

How to Do Resonance Testing: Step 2



Learn how to transition from muscle testing to Resonance Testing.



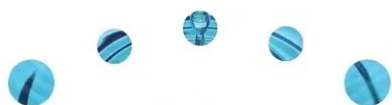
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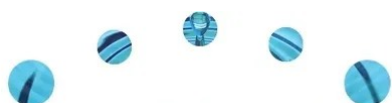
How to Do Resonance Testing: Step 2

Now you are familiar with muscle testing we will show you how to progress into resonance testing.



Learn How to Detect Energy Changes

In [How to Do Resonance Testing: Step 1](#) we mentioned that once you'd practised muscle testing the next step would be learning how to detect the subtle changes in the field without using a physical test. You will need to read our article '[How to Do Resonance Testing: Step 1](#)' before this one as we refer to techniques that we don't repeat in this article.



How to Ensure Your Results are Accurate

First we would like to remind you that for this stage, it is even more important to remain neutral, relaxed and to ensure that your field is not inverted. You can read about the techniques our previous article in the section titled **Requirements for Accurate Results When Resonance Testing** in [How to Do Resonance Testing: Step 1](#). The whole basis of Resonance Testing is picking up very tiny changes in your field and these can be distorted many things including your expectation, discordant frequencies, and the general health of your field. So regular meditation and grounding are essential for you to do Resonance Testing.



Resonance Testing: Other People Next to You

For this you will need another person and to have 5 different foods that you have been practicing testing and have experienced the same results many times. Remember these foods can be in their packets and do not use foods that are allergens to either you or your tester.

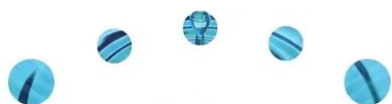
WARNING: Do not attempt to test foods that you know can cause life-threatening reactions in either individual (either as a tester or testee). Please ASK the

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.

1. Ask your tester to put their arm out and test their starting point strength as usual.
2. Ask your tester to pick up one food item that you know makes their field go weak. We will call this 'Food Item A'. Double check this result with a classic muscle test.
3. Ask them to put that food back down (to stop holding it) and retest their strength.
4. Now, ask your tester to pick up the SAME food. Do NOT test their arm or touch them. As they pick up this food, you should detect a weakening in their field. The feeling is as if their energy has drained away. There is no direction to this drain - the field doesn't move downwards or upwards. It simply reduces in strength.
5. If it helps, you may close your eyes and meditate for 5 minutes so that you can really tune into the person and then repeat step 4.
6. Now repeat steps 1-4 for the other four foods.

This is the change in field that we pick up in Resonance Testing. It will take practice for some of you before you can pick up the change but you will all be able to do this, so keep trying!



Resonance Testing: Other People at a Distance

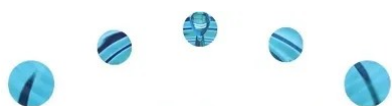
The next step is to learn how to detect the change in someone's energy field without them being present. We will do this with the same 5 foods that you have already practised muscle testing. **IMPORTANT: Please read our warnings on allergens in the section 'Resonance Testing: Other People Next to You' above.** You will need to have these 5 foods in front of you and be able to tune into your tester. It may be easier for you to have a photograph of your tester.

1. First meditate for 5 minutes to reset your field and attain complete neutrality.
2. Tune into your own energy - this is your baseline starting point and it is really, really important to know and to feel it well.
3. Look at the first food you tested above 'Food Item A' (the food that made their energy field go weak) and now tune into your tester or look at their photograph. You want to imagine connecting the food with your tester or simply imagine them together. At the same time, you need to feel how your own field changes by bringing these two together. Just as when you picked up a draining or weakening of the field when you did the Muscle Testing without Testing, you should feel a

contraction or weakening of your own field in response to bringing this food. Your field doesn't go upwards or downwards, simply reduces in strength in no particular direction.

4. If it helps, you can confirm your result with classic muscle testing.
5. Now repeat steps 1-3 for the other four foods.
- 6.

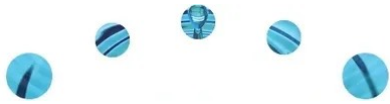
This may be difficult for some of you but in this case, practice really does make perfect! It took Sarah Diggins, the founder of Armichi Wellness, more than 15 years of daily Resonance Testing practice and then confirming results with muscle testing until she felt she was able to trust the feelings well enough to be able to rely on the results. We are not saying it will take you 15 years to master this technique, since we are going through an ascension and all of us now have higher Levels of Consciousness. As a result, our skills in these areas are developing naturally.



Resonance Testing: Yourself

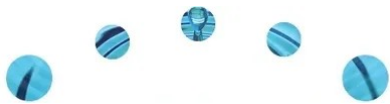
The next step is to pick up the change in your own energy field in response to foods, which ironically can be harder than picking up the change in someone else's field. For this you will need 5 foods; ideally a range of foods that will include ones that your body doesn't tolerate well. **IMPORTANT: Please read our warnings on allergens in the section 'Resonance Testing: Other People Next to You' above.** You will also need someone to confirm the results with classic muscle tests on you. It is better that you don't know exactly how these foods react with you on muscle tests so that you can retain neutrality with the tests.

