

# Using A Pendulum to Assess the Chakras

We use a pendulum to assess the chakras to see if they are balanced or out of balance. Using a pendulum is an accurate method of discerning what is occurring with the chakra. Note: You can also use your hand or 3<sup>rd</sup> eye to discern the state of the chakra.

## HOW TO USE YOUR PENDULUM

1. Ground yourself and make sure you are well hydrated.
2. If your pendulum is a crystal pendulum, make sure you have cleared it. Hold it under cold running water for a minute or so while asking that it be cleared. You can put it in saltwater or smudge it as well.
3. Hold the entire string or chain in the palm of your hand, and drop the pendulum down through your fingers until it stops at a certain length. This will be the place where you hold the string or chain of the pendulum in between your first finger and thumb. You don't want the string or chain sticking out because it acts as an antenna. Or you can hold the end of the string or chain.
4. Connect with your Higher Self and say "Clear Signal" and ask for the highest guidance to come through.
5. Next, ask your pendulum some questions to determine what means "yes", "no", and "maybe". Your pendulum may swing backwards, forwards, side to side, clockwise or counterclockwise. In order to understand what the directions mean, try the following two approaches and see which one you like better:

A) Simply say to the pendulum, "show me a yes" and wait for it to swing. Then say, "show me a no" and wait for it to swing. Finally, ask it "show me maybe" and wait for its response.

6. Repeat this step every time you use your pendulum because it doesn't always choose the same directional responses!

## **PROGRAMMING YOUR PENDULUM**

Now your pendulum is ready to use!

The 4 spins that we want to program the pendulum are:

**Balanced** – clockwise spin

**Blocked** – counter clockwise spin

**Depleted** – back and forth

**Torn** – the pendulum stands still or quivers

To program your pendulum, simply swing the pendulum as described above while saying the corresponding word. For example, say balanced while swinging the pendulum in a clockwise motion.

It may take a little while to program the pendulum, but once its programmed, you can hold the pendulum over the chakra and it will begin to spin and tell you what is happening with that chakra.

**Don't use your pendulum when you're feeling emotionally or mentally imbalanced** (e.g. if you're stressed, angry, tired, dehydrated etc.) as this will give you inaccurate responses.