



Muscle
Testing
101
EBook

by Jillian Schleger

Muscle Testing 101

Hello!

Welcome to the Muscle Testing 101 EBook!

I'm Jillian, an Author, Intuitive Healer and Conscious Creation Coach from Canada.

I'm on a mission to help Spiritual Entrepreneurs unleash their wealth mindset and consciously create the business that works for them!

To consciously create change in your life it is easy and fun to do so with the following tools!

To attract high vibe situations, opportunities, people and intentional manifestations you can do so with ease and speed from combining not only a higher vibration or resonance but by testing how aligned you are with a positive money mindset!

Let's talk about muscle testing to check in with your money mindset...

Muscle Testing 101

You will begin to tap into and trust your ability to muscle test and you will begin to see your intuition increasing in strength and accuracy.

One of the best ways to strengthen and begin to gain clarity and trust with your intuition is to learn how to muscle test.

The first part of this introduction toolkit will be on learning all about how to muscle test!

To consciously create change in your life it is easier to do so from an energetic resonance above 200 MHz, and when your alignment to your desire resonates at the same frequency.

To attract high vibe situations, opportunities, people and intentional manifestations you can do so with ease and speed from combining not only a higher vibration or resonance but by testing how aligned you are with a positive money mindset!

Muscle Testing 101

You will learn several techniques to try muscle testing and will then test specific questions to check your money mindset.

First let's talk about the specifics of muscle testing.

Muscle testing - or Applied Kinesiology - gives you tools to test your alignment with a desire or goal. Muscle testing has been used to test the body's physical reaction to stimuli, whether it's an allergy or physical symptom we are testing for, we can test not only the physical body, but the subconscious mind and energetic attachment or entanglement as well.

Testing will result in either a strong or weak result which will give accurate answers to the question or stimuli, since it is said in Applied Kinesiology that your body can't lie.

You need to be at an energetic resonance of 200 MHz or above to accurately muscle test yourself.

But before you test that, you must neutralize your body/mind connection.

Muscle Testing 101

Neutralizing Your Body/Mind Connection

To attain the best possible answers we neutralize our body by tapping on some pressure points.

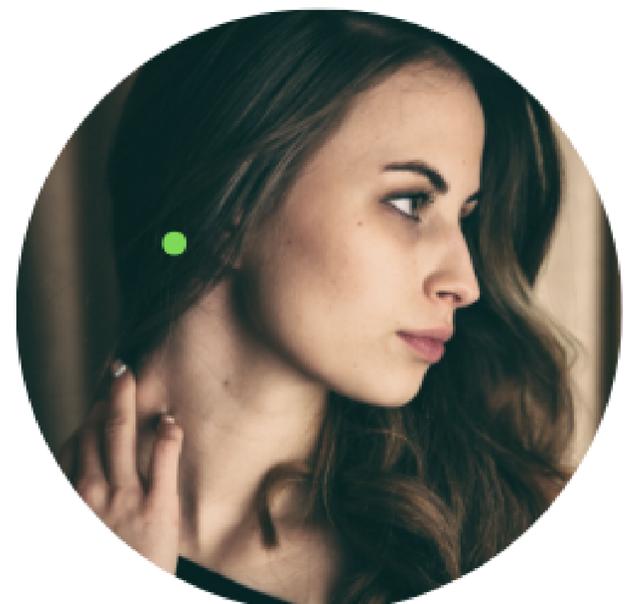
The K27 triggers the immune system and also strengthens the ability to perceive the truth. Prior to testing you will massage the left K27 with your right hand while your left hand is over your naval for 15 - 30 seconds. Then massage your right K27 with your left hand while your right hand is over your naval.

The Mastoid points are also points that you will massage to stimulate neutral responses within the body. These are on the skull behind both ears.

K27

Mastoid

K27 and Mastoid Points



Muscle Testing 101

Test with a partner first to ensure that you are able to do solo testing.

Partner Testing

Have a friend test your resistance with yes and no by testing your arm strength.

You only want to test your resistance to the question or pressure. You are not arm wrestling! ;)

Be gentle and seek to find answers. You are looking for truth and answers. You are beginning the communication with your body, your mind, your energy and your higher self!

Only do these exercises if physically able to do so. Please take responsibility for your well being.

Stand with feet shoulder-width apart, raise one arm to shoulder height and resist pressure when your friend tests your resistance by pressing down lightly with two fingers.

This is your resistance test.

Muscle Testing 101

Partner Testing

Now tell your friend 'yes' and have your friend press down again to test your arm resistance. Your arm should stay strong for yes.

Now tell your friend 'no' and have your friend press down on your arm. Your arm should feel weaker or should even be seen to decrease in strength altogether.

Tell your friend your name and have your friend test your resistance.

Then tell your friend a fake name and test your resistance again.

It's interesting to see how your body can't lie.

