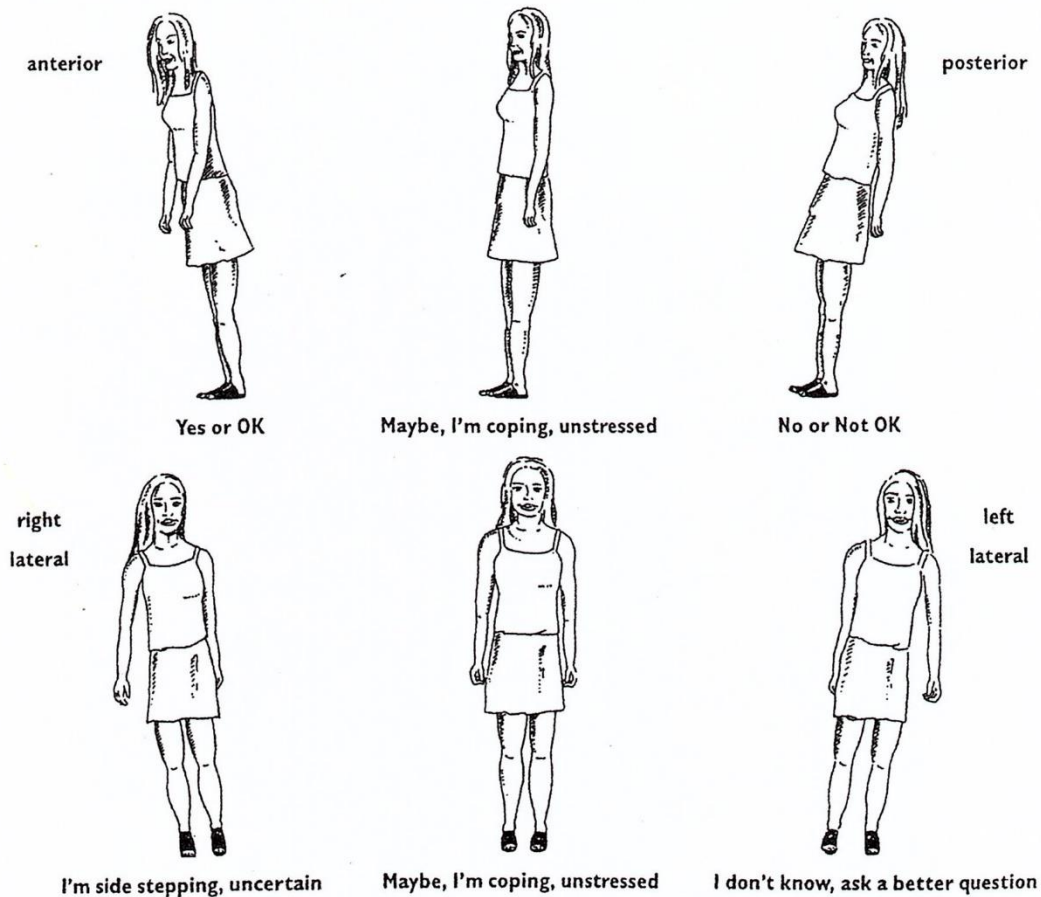


Whole Body Testing diagrams



Whole Body Testing is a great reliable way to test yourself! You can use it anywhere discreetly. Its like using your whole body as a pendulum!

Firstly take a nice deep breathe and centre and feel your body.

Test it out by thinking about something stressful and see where your body goes!

Now try thinking about something you love to do! Where does your body move to!

You can now get creative and ask your body questions as above forward is a yes or positive to your energy and backwards is no or negative to your energy.

Remember questions must be asked like this

Is this in my highest good now?

Is this for the greatest good now?

Is this beneficial for me?

Enjoy being empowered in your daily life with whole body testing as a communication tool with your body-mind to support healthy living, decision making and living your potential!