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THE ENERGY
HEALING MAGAZINE

The World Of Energy Healing

Edited By Jacqueline Rose

This chapter has been extracted from pages 73-96 of the book [The World of Energy Healing](#), and was published by [The Energy Healing Magazine](#) in September 2022. Please note that the book was printed in black and white.



How to Channel with Resonance Testing

The ability to channel is one of those things that seems to elude many of us. Some people say that channelling is an inherited ability that you either have or don't. Others portray channelling in a shroud of mystery leaving some of us revering those who can channel as being special or different from us.

What if we told you that everyone - including you - can channel, no matter how difficult or elusive you believe it to be? Channelling is not a skill that we have to be born with or that only a few have the ability to do. There actually exists a quick and easy way to know if the information you think you hear, see or feel is channeled information or simply your imagination.

Imagine how amazing it would be to be able to access any information you want from any source, any time or any place? How wonderful would you feel to know that you are just as special as those you consider to be expert channellers? Well we're going to

show you exactly how to do this and just how easy channeling can actually be.

The method we're talking about is called **Resonance Testing** and, once you've learned how to do it, you can have access to any information you want including your past life experiences, your future potentialities and which star systems you are really from. You can use Resonance Testing to check if the guidance you have just received is really from the angels or if you just made it up! Resonance Testing gives you access to information from all dimensions and from any Earthly and off-planet sources you wish. Wouldn't it be liberating to know for sure if that the little voice in your head wasn't your imagination but was actually channelled information or a message for you from the angels?



What Is Resonance Testing?

Think biofeedback without a device, meets muscle testing without a physical test, with complete precision due to scalar measurements. And without limits!

The essence of Resonance Testing is that you are measuring the change in your energy field in response to a statement. The reason this works is because statements that represent information that exists or has existed expand your energy field and statements that represent information that doesn't exist contract your energy field. The clearest example of a statement that represents information that exists is:

My name is <your name>.

Conversely an example of a statement that represents information that does not exist is:

My name is <not your name>.

You may think of information that exists as truth but this has become a subjective term in the spiritual world; '*your truth may not be my truth*', so instead we refer simply to what exists or doesn't.



What Can We Discover with Resonance Testing?

It is important to understand that Resonance Testing can only measure what exists or what has existed including events, states of being and intentions. We classify all of these as actualities since each creates an energy imprint that remains for all eternity.

Although we can't predict the future with Resonance Testing since it doesn't exist, we can measure the probability that an event exists in the future, within a defined time scale, based on the current vibrational set point. This has been referred to by some as Law of Attraction although maybe a better term would be Law of Creation, since you create what is in alignment with your current vibrational set point. Interestingly, we can use Resonance Testing to measure the probability that what you are looking to 'attract' (create) will happen.

Even better is that we can measure how much you are in alignment with the outcome you wish for, using a scale from 0 to 100%. This is a really useful way to find out if what you desire is a likelihood or still an improbability. However, also be aware that it is possible to change your current vibrational set point in an instant, meaning that you have the ability to align with the outcome you desire now.

When we use Resonance Testing to determine what exists, the results are binary, meaning they are either positive or negative. However Armichi Wellness has incorporated a scalar system into Resonance Testing to further refine the results so we get precise information. This means that, rather than discovering if you have had angelic guidance, we can measure how many angels were guiding you. The scalar system really comes into its own during healing where we use it to measure healing progress on a scale from 0 to 100% for example. It is also really useful for channeling as you will discover later on in the chapter.



How Do I Know If I Have the Right Results?

The beauty of Resonance Testing is that, when you're learning, you can practice using statements that you can verify in the physical domain. So you could use Resonance Testing to measure the temperature of water you are heating and then confirm your result with a thermometer. That's just one example and you can practice testing anything you like that is in the present, such as your body temperature, blood pressure. A fun game to play is to count how many objects a person is hiding in their hand. As long as you can double check your Resonance Test results, you simply keep practicing until you have learned to detect the expansion or contraction in your field in response to a statement.

If you are in any doubt about your ability to do this, we can reassure you that we have successfully taught many people who thought that there was no way they could Resonance Test. You absolutely have the ability to learn how to Resonance Test and to channel.



How To Get Started with Resonance Testing

We're going to give you an overview and then if you want more support, Armichi Wellness has published over 50 Articles of freely available information on how to Resonance Test and other related subjects. We have a free series that teaches you how to Resonance Test and we also provide one-to-one lessons, if you want to learn more quickly.

