

Simple Strategies for Self-Testing & Using the Pendulum for Better Health

A Workbook for Video 5



Exploring Hand Positions

For readiness, focus & pinch test
By Cece James



This is **MY PROMISE**

To remind you of what a powerful being you are!
To make sure you know that you are a self-healing,
self-correcting entity that has everything you need to
heal already inside you, right now. To invite you to
fully understand that you are worth this time and
effort. To embrace the flourishing power that is
percolating within you as I write these words. For
you to know that there is more than pain and illness
here for you and you are not alone.

*Thanks for being here,
your DIY-Kinesiologist &
Muscle-Testing Mentor*

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*Thank You
with love, Cece*



“ Hand Poses for Readiness, Focus & Pinch Test ”



Readiness Tests give us the information we need to know if the body is weak or asking for a support before further testing can take place. It takes that direct communication between the brain and the body to determine if any part of the system is weak or strong, if the right and left brain are able to work in collaboration and if the body is able to get accurate answers in that moment.



Every imbalance you discover now can be taken through the 2-step process of the Focus Procedure & the Pinch Test in order to discover the right fix; supplement, remedy(s) or clearing that is needed for you to bring strength/balance back to that area.

In this video we discussed using the 3 readiness tests that help us to ascertain if a neurological connection is being made.

Here we will cover Readiness Tests 1, 2 & 3 or Polarity.



Readiness Test 1 side view



Readiness Test 1 front View



Readiness Test 2



Readiness Test 3 or Polarity

QUICK NOTES



Self-Testing

Readiness 1, 2 & Polarity



Find your strong indicator/test in the clear then put all your fingers & thumb together in a bunch & self-test or use your pendulum for a strong yes



If your self-testing muscle is weak/pendulum unresponsive that is a NO on Readiness Test 1 & you will need to try a therapy to support that.



Whence you get a clear yes, proceed to Readiness Test 2 & place your bunched fingers/thumb to your forehead & test for a yes.



If weak, rub the protruding bones behind your ears on both sides then re-check with bunched fingers on forehead until the point tests strong.



In Readiness Test 3, you're testing the polarity point for a NO/weak. So if this tests strong, you'll need to lend support until it tests weak.



If Polarity's strong, use fingertips to slide from front of ears, to behind ears & towards the back of your neck. slowly, breathing, 3-5 times.



To test Polarity, use your first finger placed where the forehead & nose indent & come together then test for a weak response



Pro Tip: If stuck at any 3 of the readiness tests & the supports are not effective or enough, try rescue remedy then re-test whatever point is needed to move on.

QUICK NOTES



Are you ready to go deeper using the 6 Hand Mudra's that make up The Focus Procedure?

Now that you have passed through the Readiness Tests and you know what weak point(s) you want to clear, strengthen, or bring back to balance... look at it with a finer lens

Here we will cover each part of the Focus Procedure
to see if the imbalance is related to...



Infection

Imbalance related to
Infection: Test
Virus
Bacteria
Fungus
Parasite



Metabolic

Imbalance related to
Metabolic issue: Test
Endocrine, Hormones
Repro. Organs
Digestive Organs
Liver/Gallbladder



Lack of Elimination

Imbalance related to
lacking of Elimination:
Kidney's, Liver
Intestines, ICV
Thymus, Lungs
Skin, Candida



Toxicity

Imbalance related to
Toxicity: Test
Candida, Mold
Heavy Metals
Lymph, Blood, Allergies
Liver, Colon, Exposures



Structural

Imbalance related to
Structural issue: Test
Cardiovascular System
Musculoskeletal
Organ damage/
movement/injury



