

Tip sheet for muscle testing beliefs about talents:



Step 1: List your 1st talent

List your 2nd talent

List your 3rd talent

List your 4th talent

Step 2: Here you will use your discovered talents to uncover limiting beliefs that stop you from being talented.

Some of the biggest factors that get in the way of feeling talented are beliefs we are given by those who love us and the consensus.

Here are some lies that many of us are given that get in the way of feeling talented.

You can muscle test these to know if they are ego comparative mind lies that you might carry. It would be in your best interest to change these by looking in the mirror and telling yourself that they are lies and you are not going to believe them anymore. Make a choice to stop believing in them.

Convenient Consensus Lies that could show up as negative beliefs:

My income and position I have in a company reflect my success and worth.

Sacrifice is necessary to be successful.

If I don't ascend up the organizational ladder, I am not talented or successful.

Doing what I love at work is a luxury and only the lucky can do.

I must work hard and long hours to succeed.

The "stuff" I have reflects how successful I am.

Uncover your beliefs getting in the way of you expressing your talents by answering these two questions

"What would I have to believe is true about me that stops me from expressing my talents?"

"What am I afraid will happen to me if I change by fully expressing my talents?"

"Who will I disappoint if I express my talents? What do I believe that says about me?"

Step 3: Muscle testing theses using the muscle test for talent beliefs. Record the answers to the beliefs beside the beliefs listed above

1. Test a belief 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 your belief about feeling or not feeling talented and see if you receive a yes or no answer
- If it is "yes", choose if you want to change your belief or not. If you make a choice to change it, choose to change it right there.
- Now test the old belief again to see if it is changed or not by receiving a "no" answer.
- Continue until you receive a "no" answer. If you are having trouble changing a negative belief to a "no" answer, dig deeper to understand other belief lies that may be underneath. Ask yourself "What would someone have to believe is true about themselves to think or believe this way."

- Measure if the belief is a lie by testing it as unconditionally loving thoughts with the following list.

Use this list:

- The Divine Creation sees you as perfect always, even when you act in unloving ways. You act perfectly for the level of consciousness you are at in each life experience.
- The Divine Creation would never define you as good, bad or wrong. They only define your ACTIONS as loving or sorrowful. They view YOU as pure love and light because you are made in their image. Your actions are only a result of the level of consciousness at that time. Life experience is meant to be a learning experience to increase your consciousness. That is all. You are only to judge actions as being of value to you, not to judge the being of anyone. So forgive actions and the negative energy others bring and be FREE.
- The Divine Creation would never ask you to earn their love. They offer it unconditionally. No one can give it to you or take it away.
- Your reality experiences are not a reward or punishment from Divine Creation. Your reality experience is a reflection of your beliefs and actions. Your subconscious helps you create your reality based upon what you consistently say and do. What you believe about what others deserve is what your subconscious takes that you deserve too. Then your reality shows you your beliefs about you.
- There are never any conditions required for having your desires met as long as they are in the highest and best for all. That is the key, for your Highest Self loves all unconditionally as does Divine Creation. They cooperate with what is in the Highest and Best for all to help you meet your desires. So trust and have patience knowing that you will have what you need when you need it.
- Divine Creation may offer surprise life challenges. Those challenges are Divine perfection meant to help you expand and grow. Accepting all life experience as perfection allows you to let go of expecting your experiences to reverse or blaming yourself or others for them. Mostly your beliefs about what you believe you deserve, your trust in life and Divine Creation, and loving yourself is being exposed.

Step 4: Write out a new positive belief for any negative belief you want to change.

Change your beliefs by simply choosing to have the new belief

Now conduct a muscle test to see if the old belief is gone. Record the results below.