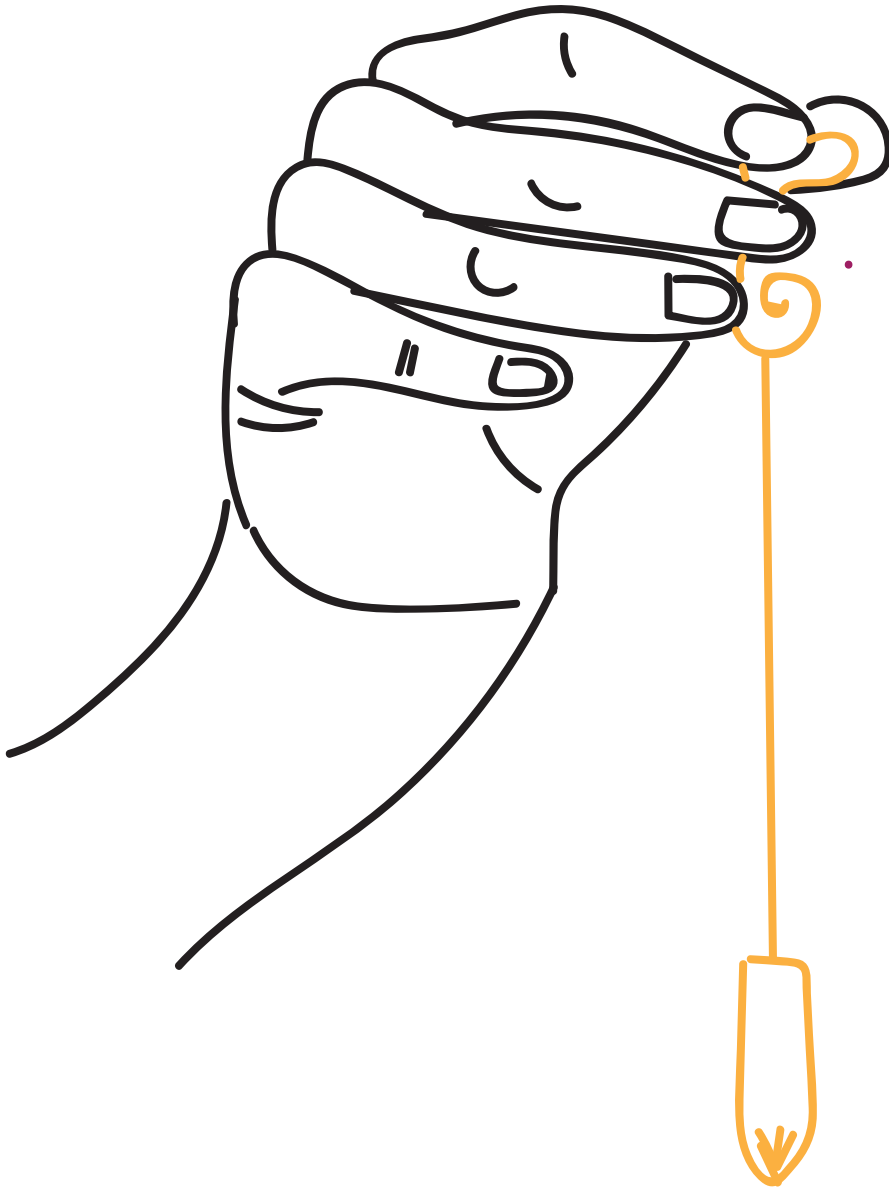


PENDULUM MECHANICS

Checklist



Hold pendulum with your dominant hand

Place all fingers except pinky on the copper top

Make sure finger pads are in contact with copper

Hold in a comfortable and relaxed way

Allow elbow to relax in at body

Bring shoulders back and down

Bring awareness back and down aka get grounded

Breathe, relax, allow

COMMON STICKY POINTS

Stickiness in the Energy

Crown

Fear can arise when establishing connection with this energy initially. That is ok. Notice if you sense your own energy pushing outward from the crown in a defensive position, resisting energy to flow through you. If so, simply bring your awareness to this area.

Head

This is the most common sticky point for pendulum work, especially when establishing connection with your pendulum. If you find yourself getting stuck and fixated in the head, call your energy back and down.

