

WORK WITH ME

Muscle testing trouble shooting guide



1

In muscle testing, we refer to a strong test as one that cannot be broken. Or a forward in a standing tilt.

2

When muscle testing, use equal pressure on the part being tested and the part performing the test.

3

If you test strong on yes and strong on no, you have one or more phobias blocking your energy field.

4

A strong yes and and stronger no indicates a phobia of saying no or being seen as weak.

5

A weak yes and a strong no indicate a limiting belief. A limiting belief is a belief you feel is true, even though you know it isn't.

6

Weak on yes and weak on no could indicate dehydration, low blood sugar or the existence of phobias.

7

It's a good idea to keep water on hand while using muscle testing for energy work.

Simple Ask and Receive

Ask and receive is based on the discovery that we all have a higher part of our self that has the answers to all of our problems. We just do not always have continuous access to that part. Ask and Receive allows direct access to this higher state information and then incorporates it into your body for use in your life.

This simple five step process can be used with or without muscle testing, SUD's ratings or felt sense guidance to identify and clear traumas and limiting beliefs.

Begin with an original positive statement of what you desire. Ex. My body knows instinctively and easily how to become my ideal weight.

- 1 There is a part of my being that already knows _____.
(This is your ultimate goal statement. Make it the biggest juiciest goal you can think of.)
- 2 That part of my being is willing to inform the rest of me now.
- 3 It is doing so now with grace and ease.
- 4 My mind body and spirit are receiving this information.
- 5 Information transfer is now complete.