



Muscle Testing! This can be a little tricky sometimes on your own, so grab a buddy if it's helpful, and I recommend watching the video I made (with me crying like a baby in it) or the video demo with a client to support you in your own experience.

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

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!

End with Loving forgiveness exercise.

For example: I forgive myself for buying into the belief that I can't lose weight.

The truth is: I can lose weight; I can and do anything and everything I set my mind and my heart to; I deserve to be happy; I deserve to be joyous; I deserve to be free

Be patient with yourself through this process.

If you take your time and don't beat yourself up for continuing to have things to clear, there will be a payoff in your favor.

Notice a shift in your body, + your life very soon & be sure to share or at least journal your results—if you don't make it a point to share or write-it doesn't stick with your brain

that you've accomplished anything, and then your opportunity to grow/transform diminishes.

Finally check in with your body and ask if there's any micro action that you now feel inspired to take.

Write it down, put it in your calendar, and hold yourself accountable to doing that thing.

Trust yourself, love yourself, and thank yourself for being here throughout this process.