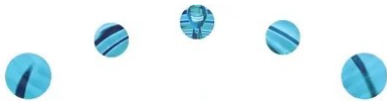


How to Do Resonance Testing: Step 1



All about Resonance Testing and how to get started.



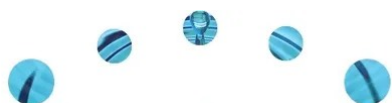
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How to Do Resonance Testing: Step 1

It is a very powerful method of accessing information that current methods cannot access but takes a lot of practice to learn how to do. This article takes you through the first step in learning how to Resonance Test.



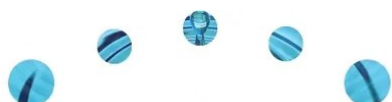
An Overview of Resonance Testing

Resonance Testing is a method that measures the subtle changes within your energy field in response to statements. Truthful statements will evoke a positive reaction and false statements (the absence of truth) will evoke a negative reaction. Resonance Testing is a powerful, scalar based system which evolved from muscle testing, but does not need another person's arm nor even a physical test, and produces much more precise results.



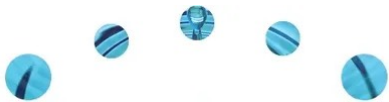
What Can Resonance Test Measure

The sky is almost the limit here! It is easier to say what it cannot measure (see Limitations of Resonance Testing below). Resonance Testing can measure anything that has happened, is currently in existence, or is intended, plus it can measure the probability of a future event occurring. It can measure the individual frequencies within a person's field; their layers (physical, auric, soul), extending to their past lives (all actualities), timelines (all potentialities) and dimensions (all 12). It can measure a collective vibration, eg, the global level of consciousness, or for instance the level of fear that resonates for a group of people. Resonance Testing can determine truth from falsehood. Please refer to Dr David Hawkins' book [Truth vs. Falsehood](#) on this subject for a much greater understanding. It can measure any physical or non physical state, event, held intention.



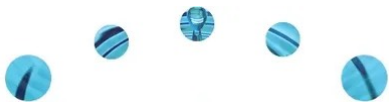
Scalar Based Resonance Testing

The power behind Resonance Testing lies with its scalar based measurements. For the tests that are performed by Armichi Wellness, we use a scale of 0-10; with 10 being the assigned maximum. The scale has no units, it simply helps us understand the current situation better by giving us measurements on a sliding scale. It is this sliding scale that has revolutionised resonance testing and effectively given us the ability to work as a human biofeedback device and tap into the 'universal internet' (the field of consciousness) thereby freeing us from the dependency on machines, electricity, internet, wifi.



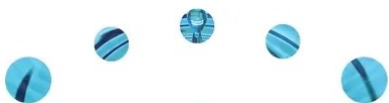
Resonance Testing for Current Events

That means that it can be used to measure anything in the physical layer of an individual (eg cellular pH of an individual, cellular hydration (0-10), Basal Metabolic Rate). We often use it to test the calcification of the pineal gland (using a percentage scale 0 - 100%). On a practical level it's a great way to keep an eye on cooking as it can be used to determine how long a food needs to be cooked for at the current temperature.



Resonance Testing for Past Events

Resonance Testing can be used to test things that have happened in the past and in this respect is also a very useful research device. We no longer need to read up history in books that have often been written and repeated many times over, with information distorted in the reiterations. Now we can use Resonance Testing to determine what happened and when.



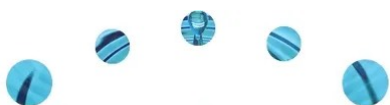
Did Neil Armstrong Land on the Moon?



For example there is great debate whether Neil Armstrong was ever on the moon. Our resonance testing shows that the probability of :

- *The picture above, shown on Wikipedia as at 6 February 2022, is Neil Armstrong = 100%.*
- *The man labelled in Wikipedia as Neil Armstrong landed on the moon = 100%.*
- *Videos showing him landing on the moon were faked (not filmed on the moon) = 100%.*
- *Videos exist that were filmed on the moon showing the moon landing = 100%*
-

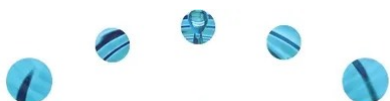
Now without further extensive testing, it is not clear why this happened, because resonance testing relies on asking the right questions.



How to Use as a Health Aid

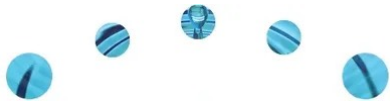
For a much more down to earth use of past event testing, Resonance Tests can be used as a health aid. For example Resonance Testing is a really useful calorie tracker tool for those who don't want to weigh and measure foods: simply use resonance testing to work out how many calories have been consumed, how much of a calorie deficit has been achieved (in the past day, week, month), how much fat has been lost, etc.

