

MUSCLE TEST

How to Muscle Test with a Partner

Extend one arm out to the side at shoulder height, elbow straight, wrist and hand relaxed, palm facing down. Your partner should place one hand on your opposite shoulder to stabilize you.

1. Start by saying or silently thinking your name. While holding that thought, have your partner apply steady downward pressure to your extended arm. If your arm stays strong, your subconscious is aligned with the statement. If it weakens or drops, interference is present. We want your name to test strong. This establishes your baseline.
2. Now hold your intention in your mind as if it is already true. Test the muscle again. If the arm goes weak, interference is present. If it stays strong, close your eyes and retest. If it is still strong, choose another intention—this one is already clear.

