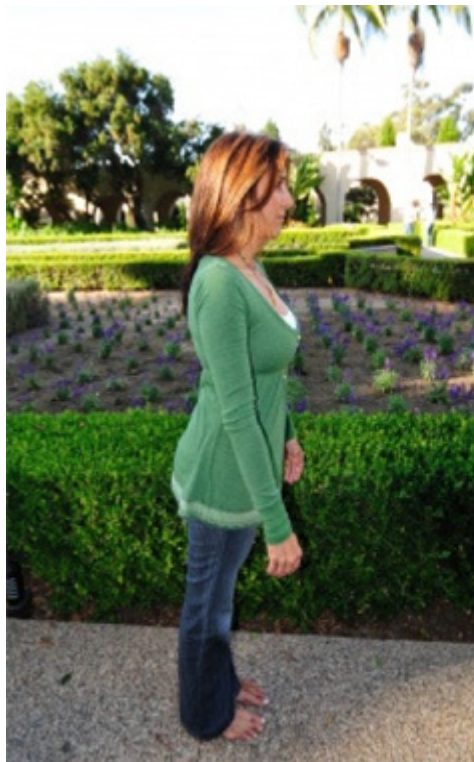


SELF-MUSCLE TESTING

Muscle testing yourself could be one of the most significant tools and skills you can learn for yourself. There are a number of different ways you can muscle test yourself. One of these may work for you:

1. Leaning Forward and Backwards

- Standing upright, feet shoulder width apart or whatever is comfortable, arms hanging at your side or crossed in front of your chest.
- Ask: "Show me a yes." More likely, your body will lean forward. It may lean backwards!
- Ask: "Show me a no." More likely, your body will lean backwards. It may lean forwards!!



"Yes"



"No"

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2. Smooth and sticky:

- Rub the pad of your index finger on the left hand over the top of the left hand's thumbnail. Ask: "Show me a yes response." Usually this is a smooth response and the finger glides easily across the thumb nail.
- Ask: "Show me a no response." Usually the finger will get stuck, making it very difficult to rub the finger across the thumbnail.
- Sometimes, the answers are reversed. The yes response is sticky and the no response is smooth.

3. Thumb/little finger loop:

- Bring the thumb and little finger together on your left hand. Place the thumb and index finger on the right hand inside the left hand's thumb and ring/little finger loop.
- Holding the left fingers closed, ask: "Show me a yes." **Then**, with the thumb and index fingers on your right hand apply pressure against the left finger's thumb and little finger by opening the fingers like scissors. The left fingers should remain closed or separate a tad bit.
- Ask: "Show me a no." **Then**, with the right hand's thumb and index finger, apply pressure against the left hand's thumb and little finger. This time the fingers on the left hand should separate.
- It is necessary to apply the same amount of pressure when asking all your questions.





4. Double loops:

- Bring the thumb and the middle fingers together on the left hand to form a loop.
- With the right hand, bring the thumb and the middle fingers together so that they interlock between the left hand's finger loop.
- Ask: "Show me a yes response." **Then** pull the fingers on the right hand against the point at which the two fingers on the left hand meet. Both sets of rings should stay together.
- Ask: "Show me a no response." **Then** apply pressure against the fingers on the left hand with the right hand's fingers. With a no response, the right hand fingers should slip through the left hand finger's loop.
- It is necessary to apply the same amount of pressure when asking all your questions.



5. Two finger loop with one finger tester:

- Bring the thumb together with either the index or middle finger on the left hand.
- Put the index finger on the right hand inside the loop.
- Ask: "Show me a yes response." **Then** with the index finger on the right side, apply pressure against the junction where the thumb and index/middle finger on the left hand come together. The loop should stay together.
- Ask: "Show me a no response." **Then** apply pressure against the junction where the thumb and index/middle finger on the left hand come together. The index finger on the right hand should slip through the left hand's fingers loop.
- It is necessary to apply the same amount of pressure when asking all your questions.

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6. Full arm press

- Same as the two person muscle-testing. Put your left arm straight out in front of you, parallel to the ground.
- Place your right hand on your left arm, somewhere between the elbow and the wrist.
- Ask: "Show me a yes response." **Then** apply pressure to your left arm. The arm should stay strong, feeling no stress in the shoulder joint.
- Ask: "Show me a no response." **Then** apply the same amount of pressure at the same location to the left arm. The arm will be weak. You will feel stress in the shoulder joint if you try to resist.
- It is important that you apply the same amount of pressure each time you ask a question.



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