

**Kinesiology Self Muscle / Energy Testing for Anything:
A 3 Part Online Course created & delivered by Craig Trafford;**
Certified Stress Management Trainer; Reg'd. Kinesiology Consultant;
Qualified TFH-Kinesiology Practitioner; Accredited Advanced EFT-
international Practitioner

Kinesiology Self-Testing Week 2

18/3/21

NOTICING RECAP

Remember?

Imaginary LEMON / OWL – neck / Music Scale Ladder VS Piano

Release from fixed self-notions – enabling fuller neurological-physical function

PRACTICALS This week:

1. **Examples of Muscle Testing** [also known as Energy Testing]
2. **Get Clear – R-E-C-A-P =**
 - Reset to Neutral/Open, ready for experiential learning by getting;
 - Energised [sip and chew water]
 - Clear [K27 Rubs]
 - Active: Body Crossovers [x crawl]
 - Positive – Balancing Electrical/Emotional System into Calm Neutral State
3. **Body Sway** – Forwards-Backwards [Anterior/Posterior sway]
4. Some **Simple Self Testing Techniques** we'll practice at home: See the reminder video for the techniques

Play with the techniques: Test on your statements “I am.... Vs I am [not]”

Benefits of Self Muscle / Energy Testing

- People use the method to support their own;
- health and wellbeing,
- overcoming nutrition and weight problems,
- making better life decisions
- Improving Relationship and dating issues
- Better Business and Career decisions
- Rehabilitation from injury
- Choosing You-Friendly Food and Activities
- Deepening Intuitive Connection
- Greater peace of mind
- Solving wealth and abundance issues
- and much more...

The methods are

- simple

- practiced regularly support your **self trust** in following your own **inner guidance**,
- discovering your own purpose
- and setting your own small and giant life goals.

Biofeedback - NOTICING is BODY WISDOM

Kinesiologists use muscle testing to access a client's **biofeedback** mechanism to help identify stressors, and blockages in the body. You too can learn this simple skill for self testing.

Muscle testing is the art of applying pressure to a muscle and looking for either a yes/no, switched ON/Off or Stress Response.

It's used to access information from your body at this present time. [It doesn't help with fortune telling or getting the winning lottery numbers].

Anybody can do it because it uses your electrical system and your muscles. Even small children can learn it.

Week 3 We'll be applying the learning – PRACTICALS and DISCUSSIONS / Q & As to Iron Out any issues: Remember to bring with you:

- Items you know to be good for you
- Items you know not to be good for you
- Items you are unsure about

See you in the final session

Blessings

Craig