


Body Dowsing

Self-Muscle Testing to Tap into your Intuition



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Objectives:

- Do's and Don'ts of Body Dowsing/Self-Muscle Testing
- Learn the simplest methods of Body Dowsing – a.k.a Self-muscle testing

Resources:

- Step by step instructions on how to muscle test another person can be found in my book Guide to Healing Chronic Pain – a Holistic Approach.
- Muscle Testing webinar replay can be found on the retreat page: www.karenkan.com/retreat2016

What is body dowsing?

- A powerful way to tap into your subconscious
- An intuitive method for self-healing
- A technique that is based on YES and NO answers
- A useful method to determine:
 - Food intolerance
 - Appropriate supplements and doses
 - Healthy and unhealthy food choices
 - Useful wellness therapies for YOUR body

What body dowsing is NOT!

- It is not for winning the lottery
- It is not for making important life decisions (marriage)
- It is not fool-proof
- It is not always free from bias

When might it be inaccurate?

- When you have an attachment to the outcome
- When you have a strong desire for a particular answer
- When you or your subject is dehydrated
- When you or your subject's polarity is REVERSED
- When you or your subject is untestable
- When negative entities or beings are interfering with your energy field

Reasons for “Non-testability”

1. Dehydration
2. Cervical spine imbalance
3. Negative Entities are interfering
4. Your body is trying to integrate new Ascension energies



Group Activation!

In this group activation, we are going to “upgrade” your energetics in order to:

- Remove low vibrational beings and energies interfering with your ability to self-muscle test
- Remove blocks to improve accuracy




Preparation for Body Dowsing

1. Be hydrated. Drink a glass of water beforehand if possible.
2. Ask Source or your angels to help your accuracy.
3. Be clear about the statement or question (make it simple)

Easiest Self-Testing Method

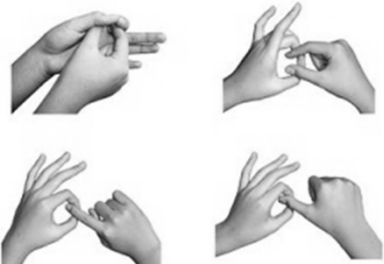
Sway Test

- Forward – YES
- Backward – NO



Dr. Bradley Nelson www.healerslibrary.com

O-Ring Test



Are you testable?

Test #1:

Say your name. Example: "My name is Mary."
You should sway forward.

Say a false name. Example: "My name is Frank."
You should sway backward.

Practice Time

If you are already experienced in the Sway Test, you can help others or do the Advanced questions:

1. How accurate is my self-muscle testing when it comes to asking questions about my own health?
2. How healthy are my overall boundaries? Spiritual? Energetic? Mental? Emotional? Physical?
3. How optimally healthy is my immune system? My spiritual immune system?

Are you testable?

Test #2:

Put palm of one hand over the crown of your head.

You should sway forward.

Put the back of the hand over the crown of your head

You should sway backward.

Are you "You"?

- If you get opposite results, then you are Reversed polarity!
- If you sway backwards for both, you may be proxying for something or someone else!

Practice Time

1. "Show me a YES" and "Show me a NO"
2. Think about LOVE...Think about WAR
3. Ask YES/NO questions you know the answer to
 - "The sun is hot"
 - "Ice is cold"
 - "I am a man" or "I am a woman"

Advanced Dowsing Practice:

Advanced Dowsing Questions:

- How much of the entity interferences, hidden or apparent, have been cleared from all my lives?
- Is there any non-beneficial energy attached to or influencing any molecule, atom, subatomic particle or wave within my body and aura? (if yes, ask how many including hidden ones)

Brain Balance Testing

- Place one hand with palm facing the left ear. You should sway forward
- Place one hand with palm facing the right ear. You should sway forward
- Place palm with outstretched fingers of one hand a few inches over belly button. You should sway forward.

If any position tests "weak" then you are not brain balanced...

Quick Brain Balancing tool



Anti-Aging Strategy: Reduce Stress and Inflammation
Y-Age Aeon patches do both

Remote Proxy Body Dowsing:

- Energy has no boundaries
- Get permission from the person (or their guardian if they are under 18) you are proxying for
- Becoming Proxy for that person
- Use self-testing method
- Consciously release the proxy after you are done.

Self-Testing Examples:

- How hydrated are my cells? (use percentages)
- How grounded am I? (how much of my spirit is in my physical body)
- How intact is my auric shield?
- At what percentage of full capacity is my immune system functioning?
- Are there foods I should be avoiding? (if yes, then test categories until you figure out what it is)
- How healthy are my boundaries?

Daily Mini Self-testing Practice

1. Check your brain balance each morning
2. How happy is your immune system??
3. How intact is your auric shield?
4. How grounded are you?
5. How hydrated are you?
6. How clean is my aura?
7. How charged is my energy battery (Qi levels?) out of 100% optimal?

More on how to heal imbalances in the
TOLPAKAN™ Healing Method Intro Class