

LESSON 10 MUSCLE TESTING BELIEFS

Beliefs to muscle test for clearing.

Beliefs that come up for practitioners - that we might have fears of working with clients that were physically ill.

Check your body's yes, yes, yes, your no, no, no.

1. I fear working with physical disease. ☒
2. I fear guiding clients to physical disease memories that are unknown. ☒
3. I fear discovering disease in the body. ☒
4. I fear working on my own disease. ☒
5. I fear working on issues that may be buried within myself around disease. ☒
6. I fear working on issues that may be buried within myself around abuse.
7. I fear working on issues that may be buried in others around disease.
8. It's easier to ignore illness.
9. I will be hurt if I work with clients who are sick.
10. Clients who are sick are damaged. ☒
11. Clients who are sick are dangerous.
12. Many diseases are impossible to completely heal. ☒
13. The effects of disease are impossible to completely heal.
14. Diseases have to take a long time to heal.
15. Time is the only thing that heals disease.
16. Food is the only thing that heals disease.
17. It's my client's fault that they're sick.
18. It's my fault that I'm sick.
19. Illness cleanses humanity of its sins.
20. Illnesses are punishment from God.
21. Sexual illnesses cleanse humanity. ☒
22. God is absent when illness occurs. ☒
23. God abandons others when they become sick.



If you had these beliefs, don't worry. You can always change them.

Now we're going to muscle test for beliefs that you would like to have, or that are good to have when healing and working with physical diseases in others. ☒ ☒ No

1. I know what it feels like and how to be safe working with diseases in people who are sick. ☒
2. I know when I am safe to work with people who have diseases. ☒
3. I know what it feels like, how to, and when to hold a safe space for others to reveal their physical diseases to me. ☒
4. I know what it feels like, how to, and I do hold a safe space for others' subconscious memories to come up around illness. ☒
5. I know how to listen to other people when they are sick without feeling traumatized, without feeling angry, without feeling helpless. ☒ ☒
6. I know what it feels like and how to feel confident and feeling present while staying connected to my healing abilities when my clients are unwell. ☒ ☒
7. I know how to live without being energetically drained by sickness. ☒ ☒
8. I know how to live without being energetically drained by sick clients. ☒ ☒
9. I know what it feels like and how to be emotionally prepared to work with people with physical diseases. ☒
10. I know how to work with people who have diseases without fear. ☒
11. I understand that my deep medical intuitive gifts are present for every healing session that I do with a client. ☒
12. I understand that the body knows how to heal every illness. ☒

Now we're going to check some beliefs around illness and family.

1. I have to give up part of myself and become sick to save my family.
2. I have to be sick to stop my parents from divorcing. ☒
3. I have to be sick to be loved as much as my siblings. ☒
4. I have to be sick to be able to rest. ☒
5. I have to be sick to get any attention or love from my parents or my partner. ☒
6. It's my fault for being unable to get better.

7. I blame myself for others' illnesses. ☒
8. I have to use my illness to save others. ☒
9. Without my illness, I would lose my identity. ☒
10. I am my illness.
11. My illness has to be hidden. ☒
12. Hiding my illness is the only thing that keeps me safe.
13. My sickness is greater than my feelings.
14. My sickness is my safety. ☒
15. It's unsafe to be healthy. ☒
16. My feelings have more power than I do. ☒
17. My sickness has more power than me.
18. I have to take on the illness of those who hurt me to protect others.
19. I will die without my sickness.
20. I'm only wanted for my body. ☒
21. I'm only loved because I'm sick.
22. My body is my enemy. ☒
23. I'm at war with my body. ☒
24. I hate my body. ☒
25. My body hates me. ☒
26. I am punishing my body. ☒
27. My body punishes me.
28. My body is dead. ☒
29. My body can heal, no
30. I hold myself together to appear safe.
31. I become sick to escape being hurt.
32. I become sick to exert my free will.
33. I become sick so I can do what I want to do.
34. I become sick so I can rest.
35. I have to be sick to know that I'm alive.
36. Sickness is pleasure. ☒
37. I have to armor my body to protect it from the outside world.
38. I have emotional walls around my body. ☒
39. I have to be heavy to protect myself from others. ☒

- 40. It's only safe to be in my head. ☒
- 41. I have to be dissociated from my body. ☒
- 42. I have to hide my body's vibrancy to be safe. ☒
- 43. I have to be sick so others know I'm a good person. ☒
- 44. I have to be sick so I can get into heaven. ☒
- 45. I have to be sick to get God's love. ☒
- 46. If I become healthy, I'm in danger. ☒

And then some more good ones to have.

- 1. I know what it feels like, I know how to, and I do be healthy and safe in my body. ☒☒
- 2. I know what it feels like, I know how to, and I do create a strong body now. ☒
- 3. I know the difference between pleasure and pain within my body. ☒☒
- 4. I understand my body's amazing strength. ☒
- 5. I understand my body is safe now. ☒
- 6. I understand the overall strength of my body in the present. ☒
- 7. I understand and know that my body is protected and it always protects me. ☒
- 8. I know what it feels like and how to be stable and grounded in my body now. ☒
- 9. know that it's safe to be stable and grounded in the body. ☒
- 10. I know what it feels like for my body to be alive and vibrant. ☒☒
- 11. I know what it feels like to live without feeling degraded, without feeling my body is degraded. ☒
- 12. I know what it feels like to have worth as a human being. ☒☒
- 13. I know what it feels like to love my body just the way it is. ☒
- 14. I know what it feels like to forgive my body. ☒
- 15. I know what it feels like to allow my body to support me. ☒☒
- 16. I know what it feels like to trust my body. ☒☒
- 17. I know what it feels like and I'm allowed to embrace the beauty of my body. ☒
- 18. I know what it feels like and I'm allowed to take pleasure in my body. ☒☒
- 19. I know what it feels like to respect my body. ☒☒
- 20. I know what it feels like and how to be safe, to be myself in my body, or express myself with my body. ☒☒