

# Energy magazine

Sharing Energy - Transforming the World

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## HEALTHCARE & Energy Medicine

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Our Healthcare Crisis?**  
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**An Exploration of  
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*As healers and energy practitioners we are used to working with the unseen. Wouldn't it be wonderful if there was a way of measuring the non-physical so we know when we've done enough healing or what areas need attention and how much?*

Sarah Diggins

**A**s healers and energy practitioners we are used to working with the unseen and we learn how to feel our way around these intangible, yet immensely important fields.

Wouldn't it be wonderful if there was a way of measuring the non-physical so we know when we've done enough healing or what areas need attention and how much?

If we told you that there is a technique that is completely free to learn and needs no equipment would you be interested to know more?

If the answer is "yes!" then read on!

**Resonance Testing** is a new technique that is empowering energy medicine practitioners around the world. It was developed by Sarah Diggins, a practitioner of many decades, whose company Armichi Wellness uses it in all of its services and customer reports. So effective is Resonance Testing, that 96% of all of Armichi Wellness orders are repeat purchases; customers have been so happy with the accuracy of the reports and effectiveness of healing that they have come back for more!

We would like you to enjoy this success with your customers. Let's start with an overview of Resonance Testing, then we'll show you how to do it. Lastly, we describe how you can transform your healing and energy practices with Resonance Testing.

## WHAT IS RESONANCE TESTING?

Think super-charged biofeedback meets precision muscle testing - with added flexibility! Let's tell you what we mean...

## RESONANCE TESTING MAY BE MORE POWERFUL THAN BIOFEEDBACK

Resonance Testing can be more powerful than biofeedback as there are no software limitations; you can test anything you want. It is also often more accurate than biofeedback as the biofeedback device can be affected by influencing fields, whereas Resonance Testing uses pure consciousness.

## RESONANCE TESTING MAY BE MORE ACCURATE THAN MUSCLE TESTING

Resonance Testing uses scalar measurements making it more accurate than muscle testing. The scale is set according to the practitioner needs. At Armichi Wellness we tend to use a scale of 0-10 or 0-100%. For testing levels of consciousness we keep the scale developed by Dr David Hawkins of 0-1000.

## RESONANCE TESTING IS MORE FLEXIBLE THAN BIOFEEDBACK AND MUSCLE TESTING

Resonance Testing can be done with or without the physical test that muscle testing needs and so can



be incorporated into your meditative energy healing sessions without interruption. As you become familiar with the practice, you will find that you download the results instantaneously during your sessions and can also obtain results alongside the actual healing, meaning you are empowered to provide your client exactly what they need.

### HOW TO DO RESONANCE TESTING

This amazing technique is easy to learn if you are already attuned to energy work. First, you will need to familiarise yourself with muscle testing if not already. This is the method where you are pushing down someone's arm to measure the strength of their field. If you watch any of Dr David Hawkins' videos on Levels of Consciousness you will see he has a helper who he uses to do all of his muscle tests. You are going to start by muscle testing 5 foods on someone. *Please be very careful not to use known allergens or any foods that are listed as a common allergen to ensure the safety of both you and the person.*

Now once you have muscle tested these 5 foods, we want you to ask the person you are testing to pick up one of these foods and we want you to stand behind them. However, this time don't push their arm down but instead feel how their energy field expands or contracts with each item of food. This is the essence of Resonance Testing; *detecting the change in the field.*

The next step is learning how to detect this change when the person isn't in the room. Find a selection of 5 more foods that you've not yet muscle tested on the person. Tune into them and imagine connecting the food with your tester or simply imagine the two together. At the same time, you need to feel how your own field changes by bringing these two together. Does it go stronger (expands) or weaker (contracts)? Do this for all 5 foods and now go and test them on the person with a classic muscle test to verify your results.

**Important:** *This technique relies on you remaining completely neutral with no expectations of the result and being in a relaxed, meditative state. If you find your results are all wrong, your field may be switched; make sure you reset your own field by grounding and try again.*

When you have mastered the art of detecting the change at a distance you're ready to learn how to measure that change using a scale. Did you notice how, when you were testing the person's reaction to the 5 fields, that sometimes you felt your field contracting or expanding more than others? This is what we measure in Resonance Testing. We are now going to teach you how to measure this field on a scale from 0-10 (10 being maximum). This is the truly powerful aspect of Resonance Testing and, once mastered, may enable you to discover more than you ever expected!

