

METHODOLOGICAL GUIDE

Work with the pendulum

LESSON 1

How to prepare for working with a pendulum.

1. Clean the energy of the room where you will work. This can be done using the resource state: log in resource state and “envelop” the working room with these high vibrations. Also, this can be done using candles and a prayer: walk around the corners of the room with a burning candle, reading a prayer (any prayer that you like) in each corner.

2. Balance your emotional state: remove excitement, anxiety, fears and doubts (self-doubt). These emotions close you off from spiritual connection and create unnecessary interference. The state should be relaxed and calm.

3. Be "here and now." The focus should be on the process and nothing should distract.

Practices that can help to set up: "Golden shower" (must be done before the session) Meditation

Breathing practices

Reading prayers or mantras.

The main task of these practices is to bring consciousness to a state where communication with the Higher Self is possible.

All these practices calm the mind - the main hindrance in the session.

Reading prayers and mantras (15 or more minutes) raises the consciousness in vibrations, helping to pass through the low-vibration layers.

Preparation and tuning is no less important part of working with the pendulum than the contact itself.

Without sufficient adjustment, the contact itself will not take place. The duration of the tuning will always be different and depends on the state of our consciousness at the time of the session.

The manifestation of the energy of impatience is a strong hindrance in your field when working with the pendulum. It is necessary to track these fluctuations within oneself and balance this energy in oneself with relaxation and patience.

WORKING WITH THE PENDULUM

The very first time you pick up a pendulum, you need to "negotiate" how the pendulum will show the answer "yes" and how - the answer "no". This only needs to be done once.

I recommend the classic version: "yes" - the pendulum swings from top to bottom, as if shaking its head, "no" - the pendulum swings from side to side, like we do when we shake our heads. Accept this as a "contract" with the Higher Self.

Take the pendulum into working position and first feel it in the hanging position. The pendulum is an extension of your hand. Now look at him and influence with your consciousness so that he shows you "yes". Feel the momentum in your fingers as the pendulum indicates yes. Now do the same with the "no" program. Get the pendulum to clearly show these answers and feel the sensations in your fingertips as you do so.

Try this a few times to feel the pendulum and learn to accept the yes and no answers from the pendulum.

The purpose of this exercise is also to feel what it means to influence the pendulum with your consciousness.

Because this is exactly what we cannot do during our work with the Higher Self - to influence it with consciousness. And in order to distinguish this, we must be familiar with two states: "we influence" and "we do not influence." Influence occurs when we expect some kind of response. During the "dialogue" with the Higher Self (HS), we do not expect a specific answer.

We create inner silence, where, if possible, there are no thoughts, emotions and images. Silence inside - this is the working state that you need to achieve from yourself. Only in this silence does the Teacher come.

This is the most difficult part of working with the pendulum - to be able to create silence inside. But it is within the power of everyone who is not afraid of difficulties and who is striving for new knowledge. Patience will help to achieve this state.

CONNECTING WITH THE HIGHER SELF

When we have brought ourselves to a calm, even state, we begin the session with questions to the subconscious:

"Can I work?" The answer must be **"YES"**

"Is there Akasha?" (Akasha is one of the cosmic forces, when it appears, it is forbidden to work with the pendulum) The answer should be **"NO"**

"Should I work?" The answer should be **"YES"**. With two **"YES"** and one **"NO"**, you get internal access to further work.

Next question:

"I'm asking my Higher Self to get in touch. Are you there?"

You create silence within yourself and observe the pendulum without influencing it with your desire. At this moment, all your attention is in the fingertips that hold the pendulum. The impulse can be felt here, and then the pendulum will move. Wait for the answer **"YES"** from the pendulum.

If you received the answer **"YES"**, then be sure to ask the following question:

"Swear that you are the Higher Self, a representative of the Light Hierarchy."

And wait for the confirmation **"YES"**.

This question is necessary in order to confirm that the Higher Self is in touch. It is impossible to lie on the subtle plane, and if an astral entity is in touch, which answered **"YES"** to the first question, then it will not be able to deceive you to the second question.

After these two **"YES"** questions on self-examination can be asked.

If you received negative answers or the pendulum behaves incomprehensibly, then your state is not harmonious enough for communication with the Spiritual mentor. Be patient and do your best to climb the vibrations and calm down. The Higher Self hears you. But you need to hear it. And it is the vibratory "chatter" around you that prevents you from doing this. **We rise to the Teacher, and not he descends to us.**

And remember that this is required for your own safety, so that you do not "pick up" during the session what you do not need. If so, then do practices that will calm your mind and raise your consciousness in vibration. Do as much as you need.

