

A GO-AT-YOUR-OWN
PACE PROGRAM

AMY'S CIRCLE



Self-Muscle Testing Techniques

Muscle testing is an extremely useful tool that helps us get answers from the subconscious mind about what is going on with our bodies.

Muscle testing can be incredibly beneficial for many things:

- Helping us identify emotions or events that are contributing to either emotional or physical issues.
- Guiding us in decision making
- Showing us what we need to work on

This information will help you when using energy therapy techniques to clear those events or emotions from your body.

These muscle-testing techniques are not intended to be used for testing medications, supplements, foods or any other substances.

If you have any questions, please feel free to contact me.

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A Brief Lesson in Muscle Testing

So many answers to our burning questions are stuck in our subconscious mind. It acts like a tape recorder for our lives and knows everything.

In order to find out what your subconscious mind and body are congruent with, we can use a technique called “muscle testing,” and literally get answers from our subconscious mind by reading our body’s response to those questions.

Because our bodies are all energy, if we make a statement that your body resonates with or is true to you, your electrical system will continue to flow and the circuits remain strong, allowing your muscles to retain strength. If we make a statement that is false to you, your energy system will temporarily short circuit and your muscles will quickly weaken or lock up.

Notes Before You Begin

Muscle testing works best when you ask clear and concise questions or make clear and concise statements. Use the most literal description of your issue you can when looking for answers through muscle testing.

You can communicate with your body either by asking questions or making statements. It doesn’t matter.

For example:

- There is an emotional component to my headache (then muscle test)

OR

Is there an emotional component to my headache? (then muscle test)

- The emotional component of my headache is related to an event that occurred between ages 0 and 10 (then muscle test)

OR

Is the emotional component to my headache related to an event that occurred between the birth and age 10? (then muscle test)

(more on all of this later!)

Techniques

Each person will likely resonate with a different technique and end up being their muscle testing technique of choice. I suggest trying them all and deciding what feels most accurate and comfortable for you.

Sway test

- Close your eyes and center your body. Relax, pointing your feet forward either sitting or standing.
- Make a statement. Your body will 'sway' forward or backward. This might be a gentle pull one way or another or a sensation that your body is falling forward or tipping backwards.
- A sway forward is a positive response (a "yes"), a sway backward is negative (a "no").

Thumb flick

- Hold your arm out at a 90 degree angle and give yourself a thumb's down so your thumb is pointing toward the floor.
- Make a statement about an emotion or event, then quickly flick your thumb clockwise.
- Your thumb will smoothly flick over as far as it can if your body is in alignment with the statement. That means your body is saying "yes" to you.
- If your body isn't in alignment with the statement, your thumb will 'stick' around the half waypoint and will not smoothly turn over all the way.

Please note: Everyone's "no" response is a little bit different.



Start position



In alignment



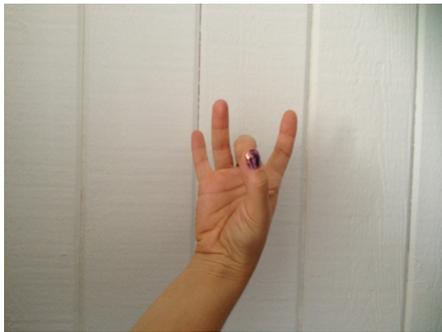
Not in alignment

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Finger Flick

- Hold your thumb gently over the nail of your middle finger.
- Make a statement and then flick your finger away as if you're flicking something off of a table.
- Your finger should resist flicking or "stick" if your body is not congruent with the statement.



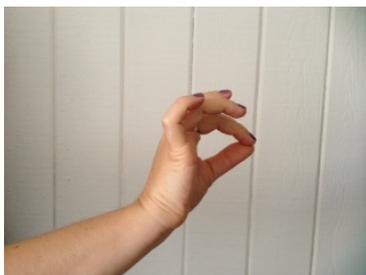
Start position



"Yes" answer

Sticky Fingers

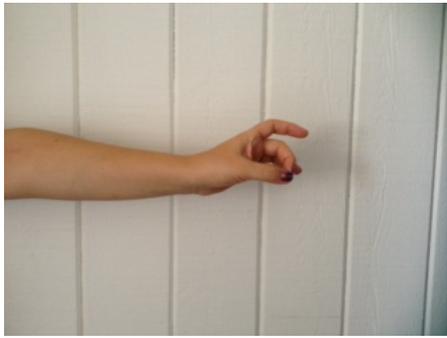
- Gently touch the pads of your thumb and middle finger together.
- Rub them together gently and smoothly as if you are holding a piece of plastic or fabric lightly in between them.
- Make a statement.
- If your body is in alignment with the statement, the movement will continue to be smooth. If not, the movement will become "sticky."



