

Muscle Testing

- * **HOMEWORK:** Demonstrating the power of thought, intention, how the body and frequencies around it are affected by a vibrational change



2. Muscle Testing: demonstrating the power of thought, intention, how the body and frequencies around it are affected by a vibrational change

- first partner is asked to stand and think of a positive, uplifting, happy thought, “yes”
- when the thought is firmly established first partner should raise their right arm to the side
- second partner should push firmly down on the forearm of first partner
- observe the movement and strength of the arm (arm should stay relatively strong without too much downward movement)
- first partner lowers arm and is asked to repeat process but this time think of something that makes them very sad, angry, frustrated, “no”
- when the thought is firmly established first partner should raise their right arm to the side again
- second partner should push the arm down again
- observe the movement and strength of the arm (there should be a marked difference in the strength and downward movement of the arm)
- first and second partners switch roles and repeat process