

Muscle Testing 101

Toolkit

a Coherence Resonance Mapping Process[®]

By *Jillian Schleger*



Jillian Schleger

Muscle Testing 101

Hey Boss.

You know you're here to change the world with your gifts, lift others up and SHINE like the Boss you are.

But you may have been feeling that: this should just be a heck of lot easier.

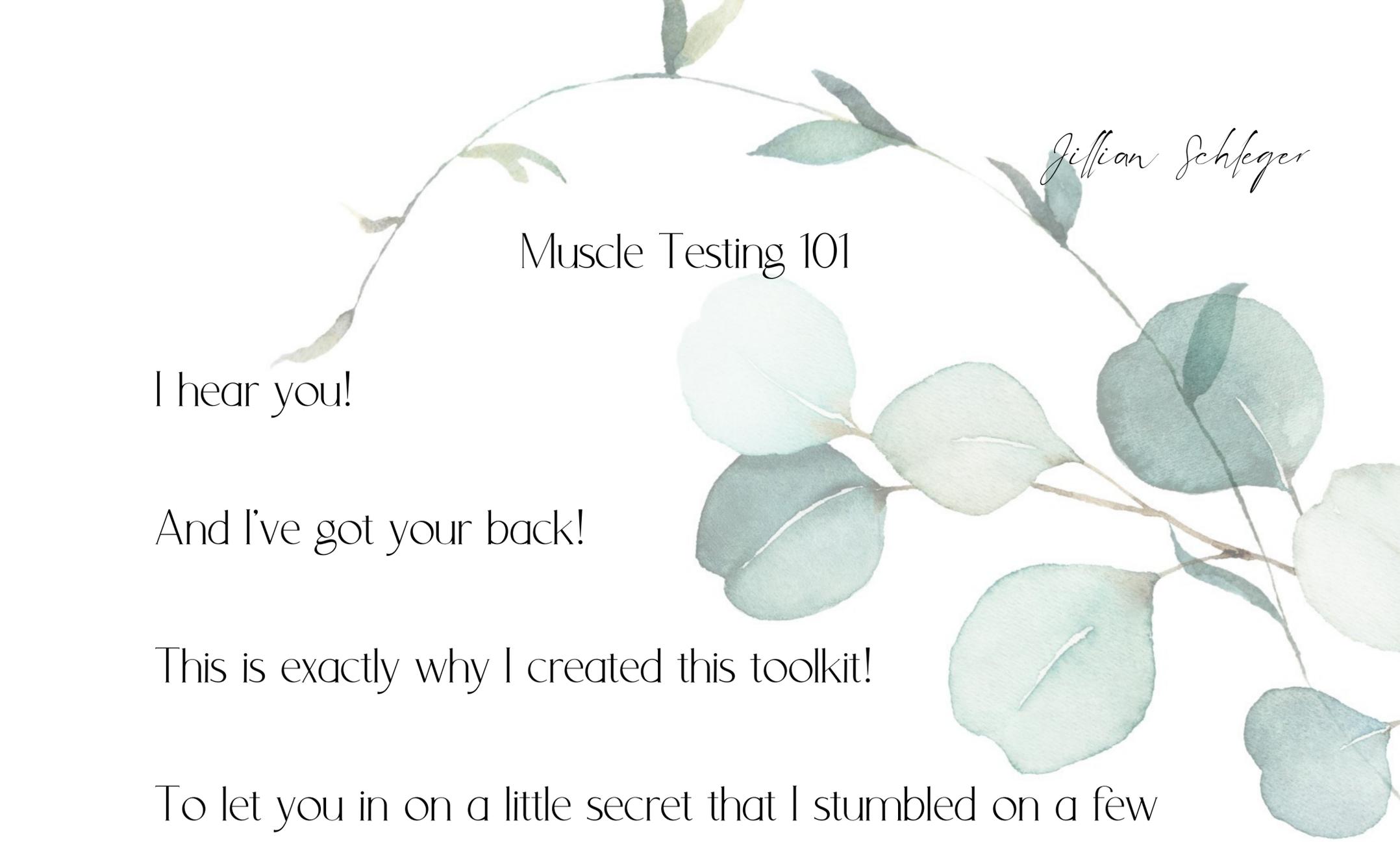
Maybe it has been really freakin' hard for you.

Maybe you have been hustling a bit more than you feel you need to, burning the candle at both ends and not seeing the desired results as fast as you know they could be comin'.

With all the spiritual, strategic and business tools you have up your sleeve you know that this doesn't feel like Kansas anymore.

You're looking for the wonderland you've been promised, and this 'aint it!





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I hear you!

And I've got your back!

This is exactly why I created this toolkit!

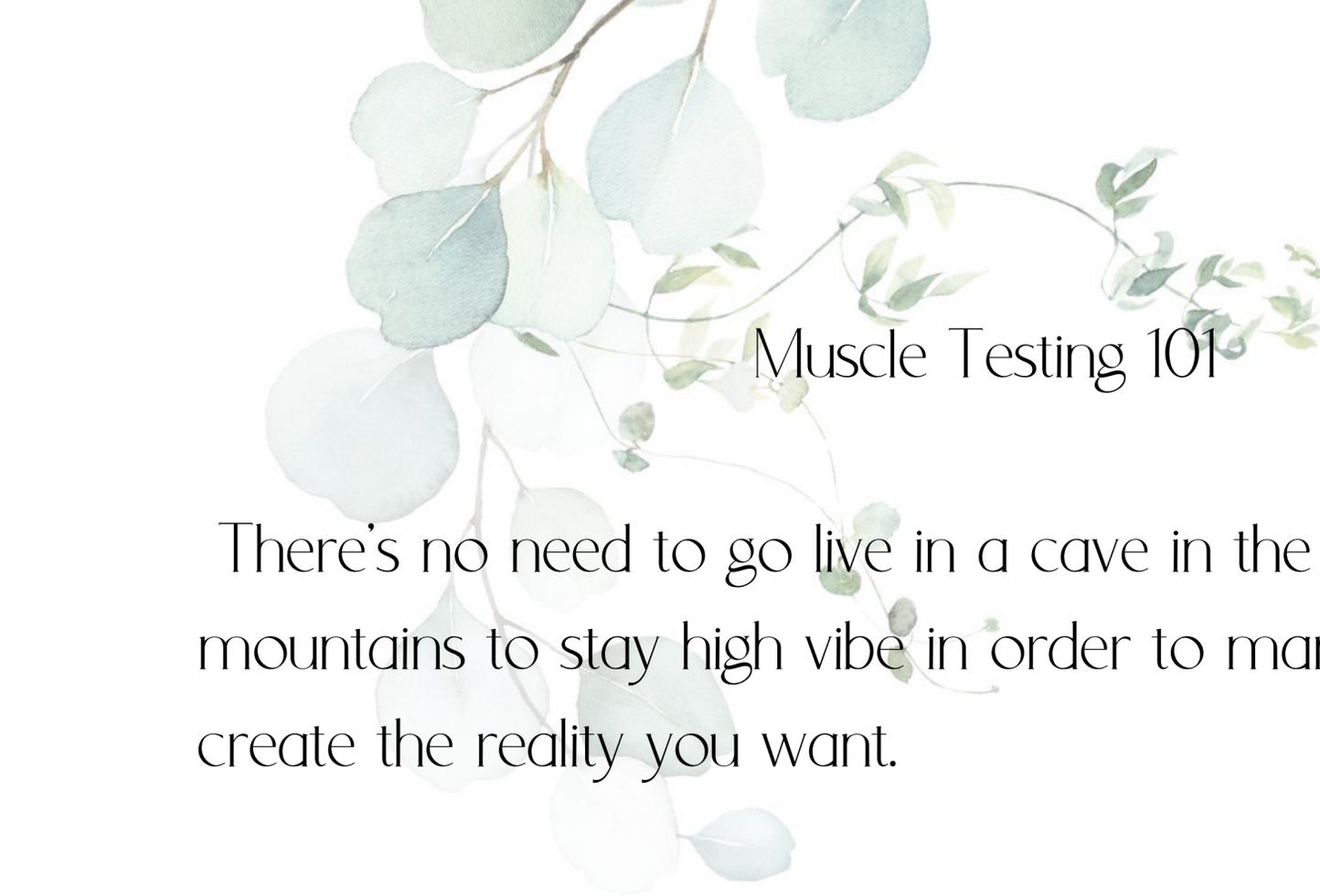
To let you in on a little secret that I stumbled on a few years ago.