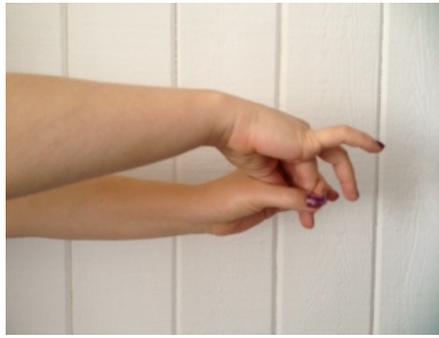
O Ring

- Make a circle with the tip of your thumb and middle finger. Don't press too firmly.
- With your other hand, press the tips of your thumb and first two fingers together.
- Place your thumb and fingers into the ring and make a statement.

- Gently push your thumb and two fingers apart to try to break the ring.
- The ring should stay closed if your body is in alignment and open easily if it is not.



One hand forms an "O" shape



Other hand's fingers inside "O"

Arm test

- Place your arm at a comfortable 45-degree angle. Don't hold it too firmly.
- Place the first two fingers of your other hand on your arm, behind your wrist (toward your elbow).
- Make a statement.
- Push down on your arm with your fingers using about two pounds of pressure.
- Your arm should hold firm if your body is in alignment with the statement and will weaken if it is not.



Start position



Gently applying pressure

Buffet Method

- Gently hold a piece of material between your thumb and middle finger.
- Ask a question.
- Pull away from the material trying to focus on your fingers “slipping off” the material.
- If your body is in alignment with the statement, your fingers will stay strong and be able to keep a grasp on the material. If not, they will slip off or it will be harder to keep a hold of.



Fixes If You're Having Challenges

There can be several reasons someone has difficulty muscle testing. Beliefs about not being able to do it are the biggest blocks I see! 😊

However, there are other reasons too that have simple fixes you can try yourself:

- Drink some water. Being dehydrated will interfere with your muscle testing ability.
- You might be energetically “switched” or “reversed.” This simply means that the electricity or energy in the body is "agitated," or "going in the wrong direction." I recommend doing The [Daily Energy Routine I offer on my website](#) to try to remedy this.
- Make sure you are away from electronics and in a space that feels good to you. Other people's energy, along with electronic pollution like wi-fi signals can sometimes interfere with muscle testing.
- Take some deep breaths or “ground” yourself by putting your feet on the earth for a few minutes.
- Practice, patience, practice, patience and more of it!

Questions To Unlock Your Healing

- *Is there energy from a specific age in my life that is suppressing my immune system?*
- *Is there a specific experience from my past causing stress on my body?*
- *Is there a specific organ or gland in my body that is stressed by emotional energy?*
- *Do I have a belief causing stress on my immune system (you can substitute “immune system for any of the following, too: adrenal glands, nervous system, etc.)?*
- *Do I have a belief causing dysfunction in my _____ (name an organ, muscle, or gland of choice)?*
- *Is there an experience from my past that is making it difficult for me to heal?*
- *Is there an unhealthy relationship in my life causing stress on my body? (Note: It’s important to know the person is not always the relationship; but rather your reaction and energy around that person, which you can clear with various techniques)*
- *Do I have a belief that makes me feel I need this _____ (state the illness, problem, or challenge)?*
- *Is my difficulty healing linked to a specific negative emotional pattern (ask about each pattern we covered, individually)?*
- *Is my _____ (state the organ, muscle, gland or part of the body that is manifesting symptoms) trying to give me a message?*
- *Is there a specific experience that my body is storing that is keeping me in fight, flight or freeze mode?*
- *Do I need to forgive myself for something from my past in order to heal?*

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- *Is there a benefit to this _____ (state the illness, problem, or challenge) that is making it difficult for me to heal?*
- *Is there an experience I need to heal in order to raise my body's vibration?*
- *Is there a frequency in my body that is a match for _____? (Parasites, viruses, bacteria, etc.)*
- *Am I holding inherited energy that is having a negative impact on my body?*
- *Am I holding past life energy that is having a negative impact on my body?*
- *Would it be beneficial to release energy related to _____?*
A person (family member, friend, teacher, colleague, neighbor)
Career
School
A place (a certain house you lived in, a city, or anything else you can think of)
A thing (a food, car, etc.)
- *Is this _____ connected to a current relationship?*
Is the primary cause of this _____ a belief?
- *Is this _____ being triggered by an experience from my past?*
- *Would it hurt someone I love if I healed?*