Don't forget - you are a "bulb", not a "plafond", and you are able to discipline your mind, which interferes with the session.

HOW TO ASK QUESTIONS

If you have established contact and received two "Yes", then you can begin to practice working with the pendulum - ask questions and receive answers from the Teacher.

It is important to understand here that your question is read by the energy impulse that is created inside you. I call it a **file**. **Not the words of the question are read, but the energy file that is created with the question.**

You must understand WHAT you are asking. You should have a file of this question in your head (What do you mean by asking this question). If you yourself do not understand your question, then it will not be read and there will either be no answer, or the pendulum will be "confused". You can "agree" with the Teacher that if the question is not clear, then the pendulum will start spinning clockwise.

When you ask a question, you must keep all your attention on this question (Concentration of Attention).

For example, you ask: "How good is it for me to eat apples?". At this point, you are thinking about your question, not what question to ask next, for example. If you are asking a question about something specific, such as "How effective is this drug for my body?", You must hold this drug in your hand. If the drug is not at hand, then find a picture with it on the Internet and keep this picture in front of your eyes, when you ask a question. This is necessary for concentration, which is especially important for a specific request.

What is your attention during the request, about that you will receive an answer.

Also, in the last question, you should understand for yourself WHAT you mean by the word "effectively" (what file do you have behind this word).

What is your file - this is how you will receive an answer.

Working with diagrams requires creating a diagram "file" in your head. Before asking a question about a diagram, read this diagram, look at its sectors and "type" it into your brain.

The Higher Self answers you with your "files".

PENDULUM SAFETY

- 1. You cannot scan and work with another person without curing yourself.**
 - 2. A calm and harmonious inner state is a guarantee that you become "invisible" to the unwanted inhabitants of the subtle world. Nothing prevents you from communicating with your Higher Self.**
 - 3. Energy fullness at work. Do not operate the pendulum when you are depleted of energy.**
 - 4. It is impossible to work with the pendulum without receiving two "YES" and one "NO" from the subconscious.**
 - 5. It is undesirable to work if you have not received confirmation of the presence of the Higher Self in touch.**
 - 6. You can not enter the information channel. At the initial stage of working with the pendulum, you can only ask questions related to your health and well-being: mental, energy and physical.**
 - 7. Do not allow doubt, fear and impatience (irritation). These vibrations will keep your consciousness in the lower astral plane. You can rise from there by realizing this and doing practice.**
 - 8. It is better not to engage in seances on full moon days and other lunar cycles, which are popularly called "satanic days." Also during solar and lunar eclipses and at night. It is believed that these days and hours are active dark forces (low vibrations) accumulated by mankind are manifested.**
- This safety technique is really relevant to you until you yourself have your own personal power. This power will grow in you as you work on yourself. And then you will not need long preparations and many restrictions. You yourself will feel this moment. But until this happens, these recommendations will protect you from unnecessary experiments. But you will still pass the experiments you need. Be ready for them and give thanks for them. Now you may not understand why you need them. But in the future, their depth and great meaning will be revealed to you. Be fearless on this path, holding Master's hand in yours.**

WORKOUT QUESTIONS

For the first lesson, practice with Diagrams 1, 2, 3, 4 (D1, D2, D3, D4)

To work with charts (D):

hold the pendulum over the point where all the rays of the diagram converge, ask your question and observe which sector the pendulum shows.

- 1. How much % do I accept my physical body? (D1)**
- 2. How much % do I accept my disease? (D1)**

3. How much % is my apartment energetically polluted? (D1)
You can measure separately each room, kitchen.
4. My attention span for today as a % of 100% possible for me? (D1)
5. My energy resource is now in % of 100% for me possible? (D1)
6. How many meals per day are good for my body? (D 2)
7. How many times should I read a prayer (have a file of which prayer) for pendulum settings? (D2, maybe D3)
8. How many km per day is good for me to walk? (D 2)
9. How many times a day should I do the Light Shower to better myself feel? (D 2)
10. How many minutes a day should I do breathing exercises? (D3)
11. How good is coffee for my body? (D4)
12. How good is this drug for my health? (D4)
13. How useful (for what?) is swimming? (D4)
14. How much will this book help my spiritual development? (D4)
15. How long do I have to sleep tomorrow so that my physical body recovered? (D.20 dial)
16. What time should I go to bed according to my biological rhythm? (D.20 dial)
17. What time should I take my last meal so as not to overload your body? (D.20 dial).

I remind you that you must UNDERSTAND your question.

Come up with your own questions.

At the end of the work with the pendulum, always thank the Higher Power.