When you Resonance Test the key is to remain neutral, with no expectations of the result. This is because you are detecting subtle changes in your energy field that are strongly influenced by the ego field. To give you an example, have you ever noticed how, when you are frightened, you feel weak? This is because fear causes our soul to leave the body and the ego to take over and, in the process, our energy field becomes weakened. Since doubt is a derivative of fear, if you are conducting Resonance Tests in a state of doubt, then your tests will be negative since your energy field has weakened. Likewise, if you conduct Resonance Tests in a state of certainty, then your results will always be what you expect rather than what is.

When you first start out, it greatly helps to achieve a meditative state where the soul is predominant and the interference from the ego is minimal. We have found that the best way to conduct Resonance Tests is from a state of relaxed neutrality and open-minded curiosity.

We have also found that the higher your levels of consciousness, which is the amount of soul you hold in your body, then the easier it is to Resonance Test, since the ego field reduces at higher levels of consciousness. The ego is what makes you respond to life experiences with limiting emotions such as anger, fear, sadness,

doubt. As we ascend we carry more soul (light) and we gradually start to integrate the limiting emotions within the ego field. This liberates us so we can do Resonance Testings without fear or doubt that we may get the result wrong! If you're interested to be free of limiting emotions, our Article on **Revealing Not Healing** goes into more detail and you may want to check out our **Armichi Method: Integrate & Liberate Service** where we teach you how to do this for yourself.

Now we are going to talk you through the seven key steps to learning how to Resonance Test. If you are already familiar with muscle testing just read the last paragraph in **Step 1. Learn How to Muscle Test**.



1. Learn How to Muscle Test

When you're learning how to Resonance Test we first teach you how to verify your results using physical muscle testing. This is where you press someone's arm down to test the field strength in response to a statement.

To help get you started, we will ask you to muscle test to see if your friend has their eyes open or closed. First stand behind your friend and ask them to hold their right arm out at 90 degrees to their body. You will now test their baseline strength by pushing down on their arm and they will need to resist as much as they can, to try and stop you from pushing down their arm. As you push down, feel their strength. It doesn't matter how strong or weak they are, you just need to know what is their maximum strength as this will be your starting point. Your friend can put their arm down until the next test. Next, ask your friend to open or close their eyes, but not to tell you

which, and then to put their right arm out again. Say the following statement out loud:

<Friend's name> has their eyes closed.

Press down on their arm which, if it goes weak, means the statement is negative and they have their eyes are open. Now repeat the statement below to verify:

<Friend's name> has their eyes open.

This should be a strong result indicating a positive statement. Don't worry about them blinking because if you tune into their intention, which is to have their eyes open or closed, then you will get the correct result.

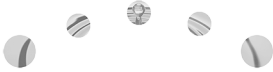
The important point to note during these tests is that, as you are testing, we would like you to notice how the field changes in response to these statements. A statement that does not represent an actuality (negative) makes the field contract or weaken and a statement that represents an actuality (positive) expands and strengthens the field. See if you can detect this contraction or expansion as you are testing. This will be experienced as a flattening, collapsing (weakening) or a lifting, opening out (strengthening) which you will both feel.



2. Learn How to Muscle Test Without the Physical Test

Next you are going to ask your friend to open or close their eyes and then to repeat these tests but this time *without* pressing down on their arm. Before you test, close your eyes and tune into their field. As you repeat the first statement above, notice if you feel the

field expanding or contracting. At first it may seem difficult but be patient with yourself and keep practicing, since once you have felt the change, you are ready to move to the next step.



3. Learn How to Resonance Test Without a Physical Test

Ask your friend to move to a different room or at least 6 metres away and to open or close their eyes without telling you which. Now repeat the first statement above and tune into your own field. As before, when a statement is negative, you will feel a contraction or weakening. When a statement is positive, will feel an expansion or strengthening. When you think you have felt this change, go back into the room and find out if your friend's eyes were open or closed. This will take practice, so be patient and keep trying. You may want to swap roles so that you can share your experience and learn from each other.

It's really important to learn how to pick up the change in the field because this forms the basis of Resonance Testing. After several tests you will both need to take a break and either go outside or ground yourselves with deep breathing. If your field inadvertently switches during the process this can produce inverted results; when a positive becomes a negative, which we explain in **Step 6. How to Ensure You Get Accurate Results** so you can ensure that your results are correct.

And now you'll be glad to know that things gets easier from here on in!



