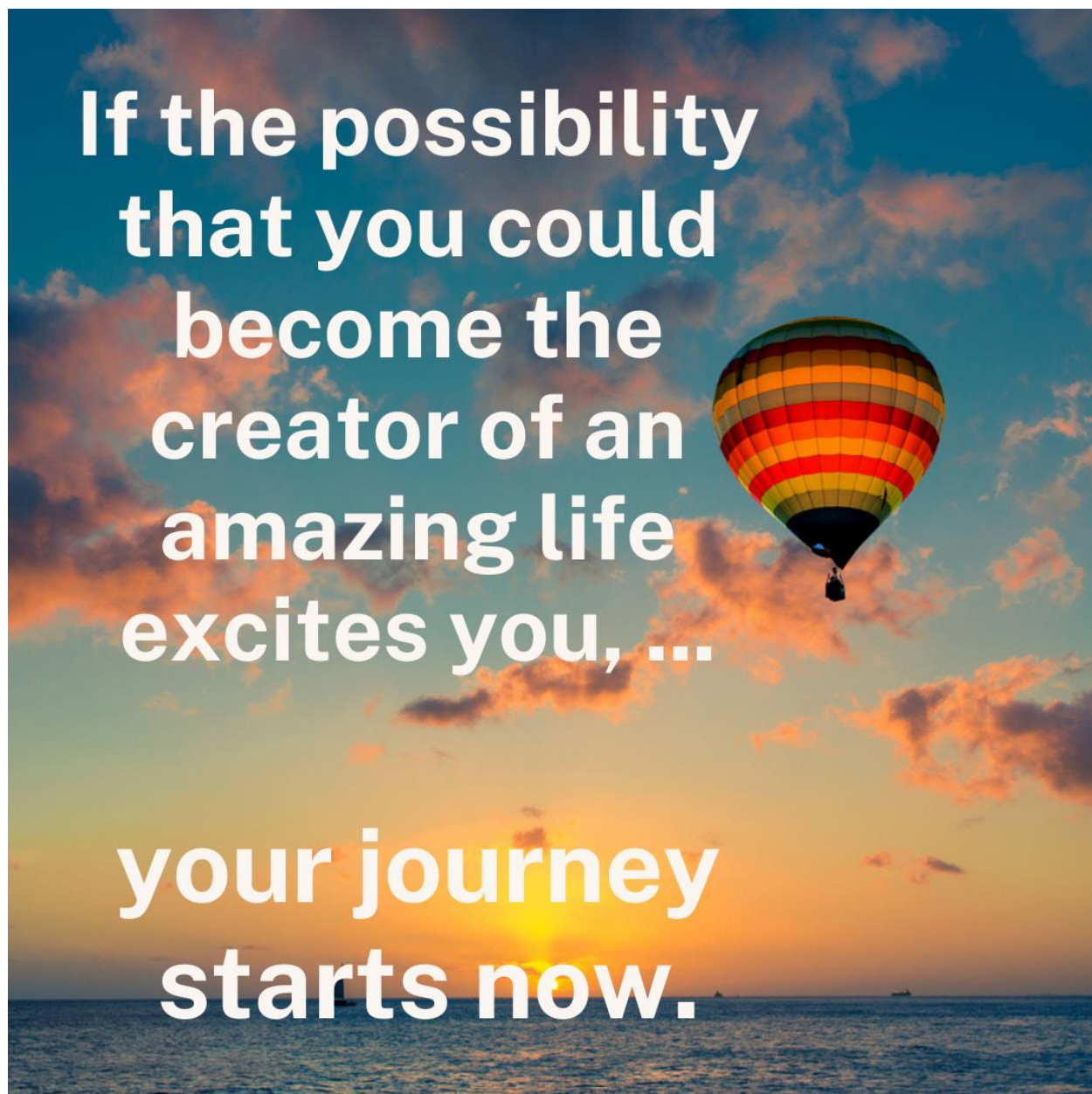


PERSONAL MUSCLE TESTING



If the possibility
that you could
become the
creator of an
amazing life
excites you, ...

your journey
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Monika Dena Huppertz



PERSONAL MUSCLE TESTING



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Introduction



Being able to muscle test yourself is a valuable skill and a powerful tool. You'll be able to test in any moment and in any situation. Muscle testing is used to access the power of your body's innate intelligence and even your own subconscious mind. I believe it accesses not only your innate intelligence but your higher guidance and the guidance of Source.