Shoulders

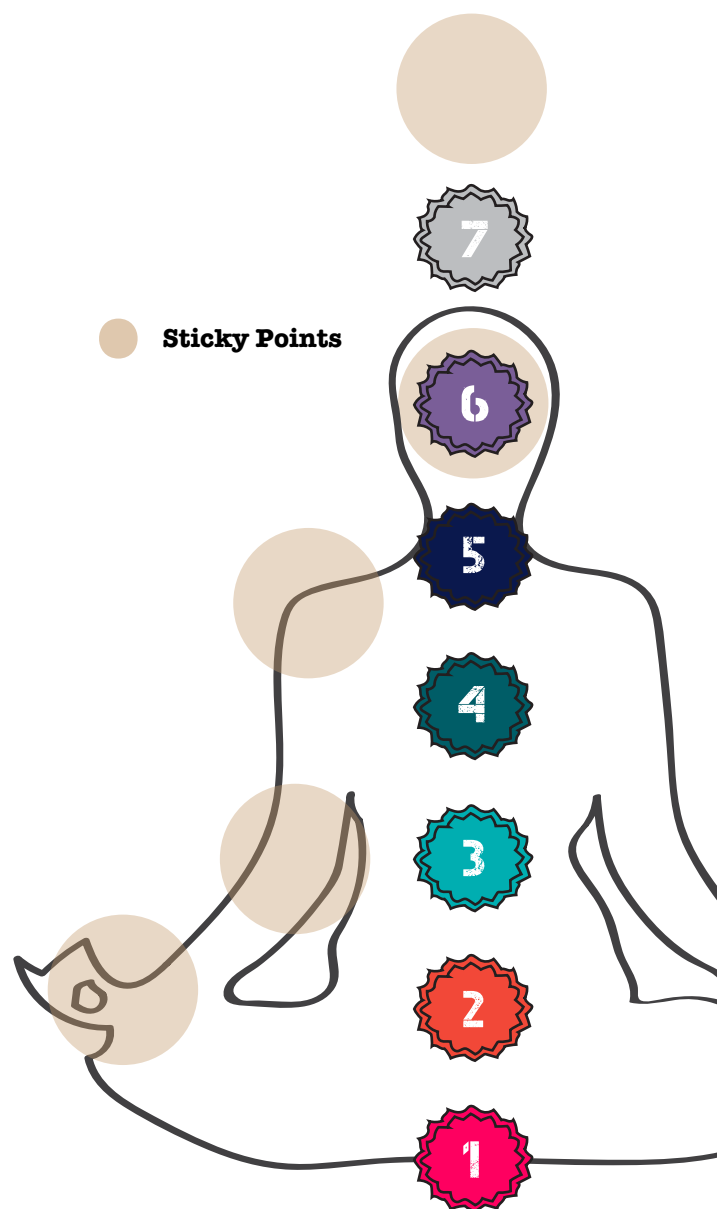
You may notice tightness in the shoulders, neck and chest right away when working with your pendulum. Bring your shoulders back and down, open up at the chest and breathe. This posture can surface when you are concentrating hard and your mental focus begins to shift into more of a stuck, heady, fixation. Supporting a physical shift in your body by changing your posture can support immediate shifts in the energy.

Elbow

When you hold your pendulum for prolonged periods of time, you will notice improper body mechanics if your arm tires out. Simply bring your elbow into your side so that you can hold the pendulum in a relaxed and comfortable position.

Wrist

Make sure your wrist is neutral and not overly flexed or extended when holding the pendulum. This will help to support that final point of resistance in allowing energy to flow through you.



