

## Using A Pendulum To Clarify Answers And Assist In Releasing Blocked Chakras

Many people would like to use a Pendulum to help them with their healing work, but are unsure how it should be used. It is very simple if you follow these simple steps.

Hold it between your thumb and index finger using whichever hand is most comfortable. Relax! It is important to let the natural vibrations of your body move the Pendulum - your sub-conscious knows what you need to know. It will show you the answer by picking up and amplifying the subtle vibrations from your sub-conscious, causing it to swing!

You can ask any question to get a YES or NO answer. If your Pendulum swings clock-wise this is usually considered YES, counter-clockwise usually indicates NO. Moving backwards and forwards, side to side or staying still usually means NOT SURE.

Ask something that is true: Note what the response is. This will give you a YES. Now ask something that you know is not true: Note what the response is. This will give you a NO. Always use your Pendulum accepting the answers based on the way it swings.

This can provide a good second opinion. It uses your own energy and as such should not be touched by others who may impart their vibrations thereby reducing its reliability. Keep it with you as much as possible to have it absorb your own energies. Ask simple questions that will help build your trust in the answers.

You can only ask questions with either a 'yes' or 'no' answer, so structure your question properly. 'Will I get a new job?' is a good question. The answer can be a definite 'yes', or 'no'. 'Should I stay at this job or leave?' does not enable the answer to be either 'yes' or 'no'. Ask 'Should I stay at this job?' or 'Should I leave this job?'

When you have a number of choices to select from, draw a circle with a radius of about 4". Mark the choices off as degrees on the circle. Hold the Pendulum in the centre, and the swing lines-up with the appropriate marked off selection. This technique can be used to select many things – what to wear, where to holiday etc. For predicting suitable dates, hold over a calendar month by month, waiting until you get an answer. As you become proficient your answers will become almost instant.

Having worked with Pendulums over many years, we decided to incorporate different stones that represent the seven main Chakras, into our own design. There are more than seven Chakras, but these are the most widely used. By using the relevant colour stone, cut into a perfect cabuchon and stuck onto a Quartz pendulum, you can work on any specific area of your body that relates to a Chakra. These Pendulums and others, plus more Chakra information can be found on our website.

The specific area, colour and details for each Chakra are as follows:

RED ROOT Ruby, Garnet, Red Jasper  
Element Earth, Sense Smell Centre of physical energy and vitality

ORANGE SACRAL Carnelian, Orange Calcite, Tangerine Quartz  
Element Water, Sense Taste Centre of emotions

YELLOW SOLAR PLEXUS Amber, Citrine, Mookaite (Yellow Jasper)  
Element Fire, Sense Sight Centre of personal power

GREEN (or Pink) HEART Aventurine, Chrysocolla, Prehnite  
Element Air, Sense Touch Centre of compassion

BLUE THROAT Blue Lace Agate, Aquamarine, Turquoise  
Element Ether, Sense Hearing Centre of communication

INDIGO FOREHEAD Lapis Lazuli, Sodalite, Blue Agate  
Element Telepathic Energy, Sense Thought  
Centre of psychic powers and higher intuition

PURPLE CROWN Amethyst, Sugilite, Charoite  
Element Cosmic Energy, Sense '7th sense'  
Power to transmute matter into energy and energy into matter

### About the Author

For more resources about [Pendulums](#) or especially about [Chakras](#) please review our website <http://www.goodvibrationscrystals.com>

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