How to create the reality you desire & require with more ease than you may have had before.

Never mind staying on a high flying disk, in the vortex or tuning into your fave Universal Law to make things happen... this just get's to be EASIER!

Now, I love all things spiritual, woo and spooky!

But even the Spiritual Space has become Elitist and holds info back from you!



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There's no need to go live in a cave in the Himalayan mountains to stay high vibe in order to manifest, generate or create the reality you want.

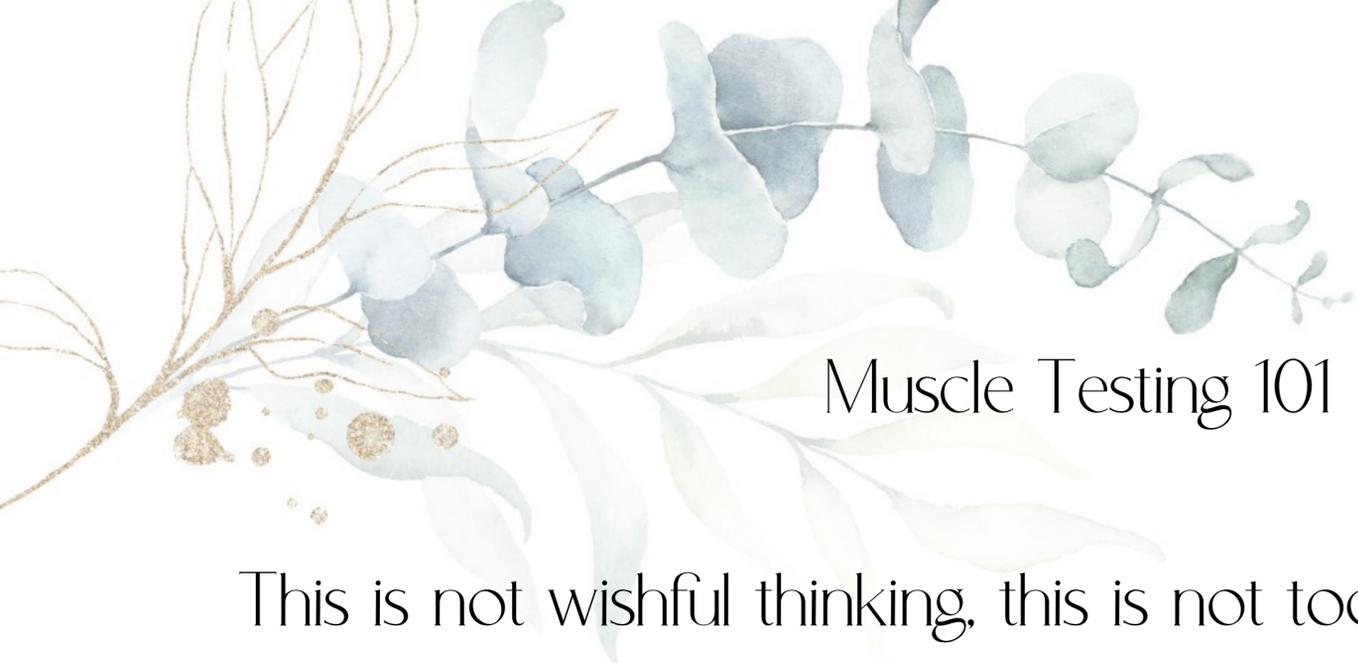
ALL the answers are within you.

And your body has been trying to tell you that for quite a while now.

Your emotions are the ultimate feedback system to help you choose the way to create what you want.

Your body is the ultimate guidance system to help you choose release the things that may have been blocking the right path.

Together they are the powerhouse to not only guide you in making correct choices, but they are the most powerful system for you to receive guidance and create the life & business of your dreams.



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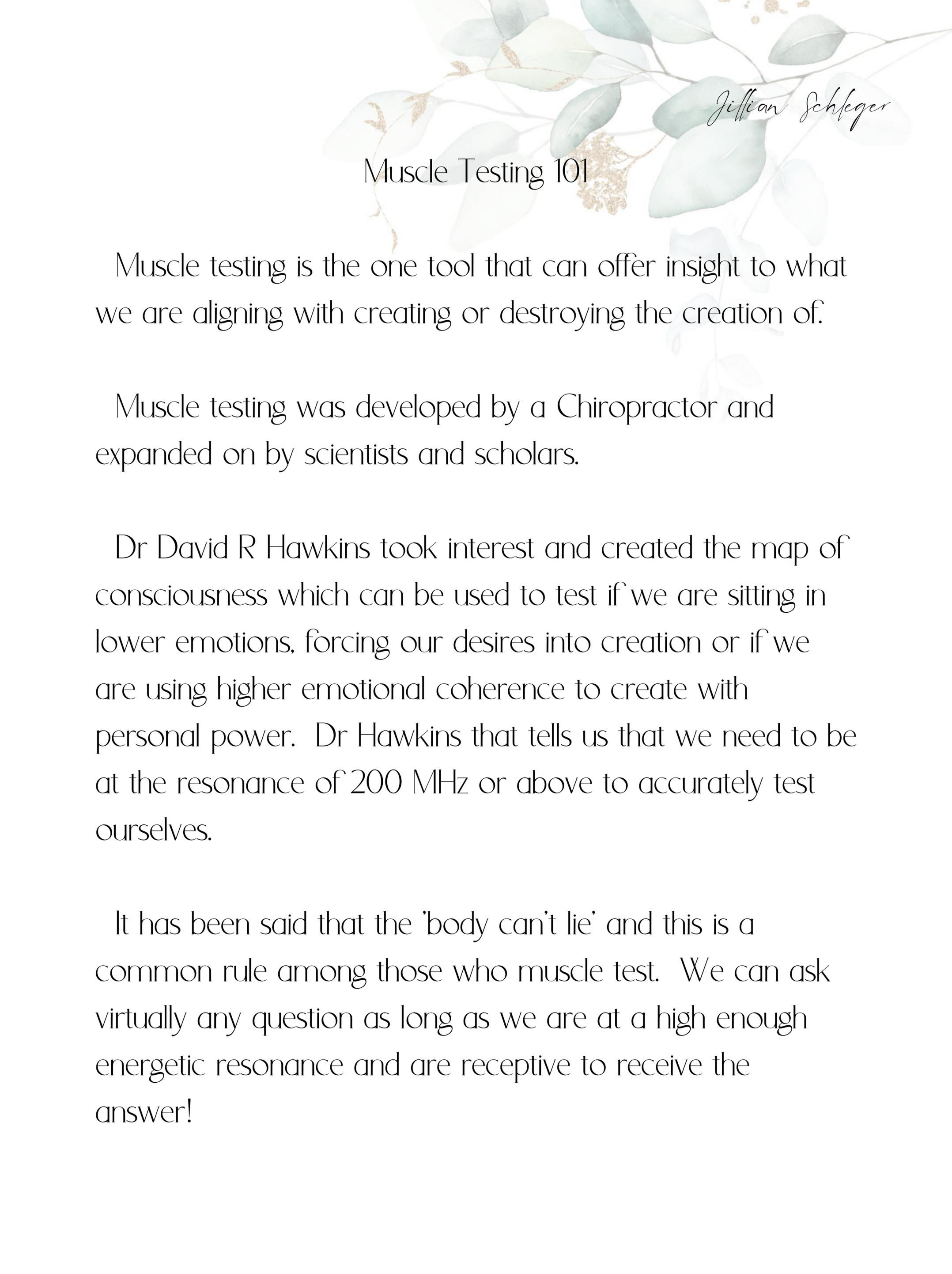
This is not wishful thinking, this is not too good to be true and this is not another spiritual practice that you need to take years to learn in order to implement into your daily routine to see results.

