

USING YOUR BODY AS A PENDULUM

We subconsciously know everything that is going on in our own bodies, and the use of a pendulum can work as an extension of our own inner wisdom to tap into what we already know.

In the absence of a pendulum, we can actually stand still, and calm, and ask the body for a response (*besides – you’d have to be a wee bit strange to be walking around the supermarket aisle with your crystal swinging away muttering to yourself... “are those chocolate biscuits going to be good for my health or bad?”* 😊).

Here is how you do it:

Stand nice and still, and settle into a calm, quiet mindset as best you can within your surroundings.

Close your eyes if you feel more comfortable, and say out loud (or in your mind) to your body, “please show me a YES”. Relax and you will feel your body sway forward a little.

Take a breath and come back to centre, and ask yourself to now show you a NO. Relax and you will feel your body swat backward a wee bit.

You can practice feeling your YESES and NOS by saying things you already know to be true and things you know are false (I like to start with saying “my name is _____ (*name*)” and then saying “my name is Bob, George (*something it is not!!*)

Now, the fun part – ask a question. Remember though – ask a silly question, get a silly answer! Try and be specific and you will get a clear response. For example, “is consuming wheat at the moment beneficial for me,” or “Is my caffeine intake causing my migraines” or “is this product safe for me to consume.”

Relax and allow your body to answer.

