## HOW to use YOUR PENDULUM

Pendulums are excellent tools for dowsing, chakra balancing, spiritual healing and inner growth. They are used to gain insight about yourself and others and to provide clarity surrounding an incident or an occurrence. They are fun, easy to use and remarkably effective.

## SIZING the chain

The pendulum has two parts, the weight or "bob" and a string or chain. Hold the chain between the thumb and fingers at a point that will allow it to swing freely. Many people prefer to rest their elbow on a table. Others may choose to hold the chain between their thumb and first finger, and then rest it over their second finger.


PROGRamming your pendulum
As a dowsing tool, pendulums are consulted to provide responses to questions that require a yes or no answer. They respond by moving in specific directions. A pendulum can move vertically, horizontally, diagonally, clockwise or counterclockwise. To obtain your pendulum's specific directions for "yes" and "no", hold the pendulum still so that it can swing freely. Say aloud or to yourself "show me yes." Your pendulum should begin to swing. After you have obtained its direction for "yes", ask it to "show me no". Once your movement directions are consistent, you can ask it more specific questions. For example, "Is my name (say your name)?" Your pendulum should respond by moving in its "yes" direction. Another exercise is to ask someone to hide something in a room. After entering the room with your pendulum, ask "Is the (object) to my right?" Once you are able to determine what direction the object lies within, proceed by asking "Is the (object) two steps to the (direction)?" Continue asking the pendulum specific questions until you are able to locate the object. Another variation is to put letters of the alphabet around a disc and then ask your pendulum to spell out its answers by the way it swings. With continued practice, your ability to gain information from your pendulum will greatly improve.

USINS a Pendulum for chakra balancing
Pendulums are also used to clear blocked chakras. With the client lying on their back, start at the root chakra and move up to the crown. Hold the pendulum six inches above the chakra site. Once it senses the energy, it will begin to move. Generally, a clockwise movement indicates that a chakra is balanced. A counter-clockwise movement indicates that a chakra is blocked. The pendulum may swing in small, tight circles or large, swooping circles. You can tell how open a chakra is based on the width of the circle. If a chakra is blocked, the pendulum may only move in a vertical or horizontal direction. If the chakra is severely blocked, the pendulum may remain motionless. To open and balance a blocked chakra, you can guide the client through various visualization exercises.

## gUided imagery exercises for chakras

Ask the client to concentrate on the particular area where the blocked chakra lies. Then ask your client to create the following mental images and sounds.
ROOT: Imagine the color red. The element is earth. Imagine yourself standing barefoot on a dewy patch of grass or a dirt path. Feel your feet connected to the earth. Think of the sound LAM.
SACRAL: Imagine the color orange. The element is water. Think of running tap water, a bath or a body of water. Imagine water flowing down a stream. Think of the sound VAM.
SOLAR PLEXUS: Imagine the color yellow. The element is fire. Imagine watching the flames of a fire. Picture the bright flames. Think of the sound RAM.
HEART: Imagine the color green or pink. The element is air. Feel a soft breeze brushing your cheek. Imagine the sound of your breath moving in your body. Think of the sound YAM.
THROAT: Imagine the color blue. The element is sound. Think of sounds such as birds chirping or children laughing. Think of the sound HAM.
Third Eye: Imagine the color violet. The element is light. Think of the sun rising or setting. Imagine the faint glow of candle light. Think of the sound OM.
CROWN: Imagine the color white. The element is thought. Imagine all of the thoughts swimming around in your mind. Think of releasing them out through your head. Think of the sound OM.

## cLeansing and charging pendulums

Methods to cleanse your pendulum are to immerse it in a sea salt bath, hold it under cold running water, or smudge it with sage, sweetgrass or frankincense. To charge your pendulum, lay it in direct sunlight or moon light.