### SCALAR RESONANCE TESTING

Now that you are familiar with the way in which the field changes, we will switch to the *looped finger technique* to learn how to test the scale, since it is much quicker when you're starting out.

The looped finger test is where you touch the first finger and thumb on your left hand together and do the same with your right hand so that you have 2 loops. Now join the loops together, so your hands are interlinked. You need to learn to detect a strong positive so start by stating "My name is <your name>" and, as you do this, try to pull your fingers apart. The strength at which the loop breaks is your strongest and corresponds to the maximum 10 on a scale of 0-10. Now learn to detect a strong negative by stating "My name is <not your name>" and, as you do this, try to pull your fingers apart. The strength at which the loop breaks is your weakest and corresponds to the lowest on the scale or 0. You will need to practice feeling the difference and get to know what a strong result is and a weak one since these are the two extremes of the scale.

As you become practiced, you won't need to use the looped finger technique in all of your healings as you will have a choice. At Armichi Wellness we switch between the two methods depending on what we are testing. For our 150+ Foods Stress Reaction Tests we use the looped finger technique. For our Energy Boost and Armichi Method Healings we measure the change using our consciousness.

Next, you are going to practice measuring the change



in someone's field in response to a specific food. You set the scale from 0-10. A score of 0 indicates no reaction, meaning it's a food that causes no reaction in the person; organic vegetables normally fall into this category. A score of 10 indicates that the person has an extremely high stress reaction to that food, meaning it provokes a strong intolerant reaction; artificial additives often fall into this category.

You will need to line up those 5 original foods that you tested on the person and use the looped finger method to Resonance Test the value of the amount of stress that each food places on the person. You do this with statements which as long as you hold the intent of the meaning of the statement.

*"On a scale of 0-10 this food places stress on <name of person>'s body of at least 0."*

If you get a strong positive, then repeat the statement, increasing the values by 1 at a time until you get a negative, where your finger loop breaks.

Let's say your finger loop breaks on the statement:

*"On a scale of 0-10 this food places stress on <name of person>'s body of at least 7."*

You can say that this food places a stress level on the person between 6 and 7.

When you are learning, don't try and refine the result, but when you are more experienced, you can re-test until you get the exact result, which may be 6.4, if you wish.

Now, repeat this for the other 4 foods and write down your results.

Next, do classic muscle tests on the person and notice how their arm will only go slightly weak when the results are 4-6 and very weak for results that are 7 and above, which are high stress foods.

Repeat this exercise with the classic muscle test verifications until you get the results right every time. Don't forget to remain neutral, in a meditative state. We describe how keep a balanced state of mind in

the article [How To: Resonance Testing: Step 2.](#)

## HOW TO USE RESONANCE TESTING IN YOUR PRACTICE

We start by testing the physical since it gives you the opportunity to verify with muscle testing, but the true power of Resonance Testing is in measuring the non-physical.

Once you are familiar with the technique, you can use it in your healing practice. Here are some of the things we at Armichi Wellness use it to measure:

- **Chakras** - which of the 12 Chakras are open; how much they are working (0-100%).
- **Pineal gland calcification** - for quantity (0-100%) and measurement when you have decalcified.
- **Organ/gland/system functionality** (0-100%) - to measure the energetic function of each organ, gland, and system.
- **Cellular pH** (0-10) - to measure how alkaline or acidic a person is.
- **Cellular hydration** (0-10) - to measure how much water cells are retaining.
- **Embedded emotional frequencies** (0-10) - which limiting emotions does a person resonate with (anger, fear, sadness, resentment, etc); where the frequencies are embedded (layers, timelines, past lives, dimensions); and to monitor when you have integrated the emotions.
- **Physical symptoms** - what emotional frequencies resonate with these symptoms, so you can integrate them, and then there is no more need for the symptoms to manifest.