Muscle testing allows you to access the programming located in your subconscious mind. To change that programming, you need tools to get the job done and muscle testing is a great tool for this use.

What is muscle testing?

(Applied Kinesiology)

Muscle testing is the most direct, fastest, least expensive, non-invasive with no side-effects method to quickly and accurately determine what is causing our problems. It is invaluable for tapping into the body's innate intelligence to determine the positive or negative beliefs held in your subconscious mind. It can test the effects of thoughts, statements, places, people, objects, foods, etc., on the body's energy system. Put simply muscle testing, //, is a method of tapping into the innate intuition which we all possess.

When something interferes with the transmission of the electrical impulses, disease (lack of ease of energy flow) can eventually happen. Using your muscles, you can find the events or emotions that “weaken” or “strengthen” our bodies. You can use this physiological fact to directly test the muscle response to determine what is wrong with the body and what is causing the dysfunction. It's a way to ask your body questions and get clear answers, like using a telephone to the subconscious mind.

First Contact

The first time I was introduced to muscle testing was by a chiropractor who was recommended to me by a friend. My friend “warned” me that this chiropractor did things a little different and to be open minded to what ever he did.

I found myself holding out my arm and the chiropractor was pushing down on my wrist. Sometimes my arm dropped like a stone and other times it remained stationary. During this time, he asked my body questions (I was told to not to answer out loud and more often than not, he didn't say his statements aloud) and he got the answers that he was looking for. I later came to know this way as the **arm lever method**. Not only did he help alleviate my back pain, but he was also able to ascertain a certain supplement that my body was lacking.

Since then, I have come across other chiropractors, herbalists, physiotherapists, iridologists, and nutritionists who used muscle testing techniques to test the strength of my muscles and to get answers to questions that they had.

It was clear to me that there was something worth learning and knowing. This led me to healing modalities that used muscle testing to communicate with the subconscious mind and my intuition. The rest, as they say, is history. I've been using various types of muscle testing techniques ever since.



How Muscle Testing Works:

The world runs on vibration. Everything you see, taste, touch, smell, and hear is made up of vibration, including you and me. These vibrations either make your body strong by responding positively to them, which in turn makes your bodies, muscles, and ultimately our immune system stronger – or they weaken it. The goal is to find those things, foods, people, and situations that strengthen your body (and therefore strengthen your immune systems). You can also learn what to stay away from or limit exposure to what weakens your body.

Your body is amazing. Muscles, organs, and glands are interconnected via energy circuits of nerves, lymphatics, energy meridians, and blood vessels. These circuits “turn off” when imbalanced or blocked by illness, injury, or toxin overload. By balancing the body’s energy, the systems can heal you, thus returning you to a state of health. Muscle testing is a great method to help find out what’s going on inside.

Research has revealed the power of the subconscious minds. The subconscious mind is like a human *computer*, recording everything that has happened in our lives. The subconscious mind knows exactly what is going on and how to heal from it.

Accurately using this tool may take some practice yet it is well worth the time. It helps you to effectively clear old beliefs, understand what is in the way, make better decisions, and make healthy choices for your well-being.

Some people have a feeling what will work for them, some people listen to their intuition, some look for signs, some gather evidence to make decisions, and others just listen to their gut instinct. Muscle testing is a tool that you too can use to your advantage to confirm those senses.



How Is Muscle Testing Used During Energy Work Sessions?

I focus on mental, emotional, and physical healing; we will be using your body's muscle reactions to find what might be at the core of your issues. Because your subconscious mind knows everything, you can ask it yes or no questions and watch for how your energy or electrical system reacts.

If we make a statement that is true, your electrical system will continue to flow and the circuits remain strong, allowing your muscles to remain strong. If we make a statement that is false, your energy system will temporarily go weak.

