

Muscle Testing Flow Chart START HERE

Start all Questions with “From Your Deepest Wisdom” (FYDW)

1. “FYDW Body **show us a “Yes”**
“FYDW Body **show us a “No”**



Anything other than a tilt forward for “yes” and a tilt backward for “no”, or strong on “yes” and weak on “no”, refer to **Muscle Testing Trouble Shooting Guide** (p. 39)

Simple Clearing:

Online/Virtual Sessions: **Do the standard corrections (every session)**

1. Drink water!
2. Brief Energy Correction: Hold belly button and rub sacrum, collarbone, then duck lips
3. Cooks balance
4. Meridian flushing

2. Every Time Ask:

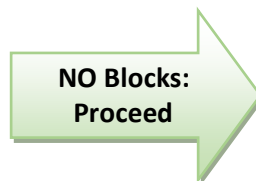
“FYDW Does this being have any blocks in your energy field today?”

“FYDW Do you not?”

“FYDW Does this being have any partial blocks in your energy field today?”

“FYDW Do you not?”

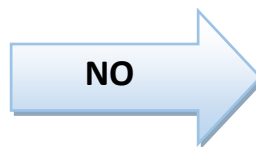
Partial or Full Blocks?:



Begin with the
Standard Balance
Protocol
Worksheet P. 3

“FYDW Does this being have a phobia blocking their energy field today?”

“FYDW Do you not?”



Find out what is causing
The block?

Is the block caused by
History Trauma?

If Yes, go to P. 122
History Trauma protocol



Proceed to Standard
Balance Protocol P. 3
Goal Is: “Unblock the
energy field”

Go To:
P. 40
Clear the
Phobia(s)