

How to Use Self-Muscle Testing

The first step with any of the self-muscle testing methods is to “calibrate.” That simply means that you need to know what your own “yes” signal is and what your “no” signal is. This is a modification to the Establish Communication step on the Muscle Testing handout. The following Establish Communication step has been modified for self-muscle testing. Remain open, neutral, and curious!

STEP 1: ESTABLISHING COMMUNICATION:

- A. **CALIBRATE** – Identify your own “yes” signal and your “no” signal. Do this with each self-muscle testing method used, as well as each time you use it because your signals may change each time.
- Muscle Test: “Please show me a ‘yes’” Notice the response.
 - Muscle Test: “Please show me a ‘no’” Notice the response.
- B. **LIKE/DISLIKE** - Stress Detector
- Silently think of something you like/dislike.
 - Get into the feeling of what you like/dislike.
 - Self-Muscle Test
- C. **TRUE/FALSE** - Detector of Subconscious Truths
- Say out loud something that is obviously true/false about yourself.
 - Examples: “ My name is Sarah/Jim.”
“I am a woman/man.”
“I am an engineer/secretary.”
 - Get into the feeling of the true/false statement.
 - Self-Muscle Test
- D. **YES/NO** - Communication System
- Repeat the words “YES/NO” over and over.
 - Be neutral while saying yes/no.
 - Self-Muscle Test
- E. **MAKE ADJUSTMENTS**—If necessary. You must get a good clear “ON” or strong response to “LIKE/TRUE/YES” and a good clear “OFF” or weak response to “DISLIKE/FALSE/NO.”
1. If “STRONG” to all Muscle Tests: Correction: Do the **Whole Brain Alignment** until a “shift” is felt, usually 2-5 minutes.
 2. If “WEAK” to all Muscle Tests: Drink water until clear signals are established.

Don't proceed until you have established clear, solid communication!

STEP 2: PRE-TEST THE BELIEF STATEMENT (OR STRESSFUL SITUATION)

Same as muscle testing with a partner. Use your “yes” and “no” responses from calibration in Step 1. Say belief statement out loud (or connect with feelings of stressful situation) and muscle test.

STEP 3: ECOLOGY

Same as muscle testing with a partner. Use your “yes” and “no” responses from calibration in Step 1.

STEPS 4+: ACT ALIGNMENT STEPS

Same as muscle testing with a partner. Use your “yes” and “no” responses from calibration in Step 1.

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Methods of Self-Muscle Testing

Finding the method that works best for you

There are many methods to use for self-muscle testing. The following is a list of the more commonly used self-muscle testing methods. Although it is not a complete list, you will probably find at least one method that works for you. Try several of them and practice with them until you feel proficient enough to do alignments on your own. You only need to be proficient with one to facilitate your own alignments.

The list below suggests what the signals may be for a “yes” and “no” response. Remember, YOU get to decide what represents “yes” or “no” based on your calibration step. With any or all of the methods below, your signals may be different. Go with your own signal based on your own calibration step.

The key is to practice, practice, practice!!!!

I recommend that you practice each method for 1-2 minutes to see if that method works for you. Remember, you only need one that works reliably for you. If you get reliable signals with more than one, just keep using the one you like the best.

CALIBRATE – Identify your own “yes” signal and your “no” signal. Do this with each self-muscle testing method used, as well as each time you use it because your signals may change each time.

- Muscle Test: “Please show me a ‘yes’” Notice the response.
- Muscle Test: “Please show me a ‘no’” Notice the response.

IMPORTANT NOTE: To get the most reliable muscle testing signals, maintain a “neutral”, “curious” and “open” attitude about whether a particular muscle test will be STRONG/ON or WEAK/OFF.

1. Pendulum

When you say to the pendulum, “Please show me a yes/no,” the pendulum will begin to swing in a particular pattern. You probably have a natural direction for “yes” and “no”. It may be clockwise, counterclockwise, back and forth, diagonal, standing still, etc.

CALIBRATE – Muscle Test: “Please show me a ‘yes’” Notice the response.

2. Finger-Pinch

Gently pinch your right thumb and first finger together, enclose them in a similar left-handed pinch. Ask your calibration questions and try to open your right pinch against the left one.

CALIBRATE – Muscle Test: “Please show me a ‘yes’” Notice the response.

If they hold tightly and you cannot pull them apart = yes.

If you can pull them apart = no.

3. Double-Pinch Chain

Put one pinch inside the other like two links of a chain. Ask your calibration questions and try to pull them apart.

CALIBRATE – Muscle Test: “Please show me a ‘yes’” Notice the response.

If they hold tightly and you cannot pull them apart = yes.

If you can pull them apart = no.