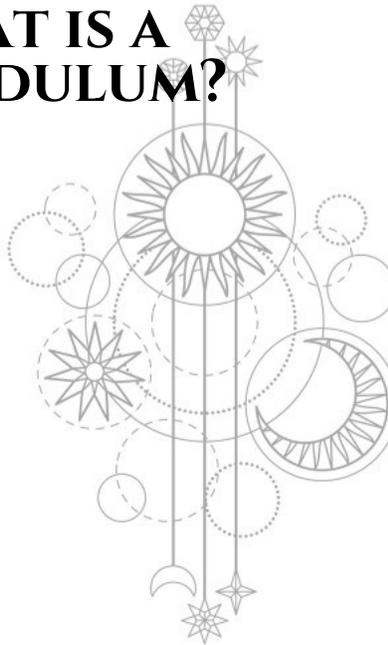


HOW TO USE A PENDULUM



WHAT IS A PENDULUM
CHOOSING YOUR PENDULUM
WHERE TO USE YOUR PENDULUM
CLEANSING YOUR SPACE & YOUR PENDULUM
HOW TO USE YOUR PENDULUM

WHAT IS A PENDULUM?



"All is energy, and energy is life!" by Envita Rose

To be in connection with the energy of life, we shall reconnect with our multidimensional abilities.

As life is energy and the all is energy, the principle of vibration states that all things, both physical matter and non-physical matter (light energy), holds a specific vibration. Basic science also tells us atoms are in constant motion, as is the universe itself. A pendulum is a bridge that connects the non-physical matter and the physical matter with our conscious awareness.

A pendulum can be any object that hangs vertically where the weight is suspended from a frictionless pivot and can swing from side to side or in a circular motion. As Italian scientist Galileo Galilei (1564–1642) discovered that it always takes the same amount of time to make one complete swing. A pendulum works by converting energy back and forth. When the point is furthest from the ground, it reflects the potential energy (stored energy) and as it swings (oscillates) back and forth, it switches to kinetic energy (flowing energy) while in motion.

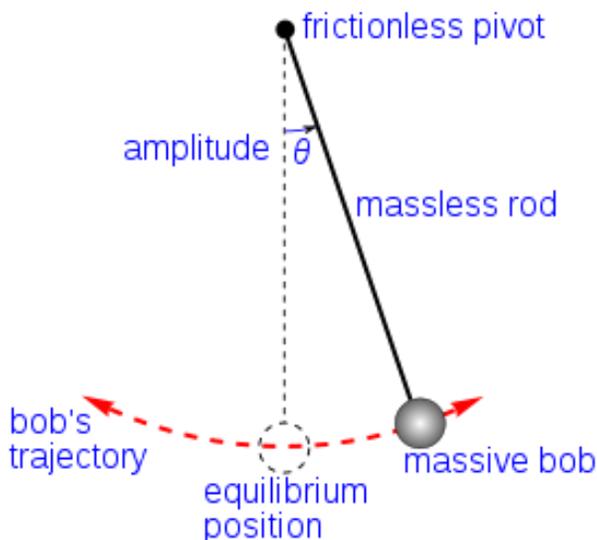
From the first scientific investigations of the pendulum around 1602 by Galileo, the regular motion of pendulums was used for timekeeping, and was the world's most accurate timekeeping technology until the 1930s. Since then, the pendulum has been used for many things and can be used in many ways.

Many fields that work with energy, use the pendulum to ask for help, guidance, clarity and receive information in the form of "yes" or "no" answers. I used the pendulum specifically, as a path to train and build a stronger connection to our senses, which naturally opens our multidimensional abilities. We are disconnected to our abilities and through paths, which bridge the non-physical and physical world together we reconnect to the truth of who we are and the abilities within us. As the pendulum directly reflects in visible action based on the connection between our awareness, the seen and unseen. With practice and over time your senses become stronger, enabling you to feel the vibrations of the answers before seeing the reaction in the pendulum. This can be a moving and powerful experience in your life.

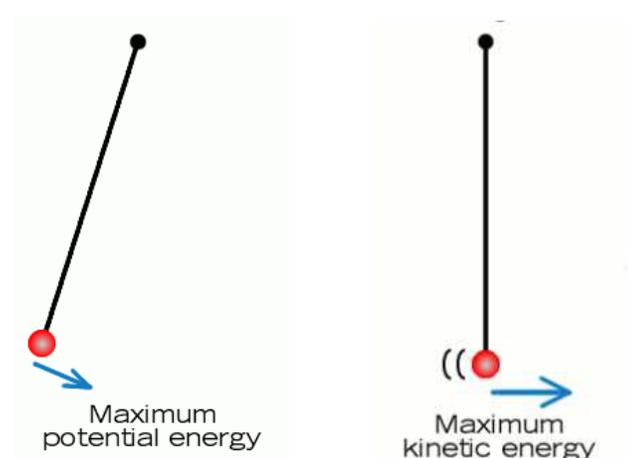
When working with energy, it holds great responsibility and to support you we have created some suggestions when engaging in working with energy, which may guide you in your practice.