4. Learn How to Resonance Test with Looped Fingers

Once you get used to feeling the change in the field at a distance, you can now switch to the looped finger method since this is a quick and easy way of measuring the change. At **Armichi Wellness**, we use both methods. We use the virtual test during a meditative state to check healing progress and we use the finger loop method if we have a lot of tests to do, such as in our **150+ Foods Stress Reaction Test**.

The looped finger test is a direct measurement of the strength of your field. It works like this: you first create a loop on each hand between the tip of your thumb and forefinger. Next interlink these two loops together (you will need to break the loop on one hand to link the two loops). As you are testing, you will pull these loops apart to test the strength of the field.

First, you need to determine what strength corresponds to a positive result and what corresponds to a negative result. You will start by determining the strongest positive with the following statement:

My name is <your name>.

As you say this try and pull apart the interlinked loops. The strength you need to pull apart these loops is your 100% positive result. Make a note of this strength as it will form your baseline for future Resonance Tests.

Now test the strength that corresponds to a 100% negative statement as follows:

My name is <not your name>

As you say this, try and pull apart the interlinked finger loops and note the strength that you need to pull them apart. This should be a lot less than with the statement above, since you have made a statement of information that does not exist. Make a note of this strength as it will form the baseline at the other end of the scale for all subsequent Resonance Tests.

We recommend that you practice by repeating the eyes open and closed test at a distance, as described above, this time using the looped finger method. Since you have already learned how to detect the change in field without a physical test, you should get fairly accurate Resonance Test results with the looped finger method. Although this seems to be an easier way to Resonance Test, the reason we teach this method last is because the finger loop method is only successful if you have first learned to tune into your field. This is since the looped finger method is only a verification of the change in field and not an absolute test and it is easily possible to override the results with your own expectations or limiting emotions.



5. Learn How to Resonance Test with Scalar Measurements

The next step is to learn how to incorporate scalar measurements into your Resonance Tests. You can use scalar measurements to determine the percentage functionality (0 to 100%) of each of your 12 Chakras, or your integration percentage which is very helpful to know since integration is a fundamental part of the Ascension process. When you are learning, it is useful to be able to verify the scalar measurements so we start with a statement that can be checked in the physical dimension. You will need to ask for your

friend's help again! Find 5 small objects such as cherries that your friend can hold all at once in their hand. We will refer to cherries in these examples for clarity but you can use whatever objects you wish.

Now ask your friend to pick up any number of these cherries (0 to 5) so that you cannot see how many they have or that are left behind. Use the following statement and Resonance Test using the finger loop method to determine how many cherries your friend is holding:

On a scale from 0 to 5, <friend's name> is holding at least 1 <cherry>.

If this tests positive, meaning your finger loops maintain the strength they reached with 'My name is <your name>' in **Step 4. Learn How to Resonance Test with Looped Fingers**, then retest the statement as follows:

On a scale from 0 to 5, <friend's name> is holding at least 2 <cherries>.

Keep going until your statement tests negative. At this point you know that they are holding the number of cherries that last tested positive. Now you can go and ask your friend how many they were holding, just to make sure you picked up the change in your field accurately.

The example above isn't one you would normally use when Resonance Testing but it's a great way to learn how to use scalar measurements.

We normally work on a scale from 0 to 10 or 0% to 100% for our **Armichi Wellness Services**. We use the scale of 0 to 1000 that was proposed by Dr David Hawkins, who used muscle testing to

determine levels of consciousness. Zero indicates that the body is holding no soul and 1000 is the maximum level we can attain as incarnated beings. We highly recommend this enlightened and inspirational man's book, ***Transcending Levels of Consciousness***.

Please note that Dr Hawkins' book was written a while ago and he makes reference to the difficulty or near impossibility of attaining the higher levels of consciousness. We have found that this is no longer the case in our ascending planet since part of ascension is that we are all progressing to level 1000. In fact some of us have already reached this level!

We would like to mention here that resonating at level 1000 does not necessarily mean full ascension since our DNA strands will develop into 144, then each of our 12 chakras will open and expand into 12 aspects or 144 energy centres and we will be fully integrated. We describe the process in more detail in our Article ***Ascension: Our Observations***.



6. How to Ensure You Get Accurate Results

Resonance Testing does get easier but it's important to be aware that the results are easily influenced. First, you need to remember to stay neutral and to have absolutely no expectations of the outcome to ensure that you don't unintentionally influence your field. As mentioned previously a state of open-minded curiosity is best. You may wish to get into a meditative state since this enables the ego to subside and the soul to become more present.