To find out if your subconscious mind and body are congruent, we ask questions to get clues to what aspects might need to be addressed. In some cases, I will teach you how to use self-muscle-testing (testing on your own muscles) to get these answers. If you don't know how to muscle test, I will be using "proxy" muscle testing for you.

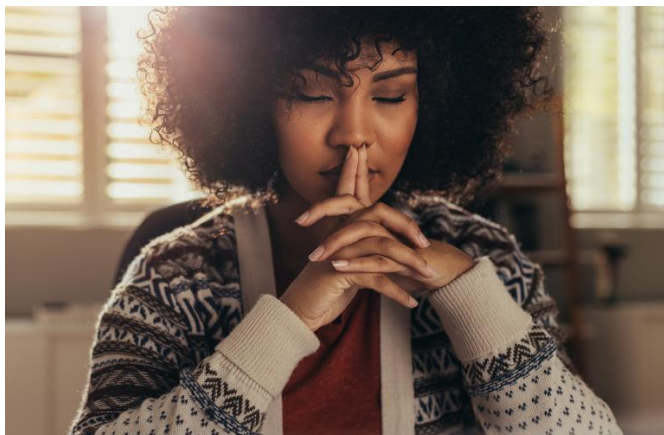


How Does Proxy or Distance Muscle Testing Work For Phone/Zoom Appointments?

Proxy testing is muscle testing that is done on me, for you. This indirect type of muscle testing works similarly to how cell phones work. Our bodies have a built-in capability to connect to or “call” someone else. When we do this, we create an energetic connection. This happens when I ask for permission to connect with you and your higher self.

Distance Muscle Work can also be used to correct energetic imbalances on another person. Again, since I am connected to your energy field (and energy knows no space and time), it can be done regardless of the distance.

I simply ask questions and get answers on myself, which reflect what’s going on in your energy system. Even though there is much knowledge of how this works in relationship to quantum physics, we don’t have to understand or even believe it for it to be very accurate.



Self-Muscle Testing Methods

Method 1 – The Sway Test

Often considered to be the easiest one to do, however, it takes a longer time to get your answers as many muscles are involved than when using your arm or your fingers.

Use your body as a giant pendulum.

- standing up straight is a neutral stance where the questions are asked.
- tipping forward is a strong or a yes answer.
- tipping backwards is a weak or a no answer.



Method 2a – Independent Arm Test

You can use test your non-dominant arm using your dominant hand.

- For example, If you are right handed, hold your left arm bent in front of you, parallel to your chest
- place your right hand on the inside of your forearm, just to the left of your wrist
- try to maintain the position of your left arm as you calibrate a “yes” and “no” answer. If you maintain the position of your left arm, then the answer is “yes”. If you *cannot* maintain the position of your left arm, then the answer is “no”. Do the reverse arm if you are left-handed. The arm remains stationary when your body gives you a “yes” answer. The arm releases and moves down when your body gives you a “no” answer.



Method 2b – Arm Lever Test

Sometimes, we don't feel that we tested correctly. It's okay to ask for the help of another. Use the arm lever test as shown below and test the same statements or questions that you tested earlier and see if you get the same results. (Chances are that you do.) A little more practice in the method of your choice and you will be consistently getting accurate results.

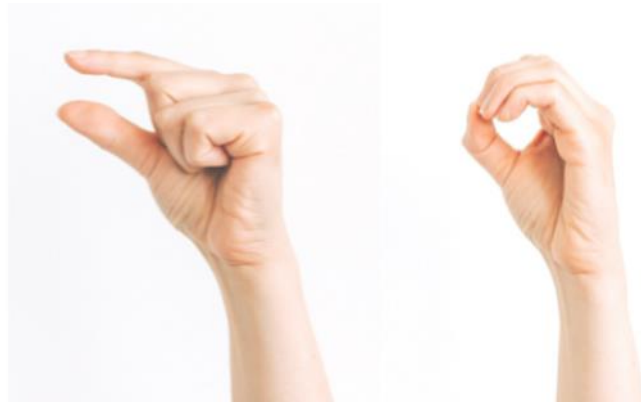
The picture shows a practitioner and a client. The practitioner stands out of the client's energy field and tests the strong or weak connection.



