

Skip ahead sheet for Muscle Testing Powers



Step 1 Use the list of power drives, to muscle test if they are your powers.

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

Step 2 Hold the list of powers along with a pen or pencil for marking which powers test for a yes answer. Using a pen or pencil along with your list of power drives will not interfere with the muscle testing.

Step 3 Test a power 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, 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 a power as follows “ Is --- power my primary power?” and see if you receive a yes or no answer
- If it is “yes”, mark it as your primary power then move to the next one and the one before for testing your secondary power.
- If you receive a “no” answer, it may not be your power and you can move to the other one for testing.

Power Passion Drives:

CHANGE/REFORM (TO DO WHAT IS RIGHT) – 1 - These people mainly feel compelled to change or perfect things in order to do what they think is right in their mind. They see most experiences as needing to be changed, reformed, perfected or be corrected. They have high ideals and a good sense of morals. They can get caught up in wanting everything to be perfect. They also can get stuck believing they are right and needing others to agree that they are right. At their best, they change their world and fix things to be improved. At their worst, they get frustrated with those who won't do what they think is needed to make things right. When this happens, they can get caught in staying in anger and resentment. They can then descend into envious thoughts of those who are able to change things, resulting in them not feeling that they are good enough.

HELPER (LOOK FOR LOVE) – 2 - These people genuinely want to help others. They prefer to help others even when they have other responsibilities of their own they should be attending to. They are motivated out of being helpful and being appreciated for it. They also often flatter people with genuine flattery. They are selfless, empathetic, self-sacrificing and are close friends. At their best they are loving and helpful to others, making sure people are felt known by them, including acquaintances. They make good partners in business and wonderful spouses. At their worst they tend to smother those they love and get caught in being prideful that they are the only ones who can help. Or that those they are helping cannot do for themselves. They then descend into controlling behaviors, trying to control the love by being needed. They can cut off all emotions except love, and come across as too full of light, wanting to be loved for being helpful.

ACHIEVER (TO BE AUTHENTIC) – 3 - These people are motivated to achieve at all costs. They use their achievements to feed their esteem. They know what to do and who to interact with to achieve what they want. They know how to get things done and act upon what it takes to get things done. You can always count on them to complete things successfully. At their best, they accomplish the impossible. At their worst, they are chameleons being who they think others want them to be and can be misleading in order to achieve their goals. They often disguise themselves in the mannerisms of others. They seek love and approval from others and enjoy attention. They can descend into forgetting who they really are, not feeling they matter, and become lazy about understanding themselves.

UNIQUE SPECIAL ONE (TO CREATE) – 4 - These people have a passion to create and inspire others. They often feel they are an exception and feel special because of their creativity. They are dreamers and know how to make their creations and dreams become reality. They often romance about life and are emotionally honest. At their best, they are very spiritual minded and use their creativity for the good of all. At their

worst, they can fill their life with melodrama to prove that they are special. They can feel flawed and will get envious of others, feeling there is not enough to go around. It can become all about them, often descending into seeking love from everywhere outside of themselves.

RESEARCHER (TO THINK CLEARLY – 5- These people enjoy digging in and researching everything to know all there is to know before taking action. They are highly analytical and good at honing in on the truth about things. They become experts in their fields. You can count on their expertise and the good research they do. They are cautious about getting close to people and require an earned trust before becoming close. At their best, you can trust their research and expertise and they are loyal once you earn their trust. At their worst, they can go overboard with researching to the point of being greedy to know the truth. They can distance themselves from others when they feel their status of expertise is being threatened by people they do not consider an expert. They can descend into excessive thinking, cutting off closeness with people to avoid any emotional pain.

LOYAL FRIEND (TO BE SAFE AND SECURE) – 6- These people are compelled to find safety and security in any situation. They are courageous and usually do not automatically trust authority. Many can be misjudged as a pessimist, yet some are. Their loyalty is expressed by protecting others and by pointing out negative possibilities. They are truth seekers and will not stop seeking, even if it means knowing catastrophe. Some will take risks, testing out truths to get to the bottom of things. They are comfortable with others disagreeing with them. At their best, they are able to point out the worst that could happen in order to stop bad things from happening. When at their best, they are sensitive enough to try not to scare people. At their worst, they get consumed with fear, often scaring those they are trying to help. Then they feel betrayed and doubt themselves. They don't feel that they are supported in life and often mistrust others. They can descend into needing others to agree with their worst fears. Then they can become obsessed with being competitive and deceptive to achieve safety.

ADVENTURE (TO HAVE FUN) – 7- These people love to find adventure and fun with everything in life. Many can become obsessed with their work if it is fun to them, becoming workaholics. They are friendly and make friends easily. They love to party and try new things for the fun of it. They usually have lots of friends and tend to not get too close to others. They can also feel like they are going to live forever and do not consider providing future security for themselves or their loved ones. At their best, they are hard workers if they are doing what they love. They are joyful, friendly and a lot of fun to be around. At their worst, they can do fun in excess, and are vulnerable to addictions. They can get caught in feeling so righteous that they then become superficial, impulsive, cling to their possessions and be stubborn about changing, even

if their behaviors are destructive to them. They can then descend into rage and resentment of anything.

LEADER (TO BE RELIANT) – 8- These people love being in charge. They enjoy feeling powerful and in control of things. They have a natural affinity for leading the way to success. They have big hearts and love magnanimously. You can rely on them for they know what to do and when to do it. They are self-confident and strong. They love winning and will skillfully change the rules of the game to win. They naturally know that they create their reality. At their best, you can count on them to lead you on the right path to success. At their worst, when threatened, they are vulnerable to feeling weak, powerless and become controlling at all costs. They can descend into distancing themselves from others by over thinking events and become obsessive about regaining power and control.

PEACEMAKER (TO HEAL OR COMFORT) – 9- These people enjoy helping everyone to get along with each other. They are easy going and at times self-effacing. They contribute without needing to be in charge, as they are more motivated by everybody feeling a part of community. They are natural healers and bring comfort to those who are worried or anxious. At their best they are good negotiators and can close contracts that all parties can live with. They build community and a sense of common purpose to groups. At their worst, they fear that who they are and what they do will not matter. They then avoid any conflicts and will give up or give in just to get along. They can descend into fearing that they have no importance or significance to their world. Then they become unmotivated, passive and uninvolved then descend into feeling anxiety and worried about everything.