SACRED CREATORS

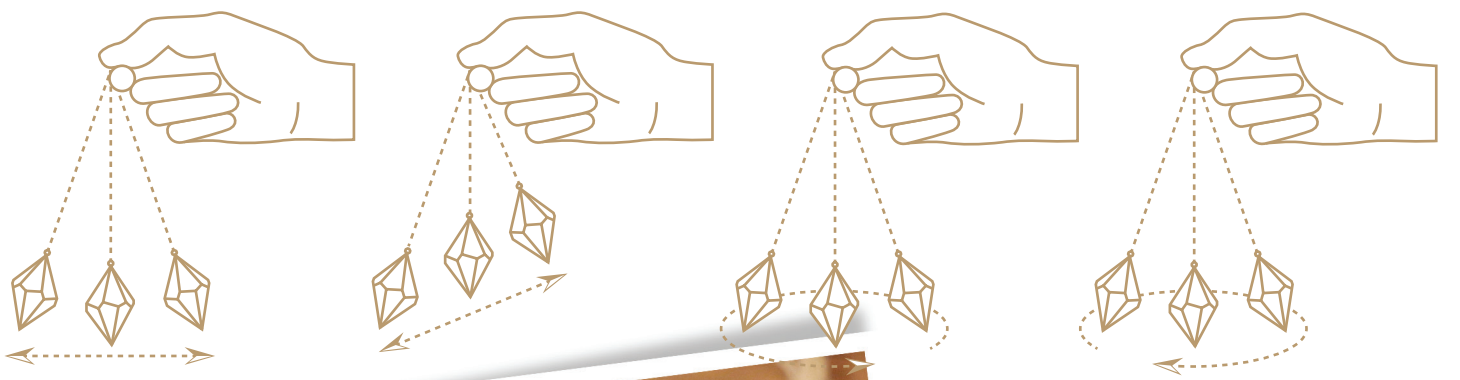
CREATING, PLANNING & MAGIC

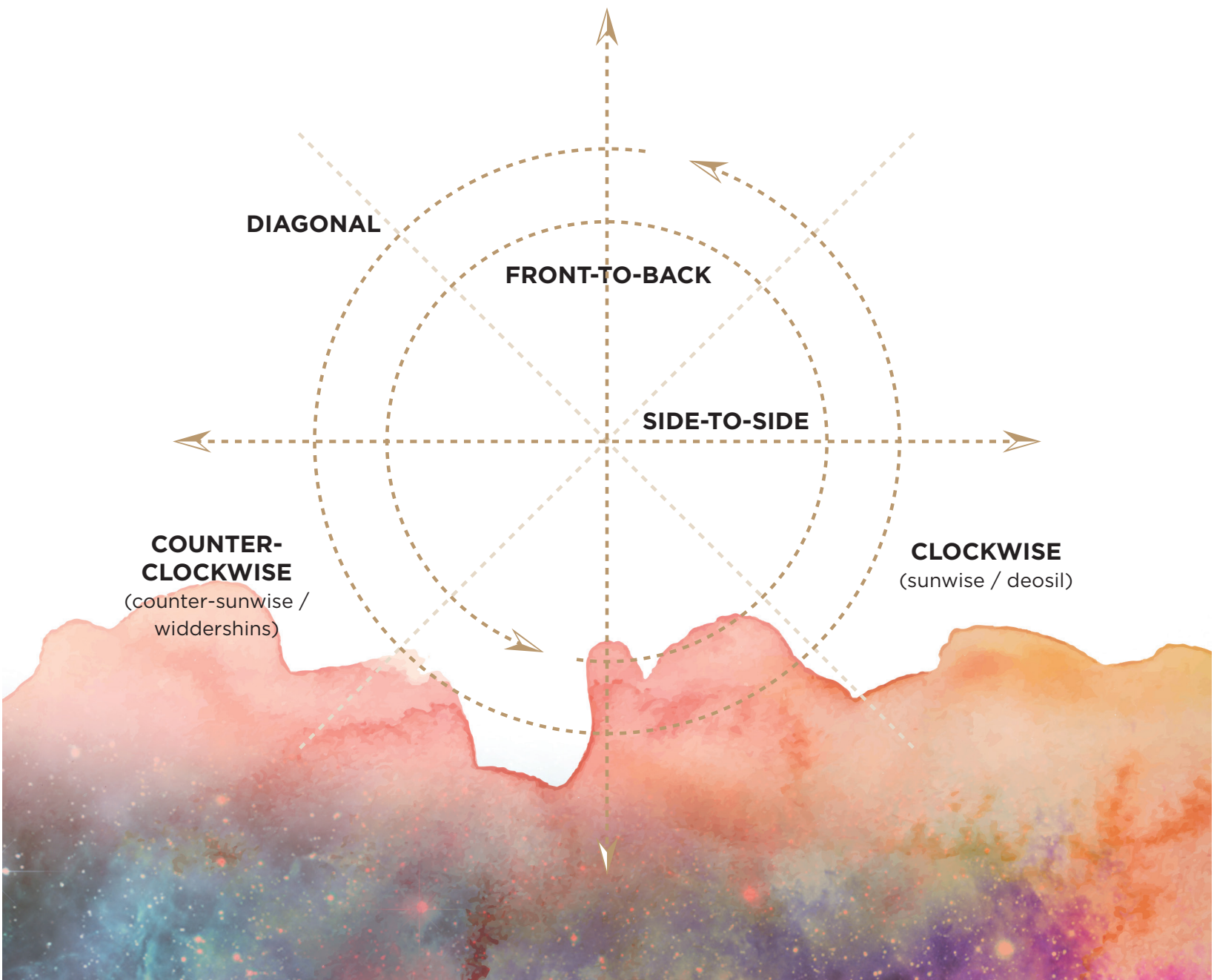
HOW TO MAKE AND USE Pendulums

Hello Sacred Creator!
A pendulum is a great tool to connect with your inner knowing. It connects with your unconscious mind, and taps into your Higher Self (or the conscious collective, Spirit, Source, etc.) It taps into this postive energy that **has** the answer you seek, and it filters the answer through your body and into a pendulum via your own micro-muscle movements. These tiny, inperceptibe twitches are involuntary movements that are controlled by your autonomic nervous system. When you can't discern an answer, you can ask your body what it thinks, and when it knows about a situation.

Make your pendulum by suspending an item to a string, chain or cord. You can use a crystal, a rock, etc. Anything that has enough weight to make the chain sway will do. Ask the pendulum what movement is a **yes** for you, and what movement means **no**. You can also use statements like "my name is _____" to get true (yes) and false (no) movements.

If you are having trouble drawing this out from the pendulum, you can also intentionally *program your pendulum* by spinning the pendulum clockwise and telling it what that motion means. Many people use clockwise for yes, and in this case you would purposely spin the pendulum clockwise and say *yes, yes, yes, yes* repeatedly, to ingrain



Personal Pendulum Guide

Use this to take notes of how your pendulum works for you.
Tell yourself some true/false or yes/no statements to get it moving.
What is a yes for you? What is no? What is undecided?
Are they any other answers coming up for you? Write them odwn on this chart for future refernce. Everyone is different! Your answers will be right and perfect for you. Trust your micro-muscles tap into your energy and to guide you through your pendulum tests.