

Muscle Testing E-course and/or video

Name

What are some of the reasons you would like to use muscle testing?

What is your experience with muscle testing?

Why Muscle Test?

In our "normal" every day life, we are on auto pilot quite a bit of the time, especially for our most seemingly mundane life choices.

We have become normalized and "used to" particular circumstances that, more often than not, aren't the best for us and our optimal upward trending towards wellness and wholeness.

In fact, our "normal" is most often comprised of many detrimental thoughts, habits, foods, friends...you name it.

-We use muscle testing to by-pass our normal habitual thinking and decision making routines and get answers directly from our bodies and higher knowing. It assists us to zero in on what is true and best for us and, therefore, make better choices for ourselves.

-Muscle Testing is also the very basic and most essential skill involved in any transformational healing modality.

I personally use it as a compass - a GPS - to help me navigate and discern how to proceed with the channeled information that I am given.

I do this behind the scenes of the work that is coming through me.

We have to be humble enough to stop and ask for directions before proceeding so that we are in 100% integrity to the client before us as well as the client that we are to ourselves.

We need to be able to ask, from a neutral standpoint, what the situation is (for ourselves or a person we are facilitating healing for) and have a system in place to get the most accurate answers along with the most accurate treatments.

-You can use Muscle Testing in any situation at any time to assist you in making the best possible choices for yourself.

-The best way to get a good solid read with your muscle testing is to practice practice practice.

Practicing greatly increases your accuracy and it habituates you to asking your higher knowing FIRST in any given situation.

-Another great way to increase the accuracy is to tune in to how it feels in your body when you are muscle testing. If you suddenly feel a lowering of your vital energy, a deflation in mood, power drain, you are probably getting a strong NO as an answer to your muscle testing question. Its always good to check how you are feeling in your body ALONG WITH your muscle testing

(If it consistently feels awkward, nerve wracking or exhausting, then you may very well need a different form of muscle testing than you are using.)

-Sometimes, you may have too much anticipation / focus on getting the “answer.”

ALWAYS stay as focused on the question as you possibly can.

When we are focused, invested or “afraid” of what the answer will be, we throw our system out of whack which interferes with our own intelligence communicating with us. When we stay in the mystery, the question, we usually experience a feeling of “surprise” with our answers.

This is a great indicator that we are on the right track. The reason for the “surprise” feeling is because we were entirely focused on the question so there was absolutely no expectation - good or bad - of the outcome.

Experimentation -

A good way to increase accuracy is using your muscle testing in conjunction with things you can find the correct answer to immediately after.

This helps you to mentally attune with implementing muscle testing into your every day life. Which strengthens it's use in your business.

For example:

- muscle testing what colors to wear (then at the end of the day, I see what kind of day I was having and see the correlation to those colors and my need for them)
- muscle testing before meals to see what foods your body TRULY is hungry for. Eating them and right afterwards checking to see how you feel. How satisfied do you feel? If you didn't eat those foods, how do you feel?
- This information gathering process is for you to tune into your own body's own style and cultivating and strengthening that as a regular supportive part of your life.
- Incorporating everything you learn from these experiments will catapult your level of expertise forward tremendously.

Supplements & Food

Muscle testing can be used to figure out what supplements, dosages and the frequency of the dosage is optimal for you.

Chiropractors use it to figure out and recommend supplements and appropriate dosages for their clients.

I have found that utilizing my own muscle testing (in addition to the professional's testing) for this purpose, is far more effective than relying on the professional's muscle testing for me alone.

It is best to check every time you are going to take your supplements. The frequency and dosage may be less or more on different days.

Use Muscle Testing to see what foods / drinks and what portion sizes are right for your body at each meal.

When you feed your body what it TRULY needs in the moment and the RIGHT amount, it feels satisfied and you greatly reduce the "cravings" for foods that feed the problem rather than the solution.

Try this for 3 to 7 days:

Commit to only buying and cooking the foods that your body tells you.

At the store, ask your body how much to buy and what to combine those foods with.

