

How to use a Pendulum

Pendulums answer questions according to energy. Use this method to help you connect to your pendulum and use it in your practice and life.

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Cleansing your Pendulum:

Before you start to use your pendulum, you should clear and cleanse it of anyone else's energy before you use it. The process of pulling the stone out of the earth to you picking it up for the first time means your pendulum has encountered many people and places and needs to be cleared so that it is ready for you to use.

- Cleansing your pendulum of energy with your preferred method (Sunlight, Full Moonlight, Salt, Selenite, Intention, Energy, Etc..)
- Once Cleansed, hold your pendulum in the palm of your hand
 - Imagine light filling the pendulum
 - Imagine energy to start to expand around the pendulum
 - Imagine the expanding light has fully charged the stone

Dedicating your Pendulum:

Hold your pendulum in your hands and up to your heart space and say the following intention into it 3x (please modify to your needs):

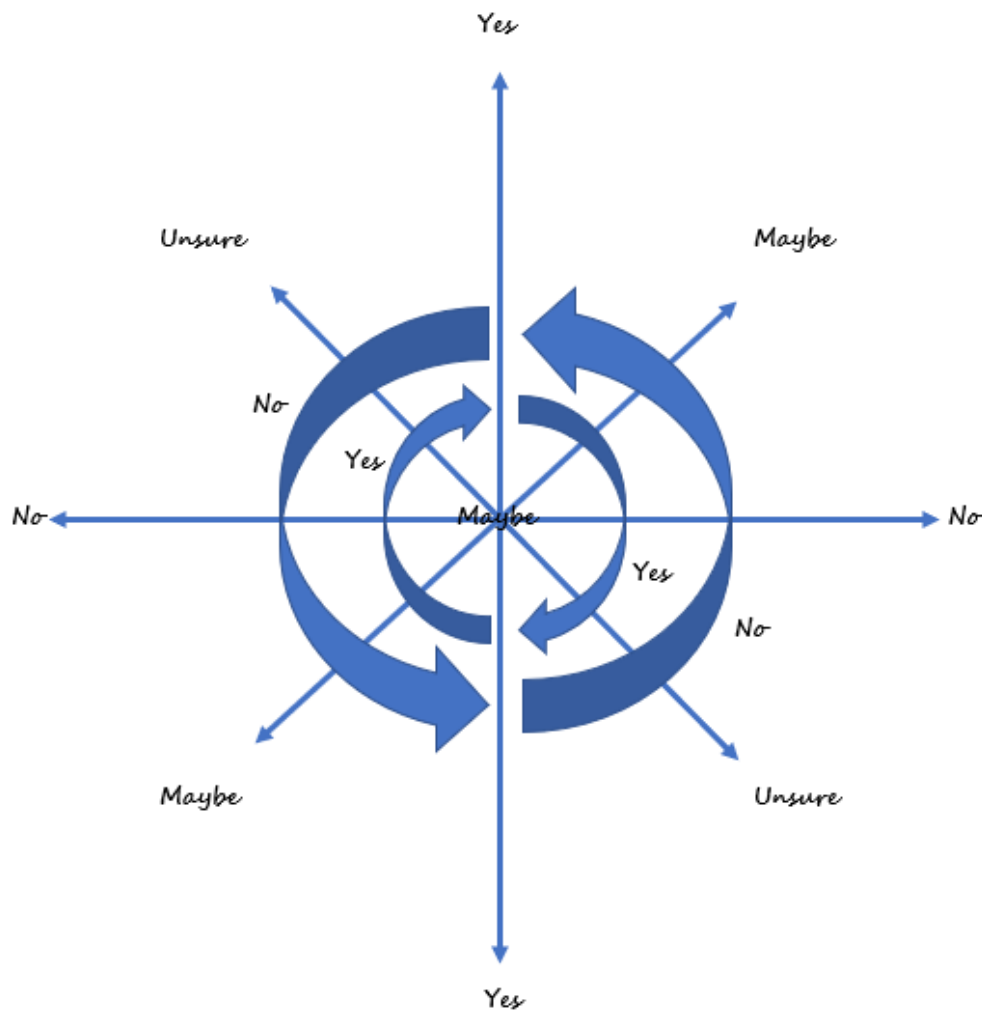
"I dedicate this pendulum to the Highest Good of the Light. I ask that love, health, integrity, and joy fill this pendulum. I dedicate this pendulum to Divine Truth and I ask that all the answers given be in the Highest Good of all."



Programming your Pendulum:

There are many ways to program your pendulum to know how it is answering you. I personally let the pendulum tell me how it wants to swing but you can tell it how you want it to answer you as well. Here are 2 methods of programming your piece:

1. Allow the pendulum to tell you how it will show you answers
 1. Hold your pendulum by the top bead and let it hang under your hand
 2. Ask the pendulum to show you a yes answer by asking a valid question (Is my name (your name)? Is today (todays day)?
 3. The pendulum may swing in a circle or one way or the other. Note the way it swings
 4. Ask the pendulum to show you a no answer by asking a false question using the same method above and note the way it swings
 5. If you ask a question that is not a yes or no question or the pendulum can't answer, it can swing a way that isn't like above or it will just wiggle or shake
2. Using the map below, you can tell your pendulum how want it to answer you
 - For each type of answer say: "When you give me a _____ answer you will swing (how you want it to swing)" and swing the pendulum in that way.



Once your pendulum is Cleansed, Dedicated, and Programmed, it is ready to use. It's a good idea to carry your pendulum with you or sleep with it for a week or so that it gets used to your energy.

Before each use, ask your pendulum a Yes or No question to make sure that it is ready to work. If it does not swing the way that it was programmed, program it again and then it should be ready for use.

Cleanse your Pendulum after every use if you are using it on clients so that it is ready for the next session.

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As with anything we offer, take what you resonate with in this practice and leave the rest. This is just my method of cleansing, dedicating, and programming pendulums. The Internet is an amazing free resource on other methods of connecting to your energetic tools.

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If you have any questions about the history of pendulums came head to www.TheGroveApothica.com.

If you are ready to call home your next pendulum, please head to www.TheGroveApothica.Etsy.com to see our handmade pendulums ready to find their new homes.

All my love and honor to you,

Ashley-
Delphine*

