

True for YOU Testing

One of my favorite things to do is to teach someone how to body test. It opens up a whole new world to them of self care and self awareness. The procedure is simple and the benefits are amazing. You may have heard this called body testing, muscle testing, kinesthetic testing, applied kinesiology, or energy testing.

I call it True for You Testing because we are using the body to test if something is true for you in this body and this experience. The body holds steady if a statement is true; the body gives way if the statement is not true. The answer is what is true for us in this present moment. It does not work for the future, only for what is now and what has happened in the past.

The Module 1 Video illustrates how to use the body as a pendulum for True for You Testing.

How do you best communicate with the innate intelligence of the body?
Give the body a statement because its energy is more straightforward than a question.

Remember those True/False tests from school? They were created with statements, not questions. You decided if the statement was true or false. When using words to communicate with the intelligence of the body, it is best to make it a statement because it is more straightforward than a question for the intelligence to process. Often questions are asked in an open ended fashion and they cannot be answered with true or false. There is an art to learning how to address the intelligence.

Clear your mind.
Get centered in your body.
Be in a place of few distractions at first.
Keep the statements simple.

Begin by making a simple True statement using your name.
My name is _____ (insert your name)
Note the movement of your body - It should go forward "towards" the truth.

Make a false statement.
My name is Pablo Picasso. (not your name)
Note the movement of your body - it should fall away from the truth falling backwards.

Make another true for you statement.
My shirt is _____ (insert color of your shirt)
Make another false statement.
My shirt is _____ (not the color of your shirt)

Now go to your kitchen to practice True for You Testing with your favorite foods.