



## Principle 6 - Self-Muscle Testing with The Ladybug Method

### The Ladybug Method

The Wholesome Life

In the introduction you learned that using self-muscle testing you can understand what your body needs. You are becoming a good leader by asking for feedback from your body through the subconscious brain and learning the new language to communicate with your body. By understanding what your body needs you can then bring in only what is good for your body. You make rapid progress in improving your wellness. With that overview and introduction let's look at the method that I developed to make a simpler to use and simpler to learn method of self-muscle testing. If you already know and are using a method that works for you, I congratulate you on having that tool. Keep using it! If you are just beginning let's jump in.

The simplest method of self-muscle testing that I have used out of the 12 or more methods that I know is what I call **the ladybug method**. We hold our thumb and first finger of our non-dominant hand together flat and lightly with just enough pressure as if to hold a ladybug from flying away without hurting it.. This creates a flat loop but a non-blocking loop. It is done with small muscles and takes very little energy. Then putting our first finger of our other hand into the flat loop we tap forward gently with light pressure. Not too much or it would hurt the lady bug. A light tap forward is all that is needed. When we tap forward it is with just enough pressure to not let the ladybug fly away. A strong or yes response will stay closed. A weak or no response will let the finger slip through with little resistance.

At this early step we are teaching our body that we want to communicate with it. And our body will respond by working to cooperate in this communication. Let's test it.

Any true statement will work to test our strong or yes response. You can say "My name is \_\_\_\_\_" and fill in your name like this. "My name is Fred" and tap forward gently. A true statement holds strong and true. A false statement might be a false name; for me it might be "My name is Melissa Sue," and tap forward gently. A false statement lets the ladybug fly away and your finger passes easily through the loop. The way I usually test if my self-muscle testing is working is with a simple statement of, "This is my yes," and it holds strong and true and "This is my no," and it slips through.

Now please take time to do this with me.

Practice this 3 times with your name, yes, no, and other known true or false statements.

Let's practice that one more time. Remember to tap lightly and to hold lightly.

**What if you are not getting a strong, clear yes and a clear, weak no?** Or perhaps your results are inconsistent. This happens to me sometimes and to pretty much to everyone. If this communication with your body is confused or backwards, your energy might be blocked, confused, or flowing backwards. This happens to me occasionally. You can correct this quickly with several methods. I will describe to you my favorite two methods to restore energy to a forward flow so that your self-muscle testing will be consistent and clear.

You can tap opposite shoulders 5 times and tap 5 times on each shoulder. With your hand open, tap your opposite shoulder with your palm. 5 times on each shoulder, and repeat this 5 times. Then retest "This is my yes," and check for a strong response and "This is my no," and check for a weak or pass through response.

The second method to reset your energy, and the one that I typically use with clients is a yoga pose. This crosses all energy. Start by standing up and crossing your feet. Then cross your hands by putting both hands in front of you with the thumbs down and backs of hands facing in toward each other, then crossing over top the opposite hand of the foot that is in front so palms are now together. Interlace your fingers, and bend elbows to bring your hands in to tuck them under your chin. Stand in this pose for 60 to 90 seconds until you feel your energy shift. For example, if you put your right foot in front then put your left hand over top, and interlace the fingers and hold on as you tuck your hands under your chin.

After this, test to see that your “yes” and “no” are clear by using the ladybug finger method of self-muscle testing, saying “This is my yes,” and tapping forward and by saying “This is my no,” and tapping forward. If your energy has shifted, you should get a clear, strong “yes,” and a clear, slide-through “no.”

Dehydration affects getting consistent results. Also some medications can affect your responses. So if you are having trouble, get a glass of water, then reset with one of the two methods and try again. You may need someone else test for you to determine if your medications are getting in the way of being able to get clear, consistent responses from self-muscle testing.

If you are still having trouble, practice this for a few days. Then if you need help you can schedule a time with me on my website, [TheWholesomeLife.info](http://TheWholesomeLife.info).

What can you use self-muscle testing on? I test all the food I eat with statements like. “This (name the food, or look at the food) is good for me right now.” Or “I need this (apple) now,” or I need \_\_\_\_\_ for breakfast” or whatever meal you are testing for.

You can test herbs you are taking with “I need \_\_\_\_\_,” and the amounts by statements like, “I need at least 1 capsule, I need at least 2 capsules, I need 3 capsules, etc...” The last true statement is the number that you need. So if your self-muscle testing says, “yes,” to 3 capsules, but “no” to “I need at least 4 capsules,” you would take 3 capsules.

I invite you to test these skills for the next week. Get good at them.