



Muscle Testing Trouble Shooting Guide

1

In muscle testing, we refer to a strong test as one that cannot be broken. Or a forward in a standing tilt.

2

When muscle testing, use equal pressure on the part being tested and the part performing the test.

3

If you test strong on yes and strong on no, you have one or more phobias blocking your energy field.

4

A strong yes and a stronger no indicates a phobia of saying no or being seen as weak.

5

A weak yes and a strong no indicate a limiting belief. A limiting belief is a belief you feel is true, even though you know it isn't.

6

Weak on yes and weak on no could indicate dehydration, low blood sugar or the existence of phobias.

7

If you feel stuck try drinking some water and re-test. You are using your bodies energy system and you need to be well hydrated.