Method 3a – Break The Circle

Form an “okay” sign on one hand where the index finger and thumb connect. With the other hand, make a “bird beak” with your thumb and index finger. (See the pictures below.)

- insert the “bird beak” into the “okay” circle as shown in the picture.



Make your statement/question and open the “bird beak”.

- A yes maintains the circle.
- A no breaks the circle.



Method 3b – Split the Rings

- Other ways to do this include using two rings (OK signs - use your index finger and your thumb to form a circle) that start off as interconnected.



- A weak muscle lock allows the rings to pull apart from each other and indicates a “no” answer.



- When the circles stay connected, that is a “yes” answer.



Method 3c – Finger Slide

- The finger slide starts off with one hand doing the OK sign and the index finger of the other hand goes into the circle, like in the picture.



- Say your statement and slide the index finger towards the place where the thumb and finger in the OK ring meet.
- A broken circle is a weak muscle lock indicating a “no” answer. When the circle stays strong and connected, that indicates a “yes” answer.

Method 3d – Thumb Out

- Like the finger slide, thumbs out starts off with one hand doing the OK sign and the thumb of the other hand goes into the circle, like in the picture.



- Say your statement and slide the index finger towards the place where the thumb and finger in the OK ring meet.
- When the circle stays connected, that shows a “yes” answer. A broken circle is a weak muscle lock showing a “no” answer.



Once You've Learned How To Muscle Test, Do This From Now On: Permission, Calibrate, Security, Transparency

Whether I work on another or on myself, it's been my training to get permission to connect and calibrate my muscle testing before I start in on my statements. Later, I learned to check for security and transparency, especially when I am doing healing work and work with people's memories and emotions.

This routine is quick, simple and a good practice to get into.

Permission: When working with another, ask them for permission to connect to them and their higher self. If you are doing this for yourself, simply say, "Prepare to work" as your way to connect to your own higher self.

If you like to work with Creator, Angels, or other sources, this is a way to alert them to your intention and have everyone on board before you begin.

Calibration: Most people simply start at this point – calibrating before starting their clearing and healing. If it works

for you, then great! If not, then great! You have the step above to get you back on track. It's all good.

Check that your muscle testing is on track by saying, "yes, yes, yes," and "no, no, no," while doing the muscle testing. Then state, "My name is X", "My name is Y" where X stands for your name and Y stands for some other name.

You should get a "yes" muscle testing result for yes and your name and a "no" for a no and someone else's name.

If you do not get the correct answers to your statements, then you may need to be more hydrated. A big drink of water does the trick. If not, water with electrolytes always works (something like Gatorade can do in you don't have simple electrolytes on hand).

Security: Our Subconscious knows our intentions and is willing to help, however, there are aspects of ourselves whose job it is to keep us safe and not re-experience painful emotions. If you find yourself not making headway in clearing and you are hydrated and even have had some electrolytes, chances are you are being protected by one or more of your aspects. Simply *ask for help* for your aspects to feel safe and your Higher Self or whom ever else you work with will help you.

For both self and another ask, “Is it secure to work?”
Muscle test yes/no. If yes, go onto *transparency*, if no, ask for the way to be made clear and then proceed.

Transparency: Sometimes a second line of defense is put in place by our aspects or the aspects themselves have been traumatized and they too need a healing. You often get false answers to your statements. Some of the energy stays stuck when you try to heal it and it seems that you never get to get to the bottom of a clearing making it very difficult to clear and heal the original event as it was stored. You’ve got a block or a bunch of blocks to be removed.

Although this can be very frustrating, keep going. Sometimes a lot of layers of protection have been put in place and you may need to get transparency a bunch of times. That’s okay. Keep asking for security and transparency and ask for Loving help for support.

For both self and another ask, “Do I have transparency?”
Muscle test yes/no. If yes, proceed to saying your statements, if no, ask your high self and other sources for transparency and then move on.

Muscle Testing Questions:

Begin with the mindset that you *will* get clear and accurate answers. That sort of confidence brings about truthful responses. Do the steps noted above if you feel less than sure about your answers. Next, attune to your body's reactions with known answers before you begin.