CHAKRA CHART

Stressed + Supported Energies

STRESSED

SUPPORTED

CONFUSION
DISCONNECTED
INDIFFERENT
LACK OF DIRECTION
STUCK IN EGO
DISILLUSIONED
DETACHED



PURPOSE
FAITH
SPIRIT
PEACE
CONNECTED
PRESENT
POTENTIAL

EXCESSIVE THOUGHTS
HIDING BEHIND
PSYCHIC NOISE
INTUITIVE DISCONNECT
SPACEY
FORGETFUL
UNABLE TO CONCENTRATE



INTUITION
WISDOM
INNOVATION
CLARITY
INSIGHT
FOCUS
DREAM

DISHONEST
WITHHOLDING
TRAPPED
ISOLATED
STUCK
HUMILIATION
NO VOICE



TRUTH
EXPRESSION
COMMUNICATION
CHOICE
LISTEN
SURRENDER
HARMONY

SELFISH
DEPRESSED
BETRAYED
JEALOUS
SADNESS
GRIEF
LONELY



GRATITUDE
GENEROSITY
FORGIVENESS
LOVE
OPENNESS
JOY
PASSION

DISCOURAGED
ENERGETIC ENTANGLEMENT
IMBALANCED
DRAINED
HESITANT
ANXIOUS
UNSURE



INSPIRED
CONFIDENT
EMPOWERED
RELAXED
CLEAR
AMBITION
AUTHENTIC

WEAK
UPTIGHT
EMOTIONAL STRUGGLE
LACK OF CREATIVITY
RELATIONSHIP STRUGGLE
BOUNDARY ISSUES
FINANCIAL PROBLEMS



TRUST
EMOTIONAL FLOW
PROSPEROUS
CREATIVE
ENJOYMENT
BOUNDARIES
PROTECTED

FEAR
LACK OF
UNSAFE
SURVIVAL MODE
BODY DISCONNECT
ORIGIN DISCONNECT
FOOD DISCONNECT

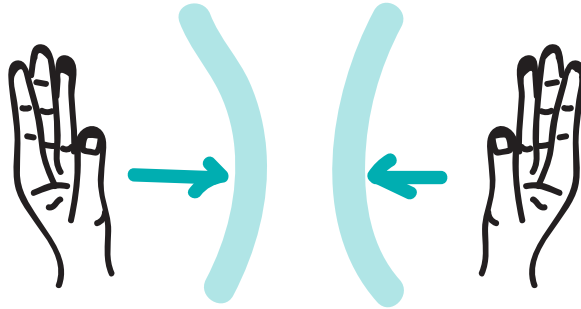


ABUNDANCE
GROUNDED
SAFETY
TRIBE
BODY
FOOD
ORIGIN

THE CHAKRA PRESENTATIONS

In The Hands

CONTRACTED



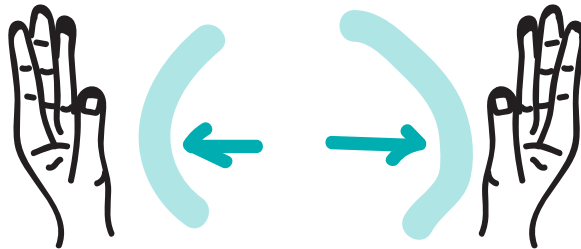
Energy dips inward
Energy center lacks integrity and firmness
A collapsing sensation towards the center of the chakra
A magnetic pull inward

CHAOTIC



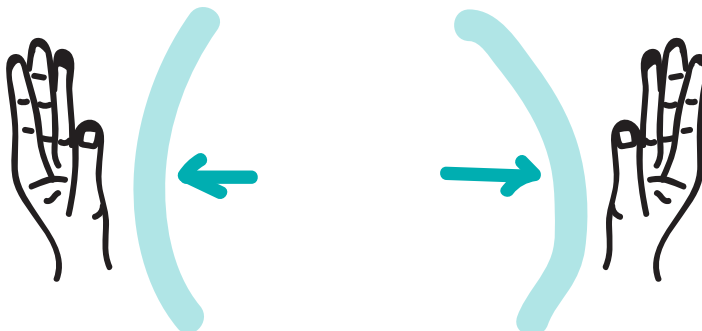
Energy bounces
A ball of energy that rolls from one palm to the other
Energy moves from left to right, right to left
Throbbing sensation at the hand

OPEN



Warmth and tingling sensation
Energy pushes out against hands slightly
Firmness to center
Energy equally distributed front and back (left and right hands)

EXPANSIVE



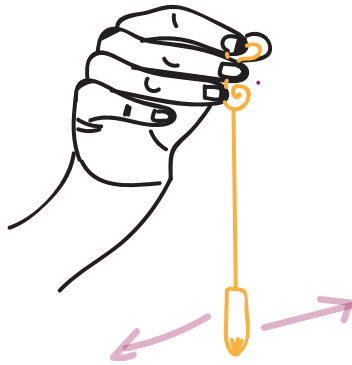
Strong heat
Sensation of hands being pushed outward
Physical distance between hands increases as you connect with the energy
Sensation of hands being lifted from the outside by another force

