Here is a simple way we do **Muscle Testing** at Monastery of Herbs.

First draw the graphic example located at the end of this document. Draw the boxes only, do not draw text or red arrows yet. Step 1-4 shows you how.

Step 1 On a blank page, draw a line down the middle of the page from top to bottom.

See Illustrated example below for steps 1-4.

Step 2 Next draw a horizontal line across the page, two inches from the top.

Step 3 You now have two "boxes" at the top of your page. Title the right hand box "PRODUCT" (Herbs) In the other box title it, Symptoms.

Step 4 You now have drawn the framework for testing your client. You will test two separate times. Once for the Product, once for the "resonates" (red line connections)

Step 5 Start your testing in the column marked ***PRODUCT -*** *Muscle* test the client from the printed list of herbals from Monastery of Herbs. Usually 3 -8 herbal sets will show up. Note: When testing from the product catalog, look at GROUPS of herbs, usually ten at a time, to see what the muscle test is "asking" for. Group testing in small batches like this is more accurate than say, testing for "all" the Viruses or "all" the Bacterias.

Continue until till you have checked all the product numbers from 1-196.

Step 6 Now use the other column marked ***Symptoms.*** This means you now ask the client what symptoms they have. You are NOT diagnosing here, THEY are stating what issues they have. Once they have said all they need to say, go to step seven.

Step 7 Now muscle test which Symptom "Resonates" with which **Product.**
By "resonates" we mean, look at one symptom and keep it in your head, then muscle test the Herbal column to know which product tests as a "match". Draw a red line from the symptom, across the center divider, to the product. That red line shows the vibrational connection.

It may seem backward the way we do step 5 *FIRST.* But it is more accurate to test without hearing the symptoms first. You'll be greatly surprised how *accurate* the resonation applies itself to the symptoms list.

Remember: You do not diagnose. What you believe and say to the client is "If **I** had this in my testing THIS IS WHAT **I** WOULD USE.

That's all, just that. NEVER SAY TO THE CLIENT YOU HAVE TO TAKE THIS STUFF, OR THIS WILL HEAL OR FIX YOU.WE ARE NOT DOCTORS.

Sometimes more than one symptom will connect or address a product in the right hand column (see #142 and 182). Occasionally one symptom will not test for any product in the right hand column (see pain in left foot).

In that case for example; you can say the body does not want to address that symptom right now. It may however go away by itself, now that the body is getting help using the products it now wants. Also the symptom may show up in another testing 18 days later. Remember; you are not suggesting or prescribing herbals, you are testing for energetics.