This can be learned from this one little toolkit.

If you are courageous enough to stop for a few minutes and begin to work with – and listen to – your body this can be super easy for you from now on.

The tool I'm offering you is called Applied Kinesiology – or Muscle Testing (MT).

Below I will go through some specifics about MT and then I will lead you through some Anchor Statements that you can test to see if they are creating the business of your dreams or destroying your desired results in your business.



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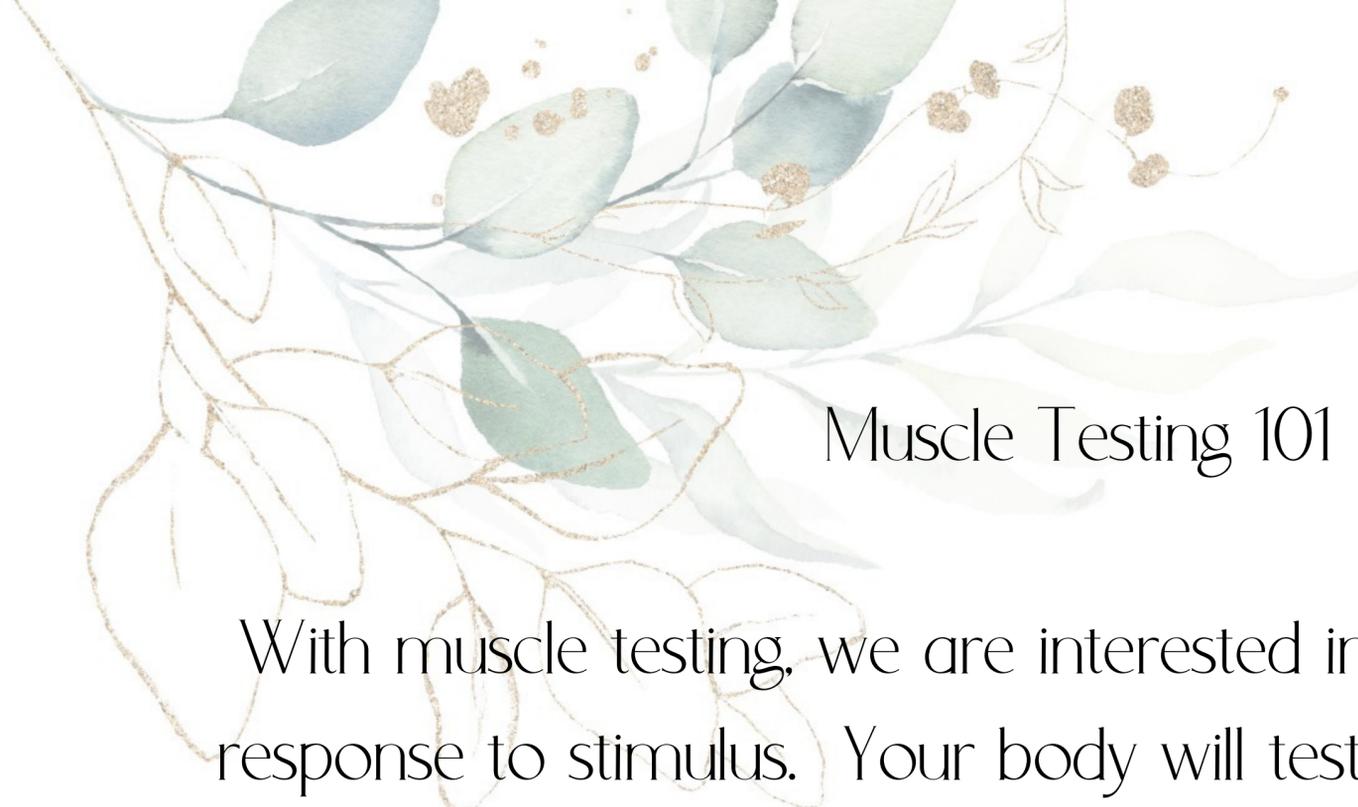
Muscle Testing 101

Muscle testing is the one tool that can offer insight to what we are aligning with creating or destroying 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 sitting in lower emotions, forcing our desires into creation or if we are using higher emotional coherence to create with personal power. 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 are receptive to receive the answer!



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Muscle Testing 101

With muscle testing, we are interested in the body's natural response to stimulus. Your body will test strong with a positive stimulus and will test weak with a negative stimulus.

The stimulus could be testing coffee, whether a date should be avoided or if the pain in your right arm actually belongs to your Mother. Your body will tell you the truth!

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 let's first talk about how to neutralize your body so that you will receive an accurate response.



Muscle Testing 101

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?

You can change your state to align with a desire quite easily. This can be done by becoming neutral and coherent.

Take a deep breath and try the following exercises.

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

K 27

Mastoid Process

The Resonance of Gratitude &

The Alpha Breath

Muscle Testing 101

Neutralizing your body/mind connection

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

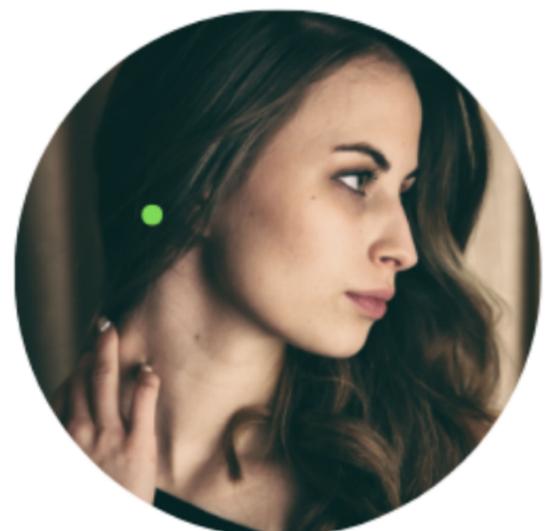
Prior to testing you will massage or tap the left K 27 point with your right hand while your left hand is resting over your naval for 15 – 30 seconds. Then massage or tap your right K 27 point with your left hand while your right hand is over your naval for another 15 – 30 seconds.