INTERFERENCE PRESENTATIONS

With the Pendulum

Contracted

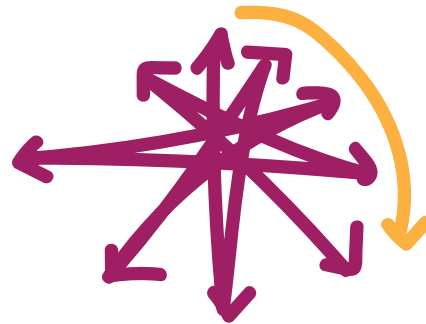
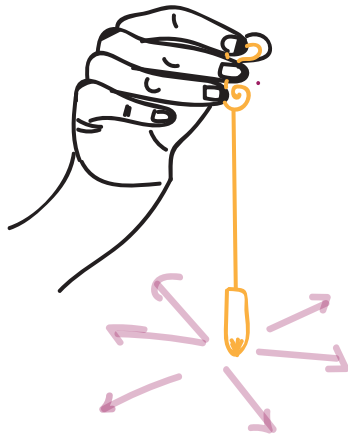
Back and forth
Swings away from you
and back towards you
Moves in single line of
energy



Depletion
Stagnant
Stuck
Weak
Disconnected

Chaotic

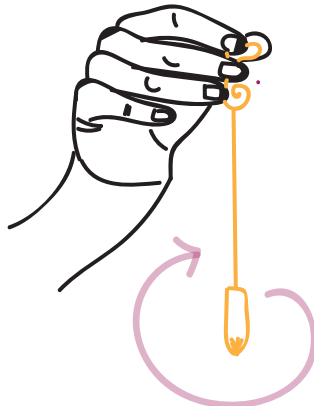
Moves in elliptical
shape
Moves back and forth
in clockwise direction



Chaos
Disharmony
Hyperactive
Excessive
Distress

Open

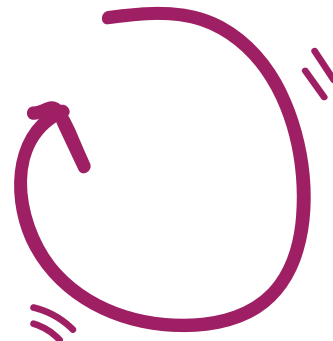
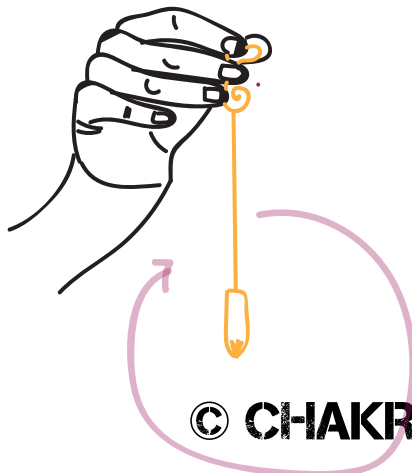
Circular clockwise
movement
Smaller circle



