

PENDULUMS '101'

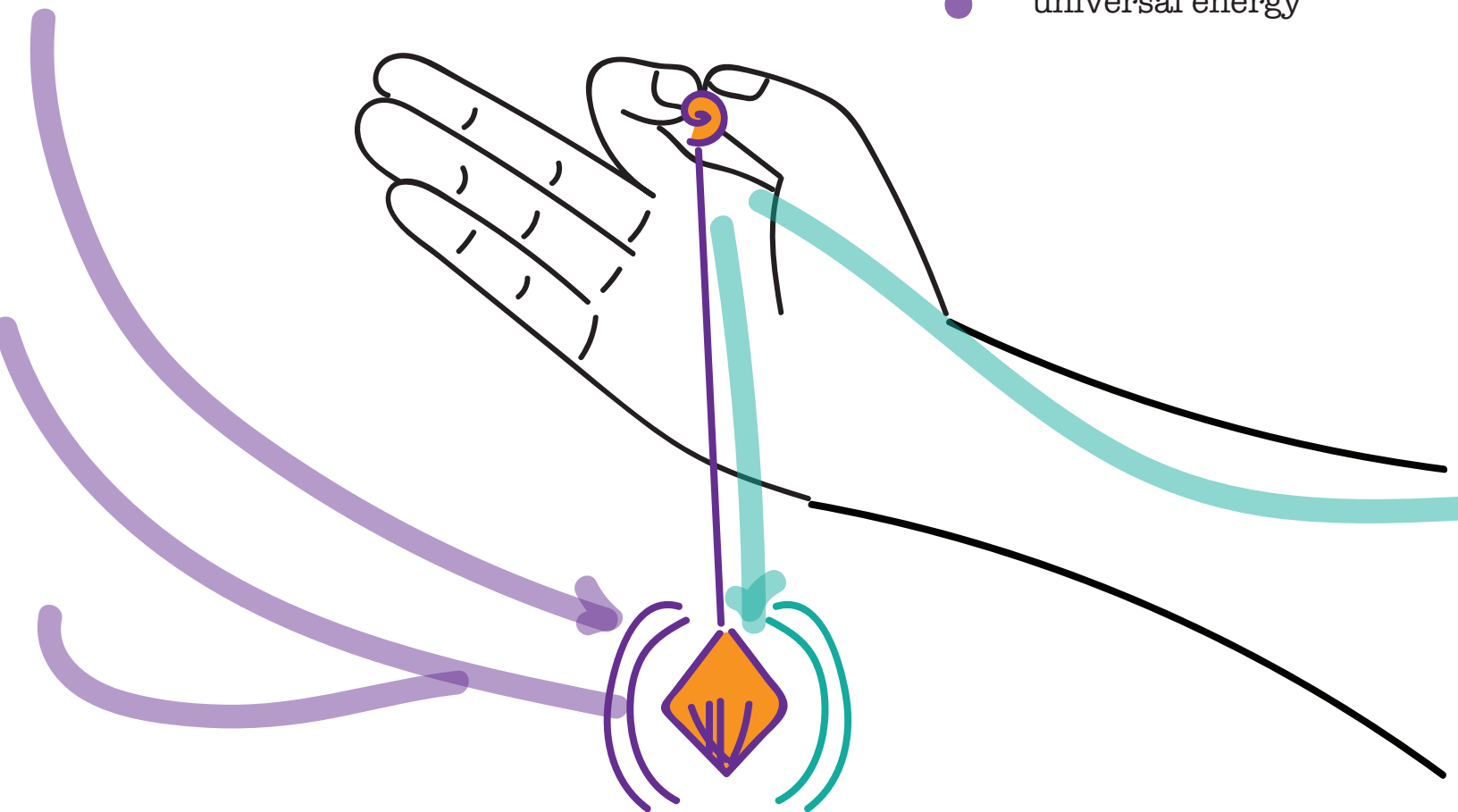
A Sacred Dialogue

SOUL

● your energy

SPIRIT

● universal energy



SOUL + SPIRIT

Pendulums are an extension of your own energy and intuitive knowing. Your energy merges with divine guidance to open up a sacred dialogue between Soul and Spirit. The communication between your Soul and Spirit is expressed tangibly in physical form through the pendulum. They help to bridge the unseen with the seen and therefore are sacred tools in energetic exploration.