We believe every individual has the knowing within, we came with this knowledge and on our journey, we are learning to access this deep information within us. The pendulum is one of the many possibilities that supports you on your path of training your multidimensional abilities and connecting to the all-knowing.

Simple Gravity Pendulum Graph



Maximum Potential & Kinetic Energy





CHOOSE PENDULUM & SPACE

My daughter at age 5 told me that any object can be used as a pendulum and is connected to energy. We were walking down the street and she asked me to take off my necklace I was wearing and began to show me. Watching her connect to her heart and wielding the pendulum was magical. In this moment, I realized that choosing the right pendulum is like choosing the right crystal. There is no right one or wrong one, and in fact they choose you. Trust your intuition when you are deciding what pendulum to use and dare to try something new if it calls you.

To begin find and create a space where you feel comfortable. Some people prefer to be alone in a quiet place and others are able to remain focused and connected anywhere, like my daughter as we were walking down the street and she was using my necklace as a pendulum. Depending on if you are pendeling for yourself or for another person, this may lead you to different preparation steps.



CLEANSE YOUR SPACE

Everything is energy and is either potential or kinetic energy. While energy is naturally intelligent, it can become disconnected from its source, therefore becoming stagnant, not being able to flow freely. When there is an accumulation of stagnant energy, it can feel dense, heavy, or chaotic.

Before you begin take a moment to transmute the energy around you and in the space, you are working in. You are able to cleanse the space with your own energy by connecting your awareness, heart and expressing your intentions. If you would like, you are able to burn sacred herbs or resins, to enhance the effect.

Here are 7 simple steps to Cleanse Your Space:

1. Connect and open your heart. Breathe deeply during your work to support in transmuting the energies.
2. Ask for permission to do the energy work and connect directly to the source, to support and guide you in your work.
3. Set an intention before you begin and say it out loud.
4. Open a channel of light from your heart and connect it to the sun, then acknowledge the stagnant energy and thank it for all the sacrifices it has made. Appreciate it for it has played an important step in the evolution of energy and share that the channel you have opened is to allow passage to flow again to where it so chooses.
 - a. Returning to the source
 - b. Returning to the soul
 - c. Returning to where it so chooses
5. Once you feel the energy has transformed, imagine a color and a symbol then place the symbol in your heart.
6. Then take a golden net across all universes seen and unseen to collect all aspects of your light, to return to you in your physical presence. Activating the bonding hormone oxytocin to merge your light with your physical body and using the inward spiral to fixate your energy field around you, and locking it in.
7. Then close the channel from the sun to your heart and express your gratitude for the work you have done and support from the source.

Thank you, thank you, thank you



CLEANSE YOUR PENDULUM

Like cleansing your space, you shall cleanse your pendulum. Place your pendulum in your hands and connect and open your heart. Then ask for all stored energy to be released and restore the connection of the pendulum to the zero field. Then lock it in by saying, "and so it is." Then repeat thank you 3 times.

If you use your pendulum often you can cleanse it during the full moons. Depending what material your pendulum is made of, you can either wash it gently with salt water or smoke it out with sage, copal or palo santo. Please be sure to check before cleansing, which way is best based on the materials of your pendulum.



HOW TO USE YOUR PENDULUM

When you have selected the pendulum to use, are in a comfortable space, cleansed the energy around you and cleansed your pendulum, you are ready to begin.

Here are 9 simple steps to guide you in your practice

1. Hold your pendulum and connect to your heart.
2. Open your heart and align your pendulum and your heart as one.
3. Release all of your expectations or influence to be a clear and neutral channel to receive information and guidance for you or the person you are penduling for.
4. Then observe the movement of your pendulum and ask to be shown "yes" and to be shown "no".

***IMPORTANT** When your heart is open the pendulum will move in a circular motion for "yes" and it will swing back and forth for "no". Many feel there are different ways in which the pendulum sways and I only teach the new consciousness frequencies, when connected to an open heart and cannot share what others may teach.

5. Start with asking permission and blessing for your work.
6. Then begin by asking questions you already know the answers to. This can help you to building a strong energetic connection and trust when you are practicing in the beginning.
7. Then begin to ask the questions you would like information, guidance, or clarity on. Be open to receiving and observe the signs to understand what the non-physical world would like to share with you.
8. Ask questions that support the information you received, but in a way it uses yes and no with getting to the same outcome. For example:

Should I take action today? "yes"

Should I not take action today? The response should swing in a direction that shares "no"

If you receive mix signals, it could be due to this but not limited to:

Your heart is closed

You do not have permission to know

The energy is not properly cleansed around you

9. When you are finished, thank the energy for the knowledge and guidance. Then close the connection from your heart and the pendulum and keep your connection to your heart open.

THANK YOU & LET US KNOW HOW YOUR EXPERIENCE WAS!

Enjoy the process and know that everything comes from a good place. There is no bad energy, only blocked or stored for a purpose and when we understand the purpose, we can transmute the energy to a new form that supports us in fulfilling our soul's path and activating our multidimensional abilities.

For any questions or a personal session, please reach out to us personally and we are here for you.

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