

# Muscle Testing

## Accessing the Wisdom Within

*Understanding how your body communicates  
through energy and awareness*

### A Message from Cherie



Welcome beautiful,

If you're reading this, you're likely curious about how to listen more deeply to your body — how to understand what it needs, and why it sometimes feels out of balance.

Muscle testing is one of the simplest ways to access that inner knowing. It helps us connect with the subconscious mind — the quiet part of you that records everything and holds the keys to your healing.

This guide is here to help you understand what muscle testing is, how it works, and how you can begin to explore it for yourself. It's the first step towards learning how to lead your life from within.

Warm regards,

*Cherie*





## *Understanding how your body communicates through energy and awareness*

We are incredibly intelligent beings.

Yet, we often use only a small fraction of our true potential. The conscious mind—what we typically call “thinking”—represents just a small part of who we are. It’s easily distracted, analytical, and limited in capacity.

The deeper wisdom lies within the subconscious mind. This part of us is vast—like a living archive of everything we’ve ever experienced. Every sound, image, emotion, and memory is stored there. It also holds the complete energetic history of the body: every injury, illness, belief, and emotional imprint.

Your subconscious already knows what your body needs to restore balance and wellbeing.

The question is—how do we access it?

That’s where **muscle testing** comes in.





## What Is Muscle Testing?

Muscle testing, also known as applied kinesiology, is a simple yet powerful way to communicate with the subconscious mind. It uses the body's natural electrical responses to identify what strengthens or weakens your energy system.

Within and around the body flows an intricate network of energy. When something—whether it's a thought, emotion, food, toxin, or belief—disrupts this flow, the body's electrical system reacts. Muscles momentarily weaken, reflecting that imbalance.



By observing these subtle shifts, we can receive direct feedback from the body. In essence, **muscle testing lets the body speak for itself.**

It's a non-invasive, intuitive method that helps us uncover potential underlying causes of both physical and emotional issues. It's also remarkably accurate, offering a way to ask clear "yes" or "no" questions and receive honest answers straight from the subconscious mind.



## Why Muscle Testing Matters

Most of what shapes our health and emotions operates beneath our conscious awareness. Muscle testing gives us a bridge between the conscious and subconscious—revealing insights that traditional approaches often can't reach.

It allows both practitioner and client to explore what's happening at an energetic level, identifying hidden stressors, trapped emotions, and energetic imbalances. With this awareness, healing can begin at the root, rather than just addressing surface symptoms.

It's an extraordinary tool—simple, accessible, and available to everyone.

## How Muscle Testing Works

Muscle testing works by observing how the body responds to different statements or stimuli. When a statement resonates as true for the subconscious mind, the muscle stays strong. When something is false or imbalanced, the energy momentarily "short circuits," and the muscle weakens.

During a session, we use a series of targeted questions to explore what your subconscious is holding. This helps uncover the emotional or energetic roots of your challenges. Each response guides us closer to restoring harmony within your system.

Sometimes, you may learn self-muscle-testing techniques so you can connect with your own inner guidance at home.



## How to Ask Questions During Muscle Testing

When using muscle testing, it's important to understand that the body responds most accurately when we stay neutral, calm, and unattached to the outcome.

If we become emotionally invested in a question—or if we want a particular answer—our conscious mind and ego can influence the response. This can create bias and make it harder to receive clear signals from the subconscious.

To avoid this, keep your questions:

- **Simple and direct.** Avoid complex or abstract wording. The body responds best to straightforward “yes” or “no” statements.
- **Emotionally neutral.** Let go of any desire for a specific answer. Simply observe what your body shows you.
- **Focused on clarity, not confirmation.** Rather than testing to prove something, approach it as a way to listen and learn.
- **Grounded and calm.** Take a slow breath before you begin. This helps quiet the mind and keeps your energy steady.

Remember, muscle testing is about connection and communication—not control. When we stay curious and open, the answers that come through are clearer and far more insightful.





## **A Direct Line to Inner Wisdom**

Muscle testing opens a pathway to your deepest intelligence—the part of you that already knows how to heal.

It helps you reconnect with your body's wisdom, gain clarity about what's really going on beneath the surface, and restore balance in ways that feel both natural and empowering.

When your energy realigns, everything changes.

As you begin to explore muscle testing, take your time. Trust what you feel, even if it's subtle at first. Like any new skill, accuracy grows with presence and practice.

If you'd like to deepen your understanding or experience this process within a guided session, you're warmly invited to book a private appointment. Together, we can explore the energetic patterns that are ready to shift — helping you realign, reconnect, and rise into the calm confidence that's already within you.

## **Align. Awaken. Transform**

The journey back to you begins here.



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## Tips for Successful Muscle Testing

Before you begin, take a moment to ground yourself. A few small steps can help you connect more deeply with your body's wisdom.

### Keep these gentle guidelines in mind:

- Stay hydrated — your body's energy flows best when well-nourished.
- Keep your mind clear and your breathing steady.
- Use light, "baby-soft" pressure.
- Don't focus on your fingers, hand, or arm — let your body lead the response.
- Notice subtle shifts between a yes and a no — your energy will always show you.
- Ask only simple "yes" or "no" questions to stay aligned and focused.

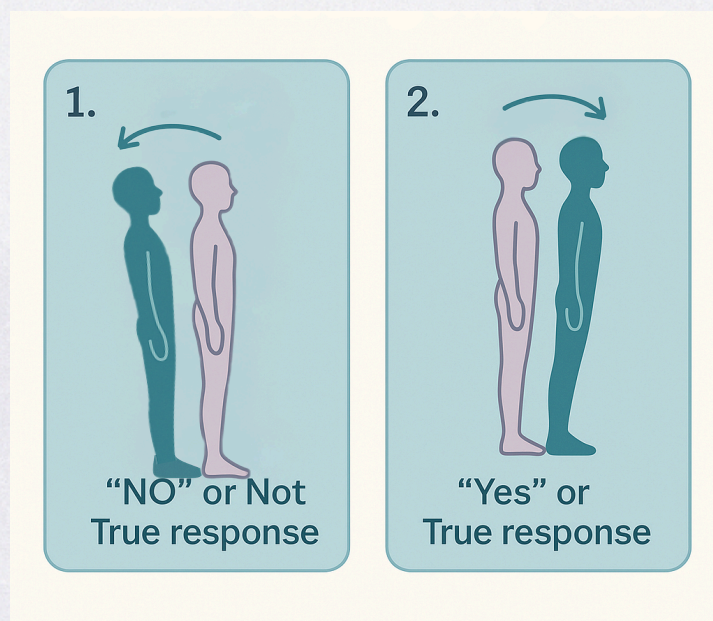


## Body Sway Test

Stand relaxed, feet shoulder-width apart

Ask a simple yes/no question, ensure it is not vague or open for interpretation. (e.g., "Is my name [your name]?")

Notice if your body sways forward (yes) or backward (no)



## One Handed Test

Using your dominant hand, gently rub or roll your index finger and thumb together. Your fingers will stick with a 'no' response

