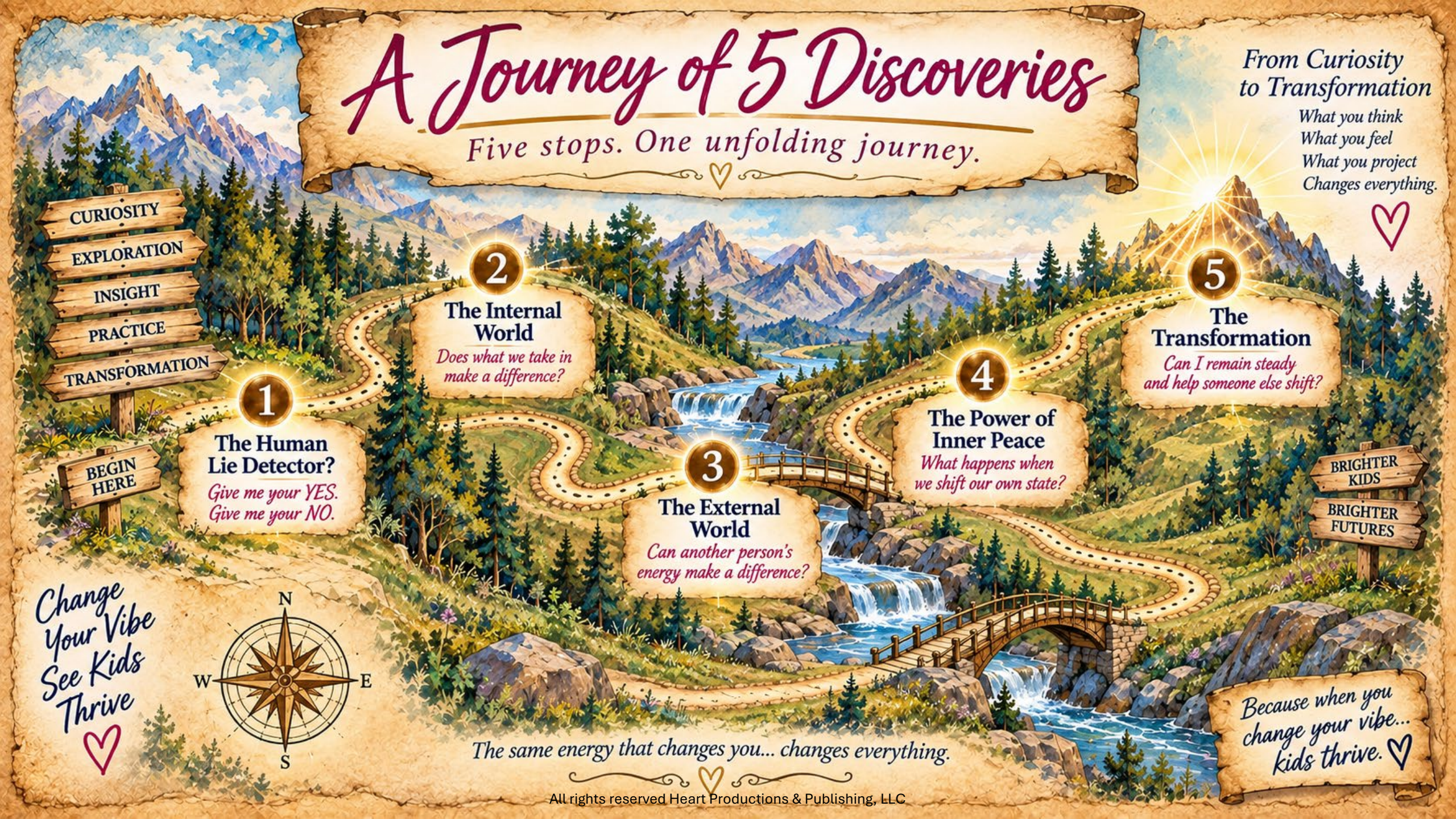

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Part 1 of 5

Human Battery: Establish Your Baseline



Think of the human body like a battery, carrying both a positive and a negative charge.
Using this simple Applied Kinesiology muscle-testing technique,
you can easily tap into that energetic charge to establish a baseline **YES** or **NO**.

