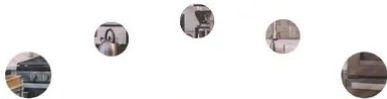


How to Use Resonance Testing Everyday



How to benefit from Resonance Testing in your daily life.



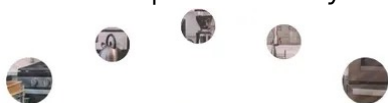
In this article:

- 1. At Home: Decide What to Watch
- 2. In the Kitchen: Boiling Water
- 3. In the Kitchen: Cooking Food
- 4. In the Garden or Home: Watering Plants
- 5. Out of the Home: Step Counter
- 6. Out of the Home: Driving Route
- 7. Career: As a Job Selector Aid
- 8. Holidays: Choosing a Holiday, Hotel or Vacation Rental
- 9. Moving Home
- 10. Online Shopping
- 11. Help Support Family
- Resonance Testing Case Study



How to Use Resonance Testing Everyday

Resonance Testing is an incredibly versatile tool and, once mastered, can be used to help with your everyday life and answer questions that no-one can answer. Here are some examples of how you can use it.



1. At Home: Decide What to Watch

You can use it to help filter through the millions of videos and thousands of TV series and films. The statement is

- *On a scale from 0-10, 10 being maximum, I like this video/programme/film more than zero.*

Repeat, substituting 'zero' with the numbers from 1 to 10 until you get a negative result, then your answer as to how much you like the video/programme/film will be the last positive result.

We go one step further since energy is embedded into each video thumbnail and we always test the level of consciousness of the video/programme/film so we know how much in harmony with our soul it will be. The statement is:

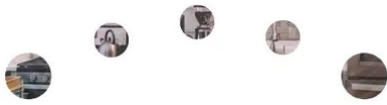
On a scale from 0-1000, 1000 being maximum, the Level of Consciousness of this video/programme/film is more than zero.

If this tests positive, repeat the statement, substituting 'zero' with the numbers from 100, 200, 300, 400, 500, 600, 700, 800, 900 and 1000 until you get a negative result, then your answer as to how much you like the video/programme/film will be the last positive result. It's not necessary to know the exact Level of Consciousness unless you are curious - this is just an indicator.

- *Currently on Netflix, 95% of all programmes and films have a Level of Consciousness below 200.*
-

To put this into context, the average Level of Consciousness on the planet currently (as at March 17th 2022) is just over 700, meaning that most of the programmes on Netflix have a much lower vibration and will cause great stress. If you choose to watch these

kind of programmes, be aware of this and, after you have finished watching, consciously let the discordant frequencies go from your body.



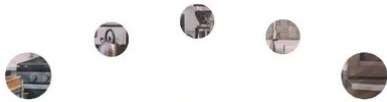
2. In the Kitchen: Boiling Water

You can use Resonance Testing to check the water temperature without a thermometer. The statement is:

- *The temperature of this water is more than 30 degrees C (use Fahrenheit if you prefer).*
-

If this tests positive, repeat the statement and substitute the following numbers in place of 30 (converting into F if you prefer): 40, 50, 60, 70, 80, 90.

It's certainly more fun to do this, than simply watching and waiting for the water to boil!



3. In the Kitchen: Cooking Food

If you're someone who forgets to put the timer on or notice when the food has been put into cook, Resonance Testing is a great way to know how long the food needs in the oven, then once you've mastered the technique, you can go away and do other things while you wait. The statement is:

- *To cook this food as much as I want it, it needs another 5 minutes cooking time.*

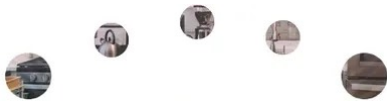
If this tests positive, repeat the statement, substituting the time required by 10, 15, 20, 25, etc. You can fine tune the statement if you like, once you get a negative result, by testing for time in minute increments. Let's say that your statement tested weak at 25 minutes. Therefore you know that your food needs between 20 - 25 minutes cooking time. You would then state:

- *To cook this food as much as I want it, it needs another 21 minutes cooking time.*

And if this tests positive, repeat the statement, substituting the time required by 22, 23, 24 minutes.

Once you get used to this, you can adapt the times you use in your statements however you like, so you may prefer to tests in 10 minute increments (10, 20, 30, 40 etc).

The reason we put in the phrase 'as much as I want it' is because we have found that everyone has different cooking preferences. If you are looking to cook the food according to someone else's cooking preference, substituting the word 'I' for that person's name.

