



### **Muscle Testing!**

Get nice and relaxed, make sure you are hydrated, well-rested, with your back off the back of a chair, in a non-distracting environment

### **Calibration:**

Muscle test: 1 true statement; then 1 false statement until you have a definite "yes" and "no"

### **If unable to feel energy—try doing some of these things:**

cross crawl-bring leg to opposite elbow and switch back and for a few times  
take a vitamin or some minerals  
rubbing/tap temples  
hydration  
face North—sometimes the magnetic fields of the Earth can affect feelings

### **Examples:**

I can lose weight  
I can be healthy  
I am confident  
I make \$200,000 per year

### **Test it for:**

**Affirmation:** I can lose weight

**Safety:** I am safe to lose weight.

**Permission:** I give myself permission to lose weight

**Worthy:** I am worthy of losing weight.

**Deserving:** I am deserving of losing weight

**Take note of your yes's and your no's as you go.**

For each no—say: “the \_\_\_(safety, permission, etc.)\_\_\_\_\_ piece is mine.” (Yes or no).  
It is somebody else's. (Yes or no).

If no-it's ancestral

if no-this is a past life

if no-it's important for me to know the origin. y/s

**Pose the question to yourself**, “Why might I believe that I don't have/am not \_\_\_(permission/ safe/worthy, etc.)\_\_\_ of losing weight.”

**Allow your intuition to answer**—TRUST what comes in and say, “This is it.” (yes or no).

If yes-say : This can be cleared with a decision (y or n)

(Note: As soon as you get a yes-stop there and move on).

if no- Needs the energy removed (y/n)

if no- Needs a ritual (y/n)

if no-Needs a soul conference/conversation with the unconscious mind. (y/n)

if no-Needs something else (y/n) Say: What does it need—allow intuition to answer and trust.

**Decision**=making new declaration to unconscious mind about why you DO/ARE (have permission/ safe)

**Energy removed**—imagine cords between you and the person or the belief holding you back and let them go and imagine cutting the cords—letting them go in love and light. Fill yourself up with positive loving thoughts/feelings and imagine zipping yourself back up.

**Ritual**-let your intuition tell you what the ritual is—can be done physically or mentally

**Soul conference**- Out loud, recite a letter—like, Dear Soul—Thank you for trying to protect me by holding on to this belief. This no longer works for me because...I am choosing to go about it this way...etc. Let yourself talk it out.

Continue working through each “no” until all have tested clear.

Go back through each statement and muscle test again and keep working until all are yes's!

Make a final muscle test saying: This is complete! (y/n) if Yes, BRAVO! You've cleared it!!

If no, pose the question: what else needs to be addressed: and let it pop in and continue clearing!

**You are a clearing machine! Bravo!!!**

**Notice a shift in your life very soon & Share!**