

## **Many Ways to Energy Test**

### **Mo Wheeler and the Energy Healing Partners Team<sup>1</sup>**

*Here is the easiest method we know to get a yes or no response from Higher Power:* Lift something fairly heavy and see how it feels. You need to be able to notice the weight of the object. Then say “YES” and lift the object. After a pause, say “NO” and lift the object. There should be a *noticeable* difference. If you don’t notice a difference, try it again with more emphasis on thinking and feeling YES when you say it and thinking and feeling NO when you say it. You might think about something you could really say YES to, or emphatically state your NO to something you really don’t want to happen.

If this method doesn’t work for you, your energy may not be in balance, or you may simply need to use a different method. See *What’s Going On? Maintaining the Integrity of Your Energy Field* (Wheeler, 2015 edition) to learn ways to help balance your energy.

Many people use a true statement and a false statement instead of “yes” and “no.” One of the problems with this is that they may use statements that have energetic attachments to them that may influence the response. For example, saying, “My name is John Doe (your real name) and then, “My name is Frank Sinatra” may have positive or negative connotations that influence your response—especially if you don’t like his music, or you resent being named after your crazy Uncle John, etc. Mo previously used, “Two and two are four” vs. “Two and two are seven.” However, after learning that the numbers two and four can be interchangeable in a certain dimension that is not all Light, she stopped using numbers.

Here are some other ways to energy test. Once you can get a reliable “yes”/“no” or “true”/“false” answer, you can dowse which methods will work best for you for various purposes.

#### **A. Dowsing with a Pendulum**

This can be done with any weight on a string—or anything that allows it to move back and forth. You can even tie a thin string or thread 5-6" long to a Life Saver candy, one of the larger ones that comes individually wrapped. The pendulum swinging back and forth away from your body can be thought of as nodding your head "yes." Back and forth sideways is like shaking your head "no."

Some people prefer “yes” being clockwise circling and “no” being counterclockwise circling. This is not recommended if you want someone opposite you to know what you are getting. Also, clockwise movement may be associated with healing and counterclockwise movement with clearing methods.

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<sup>1</sup> Revised from Mo Wheeler’s *31 Ways to Energy Test*, 2012, and *30 Ways to Energy Test* before that!

*Expand your answers by using charts!* You can also dowse a circle or half-circle with pie-shaped sections in it. Fill in the sections with different choices in each section, greatly expanding the flexibility of this particular technique. Hold the string (or whatever) over the center of the circle and ask for what you want to know. Using charts may take a little practice.

There are *many* kinds of pendulums—different materials, different shapes, and different strengths and precautions for use. Alicja Aratyn has an excellent selection, with descriptions and suggested uses, on her web site, *intuitivedowsing.com*. Other pendulums are available from the American Society of Dowsters at *dowsters.org*.

*Crystal Pendulums.* We don't recommend using crystal pendulums because they hold answers in their memory and need to be cleared before each use. Mo experienced a wonderful example of this during a session when she was explaining how to use a pendulum to a client. She held up one she had used earlier and asked it to show her "yes" and then "no." Then she did this with another pendulum.

When the client was leaving, she informed Mo that she felt a pain in her back with the first pendulum and some anxiety with the other one. She had just diagnosed Mo's two previous clients! You may wish to use a particular crystal pendulum for a specific purpose, but just be sure you include clearing it before each use in your methodology.

*Increasing Reliability.* Mo has developed a way to fine tune where you hold a pendulum in relation to your body for the most reliable answers. Hold the end of the string out to one side of your body and say, "Show me "yes" when the pendulum is at the place where I will dowse most reliably." Then slowly move your arm across an imaginary horizontal line in front of your body until it moves in the "yes" direction. There should be a point that is a definite "yes."

Then do the same thing vertically. Hold the pendulum up as high as is comfortable at the point chosen on the horizontal axis and slowly move it down toward the floor in a vertical line, with the same intention. The intersection of the two lines will be your "*dowsing center*" and the best place for you to get a reliable answer from Higher Power. Don't be surprised at the results—for some it may be way across to the other side of your body or between your legs.

## **B. Sticky Methods**

1. Tell Higher Power you want smooth to be "yes" and sticky to be "no." Rub your palms together, saying "Show me a yes." And then, "Show me no." This is usually dramatic when it works.
2. Tell Higher Power you want smooth to be "yes" and sticky to be "no." Rub the end of your index finger in one direction over your thumb nail. This method has

advantages of being one-handed and if you'd rather others didn't know you were energy testing.

3. Tell Higher Power you want smooth to be "yes" and sticky to be "no." Rub a plastic credit card or another smooth surface.

### **C. Finger Muscle Methods**

1. This one also has the advantage of being able to be done with one hand. Hold your index finger out straight and strong. Use the middle finger of the same hand to push down on it just behind the nail. A strong resistance is "yes" and the finger losing strength is "no." This method may take more practice to learn, but it is worth it to have a method that doesn't require two hands.
2. Make a circle with the thumb and index finger (or any other, if the index finger feels too strong) of your non-dominant hand. Hold these two fingers firmly together. Use the thumb and index finger of your dominant hand as a "beak," which you insert into the hole and then try to open it up.
3. Make a circle (as above). Make a hook with the index finger of your other hand. Place it in the circle and pull where the two fingers meet to see if you can separate them (indicating "no").
4. Make a circle (as above). Join the thumb and index finger of your other hand inside that circle to create a figure eight. Pull apart where the fingers join.
5. Make a circle (as above), using only the amount of strength it would take to hold a piece of paper. Take the index finger of your other hand, put it in the circle, and knock it from side to side or up and down, as if trying to get out of the circle.

