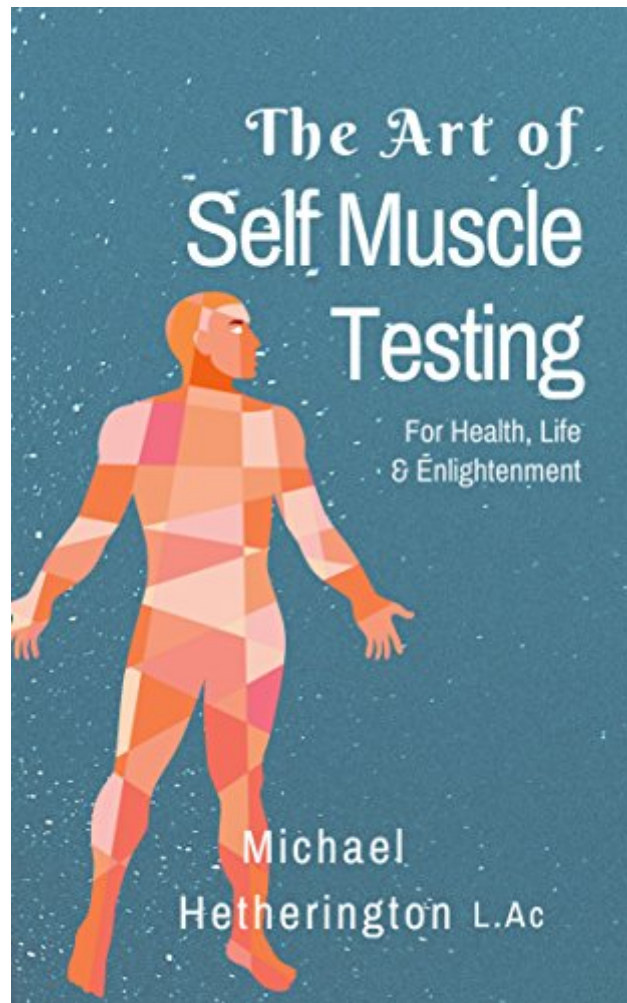


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The Art Of Self Muscle Testing: For Health, Life And Enlightenment



Synopsis

The Essential Guide to Self Muscle Testing This gem of a book explains in a simple and easy manner the process of self muscle testing. Self muscle testing is a technique similar to that of applied kinesiology, a technique that people use to gain insight into their own body and mind's healing process. The aim of this book is to empower the reader so that they can begin conducting accurate and reliable self muscle testing as soon as possible. Not all humans have the capacity to accurately self muscle test and this book goes into how to set up the ideal conditions so that this valuable tool can be accessed on a regular and consistent basis. The more people that can successfully self muscle test, the better it is for all beings because muscle testing has the potential to rapidly enhance one's ability to "know thy self." In this book you will learn about:- The pre-requisites for self muscle testing- How to "Switch on" for accurate testing- How to test without bias- How to test health products, supplements and foods- Some more advanced techniques- and more... If you have any interest in energy medicine, applied kinesiology, muscle testing, alternative medicine, consciousness studies or yoga then this book is for you!

Book Information

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Customer Reviews

What is self-muscle testing and its benefits? As the author states, "being able to test more subtler levels of existence". I am constantly stressed out and losing sleep. I know I need to take better care of myself both physically and mentally. I read this book with an open mind and tried the self muscle testing techniques (which are very well outlined and include pictures) and felt a little more in tune with myself for lack of a better explanation. One would have to have an open mind to appreciate the this book and to benefit from the techniques introduced. Assuming this is the case, it is worth the read. I recommend reading through it twice for a better understanding.

This was a good overview of muscle testing... It had quite a bit of info on how to make sure you are in a mind frame where it will work, and how to choose the questions, which is very important. It was well organized, and helpful without getting too technical. I'm glad I read it.

This is an excellent book that everyone should read and follow. It tells you exactly how to test yourself to see what supplements, medicines and food are needed by your body. Learn this and you will no longer buy a lot of supplements your body doesn't need.

I thought this book explained self muscle testing in a way that anyone can understand how to do. I am excited to start "switching on", muscle testing and learning Notre about what my body needs.

There is much to be learned from this book including all the positive effects and transformations you may experience through self muscle testing. These procedures can help you to not only understand others but more importantly further you to understand yourself and your body. You can begin a healthier lifestyle with simplicity of self muscle testing! God Bless

I have become acquainted with applied kinesiology in my teen years while healing severe digestive issues and then stayed on for years, sometimes logging all my skincare and foods to my practitioner. Later I have been taught how to self-test with quadriceps muscles, but this is the easiest application of method! I have reviewed all my supplemental guidelines and tested all my organic skincare lately and can't be happier with having muscle testing back into my life!

I found this book a little difficult to understand. I have had muscle testing done on myself from a professional and wanted to learn more about it. While the book addresses some core concepts, it

moves too quickly and its hard to follow. For someone like myself, who doesn't have that much knowledge on the subject, this book alone, its not enough. At one point, there is a recommendation to purchase a device, "the tru tester." Its a piece of crap and the guy that makes/promotes it is a clown...just watch his youtube video.Overall, I just felt the book was ok, and leaves a lot for the reader to figure out elsewhere.

Very descriptive directions on how to do muscle testing. I can use this in my practice. It reminds me of the guidance of the Holy Spirit & how one receives inspiration. You have to be worthy and in the right frame of mind to receive guidance.

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