

30 Ways to Energy Test
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This list is not meant to be exhaustive. Not all of these methods are for everyone. Find 2 or 3 that work for you!

A. Finger Muscle Methods (For all muscle methods, strong muscles indicate *yes*; weak muscles indicate *no*.)

1. Make a circle with the thumb and index finger (or any other, if the index finger feels too strong) of your non-dominant hand. Hold these two fingers firmly together. Use the thumb and index finger of your dominant hand as a "beak," which you insert into the hole and then try to open it up.
2. Make a circle (as above). Make a hook with the index finger of your other hand. Place it in the circle and pull where the two fingers meet to see if you can separate them.
3. Make a circle (as above). Join the thumb and index finger of your other hand inside that circle to create a figure eight. Pull apart where the fingers join.
4. Hold your index finger out straight and strong. Use the middle finger of the same hand to push down on it just behind the nail.
5. Make a circle (as above), using only the amount of strength it would take to hold a piece of paper. Take the index finger of your other hand, put it in the circle, and knock it from side to side or up and down, as if trying to get out of the circle.

B. Hand Muscle Methods

1. Use hand muscle exercise grippers or small gripper clamps from a hardware store (much cheaper). Battery cable clamps may also be used. Find one that has the right amount of tension.

C. Arm Muscle Methods

1. Hold your arm out to your side, parallel to the floor, no fist. Have a partner press down, just behind the wrist.
2. Hold your arm out in front of you, parallel to the floor, no fist. Have a partner press down, just behind the wrist. (This one can also be used as a self energy test.)
3. Hold your arm next to your body with thumb next to thigh. Have a partner pull out at wrist. (This one is especially good for testing substance sensitivities.)
4. Lift something heavy. Try lifting a gallon of water from the floor with straight arm and slowly lifting it out to the side, or use your little finger to lift a chair or footstool. You need enough weight to challenge, but not strain, the muscle. The difference between *yes* and *no* should be dramatic. If there is no detectable difference, your energy needs further correcting in order to be able to energy test accurately.
5. Put your arm on a table as if to hand wrestle. Have your partner sit opposite you and pull down on the arm as if it's a slot machine. (This one can also be used as a self energy test.)

D. Leg Muscle Methods

1. Sit and hold a leg out in front of you. Have a partner press down on the ankle.
2. Cross one ankle over the other knee. With your hand, push your heel away from your body.

E. Sticky Methods

1. Tell your Higher Power you want smooth to be *yes* and sticky to be *no*. Rub your palms together, saying "Give me a *yes*...." And then "Give me a *no*." This is usually dramatic when it works.
2. Tell your Higher Power you want smooth to be *yes* and sticky to be *no*. Rub the end of your index finger in one direction over your thumb nail.
3. Tell Higher Power you want smooth to be *yes* and sticky to be *no*. Rub a plastic credit card.

F. Ideomotor Methods

1. Set your hand on a surface where it can be relaxed. Ask Higher Power if it wants to help, and as a signal to move one of your fingers to tell you *yes*. Wait. It will move one finger involuntarily. Thank it and ask it to repeat the *yes* signal. Wait. Thank it and ask it for a signal with another finger to signify *no*. Ask Higher Power to repeat it, give thanks. You can also find fingers for "don't know" and "don't want to say."
2. Set hand on a flat surface. Ask Higher Power to lift your finger high for *yes* and low for *no*.
3. Ask Higher Power to nod your head ever so slightly up and down for a *yes* and ever so slightly back and forth for a *no*.
4. Ask Higher Power to nod your head ever so slightly forward for a *yes* and tilt ever so slightly backward for a *no*.
5. Standing with your feet together, ask Higher Power to lean you slightly forward for *yes* and slightly backward for *no*. This one can be used to test substances by putting them up against your stomach.

G. Visual Methods

1. Have Higher Power choose one color for *yes* and another for *no*. Ask a question and close your eyes.
2. Have Higher Power choose a face of someone you love for *yes* and the face of someone you dislike for *no*.

H. Kinesthetic Methods

1. Have Higher Power choose one hand hot for *yes* and the other cold for *no*.
2. Use relative heaviness of a limb to distinguish *yes* from *no*. You can hold them out in front of you.
3. Have Higher Power choose one hand to tingle for *yes* and the other to tingle for *no*.
4. Listen to your body and feel what it says, *yes* or *no*. Notice where it speaks to you.

I. Auditory Methods

1. Have Higher Power choose a sound for *yes* and another sound for *no*. Any sound works--buzzer, bell, hum, squeak, etc.
2. Have Higher Power choose a tune or song for *yes* and another for *no*.

J. Dowsing With A Pendulum

This can be done with a crystal, ring or key on a chain; with a necklace; or just tie a thin string or thread 5-6" long to a Life Saver, one of the larger candies that comes individually wrapped. Hold the end of the string in front of your body. Ask Higher Power to show you a *yes* or tell it what you want a *yes* to be. Back and forth away from body is like nodding your head *yes*. Back and forth sideways is like shaking your head *no*. For assistance with dowsing, see www.dowsers.org. (If you don't like this method you can eat the Life Saver!)