GROUND + CONNECT

● Connect at Crown

GROUND YOUR ENERGY

In order to ground and connect you most consciously call your personal energy into your body. Invite your energy to move down through the root chakra and into the earth. Then invite your energy to move up through the crown chakra to connect with Spirit. This creates a dynamic flow within the entire chakra system that will greatly support your work with pendulums.

PRACTICE

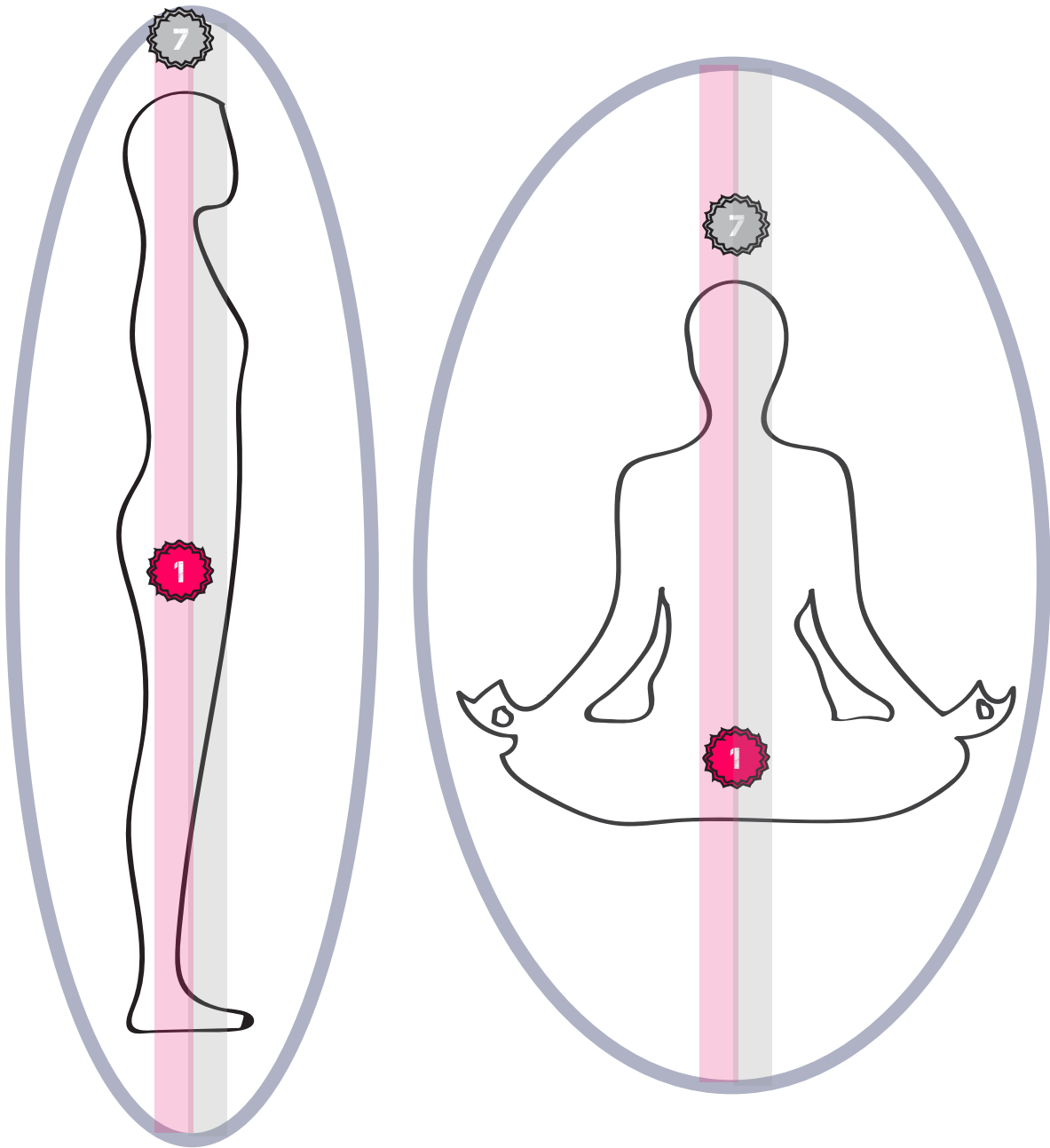
This may take some practice. If you struggle with remaining grounded, making physical contact with the earth and keeping earth elements (crystals!) on your body or in your pockets can be helpful to start.



