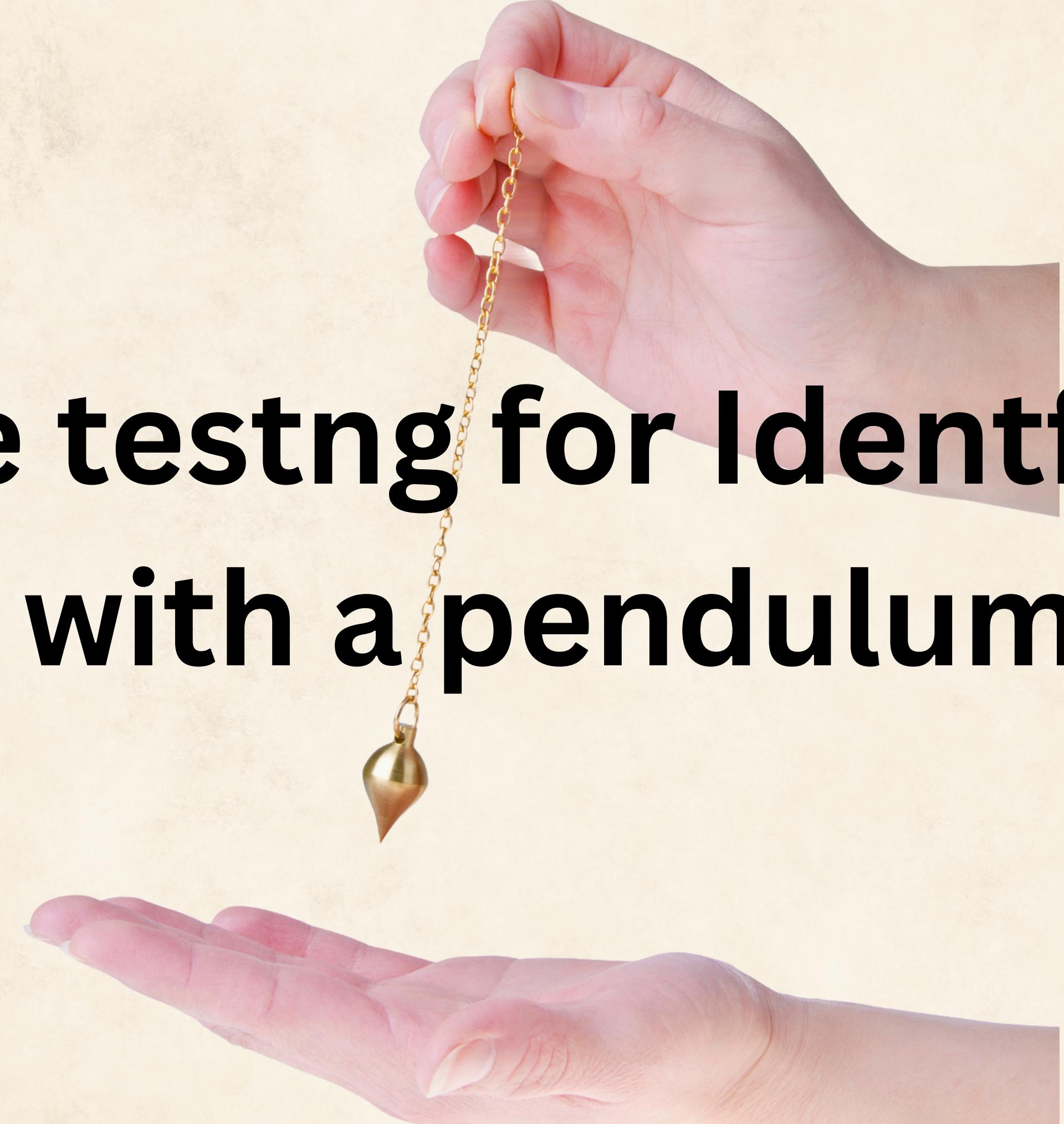




Muscle testing for Identification with a pendulum





Ensure to center yourself before you start, you do this by sitting still in a preferred position. Breath in for the count of 7, hold at the top for 4 counts, breath out for 8 counts, or until your breath is fully released.

Breath until you feel relaxed and calm. Then breathe normally.

Once comfortable, you can start to tune into your frequency by establishing your “Yes and No” using your pendulum.



Practice practice practice before you start to identify,
as your body can get mixed signals and give confusing
feedback, but once you get it, it is with you for life.



This is my ‘yes’



Think of a positive or correct statement for a directional swing, this will establish your “YES”



This is my ‘no’



Think of a negative or incorrect statement will change direction this will establish your “NO”



How to make a statement

When you have established your frequency, think of what
you want to know.

Ask a question like a statement!

e,g:

For my highest good/alingnment, I have trapped
emotions

Whilst you are in thought the pendulum will swing in the
direction which is for your highest yes or no.



Establish your tuning into frequency!

Establishing your technique is the key, as you become more in tune with your highest frequency, your swing will show this by way of how strong it is.

The intention for clearing, confirming or just knowing what is best for you, will become more and more intuitive as you go along.



Please check out the other videos for additional techniques

Thank You