You will notice a difference!

Muscle Testing to get answers from a List

I use muscle testing for this purpose often in my work. You can get lists that are already made from your area of interest and you can make your own. (Ask about their work)

I created my own lists that I use in my sessions.

Feng Shui diagrams (ie the ba gua) ,

Diagrams of your house & property would be great to muscle test too for either in person or long distance consultations.

You can also muscle test **pictures** of items you would like to select from. I do this from my website online when picking which Aura Soma bottle to channel into the sessions and for myself.



Which Type of Muscle Testing is right for you?

This is the question that only you can answer for yourself and the way you find the right one is through experimentation over time.

Start playing around with the Muscle Testing methods you learn today (or ones you know from before and like) and see which ones feel good and natural to you.

You want to pick the one that feels natural, easy - not like you are pushing or working. This is going to become your new best friend - the best friend who gives you the very best objective advice.

Different Types of Self Muscle Testing

Long Arm -

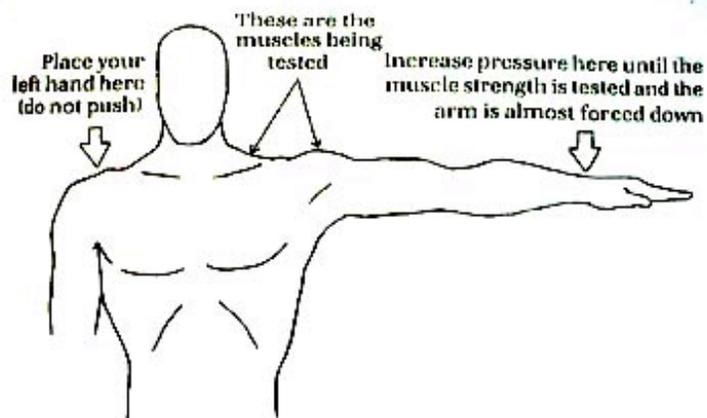
This is the standard method for muscle testing on and for another person.

While it is very effective for this purpose, it is very impractical for getting our own answers from ourselves.

As a practitioner, I find that through the course of a session, I am muscle testing quite a bit and so, utilizing this method greatly fatigues both practitioner and client after a short while. Stand behind the client:

YES = the muscle stays strong and arm stays up - resisting your downward force.

NO = the muscle goes weak and the arm goes down when you push down on it.



Basics of Muscle Testing

Test Your Muscle Testing - Show me an ON / YES. Show me an OFF / NO.

1. Whole Body - Forward and Back

- Useful and Easy.

- A great starter. I found it best to start with this one, solidifying your ability to “feel” the answers in your whole body. Impractical in many situations.



"Yes"

"No"

2. Finger Loop - Ring - thumb and middle finger - this one is great and works well for a lot of people. One drawback is that you need both hands to do it.



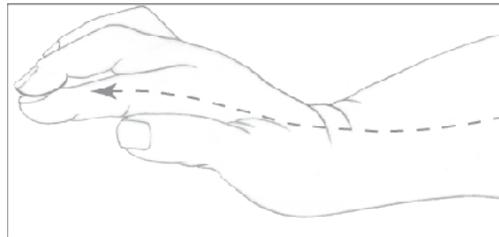
3. Thumb & Middle Finger - works great, easy and effective for a lot of people. Again, you need both hands to use it.



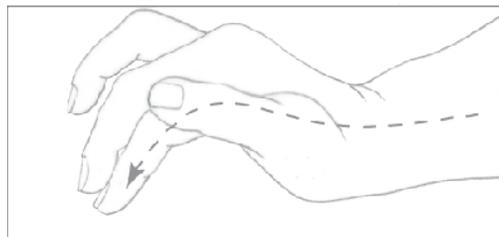
4. Double Loop - I've never seen this one used before but included it because it might be right for you. Sometimes the subtle difference in position makes all the difference in getting right answers. Try it and see if you and your body like it.



