

## Muscle Checking

The Resonance Repatterning system, like Energy Medicine and some other complementary health care methods, uses the binary ON/OFF muscle response to track exactly what our body-mind system needs for survival and well-being.

Originally, the ON/OFF muscle response was a medical procedure used as a way to determine if nerve impulses were being received by a certain muscle. This procedure is still in use by some medical specialists and by physical therapists.

In the early 1970s, Chiropractors Dr. George Goodheart and Dr. John Thie made an important discovery. They observed that a strong ON response and a relaxed OFF response by a muscle could also be used as an indicator of excess and deficient energy flow in the acupuncture meridians. This was the start of a new field known as **Applied Kinesiology** and it led to the development of the complementary healthcare system known as Touch for Health.

Other creative uses of **Applied Kinesiology** muscle checking have emerged over the last thirty years leading to the development of a number of kinesiology-based healthcare systems

Muscle checking began with the physical body (as in the medical practice) and has evolved to include the emotions, mind and subtle energy systems.

The Resonance Repatterning system recognizes that our entire subtle energy field is linked through our autonomic nervous system. The Resonance Repatterning muscle checking tool accesses frequencies, unconscious belief systems, brain hemisphere integration, and the entire holographic range of chakra and meridian subtle energy fields.

The Resonance Repatterning Institute offers the only comprehensive self healing system that uses muscle checking to identify and transform resonance at specifically targeted frequency levels.



## Your Experience

In a Resonance Repatterning session you will notice that Jennifer muscle checks from the mandala (a graphic image of steps), with your permission, to determine what your body-mind system needs. She will teach you what it feels like to receive muscle checking by a gentle touch on your arm. Your resonance with statements of growth or limitation is measured in this way.

You'll have a new kind of awareness as you realize that your body and your energy field hold all the information to support your optimal survival and well being. You will understand that this information is available in a safe, new way that is accessible both to you and Jennifer.

You notice that Jennifer has a number of Resonance Repatterning books through which she muscle checks to find the precise data that's most relevant for you. In the Resonance Repatterning system you are not being diagnosed, judged, interpreted or fixed. Rather, you yourself direct your session via the muscle checking that allows you and Jennifer to connect to your body-mind field.

You will experience the positive application of energy tools or modalities that include sound, color/light, breathing patterns, movement, essential oils and energy touch, which re-establish the coherent alignment of your body-mind system.

You will find that every session comes to a resolution. You are never left in the middle of an incomplete issue because the session time is up. At the end of every session Jennifer muscle checks on you to verify that you no longer resonate with patterns of limitation, and that you strongly resonate with the patterns of growth you most need.

After a session, most people feel lighter, some euphoric. To support your new energy state, Jennifer will muscle check to identify if you need a positive action to sustain your positive resonance during the days that follow your session.



# FREEDOM

## To Create

Harmony - Prosperity - Love - Health - Beauty



# RESONANCE REPATTERNING

What we resonate with is how  
we experience life.

The frequencies you resonate with determine what you experience. If you resonate with the frequency of humor, for example, that tends to be what you express and attract. If you resonate with the frequency of anger, then anger tends to be what you express and attract.

**The Resonance Repatterning system gives you the tools to change your resonance so you naturally and easily spiral up to a higher energy state of well being and coherence.**

Jennifer Kunin

612-508-0840

In alignment with both new physics and traditional energy-based philosophies, the Resonance Repatterning system understands that you exist as fields of vibrating frequencies. Your thoughts, feelings, needs and physical symptoms are all vibratory expressions.



Transform unconscious patterns of limitation  
Resonate with coherent alignment of energy  
Express the power of your essential self in action.



#### Positive Intentions

The Resonance Repatterning Institute teaches that intention is one of the primary ways for creating quantum change in any area of your life. While many self-help programs teach the significance of intention, the Resonance Repatterning system understands that you can only experience what you resonate with or are in tune with. Therefore, as positive as intentions or affirmations may be, if you do not resonate with them they will have little impact on your life.

#### Negative Beliefs

The challenge of working with negative beliefs is that they exist in infinite numbers at many levels. There isn't a one-to-one relationship between a negative belief and a specific problem. With the Resonance Repatterning system you learn that every problem is associated with complex patterns of negative beliefs, feelings and unmet needs. These interlocking patterns influence your attitude towards yourself, others and life.

#### Modalities for Quantum Change

The Resonance Repatterning System has an all-inclusive range of modalities drawn from sound, color/light, breathing patterns, movement, and energetic touch. In addition, Chloe Wordsworth developed modalities specific to the Resonance Repatterning system for releasing energy constrictions and diffusing non-coherent energy from the body-mind hologram. With the muscle checking tool, students are trained to identify the exact modality needed to create quantum change.



Jennifer Kunin

612-508-0840

jenbe@aol.com

www.jenniferkunin.com

I have been practicing Resonance Repatterning since the year 2000, and have been working with hands-on healing for over 35 years. I hold strong to my vision of a brighter humanity and am dedicated to assisting people in becoming more free, through transforming old patterns of resonance, and activating higher frequencies within themselves.



Resonance Repatterning Sessions last 1 ½ to 2 ½ hours and cost \$60.00 per Hour

You may be finding blocks in manifesting love, success, freedom and the happiness you want. You may be noticing mind talk that isn't positive and doesn't even make sense! It can all be very subtle and habitual.

We have non-coherent frequency patterns that we resonate with. They manifest as: fear, anger, grief, anxiety, physical problems, insecurity, low self esteem and depression.

We use kinesiology (muscle checking) to access information from all parts of your being on all levels. We can get to the heart of these unconscious patterns, which hold you up. We may look at where these patterns originated. It could be a birth trauma, something in childhood or a past life. We look at how it is playing out in the present. Many times history does repeat itself through unresolved patterns.

Systems we use include: Chakras, Meridians and Five Elements, Color and Light, Sound Frequency, Birth Patterns, Planetary Frequencies, Brain Areas and many more.

After we get clarity on these patterns needing transforming, we muscle check for the healing modalities that your system needs to find balance. Every modality brings a very specific combination of frequencies to make the shift into coherence. The shift is immediate. There are hundreds of modalities from which to choose. Some of these are Brain Gyms, Color and Light, Sound, Movement, Breathing Patterns, Acupressure Points, Polarity Contacts, Flower Essences, Essential Oils and Affirmations.

You are conscious and involved throughout the session. I create a safe loving environment so you can go very deep. You may have a huge release or it may not feel like much, but you will walk out transformed.