Proxy testing is muscle testing that is done on a proxya person who acts in place of another person. If Jane in England wants to help Alice in Australia, she can act as proxy for Alice herself, using self-testing, or she can also have an assistant act as proxy for Alice. Then Jane can carry out the work as normal, just as if Alice were right there, and all the while intending to help Alice. When Jane is done, she or her assistant will make sure to disconnect again from Alice- just like hanging up the phone at the end of a chat. Actually, proxy testing works guite a bit like how cellular phones work. Our bodies have a built-in capability to quickly and easily "dial" someone else, and create an energetic connection with them. Once you're connected, you can get answers about what is going on with this other person's body, because you're picking up their energetic signal. Then once you know what needs to be fixed, you can fix it on the proxy person as well, and it corrects the problem on the person who you're intending to help, no matter how far away they are.