5. Index and Middle Finger - I really like this one. I've seen many practitioners use this and make it look easy. It never really worked for me but it might be perfect for you. Use your pointer finger as the lever and your middle finger as the external force acting upon the lever. Plus side is you only need one hand.



Self Test - Positive



Self Test - Negative

6. Gabriella's Creations:

- **Head Nod** - Using your head as the response mechanism. You can ask the questions and then let go of your head and neck to get answers. Head nods up and down for a "Yes" and side to side for a "No." Impractical in social situations (looks funny) but it worked for me for years until I got more refined and solid in my perception of what is a Yes (on) and a No (off)

- **Hand Nod** - Later, I transferred my head nodding muscle testing to my hand. I hold it like a sock puppet and the hand nods up and down for yes and sided to side for no.

- **Wandering Hand** - For this one, I just let my hand wander to the "Right" thing for me. This one has developed over time, gradually. But it never does me wrong.

- **The Gaze** - Here, let your eyes relax and then see where your gaze lands. Does it settle on one particular object? or several? Then follow up with another form of muscle testing to be sure.

Here are a few basic test questions to ask while “trying on” each one (feel free to add your own):

My name is _____.

Am I a woman?

Am I a man?

Show me a YES (ON)

Show me a NO (OFF)

I have _____ (color) eyes.

I have long hair.

I have short hair.

EXERCISE 1

1. Try out and write, in your notebook, for each type:

-Your answers to the test questions.

-Was it accurate or inaccurate?

-How you felt about each one.

How did it feel in your body.

Did you like it?

Was it comfortable? Uncomfortable? Solid?

2. Then go back and rank each one in order of your preference.

Homework:

Do this exercise again after next week and answer the following questions:

Did your findings remain the same?

What was different?

Any surprises?

Was there a new ranking?

Asking the Right Questions, Phrasing Your Question and Refining your Questions

I like to start with a question that initiates the topic and then ask more specific questions to refine my answers.

The initiating question is not where you get your answer.

This is an initial - goal setting - question.

For example, I will start off with the question:

“What would be the optimum form of nourishing movement for me today?”

I do not seek a response to it. I ask it to set the topic and direction so that I follow up with the more specific questions after that to get my answers.

“Is it volleyball?”

“Is it yoga?”

“Is it dancing?”

Umbrella question: “What form of dancing?”

“Is it salsa?”

“Is it free form?”

“Is it trance dance”

- Yes/No Questions only.

- Only ask for one piece of information at the time.

Too many embedded questions in your questions will not give a clear answer.

Negative Example:

Is it good for me to go dancing and stay out until dawn?

You might get a no, even though dancing might be great for you but staying up until dawn would be detrimental.

Positive Example: Is it good for me to go dancing? - yes

Is it good for me to stay out until dawn? - no

- Frame nebulous questions into questions asking for more specificity.

- Ask many follow up questions that fine tune and narrow down your answer.

Negative example: Can I have a snack?

Positive example: Would it be good for me to have a fruit smoothie?

Would it be good for me to include banana? apple? cherries?

Is a whole glass optimal? a half glass?

Refine your questions:

“Would this be a good movie for me to watch?”

Should be a series of questions:

“Which movie would be in my highest good to watch tonight:

This one (point to one)?

This one (point to another one)?”

Forming a bond or connection with the object or person you are muscle testing on or for.

You can touch the object or person while muscle testing.

Or you can do this through intent.

In your mind's eye or internal vision, visualize a strong bond / connection with the person or object and then proceed to ask your questions and muscle test.

Find the way that works best in making you feel a strong connection in order to muscle test.

Am I testable in the moment? & Is this a good time for me to test?

To find out - try "Show me a yes. Show me a no."

What if I'm not "Testable" at the moment?

We all get out of balance at one time or another! No exceptions. Things happen to interrupt our flow and throw our body's ability to give accurate answers.

