

MUSCLE TEST—HOW TO SELF-TEST

Ring Test

1. Loop the index finger and thumb of each hand to form two circles.
2. Slightly flatten one loop (shaped like a bird's beak) and insert it into the ring formed by the other. In this exercise, the flattened one (bird's beak) will open to try to pry apart the outer loop, and the outer loop will try to remain unbroken.
3. State your name and test if the outer loop stays strong or breaks open. This is how it works: It stays strong with what aligns, and breaks open with what doesn't align.
4. State an intention internally or aloud and use the ring test to see if the outer loop remains strong. If the loop breaks open, your subconscious is not aligned with the intention.

Body Sway Test

1. Stand upright with your feet shoulder width apart, arms relaxed at your sides.
2. Focus first on the word "yes." Notice how your body naturally responds—many people gently sway forward on a "yes."
3. Now focus on the word "no" and observe the shift—often the body will sway backward.
4. This is your signature response. Everyone is slightly different, so it's important to calibrate to your unique "yes/no" cues.
5. Once you've established your baseline, say or think your name and notice the sway. The body sways as a "yes" when you say or think something that your subconscious aligns with as true.
6. Now, focus on your intention—state it internally or aloud as if it's already happening—and observe the response. Interpret the movement based on your unique response. The sway you observed as your "yes" indicates alignment; the sway you identified as your "no" suggests interference or misalignment.

