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The Success Principles: How to Get From Where You Are to Where You Want to Be

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THE SWAY TEST

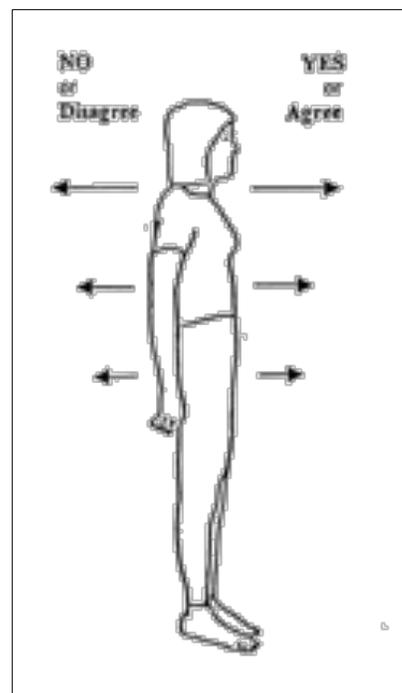
A very powerful way to get a clear yes or no answer to a question from your intuition is to ask your body. Here is a simple but powerful technique called the Sway Test that you can use. In the Sway Test you “ask a question” by making a statement such as “Drinking milk is good for my body” or “I am getting enough sleep,” and then seeing if your body responds with a YES answer by swaying forward or a NO answer by swaying backward.

I know this may sound a little weird, but I strongly encourage you to try it and see what happens. I started using it primarily for questions related to my body related to foods, supplements, sleep, and exercise. Then I used it for questions related to my relationships—things like “This is a good time to discuss this with my wife” and “I need to spend more time supervising Alan” or “I need to stop micromanaging Alan.” Now I use it as part of all my decision making.

Calibrating your responses

You may want to start by drinking a glass of water. The test is more reliable if you are properly hydrated. Stand up straight with your feet pointing directly forward. This is best done in flat shoes or barefoot, not in high heels. Make sure both of your feet are pointed directly forward and are not turned slightly in or out. Relax your body, make sure your knees are unlocked, and let your hands hang loosely at your sides, and then and close your eyes.

Take a few deep breaths, and then ask your body to give you a YES response, and wait to see which way your body leans—it normally leans forward. Next, ask your body to give you a NO response, and wait to see which way your body leans—it normally leans backwards.



Testing the calibration

Once you are comfortable with what a YES response and a NO response is, you can ask your body to respond "ask" your body to respond to some simple statements that you clearly know the answer to, and then see which way it leans. If you say, "My name is Jack", and your name is Jack, it should move in the previously established YES. If you say, "My name Fred," (and it's Jack), it should move in the NO direction.

You can test with further statements like, "I live at (fill in your street address)." " I am a woman." " I have a dog." "It's raining outside." "I like chocolate." "I am wearing a red shirt," and so on." Make sure to use both true and false statements to test the calibration.

Make sure to give yourself enough time for a spontaneous movement to naturally arise. For most people it happens in a matter of seconds. For some it takes a little longer.

Application

Once you have established that you are getting spontaneous and correct answers, you are ready to apply it to any other question you might have, such as: "Eating bread is good for me." "I can trust Patty to tell me the truth." "Taking a consulting assignment with (name of person or company) is in my best interest." "Acupuncture would be a good treatment to heal my headaches." "My fear of rejection is unfounded." "Working with a coach now is in my best interest." And so on.

In situations that are life and death (like "Should I have this operation?"), ones that involve a lot of money (like "Should I invest in this company?"), and ones involving major relationship decisions (like "Should I marry this person?"), I suggest using the answers from the Sway Test as only one piece of information among many. In other words, do your due diligence as well as asking for inner guidance from your body, higher self, God, etc. The more information you have, the more informed your intuition will be when it is responding.

Try it on some simple things first, (like "Eating peanut butter good for my body."), and then you can build up to more important issues once you have practiced and built up your confidence in this technique.