Deficiency

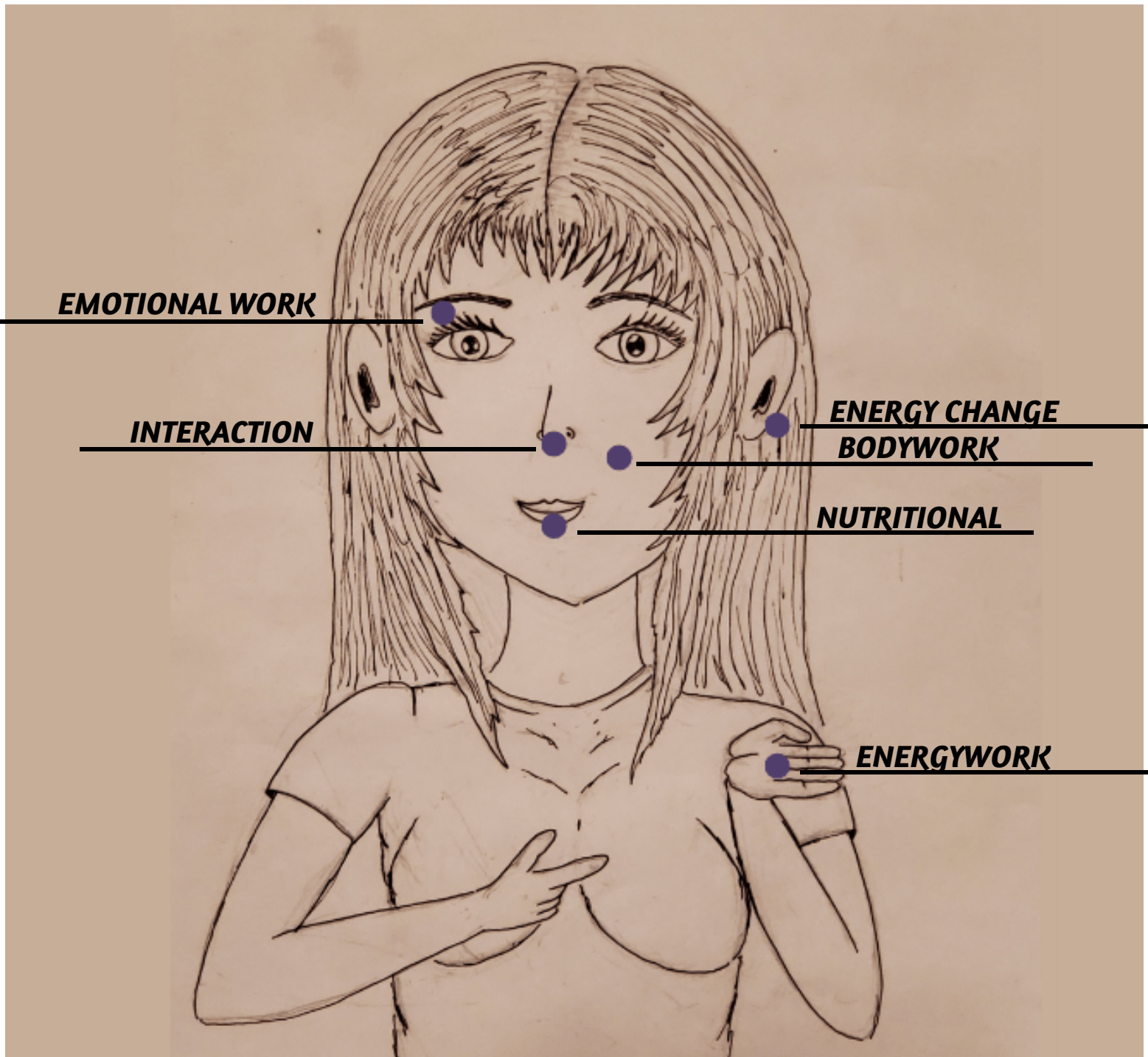
Imbalance related to
A deficiency: Test
Vits/Minerals
Essential Nutrients, Foods,
HCl
Hormones

*Then you can ask your body exactly what to do
to bring back balance there with*

The Pinch Tests



can this infection, metabolic issue, toxicity, lack of elimination, structural problem or deficiency
be supported by assessing the following categories
for the best clear and directed therapies to bring back some balance there?
Check the following categories for:





The *Pinch Test*

Nutritional Supports:

If Nutritional comes up as the best way to clear this layer,
please check the following list for the item that tests the strongest for you.

If **Nutritional** comes up as your priority in pinch test,
you can check any type of nutritional that can be an addition to or eliminated from your diet, like:

- Specific Supplements/Remedies
- Various Vitamin/Minerals/Essential Nutrients
- Various Drinks/Foods/Superfoods

Test this point with a light pull & release of the lower lip

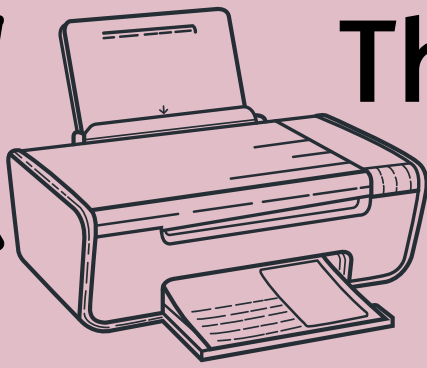
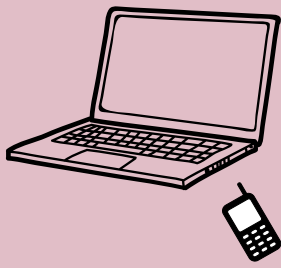
There are so many nutritional supports that could be added to this list.

