

Tip Sheet for Muscle Testing Being Real Beliefs



Here are some beliefs you may want to check or adjust for expressing your strengths, powers and talents as well as living a fulfilled life. Read through these and see if some of them may ring true for you. If not, maybe they may spark or trigger one that is unique for you. These beliefs if held, can stop you from being the real you.

Caution: This list was created to help many different people. Just read through these casually and consider the ones that catch your attention only. You do not want to put yourself in overwhelm by thinking all these may apply to you. Those who have power drives of the reformer or create are vulnerable to checking all of these. Check only the ones that catch your attention.

"I can't find work that allows me to be me."

"I have too many responsibilities to change my life around."

"I can't make enough money doing what I love."

"I can't make it being my true self."

"Too many people are against me being myself."

"If I am my real self, I may be unlikeable."

"The real me can't be expressed because I am too different."

"The world doesn't accept the real me."

"There are too many social norms stopping me from being the real me."

"The real me would not be accepted in the workplace."

"I need people to like my opinions".

"I am not really strong."

"My strengths don't matter in this world."

"I need others to recognize my strengths to feel strong."

"If I express being strong, I won't be liked."

"People are too superficial for me to express the real me."

"People won't understand me, so why bother."

"The world doesn't value real."

"I won't fit in if I'm real."

"I'll get hurt if I'm real."

"I'd rather fit in than be real."

"Nobody cares if I'm real."

"Being real has no positive impact."

"Being real gets you nowhere."

"I need to be who my loved ones want me to be because those I love don't want me to change."

"I don't trust being real will help me be happy."

"It is events in my life that are causing any suffering I feel now."

"I need to be financially free before I can end my suffering."

"My choices and decisions have nothing to do with my happiness."

"If I am financially rich, I can't be emotionally rich."

"I don't deserve a high quality life."

"I am not enough to have a high quality life."

"I am not able to focus enough to have my dreams come true."

"Others stop me from taking the actions I want to take."

"My needs are not as important as others."

"I won't be able to figure out what brings me fulfillment."

"My sorrow is too great to be forgiven."

"I will never get over my loss."

"I'll never figure out how to expand."

"I won't be able hear my Highest Self's messages."

"The world won't accept me expressing my powers."

"I am not capable of overcoming my power blind spots."

"I am not capable of overcoming my fears."

"My priorities don't matter to the Divine."

"The Divine only gives to those who have meaningful desires."

"I can't receive what I want because my wants are too shallow."

"My desires must have deep meaning for them to be met."

"I can't contribute because I'm not talented enough."

"No one wants what I have to offer for contribution."

"My talents are not worthy of being of value."

"I'm afraid to have lots of money because it will bring out the worst in me."

"My talents are not ones that can bring me financial abundance."

"Because of my talents, I cannot focus enough."

"I am not creative enough."

"If I focus on what I want, it is being selfish and wrong."

"I must give up money to others for receiving and having more money."

"My mind is controlling me and my life and I can't change."

"Because of my talents are unique, I won't be accepted."

"If I suffer a loss or hurt, I am doing something wrong."

"I need to punish myself first, to stop others from hurting me."

"If I feel frustrated or angry, I am wrong."

"If I feel negative feelings, I don't deserve to have my desires."

“Success comes easier for those who cheat and hurt others.”

“I can’t stop suffering.”

“I suffer because I am not loved enough.”

“I have no choice about my suffering; it just happens.”

“I am not capable of changing my state of mind.”

“I need self pity to assuage the pain.”

“The despair I feel can’t be healed.”

“I can’t feel gratitude because I have nothing to feel grateful for.”

“Because I don’t have what I want, I suffer.”

“Because of my suffering, I can’t feel any positive emotions.”

“I will never have love, joy, respect, wealth or opportunity.”

“I am doomed to always wanting and never having.”

“I am not capable of changing my negative feelings to positive ones.”

“I need to control my thoughts in order to have positive feelings.”

“If I have negative feelings, I’ll create more negativity in my life.”

“Suffering is a state I have no control of.”

Also ask yourself these questions to uncover beliefs:

“What would I have to believe is true about me that stops me from being who I want to be and living the life of my dreams?”

“What am I afraid will happen to me if I change by being who I truly am and acting on plans to be that person?”

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 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 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 it is a lie by testing it as unconditionally loving thoughts with the following list. This list has been expanded beyond what was given in prior modules.

Use the following list to evaluate if your beliefs include unconditionally love for you.

Also use this list for evaluating both you and/or another who may be an obstacle in your life:

- 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.