

Pendulums are wonderful tools for accessing your subconscious or Higher Self to seek answers. You can program them to answer 'yes' or 'no' to questions to assist you in making decisions or for healing.

In energy work pendulums are helpful for finding energy disturbances, blockages, energy leakages and to determine Chakra flows.

How to Program your Pendulum

1. Clear and Protect yourself, your environment and ensure your crystal is cleansed.
2. Holding your Pendulum in your right hand, with INTENT send golden-white light into the Crystal and set your intention to program the crystal in Divine Love for the Highest Good.
3. Hold the crystal up at your Third-Eye and ask the Crystal show you 'a movement for yes' and 'a movement for no'. See the vibration of the words flowing from your third eye and into the crystal.
4. Dangle the Pendulum and ask it to show you a definite **Yes** answer *
5. Dangle the Pendulum and ask it to show you a definite **No** answer *
6. Now hold the crystal to your heart, and connect a rainbow bridge between yourself and the crystal. Feel the vibrations of your program for **Yes** and **No** integrating with the crystals cellular matrix. Repeat this several times till you feel the integration is complete. You may ask for the help of the Guides, Angels and Councils of Light in completing the process.
7. When you feel ready, surround the crystal with golden-white light for protection.

** Please note: The yes and no answers will be unique for each person, and unique for each crystal but may include moving in circles clockwise, or anti-clockwise, up and down, or back & forth, stationary etc...*

Using your Pendulum

For asking 'yes' or 'no' questions

- Dangle your pendulum over your left palm and ask your question.
- Eg – Would the herb Withania assist in reducing my stress levels?
- You will then get a Yes or No answer from your pendulum *
- The trick is to ask straight-forward, unambiguous questions and to TRUST the first answer.

Using your Pendulum for healing:

1. Start by moving the pendulum over the persons body and notice how the pendulum moves.
2. Hold it over each of the Chakra's....are they spinning openly, or is the pendulum stagnant ?
3. As you move around the body, any erratic movements of the pendulum will indicate energy dysfunction, be guided by your intuition in conjunction with using the pendulum.
4. When you find any problems, you can ask the pendulum to indicate what the problem is and how to resolve it using **Yes** or **No** questions eg....Does the base chakra need opening?...**Yes**....Does the base chakra need more of the colour red?...**Yes**...Would Ruby help open the base chakra etc...

Have fun !!!