Here are some of my top suggestions to start with

Get a more complete list as part of the *Body Feedback Formula

Water	Greens	Sugar	HFCS
Electrolytes	Green Powder	Chocolate	Aspartame
Vitamins	Superfoods/herbs	Coffee	GMO's
Minerals	Colored Veggies	Soy	MSG
Bone Broth	Fats & Oils	Gluten	Colors/Preserv

QUICK NOTES



The

Pinch Test



Interaction Supports:

If Interaction comes up as the best way to clear this layer,
please check the following list for the item that tests the strongest for you.

If **Interaction** comes up as your priority in pinch test,
the following are considerations for identification, avoidance or to be neutralized.
EMF, perfumes/fragrances, inhalants, textiles, soaps, lotion, body care, cleaning products,
foods, people, animals, lights

Test this point with a light tug & release at the tip of your nose

There are several crucial interactions that can be on this list to test

Here are some of my top suggestions to start with

Get a complete list as part of the *Body Feedback Formula

Laptop

Cell Phone

Animal(s)

Positive Ions

Laundry Detergent

Carpeting/Flooring

Event

Belief

Emotion

Thought

Body Care

Cleaning Products

QUICK NOTES



The *Pinch Test*

Emotional Supports:

If Emotional comes up as the best way to clear this layer,
please check the following list for the item that tests the strongest for you.

If **Emotional work** comes up as your priority in pinch test,
You can check for any kind of emotional support, clearings or release to help with
emotional stickiness, fears, anxiety, perspective shifts

Test this point with a light tug & release of your top eyelid

My specialty is the emotional work and there are so many things that I could list here.
I would love to share all of the emotional support resources that I have but there is not enough space to do it here,
so I will share a few of my top favorites now and you can get a complete list of all
the emotional work supports I have in my tool box as part of the *Body Feedback Formula

Chakras
Meridians
Crystals
Grounding
Book Work
Energy Flow

Past Life
Tapping
Pick a Card
Essential Oils
Back Flowers/
Rescue Remedy

Meditation
Affirmation
Visualization
Underlying Belief
Psychological Reversal
Appreciation Practice

QUICK NOTES



The *Pinch Test*

Bodywork Supports:

If Bodywork comes up as the best way to clear this layer,
please check the following list for the item that tests the strongest for you.

If **Bodywork** comes up as your priority in pinch test,
You can check your body for a variety of therapies and test to see which option is the strongest

Test this point with a light twist & release of your fatty cheek area

You can test for basic body work techniques when this comes up.

Here are some of my top suggestions to start with

Get a complete list as part of the *Body Feedback Formula

Massage
Chiropractic
Polarity Therapy

Reflexology
Lymphatic Drainage
Physical Therapy

QUICK NOTES



The *Pinch Test*



Energy Change Supports:

If Energy Change comes up as the best way to clear this layer,
please check the following list for the item that tests the strongest for you.

If **Energy Change** comes up as your priority in pinch test,
You can check for any needed adjustments of daily factors that affect the body

Test this point with a light tug of ear cartilage

You can test to see which simple adjustments could be used to help your body feel more in balance.

Here are some of my top suggestions to start with

Get a more complete list as part of the *Body Feedback Formula

Sleep Change
Sleep Support
Too Much Sleep
Too Little Sleep

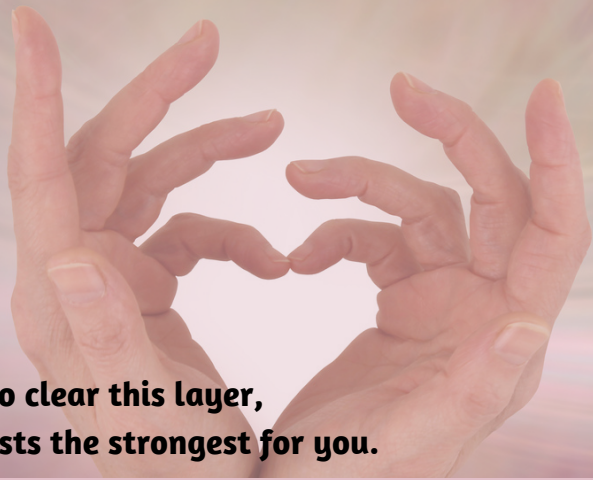
Exercise Change
Add in or adjust
Type of Exercise
Gentle Movement

Add In Joy/fun
Add In Rest
Add In Fresh Air
Adjust Work

QUICK NOTES

The

Pinch Test



Energy Work Supports:

If Energy Work comes up as the best way to clear this layer,
please check the following list for the item that tests the strongest for you.