While you are learning, your field may invert or switch frequently and this will give you inverted results. The way to revert your field is to stand up, then create separate finger loops in each hand. Now

cross your arms and rest the loops on the opposite shoulders. Make another loop with the tip of your tongue resting gently at the back of your front teeth, towards the top. Count to ten slowly and deep breathe as you do this. You may have to repeat this reverting process regularly, especially when you are learning, and any time you notice that you keep getting false negative or false positive results.

A quick way to check if your field is inverted are with these statements:

My name is <your name> (which should test positive).

My name is <not your name>. (which should test negative).

We recommending testing both statements and if one or both do not give you expected results, then you know that your field has inverted and so just repeat the exercise above to revert your field.



7. What to do When Your Result is Neither Positive or Negative

An anomaly of Resonance Testing is that sometimes you will get a result that is neither positive or negative. This can happen when you are testing people's levels of consciousness which you can do with the following statement:

On a scale from 0 to 1000, the level of consciousness of <person's name> is at least <0, 100, 200, 300, 400, 500, 600, 700, 800, 900, 999>.

Since most people have a level of consciousness of at least 1, you will typically get a positive result when you start at 0. If you do, then

you repeat the statement, increasing using each <number> above until you get a negative result. Let's say that your statement tests negative at 600. That means that whoever you are testing has a level of consciousness of between 500 and 599.

You would then repeat the statement for <510, 520, 530, 540, 550, 560, 570, 580, 590> until you get another negative result. If you don't get a negative result, then you know that the person's level of consciousness is between 590 and 599. If you do get a negative result, for example at 550, then the person has a level of consciousness of between 540 and 549. You can then further refine the statement until you get the exact result.

However, if a person is no longer incarnated you will find that the statement tests neither positive or negative. This is because there is no body to hold soul and therefore the statement has no meaning.

This is really important point to note since if, during your Resonance Tests, you get a result that is neither positive or negative, either your field has inverted or it may be that you are asking the wrong question and you need to rephrase it or ask a different question.

An example of statements that will always give you this type of result are those that are subjective and based on opinion, such as:

Wolves are scary.

Which will give you neither a positive or a negative result since we cannot generalise about an opinion. However, if you rephrased the statement as follows:

Wolves scare some people.

Then you will get a result which in this case will be positive since wolves do scare some people.

So be aware of this when you are using Resonance Testing to channel since we may be requesting information about actualities that you have not personally experienced and the questions you are asking may not be relevant or you may be using a statement that cannot be answered.



How to Start Channelling with Resonance Testing

Now you have learned how to Resonance Test, you can use it to channel any information you wish. We're going to give you some examples of the many ways you can use Resonance Testing to channel information. Before we do, here are a few points to be aware of:

The trick with Resonance Testing is to remember that the results are binary, meaning they can only be positive or negative and, in some cases, as you have seen, neither positive or negative. This means that you will only get the information you want by asking the right question.

Since you are asking for information with specific statements, you will find sometimes that you need to test many different statements before you find your answers. Initially you will find that using Resonance Testing to channel is at first like travelling to a destination without a map as you may end up apparently going nowhere with certain statements. If this happens, then try to think laterally about the subject you are enquiring into and try not to be limited by your three dimensional experience when phrasing the questions. Remember that you may be looking for information that is not bound by time or space and compares with nothing that you have experienced on Earth. Be patient and eventually you will find

that one statement leads to another and eventually to the specific information you are looking for.

Resonance Testing is a wonderful way to raise your levels of consciousness. This is because all the time you are Resonance Testing, you are allowing information directly from source into your awareness. This in itself opens the door for information to flow more freely and you will find that eventually you are able to channel without using Resonance Testing. So we can say that Resonance Testing is both a way to channel information and a way to develop your natural channeling skills.

When you use Resonance Testing in the meditative state you will find it a very powerful way of accessing information so we do encourage you to practice both Resonance Testing with the looped finger method and without a physical test as described in **Step 3.**

Learn How to Resonance Test Without a Physical Test.



Examples of How to Channel with Resonance Testing

As mentioned previously there really is no limit to what you can test as long as you phrase your statement carefully. Don't worry if you need to keep rephrasing your statements or if you seem to have to use 20 statements before you get any information that is of interest. Practice makes perfect so keep persisting because it's such a wonderful, powerful system and you will love the flexibility and freedom you gain once you've mastered Resonance Testing.

Here are some examples of statements that you can use to channel information with Resonance Testing. The *<numbers>* and *<words>* in brackets indicate the *<scale>* or *<options>* you can use. You would start the statement with just the FIRST *<number>* and the

FIRST <option>, then repeat for each subsequent <number> and/or <option> until you get a positive result.

