

Learn Muscle-Testing & a Short Version of EFT 6-24-11

In this Ascension Teaching, you will learn an easy way to muscle-test, which will enable you to determine whether a piece of emotional baggage has, or has not cleared.

You will also learn a short version of EFT-The Emotional Freedom Technique, and with it you can clear any fear, anger, hurt, or trauma. You can clear *anything* you want to clear. It doesn't matter how deep the trauma is, or how long ago it happened. Also, once it has been cleared, it will not be a part of your emotional make-up any longer and it will not resurface again. Ever. How fantastic is that!

Our physical health depends on good emotional health, and that is why we do this work. When we clear our emotional baggage our health improves, and *every* area of our life improves. EFT is easy and free to learn, and a lot of us now use it on a regular basis. It is great to tap on a fear, and actually feel the fear release from your system as you are tapping. Yes!

You will use your own hands to do the muscle-testing *and* the tapping to clear your stuff, so you can, if you wish, do this on your break at work, or actually anywhere. How cool is that? If your boss makes you angry, you can go into the break room and tap it away, for instance. That is, of course, if you *want* to tap your anger away.

So a session would go something like this...

While continually tapping on the KC-Karate Chop point on your hand, and at the same time as you are tapping, you will say 3 times "Even though I am really angry at my boss, I totally love and forgive myself." This procedure is explained in-depth on the link below.

Next, you will tap several times on each meridian point while saying "I am really angry at _____." The diagram for the meridian points is also contained in the link below.

You will tap several times on each of the following points:

The KC-Karate Chop point for the set-up statement.

EB-Eyebrow (At the starting point of your eyebrows above your nose.)

SE-Side of eye (On the bone at the side of your eye.)

UE-Under eye (On the bone under your eye...tap gently.)

UN-Under nose

Ch-Chin

CB-Collarbone

UA-Under arm

All of this is explained in the 'EFT Mini Manual' at http://www.eftuniverse.com//index.php?option=com_subscribe&view=success

You will do one complete round of tapping including each point, while simultaneously saying your statement.

Then you will muscle-test to see if your anger has cleared. You will say "I am angry at _____, and muscle-test if you agree a 'yes' or a 'no'. 'Muscle-testing' is explained a little later in this Teaching.

If your anger has not yet cleared, you will do one more set-up statement, but this time it will change a little. You will tap on your karate point and say, "Even though I am still angry at _____, I totally love and forgive myself." You will use this statement 3 times as before, while tapping continuously on your KC point.

Then you will tap on each meridian point several times saying "I am still angry at _____." After you have completed this round of tapping on the meridian points, you will muscle-test to see if it has been totally cleared. Usually, by this time, whatever you are working on will have cleared. If not, repeat this method until it clears.

I once witnessed a woman who had been violently raped, use the EFT Technique, and within one round of tapping the trauma had been released. Now, most Rape Trauma Centers across the US are using EFT to help victims release their trauma right after it happens. It is great to see such advances in this field!

If you have been the victim of a rape (man or woman), regardless of how long ago it happened, know that you can easily clear *all* of your trauma. You may even be able to schedule an appointment at a Rape Crisis Center and have them help you. It is best with extreme trauma to do this EFT work in the presence of a Licensed Medical Physician or Therapist. There is also a 'EFT Tearless Trauma Release Method' that is explained on www.EFTUniverse.com

Personally, I permanently released within one round of EFT, grieving that lasted for over 15 years after my Father died. I actually felt it leave my chest and lungs.

Note on Panic Attacks: If you are in a position where you cannot get some privacy and a panic attack starts, an extremely fast way to get some relief is to start discreetly tapping on your collarbone at a specific spot, or you can tap across your entire collarbone while saying out loud or silently in your head, "I am having a panic attack." Or just say the word "panic" over and over while you are tapping. This should help relieve the panic so you can go on with your day.

Muscle-Testing Procedure:

Touch your index or middle finger with your thumb on the same hand. Do this with each hand. (I use my index fingers and my middle fingers.)

You will have made two circles, one on each hand.

Open up the circle on one hand, (either) and place your two fingers through the circle on the opposite hand, then close your fingers. This will create two interlocking circles with your fingers.