### **D. Hand Muscle Methods**

1. Use Hand Muscle Exercise Grippers or small gripper clamps from a hardware store (much cheaper). Battery cable clamps may also be used. Find one that has the right amount of tension for you.

### **E. Arm Muscle Methods**

1. Described in the first paragraph above, this one has the advantage of not needing a partner. Lift something heavy. Try lifting a gallon of water from the floor with straight arm and slowly lifting it out to the side; or, use your little finger to lift a chair or footstool. You need enough weight to challenge, but not strain, the muscle. The difference between "yes" (strong resistance) and "no" (weak)

should be dramatic. This is a good way to learn whether your energy needs further correcting to be able to energy test accurately.

2. Hold your arm out in front of you, parallel to the floor, no fist. Have a partner press down, just behind the wrist.
3. Hold your arm next to your body with thumb next to thigh. Have a partner pull out at the wrist. This one is especially good for testing substance sensitivities.
4. Put your arm on a table as if to hand wrestle. Have your partner sit opposite you and pull down on the arm as if it's a slot machine.

#### **F. Leg Muscle Methods**

1. Place one ankle on your thigh, just behind the other knee. With your hand, push your heel away from your body.
2. Sit and hold a leg out in front of you. Have a partner press down on the ankle.

#### **G. Ideomotor Methods**

1. Set your hand on a surface where it can be relaxed. Ask Higher Power if it wants to help, and as a signal to move one of your fingers to tell you "yes." Wait. It will move one finger involuntarily (and possibly *very slowly and very little*). Thank it and ask it to repeat the "yes" signal. Wait. Thank it and ask it for a signal with another finger to signify "no." Ask Higher Power to repeat it, give thanks. You can also find fingers for "don't know" and "don't want to say."
2. Set hand on a flat surface. Say, "I want this movement to be yes" and raise your index finger slowly and very slightly off the surface. Then say "Show me yes" to confirm that it works. You can also try a faster movement and a tapping movement. *This is especially useful for people with good intuition and/or who are mostly guided by the angelic realms.* If the latter is true, there may be no negative response, since angels don't say, "No." The answer can be checked by rewording the statement in negative form—for example, "This is for my highest good" vs "This is not for my highest good."
3. Ask your head to nod ever so slightly up and down for a "yes" and ever so slightly back and forth for a "no."
4. Ask your head to nod ever so slightly forward for a "yes" and tilt ever so slightly backward for a "no."
5. Standing with your feet together, ask Higher Power to lean you *slightly* forward for "yes" and *slightly* backward for "no." If you tend to have a strong response, you may need to be extra careful using this one!

## **H. Visual Methods**

1. Have Higher Power choose one color for "yes" and another for "no." Ask a question and close your eyes.
2. Have Higher Power choose a green traffic light for "yes" or a red traffic light for "no."

## **I. Kinesthetic Methods**

1. Have Higher Power choose one hand hot for "yes" and the other cold for "no."
2. Use relative heaviness of a limb to distinguish "yes" from "no." You can hold your hands out in front of you and designate one hand as one choice and the other hand as another choice. Ask for the choice that is for the highest good to be heaviest (or lightest, if you prefer).
3. Have Higher Power choose one hand to tingle for "yes" and the other to tingle for "no."
4. Listen to your body and feel what it says, weak or strong. Notice where it speaks to you.

## **J. Auditory Methods**

1. Have Higher Power choose a sound for "yes" and another sound for "no." Any sound works--buzzer, bell, hum, squeak, etc.
2. Have Higher Power choose a tune or song for "yes" and another for "no."

## **K. Other Methods**

1. Eye Blinking (with appreciation to Glenn Cratty). This method has the advantage of being able to be done without anyone knowing you are testing for truth. For this method, ask for your eyes to blink once for "no" and two or more times for "yes."
2. Wrist Turning (with appreciation to Merrill Cook). This method is also easily disguised. Drop your hands to your sides and ask your dominant hand to turn right for "yes" and to stay still for "no."
3. (Create your own!)

Not all of these methods are for everyone. Find the ones that work for you! Work toward having several choices of methods for different situations. Some of you may do just as well (or even better) using your intuition. If you receive information intuitively but don't trust it, say the following statement of intention at least once, using these exact words (even though they may not make sense at this time):

*"I want to be guided by helpers that are absolutely 100% pure, insulating, closing and sealing the doors to all harmful infinite particles, smaller than particles, frequencies, and energies that are less than absolutely 100% pure."*

This should allow in only information you can trust.

### ***Afterthought***

Many choose to ask questions about whether a food or something else is "for their highest good." Spirit doesn't seem to care for the use of possessive words in our intention statements, probably because they are more concerned with the big picture of *The One*. We encourage you to substitute the wording, "for *the* highest good." We are all connected and part of *The One*—everything affects us all.