

# EFFECTIVE METHOD FOR A YES/NO ANSWER

## HOW TO GET A YES, NO, OR MAYBE

This method of getting a yes or no answer involves somatic (body felt) sensing. Whenever we tune in for psychic feedback, we are sensing with our whole self. When you are sensing with your intuition, you know when you receive a tug to take action or hold back by how your body feels. The body is the receiver of all psychic energies.

So many questions can be answered with a simple yes or a no. "Should I go to the event tonight?" "Is this person a right fit for me?" or even something very small, like, "Should I work out or rest today?" Sometimes it's hard to make these decisions, because we tend to have high expectations of ourselves, and yet....sometimes our Guidance is urging us to sit back and rest and integrate.

So this method can be used as a way of helping the mind to relax around decisions big or small. If you've ever heard of muscle testing, or used a pendulum, this exercise operates on similar principles. At the same time, it helps to train you to listen to how your body feels for feedback, and this is a skill that you can grow and build upon. Eventually, you may not even need to do this exercise, because you will be tuned in enough that you will just know whether it's a yes or a no.

## THE YES/NO EXERCISE

The Yes/No Exercise involves standing up. Close your eyes, and breathe deeply in and out three times, focusing on your feet and the connection you have to the ground. Next, focus on your heart. Your heart connects you with your higher self, through which you will channel guidance.

Once you are grounded and centered, close your eyes and ask to be shown "forward for yes." Your body should start to tilt slightly forward. Next, ask to be shown "back for no." Now, your body should be tilting slightly backwards. Ask to be shown "maybe," and you should tilt neither forward nor backward, but stay neutral and still.

Now, you can ask your question. Your body will tilt either forward or backward for your answer. If you get a maybe, it's helpful to try rephrasing your question to see if you get a different answer. Practice this as often as you like, and gradually your connection to your intuition will grow.

## **ALTERNATIVE YES/NO EXERCISES**

Another way to get the “yes or no” answer is to use your hands.

I’d start first with the leaning forward or back method, then experiment with using your hands to sense it.

Once you’re confident with the first exercise, do this one. Sit and rest your hands on your legs or knees, or let them rest by your side, palms facing up, and relaxed. Notice how you feel in your body and let your attention rest on the palms of your hands. Focus only on your hands.

Now, ask Spirit to “squeeze my right hand for YES.” And then wait and see if your hand impulsively moves or if you feel extra pressure, as if someone were holding your hand.

Then, ask Spirit to “squeeze my left hand for NO.” And wait and see if your left hand moves or feels pressure.

Now, you can ask your “yes or no” question. Be very neutral and wait and see if one hand or the other moves or feels extra pressure.

## **SECOND METHOD**

If you find yourself overthinking this, you can connect your left thumb and forefinger in the “OK” symbol. Then, using your other thumb and forefinger, create a link like a chain by closing your thumb and forefinger together inside the hole. It’s like both of your hands are forming a chain link. Try pulling them apart without breaking the link. Now, when you ask a question and the answer is YES, the chain will not break when you pull them apart. If the answer is NO, then your forefinger and thumb will break apart, breaking the chain. This is a more traditional form of “muscle testing” for yes or no answers.

Experiment with these methods till you find your favorite, and practice with some simple yes/no questions.