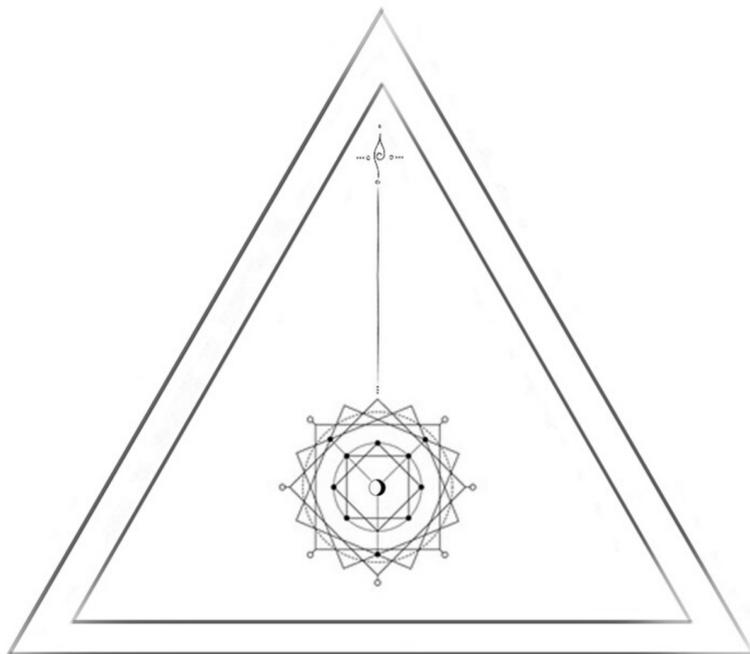




*Jillian Schleger*

# Muscle Testing 101

TOOLKIT



A KINETIC DIVINATION  
PROCESS



*Jillian Schfeger*

## MUSCLE TESTING

Muscle testing is the one tool that can offer insight to what we are aligned with creating or resisting the creation of.

Muscle testing was developed by a Chiropractor and expanded on by scientists and scholars.

Dr David R Hawkins took interest and created the map of consciousness which can be used to test if we are using lower emotions to force our desires into creation or if we are using higher emotional intelligence to create through personal power. It is Dr Hawkins that tells us that we need to be at the resonance of 200 MHz or above to accurately test ourselves.

It has been said that the 'body can't lie' and this is a common rule among those who muscle test. We can ask virtually any question as long as we are at a high enough energetic resonance and in a state to receive the answer!

With muscle testing, we are interested in the body's natural response to stimuli.



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## MUSCLE TESTING

Your body will test strong with a positive stimulus and will test weak with a negative stimulus.

Whether the stimulus is disliking coffee, testing that a date should be avoided or your pain in your right arm actually belongs to your Mother, your body will tell you!

This is natural law. Even bacteria in a petri dish will move toward a positive stimulus (helpful) and move away from a negative stimulus (dangerous).

Muscle testing allows you to connect with your body, mind, emotions and intuition on a deeper level where you begin to trust yourself, your intuition and your power to create change with confidence.

I will give you an overview of several ways to muscle test but we will first talk about how to neutralize your body so that you will receive an accurate response.



*Jillian Schleger*

## MUSCLE TESTING

Check in with how you are feeling right now.

Do you feel curious, filled with joy, open and willing to this information or do you feel frustrated and resistant?

Know that your state can change with your desire and intention which is good since you need to be at the resonance of 200 MHz to accurately test yourself.

To neutralize yourself you can use several techniques to come to a balanced and relaxed state:

K 27

Mastoid Process

The Wayne Cook Posture

The Resonance of Gratitude &

The Alpha Breath



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## MUSCLE TESTING

Neutralizing your body/mind connection

The K 27 triggers the immune system and also strengthens the ability to perceive the truth.

Prior to testing you will massage or tap the left K 27 point with your right hand while your left hand is resting over your naval for 15 - 30 seconds. Then massage or tap your right K 27 point with your left hand while your right hand is over your naval for another 15 - 30 seconds.

