

How To Muscle Test

One tool you could use to get in touch with a part of yourself that knows the right answer to your questions is muscle testing. Often your conscious mind doesn't know the answer, but your subconscious mind does. There are different words used to describe the intelligence your body has that's usually hidden from your conscious mind. Some call it Innate or Body Wisdom. Others call it your Higher Self or your Intuition. No matter what word you use, this tool is invaluable for getting important information, as well as mundane answers.

There are multiple ways to muscle test. Some methods require you to work with another person. That's not always possible or convenient, so the method described can be used by one person. Just know that there are at least four to six common methods of muscle testing (depending on your definition of common), and if you don't like this one, there are other techniques available that you may resonate with better.

It's All in the Question

The first thing to determine is if your question can be answered by muscle testing. To use this method, your question must be answerable with a yes or a no. No other answers are possible with this technique. A question like, "What should I be when I grow up?" cannot be answered with this method. However, a question such as, "Could I be highly successful as a medical doctor?" is answerable with a yes or no.

In addition, you must be careful how you word the question. If the question is worded incorrectly, you'll get the right answer to the wrong question. It's important to be specific when you ask your question. The last question in the above paragraph is a good example. If the word "medical" had been left out, you may get the wrong answer to your intended question. There are lots of other types of doctors (PhDs). And perhaps you would not make a good surgeon but would make a great pediatrician. So even that question may not be specific enough to get the right answer.

Depending on what you really want to know, even the question above may give you the wrong answer. Here are some examples.

1. You could have all the skills and intelligence to be a successful medical doctor. However, that answer doesn't tell you if you would be *happy* being a medical doctor.
2. Even though you may have the abilities to become a successful medical doctor, you may have come into this life with a different purpose or mission. You may even have been a

highly skilled medical doctor in a previous lifetime. In that case, a yes answer to whether you could be successful at that might reflect that you've already done it and still have the skill to do that again. However, it wouldn't answer the question of whether becoming a medical doctor would fulfill your mission or highest purpose that you came to do this lifetime.

3. Depending on the life you want to live, you may have other factors to weigh in terms of a career as a medical doctor. Maybe you'd like to have more time for a family, or perhaps you don't want to work, nights, weekends, or holidays, which doctors often have to do. You might get a yes to the question that you could be successful as a medical doctor, but a no to a question about whether that career would be compatible with the lifestyle you want to live

With just those examples, you can see that to get to the answer you really want may require a series of questions. However, there are lots of simple questions that can be answered with just one question:

1. Should I turn right at this intersection to get to my destination quickly and easily?
2. Am I allergic to milk?
3. Does Jennifer (or Bob) love me?
4. Is it in my highest good to buy this product for me?
5. Are there human military bases on Mars?
6. Is medium the correct size shirt to buy for John?
7. Do I need to buy eggs while I'm here at the grocery store?
8. Is there any part of me that doesn't want to have a million dollars?
9. Are the values of XYZ Company congruent with my values?
10. Is it in my highest good to move to Seattle?

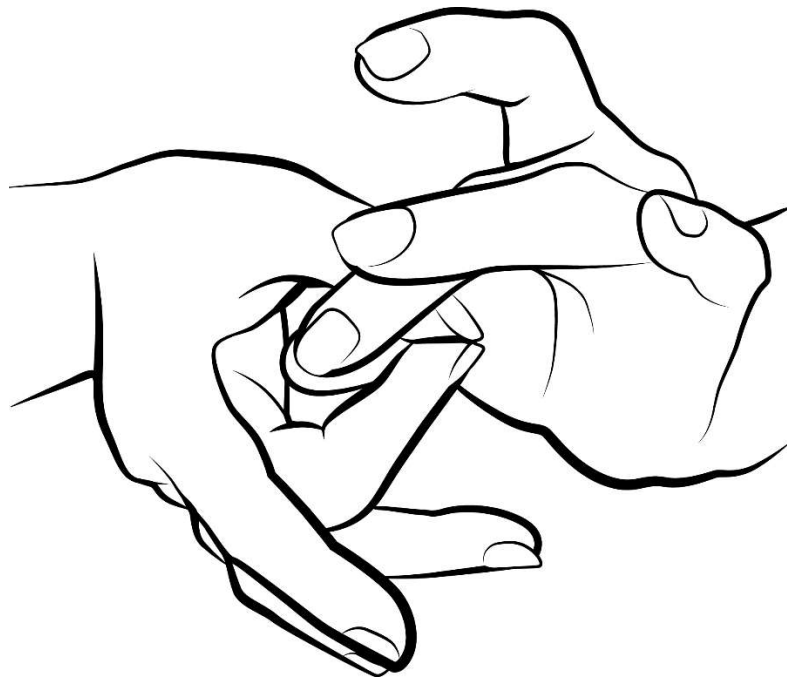
Notice that the above questions are related to the present moment. These are not questions about the future, such as "Will the stock market go up by at least 2 percent tomorrow?" Or "Will the price of gold reach \$5,000 within one year from now?" Future questions cannot be muscle-tested in this way because there are a lot of different factors that can change the future, and humans have free will to do so. For this reason, *you cannot get a definitive answer to a future question.* However, you can get probability answers.

