

HOW TO USE YOUR BODY AS A PENDULUM

Learning how to use your body as a pendulum will allow you to get accurate yes or no answers, which is important for intuitive healing and muscle testing.

EXERCISE #1: YOUR NAME

- Say your correct name: “My name is _____” and your body should move forward.
- Say the wrong name: “My name is _____” and your body should move backward.

EXERCISE #2: TRUE AND FALSE STATEMENTS

- Make a true statement such as “I have a pet named Riley” or “I live in Springfield, Missouri” and your body should move forward.
- Make a wrong statement such as “I live on the moon” and your body should move backward.

EXERCISE #3: FOOD

- Take a food of your choosing in your hands and hold it to your chest.
- If your body accepts the food, you will move forward.
- If your body rejects the food, you will move backward, suggesting you should not eat it.

EXERCISE #4: HAPPY AND SAD THOUGHTS

- Put your hands at your heart and think of something or someone that makes you very happy. Your body should move forward.
- Put your hands at your heart and think of something or someone that makes you very sad. Your body should move backward.

EXERCISE #5 POINTING AT OBJECTS

- Put one hand at your chest and use your other hand to point at an object in your home, work setting, etc. This is a great technique to use with gifts you receive, thrift store items, pictures on your walls, etc.
- Your body will move forward if the item has positive energy.
- Your body will move backward if the item has negative energy.