If you are having some difficulty getting accurate answers stand with your chin level to the ground and your eyes looking down your nose and out a foot past your feet.

Muscle Testing 101

Your Energetic Baseline

Next test your baseline by saying "I am at the energetic resonance of courage or above." If you stay strong you are at courage or above. If you go weak you need to raise your frequency.

Think of someone or something you are grateful for - really feel into how much you love, adore and are grateful for this person and hold that thought for 1-2 minutes and then retest.

We all fluctuate in energy through the day. We are mostly water and are reactive to stimuli around us. But we do have a 'home' or baseline resonance that we return back to. You'll find the baseline chart below to test with.

If you are aware of being in a low vibe often through the day try to check in and think of those things you are grateful for to raise your resonance, curb sickness and attract high vibe opportunities.

Now that you are at the energetic resonance of 200 MHz you can try different solo muscle testing techniques to find one that you like best.

Muscle Testing 101

The Infinity Test

This muscle test uses both hands. Pinch your middle finger and your thumb of both your hands while linking them through the finger and thumb of your other hand.

Pinch hard and pull to test your resistance.

Ask what is yes, while pinching and pulling against your fingers.

Ask what is no, while pinching and pulling against your fingers.

Yes should keep your fingers together and no should have your fingers weaken.

The Finger Strength Test

To muscle test with one hand, bend the middle finger of your dominant hand and place it on the nail bed of your index finger of the same hand.

Test the resistance of your index finger for the control, yes and no reactions. Your index finger should lose strength for no and stay strong for yes.

Muscle Testing 101

Pendulum Testing

My preferred technique is to use a pendulum to muscle test.

The nerve endings at the end of our fingers relays our reaction to the stimuli we are testing.

A pendulum can be any balanced weight hanging over your hand or a pendulum chart. You can even use a ring dangling from a string or strand of hair!

Begin by holding the pendulum between your middle finger and thumb in your dominant hand while resting your arm on the table. Hold the pendulum over the palm of your other hand.

Ask what is yes and wait for the pendulum to create a circle or a line.

Ask what is no and wait for the pendulum to give the response.

To increase your speed and accuracy with a pendulum, draw a circle and a line on a piece of paper.

Muscle Testing 101

Pendulum Testing

Hold your pendulum in the middle of the circle and trace your eyes around the circle while holding the pendulum still, the pendulum will follow your eyes. Now do the same with the line.

You may need to do this several times a day for a few days to get your muscles used to relaying the stimulus response in this way.

Whenever you are using a pendulum:

Set the intention that any question you ask is aligned with your own truth and that the answers you receive only come from you, your higher self and Source/God.

You can create a prayer and surround yourself with white light before using the pendulum and set the intention that you are always protected and guided to your greatest truth.

It's also important to be totally neutral to the questions and answers as you are using the pendulum. It would be beneficial to sit in gratitude and love for someone in your life for several minutes before testing

