

PREPARING FOR MUSCLE TESTING: NECK RELEASE & TRAPPED EMOTIONAL ENERGY RELEASE



- Drink a glass of water to hydrate.
- Do the Wholeness Exercise for 3 - 4 slow breaths.
- Charge Hands until you feel energy between your hands.
- Start with the palms of both hands in front of your third eye.
- Sweep them backwards over your head along the central channel and down your back as far as you can go.
- Inhale as your hands move up. Exhale as your hands move down.
- Trapped Emotional Energy Release: Muscle Test how many sweeps are appropriate for each emotion.
- Sweep over your head that many times.
- Do the Wholeness Exercise for 10 slow breaths to consolidate release and receive energy needed to support movement forward.
- Muscle Test to check if the Trapped Emotional Energy is fully released.
- If not, ask if you need more sweeps. If not continue with Wholeness Exercise / Ask for the energy to support your movement forward.
- Muscle Test to find out if trapped emotional energy is fully released. If not repeat the process for releasing trapped emotion.