The Mastoid points are behind both ears on the protrusion of bone and these are both massaged at the same time for 20

K27



MASTOID





*Jillian Schleger*

## MUSCLE TESTING

Neutralizing your body/mind connection

Wayne Cook was a pioneer researcher with bio-energetic force fields. He developed this technique, Donna Eden modified it and then I added my own changes to how I implement this with my clients.

This is effective in connecting both hemispheres of the brain and creating a powerful balance to the energetic body. It improves perspective, focus, the ability to speak your mind and the ability to learn at a faster rate!

If you are right handed, you would be right dominant, and if you write with your left hand, you would be left dominant.

Sit in a chair and cross your ankles (place your dominant leg on top with your less dominant underneath)

Rest your hands in your lap, cross your dominant hand over your other and then link your fingers as shown below.



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## MUSCLE TESTING

Neutralizing your body/mind connection

Bring your linked hands up to your chest and rest them on your heart chakra for 2 - 5 mins.

Breathe deeply acknowledging each breath and thanking your body.

## THE WAYNE COOK POSTURE





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## MUSCLE TESTING NEUTRALIZING YOUR BODY/MIND CONNECTION

The Resonance of Gratitude pulls your energy and emotions up to the vibration of 700 MHz or higher.

Sitting in a comfortable position think of one person, place or situation that you feel love and gratitude for. Hold that for 1-2 minutes and expand that feeling as much as you can.

The Alpha Breath is a technique I learned through the Silva Method training program.

This simple technique allows your brain waves to return to a calm alpha state after being in high beta brain wave.



*Jillian Schleger*

## MUSCLE TESTING NEUTRALIZING YOUR BODY/MIND CONNECTION

Pull your breath into your heart and speak the number 3 in your mind and imagine hearing 2 echoes. Exhale, intending your body is relaxed.

Inhale again and think of the number 2 with 2 echoes. Exhale, intending for your mind to relax.

Inhale again and think of the number 1 with 2 echoes. Exhale, intending for your emotions to be calm.

### A RESONANCE OF GRATITUDE



### THE ALPHA BREATH





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## MUSCLE TESTING

Now that you've neutralized your body, mind and emotions find someone you can muscle test with.

Next you will have a friend test your resistance with an arm strength test.

You only want to test your resistance and understand what yes/strong and no/weak feels like. You are not arm wrestling.

Be gentle and seek to find clarity to the questions.

Your body is constantly trying to communicate and lead you toward beneficial options and away from less beneficial situations. Muscle testing will allow this communication.

Only do any of the activities if you are physically able to do so. Please take responsibility for your own well-being.



*Jillian Schleger*

## MUSCLE TESTING PARTNER TESTING

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 baseline test.

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

Now tell your friend 'no' and have your friend press down again to test your resistance. Your arm should go weak.

Tell your friend your name and test your resistance, and then tell your friend a false name and test again.



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## MUSCLE TESTING PARTNER TESTING

If you are having some difficulty getting accurate answers stand with your chin level to the ground and your eyes looking down about 2 feet past your body.

Now tell your friend you are at 200 MHz or above and test your resistance.

If you test strong you can continue and try the solo exercises below. If you are not at 200 MHz try the neutralizing techniques again and retest.

We are water, and fluctuate in energy through the day. We are always reacting to stimuli around us in our environment and may not even be aware of it.

But we do have a 'home' baseline resonance that we will talk about in a bit.



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## MUSCLE TESTING

### THE INFINITY TEST

This muscle test uses both hands. Pinch your middle finger and thumb together on your right hand between the middle finger and thumb of your left hand to create a chain or infinity symbol. Pinch and test the resistance and then test yes and no. As with the above technique you should stay strong for yes and go weak for no.