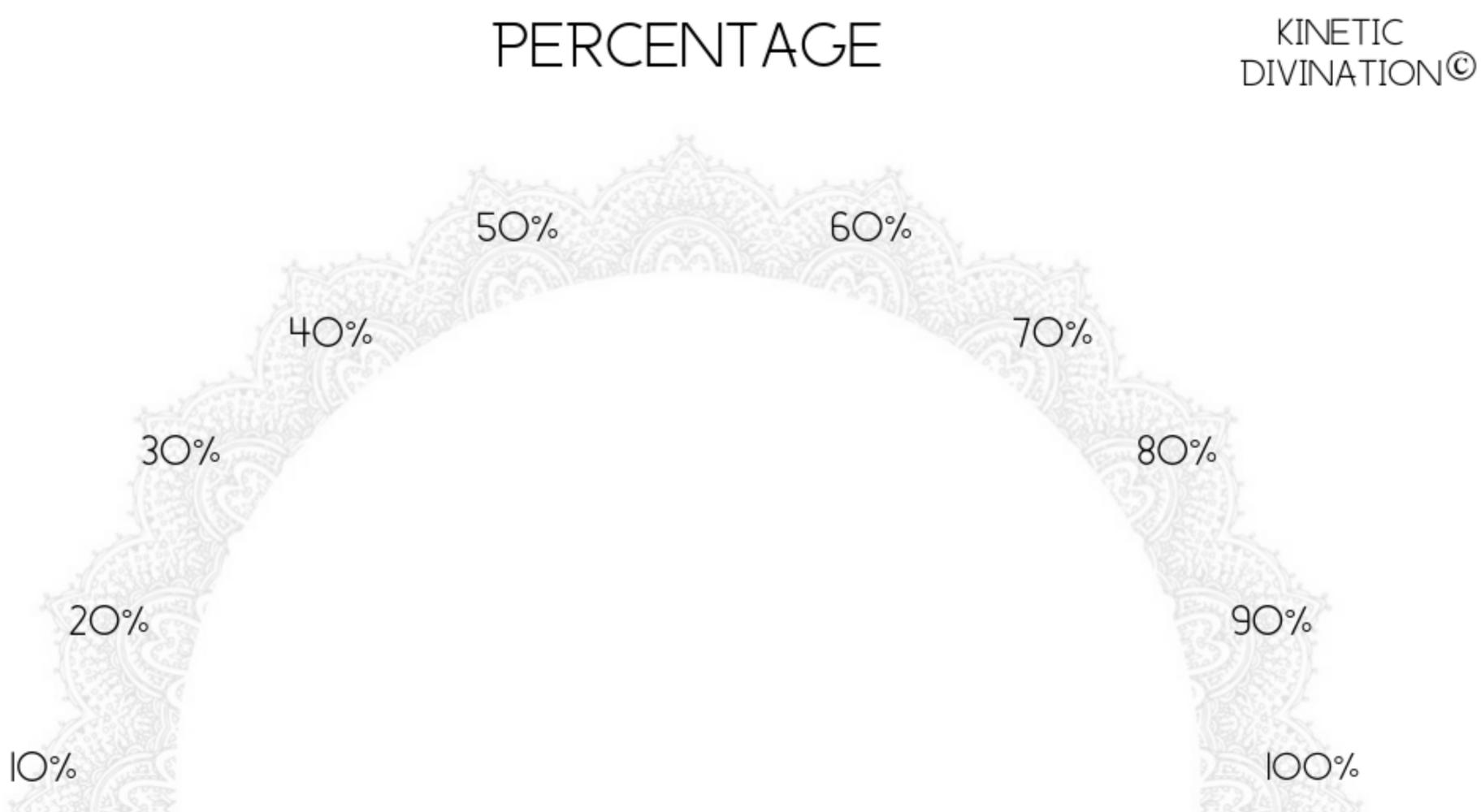
Muscle Testing 101

Percentage Testing

Next hold the pendulum over the percentage pendulum chart. Hold your hand steady and your arm resting on the table. Keep the pendulum at the bottom and in the middle of the chart and ask what percentage of alignment you are with specific questions.

When using a pendulum you will be able to feel and see how strong the energy around a question is. The pendulum may move slowly or feel restricted and the movement of the pendulum provides more information about a question or situation than basic muscle testing ever could.

It may be slow at first, but keep at it. Try muscle testing with this percentage chart below.



Muscle Testing 101

Going Deeper

As this is written, I've created almost 30 pendulum charts that are helpful in checking into dozens of situations, challenges, blocks or opportunities.

If you are interested in creating change in your life but don't see any signs of your desires manifesting there could be one or a combination of the 7 pillars out of alignment, resistance from shadow aspects, inner child Archetypes, limiting beliefs or stuck energy from other people!

If you're interested in learning how to test these possible aspects of resistance please book a session at; <https://calendly.com/jhas>

Your external reality is always a reflection of your inner reality. As Neville Goddard says:

" Everyone is you pushed out! "

Muscle Testing allows you to test your alignment with the desires and goals you are working to achieve.

You can start by testing your alignment with some common affirmations:

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Affirmations to Create

Read the affirmation and test using the percentage chart how much you believe it to be true.

Affirmation	% of belief
I trust that life is happening for me	_____
I accept myself as I am	_____
I am open to receive abundance	_____
I am a powerful manifestor	_____
I am generous	_____
I am able to be loved completely	_____
I am abundant	_____
I give myself permission to be powerful	_____
It's safe to want what I want	_____
It's safe for me to receive what I want	_____
I allow all opportunities to come to me	_____
Money is my ally and I receive it now	_____
I am rich	_____

Muscle Testing 101

Are you ready to muscle test Mantras?

I've created Morning Mantras for Allowing, which has 50 mantras for you to test and create more in your life and business!

To check out Morning Mantras for Allowing - BOSS Edition or LOVE Edition or to learn more about my books go here:

<https://tinyurl.com/y68jyohe>

Muscle Testing 101

I hope this allows you to open your mind and heart to the possibilities that are available to you.

For more options, prosperity and opportunity to choose conscious creation contact:

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Be In Alignment

With Love

Jillian

About the Author

Jillian Schleger is an Author, Intuitive & Conscious Creation Coach who developed a healing system called Kinetic Divination which helps you to locate, shift and heal subconscious blocks and emotional triggers.

She lives in Nova Scotia, Canada but her love of photography, art and culture takes her around the world.

Keep an eye on her website for Retreat information and where you can find her hosting and co-hosting retreats at her favourite locations world-wide!

An advocate for empowerment and well being her work revolves around teaching transformational tools that dissolve blocks, heal the heart and ignite the soul aligned truth of prosperity and abundance!

Look for other self-published books as well as her 2020 Hay House book Dancing with Shadows.