● Ground at Root

GROUNDING PRESENTATION

What grounded energy can feel like

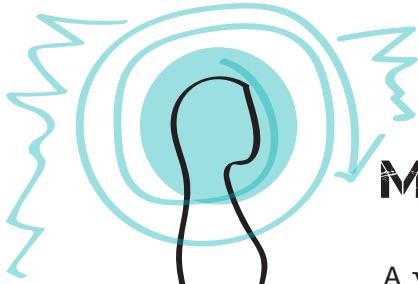


GROUNDING

In order to ground and connect you most consciously call your personal energy into your body. Invite your energy to move down through the root chakra and into the earth. Then invite your energy to move up through the crown chakra to connect with Spirit. This creates a dynamic flow within the entire chakra system and supports an expansive energy field. Practicing grounding will greatly support your work with pendulums.

UNGROUNDING PRESENTATIONS

What ungrounded energy can feel like



MENTAL

A very common place one can get stuck in is the head! You may notice that your thoughts keep you spinning and completely stuck in the energy of the third eye chakra.



PROJECTION

The most common projection in the energy is forward. You may notice that your energy dominates in the front. It can be experienced as almost leaning forward.



HOVER

You may notice that you are hovering over your body. This may create a sensation of looking down at yourself. Your energy still remains connected to you but you are definitely in the clouds.



DETACHMENT

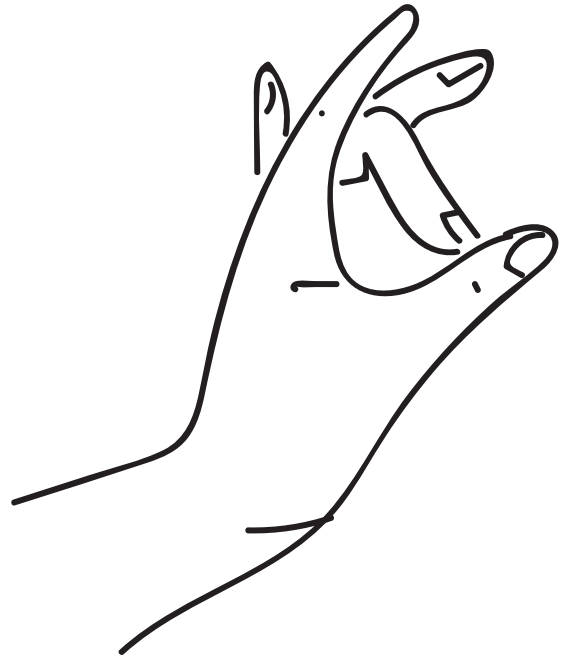
This is an extreme presentation of disconnect with the physical body. Detachment would be experienced as a step beyond hovering. It is complete disconnect from the physical body, almost as if there is no awareness of the physical body you are in.