So let's take the first example statement which is designed to help you understand where the information you think you have channeled has originated. We have listed only a few <options> and so feel free to Resonance Test your own <options>.



The information I received is of <Earthly, angelic, off-planet, non-source> origin.

You would actually say and Resonance test:

The information I received is of Earthly origin.

and then, if this tests negative, you would repeat with:

The information I received is of angelic origin.

and if this tests negative, repeat with:

The information I received is of off-planet origin.

and if this still tests negative, then you say:

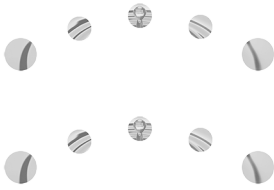
The information I received is of non-source origin.

So you can see that all we did initially was to condense the statement and included all <options> to make the example more succinct. We have done the same with all the example statements but you are free to add in extra <numbers> or <options> or to vary them. The next statement is to help you know which dimension the information originates.



This information is from the <1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th> dimension.

- We have found that, as our levels of consciousness increase, we gain access to information from the higher dimensions. We have also discovered through Resonance Testing that the angels predominantly occupy the 12th dimension and angelic information originates from the 12th dimension.
- It's interesting to know which dimension information originates from because information in dimensions 1 and 2 is never in alignment with your soul. About 30% of the information from the 3rd dimension is in alignment with your soul. Then about 90% of the information from the 4th dimension is in alignment; 99% from the 5th dimension and 100% of the information from the 6th dimensions and above is in alignment with your soul.
- If you have not yet experienced multi-dimensionality, putting your hand on your sternum will help you gain access as the sternum chakra is a gateway to the dimensions.
- You can also tune into each dimension and, if you start with the 1st, you will experience a solid dense feel; the 2nd dimension feels flat; the 3rd dimension you know as you exist here; the 4th dimension feels more like a bridge or gateway to the 5th dimension; the 5th dimension is one that many of you will have experienced and feels expansive and light. Then as you continue to move up the dimensions, each one feels more and more expansive and far reaching. You will feel yourself opening out more and more as you tune into the higher dimensions. Now do the same in reverse and work your way back from the 12th to the



1st dimension and feel the contraction each time you step down a dimension.

Guiding me now are at least <1, 2, 3, 4, 5, 6, 12, 100, 1000, 1 million> angels.

- We have found that the number of angels guiding us can vary hugely. Earlier in 2022 discovered that the below heart chakra had been intentionally pre-programmed not to work in anyone. Resonance Testing revealed this was because this energy centre connected us with all humanity and so switching it off kept us separated. We decided to open it up for everyone but realised we needed a lot of help, so we asked all of the angels. The session took a long time and was incredibly powerful and we were aware that we had had a huge amount of angelic help. So afterwards we used Resonance Testing to find out how many and



discovered that we had been helped by over 1 billion angels! We didn't even realise there were more than a billion angels and this was certainly the largest number we have ever been assisted by.

On a scale from 0 to 10, this information is important at least <0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10>.

- This is a really useful statement since not all information is key and this helps you discern which information to focus on.

I have incarnated at least <500, 1000, 2000, 3000, ...> lifetimes.

- Incarnations are not an indication of your soul age which is different. Our Article: ***Are You An Old Soul?*** helps you understand this in greater detail.



I have experienced life in <Pleiades, Sirius, Arcturus, Orion, Andromeda, Lyra>.

- We have listed just a few star systems here so please feel free to Resonance test other systems.



On a scale from 0 to 100%, I am at least <10%, 20%, 30%, 40%, 50%, 60%, 70%, 80%, 90%, 99%> <Pleadian, Sirian, Arcturian, Orion, Andromedan, Lyran> in origin.

- Many of us are a mixture of origin and you can use and adapt this statement to discover your mix or at least the mix that is most relevant for your current incarnation.



My purpose in this incarnated lifetime is related to <peace, healing, leadership, sharing information, anchoring the light, overcoming the dark energies>.

- Once you know your overall purpose - and you may want to Resonance Test more <options> to check here - then you can begin to narrow down and learn more. We suggest the best starting point to help guide you to form the right statement is your intuition. You can also consider what is your passion in this incarnation since this is our guiding light. When we are following our passion we are in alignment with our soul.



On a scale from 0 to 1000, my level of consciousness is at least <0, 100, 200, 300, 400, 500, 600, 700, 800, 900, 999>.

