologist Carl Jung as the “Shadow Self.”

There are a few other aspects to this technique, but that's the essence of it. It can be done anytime real resentment toward someone is present.

The Logical Soul® Amends Process

Amends is the opposite of Forgiveness in many ways, but they share something in common: lack of forgiveness. While Forgiveness is outer-directed — aimed at correcting the perceived injustice from outside insults or being hurt by others — the Amends Process is inner-directed. This process seeks to correct the perceived injustice of you hurting another.

Both injustices need to be balanced in order to add inner happiness. In ancient Hawaii, the Huna priests (the “Kahunas”) in fact, said that the only sin is to hurt another. The reason is because hurting others brings shame on the Body/Subconscious, and forces it to hide (if consciousness is high enough), or become insensitive to others (if consciousness drops or becomes desensitized, as in war, murder or genocide).

To do an Amends Process, it is first important in Discovery to show that shame is, indeed, present, and that Amends is required before clearing can happen.

Many times the lack of forgiveness is for something perceived by someone else as being hurtful — when in fact it was not. This happens a lot when a child is scolded for “not respecting your father,” or “asking too many questions,” or doing other things that are natural to the child, but were perceived by the adult as a “sin.” In such cases, it is important to feel the “injustice” in the body, and test to see if this feeling actually belongs to you, or if it was simply taken on from your parents or elders.

Often that’s all it takes. If not, go back to the very first time you felt this way. By getting in touch with the feelings and decisions, you can use the regular 4-step process to resolve this.

If, on the other hand, real harm was done to someone else, it is important to know that your Body/Subconscious will carry this shame until amends are made for those actions. This process is so important it is one of the major steps in Alcoholics Anonymous (AA) and many other 12-Step programs.

By admitting the wrong or harm done to another, then taking steps to truly correct this imbalance, you take a huge step toward inner peace, and toward feeling the goodwill of others. Without taking these steps, you remain in a state of shame and guilt.



So how do you make amends to someone when it may be impossible to do so directly? This was the question posed to **Mahatma Gandhi** by a Hindu man who said he was in hell and deeply regretted an act of violence against a Muslim child committed during a riot because Muslims killed his son. Gandhi’s reply was simply this:

“I know a way out of hell. Find a child, a child whose mother and father were killed, and raise him as your own . . . only be sure that he is a Muslim and that you raise him as one.”

The outer actions you take must reflect your desire to cleanse the guilt or shame you feel inside. Whatever actions accomplish this end (and you can muscle test to find out), then do those things. The result? Your new peace will transcend all understanding.