

Assessing Chakras with a Crystal Pendulum

Crystal pendulums are divination tools that connects us to our Higher Self- relaying to us what we already know on a subconscious level. While they can be used as tools for clarity and guidance, they can also be used to assess the status and balance of our Chakras.

Programming your Crystal Pendulum:

- 1.) **Cleanse:** Place crystal pendulum in the palm of your non-dominant hand. Hover your dominant hand over the crystal (if you're attuned to 2nd degree Reiki symbols, draw SHK+CKR over the crystal). Call in the light of the Reiki to clear and purify your pendulum of any and all negative energy. You may feel heat, tingling, or sensations in your hands. Visualize white light cleansing the crystal. Hold for 30secs-1min or as long as you feel called.
- 2.) **Activate:** Bring your hands into Gassho prayer position at heart level with your crystal pendulum between the palms of your hands. Express gratitude and say: "Thank you for your company. I would like to activate this crystal pendulum and bring out all the special divine properties that you may have to help me gain clarity, wisdom, and guidance in my life for my highest good and for the highest good of all.
- 3.) **Calibrate:** Hold end of pendulum tip with your dominant hand: thumb, index, and middle fingers only (excluding ring and pinky finger). Bring the pendulum to a full rest.
 - "Show me a balanced chakra" (pendulum should swing clockwise)
 - "Show me a blocked chakra" (counterclockwise)
- 4.) **Assess each Chakra:** Before assessing each chakra, bring pendulum to a full rest.
 - "Show me (person's name) Crown Chakra" (refer to diagram below)
 - Repeat step above for all the chakras.

Pendulum Movement	Chakra State	Meaning
Clockwise	Open	Energy is in balance and flowing freely
Counterclockwise	Closed	Energy is restricted, out of balance, or blocked
Straight line (either direction)	Partially open/closed	Energy imbalance and/or partial blockage
Elliptical	Right/Left side imbalance	Energy is flowing, though out of balance on one or both sides
No movement	Blocked	No energy is moving through, full blockage