

SELF MUSCLE TESTING

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PRELIMINARIES: 1. Hydrate: Drink a glass of water. 2. Wholeness Exercise. 3. Align Neck: 10 strokes w/ magnet or energy-charged hand. 4. 1st time: MT Belief. Re-program if weak. 5. Question: Inhale / Answer: Exhale. 6. Confused: Wholeness Exercise. 7. Condition for Strong = Yes / Weak = No. 8. Pick the best MT method for you. 9. Be playful. 10. Have fun! Enjoy! Do these consistently when you begin MT-ing. They may not always be necessary with more practice.

1. STANDING TILT

- a. Stand with your feet shoulder width apart.
- b. Relax your whole body particularly around the ankles
- c. Yes = tilt forward
- d. No = tilt backwards

2. O - RING

- a. Make a circle with the thumb and middle finger of your non-dominant hand.
- b. Link with the thumb and middle finger circle of the other hand.
- c. Question: Inhale. Hold light tension in the circle.
- d. Answer: Exhale. Try to pull circles apart.

3. CIRCLE PRY OPEN

- e. Make a circle with the thumb and index finger of your non-dominant hand.
- f. Insert the thumb and index finger of the other hand into the circle.
- g. Press the fingers inserted into the circle outward.
- h. Yes = the circle stays closed and holds the press fingers inside.
- i. No = the circle opens.

4. CIRCLE AND SLIDE

- a. Make a circle with the thumb and index finger of your non-dominant hand.
- b. Hold light tension in the circle.
- c. Insert the index finger of the other hand and slide between the two circle fingers.
- d. As you ask questions, pull the index finger and circle apart.
- e. Yes = the circle stays closed and holds the index pointer inside.
- f. No = the circle allows the index pointer to pull out.

5. FINGER RUBBING

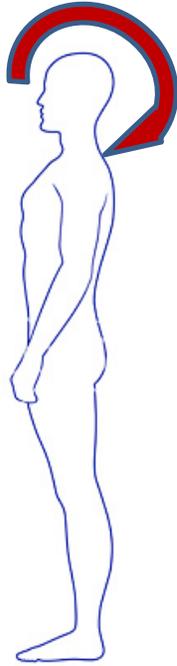
- a. Lightly touch the pads of the thumb and middle finger of one hand together.
- b. Question: Inhale. Answer: Exhale. lightly slide the pads across each other.
- c. Yes = Pads stick. No = Pads slide.
- d. This can also be done using both hands rubbed against each other.

6. LEG TESTING

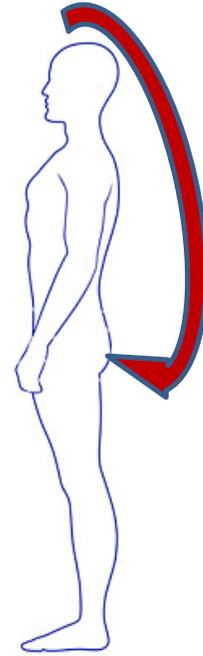
- a. Place one ankle on the top of the opposite thigh at the knee.
- b. Place both hands against the back of the calf of the top leg.
- c. Question: Inhale. Answer: Exhale. Push the top leg away from you.
- d. Yes: Top leg stays on the thigh of the bottom leg. No: Top leg slides off the thigh of the bottom leg.

ELECTRO-MAGNETIC RELEASE FOR NECK ALIGNMENT & TEER

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For oneself.



For others.

Use energized or Reiki-charged hands or a simple magnet for this process.

NECK ALIGNMENT: Do the release motion 10 times before Self Muscle Testing.

TEER: During the TEER process, when the Trapped Emotional Energy is ready to be released, Muscle Test for how many strokes /repetitions of the electromagnetic release motion you need with either energized hands or magnets, and proceed accordingly.

Acknowledgements: I thank Dr. Bradley Nelson, developer of *The Emotion Code*, from whom I learned this procedure.