Now you will say out loud or in your head, “My name is _____.” while at the same time you will try to pull apart your circles. You will hold each circle of fingers really tight and pull them in the opposite direction to see if they hold strong and to see if they don’t break apart. You should not be able to break this interlocking link of your fingers. This will be your sign for a “yes” answer.

Now, you will say “My name is _____, a name that is ‘not’ yours. You will once again hold your interlocking fingers tightly closed and pull them in the opposite direction. Since the name is not your name, your fingers should easily break apart. This is verification that your ‘no’ answer is correct also.

So, when you are muscle-testing a product for instance, you will first want your fingers to hold strong and not break apart when you state your real name, which will be a ‘yes’ answer. Then when your linked fingers ‘break apart’ when you muscle-test a product, that is your sign for a ‘no’ answer.

Muscle Testing a Statement:

My names is _____. Muscle test with your fingers. You should get a ‘yes’ answer.

I am angry at _____. You should get a ‘yes’ answer.

After tapping, you will say, “I am angry at _____, and you should get a ‘no’ answer now, which means your anger has been cleared concerning your boss and the incident that caused the anger.

Switched Energy:

If you do this procedure and your fingers break apart as you state your real name, it means that your energy is switched and is not running properly. You will then gently tap several times on your Thymus gland to switch your energy back. The Thymus gland is a little above your heart in the center of your chest cavity under the bone.

After tapping on your Thymus gland you will now, once again, muscle-test with your interlocking fingers by trying to pull them apart while stating your real name. They

should 'hold' strong for you, and this will mean a 'yes' and now you can continue to do your clearing work.

You will want test that you are not switched each time you desire to do any clearing work. You always want to get a 'yes' answer when you state your real name before you begin your work.

Now that you have a way to get a 'yes' or a 'no' answer, you are all set to do the Emotional Freedom Technique. You can also use this method of 'muscle-testing' for other areas of concern that you wish to know a 'yes' or 'no' answer on.

Note: If you are asking a question that is none of your business to know, your Higher Self will not let you get correct answers. Ask your Higher Self to guide you at all times.

At www.EFTUniverse.com will find all the information you need to do the simple, fast and easy technique of EFT, which will help you, your friends, your children and grandchildren to clear anything that is problem.

You can also find countless videos on www.youtube.com, which have been made to demonstrate how to do EFT on different subjects. There will always be slight variations on the use of EFT, so just do what feels right for you.

Now that you know how to muscle-test you can always muscle-test any product you think you may need *before* you purchase it. That way you will know if something is good for you or not, before you spend your money.

Write down the remedies you wish to purchase on a piece of paper, or hold it under your arm if you are in a store, and then do the muscle-testing while saying, "This remedy _____ is good for me." Or you can say, "I need ____ bottles of this remedy to help myself." while looking at the name and saying the name of the remedy as you muscle-test.

For many years I have personally used and recommended the products that are sold at www.hannasherbshop.com.

Hanna Kroeger was wonderful woman whose parents where missionaries. They all travelled around the world together, picking up the natural healing remedies and methods of the different ethnic cultures and tribes they encountered or worked with.

My experience 20 years ago of Hanna was remarkable. She was conducting a class here in Santa Fe. I had been very sick for many months, so I was sitting in the back of the class. She was an impressive tiny woman with an accent and light blue eyes who still dressed in a slight missionary fashion. She walked up to me and grabbed my hand, then she swung her classic pendulum over my hand and said "You have Epstein Barr virus, and you need 5 BE Kits." (BE Kits are Anti-viral kits she had designed.)

After taking the 5 BE Kits, I was healthy again. It was an honor and pleasure to meet this knowledgeable and amazingly energetic woman who selflessly gave the world such powerful information and products for self-healing.

Her site contains energy tools, vibrational remedies, herbal remedies and so much more. Every time I purchase one of Hanna's products, and open it, I can tell that is of the purest and strongest nature. Her family is continuing the great legacy that Hanna provided.

In gratitude to Hanna Kroeger for her most generous gifts to Humanity,

Amara

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Also, check out Don Croft's Zapper for help with virus infections.