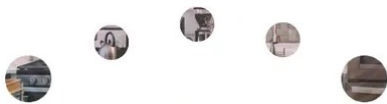


4. In the Garden or Home: Watering Plants

Of course it's easy to know with most plants if they need watering simply by looking at the soil. However, you may not want to go out to look or you may have hanging plants or those that are difficult to reach and some plants are not that easy to manage water levels. This technique helps you know if a plant needs watering. The statement is:

- *This plant needs more water.*

Once watered, you can retest by repeating the statement to make sure you've given it enough water.

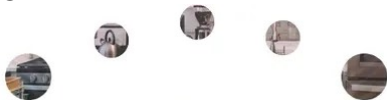


5. Out of the Home: Step Counter

Resonance Testing is a great way to monitor your steps without a pedometer. The statement is:

- *Today I have walked more than 1,000 steps.*

If this is positive, repeat the statement and substitute 1,000 for numbers of your choice; eg 1500, 2000, 2500, etc



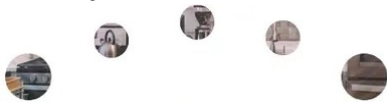
6. Out of the Home: Driving Route

You can use Resonance Testing to help guide you with the best route if you don't have that facility on your GPS or maps system. Best is a subjective word since best may mean 'most scenic', 'quickest', 'most free from traffic', etc. So you will need to decide what is your priority. This method also helps you pick up issues that Google Maps is not yet aware of such as the potential for an accident or incident on a particular road that may cause congestion. Let's say you are driving a long distance and normally take a motorway for most of that journey. Then statement to use is:

- *Currently, the quickest route from 'A' to 'B' involves taking the 'motorway name/number' for xx miles/km.*

We qualify the number of miles/km since, if this is your usual route, you will know roughly how long you normally spend on that road. If the statement tests negative, you

will need to find out if you simply need to avoid that road completely (use 'zero miles/km') or join or leave it earlier than normal.



7. Career: As a Job Selector Aid

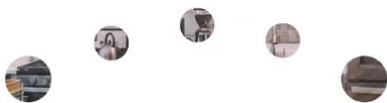
Applying for jobs can be tricky as it can be very difficult to discern from the job description which job is right for you. In fact some of the worst jobs we have had have been best for our growth! But you may want to take on a job which is fun and easy and instead to experience your lessons in other arenas, such as home or friendships. If you want to find the company and job of your dreams, then here is the statement to use, while looking at the job description:

- *On a scale from 0-10, with 10 being maximum, this job is 'fulfilling' for me at least zero out of 10.*

You can substitute any adjective you want instead of 'fulfilling', such as 'rewarding', 'fun', or 'lucrative'.

Now if your statement tests positive, repeat it and substitute the numbers from 1-10 in place of zero.

You can also test to see if you would get on with your manager, colleagues; or if you would find the work boring, repetitive, unchallenging, etc. Use your imagination and you will get scores for all the potentialities you test for. Remember this is energy work and it can only test the current moment. This means that, say for example the current manager is someone who you would get on with really well, that statement will test positive. But it may be that this manager leaves and someone else takes over. This is always the limitation with any Resonance Tests as they can never predict the future with certainty.



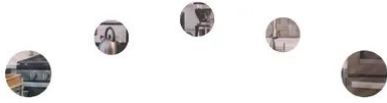
8. Holidays: Choosing a Holiday / Hotel / Vacation Rental

This works in exactly the same way that Resonance Testing can help you with your career. The statement to use is:

- *On a scale from 0-10, with 10 being maximum, this holiday / hotel / etc is 'enjoyable' for me at least zero out of 10.*

Now if your statement tests positive, repeat it and substitute the numbers from 1-10 in place of zero.

Remember when choosing a holiday that you are normally having to please more than one person and what is perfect for one person isn't necessarily another person's ideal. So when you find some places that test well (say 7 or 8 out of 10) you may want to repeat these tests for the other people on your trip.

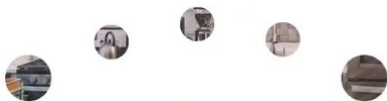


9. Moving Home

There is no substitute for a house viewing to help you decide where to move to, but when faced with a multitude of different potential properties to look at, Resonance Tests can speed up the decision making process and help you view only those that are likely to be closer to what you are looking for. Since there are so many factors involved in choosing somewhere to live, it can be helpful to test for the most important factors, such as the kind of area you want to live in, the light levels in the house, the neighbours, etc. The statements could be:

- *On a scale from 0-10, with 10 being maximum, this house / flat /room is in an area/ road I like at least zero out of 10.*
- *On a scale from 0-10, with 10 being maximum, this house / flat /room has an atmosphere/garden/etc I like at least zero out of 10.*
- *On a scale from 0-10, with 10 being maximum, this house / flat /room has quiet/friendly/etc neighbours at least zero out of 10.*

Repeat, increasing the number from zero to 10, until you get a negative reaction, then you have the score (the highest scoring positive reaction).