Accessing the Help You Need When You Need It ***Mary "Mo" Wheeler, Ph.D.***

General Principles. There are some general principles that I think should be applied to any method of accessing the guidance of Higher Power. One is that communication needs to be done with respect, appreciation, and humility. Another principle is that communication needs to be programmed so that it is cooperative and for the highest good of everyone involved. Like programming a computer, you are setting up the rules to be followed. The following programs should guide your communications and should be programmed into them, regardless of which method you use to access Higher Power:

- Communications are to be cooperative and restricted to Higher Power.
- Communications are for the highest good of everyone involved.
- Communications are to cause me no harm or discomfort.

The key to accuracy in communicating with Higher Power is both to think of good questions and to not think of the answers. Good questions involve being specific and unambiguous, and also remembering that the questions will be understood in very literal, concrete terms. Asking something in several different ways can help increase reliability. Your dowsing will only be as good as your questions.

Not thinking of the answers means being a neutral observer to the process. In other words, your mind should be in an "I don't know...I wonder what the answer will be" attitude.

Asking Permission. Asking permission is an essential condition of accessing information from Higher Power. I think many problems with reliability would be eliminated if for every issue we first asked, "Can I? May I? Should I?" These questions are always asked by experienced dowers before they do any work for others. The three questions can be asked as a group, and if the answer is *yes*, proceed with your method. If the answer is *no*, then ask each question separately.

"Can I" means I have the ability to successfully receive information in this area.

"May I" means I have appropriate permission.

"Should I" means it is the appropriate time, place, and circumstance.

If the answer to "Can I?" is *no*, then your energy may be reversed or scrambled, or there may be other biofield disturbances affecting you. It is very important that you are hydrated and your energy is working properly.

If the answer to "May I?" or "Should I?" is *no*, then you may not have permission or it is not time for the answers to be given. Basically, I believe we should not continue if we get a negative response. However, I have found that when the answer is *no* to one of the last two questions, we don't *necessarily* have to stop working on an issue. There are several things we can do, or at least check out first. First, we can try asking the question a little differently. Maybe it's just a wording issue. Most importantly, we can treat the "lack of permission" as the problem and dowse how to solve *that* problem. Often it involves something very simple, such as having to make an energy correction in the client first, or treating a related issue first. If the answer is still *no*, then we have learned that this is a situation that is intended to be as it is, for whatever reasons.

Reliable Testing. One way to check out your own testing is to ask, "Guide who is always there, is it the truth?" any time an answer surprises you or you are unsure of the results. For any method used to access Higher Power, practice is an important part of the process. Keep working at it and you will become proficient. Remember that you need to be objective and detached from the outcome, and your energy systems have to be in good working order

Using a Pendulum **Mary "Mo" Wheeler, Ph.D.**

There aren't any hard and fast rules regarding pendulum use. A pendulum can be anything hanging on a string or chain. It can be any size. The following steps to programming your pendulum for a *yes* and *no* response have been adapted from Olson, 1996.

1. You essentially begin by programming the pendulum to move in a certain way for a *yes* and a different way for a *no* and *neutral*.
 - a) Holding the pendulum over your right knee (for females; left, for males) and nodding your head *yes*, swing it back and forth from your body outward and say, "This is a *yes*" (like your head nodding up and down). If you have trouble, keep building the image of *yes*, force the pendulum to move in the direction you want, or try again at another time.
 - b) Then hold the pendulum over your left knee (for females; right, for males) and shaking your head *no*, swing it back and forth sideways and say, "This is a *no*" (like shaking your head *no*).
 - c) Hang the pendulum over the space between your legs and say, "Show me *my search position*." This will be the neutral response that you can start with when you dowse.
2. Try it several times with definite true-false statements. First say, "Show me a *yes*." Then, "Show me a *no*" and "Show me *neutral*." At first you may need to deliberately start the pendulum in the desired direction and then ask it to keep swinging with no help from you. Remember to be in a neutral mode, just wondering what the pendulum will do. It takes practice, just like everything else, and as you work on your energy, your pendulum will perform more emphatically for you.

Once you input programs, you do not have to repeat the programming each time you dowse. Programming is really just creating an intent that is shared with Higher Power. To program Higher Power you can just say, for example, "Higher Power, I want you to communicate the progress of treatment through the pendulum." Then check to see if the program is accepted by asking, "Is the program accepted?"

Clearing the Pendulum. Pendulums pick up people's energy and will need to be cleared when that occurs. There are many ways to clear pendulums. You can wash them with cold water, set them out in the sunlight, bless them, clear them with certain sounds (such as Tibetan bells), kiss them with appreciation, or just create the intention that they be cleared. I just hold my pendulum in both hands and ask that it be cleared. Wait a few moments and then ask again if it is clear to make sure the clearing has been successful.

Further Reading. For those not familiar with dowsing, I recommend Walt Woods: "*Letter to Robin: A Mini-Course in Pendulum Dowsing*," which is available from The American Society of Dowzers (www.dowsers.org) as a free download and *The Pendulum Bridge to Infinite Knowing*, by Dale W. Olson. Olson also has an excellent book of dowsing charts called *The Pendulum Charts* (1989).

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