Resonance Testing can be used as a step counter when you don't have a pedometer, as a performance tracker to work out your average and fastest speed when running or as a lap count checker when swimming.



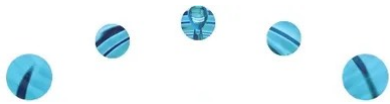
Resonance Testing for Non-Physical Information

Resonance Testing really comes into its own with non-physical measurements which are almost impossible to gauge given our current equipment, unless you have a huge budget and a dedicated team of atomic physicists or quantum mechanical specialists. Resonance Testing can measure emotional vibrations held by an individual and where they are held (eg, in the layers, past lives, timelines, dimensions and how strongly, again on a scale from 0-10). It can measure how much consciousness is held by an individual (using Dr David Hawkins' scale of consciousness 0 - 1000) and likewise how much ego is held by an individual (we use our standard scale from 0-10 for this). We often use Resonance Testing to determine if an individual has attachments and to measure when they have been removed; in the process we have discovered that some attachments are very sticky.



Resonance Testing to Count Your Angels

We have also used it on many occasions to know how many angels an individual has. The old adage says that we all have a guardian angel, but we were really surprised when doing a healing on an elderly individual who was struggling with balance and kept falling over to find that there was so inordinate amount of light surrounding them; way more than we normally would see. We were curious as to what was causing this extra light and through Resonance Testing determined that the person had the support of 36 angels. Further tests have discovered that in some cases an individual may have over 1000 angels looking after them, in times of crisis or illness or simply by expanding consciousness during healing.



Limitations of Resonance Testing

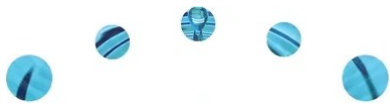
So you can see that Resonance Testing is an extremely versatile and adaptable test but there are certain requirements that must be followed to obtain accurate results. Resonance tests can not measure anything that has never happened since there is no corresponding energy imprint (vibration) held in the field (consciousness) to resonate against. Equally it cannot measure future events* (since these have not manifested yet). What it can do is measure the probability of an event occurring based on the current vibrational mix which includes our own vibrational set point (that includes our intentions, emotions, expectations) and the collective vibrational set point (the collective expectations, emotions, intentions of the community, town, country and planet; each one holding its own influence in variable proportions over the whole collective)

**Herein lies a very complex subject since the field holds many potentialities (a bit like potential energy in physics) that are continually waxing and waning depending on many factors, not least our own vibrational set point (intentions/emotions/expectations). However for the purposes of this article, we're going to restrict the consideration to solely future manifested events.*



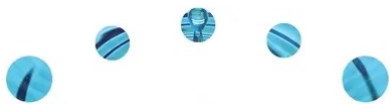
Requirements for Accurate Results When Resonance Testing

Before you set about trying to do any Resonance Tests, it's important to remember the following:



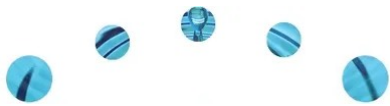
1. Neutrality

If you have any expectation as to the result, then this will affect it. So you first have to completely clear your mind and remove all preconceived ideas of what the results may be before starting. The best way to do this is to meditate for at least 15 minutes and connect with the field (the all that is) and to reach the 'zero point' that is often talked about. The zero point is simply that state where your ego has no influence and you allow a free flow of consciousness without blocks. For this reason people whose level of consciousness is below 600 will not be able to get good results since at this point the influence of consciousness is greater than the influence of ego. In practice we find that the best results are obtained at consciousness levels of 900+.



2. Relaxation

Resonance testing is the practice of measuring the change in your field (from neutral to positive or negative). Any stress or tension will necessarily block the flow and inhibit the detection of change of state. Stress causes your field to be greatly reduced and for these tests to work you need to start from a baseline of healthy strength (of your field).



3. Reverting Your Field

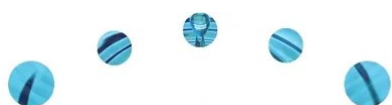
In cases of chronic stress, eating foods that cause a high stress reaction, alcohol, not being grounded (eg driving, living on top floor flats), being immersed in strong continuous EMFs, even interactions with other people (eg energy parasites) can cause your field to switch (invert). This will cause all your results to test negative but is easily remedied.

