

A decorative border of watercolor-style foliage in shades of teal, green, and blue, with some yellow-orange branches, framing the central text.

Sway CHEATSHEET

a guide from
Rebecca PAGE

WELCOME TO YOUR SWAY CHEATSHEET!

Humans natural frequency is love, joy, enlightenment. But if you're holding resistance or blocks in any form, this can stop you feeling (and your body operating) on these high frequency levels.

Your sway is a form of muscle testing which allows you to determine what frequency your body is vibrating at in particular situations.

Your sway is:

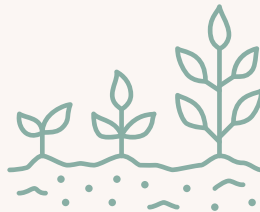
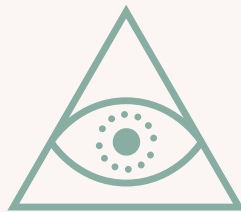
- Quick & easy to learn
- Bypasses your thoughts (or what you "think" you know)
- Tells you what's actually going on in your vibration

It's amazingly powerful, and incredibly useful!

But remember, it is also simply a tool which tells you what is going on in your energy. It can only tell you what frequency you are aligned to when you think or say certain things.

I hope the following pages are useful in helping you feel into and master swaying!

Rebecca xx



THE *Sway* CHEATSHEET

STEP-BY-STEP GUIDE



1

Breathe

Take a cleansing breath in and out. Ground your energy



Question...?

2

Ask

Verbally say your question out loud



3

Allow

Let your body respond



4

Sway

Your body should sway forwards for yes, and backwards for no

TRY ASKING...

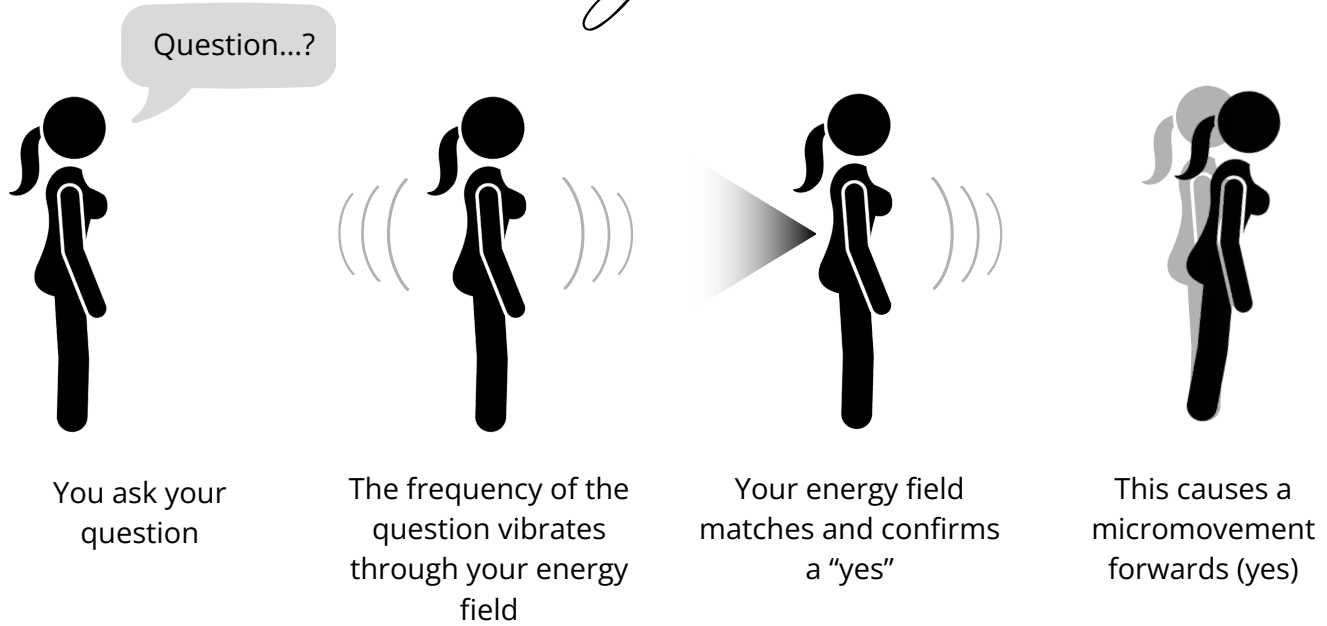
- Yes, yes, yes
- No, no, no
- Is my name [your name]
- Am I in [your country]
- Anything you know to be an absolute truth (or not)

TOP TIPS

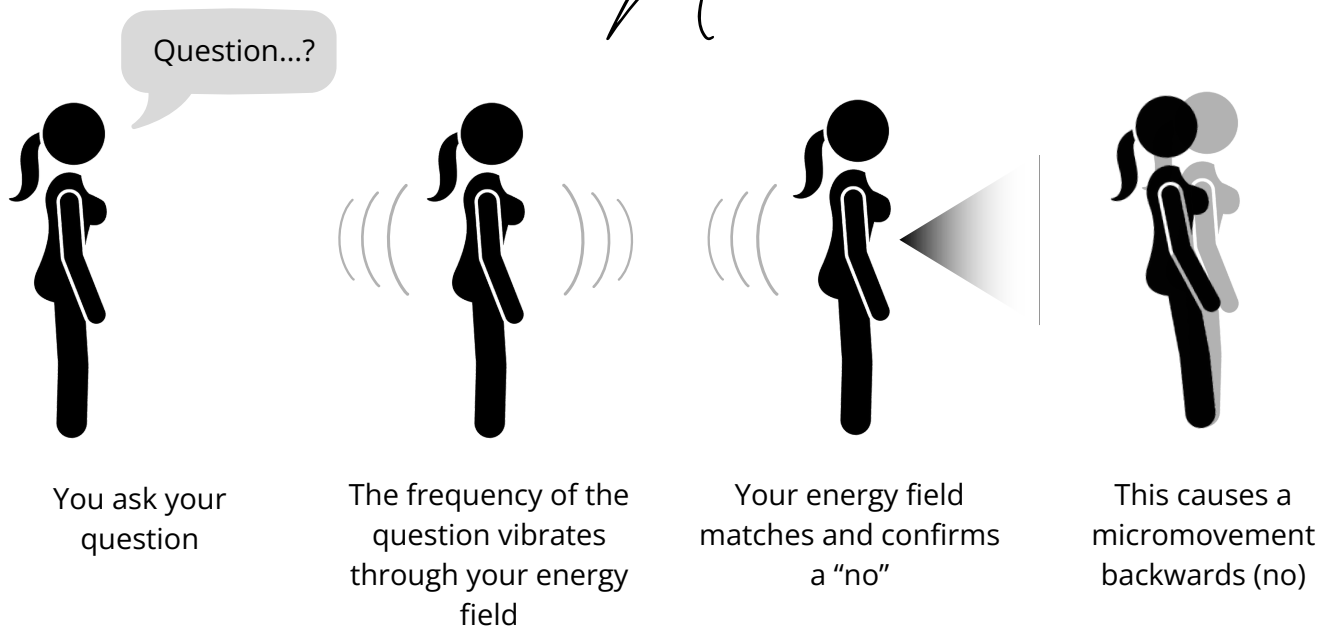
- ✓ Ground your energy
- ✓ Ask questions out loud
- ✓ Don't force it
- ✓ If you can't stand, practice sitting or laying
- ✓ It may feel more like a push or pull (no actual movement but a feeling instead)

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Yes



No



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Your personal notes

[illegible]