PRIORITY MUDRA

Hand Positions

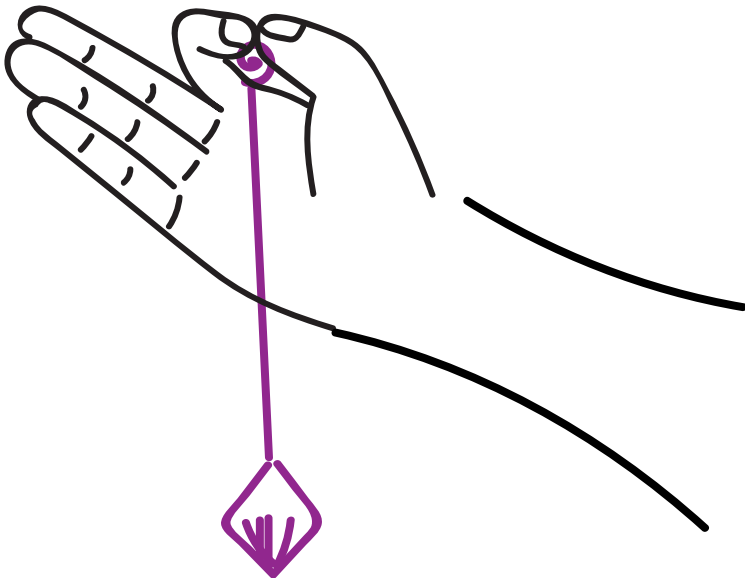
PRIORITY MUDRA POSITION

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.



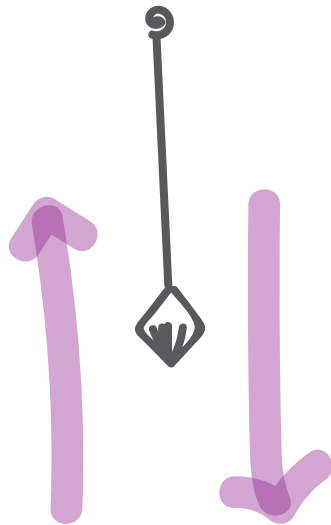
PENDULUM MUDRA

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.



