

# ADVENTURES IN

## *Self-Muscle Testing*



INSTITUTE FOR HEALING AND HOLISTIC LIVING



By Cece James

A large, stylized pink swirl graphic that starts from the bottom left and curves upwards and to the right, ending near the top right of the page.

“

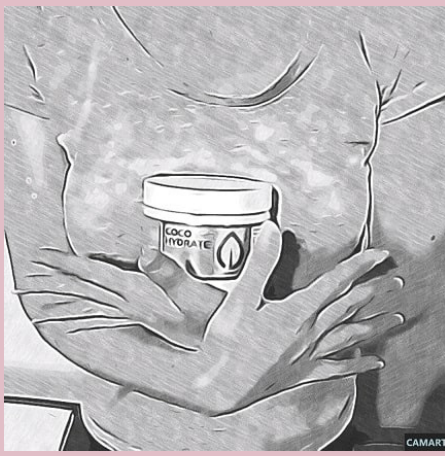
## Your Body Can Be A *Pendulum*

”

Did you know that your own body holds a lot of information all about you. Like what is best for you to eat, supplements to take or even what the best shoes for you to wear are.

You can actually develop strategies aimed to help you interpret & understand that information in a pretty productive way.

There is so much information to share about how to effectively self-muscle test for your own optimal health and wellness. Come take a peak into the world of self-muscle testing & learn how your own body can be a pendulum.



# 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 mind's 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, the answer to your question is a YES



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



Standing still is a NEUTRAL response



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

### QUICK NOTES

---

---

---

---

---

## Your Action Steps

**Take a little time to explore this self-muscle testing strategy that I have shown you today.**

**Learning to use, decipher & interpret your own body as the pendulum will allow you to start a powerful conversation with your own body.**

**Were you able to play around with that & answer a few simple yes & no questions for yourself?**

If so, I would love to hear more about that. Email me @ [healingandholisticliving@gmail.com](mailto:healingandholisticliving@gmail.com).

If you resonate with this & want more... be sure to check out my free video series

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

Make any notes below about what you experience using this self-muscle testing technique

[illegible]

## Notes:



---

---

---

---