

# Muscle Testing

Muscle testing allows us to tap into the unconscious, both our own, and of others.

It can be used for testing energetic reactions to substances and to help find subconscious feelings and beliefs associated with past traumas

Our subconscious mind holds many beliefs and perceptions that no longer serve us and that often contradict our true unlimited nature. The first step in changing those beliefs is finding them with muscle testing. So we can let them go.

## **Why it works**

1. Everything is energy

2. We are attuned to the truth

If you doubt yourself you can connect to your body and talk to your own body, travel to the truth

3. Feel our own energy.

At the smallest level we are energy, reacting and responding energetically. Information comes in to us for processing and is then released, very similar to our breathing.

4. Each item has a unique energy signature.

Our body's energy is responding energetically to the energy signature, or vibration, of each item tested.

Each item's energy signature gets run through our database of past learning, the spine. The spine documents everything, including ancestors and collective consciousness. If an unpleasant experience or unresolved

emotion is associated to the item we are testing, our energy system will be disrupted and the body gives us a weak muscle response.

Muscle response testing can also find areas of energy weakness in the body. By you touching points on the body that are associated with different organs or energy meridians, and simultaneously muscle testing, you can find areas of energy weakness in their body or acupuncture meridians.

### **For accuracy of the response**

Be neutral, with no judgement in accepting whatever response you get, without attachment to the outcome.

Desire only the truth. Show me the truth

This can be the greatest block to accuracy. If you are vested in getting one answer and would be disappointed if you got the other, you are not being objective and you are not desiring only the truth.

Keep an open mind.

The testing can give you information that you don't have at the conscious level. We can fool ourselves and block unwanted information. The point of using muscle testing is to gain information that has been previously hidden from our conscious awareness

Be present.

You can also get inconsistent results with muscle testing when you are tired, under the influence of a toxin, stressed or unable to be present and focused in the moment. If your results are inconsistent, try drinking water; if this doesn't help, stop and try it again when you are more clear headed and energetic.

Be specific.

Eliminate ambiguity and be clear of the meaning intended when the question is asked. You can hold a physical item close to you or can write it on a piece of paper. If an item is not physically available, clearly focus on the item in your mind

## **Steps to do before using muscle testing**

First make sure you are grounded and connected.

Also, make sure you are hydrated.

Focus, give full attention to what you are doing and not be distracted with other thoughts and feelings

Check for muscle testing rapport.

Use a test statement to test for yes or no response.

If you're getting the wrong answer check polarity.

Check your polarity -

You can do this by simply pointing into the pineal/third eye on your forehead with your index finger of your left hand, or non dominant hand, and doing digital muscle test to see if you are in correct polarity. You should get a weak muscle test if you are. This point has a lot of electricity flowing to it at all times and if your energy is flowing in the right direction it should be a weak muscle response.

If your polarity is off and you are hydrated, grounded, and connected, simply take the palm of your hand place a couple inches out from your root chakra and swoop your hand up to top of head, repeat three times. This will switch your polarity. Check it again to make sure.

Or you can draw the infinity symbol in front of you.

If you are sick or overly tired, you might find inconsistencies with your muscle testing, especially as a beginner.

Tune into self for self testing, tune into another to test for another.

Go into the Heart of Creation to ground and connect.

Then imagine going into the persons crown chakra and ask Creator to show me the truth about the person I am working on from the Heart of Creation.

This is where you will get clear answers.

This is a way to remove yourself or get out of your own way, allowing you to be more open and objective. The more we come from "how can I serve" and

coming from the understanding that Creator is working through you, the more you will be open to the answers you receive. Not pushing your own beliefs or agendas on an individual and not your own perception of what may be wrong or right for an individual the more consistently accurate you will be.

### **Digital muscle testing** Finger over finger:

Stick out the index finger, hold it firmly, then apply pressure to the top digit of your index finger with your middle finger.

You may switch the fingers if that is more comfortable for you. The finger on the top will be doing the pushing down and the finger on the bottom will be resisting the push.

Use light pressure, it's not a muscle contest. It helps not to look down

Try practicing with the words "yes" or "no". One should go weak and the other strong. Feel the difference in your bottom finger when you say each word as you press down with your top finger. With practice, the top finger will not need to exert much force to make the bottom finger go down and you won't need to focus on how the fingers feel, it will be obvious when the bottom finger goes down.

If the bottom finger does not go weak, you may need to train it to go weak. Consciously allow the bottom finger to unlock so it can bend when the stimulus is introduced. This is just temporary. Once your mind gets the feel for the weakness, it will do it automatically.

Feel when and how the bottom finger goes weak. Your mind needs to be able to focus and tune in to the physical sensation associated with the change in energy of the weak muscle signal. This requires that your mind be in a state where you can give full attention to what you are doing and not be distracted with other thoughts or feelings (neutral).

Again, it is very important to be clear in your mind what you mean by what

you are asking. Your self-muscle testing response can only be as clear as the clarity of the question. So ask the same question many different ways (from different angles) to get a consistent and accurate response.

Remember that when you ask questions with your muscle testing versus doing yes/no statements, your muscle test will be the opposite. Super important to remember! I suggest you pick one way and stick with it.