Establishing a Baseline YES

1 Extend the Arm

Have the person extend their right arm straight out to the side, parallel to the floor.



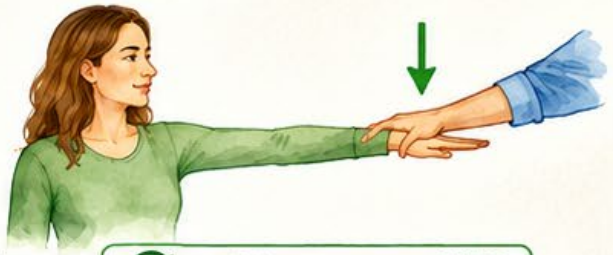
2 Set the Positive Charge

Have them place their left hand flat on top of their head with the palm facing **DOWN**.



3 Test Resistance

Apply gentle, downward pressure on their extended right arm just above the wrist. Their arm should hold firm and strong—this solid resistance indicates their baseline **YES**.



✓ **Holds strong = YES**

Establishing a Baseline NO

1 Extend the Arm

Have the person extend their right arm straight out to the side, parallel to the floor.



2 Flip the Hand

Keep the right arm extended, but have them flip their left hand so the palm faces UP toward the sky while remaining on top of their head.



3 Test Resistance

Apply the same gentle, downward pressure to their right arm.
The arm should give way and drop easily to their side—this release indicates their baseline **NO**.



⊗ **Gives way = NO**

Remember:

- Be gentle. This is not about force.
- We are observing energetic feedback, not physical strength.

Your body is always communicating. Learn to listen.

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Part 2 of 5

Internal Energy Wisdom

Our bodies know more than we think.

We can test more than just our words—we can also test physical substances using our body's internal energy wisdom.

THE SET-UP

Bring 1 blindfolded volunteer to the front of the room.



1 FIRST TEST: APPLE (Whole Food)



Place an apple inside a Ziploc bag.



Have the volunteer hold it against their stomach area. *The audience can clearly see what it is.*



Test their right arm. Apply gentle, downward pressure just above the wrist.



The arm stays strong and horizontal.

Their body's energetic response to real, whole food is a solid YES.

✓ YES

2 SECOND TEST: SUGAR (Refined)



Switch it out for a Ziploc bag of refined sugar.



Have the volunteer hold it against their stomach area.



Test their right arm again using the same gentle, downward pressure.



The arm gives way and falls to their side.

Their body's energetic response to sugar is an immediate NO.

✗ NO

Takeaway: Our body intuitively recognizes what supports our energy and what drains it—all before our conscious mind even gets involved!

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Part 2 of 5
continued...

Internal Energy Wisdom

Our bodies know more than we think.

We can test more than just our words—we can also test physical substances using our body's internal energy wisdom.

THE SET-UP

Bring 1 blindfolded volunteer to the front of the room.



3 THIRD TEST: SEND LOVE VIBES TO SUGAR

1 HOLD THE SUGAR



Have the volunteer hold the bag of sugar against their stomach area.

2 SEND LOVE



The audience is invited to silently send LOVE, appreciation, and high-frequency energy to the sugar.

3 RETEST



Have the volunteer extend their right arm again. Apply gentle, downward pressure just above the wrist.



Notice whether the arm holds firm and strong.

Now retest and see if there is a change in their response.



Remember:

- Be gentle. This is not about force.
- We are observing energetic feedback, not physical strength.

Your body is always communicating. Learn to listen.

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Part 3 of 5

External Energy — Incoming Energies

We don't just hear energy — we feel it.

