

Strong vs Weak and Muscle Testing

Being able to “feel” what is “strong” or “weak” has the most profound significance on your life.

It’s easier to create our desired reality when our energy is **strong and aligned with our highest potential than when we’re forcing ourselves to plow through energetic weakness.**

Muscle testing can be used for testing energetic reactions to substances; 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.

If you think of the body as a computer, the **Spine is the hard drive**, it **documents everything**, including ancestors and collective consciousness

Each item's energy signature gets run through our database of past learning, the spine

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**.

A **weak response** to something means that the **body is reacting negatively to the stimulus** being tested. Rejection or non-acceptance of the stimulus is present.

Some items may actually strengthen our energy system and help correct present energy imbalances. In this case, the vibration or energy signature of the item will emphasize and strengthen an existing weak energy vibration and help restore energy balance in our body.

For accuracy of the response

Important to **be neutral**, with no judgement in accepting whatever response you get, **Without attachment to the outcome**

Desiring 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 test 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.**

Can hold a physical item close to you, can write it on a piece of paper, if not physically available, clearly **focus on the item in your mind**

The **information being accessed** through muscle testing is what is stored in the **programs or belief systems of our subconscious mind.** It is accessing our thinking and what each individual sees as true for them, and the rules we live. We can consciously switch the meaning of a weak or strong signal by being clear in our mind and with the person we are working with what the meaning is for the weak and the strong body signal.

Steps to do before using muscle testing

First make sure you are grounded and connected. (Heart of Creation)

Also, make sure you are hydrated.

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

Check for muscle testing rapport

Say yes, say no. Use a test statement to test for positive or negative response

if getting wrong answer check polarity (reversed or not testing properly)

Polarity Reversal Disrupts. Balanced Energy Flow.

Check your polarity -

You can do this by simply **pointing into pineal/third eye on 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 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 use the infinity sign to switch polarity.

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

As a beginner you want to start with True/False statements. or yes no

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

Ground and connect - **go to the Heart of Creation**,
Then imagine going into the persons crown chakra and
Ask Creator to be 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.

Again, it is very important to be clear in your mind what you mean by what you are asking. Your 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. Cross check to ensure accuracy.

Remember that when you ask questions with your muscle testing verses 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.

Test for

It is important to find out more.

There is something more to know.

This is complete.