Functional
Ease
Gentleness
Supported
Flow

Expansive

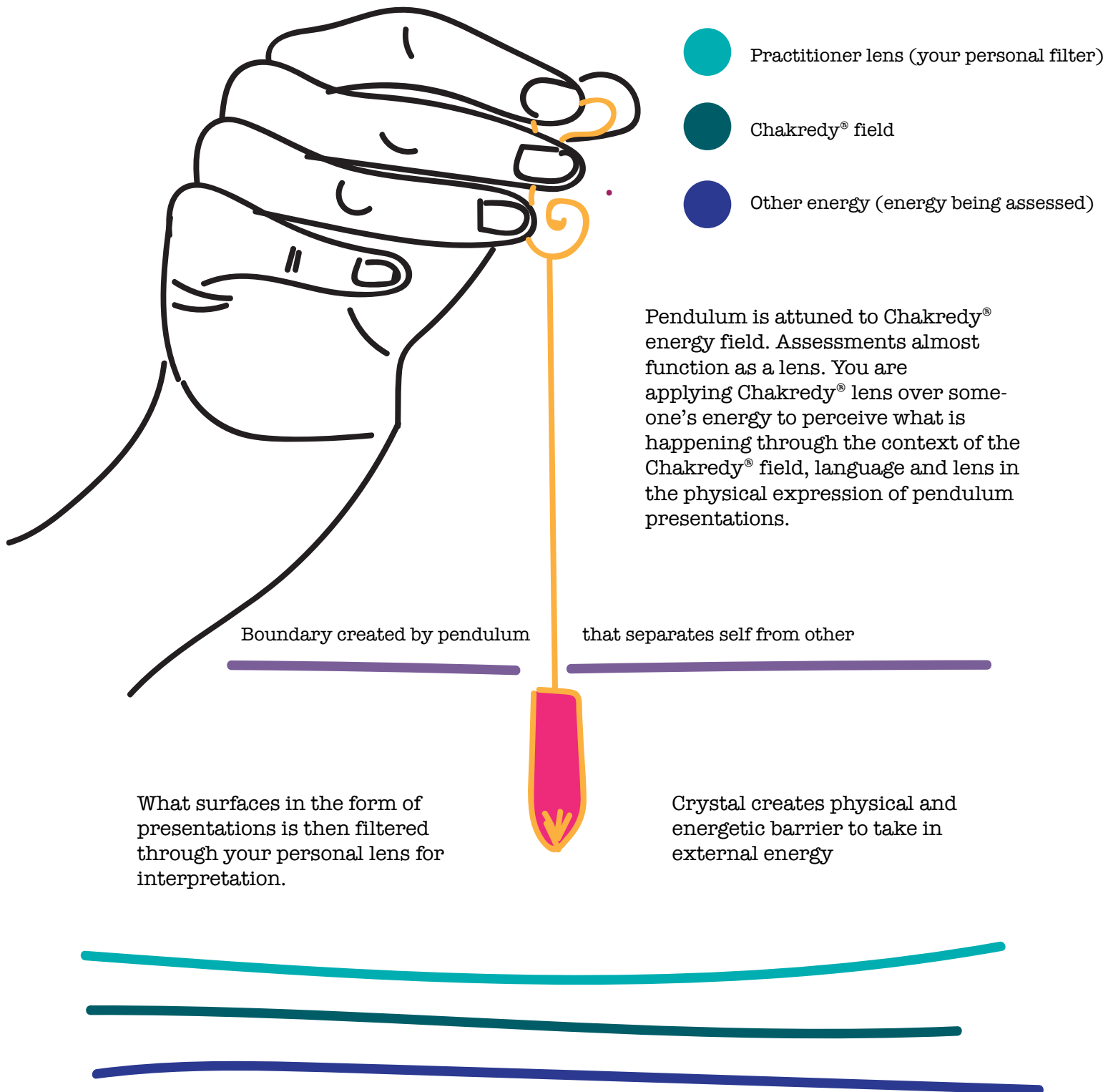
Circular clockwise
movement
Large and faster circle
than open presenta-
tion



Aligned
Embodied
Magnetic
Full expression
Potential

PENDULUMS FOR PROTECTION

Protection + Lenses



GET YOUR PRIORITIES STRAIGHT

Energetic Prioritizing

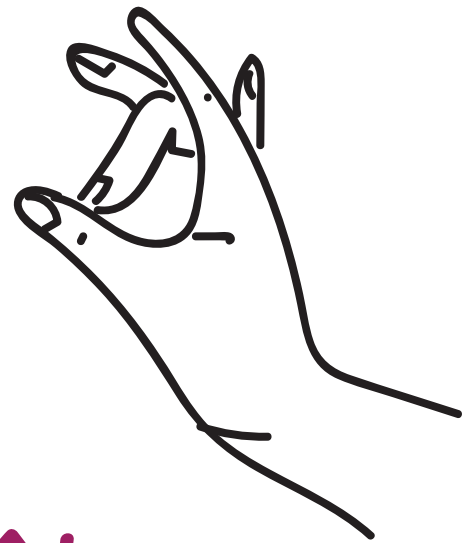
Chakra Prioritization

To connect with a prioritizing chakra, first make sure you are connected with the person's energy. Then move from the root up to the crown. The first open/expansive/priority presentation you get is the priority chakra.



Priority Hand Mudra

With your free non pendulum holding hand, bring the tip of your middle finger to distal crease of the thumb. This helps to instruct the energy to prioritize without you having to hold every intention in your head.



Non Priority

The back and forth movement/contracted presentation suggests a non priority point in the energy.



Priority

When you experience a circular clockwise movement with the pendulum similar to the open/expansive presentation, this provides the priority point within the energy.



THE CHAKRA ASSESSMENT

Contracted (C)

Chaotic (CH)

Open (O)

Expansive (E)