Now that we've seen how our body reacts to what we put into it,
let's look at how we react to the energy directed at us **from the outside world.**

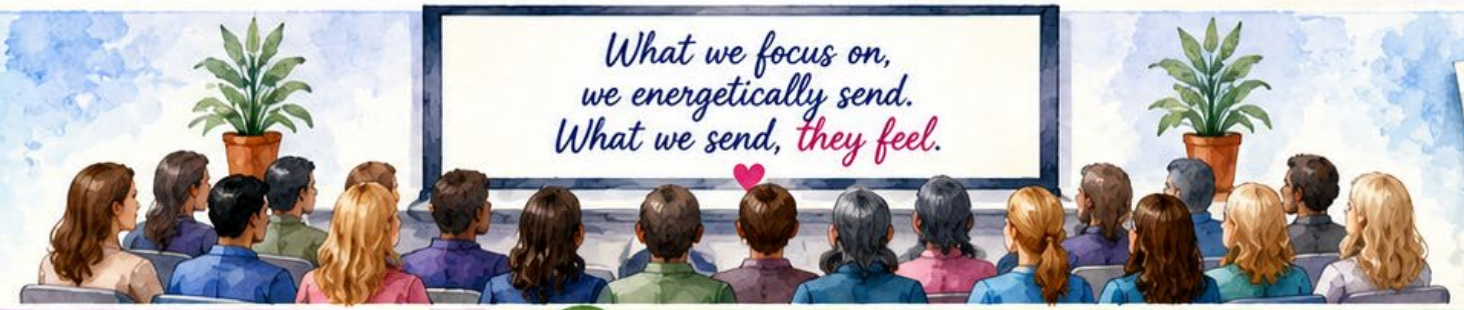


What we send out and what we receive matters.

THE SET-UP:

Keep the volunteer blindfolded facing the audience, completely unaware of what is being displayed on the screen behind them.





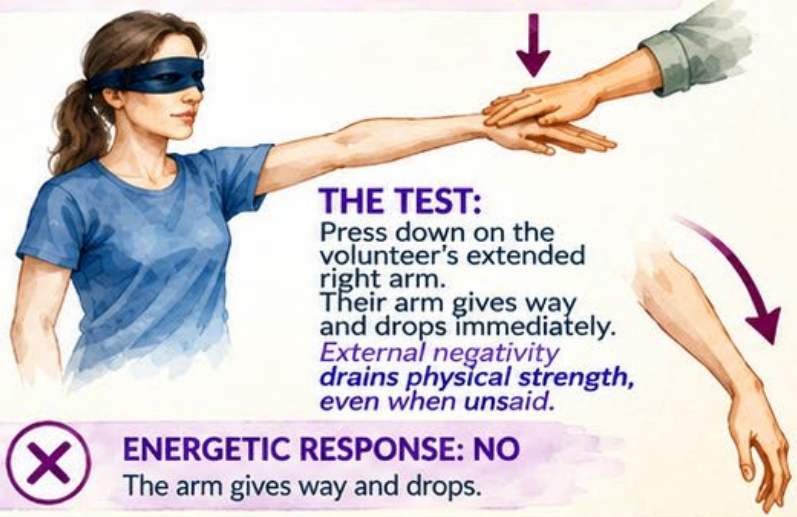
The audience is invited to silently send the energy.

1 TEST 1: NEGATIVE INTENTIONAL ENERGY

SLIDE ON SCREEN:

Let's all quietly focus and project negative vibes / low-frequency energy toward our volunteer.

(No words—just your energy.)



THE TEST:

Press down on the volunteer's extended right arm.
Their arm gives way and drops immediately.
*External negativity **drains physical strength,** even when unsaid.*

ENERGETIC RESPONSE: NO

The arm gives way and drops.

2 TEST 2: LOVING INTENTIONAL ENERGY

SLIDE ON SCREEN:

Now let's shift and project pure LOVE and positive vibes toward our volunteer.

(No words—just your energy.)