## THE BODY PENDULUM TEST

Stand with feet shoulder width apart and balance yourself well. Feel as though you are a tree and allow your body to react and respond to the test as if blowing in the wind. Ask your body what 'yes' looks like and allow your body to sway a certain way. Recenter yourself. Then ask your body what 'no' looks like and allow your body to sway. You could possibly lean forward for yes and back for no.



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## MUSCLE TESTING

### THE COLLAR TEST

Place one hand on your collarbone by the hollow of your throat. Keep all but your index finger on your skin and keep your index finger strong. Press on this index finger to test the strength for the resistance baseline test and then test for yes and no.

### THE PENDULUM TEST

Since the nerve endings at our fingertips relay the reaction toward a stimulus I find it easier to muscle test using a pendulum and I've created over 40 pendulum charts so far!

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

Set the intention that you are surrounded by white light, that you are connecting with your highest truth



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## THE PENDULUM TEST

and you are not seeking guidance from anyone other than God, Source or the Universe.

Since pendulums have been used to Divine with Spirit for many decades, we want to ensure that there is no confusion.

You can create your own intention ritual so that when you start a session with your pendulum you have clear connection to your highest truth.

My goal with this toolkit is to empower you with the truth that all that you need is inside of you. You may have heard that before. This is how you can prove it to yourself.

You should always check in with yourself before seeking outside validation about any question you have.

Begin by holding the pendulum between your fingers while resting your arm on a table. Hold the pendulum over the palm of your other hand.



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## MUSCLE TESTING

### THE PENDULUM TEST

Ask what is yes and wait for the pendulum to create a circle or a line, then ask what is no.

To increase speed and accuracy, draw a line and a circle on a piece of paper and hold the pendulum over these. Follow the line up and down with your eyes until the pendulum begins to move. Then do the same with the circle.

Set an intention that any question you are asking is aligned with only your highest truth and all answers are to come from you to serve your purpose.

Below is the percentage pendulum chart, this can be used to test your percentage of alignment with the any goal.

This is amazing work! I'm glad you're tapping into what your body is telling you!



