Questions To Ask Your Body for Self-Healing

Use muscle testing to ask the following yes/no questions.

01 If past issue, ask: Ages 0-5, 5-10, 10- 20? Etc....

02 Is there a specific organ, gland in my body stressed by emotional energy?

03 Do I have a belief causing stress on my _____ (body part)?

04 The belief is _____? (Stubbornness, I am not good enough, it is too hard, I do not deserve to heal, etc.)

05 Is there an unhealthy relationship in my life causing stress on my body?
(Note: It's important to know a person or relationship is not always negative; but rather your reaction and energy around it, which you can clear with various techniques that I teach in my retreat, Part 2 of this bootcamp).

06 Is my difficulty healing linked to a specific negative emotional pattern? (Examples: Fear; Anxiety; Grief; Shame; Misunderstood; Rejection...)

07 Is my _____ (state the part of the body that is manifesting symptoms) trying to give me a message?

08 I can identify the specific experience that my body is storing that is keeping me infight, flight or freeze mode?

09 I need to forgive myself for something from my past in order to heal?

10 Is there a specific experience from my past/present (name one at a time- presently or past) causing stress on my body?

11 I need to accept ____ in order to heal? I allow this now.
(complete healing is often acceptance not just forgiveness)

NOTES

My experience with Louise has been life-changing. From the moment I met her, I felt welcome and safe as she completely embodies the intention of being in service to others with compassion, enthusiasm, and caring.

- Lisa