If **Energy work** comes up as your priority in pinch test,
You can check for any kind of energy, light or other kind of work you are drawn to or practiced with.

Test this "point" by simply holding your palm out towards the open Universe

Another specialty of mine is energy work.

It is just something that I feel and go with. You may have to find yours...

I will share a few of my top favorites now and you can get a complete list of all the energy work supports
that I have in my took box as part of the *Body Feedback Formula

Light

Color

Sound

Vibration

Violet Light

Music/Song

QUICK NOTES



Ready to Test It!

Helpful Testing Tips:

Exactly how you phrase things will matter very much when asking questions.

In most cases, if it's strong move on & when weak, give it what it needs. But like in the case of polarity, you need a weak to move on so there are exceptions that can be confusing. So when you are verbally asking your body basic questions, a yes answer will always be a strong & a no answer will always be a weak.

Even if that strong yes is to stop/edit some sort of action or add in/increase/adjust something else.

Now if you phrase your line of questioning in a checking of a list kind of way, then your answers will indicate a clear strong when the specific points your asking about are strong & weak when they are off, out or imbalanced, which is a slightly different effect.

*Most of the questioning I do is verbal testing which is not quite the same as using points & hand mudras throughout the entire process like what Dr. Dunn teaches in her book *Wholistic Kinesiology A Quick and Easy System for Optimizing your Health*.*

For the most part, what points & positions I do use are what I have presented here.

These are the main ones I use for many, many things throughout my every, single, day.

While there may be a few more we explore together, that is about it for what you will get from me in that regard.

So if you want to know more about wholistic kinesiology, how it works, or more about positions & exact hand placements...

definitely check out her book!

*In essence, everything you test, be it body systems, organs, processes, questions, thoughts, actions, events...whatever it is, ideally, **should always test at neutral (not good or bad).***

Neutral means that whatever you are testing or asking about is not weakening your system (or blowing you out as we call it) or testing at safe & beneficial (meaning your body wants that) either.

So when something does weaken your system or "blow you out", you can now verbally (and with the help of a few points & hand positions that Dr. Dunn taught us) start to ask your own body questions directly about what will strengthen or balance out that area/issue/problem & ultimately bring it back to neutral once more.

Remember, a weakness or blow out is your bodies way of saying "no thank you" to something you could be testing as well.

So simply, don't give it or avoid that food, supplement, drink, situation etc...

When something tests at safe & beneficial, that is your body actually wanting that item, adjustment, addition, supplement, affirmation, clearing etc...it's saying, "yes please"!

In this case, only give yourself things that test safe & beneficial, that is the key here, otherwise... if it's neutral - leave it be.

That is really what this is all about, how to get more bang for your buck & use items in your life that are best for you!

*In a nutshell, with every 'point', question, system, thought, event, idea etc...it is either **neutral** or something that creates a **weakness** or 'blow out' that we can make strong again by giving **safe & beneficial** supplements, nutritional support, remedies, emotional support or structural support. With every therapy, action step or item that gets used or listed in the process will be noted. Then by the end of the testing session, the goal is to have a list of the handful of supports, adjustments, additions, deletions...*

that test the best & will make the most impact on YOU & your unique essence, energy & individual needs.

This is now your program!

Ready to Test It!



Helpful Testing Tip Continued:

When asking your body questions about what weakness to start with or when more than 1 weakness comes up when testing, *use priority hand pose to ask your body the priority or best one to clear first.*

We find & clear the priority first because clearing that will possibly clear other things under it as well, then you don't have to go back & clear every single weakness that comes up separately.

You see, we are always looking towards clearing (strengthening/balancing) root cause issues rather than symptoms.

For example, if heavy metals, hormones & digestion all come up as weaknesses your body wants to work on, *you want to know which one would be most effective for your body to start working with first*

While holding the priority hand pose as indicated, simply test each option (ex: heavy metals, hormones or digestion). In essence you are asking your body if heavy metals is the priority? (yes or no), if hormones is the priority? (yes or no) or if digestion is the priority? (yes or no). You are looking for a yes or the one that tests strong to indicate which one is the priority weakness or the most important one to begin with.