Calibrate your muscle tests; affirm the accuracy of your answers:

- My name is X
- My name is Y
- I am a man
- I am a woman
- I like X
- I like Y

General statements: You should be getting yes answers to these. If not, you'll probably want to clear them or heal them or get help of some sort to make these true for you.

- I know what it feels like to be completely healthy
- I am worthy of being healthy
- I know what unconditional love feels like
- I know what it feels like to receive and accept a healing
- I am worthy of Creator's love

Money related statements:

- I know what it feels like to be wealthy
- I know what wealth feels like
- It is safe for me to have at least \$X
- It is safe for me to keep at least \$X
- I know how to have at least \$X
- I know how to keep at least \$X
- I know how to have at least \$X and be safe
- I know how to keep at least \$X and be safe
- I know what it feels like to have at least \$X
- I know what it feels like to keep at least \$X

More Statements To Facilitate Your Healing

- There is a specific past event in my life that is contributing to this problem
- I have a belief that I am not deserving of being healthy
- Clearing X,Y or Z emotional event be beneficial for my health
- There is energy from a specific age in my life that is suppressing my immune system
- There is an emotional component to my headache
- The emotional component of my headache is related to an event that occurred between ages 0 and 10
- There is a specific experience from my past causing stress on my body
- There is a specific organ or gland in my body that is stressed by emotional energy?
- I have a belief causing stress on my immune system (you can substitute “immune system for adrenal glands, nervous system, etc.)
- I have a belief causing dysfunction in my _____ organ, muscle, or gland)
- There is an experience from my past that is making it difficult for me to heal
- There is an unhealthy relationship in my life causing stress on my body (Note: the person is not necessarily in the relationship; but rather your reaction and energy around that person is being tested)
- I have a belief that makes me feel I need this _____ (illness, problem, challenge)
- My difficulty healing is linked to a specific negative emotional pattern
- My _____ (organ, muscle, gland or part of the body that is manifesting symptoms) is trying to give me a message
- There is a specific experience that my body is storing that is keeping me in fight, flight or freeze mode
- I need to forgive myself for something from my past in order to heal

- There is a benefit to this _____ (illness, problem, challenge) that is making it difficult for me to heal
- There is an experience I need to heal in order to raise my body's vibration
- There is a frequency in my body that is a match for _____ (Parasites, viruses, bacteria, etc.)
- I'm holding inherited energy that is having a negative impact on my body
- I'm holding past life energy that is having a negative impact on my body
- It would be beneficial to release energy related to _____
 - A person (family member, friend, teacher, colleague, neighbor)
 - Your career or school
 - A place (a certain house you lived in, a city, or anything else you can think of)
 - A thing (a food, car, etc.)
- This is _____ connected to a current relationship
- The primary cause of this _____, is a belief
- This _____ is being triggered by an experience from my past
- My stress levels test high because my cortisol / lithium is out of balance
- My stress levels test high because of old, unresolved emotions
- My stress levels test high because my fun-to-work ratio is not in balance
- My cortisol levels are too high / are too low.
- My cortisol cycle is out of balance.

Muscle Testing Can Be Use For...

- what foods to eat
- if you need to drink more water
- what to order from a menu
- what supplements are good for you
- yes/no answers
- clearing modality tool
- healing modality tool
- accessing your higher self
- checking your intuitive insights

Use muscle testing to access your higher self and your intuitive self: E.g.

- should I let my son stay at a friend's house tonight
- which spiritual practices should I focus on from this list
- should I accept this job offer.

Note:

- I have never had any accurate results using this tool to predict the future – such as the winning lottery numbers for Saturday night's draw. I know that would be great, yet in my experience, the results are reliably **inaccurate**. (Even when asking God, Jesus, Mother Mary, Buddha and so on for the winning numbers.)
- I've **not** asked for security or transparency for getting the “right” winning numbers, so... I leave it up to you to find out for yourself. Good luck!

Fixes For Your Challenges

There can be several reasons you have difficulty getting consistent accurate answers. Beliefs about not being able to do it are the biggest blocks I see! However, there are other reasons that have simple fixes:

- Drink some water. Being dehydrated will interfere with your accuracy.
- You might be energetically “switched” or “reversed.” This simply means that the electricity or energy in the body is "agitated," or "going in the wrong direction."