1. First meditate for 5 minutes to reset your field and attain complete neutrality.
2. Tune into your own energy - this is your baseline starting point and it is really, really important to know and to feel it well.
3. Start with one food but don't touch the food. See if you can detect the change in your field as you look at it and imagine bringing it into your energy field. If this food is one that puts stress on your body, you will feel a contracting of your field, like you are closing down. If the food is one that is beneficial you will feel a strengthening of your field, experienced as an expansion or an opening out of the field.
4. Please remember that if you are feeling any doubt, negative emotion, fear, anxiety or need to control the result, then this will give the same result as if the food placed stress on your body; your field will contract. So, it is really important at all times to remain relaxed, neutral without any expectation of the result.
5. If you like, you can confirm your first result with classic muscle testing.
6. Now repeat steps 1-3 for the other four foods and confirm with classic muscle testing.



The Journey of Discovery Begins!

Once you've learned how to detect the change within your own field, there is no limit to what you can test and find out. You can experiment with other substances such as essential oils (still in their bottles), colour therapy phials, images including photographs of other people, words and statements. When we do our healings, we use the change in our own energy fields in response to statements or queries. It helps us know if enough healing has been given in a certain area and it helps us to know which are the priority areas.



Resonance Testing: The Quick Method

Once you have learned how to detect the energy field a quicker method of picking up the change is to test your own strength using looped fingers and statements. The reason we teach this after you have learned to pick up the changes without any physical methods is because this method can easily give you inaccurate results if you haven't experienced how your energy can change. Before you start, please meditate for 5 minutes to reset your field and attain complete neutrality.

- *First, touch the top of your thumb and top of your index finger together on your left hand.*
- *Now, touch the top of your thumb and top of your index finger together on your right hand.*

You have now made two separate loops. Please note that you don't need to squeeze the fingers and thumbs together; it's a gentle pressure, about the same as would be needed to hold a pen between your finger tips.

- *Now, open up the loop on your right hand and close it around the loop on your left hand.*

You have made two interlinking loops.

Keeping these interlinking loops, you are going to do your first statement test to understand how your field changes in response to 100% positive statement, which is:

- *My name is <yourname>*

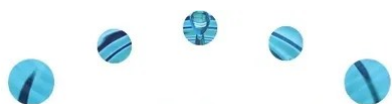
Now as you say this, try to pull your fingers apart, to break the loop. The strength that is required to break the loop is your baseline 100% positive energy field. You should have also picked up that your energy field has expanded in response to this positive

statement. It will take a lot of repeated tests to be sure what a 100% positive result is so keep testing until you become familiar with how your energy field expands with a 100% positive result.

Next, you're going to try a 100% negative statement, which is:

- *My name is <notyourname>*

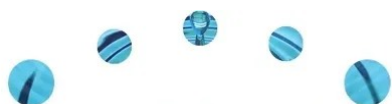
You can say any name as long as it is not yours! As you say this, try to pull your fingers apart, to break the loop. You will feel that they break much more easily and the strength that is required to break the loop is your baseline 100% negative energy field. You should have also picked up that your energy field has contracted or weakened in response to this statement that is completely untrue. Again, it will take a lot of repeated tests to be sure what a 100% negative result is so keep testing until you become familiar with how your energy field contracts with a 100% negative result.



Scalar Resonance Testing

We introduced this technique after we observed that people's reactions to foods were not all the same. We noticed that their field weakened with variable results depending on the food, so that some foods were causing their field to contract almost entirely and other foods were only causing a slight weakening of the field. We realised that testing the reactions was not simply a case of 'negative or positive' but that there were various shades of grey in between! So we developed scalar Resonance Testing to understand these shades of grey and found that it was really helpful to categorise foods according to this scale. You can learn more about this in our article ['How and Why We Developed the 150+ Foods Stress Reaction Test'](#).

We are going to show you how to use scalar Resonance Testing in our next article: *How to Resonance Testing: Step 3 (to be published)*.



Resonance Testing Helps You On Your Ascension Journey

Resonance Testing is all about being able to tune into your own energy field and detect the changes which are unique to you. The only person who can tell you if you have got it right is yourself. This technique will not only help you understand more about how your energy field changes but it will help you realise how often it changes. Notice how your field strengthens in the presence of some people and weakens in the presence of others. This is about how you are responding to these people, not what they are doing to you! Your reactions help you to understand the discordant frequencies within your field and once aware, you can start the process of neutralising and integrating. Eventually when all discordant frequencies are integrated with the love light within, you

will no longer react to any person or situation, but will be able to stay neutral at all times. This is an integral part of your ascension journey. So by practicing Resonance Testing you are helping to raise your awareness and helping you to move forward on your journey to one-ness.



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