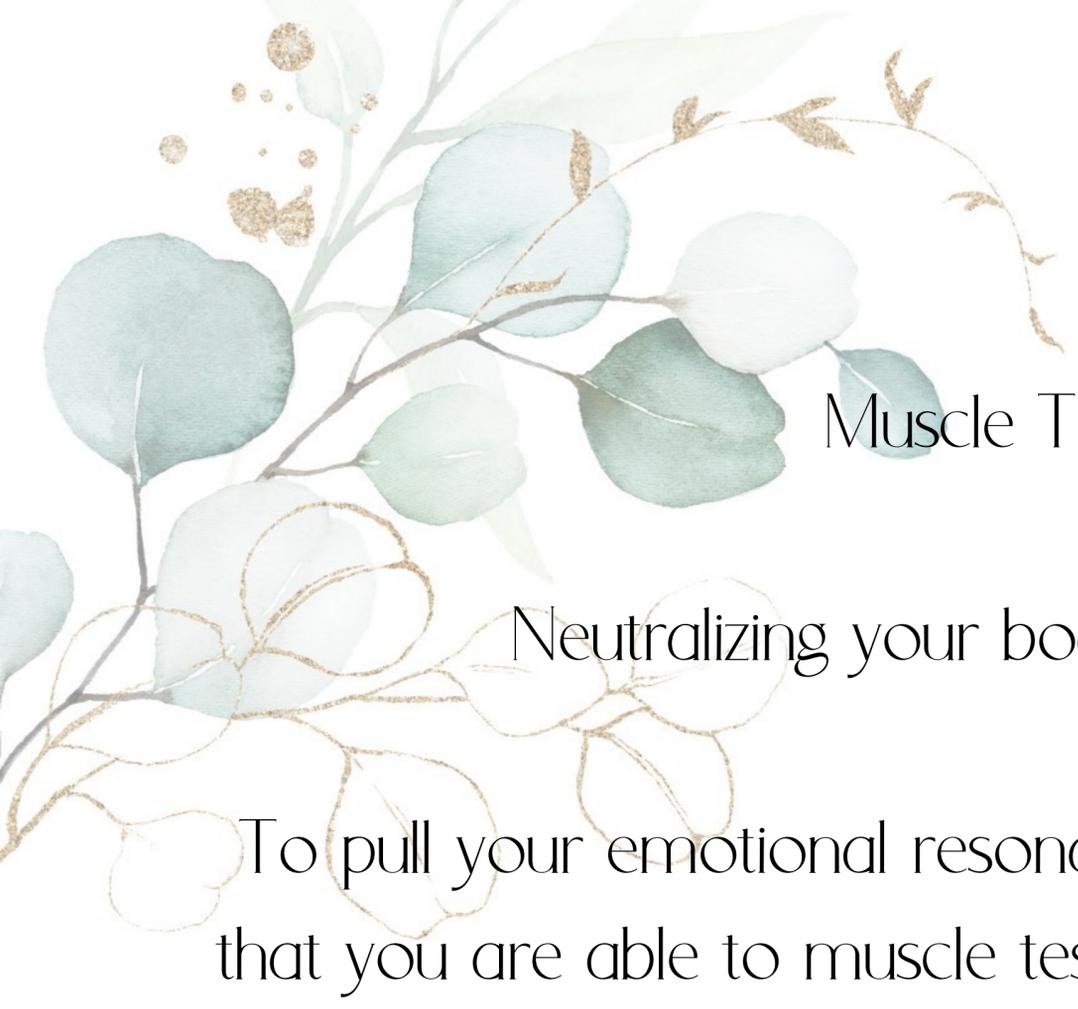
The Mastoid points are on the protrusion of bone behind both ears and these are both massaged at the same time for 20 seconds to neutralize any emotional triggers.

K27



Mastoid





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Muscle Testing 101

Neutralizing your body/mind connection

To pull your emotional resonance up to a higher vibe so that you are able to muscle test and see accurate results, let's neutralize your body/mind connection and come into a coherent resonance.

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 unconditional love and gratitude for. Hold that for 1-2 minutes while sinking into 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.

Muscle Testing 101

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Neutralizing your body/mind connection

Take a deep breath in. Mentally repeat and visualize the number 3 three times while exhaling, intending that your body is relaxed.

Take a deep breath in. Mentally repeat and visualize the number 2 three times while exhaling, intending for your mind is quiet.

Take a deep breath in. Mentally repeat and visualize the number 1 three times while exhaling, intending for your emotions to be calm.

A Resonance of Gratitude



The Alpha Breath



Muscle Testing 101

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

Have a friend test the 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. You are not proving how strong you are, you are connecting with and communicating with your body.

Be gentle and seek to find clarity to the questions. Look for subtle changes in your strength.

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.



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Muscle Testing 101 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.

Your friend is only seeking to feel those subtle changes with the following exercise.

This is your baseline resistance 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 true name and test your resistance, and then tell your friend a false name and test again.

Muscle Testing 101 Partner Testing

If you are having some difficulty getting accurate answers stand up tall with your chin level to the ground and your eyes looking down about 3 feet in front of 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 then 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. We also may be connected to other people's emotions, thought patterns and energy without knowing it.

But we are able to disconnect from all of that, and return to our home baseline.



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Muscle Testing 101 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 your fingers 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.



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Muscle Testing 101 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 101 The Collar Test

Place one hand on your collarbone by the hollow of your throat.

Keep all of your hand flat on your skin.

