

PENDULUM ENERGY GUIDE



WHAT IS A PENDULUM?

A pendulum is a spiritual energy tool that uses directional movement to reveal answers stored in your subconscious or spiritual field. It acts as an energetic translator — *not fortuneteller.*

BEFORE YOU BEGIN

- Cleanse your pendulum (smoke, salt, intention, or running water if safe)
- Set your intention: 'I am now open to receiving clear and truthful guidance only.'
- Find a quiet space where you won't be disturbed

HOW TO USE IT

1. Hold the pendulum chain between thumb and finger, with a few inches of chain hanging
2. Rest your elbow on a table or steady your hand so it's still
3. Ask it to show you each direction:
 - "Show me Yes" → Note which direction it swings (arise, side-side-to-side, front-to-back)
 - "Show me No"
 - "Show me Maybe"
4. Ask a yes/no question and wait for it to swing
Don't push. Just observe.

CLOSING YOUR SESSION

Say: "Thank you. I now close this session with gratitude."

Store your pendulum with care and intention