HOW TO USE A PENDULUM

Pendulums are excellent tools for dowsing, chakra balancing, spiritual healing and inner growth. They are used to gain insight about yourself and others and to provide clarity surrounding an incident or an occurrence. They are fun, easy to use and remarkably effective.

Sizing the chain

The pendulum has two parts, the weight or "bob" and a string or chain that links the weight to a "fixed point". Hold the chain between the thumb and fingers at a point that will allow it to swing freely. Many people prefer to rest their elbow on a table. Others may choose to hold the chain between their thumb and first finger, and then rest it over their second finger. Although this is somewhat more complicated, some believe this helps to prevent unconscious movement of the pendulum.

Programming your pendulum

It is recommended that you program your pendulum after purchasing it. As a dowsing tool, pendulums are consulted to provide responses to questions that require a yes or no answer. They respond by moving in specific directions. There are only a few directions a pendulum can move in: vertically, horizontally, diagonally or in a clockwise or counter-clockwise circle. The easiest way to obtain your pendulum's specific directions for "yes" and "no" is to ask it to reveal them to you. Begin by resting your elbow on a table and hold the pendulum still so that it can swing freely. Say aloud or to yourself "show me yes." In a few moments your pendulum should begin to swing in one of the directions described above. After you have obtained its direction for "yes", use your other hand to stop the pendulum's movement. Next, ask it to "show me no" and it should begin to move in a different direction this time to indicate its movement for "no." Once its movement directions are consistent, you can begin to ask it more specific questions. For example, ask it a simple question, such as, "Is my name (say your name)?" Your pendulum should respond by moving in its "yes" direction. Still the pendulum and then ask it if your name is something else and it should give its response for "no." Another exercise you may try is to ask someone to hide something of value in a room. After entering that room with your pendulum, ask "Is the (object) to my right?" Once you are able to determine what direction the object lies within, proceed by asking "Is the (object) two steps to the (direction)?" Continue asking the pendulum specific questions such as these until you are able to locate the object within the room. Another variation you could try is to put letters of the alphabet around a disc and then ask your pendulum to spell out its answers for you by the way it swings. With continued practice, your ability to gain information from your pendulum will greatly improve.

How to use a Pendulum for Chakra Balancing

Pendulums are also used to clear blocked chakras or energy centres. Ask the client to lie down on his/her back. Begin the treatment at the root chakra and move up towards the crown chakra. Hold the pendulum about six inches above the chakra site. Once the pendulum senses the energy of a chakra, it will begin to move. Generally, a clockwise movement indicates that a chakra is well balanced. In contrast, a counter-clockwise movement indicates that a chakra is blocked or out of balance. The lower chakras tend to spin at a slower frequency than the higher chakras. The pendulum may swing in small, tight circles or large, swooping circles. You can tell how open a chakra is based on the width of the circle. If a chakra is blocked, the pendulum may only move in a vertical or horizontal direction.

Or, if the chakra is severely blocked with stagnant energy, the pendulum may remain motionless. To open and balance a blocked chakra, you can guide the client through various visualization exercises. For a blocked chakra to open, sometimes all that is required is focused mental energy. For some people, this process may happen quickly while others may need more time to create mental images to help open the chakra. There are also times when a chakra will remain closed, despite one's best efforts. If this happens, an opportunity is presented to explore possibilities that may explain why the chakra is holding onto stagnant energy. Often taking the time to look deeper into a problem may help to heal and balance the closed chakra.

Guided Imagery Exercises for the Chakras

First, ask the client to concentrate on the particular area of the body where the blocked chakra lies. Then ask them to create the following mental images and sounds for the appropriate chakra.

Root: Imagine the color red. The element is earth. Imagine yourself standing barefoot on a dewy patch of grass or a dirt path. Feel your feet connected to the earth, rooted into the ground. Think of the sound LAM.

Sacral: Imagine the color orange. The element is water. Think of running tap water, a bath or a body of water. Imagine water flowing down a stream or waves rolling in and out on the shore. Think of the sound VAM.

Solar Plexus: Imagine the color yellow. The element is fire. Imagine watching the flames of a fire or hearing its crackling sounds. Picture the bright yellow flames. Think of the sound RAM.

Heart: Imagine the color green or pink. The element is air. Feel a soft breeze brushing your cheek. Imagine the sound of your breath moving in and out of your body. Think of the sound YAM.

Throat: Imagine the color blue. The element is sound. Think of any sound that is pleasing to your ear. For example, birds chirping or children laughing. Think of the sound HAM.

Third Eye: Imagine the color violet. The element is light. Think of the sun rising or setting. Imagine the faint glow of candle light or the bright light that emanates from a bulb. Think of the sound OM.

Crown: Imagine the color white. The element is thought. Imagine all of the thoughts swimming around in your mind. Let go of your thoughts. Think of releasing them into the world, out through the top of your head. Think of the sound OM and the silence in its pause.

Cleansing and Charging Pendulums

It is important to cleanse and charge your pendulum after each use. Failure to do so may weaken the pendulum's inherent energy. Common methods to cleanse your pendulum are to immerse it in a sea salt bath, hold it under cold running water, or smudge it with sage, sweetgrass or frankincense. To charge your pendulum, lay it in direct sunlight or moon light. You may also choose to give it Reiki.

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