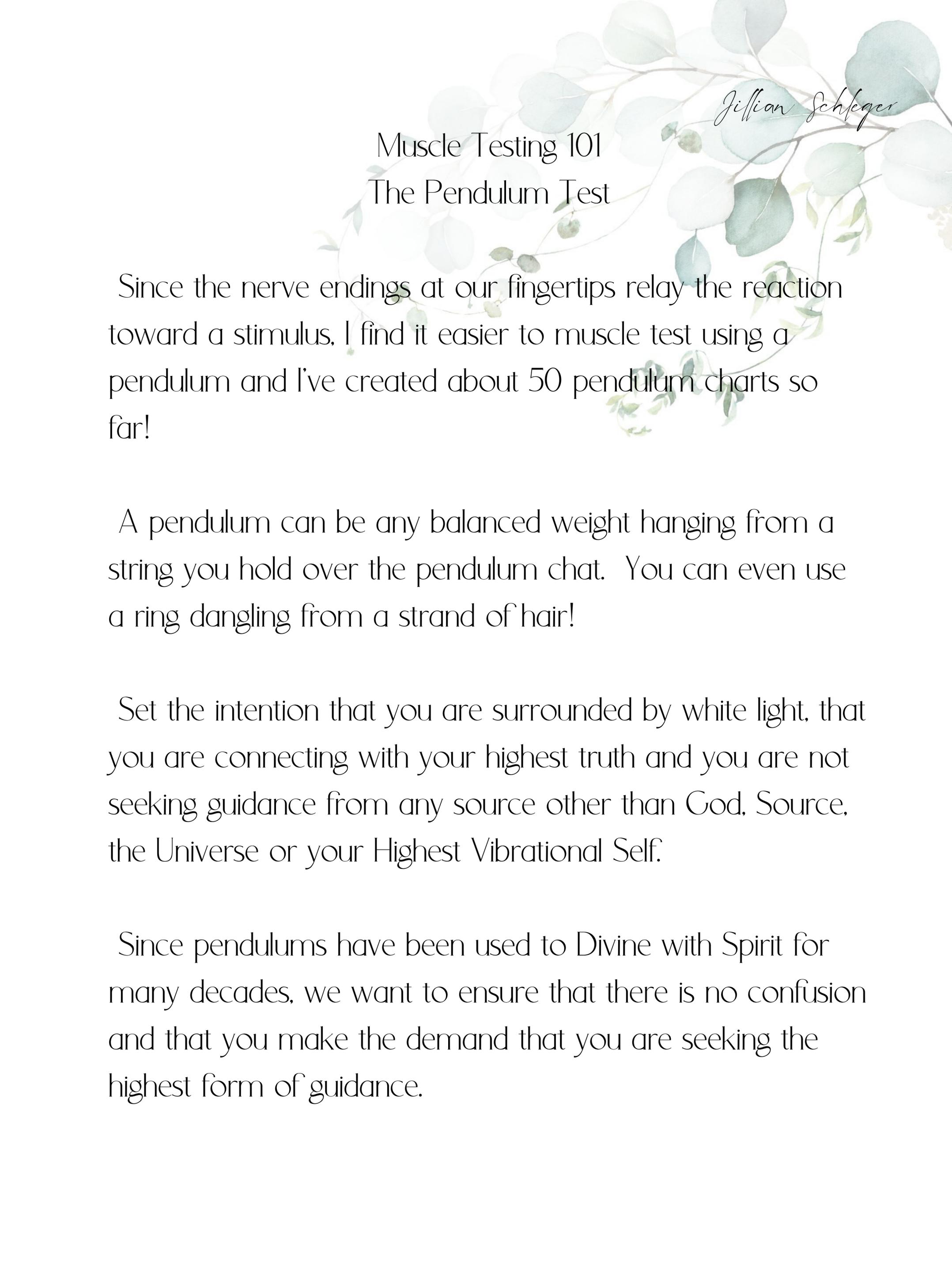
Raise your index finger and keep your index strong.

Press on this index finger with your other hand to test the strength for the resistance baseline test.

Just look for subtle changes as this is one finger and you don't want to hurt yourself.

Say 'yes' and test for how strong your finger stays.

Say 'no' and test for how weak your finger goes.



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Muscle Testing 101 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 about 50 pendulum charts so far!

A pendulum can be any balanced weight hanging from a string you hold 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 and you are not seeking guidance from any source other than God, Source, the Universe or your Highest Vibrational Self.

Since pendulums have been used to Divine with Spirit for many decades, we want to ensure that there is no confusion and that you make the demand that you are seeking the highest form of guidance.



Muscle Testing 101
The Pendulum Test

Jillian Schleger

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

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, again that can also be muscle tested.

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.

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



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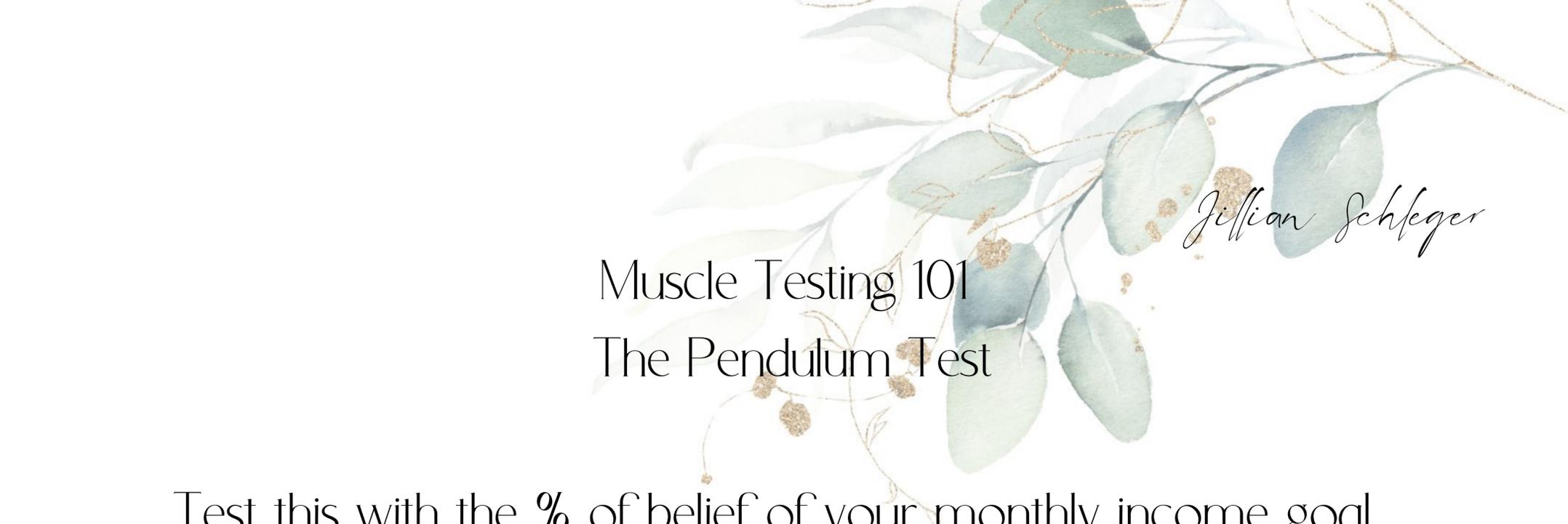
Muscle Testing 101 The Pendulum Test

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

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

This pendulum chart is one of the most used tools I, and my clients, use.

