

HOW TO MUSCLE TEST YOUR TRUTH

1. Take a moment, before muscle testing, to ground. Connect firmly into the center of the Earth while seated or standing with both feet flat on the ground. Imagine a cord from both feet and your tailbone anchored into the aurora, the sun in the center of the Earth. Now expand the cord from the tailbone to be a six-foot tree trunk that you are in the middle of.
2. Ask I, Earth Mother, to anchor for you. Ask my Marias, or my Guardian Angles, to surround you.
3. Intend to flush out of your immediate field all nonresonant or discordant frequencies, entities and cords. As the personality to step aside so that you can hear clear guidance. Imagine a beautiful pale green and blue frequency filling your field and pushing everything else down to the center of the Earth for transmutation.
4. Now, intend to be properly polarized. Polarization is related to running the proper frequencies for your gender. If you are a male, you should be running masculine frequencies. If you are a female, you should be running feminine frequencies. As you run the correct frequencies for your gender, you will properly polarize. Reverse polarization means that you will get the opposing answer (a 'no' when the answer is 'yes', and a 'yes' when the answer is 'no').
5. If you discover do not have the appropriate frequencies available for your gender, ask my Marias to work with you and add these frequencies to your field. Note: those that have difficulties running appropriate gender based frequencies may have unconscious patterns to be addressed surrounding the dislike or fear of one's own gender. Intend to release all such patterning just before you go to sleep at night.
6. Turn on the kundahlini energy system and allow it to flow up the spine. See the exercise for running the kundahlini in the article 'Supporting the Form in Ascension' for more information. Take your hand and move it slowly up the front of your body passing through each chakra, beginning at the base of the spine and ending above the top of the head to insure that the energy is moving up the spine.
7. Place your fingers on each hand into a circle by connecting your thumb and third or middle fingers. Now place your fingers inside of one another like an interlocking chain.
8. Now, ask the question, 'Is my name (insert your name here)?' Now, while pressing all fingers firmly together, try and pull the interlocking rings apart. If you cannot pull them apart, this is a strong muscular response, which is considered a 'yes' answer.
9. Now, ask the question, 'Is my name (insert another name other than your own)?' Again, while pressing all fingers firmly together, try and pull the interlocking rings apart. If you can pull them apart, this is a weak muscular response, which is considered a 'no' as an answer.
10. You should have a 'yes' response to your name, and a no response to a name other than your own. If you are getting conflicting messages, go back and repeat steps 1 through 9, and try again. Each human is different and it may take some practice to know when the response is a 'yes', and when it is a 'no'.
11. Once you are getting the correct response or a 'yes' for your name and 'no' for not your name, you are ready to ask any other question that you wish to know, or what your truth is in a particular circumstance. You are also ready to crosscheck any guidance that you hear telepathically.

Be careful how you phrase your questions however, for if such questions are not thorough in the asking, you may receive a yes to a particular question that may be a no at in present time. An example of this may be the question 'Do I need to buy a new car?' The answer may be yes. However, if you rephrase the questions to be 'Do I need to buy a new car at this time?' The answer may be no. Such a question will be yes or no based upon monitory flow that your body knows that will or will not be coming in long before you do in the physical.

So how does the body understand the future when one seemingly doesn't know what is to occur next? Well, the body experiences the future upon many dimensions before it steps down into form. In essence, the body experiences today 8 times over a many month or year time span as today steps down into physicality upon 8 separate dimensions surrounding Earth. As such, it is no surprise to the body when one loses their job, or a mate leaves, or if one dies. The body has already experienced such a thing 8 times before it becomes physical, and all such manifestations are indeed karmic. So muscle testing can allow one to bring to consciousness their body level knowledge, which may be more expansive than ones' current awareness.