Only one priority will come up when using this hand pose.

Each weakness or imbalance you encounter can be cleared; (strengthened or balanced) with the same process;

Find the weak 'point' /area / problem / issue

With the name, intention or clarity of the weak area/question, start with the focus procedure.

Like with priority, when you use the focus procedure, you are still asking a yes or no question

(is this weakness related to infection, metabolic etc. yes or no) if there is a yes, it will be strong & you have now identified that relationship between the weakness in question & one of the focus poses. If there are no strong responses with the focus procedure, then essentially nothing is coming up there & you can move on to pinch test & needed therapies.

Keep in mind that a focus doesn't always come up with each weakness that you find but pinch test & therapies will.

If you get more than 1 strong when doing the focus procedure, start with the one your body indicates is priority as stated above.

Do keep in mind that these techniques are simply what have worked for my own health & in my holistic health practice for over a decade. It is not gospel, it is a way, and there are so many ways to get information. Hopefully this will open up that world for you & inspire you to find the way(s), techniques, forms, messages, information that work best for you!

It is always a good idea when you are first starting out or just in general, to check in with yourself periodically throughout a testing session as to if you are getting 'accurate answers'. Just simply ask yourself "am I getting accurate answers"?

It is a good way to determine if you have checked out or blown out & are no longer connected...

On a final note, if you are familiar with a pendulum already & use one with different motions identified, stick with what you know, if it is working for you. If it's not, start from the top here. It will help!

Some people believe your pendulum is to show you the direction it would like to go to give you answers.

Because my goal is to simplify the complexity of this topic & make it more user friendly for anyone who wants to communicate better with their own selves, I didn't get into that. However, if your pendulum is talking to you on a different level, your pendulum swing could mean something else, so please go with your intuition on that one.



Ready to Test It!

What is your Hydration Status?

Are you hydrated enough?

Not only for the session time & in getting the most accurate answers in this moment, but in general?
Or is your body dehydrated? Are you drinking questionable quality or struggling with another hydration issue?

Getting enough water & a good quality is of paramount importance & can improve health at the most basic level.

For testing purposes here, if dehydration is an issue & preventing accuracy in your testing...drinking water in the moment & adding in a **good electrolyte powder (I use *Coco Hydrate from Purium)** if needed, can make all the difference.

If basic dehydration is a problem in general, try drinking on a daily basis, **half your weight in ounces**
(more if you are sick, detoxing or very active).

Keep in mind that It's best to **avoid** tap water, plastic water bottles & aluminum vessels.

Instead try drinking your **filtered water** out of **glass** or **stainless steel**.

If you drink **RO water** (maybe add some minerals to it now and again)

or try my favorite option, ****the Berkey**, a counter top water filtration system.

It is easy to use, very affordable & will greatly increase the quality of your daily drinking/cooking water.

If you are drinking enough water but still testing dehydrated or

if you are just wanting to add in a little extra to your plain water as needed, you can check for the following things;

-Readiness Test 1: tests strong, move on (if weak, give it what it needs to be strong again, see readiness test 1 supports)

-Readiness Test 2: tests strong, move on (if weak, give it what it needs to be strong again, see readiness test 2 supports)

-Polarity: (tests weak to move on) (if strong, go to the supports for polarity & only move on when this one tests weak).

-Then you can verbally ask your body about your hydration status (there is a hydration point in WK (wholistic kinesiology)) but for our purposes of testing body systems and points, I prefer to verbally test. You can use any of the following lines,

"Am I dehydrated?" Yes or No "Am I hydrated enough?" Yes or No. "Am I drinking enough water?" Yes or No

"Do I need to increase my water intake?" Yes or No etc...

If hydration is an issue, ask your body if you just need to drink more water on the regular. If you get a yes, you can go with that & re-test hydration again, or you can get even more specific with exactly how much your body is requesting.

This is a little different than yes or no questioning & more like a conversation, but I'll demonstrate how to phrase this in the final video where we put things all together. There you will see more of what I am talking about.

Either way, I still encourage you to play with that a little & see if you can get hydration to test strong before you move on.

If it is still testing weak, you can ask if the weakness is related to a **water quality issue** or a **drinking vessel issue**.

Again, you are looking for the strong or one that says, **yes...** I have the problem, that is the one to clear.

If one or both come up, start clearing it or the identified priority by checking focus procedure.

If something comes up strong in focus, use that to get more specific when asking what pinch test(s) & therapies are needed.

