

Tip sheet for Muscle Testing Strengths



1. Write down the list of strengths you discovered while telling your success stories. The whole list of strengths is attached to this tip sheet.
2. You may also want to write down additional strengths after reviewing the list, that ring true for you as being a strength you use.

Use the list from your success stories and any additional strengths, to muscle test if they are your strengths.

Using a pen or pencil along with your list of strengths will not interfere with the muscle testing.

3. Hold the list of your success story and any additional strengths along with a pen or pencil for marking which strengths test for a yes answer.
4. Test a strength using a full body muscle test:
 - Find a quiet place. Stand with your feet shoulder width apart and face North. Keep yourself balanced by standing straight with shoulders back.
 - Check how your muscle test is working for you by asking a basic true or false question. For example, "I am a woman," or "I am a man." If it is a true statement for you, you will tend to fall forward. If it is a false statement for you, you will tend to fall backward. This check will give you confidence that you are responding properly.
 - If you do not get the appropriate response, then try drinking a glass of water. Keep practicing until you get consistent results for a true and false statement. It is advisable to always check a true and false statement before checking your beliefs.
 - Now ask your highest self this question, "Will you answer me these questions without the interference of my ego mind?" Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.

- Now ask your highest self this question, “Is this my ego mind?” Muscle test for a no answer. If no, continue. If yes, continue. If yes, then relax and come back later until you receive a no answer.
- Now ask your highest self this question, “Will you answer me the truth instead of what I want to hear?” Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.
- Now state your strength and see if you receive a yes or no answer
- If it is “yes”, mark it as a strength then move to the next strength.
- If you receive a “no” answer, it may not be your strength

Listed below are some strengths that you can consider when evaluating if they are your strengths:

- Creative - Originates new or inventive ways without letting the ego better than/less comparative mind rule your intentions.
- Productive – Capacity to produce quality work at an amazing pace. Ability to focus on completing your goals.
- Courage – Willingness to do the right act even when threats exist or no proof exists. High trust in Divine guidance.
- Discernment – Ability to stand back and evaluate value to you personally without judging others with your ego better than/less than comparative mind. Weighs all evidence fairly. Not making others good, bad or wrong, yet consciously evaluating actions as being of value to you or not.
- Commitment – Dedication and a pledge to see through what is started or agreed to.
- Mercy/Forgiveness – Ability to see or sense beyond the acts and understand others actions are dependent on their level of consciousness. Has mercy without giving up responsibility or respect of themselves.
- Curiosity – Eagerly exploring and discovering hidden truths or the secrets of life in the Universe. Willingly rejecting the surface answers and pursuing the depth of answers.
- Intellect – Thinks and reasons clearly. Integrates the emotional and the analytical into a rational thought without the ego better than/less than comparative mind. Resolves emotions before coming to conclusions.
- Intimacy – Openly invites others to connect by being close and tender. Communicates the acceptance of others by knowing they also are a part of Divine Creation.
- Empathy – Comprehends others suffering and pain without getting lost or sucked into experiencing that suffering and pain.

- Will – Decides and initiates actions to meet desired goals. A springboard for staying the course of those goals.
- Imagination – Mental faculty for forming or sensing physical representations of ideas in any sensory way.
- Leadership – Guiding or going ahead of others to facilitate a successful outcome that is in the highest and best for all. Ability to comprehend what others need for a successful outcome.
- Appreciation - Providing value and meaning to experiences or events, such as beauty, excellence or other aspects of people or life.
- Humor – Ability to shed light on events in life using silly or funny comparisons or analogies that cause people to lighten up.
- Integrity – Having self honesty without the ego self effacing or self ingratiating comparative mind.
- Dreaming – Imagines all possibilities without being concerned with only the probabilities. Ability to transcend how it has always been done and sense new ways never thought of.
- Visioning – Creates or inspires new ideas that contain and encompass both the practical and deeper spiritual or human meanings.
- Loving – Acts with others in ways that help them feel close, tender, safe, known and appreciated for their uniqueness.
- Communication – Connects with others to impart information and understanding that is clear and helps the recipient feel known at a deep soul level.
- Conceiving and perceiving – Forms and understands new ideas or concepts that have deeper meaning than the status qua.
- Compassion – Helping others by understanding their circumstances as well as their level of consciousness. Ability to forgive based on the level of consciousness.
- Determination – Being firm and resolute to meet your goals with purposeful actions.
- Vitality – Ability to endure and sustain energy and enthusiasm when negativity presents itself.

- Persistence – Continuing to pursue goals in the face of obstacles.
Never giving up or giving in when goals are good, right and true.