



Pendulum Factsheet

How to use your pendulum?

Have your new pendulum close to you for first few days before using it so that it can connect to your energy. It is important for your pendulum to resonate with your energy. Next, you should bless your pendulum by letting your higher self and higher consciousness know that you would like their assistance in influencing the pendulum's movement. It is the movement of the pendulum that will serve as your guidance. Make sure you do the blessing before each and every pendulum use.

How to use a chakra pendulum

Lay down on your back (or, if you are performing the chakra pendulum exercise on someone else, have them lie on their back on a surface that is tall enough for you to have a comfortable position and not be leaning into them. You do not want to create a "push," where you are pushing energy from your field into theirs). Hold on to the cord of the pendulum between your thumb and forefinger about 4-6 inches (or 10-15 cm) above each chakra. When the pendulum moves, observe its direction and movement.



If pendulum moves clockwise, that chakra is open, well-balanced, and full.



If pendulum moves counter-clockwise, there may be blocked energy or unreleased emotions relating to that specific chakra.



If pendulum moves in an elliptical swing, there may be a right- or left-side imbalance of energy flowing in the body. This may be due to overusing the right masculine side or the left nurturing side.



If pendulum moves in an erratic swing, it is possible that you (or the person you are performing the chakra pendulum exercise on) may have recently changed their beliefs or are going through a spiritual upheaval, which can affect the chakra's movement and cause it to move erratically for a couple of days.



If pendulum does not move at all, you may be holding the pendulum in the incorrect location. If that is not the case, then there may be a blockage in that chakra.

Learning to use a pendulum will help you progress on your journey of inner growth and will connect you to your higher self. You will be amazed at how much easier clearing chakras will be once you know the proper way to check them and where the imbalance lies. So tap into the power of the pendulum and start reading chakras today!