

How do I perform muscle testing techniques on myself?

found at: <http://www.formulaformiracles.net/muscle-testing.html>

Here are descriptions of the two most common ways to do muscle testing functions yourself. But before you try this, drink water first, as muscle testing will not give clear, accurate results if you are dehydrated!

- **Method #1:** Stand with your feet shoulder width apart, facing north, in a balanced, neutral position. Make sure you are standing very tall, with no bend in your knees and your head and shoulders held high but comfortable (no straining!). To test, say "YES" - you should feel yourself tilting forward. Next, rebalance yourself, and say "NO" - you should feel yourself tilting backwards.



YES (strong) Result



NO (weak) Result

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Method #2: Sit in a relaxed, comfortable position. Make a ring with your thumb and one of your fingers (different people like to use different fingers; generally the pinky finger/thumb ring is the weakest, and the index finger/thumb ring is the strongest.) Hold the ring tight, and say "YES" as you use the index finger on your other hand to pull through the ring - the ring should stay intact. Hold the ring tight, and say "NO" as you use the index finger on your other hand to pull through the ring - the ring should break and let your finger pull through.



YES (strong) Result



NO (weak) Result

What should I do if my muscle testing is not clear?

While it is generally extremely accurate, there are a variety of factors that can influence muscle testing. The most important factors include:

- Hydration - dehydrated people do not muscle test properly
- Demineralization - you can not muscle test properly if you do not have enough minerals in your system
- Stress - powerful emotional triggers can make muscle testing more difficult

Brent is trained to recognize when people are not muscle testing properly - even over the phone or Skype - and has a variety of ways to work with the client to get accurate muscle testing results.

NEXT: What happens during a *Formula for Miracles*[®] private session?