

Aligning to Our Divine Feminine Rhythm for Optimal Wellness and Powerful Manifestations

Bonus Workshop: Enhancing our Divine Feminine Rhythm



Today's Workshop: How to Get the Most with Muscle Testing



Topics Covered

- Muscle testing preparation- connecting to our body, alignment, neutrality
- How to muscle test basics
- How to form/ask questions to get clear consistent answers
- Double checking your answers (pendulum, sway test)
- Testing on a scale/degree

Muscle Testing Preparation- Connecting to Our Body

What does a YES feel like in our body?

1. Happy memories
2. Cute animals
3. Our babies and loved ones (human, furbabies, plants)

Feel what this sensation feels like physically.
Now amplify this feeling so it's unmistakable.
Anchor it in.

Let's practice going to neutral and YES.



Muscle Testing Preparation- Alignment and Neutrality



To be able to test most accurately, it's important to be well hydrated, aligned to ourselves and in a neutral state.

A neutral state is a state in which you are not attached to the outcome. This can be difficult at times.

Practice, practice, practice :) with information you already know the answer to get the “feel” of how your body responds.

How to Muscle Test

1. Demo a few different ways
2. Find the one that feels easiest for you :)
3. Practice feeling the sensations with information you already know the answer to- it may be very very subtle in the beginning
4. Beyond Y/N- muscle testing on a scale/percentages

*Just like any skill, the more you practice, the easier and more accurate you will be- so keep on testing everything every day!



How to Form Questions and Statements for Best Results



1. Start by setting up parameters/intentions
 - a. Eg- “testing for best supplement options now for my overall vitality and highest good, on a scale of zero being neutral to +10, 10 being the highest alignment”
 - b. Eg. “testing for most aligned supplements for the next month for highest effectiveness in supporting my adrenals”
2. Be clear and specific- energy shifts, so you’ll get most reliable answers when you are testing for things in the present moment. You can ask as a question and then retest as a statement.
 - a. Eg. Will thyroid bioregulators be beneficial for my thyroid and overall wellness now? If yes, and you want to confirm, retest with “Thyroid bioregulators are beneficial for my thyroid and overall health now.” Further- you can ask to what degree and test on a scale.

How to Form Questions and Statements for Best Results



3. Some questions are not meant to be answered with a simple yes or no (think bigger more important questions)

When you are not sure, you can first ask- “Can I muscle test this?”

Sometimes you will get really inconsistent answers or unclear responses- this may mean there’s more deeper digging that is needed.

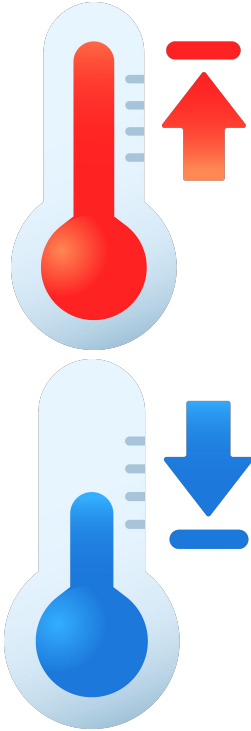
You can usually rephrase and/or ask smaller questions. (Eg. Do I have (specific name of disease)? Instead- is my heart energetically imbalanced? How many emotions are trapped in my heart that is ready for clearing?)

How to Form Questions and Statements for Best Results



4. Forming questions/statements improves with practice and experience- so experiment with different ways of asking. We are all different, so honor your process ;)

Testing on a Scale/Degree



This gives you further insight and makes it easier to compare several “yes” supplements.

I use a scale from negative 10- zero/neutral- positive 10

To what degree is _____ (product name) aligned to me... neutral or better? +1~go up to as high as it goes

Muscle Testing Tips for Supplements

For Self

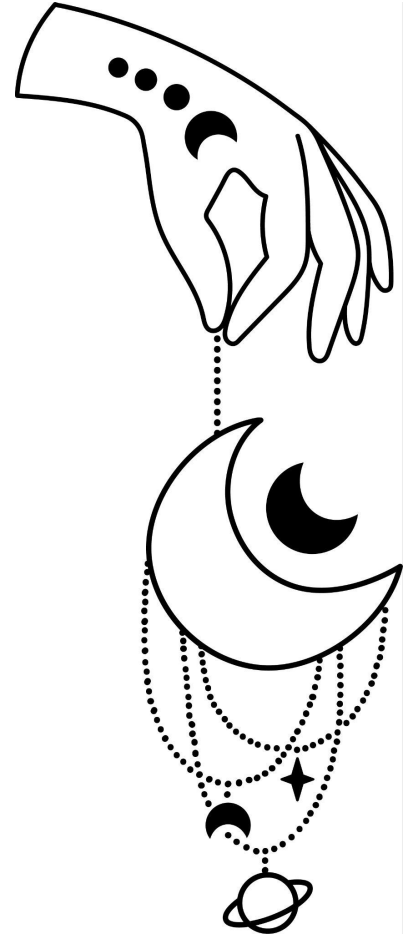
- Make sure you are aligned to yourself and are testing as yourself for yourself
- What is my current level of accuracy? (use percentage)
- Test category first without specific product- such as “multivitamin” or “magnesium”- To what degree would _____ be beneficial for my health now? In the next month?
- If you test yes to a specific category, check a few high quality brands for highest aligned product. To what degree is _____ (name of product) aligned to my body? (use a scale or percentage)
- Test dosage and frequency, but always consider sequencing and titrating...which means add one supplement at a time and start at the lowest dose and go up to your ideal dose.
- If you take more than one supplement, check for compatibility. My general recommendation is to support your biggest challenge or main concern with a maximum of 3-4 supplements and reevaluate every few months (vs trying to address everything with lots of supplements all at once). Your body has to process every supplement. I have seen impressive results with a handful of super targeted highly aligned supplements.
- Test often as our energy shifts. Always test before buying a new bottle of supplements.



Sway Test/ Visual Signs/ Pendulum

Other ways to test and/or confirm your muscle testing answers

1. Sway Test- use your body and allow your body to go forward for yes and backward for no
2. Create a visual sign for yes- eg. big happy pink rose, and no- wilted gray flower
3. Pendulum- make sure to set parameters, intention, and clear your crystal pendulum



Pendulum



Pendulum- make sure to set parameters, intention, and clear your crystal pendulum (with intent).

1. Your yes/no options
2. Scale/degree chart

The way I use my pendulum- clearing and aligning energies

Q&A: How to Get the Most with Muscle Testing

Topics Covered

- Muscle testing preparation- connecting to our body, alignment, neutrality
- How to muscle test basics
- How to form/ask questions to get clear consistent answers
- Double checking your answers (pendulum, sway test)
- Testing on a scale/degree