Talk to an energy worker to get you switched back. You can temporarily use the information in the opposite manner; however, it's better to be switched back.

Muscle testing is a tool to be used with other systems:

New energy workers often find that muscle testing alone is not enough to make dramatic shifts in a person's life. There are specific healing systems designed to go into the subconscious mind and/or connect with Source to reprogram the subconscious, to release old negative belief systems and to release old traumas. These systems bring in new understandings, better perspectives, and positive programming into the subconscious.

For example, when the statement of: “I have to be poor to be closer to my ideal self /God / Source.” tests “yes” then that is a program within your subconscious that is making it difficult for you to make more money or keep extra money for a sustained period of time. You will probably need another technique to be able to change that immediately.

You’ll need to be able to use a system that accesses the subconscious mind in a Theta brain wave state, to shift that belief and reprogram it.

To me, testing through a Theta brain state is the most powerful way to shift limiting beliefs and release deeply trapped emotions.

Some simple ways you can do by yourself include the use of mantras, positive affirmations, and getting a better perspective on your own life experiences. Find a technique or system that works for you and use it.

Muscle testing is a great way to identify if things are happening to you. Use of other systems puts that muscle testing information to good use.

For more information, please visit my [website](#). I’ll be happy to help you to live the life you desire.

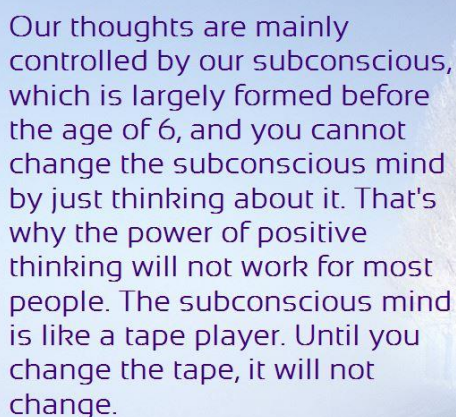
I use muscle testing in combination with a variety of healing energy work. I also teach my clients muscle testing so that they can verify their own shifting and healing when doing telephone, Zoom or Skype appointments and so that they have a tool to help them help themselves.

Thank You

I trust that this book proves to be of service to you. These tools have served me very well over the past decades and will continue to be of use long into my future. Muscle testing, dowsing, energy work and using my intuition has provided me with peace of mind, answers when I want them now, a way to communicate with animals and a way to do energy work that leads to healing of the mind, body, spirit and emotions of men, women, children, pets, animals, nature, and the world at large.

Personally, I liken this work to a prayer where I ask for the best of intentions be granted or used to support the sought-after outcome to occur. I'm provided with a tool to "help myself" and others.

I leave you with a quote from Bruce Lipton who has devoted his life to the science and spiritual connection as to how energy work serves us all. His work on how the subconscious mind works and can be scientifically proven has lead me to be open to trying things considered to be "out there". Yet is it *really* "out there" if so many cultures use these and other modalities to heal, connect and get answers to their prayers?



Our thoughts are mainly controlled by our subconscious, which is largely formed before the age of 6, and you cannot change the subconscious mind by just thinking about it. That's why the power of positive thinking will not work for most people. The subconscious mind is like a tape player. Until you change the tape, it will not change.

- Bruce Lipton

morefamousquotes

Thank you for your time.
With love and gratitude,
Monika Dena Huppertz

Monika@WholeHeart8.com

[Whole Heart Energy Healing](#)



Check out the [**101 muscle testing lists**](#) to clear issues on money, success, relationships, family, and other topics.

Looking for even more ways to do muscle testing? Why not try [**Subtle Testing**](#)? I share *one-handed* muscle testing techniques and a few techniques that don't use your hands at all.

Did you know that you can get even more detailed responses with the use of a pendulum than you can with muscle testing? [**Dowsing with a Pendulum**](#) gives you access to a greater variety of responses than just yes or no responses with muscle testing.

Do you want even more detailed responses with the use of a pendulum than you can with muscle testing? [**Advanced Dowsing with a Pendulum**](#) gives you access to a greater variety of responses than just yes or no.

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[**Whole Heart Energy Healing**](#)