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



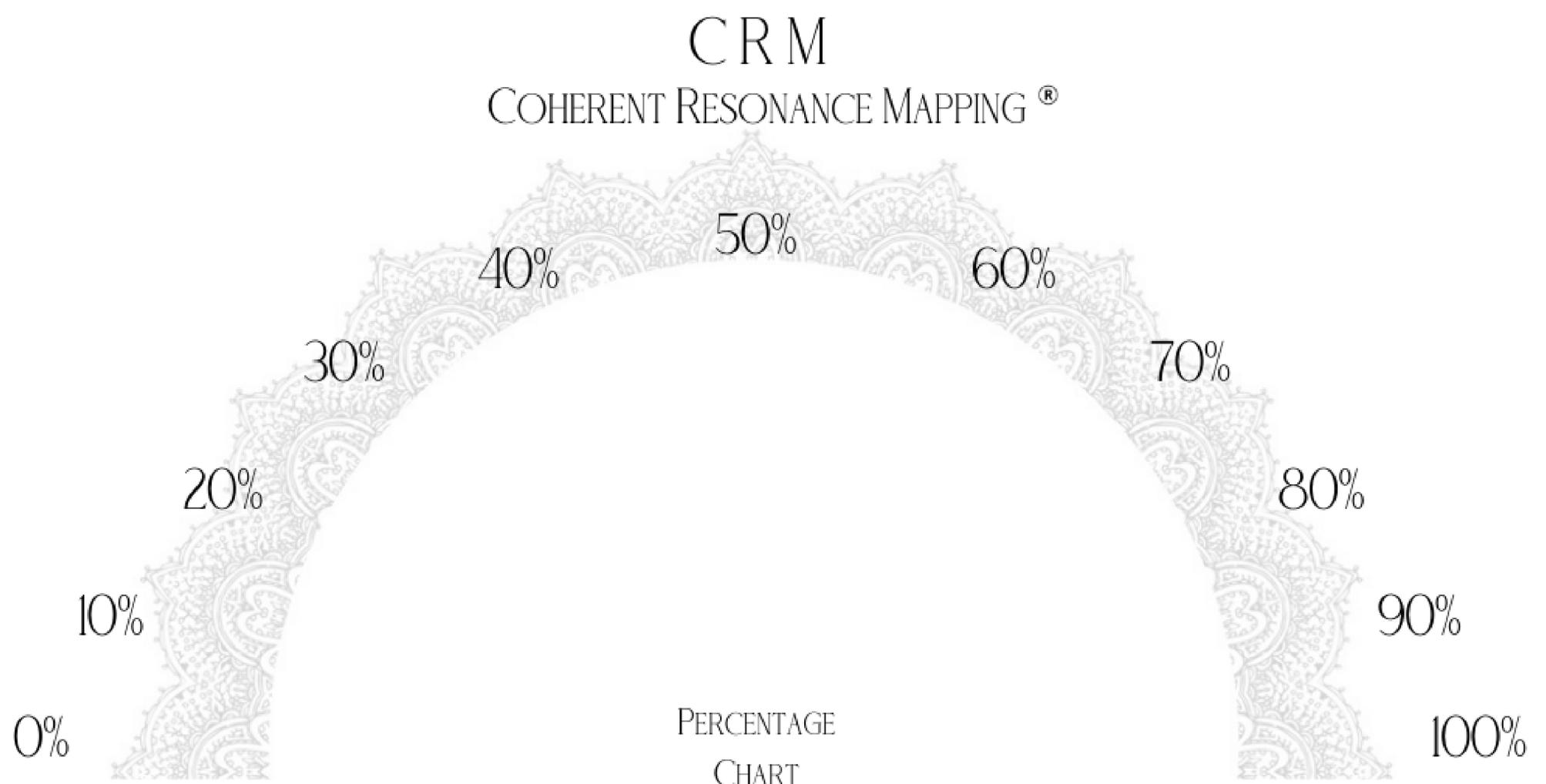
Muscle Testing 101
The Pendulum Test

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Test this with the % of belief of your monthly income goal, whether you should hire that new VA or if it's the right time for that perfect program you've been creating!

I have clients who are million dollar earners who book time with me to check in with the coherence of their goals, and I have clients creating their first thousand dollar months in their business who do the same.

This tool is versatile and will help you create through every stage of your business.



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Muscle Testing 101 The Whiteboard Test

This whiteboard can be any size you'd like.

Its purpose is to allow you to communicate directly with your body, mental body, emotional body, energetic body as well as check in with any program – or belief – that's running in the background.

You can imagine that 0% is on the left of the white board and 100% is on the right.





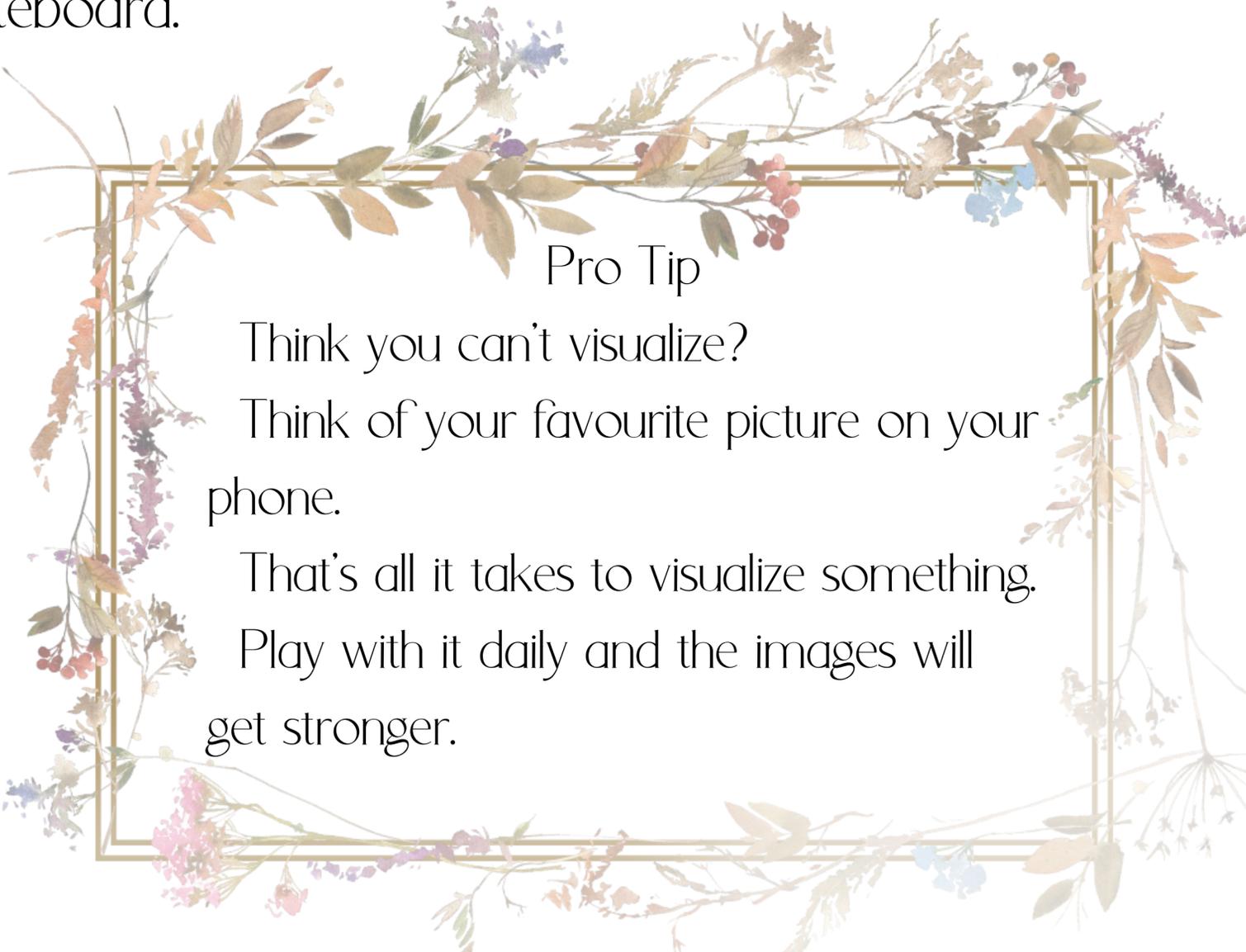
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Muscle Testing 101 The Whiteboard Test

To set the whiteboard, begin to think of a few things that you like, such as your favourite good, people and places.

See how each of these 'show up' on the whiteboard.