To revert (reset) your field:

- *Stand up and put your feet shoulder width apart and relax your body.*
- *Make a circle with your thumb and first finger. Do this on both hands so you have two circles.*
- *Rest the circle on your right hand onto your left shoulder (so it's comfortable) and place the circle you made on your left hand onto your right shoulder. Do this without tension in your hands or arms. You will end up with your arms crossed in front of you and the tips of your thumb/first finger sitting on your shoulder bones, or as close as you can get them.*

- *Now, put the tip of your tongue against the back of your front teeth, keeping the bottom of your tongue relaxed resting on the bottom of your mouth, so you are making another circle. It doesn't have to be precise and you can keep your mouth closed.*
- *Take 10 slow deep breaths; breathing in through the nose, hold for as long as you can (without straining) and then blow out vigorously through the mouth. The aim is to stay in this position for at least a minute.*
- *You will know when your field is reverted as you will feel a flow returning, an expansion of energy and awareness and a greater sense of relaxation.*
-

You may need to repeat this a few times if you find your field keeps switching. There is no limit to how many times you do this exercise and it is a great way to stay centred if you have a job that requires you to sit at a computer screen all day.



Step 1: Learn How to Muscle Test

1. The best way to start is to practice muscle testing with another person. You both need to ensure you have followed steps 1-3 above before you start. Now, starting with an organic lemon and a bottle of oven cleaner or bottle of rat poison or something really toxic. **IMPORTANT: Please ensure the bottle of toxic substance cannot leak; is clean on the outside and that you have put it into a sealed plastic bag so that NONE of the substance can ever touch your skin.**
2. The tester stands behind the person being tested.
3. The person being tested holds their right arm out at 90 degrees (imagine a child pretending to be an airplane but you're going to do it with just one arm!).
4. The tester asks the person who is holding their arm out to 'resist' - this means that they must hold their arm out with as much strength as they have currently.
5. The tester then pushes down on the arm. This is to determine the baseline strength. It doesn't matter how strong or how weak the person is but if they have no resistance at all, you may find that their field has inverted, so ensure they follow the steps in point 3 above.
6. Once the baseline strength has been determined, which should take just a few seconds, ask the person to relax their arm (holding it out for longer than is necessary will cause it to become naturally weakened, which you cannot avoid unless the person is a body builder or extremely fit and strong, The aim is to maintain strength for as long as you want to continue to do these tests. Generally speaking most people can do 10 tests before their arm starts to tire.
7. Now, when the person is ready and you have determined their baseline strength ask them to hold out their right arm again and in their left hand ask them to hold the bottle of oven cleaner/rat poison/bleach. You will find that their muscle strength greatly reduces and they typically won't be able to hold their arm up or at least will be significantly weaker. This test is to ensure that there is a CHANGE in

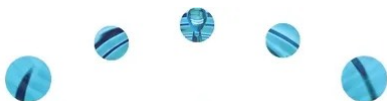
the reaction. The value or difference at this point doesn't matter. You just want to ensure that you can observe a weakening in the field.

8. Ask the person to relax their arm again.
9. Finally, repeat the test, with the person's arm outstretched at right angles to the body again, this time holding the organic lemon. You will find that their muscle strength is not only restored but is normally stronger than their initial baseline strength (in step 5).
10. Now have fun experimenting with foods that you suspect may be causing intolerant reactions.
11. After some time (and no more than 10 tests) you can switch roles with a 10 minute break in between), but pay careful attention to how you are feeling since these tests can cause fields to switch and weaken and then you won't get accurate results.
- 12.

Well done! You are taking your first steps in your journey to learn how to Resonance Test.

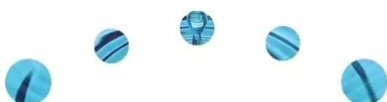
WARNING: Do not attempt to test foods that you know can cause life-threatening reactions in either individual (either as a tester or testee). Please ASK the individual being tested BEFORE they enter the room you are using to test if they have any extreme, life-threatening allergies and AVOID having these substances in the room or anywhere near the individual.

WARNING: If either the tester or testee starts to experience an extreme allergic reaction during the tests (such as difficulty breathing, swelling or any other acute reaction), STOP the tests immediately and call your emergency service provider for an ambulance.



Having Fun with Muscle Testing

Resonance Testing may take a long time to master and the first step is to learn how to muscle test; ideally with lots of different people and tests. You don't need to restrict to testing foods; muscle testing can measure an individual's reaction to many things including toiletries, supplements, herbs, colours, photographs of people and places and even words written on a piece of paper - try 2 pieces of paper; one with the word LOVE and one with the word HATE.



Step 2: Learn How to Detect Energy Changes

The more you practice the more you start to pick up on what is needed for the next stage: detecting the subtle changes in the field without using a physical test. We will

describe how to start the transition from muscle testing to Resonance Testing in 'How to Do Resonance Testing: Step 2' (to be published).

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