

PLEASE YOUR SOUL



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Muscle test

Here a description of two of the most common methods of muscle testing in Theta Healing. Before muscle testing it is essential to drink plenty of water for only a hydrated body will give accurate answers.

Standing

- 1) Stand upright facing North with your legs shoulders-width apart, 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).
- 2) Look directly ahead, close your eyes and say the word 'Yes'. Notice your body tilting forward.
- 3) Center again and now say the word 'No'. Notice your body tilting backward.

Finger testing

- 1) Make a circle with your thumb and index finger
- 2) Hold the circle firm, close your eyes and say the word 'Yes'. The practitioner will test now by attempting to open the fingers. Your fingers will stay strong and intact.
- 3) Now again hold the thumb and index finger firm in a circle and say the word 'No'. In this case when the practitioner tests, your fingers will be weak and the circle will open.