



Self Test Self Treat: The Power to Heal Yourself

Norma R. Gairdner

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How to self-muscle-test accurately using the NRG Method™ of self-muscle-testing, and how to use some basic Callahan Techniques® Thought Field Therapy® protocols to successfully self-treat, resolving emotional, physical and spiritual distress, and the perturbations of life. Whether you're a health practitioner, or studying any of the alternative healing arts such as naturopathy, thought field therapy (TFT), holistic medicine, chiropractic, applied kinesiology, emotional freedom technique (EFT), or energy psychology, you may have long wished for a trustworthy method to be able to muscle-test yourself. Well, now there is!

According to Dr Roger Callahan, founder of Thought Field Therapy®, the NRGmethod™ is a "fine objective method of muscle-testing". And when performed as directed, gives reliable results. Whether you're a seasoned therapist or a person who has never heard of muscle-testing, if you want to do some healing self-treatment in the privacy of your own home, this method will allow you to do just that, by teaching you how to muscle-test yourself accurately, in order for you to locate your negative weaknesses, and apply some simple TFT tapping protocols to strengthen those weaknesses - turning those chronic negative states into positive healthy states, for good. "Self-Test Self-Treat" shows you how you can eliminate some of the worst thoughts and feelings of your life, and replace them with the most positive and freeing thoughts and feelings - which you may have often chosen to think and found yourself unable to retain. Once you know how to self-muscle-test accurately, you can use this method along with the TFT protocols provided in the book, to correct all sorts of negative states, as well as the ill-effects of past events that you might otherwise never get around to resolving - those stubborn issues that may not have been bad enough to get you to a therapist, or may not have been resolved by any of the methods you've already tried, and still need to be removed from an otherwise healthy thought field, once and for all. In fact, you can use this technique to clean up your entire thought field, if you like - strengthening yourself, and making yourself healthier and freer, at last. And after you've done that, you can use it for a host of other things too, like: testing your foods and supplements, testing yourself for toxins, correcting negative reactions, calming upset children, and helping others! The ability to self-muscle-test puts you back in the driver's seat and enables you to do healing change work with yourself, in private, until you get the result you actually want. You can do it!



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Melvin Robinson:

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