- You can further refine this statement to get the exact results and if you get a positive at 999, then your statement is 'My level of consciousness is 1000'.



On a scale from 0 to 500, the level of consciousness of my pet is at least <0, 100, 200, 300, 400>.

- All animals have consciousness but only mammals Resonance Test as having souls so you can't use this statement on birds, fish, reptiles or insects. Also, the maximum level of consciousness a mammal can hold is 500. Our Article on ***Pet and Animal Healing*** goes into more detail.



I have at least <2, 4, 6, 8, 12, 14, 20, up to 142> strands of DNA.

- If the statement tests positive at 142 see if you have developed all 144 with: '*I have 144 strands of DNA*'. You develop 142 light strands in addition to your 2 physical strands and these are multi-dimensional connections. We have found that it can take a while to develop the last 2 strands and that the increase from 2 to 144 is non-linear, meaning you can experience big jumps overnight. You may refer to our Article on ***Ascension: Our Observations*** for more information.



I am integrated at least <1%, 2%, 5%, 10%, 20%, up to 99%>.

- Integration is a major step towards ascension and it takes a lot of effort and continued repetition to integrate everything fully. The triggers that you experience in your day to day lives are the clue as to which limiting emotions are ready to be neutralised, deleted and integrated. You can also Resonance Test to check how much each emotion is integrated and this is something we can show you how to do you in our ***Armichi Method Integrate & Liberate Service***.



I am bound by at least <1, 2, 3, 10, 20, 50, 100, ...> contracts.

- This is a really useful exercise as once you know how many contracts you have entered into, you can Resonance Test to find out what the contracts are and then start the process of

neutralising, deleting and integrating so you are liberated from each one in turn.



I am bound by at least <1, 2, 3, 10, 20, 50, 100, ...> chords.

- Chords are like invisible chains or webs that have been created by off-planet beings to keep us tied to their dense energies. Chords can be responsible for us repeating the same miserable or limiting life experiences, such as a lifetime of suffering, misery, poverty, subservience, etc. Once you discover that you have chords, which all of us do, then you can use Resonance Testing to discover what they are. Then you can start the process of neutralising, deleting and integrating each one in turn. When you have integrated just one chord you will already feel lighter and liberated.



Resonance Testing for Channeling: Next Steps

Now that you have seen the versatility and power of Resonance Testing hopefully you will be inspired to incorporate this into your daily life so you have access to channelled information whenever you wish. Resonance Testing gives everyone the ability to channel and so we hope you have fun and enjoy your new journey of discovery!



About the Information in this Chapter

Any information provided in this chapter have been verified with Resonance Testing. So, for example, where we mention angels occupying the 12th dimension this is information we have channelled using Resonance Testing.



Discover More About Resonance Testing at Armichi Wellness

If you have enjoyed this chapter and would like to know more about Resonance Testing please visit **www.armichowellness.com**.

You will find more than 50 Articles about Resonance Testing and related information that is all free to read. Armichi Wellness also provides a range of **Services** including one-to-one lessons where we combine healing with teaching to enlighten, liberate and empower.



About the Author Sarah Diggins

As a child during the 70s, Sarah had hundreds of Outer Body Experiences where she played in the ceiling of her bedroom, without realising this was a little unusual. Various life events subsequently led her into a journey of self discovery and healing. As a teenager, she was introduced to muscle testing, crystal healing, energy balancing and other healing modalities. She was Reiki attuned in the 90s and later invested in a biofeedback device. When her children were she used all these techniques everyday and

found that this regular practice helped her to gain deeper awareness of her ability to read the field. The experience paved the way for her to develop **Resonance Testing** which she then spent 15 years refining.

In 2020 Sarah set the intention to create a 5th dimensional consciousness organisation and spent a year experimenting with various ideas until, in October 2021 during a particularly intense series of solar emissions, she was given information that transformed her path. She was shown a very clear memory of her role as healer in the Pleiades and some of the powerful techniques she used. Sarah was also told: "*You are here to bring this information down to Earth.*"

As a result, she set about establishing **Armichi Wellness** offering a range of innovative healing and teaching services that incorporate both Resonance Testing and the Pleiadian healing methods she recalled and continues to be shown. Sarah says: "At **Armichi Wellness** we provide some wonderful services that our customers seem to love since they keep coming back for more! We also conduct pioneering research into subjects not accessible using conventional research methods and we publish the results in our **Articles**. I feel incredibly fortunate to be following my passion and helping humanity in the process!"