

# Muscle Testing With Tapping

## How to use

- Ask questions - need to be yes/no questions
  - If we are looking for a number then the questions are "More than once? More than twice? More than three times?..."
- Types of question
  - About state
    - Am I clear to muscle test?
    - Am I reversed?
    - Are they reversed?
  - About the type of issue
    - Is this related to a relationship with ...?
      - father, mother, brother, sister, co-worker...
    - Is it related to \_\_\_\_\_ time of life?
      - (in utero, before age)
    - Is it related to (emotion)?
      - Anger, sadness, frustration, guilt, rage, jealousy
      - <https://www.cnvc.org/training/resource/feelings-inventory>
    - Does this involve other energies?
    - Is there a known memory?
    - Does this involve a substance sensitivity?
    - Is this a cultural belief?
  - About the process
    - Do I need to know the root cause to clear the issue?
    - Do I need more information before we progress?
    - Is it safe to move forward with this issue?
    - Are we done for the day?
    - Do we need to tap on the side of the hand?
- Substance sensitivities
  - Y/Y/N
    - Substance
    - Substance I want to be healthy
    - Substance I want to be sick
  - How many times to tap?
    - Number of rounds
    - Number times a day
    - Number of days