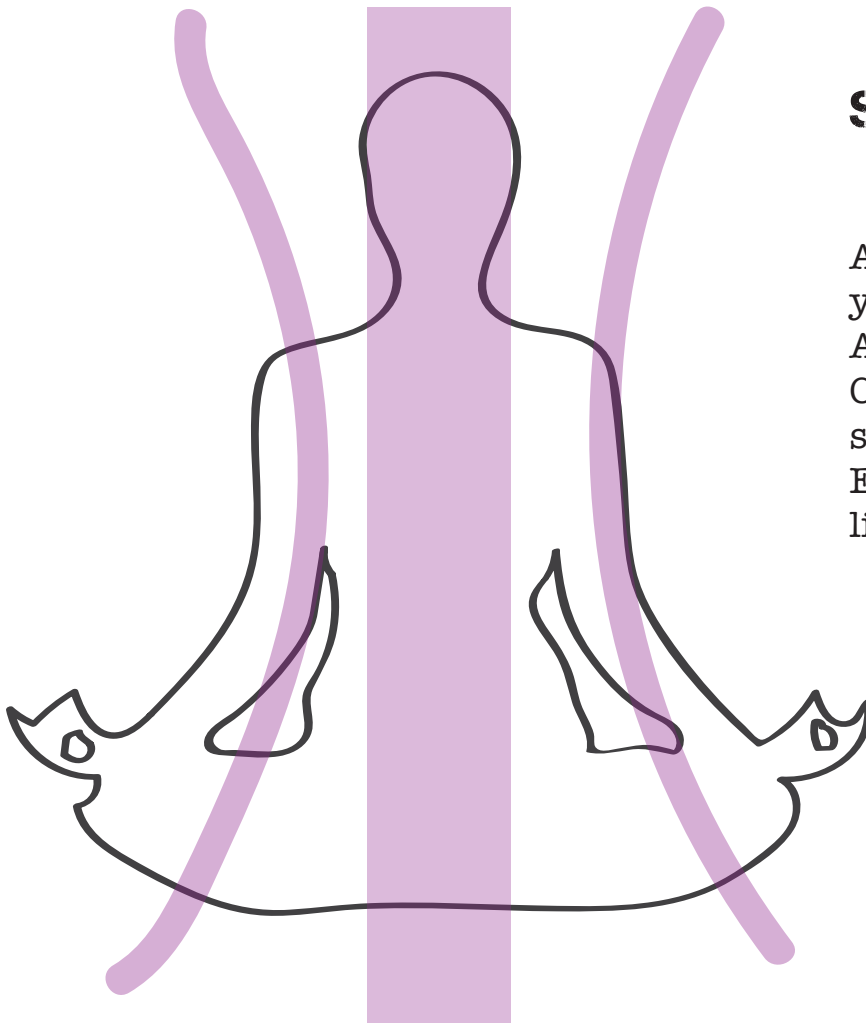
PENDULUM MOVEMENT

Not Priority



MOVEMENT

Back and forth motion



SENSATION

A narrowing or tightening in
your own energy

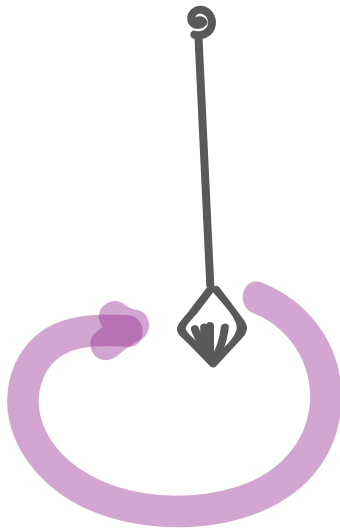
A pull backwards

Closing at the chest, contracted
sensation

Energy that runs in a straight
line instead of circles

PENDULUM MOVEMENT

Yes/Priority



MOVEMENT

Clockwise, circular motion



SENSATION

What you might sense with a priority

An expansion in your own energy

An opening at the heart center

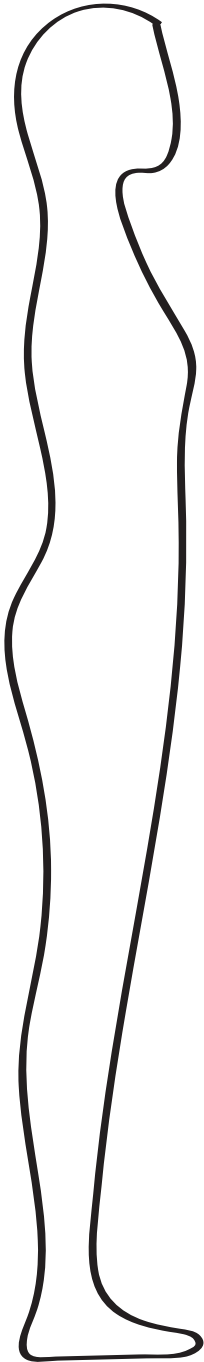
A pull forward

A circular energy flow in your own body

ENERGETIC ANATOMY

Break it Down

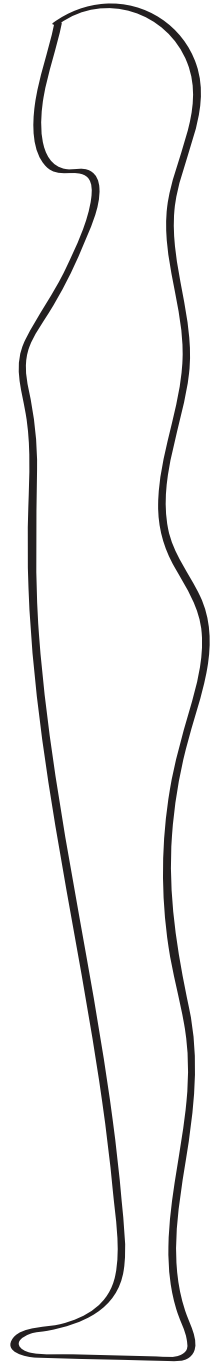
Right



Front



Left



Back



Define

ENERGETIC ANATOMY

Guide