To ask about a future situation, the question must be asked in terms of, "What is the probability that XYZ will occur (by X date, if appropriate)?" Then you will ask percentage questions such as, "Is it *at least* 50 percent?" "At least 75 percent?" "At least 90 percent?" And so forth. Be sure to use that format. If you ask, "Is it 50 percent?" and the probability is anything other than 50 percent, the answer will be no. You'll be guessing all day if you ask the question like that. Once

you get a probability answer, just realize that no matter how high the probability is, the outcome can still go the other way.

Whether you get the correct answer depends mostly on asking the right question or series of questions. Give this some thought before you ask. What is it you really want to know? Be as specific as possible when you ask.

The Technique



The technique we recommend is easily used anywhere by one person. Start with your non-dominant hand. If you're right handed, then your left hand is your non-dominant hand. If you're left handed, then your right hand is your non-dominant hand.

1. Using your non-dominant hand, make a circle by touching your middle finger and your thumb together.
2. With your dominant hand, make another circle with your thumb and middle finger. However, this time make that circle so your dominant thumb and middle finger connect *inside* the circle of your non-dominant hand. (The circle of your right hand connects inside the circle of your left hand if you're right handed.) This should automatically put that circle perpendicular (at a right angle) to the circle of your non-dominant hand.
3. You *must* first calibrate, which is described in the next section, to ensure you're correctly aligned and will get the correct answer. Be sure to do this, or you can get the wrong answer.

4. It's best to have both feet on the ground, legs and feet uncrossed, so you're grounded. You can be either sitting or standing.
5. Then you will ask your question and do the following:
 - a. Your non-dominant hand should stay still when you do this. After you ask your question, moving only your dominant hand, pull your dominant hand away from the non-dominant hand while holding the circles between your thumb and middle finger together. If you're right handed, you'll pull to your right. If you're left handed, you'll pull to the left.
 - b. If the circle of the non-dominant hand stays together and doesn't break, then the answer is yes.
 - c. If the circle breaks (i.e., you pulled through the circle of the non-dominant hand), then the answer is no.

Always Test and Calibrate before You Ask Your Question!

To calibrate, first do two simple tests:

1. "Show me yes." Then pull, and your circle should stay together, indicating yes.
2. "Show me no." Then pull, and your circle should break, indicating no.

Next, ask several questions quickly that you already know the answers to. An easy way to do this is to test: "My name is [your first name]" plus a list of names that are *not* yours mixed with your middle and last name in the list. You should get the correct answer for all of them, or you're not fully aligned. You can test other questions such as:

1. I'm a man (or a woman).
2. I'm forty-nine years old.
3. I was born in Switzerland (or wherever you were born).
4. I live on the planet Venus.
5. I love to eat macaroni and cheese.

The possibilities are endless. Choose whatever is easy for you. No matter which questions you ask, you should get correct answers to all of them. Be sure to ask questions for which you know the answers are both yes and no. What do you do, though, if some of the answers are *not* correct? You must recalibrate yourself.

To do that, touch your tongue to the roof of your mouth in the back of your mouth. You need to hold it there for at least ten seconds and up to thirty seconds, depending on how much you're out of calibration. Sometimes you need only a short time with your tongue on the roof of your mouth. Other times it can take longer to recalibrate. After you do this, retest again to see if

you're correctly aligned. If you are, you'll get the correct answer to all your questions. If not, repeat the process, holding your tongue on the roof of your mouth for a longer time until you get correct answers to all your test questions. Now you're ready to ask your real question.