

# pendulum & crystal healing

through the  
chakras



# Pendulum & crystal healing through the chakras

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# Introduction

Discovering how to work with a pendulum & crystals, not only to gain answers to simple questions, but to restore health and wellbeing, has been one of the great blessings in my life. I have spent many hours totally fascinated by the way a pendulum is able to detect energy distortions in the body-field, clear them and bring them into balance. It is a delight & often a relief to experience an energy field all of a sudden become absolutely calm & still, especially after it has been disrupted and spinning like a violent storm!

Watching a pendulum detect patterns of energy, often in reverse polarity, makes it very clear why we become stuck. When the energies of life are spinning as they are designed to in a clockwise rotation, they have the power to attract what is needed and to dispel what is not. When they have reversed their polarity however, due to some type of unresolved trauma and are spinning in an anticlockwise rotation, they do the opposite. They attract in the negative & repel the positive. Until this anti-spin is reversed, healing & resolution of issues is well-nigh impossible.

Continuing to work with a pendulum has given rise to simple and effective ways to balance the chakras & all body systems, as well as ways to release pent-up emotions & stubborn negative beliefs.

With its ability to detect & restore movement, the pendulum can be a far reaching and penetrating healing tool for those with confidence & focused intention. Confidence comes quickly as one experiences the incredible power of the pendulum to balance the functioning of the body and restore peace of mind. Witnessing the pendulum at work is a wonderful revelation for all to see as it

reflects what is taking place below the surface in the subtle energy field. It enables one to witness the disruptions underpinning the mental, emotional & physical issues which most of us experience at various times in our lives

My journey with a pendulum started many years ago, when as a Polarity Therapist, it occurred to me to use my pendulum to increase the efficiency of my hands to bring about balance. It turned out to be a very reassuring experience, as the pendulum reflected to me the very same energies I was experiencing through my hands. When I was experiencing static and disrupted energy, the pendulum's spin would be erratic and disjointed; when I experienced energies settling down, the pendulum would begin to spin in a steady & clockwise direction. Finally when I felt the even pulse of a body's life force, the pendulum would become still and reflect that state of perfect balance. Watching the pendulum spin as I work with my clients has increased my capacity to identify when an energy field has reversed its polarity and when it has been restored. The pendulum has become my friend, teacher and helper.

Using a pendulum with the support of crystals placed appropriately on the body, is a non-intrusive & painless form of healing. It can easily be learnt & practised by anyone with an open heart and mind. It is my experience that it is possible to travel into the energy field of any aspect of life with a pendulum and restore balance. Working with a pendulum is always a revelation and a journey back into stillness. I trust you will enjoy learning about the power of the pendulum and that it becomes one of your cherished healing allies. Most importantly that you grow and become

consciousness in  
evolution



# Balance the Chakra System

## Initial Procedures & Practises

- invite your client to lie on their back & make them comfortable on the healing table. Support them with cushions & covers etc.
- choose crystals for them to hold & place on the body as you feel appropriate.
- a& Invoke the intention for healing, e.g. I am a clear & perfect channel for divine love & wisdom to flow through me to balance the chakras for the highest good & the highest good of all
- practise the Hands-on Healing Protocol or another of your choice
- stand at your client's right side & commence the pendulum work as follows

## Balance the Subtle Energy Field

### Balance the Chakra System

Refer to diagram 17

#### Balance the Base Chakra

- balance fear & courage at the base chakra

#### Record & Balance the Sacral Chakra

- balance attachment & independence at the sacral chakra

#### Record & Balance the Solar Plexus

- balance anger & acceptance at the solar plexus (SP)
- balance frustration & creativity at the SP
- balance apathy & enthusiasm at the SP

#### Record & Balance the Heart Chakra

- balance criticism & love at the heart chakra (HC)
- balance blame & self-responsibility at the HC

#### Record & Balance the Throat Chakra

- balance grief & peace at the throat chakra (TC)
- balance abandonment & belonging at the TC

#### Record & Balance the Third Eye

- balance doubt & trust at the third eye

#### Record & Balance the Incoming & Outgoing Energies at the Crown Chakra

- balance fragmentation & integration at the crown chakra (CC)
- balance connection & disconnection at the CC
- release past life Imprints no longer serving the highest good at the CC

#### Record & Balance all interconnections, relationships & functions between each & every Chakra

#### Balance all Chakras for optimal health joy & vitality

#### Last Minute Precautions

- if there is any further work to be done to balance the chakra system, please do so now. (If balancing another system or issue, simply substitute here.)
- register all corrections made today throughout the entire consciousness of the energy field.
- release any work done not in the highest good of all concerned

#### Balance the Chakras to the

- breath
- world and universe
- source of all life within

#### Complete with the Hands-on Protocol

This is the basic outline & protocol.

With experience you will be able to make relevant variations e.g. if one chakra was particularly disrupted you might like to balance each chakra to that particular chakra or if a particular emotion was an issue, like resentment, you could release the charge on that emotion at each chakra.