

Muscle Testing

Muscle testing is not required ongoing to do Crystalline Soul Healing, but it can be really helpful in the beginning. Since we will use it in class, please be able to do one form of muscle testing.

If you feel comfortable with your psychic senses providing you enough feedback, you don't need to use muscle testing after class. I rarely use it now. But I still appreciate the clear and simple response when needed.

What is Muscle Testing

Muscle testing is a great way to get positive or negative feedback - a "yes" or a "no" confirmation.

If something is positive for you, your muscle will stay strong.

If something is not positive for you, your muscle will go weak.

Your body has an inherent wisdom because part of you, what I typically call your higher self or subtle self, is not having the experience of separation and forgetting.

With muscle testing you're accessing that connected aspect of self, your inherent wisdom. For example, your body knows what food or medicine is good for you, even if your conscious mind does not.

Muscle testing reads your energy field (or the energy of the person you're testing). If you have certain beliefs that another does not, it will "answer" differently for each person.

When to Use Muscle Testing

There are many uses for muscle testing. **You can use it to discover what to work on during the session.** We'll discuss and experience this in the practicum/certification portion. Mostly, you or your client will have desires of what you want to shift, but muscle testing can be a backup if needed.

You can confirm what has changed before and after running the Crystalline Soul Healing Template. This can be helpful in the beginning as you are building your understanding and confidence of working with this modality.

You can reinforce or confirm that the template is complete or how to program the Template. For many of you, you'll have a sense of when the Template is complete, but it will run as long as needed, even if you are not aware. Programming is a topic that we'll cover in the practicum/certification portion.

Preparing for Muscle Testing

Please don't worry about having to create the perfect statement or question for muscle testing. Life reads the totality of your information field. That said, there are some specifics to be aware of as you are learning to use your body's inherent wisdom, so be patient and try to simplify if needed.

It's important to be clear and concise so that the yes or no feedback works properly. You can ask a question or make a statement.

Muscle testing gives you simple yes or no answers only. If you ask when or how something will occur, you're outside of the scope of muscle testing.

Avoid passive words like, "can, try, should, and will".

Avoid things that are too broad or could have multiple meanings like, "will I meet my one true love?"

You may have conflicting beliefs. "I love myself" and "I hate myself" may both test as a yes. If you find that something is not clearing or manifesting in a reasonable time, try finding some conflicting beliefs to release.

It's also possible that you'll tap into a truth that has not manifested yet, like the example in the video.

Don't over think this. If a statement isn't working, just state it more simply. In class, you'll have a framework when we are using this, so for now just be able to reliably test a yes or no.

Make sure you're not dehydrated or too distraught. High emotion can stir up the energy field, making clarity less available.

If you find that you can't get a clear yes or no, or it is reversed, just slowly move your hand up your main chakras to rebalance your energy field.

Ways to Muscle Test

There are *many* different methods for muscle testing yourself or others. We'll be using self-testing in class. In the video, I gave the example of the rings and standing while facing north, so review that for details.



If you choose one of the ring options, don't grip too hard or loosely. Just a nice comfortable firm grip.

Standing comfortably and facing north is my favorite (especially if you're a beginner) because it's easy to sense a stronger answer when applicable, a yes *and* no (rocking back and forth) or confusion (rocking side to side).

What to Test

Begin with simple yes or no statements (or questions) like the ones below. They are things that **you easily know are correct or incorrect**. For example, you can test your real name for a yes, or a random name for a no.

Show me a yes. (you don't even have to say "show me", just "yes" will also do)

Show me a no.

My name is...

I live in...

I am... years old.

Have fun!

Notes:
