

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

A Workbook for Video 4



Your Body As The "Pendulum",
Really?

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 DLY-Kinesiologist &
Muscle-Testing Mentor*

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*Thank You
with love, Cece*



“

Your Body Can Be The *Pendulum*

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We must have different ways to get information with various modes to tap so that there are options to practice and find which works best for you.

We will talk more in detail about how to get into the right space to self-test in video 5 but before we do, it is important to be hydrated, relaxed and grounded in your body while experimenting to find the best self-testing technique for you.

In this video we discussed 5 ways one may get information about their body.

Since we already explored the pendulum in the last workbook, we will cover the following four in this workbook



THE BODY TEST



THE DOUBLE RING



THE MINI-ARM



THE FINGER FLICK

QUICK NOTES



The Self-Testing *Techniques*

The Body Test



You're calm, relaxed & rhythmically breathing...you begin to think about what question you have.



Standing up & with eyes closed, think about your question with a yes or no answer.



See a vision in your minds eye or hold a supplement, food, body care, cleaning product, word or phrase to your body.



Cross your arms over your chest.



If you rock forward, it's a YES or even better stated, Safe & Beneficial



If you rock backwards, your answer would then be a NO



Standing still is a NUETRAL response



A little spinny feeling means to ask a different question or rephrase the one you are currently asking.

QUICK NOTES



The Self-Testing *Techniques*

The Double Ring

Take your thumb and first finger of each hand and hook them together like rings. The muscle testing is in trying to pull the rings apart when you ask your question(s).

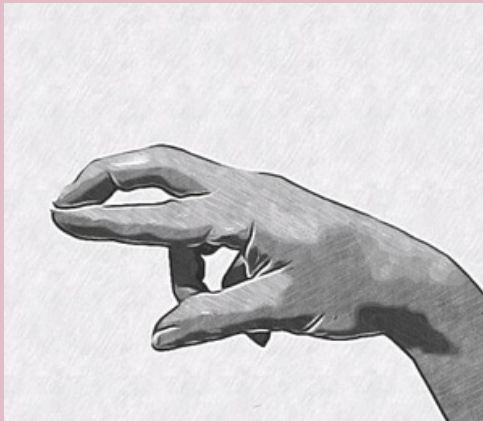
A Yes will be indicated by the ring holding strong when the question is phrased or the ring will break through with a No.

The 'pull' here is rather fine-tuned to you.

You are not pulling so hard that you break through regardless and you aren't pulling so lightly there is no resistance at all, instead you are using the resistance as the guide as to how much to pull.

A little practice here will go a long way.

QUICK NOTES



The Self-Testing *Techniques*

The Mini-Arm

This self-testing technique you do on one hand
using your first and second fingers.

Start by crossing your second finger over the top of the first
and with the first finger held strong and tight with the thumb,
the second finger tries to push down and break that resistance.

If the finger holds, it indicates a YES
and if the finger breaks through, that would be a NO.

In my opinion, this one is the most difficult and hardest to get a good read from,
for me anyway...

but some people swear by it so be sure to check it out and see if this is the one for you!

QUICK NOTES



The Self-Testing *Techniques*

The Finger Flick

This technique is also done using one hand but with the first or second finger (whichever is most comfortable for you) pushing against the thumb for resistance.

Practice with both the first & second fingers to see which one feels the best to you.

For any of the hand techniques, practice each on both hands to determine which hand is the one you should test with.

QUICK NOTES

Your Action Steps

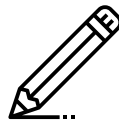
Explore each technique described & see if there is one that resonates the best for you.
When you find your connection...

Practice, Practice, Practice.

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, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Notes:





Thank you and keep in touch

See you in the next video where you will learn self-testing readiness poses, the focus Procedure, the pinch test & a few other hand poses.

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!