1. Emotional Intensity
2. Being off kilter energetically, out of balance electrically
3. Spontaneous subconscious recalibrations
4. Solar Flares
5. Watching a distressing news story about catastrophe
6. Being "out" in our spinal alignment
7. Being dehydrated or hungry or overly fatigued

Intention / Declaration : From the light of god that I am , I declare that only beings of 100% pure light can have any affect on me and my answers.

Personal Attachment & Influence

- Check in with yourself to see if you have an emotional charge or a preference for a particular answer based upon addiction or unconscious self sabotage patterns. If that's the case, be circumspect about your answers. You can tell when that is the part that is taking over your nervous system and interfering with the reading.
- We get the clearest answers when we are clear and neutral about outcome. Detachment about whether we put apple or banana or both in our smoothie is great. but obviously, if our unconscious self sabotaging addiction patterns want us to put a whole snicker bar into that smoothie, we know it is not optimal nor is it for our highest good.
- Don't throw out other methods of obtaining answers when muscle testing. Use a variety of methods to get answers. Asking questions, researching on the internet, asking a professional. et.

- Don't throw out reason and common sense when muscle testing. We need all of our consciousness online to help us get clearer answers.
- A big part of what makes muscle testing become more and more accurate is
 1. practice and
 2. commitment to our highest good choices.

Once our bodies, minds, psyches, hearts get more and more into alignment with what is enhancing and optimizing to our health and wellness and our integrity, our muscle testing answers reflect this commitment and begins to be solid even in the face of those choices that historically have triggered our addiction / craving / destructive / sabotaging cycles.

Muscle Testing is not magic or divination. It is potentially a fine tuned mechanism which we cultivate (thru practice and commitment) to honor our highest truth.

How to bring yourself back online if you are “off”

There are some things you can do to try to reset yourself so you are testable again.

1. tap right below both collar bones
2. tap the sternum
3. tap the top of the head and the sternum at the same time
4. put your three fingers - thumb, pointer & middle finger in your navel while you are muscle testing
5. Go outside and connect with the earth. Earthing is a great way to bring yourself back online.
6. Get a chiropractic adjustment
7. drink water or eat a little snack
8. Take a break and muscle test later

EXERCISE 2 - Homework:

This week, at home, collect some of your favorite and not so favorite products - supplements, shampoo, medications, items in your refrigerator, tv shows, exercise classes, etc. Make a list of all the items.

Muscle test each one using your top 2 or 3 favorite forms

Muscle test using this question :

“Is using this optimal for my well being?”

Homework #2:

Sometime in the next 2 weeks, take out this list and your items and go through and muscle test these items again. You can include more and different items then as well.

Write down your results and note if any of the answers you got the first time have changed. Email me your results and insights.

What are the one or two muscle testing methods you are going to start practicing with and implementing in your daily life?

Practice Practice Practice

We are different at every moment. What was right for you today may not be in 2 days or in 10 minutes. That's why it is important to check in with yourself every time you are thinking of ingesting something or participating in an activity.

Muscle Testing Activation - 20 to 30 minutes (lay down to receive this PSA process)

Healing Points for the session:

1. Preparing the mind to reality orient to a new mechanism for adjudicating power information for the determination of next step protocol. Awakening personalization of openness to integrate divine offerings and messages for personal level implementation. Authorizing Joy to successfully engage in the personal inter dimensional perceptual information gathering process. Strengthening acclimation ties to new orientation to living with being significantly attuned to higher mind knowing. Great success in implementation application and thoroughness in information gathering. New successful fusion with the higher mind, sharpening, strengthening witnessing and accurately allowing, interpreting and personally implementing intuitive guidance.
2. Implementing Fantasy life deconstruction protocols. Invitation to release old stories about what is successful living methods and strategies. Recognition of the higher trust within. Particle Activation to ignite whole being friendship with internal knowing.
3. Muscle Testing Activation. Implementation of altruistic Trust protocols. Commitment to following these always. Announcing supreme efforting release. Personal recollection of internal integrity. Joy to recognize safety in the personal power domain. Power displays bringing satisfaction and powerful closure sequences. Interim delivery status upgrades and replenishment of knowing of things to come.