*Jillian Schleger*

## MUSCLE TESTING

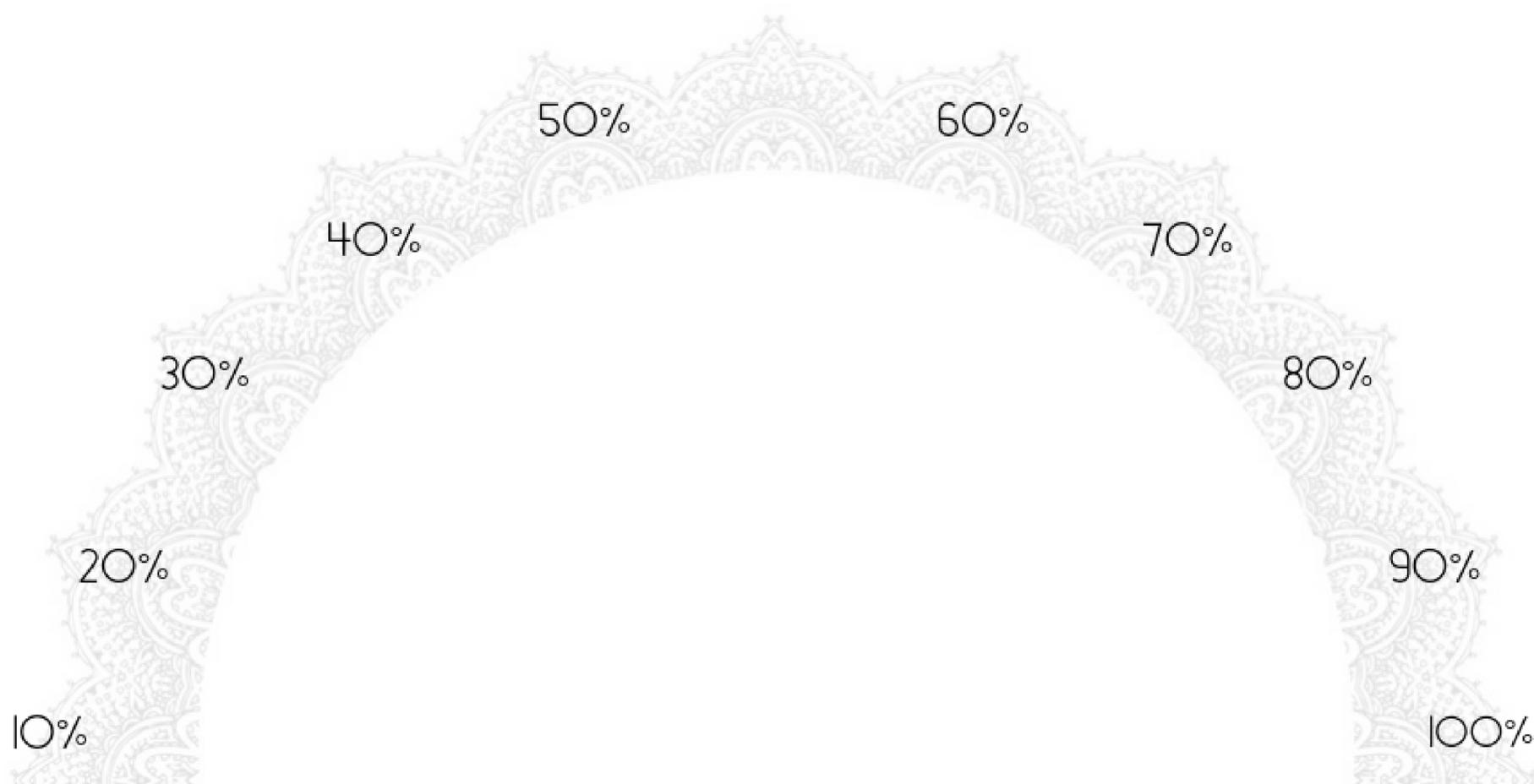
You can check in with your baseline alignment with the things you desire to have in your life. Your baseline of alignment is super important to check in with so that you know why certain things show up in your life and other things don't.

Create a list of your favourite affirmations or goals.

Test your belief with the chart below. Then check your confidence, allowance and how safe it is to receive that affirmation or goal.

### PERCENTAGE

KINETIC  
DIVINATION©





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## MUSCLE TESTING

Test your percentage of alignment!

Use the percentage chart and ask:

I will attract my income goal of \$\_\_\_\_\_ this month!

It's safe for me to create my dream relationship!

I'm confident I will be my ideal weight within 1 month!

I trust that my greatest good is always being led to me!

I allow wealth to flow into my life!

I believe I am worthy of achieving a life of ease!

I am enough!

I am always supported by the Universe!

Is your percentage not as high as you'd like it to be?

Imagine your percentage as a number on a radio dial. If you got 80% alignment with one of the above tests, your radio dial would read 8 out of 10.

Reach out to that radio dial and turn UP your percentage of alignment. Retest your percentage :)



## JILLIAN SCHLEGER

I hope you enjoyed this toolkit!

How did you find the Kinetic Divination process?  
Reach out and let me know!

Book a free consult:

<https://calendly.com/jhas>

Send me a message for me to add you as a friend:

<https://www.facebook.com/jillianschleger>

Email me:

[coach@jillianschleger.com](mailto:coach@jillianschleger.com)

FB

<https://www.facebook.com/jillianschleger>

IG

<https://www.instagram.com/jillianschlegercoach/>

*Always check your baseline!*

*Jillian*



## JILLIAN SCHLEGER

Jillian Schleger is an Author and Intuitive Success Coach who developed a healing system called Kinetic Divination. KD teaches processes that locate, shift and heal blocks so that manifestations are created with ease.

She lives in Nova Scotia, Canada but her love of photography, art, speaking and teaching a retreats take 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 to align with the truth of our prosperity and abundance!

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