Alternately, begin thinking of a few of your least favourite things, food or places and see where they show up on the whiteboard.



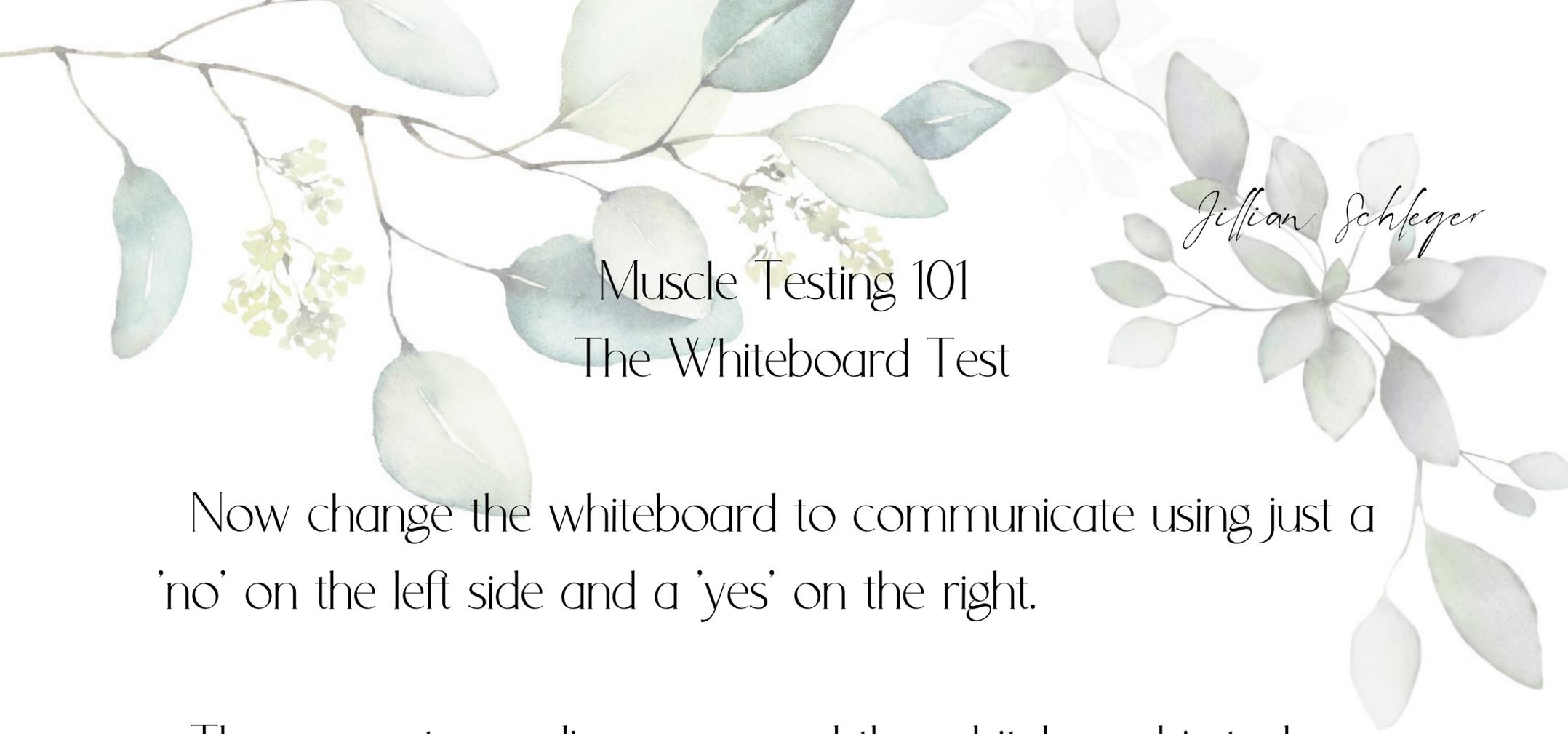
Pro Tip

Think you can't visualize?

Think of your favourite picture on your phone.

That's all it takes to visualize something.

Play with it daily and the images will get stronger.



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Muscle Testing 101 The Whiteboard Test

Now change the whiteboard to communicate using just a 'no' on the left side and a 'yes' on the right.

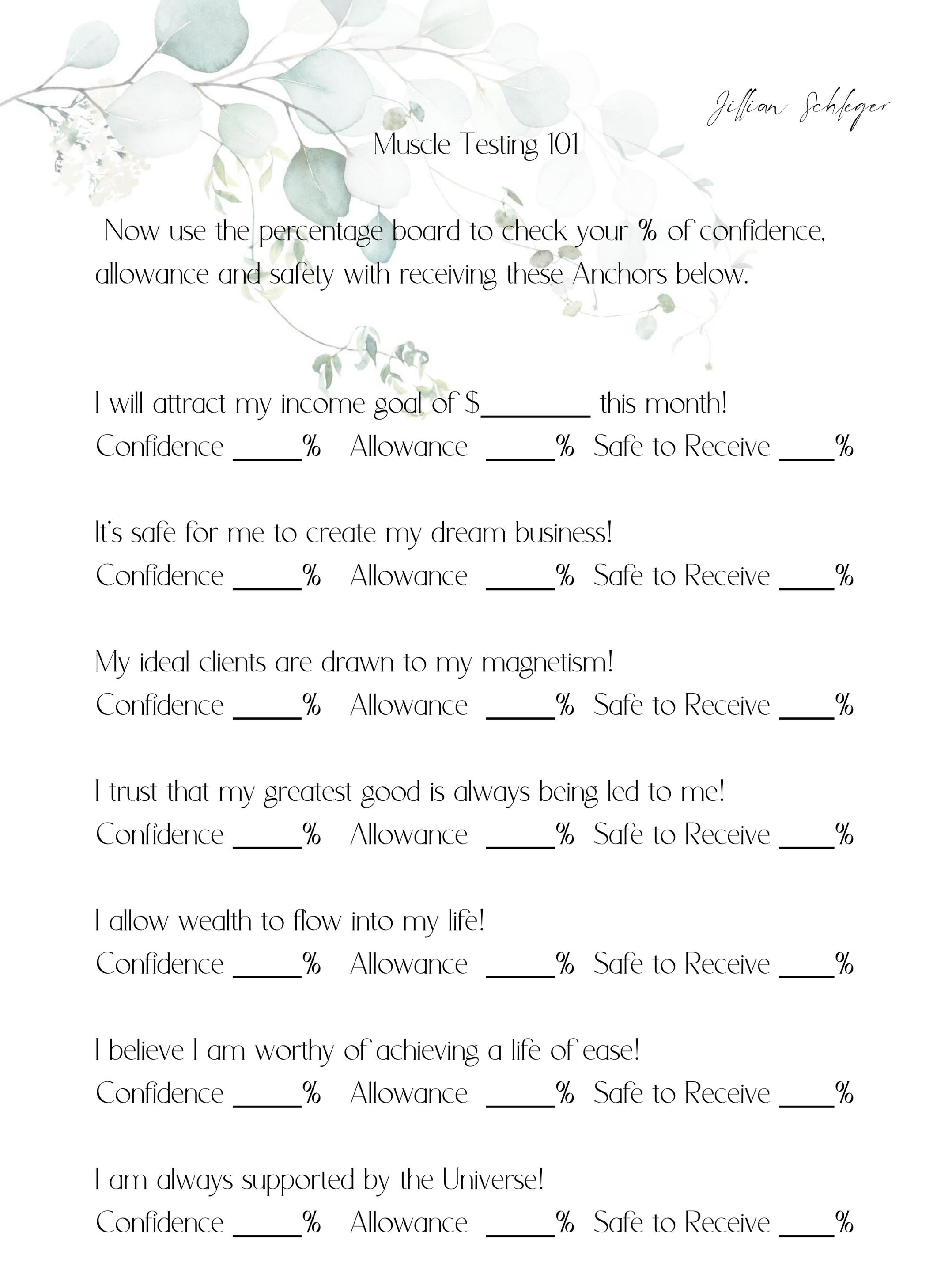
The percentages disappear, and the whiteboard is to be used only as a yes vs no meter.

