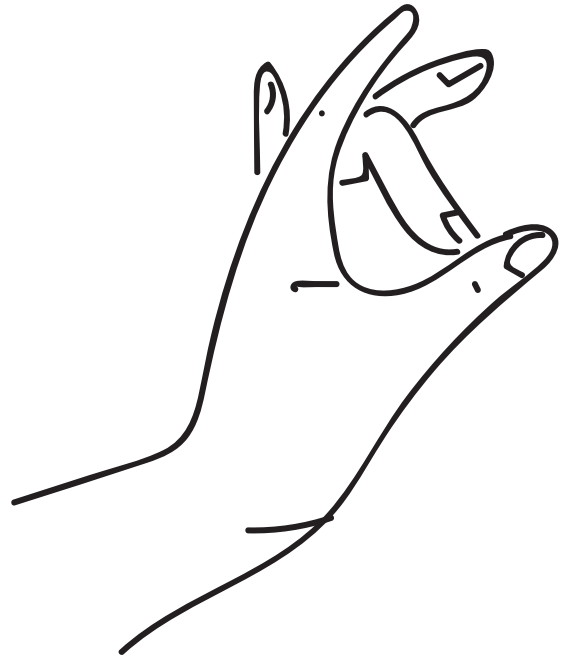


PRIORITY MUDRA

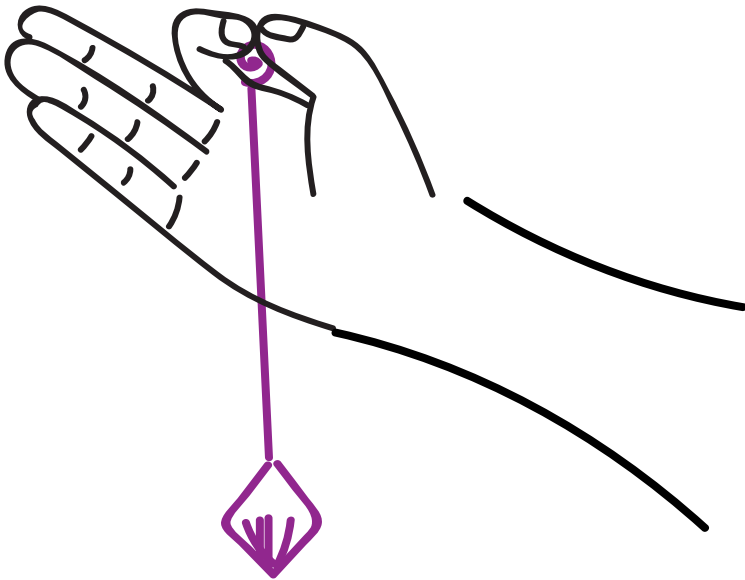
Hand Positions

PRIORITY MUDRA POSITION

With your free hand bring the tip of your middle finger to the outer most digit of the thumb. This helps the energy within your own field and nervous system connect with prioritizing. It helps to hold the intention of prioritizing as you do your work.



PENDULUM MUDRA



Most people find that holding the pendulum with their dominant hand works best. Place the copper top of the pendulum between your thumb, pointer, middle and ring fingers. The pinky does not need to touch. By holding the pendulum with your four fingers, it creates the most physical contact between you and the copper top (not clearly illustrated in image!). The copper acts as a conduit to then support energy flow through you to the pendulum. Because part of pendulum use is connecting with your higher self, energy runs through you into the pendulum, creating movement. The crystal itself also connects in with the energy that you are observing/testing and universal guidance.