If no focus comes up, go straight to pinch test & therapies. If more than 1 pinch test comes up, ask your body its priority or just hold priority hand pose when checking focus procedure & pinch test right off the bat. Do this until hydration tests strong.
(stay tuned for the final video & workbook where you will find a hydration checklist & supports to test)



Ready to

Test It!

Where is your body at with EMFs?

Are EMF's an issue for you?

How would you even know? I suspect that more people are affected by this than we realize, just not everyone feels it or reacts to it the same.

What is so cool, is that we can actually ask our body questions about where we as individuals fall on the spectrum of electromagnetic sensitivity.

I am not going to go into any detail regarding why, is this, how much or who says why this is an issue or not. I just know most bodies test weak when around the (a) EMF source, we support it with things that test safe & beneficial & the body can test stronger again. Even if it is for a limited time, it is a start & clearer understanding of you. But if you want to know more about the back ground, science, exactly what is involved or what is affected by the various electromagnetic frequencies that are all around us... PLEASE check out **The EMF Guy Mr. Nick Pineault** & his book *The Non-Tinfoil Guide to EMFs*. He is an expert in this field & can explain things much better than me.

So with that said, when *you* ask your body about EMFs, do you get a weak or strong in response?

Most people are finding themselves weak when it comes to this because of all the cell phone access, towers, 5G coming soon to a area near you if it hasn't already... it's literally all around us.

The truth is that all that energy can feel a little bit overwhelming & crazy, especially for us more sensitive souls.

But for some reason, it just feels more empowering to know what could be the things that are weakening you. Is it the cell phone, i-pad, laptop or tower that is weakening you? If so, is there any little thing(s) you can do to support that for your body? Think foods, supplements, physical items, locations, shielding, other intervention.

This is a good time to start integrating in a test in the clear, I just say "for me" & test for a strong. Then...

- Readiness Test 1: tests strong, move on (if weak, give it what it needs to be strong again, see readiness test 1 supports)
- Readiness Test 2: tests strong, move on (if weak, give it what it needs to be strong again, see readiness test 2 supports)
- Polarity: (tests weak to move on) (if strong, go to the supports for polarity & only move on when this one tests weak).

Now that you have established your connection, see if you stay strong or blow out (get weak) *when you place your cell phone on your body.*

You can use your laptop, i-pad or other electronic device or even imagine whatever tech or appliance you want to test & see what your body says with EMFs.

You can start asking your body some simple yes & no questions to find out exactly what the source of the blow out is. Avoiding the things that blow us out or weaken our system is obviously step 1, but let's face it, that is not always possible. Like in the case of your cell phone, lap top or other regularly used device.

Sometimes awareness, intervention & as much support as you can is what you have to play with, but at least you have that! So, ask yourself a few questions around EMFs *for you*, watch the demo on the final video of this free mini series, check out the EMF support & checklist that goes with it & try to create your own support program around EMF.

If you want to share about the experience or get stuck, email me @ healingandholisticliving@gmail.com & we'll break it down a little together. Good Luck!!!

Your Action Steps

Go through the Readiness Steps, Focus Procedure & Pinch Test

See if you can start to check then clear, support or re-balance if necessary, those two really important things;

Hydration & EMF

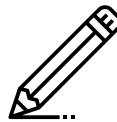
Then be sure to join me for the last video where we

put it all together & take a closer look at that area of concern I asked you to start thinking about...

Make any notes about each type you experience below

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Notes:



Disclaimer: The statements & products discussed throughout this video series have not been evaluated by the US food & Drug Administration & are not approved to diagnose, treat, cure or prevent disease. The information here is not intended as a substitute for advice from your physician or other health care professional. It is meant for educational purposes only.



Thank you and keep in touch

See you in the next video where we will
put it all together & take a closer look at that area of
concern I asked you to start thinking about...

Cece James BS, HHP, CAWK
**Creator of the Body Feedback Formula*

***The Body Feedback Formula is my 90-Day flagship program where we explore how to decipher your bodies inner knowing and wisdom for your optimal health and well being.**

I personally guide you through identifying *your* best self/muscle-testing technique and how to use that effectively to learn about a variety of holistic products, strategies and modalities.

Together, we will Navigate The Holistic Living & Whole Food Aisles and how to be your own daily doc...well at least most of the time.

**I would love for you to join us on a 90 day adventure that lasts a life time.
Learn to self/muscle-test.**

Find out more at cecejames.com or email me directly @ healingandholisticliving@gmail.com today!

Institute for Healing and Holistic Living & cecejames.com