Test this with easy things such as your correct name vs a false name and then move onto more difficult things such as hiding a coin under a cup, moving them around and then testing to see where the coin is using the whiteboard.

Now ask your body if you feel abundant right now and witness what the whiteboard shows you.

Which whiteboard feels the easiest to use?

Ready to test your percentage?



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Muscle Testing 101

Now use the percentage board to check your % of confidence, allowance and safety with receiving these Anchors below.

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

Confidence _____% Allowance _____% Safe to Receive _____%

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

Confidence _____% Allowance _____% Safe to Receive _____%

My ideal clients are drawn to my magnetism!

Confidence _____% Allowance _____% Safe to Receive _____%

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

Confidence _____% Allowance _____% Safe to Receive _____%

I allow wealth to flow into my life!

Confidence _____% Allowance _____% Safe to Receive _____%

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

Confidence _____% Allowance _____% Safe to Receive _____%

I am always supported by the Universe!

Confidence _____% Allowance _____% Safe to Receive _____%

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Muscle Testing 101

What do you think?

Were you shocked, or were the percentages pretty much where you thought they would be?

If they are lower than expected that's ok!

Know that you can create the difference you'd like to see.

You are the creator of your reality, this tool can be your go-to resource to tap in and see what's being stuck and where!

If you're interested in learning more tools to make it easier to create the reality you'd like to see reach out to me on the social's posted below and book a free chat!

Muscle Testing 101

As a result of my training programs, Spiritual Bosses take control of their mindset by eliminating emotional and vibrational trauma from their bodies so they can write their own success stories.

I'm looking for SCEOs who are interested in becoming empowered, potent and abundant.

Who do you know?

Book a free consult: <https://bit.ly/2VBxYyiCHAT>

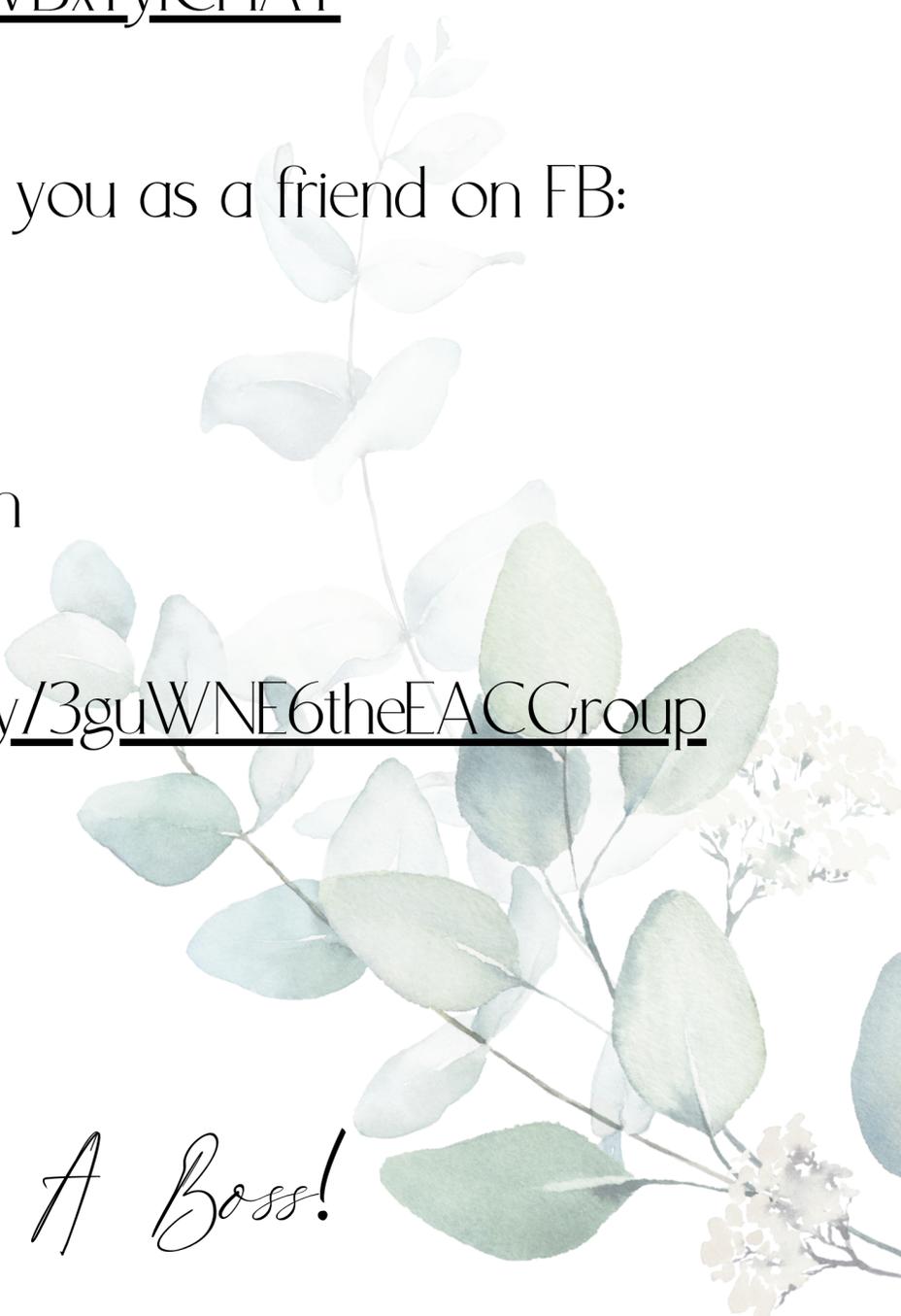
Send me a message for me to add you as a friend on FB:
<https://bit.ly/3aWJRC3FBMain>

Email me: coach@jillianschleger.com

Join my FREE FB Group: <https://bit.ly/3guWNE6theEACCGroup>

IG: <https://bit.ly/2XY4KuglGRAM>

Always Grow Like A Boss!





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Hey! I'm Jillian Schleger. I'm an Author and Intuitive Success Coach and I developed a healing system called Coherent Resonance Mapping. CRM teaches processes that locate, shift and heal blocks, old stories and trauma so that Bosses create the impact they are made for with ease.

I live in Nova Scotia, Canada but my love of photography, art, speaking and teaching take me around the world.

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

I'm an advocate for empowerment, inner child advocacy and ultimate well-being. My work revolves around teaching transformative tools that dissolve blocks, heal the heart and ignite the soul to align with the truth of our prosperity and abundance!

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

XOXO

Jillian