## HOW TO RESONANCE TEST FOR EMBEDDED EMOTIONAL FREQUENCIES: ANGER

At Armichi Wellness we test in the layers (the physical, aura, soul), the timelines (all potentialities), the past lives (all actualities) and the dimensions (all 12). It is really useful to know if the emotions are held in the past lives as often pre-programming may be involved and needs to be neutralized, deleted, and integrated. We find that the Resonance Test score of



the timelines is a reflection of the score of the layers, past lives, and dimensions.

If you want to test how much anger a person resonates with, then your statement would be:

*"On a scale of 0-10; 10 being maximum <person's name> resonates with anger in their layers at least 0."*

When you are familiar with this technique there is actually no need to repeat this statement in full as you can simply set the intention to measure the resonance of a particular emotion and tune into this frequency and your client. Your statement could be shortened to:

*"Anger," (focus on the frequency of anger within the person you are testing); next, say: "layers," (now focus on their layers and test until negative); and continue on with "timelines;" "past lives;" and "dimensions."*

## HOW TO INTEGRATE ANGER

Once you discover where the anger resonates, it can be integrated with the statement:

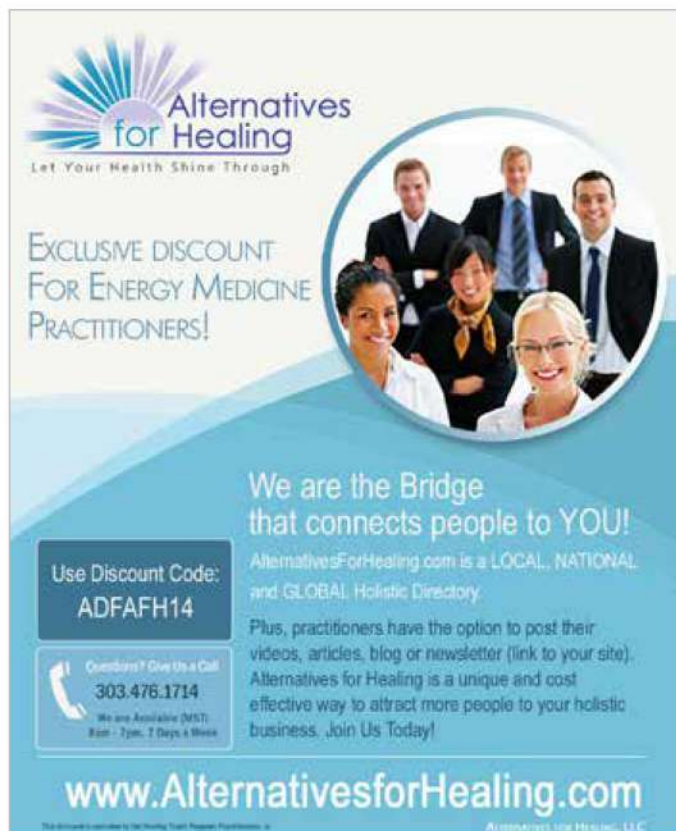
*"I neutralize and delete the frequencies, vibrations, connections, chords, energy imprints, memories, information, pre-programming, and physical manifestations of and to anger from <name of person>'s layers." Pause and focus on their layers and see the anger wave collapsing and wait before continuing with "timelines", "past lines", and "dimensions" and then finally, end with: "...and return and integrate with the love light."*

Now, put your loving attention onto the feeling of anger within the person. Open your heart and wait until the tension in your heart softens. You can use Resonance Testing to check the progress of the integration (*"Anger is now integrated at least than 10%, 20% - 100%"*). When the anger has been fully integrated, you will experience a sense of relief, expansion and bliss, as eons of constricting anger no longer need to be expressed as it is now one with the soul.

## EMPOWER YOURSELF WITH RESONANCE TESTING

We hope that this very brief introduction to Resonance Testing has inspired you to learn more about the technique and its amazing power and flexibility to discover more about how you can Create Your Path with Resonance Testing. Please see **Our Services** at <https://armichiwellness.com/> to find out how we use Resonance Testing to help our clients and how we also help them learn more about the technique. €

 Learn more about author Sarah Diggins at [www.ArmichiWellness.com](http://www.ArmichiWellness.com)



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