

1 **Muscle Testing to Tap into Your Intuition**

2 **Objectives:**

- Do's and Don'ts of Traditional Muscle Testing
- Intro to Self-Muscle Testing
- What you can use Muscle Testing for
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3 **Pre-requisites:**

- Desire to be healthy – Body, Mind and Spirit
- Willingness to be open to new ideas
- Be compassionate and patient with yourself
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4 **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.
- Tips for Muscle Testing Cheat Sheet - handout
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5 **What is muscle testing?**

- 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

6 **What muscle testing 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

7 **When can 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 your subject is untestable
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8 **Steps to Traditional Muscle Testing**

1. Stand to the side of the person you are testing
2. Ask if they have a shoulder injury
3. Have them outstretch an arm in front of them
4. Place your index and middle finger on top of their wrist inside the wrist bones
5. Tell them you will be pushing down gently and they are to resist you by matching your pressure.
6. Press gradually down over a count of 3 with approx. 2 pounds (1kg) of pressure
7. A normal response is a LOCK and a weak response is an UNLOCK

9 **Tips for Success**

10 **Is the person testable?**

Test #1:

Have the person say their name, "My name is _____"

His arm should stay locked when you do the test.

Have the person say a different name, "My name is Bob"

His arm should unlock.

If you get opposite results, then the person is not testable!

11 **Is the person testable?**

Test #2:

Have the person put their free palm over the top of her head. Her arm should stay locked when you do the test.

Have the person place the back of their free hand over top of her head. Her arm should unlock.

If you get opposite results, then the person is not testable!

12 **Reasons for "Non-testability"**

1. Dehydration
2. Neck has an imbalance

13 **What you can do if they aren't testable:**

1. Hydrate them with a glass of water
2. Run a magnet down the spine 3 times with the intention of rebalancing the spine
3. Use a surrogate

14 **Demonstration of Surrogate Muscle Testing**

- Good for testing pets, children and people who aren't testable

- Test your surrogate to make sure they are testable first
- Once testable, then had surrogate touch/hold hands with the subject
- Muscle test the surrogate while asking questions of the subject.

15 **Self-Testing Methods**

16 **Practice!**

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"

17 **2 Ways to test for Food Intolerance**

OPTION 1 First determine testability. Then place the food item against the belly or chest and after a few seconds, retest.

- LOCKED means YES, that food is OK for you
- UNLOCKED means NO, that food is NOT OK for you

18 **2 Ways to test for Food Intolerance**

OPTION 2 First determine testability. Then place the food item against the belly or chest and after a few seconds, ask "Eating this is good for my health" or "Eating this for my highest and greatest good"

- LOCKED means YES, that food is OK for you
- UNLOCKED means NO, that food is NOT OK for you

19 **Determine "doses"**

1. "Is there a maximum daily amount of this food that is safe and healthy for me?" If YES:
 - Is it more than 2 per day?
 - Is it more than 2 ounces per day?
 - Is it less than 250 mL per day?
 - Is it between two and four per day/week?

You can determine the EXACT "dose" that is good for you. You can retest after a few weeks to see if it is changed.

20 **Brain Balance Testing**

- Place one hand with palm facing the left ear. It should muscle test locked
- Place one hand with palm facing the right ear. It should muscle test locked
- Place palm with outstretched fingers of one hand a few inches over belly button. It should muscle test locked.
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If any position tests "weak" then you are not brain balanced...

21 **Why test Brain Imbalance?**

- Assess whether nervous system is in "stress" or "healing" mode?
- A nervous system in stress mode prevents healing
- Temporary brain imbalance may be due to a "profound healing response" and may be okay

22 **How Brain Imbalance Happens...**

- Serious head injury
- Smartphones stress the nervous system especially when they are "on" in your bedroom at night
- Toxins such as MSG, aspartame
- Prolonged stress
- Wireless internet and WiFi enabled devices, power lines, computers etc.

23 **Demonstration of Remote Muscle Testing**

- Energy has no boundaries
- Get permission from the person you're muscle testing
- Becoming Proxy for that person
- Use self-testing method

24 **Sunday Laser Consults \$30 for 15 min**

- a) Systems analysis including immune system, spiritual immune system, % Optimal wellness, Energy Qi levels, stress handling system, autoimmunity, hormone resistance
- b) Mini Food sensitivities analysis of the most common foods (your choice) and whether your body can tolerate them
- c) Addiction Clearing – analysis of addiction levels and clearing of imbalances causing them (food, alcohol, smoking, stress etc.)
- d) Spiritual Imbalance Clearing – clearing negative spiritual attachments, energies and fortifying auric shield
- e) Your choice – 15 minutes of using the Body Code to assess any one main problem/issue