THE TEST:

Press down on the volunteer's extended right arm again.
Their arm holds firm, strong, and locked in place.

ENERGETIC RESPONSE: YES

The arm stays strong and locked in place.

Takeaway:

Before people respond to our words,
they often respond to our *presence.*

Our presence prepares the brain for everything that follows.
Heart. Mind. Science.

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Our thoughts, words, and energies matter.

Part 4 of 5

MindSpelling P·E·A·C·E

Partner Up!

Let's see what happens when we *mindspell PEACE* and compare it with contrasting words and phrases.

1 PERSON A TESTS PERSON B



Person B extends their right arm parallel to the floor. Person A applies gentle, downward pressure just above the wrist to establish the baseline.

2 THINK OR SAY THE FIRST WORD/PHRASE



Person B silently thinks or says the word/phrase (for example, **MindSpelling P·E·A·C·E**). Person A tests the arm. Notice the response.

3 SWITCH TO THE CONTRASTING WORD/PHRASE



Person B now thinks or says the contrasting word/phrase (for example, stress). Person A retests using the same gentle, downward pressure.

4 COMPARE

What changed?



Notice and compare the differences in the muscle response.

5 SWITCH ROLES

Person B tests Person A.



Now switch roles! Person B tests Person A using the same process with different words and phrases.

Try These Word Pairs (or create your own!)

CONTAGION	vs	CO-MINGLING
HARD	vs	WORK
DISAPPOINTED	vs	CONFIDENT
INAPPROPRIATE	vs	AGE-RELATED
IGNORING	vs	CURIOSITY
TELLING YOURSELF TO CALM DOWN	vs	MINDSPELLING PEACE
DISRESPECTFUL	vs	UNSKILLFUL / LAGGING SKILLS

Different words create different energies. What you think and say matters!

Takeaway: Our bodies give us real-time feedback about the energies we think, say, and experience.

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Part 5 of 5

MARY'S MIRACLE REGULATOR

Same energy. Different outcome.

MindSpelling P·E·A·C·E changes what we bring to the moment.

1 When we start ...



Person B (in tan) silently thinks a negative word or phrase (for example, *I CAN'T*). Their arm gives way and drops.

Person A (in red) silently MindSpells *P·E·A·C·E*. Their arm stays strong and locked in place.

2 Within 30 Seconds or Less ...



Person B (in tan) now holds their arm firm and strong. Notice the change.

Person A (in red) remains strong and regulated while continuing to MindSpell *P·E·A·C·E*.

1 Person A is NOT negatively affected by Person B's negativity.

By MindSpelling P·E·A·C·E, Person A maintains their own regulated state, even when Person B is bringing difficult energy.

2 Person A is the TRANSFORMER.

Person A doesn't argue, convince, calm, correct, or fix Person B. They change what they bring to the interaction.

BE THE GIFTER – NOT THE FIXER!

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Part 5 of 5 – continued...

MARY'S MIRACLE REGULATOR

IS NOT – WHAT THE MIRACLE REGULATOR IS

Same Situation. Different Energy. Different Outcome.





WHAT THE MIRACLE REGULATOR IS NOT

- It's **not** arguing, convincing, or fixing the other person.
- It's **not** trying to control, manage, or change them.
- It's **not** taking on their negativity or "catching" their energy.
- It's **not** denying, ignoring, or pretending difficult energy isn't there.
- It's **not** a quick fix or a technique to make their problems disappear.



You can't control what others bring ... but you can choose what you bring.

WHAT THE MIRACLE REGULATOR IS

- It **is** a simple, powerful way to maintain your own regulated state.
- It **is** MindSpelling **P • E • A • C • E** while you stay present in the interaction.
- It **is** protection — you are not negatively affected by the other person's negativity.
- It **is** transformative — it can change what you bring to the interaction.
- It **is** being the **Gifter – not the Fixer!**

BE THE GIFTER – NOT THE FIXER!

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