10. Online Shopping

Resonance Tests can help us to choose from a huge array of similar looking goods. There are so many different scenarios for shopping so we've listed a few example statements are:

- *On a scale from 0-10, with 10 being maximum, I like this item at least zero out of 10.*
- *On a scale from 0-10, with 10 being maximum, this item works perfectly at least zero out of 10.*

When choosing clothing or shoes:

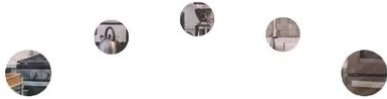
- *The best size to buy in this item for me is a 'XS' / 'S' / 'M' / 'L' / 'XL' / etc*
- *The colour that suits me best in this item is 'green' / 'blue' / etc*

When choosing food:

- *On a scale from 0-10, with 10 being maximum, I think this food tastes delicious at least zero out of 10.*

When buying for other people:

- *On a scale from 0-10, with 10 being maximum, my friend / partner / child likes this item at least 0 out of 10.*



11. Help Support Family

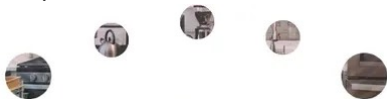
This next suggestion must be used with discernment, confidentiality and respect. It can help when you have a close family member who is clearly needing emotional support but is finding it difficult to open up. You may use Resonance Testing **only with their permission** to understand how they are feeling, so you can give them the support they need. As long as your motivations are with love and understanding and you have no ego attachments to the outcome, and you also have the subject's permission to help, then you may use the following statement:

- *On a scale from 0-10, with 10 being maximum, the avatar of 'person's full name', born 'date of birth' is feeling 'sad' at least zero out of 10.*
-

You may substitute 'sad' for any feeling you believe may be an issue.

Make sure that you are able to provide the full emotional support that this person needs before even talking with them about their feelings. If you are unable to do so, it is better to suggest that this person talks with someone else, without even bringing up what you have found.

However, we have found this method to be incredibly useful to help when someone is struggling but finding it difficult to say how they are feeling. Often a gentle 'I think you may be feeling sad, do you want a hug?' helps them with a way forward to open out. Then talking, listening, allowing them to cry and bring feelings into the open can help people heal.



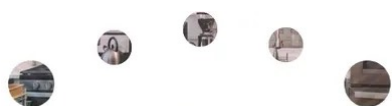
Resonance Testing Case Study

The founder of Armichi Wellness, Sarah Diggins, has used Resonance Testing successfully to monitor one of her elderly relatives who lives a whole day's drive away. The relative is under the close care of her various medical practitioners and has daily care visits but spends the majority of the day alone. After the relative had a few falls that resulted in injuries, hospital trips or mild hypothermia, Sarah started to use Resonance Testing to monitor blood pressure and body temperature. If the blood pressure is raised

or the body temperature lower than usual, Sarah rings immediately or alerts a medical practitioner.

Sarah also calls frequently through the day, but before she rings, she uses Resonance Testing to check Levels of Consciousness to ensure her relative is not asleep, so she doesn't wake them up! Sarah has discovered through Resonance Testing that our Levels of Consciousness are much higher when we awake.

Sarah has been doing regular Armichi Method healing sessions for the past month and has seen a decrease in blood pressure by around 10 points and an improvement in functionality for all organs, an improvement in the flexibility of a knee joint that was badly damaged during one of the falls. The medical prognosis was that her relative's memory and cognitive ability would deteriorate but the opposite has been observed.



IMPORTANT: The Resonance Tests and healing sessions described in the Case Study above are performed alongside standard medical observations and treatments as a supporting role. DO NOT attempt to use Resonance Tests or information obtained from Resonance Tests for the purpose of medical treatment or in place of any medical information or treatment. Blood pressure should always be monitored using a medically approved blood pressure device. Body temperature should always be monitored using a medically approved thermometer. Armichi Wellness is not making any medical claims as to the efficacy of healing in the above Case Study.

DISCLAIMER: Armichi Wellness is not a medical practice nor is it run by GPs. Our Armichi Wellness consultants are not medical doctors. None of the information and services provided by Armichi Wellness is intended to diagnose, prevent, treat or cure any illness. Always consult with your medical doctor and healthcare providers before seeking any alternative health advice or taking any alternative health treatment and do not stop any health care treatment that has been prescribed by your doctor.



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