**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 vibra�ons. 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 emo�onal state**: remove excitement, anxiety, fears and doubts (self-doubt). These emo�ons close you off from spiritual connec�on 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.

Prac�ces that can help to set up: "Golden shower" (must be done before the session) Medita�on   
Breathing prac�ces   
Reading prayers or mantras.

The main task of these prac�ces is to bring consciousness to a state where communica�on with the Higher Self is possible.

All these prac�ces calm the mind - the main hindrance in the session.

Reading prayers and mantras (15 or more minutes) raises the consciousness in vibra�ons, helping to pass through the low-vibra�on layers.

**Prepara�on 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 dura�on of the tuning will always be different and depends on the state of our consciousness at the �me of the session.

The manifesta�on of the energy of impa�ence is a strong hindrance in your field when working with the pendulum. It is necessary to track these   
fluctua�ons within oneself and balance this energy in oneself with relaxa�on and pa�ence.

**WORKING WITH THE PENDULUM**

**The very first �me you pick up a pendulum, you need to "nego�ate" 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 botom, 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 posi�on and first feel it in the hanging posi�on. 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 sensa�ons in your finger�ps as you do so.

Try this a few �mes 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 dis�nguish 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, emo�ons 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 difficul�es and who is striving for new knowledge. Pa�ence 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 ques�ons 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 ques�on:   
"**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 aten�on is in the finger�ps 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 ques�on: "**Swear that you are the Higher Self, a representa�ve of the Light Hierarchy.**" And wait for the confirma�on "**YES**".

This ques�on 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 en�ty is in touch, which answered “**YES**” to the first ques�on, then it will not be able to deceive you to the second ques�on.

A�er these two "**YES**" ques�ons on self-examina�on can be asked.

If you received nega�ve answers or the pendulum behaves incomprehensibly, then your state is not harmonious enough for communica�on with the Spiritual mentor. Be pa�ent and do your best to climb the vibra�ons and calm down.

The Higher Self hears you. But you need to hear it. And it is the vibratory "chater" 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 prac�ces that will calm your mind and raise your consciousness in vibra�on. 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 prac�ce working with the pendulum - ask ques�ons and receive answers from the Teacher.

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

You must understand WHAT you are asking. You should have a file of this ques�on in your head (What do you mean by asking this ques�on). If you yourself do not understand your ques�on, 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 ques�on is not clear, then the pendulum will start spinning clockwise.

**When you ask a ques�on, you must keep all your aten�on on this ques�on (Concentra�on of Aten�on).**

For example, you ask: “How good is it for me to eat apples?”. At this point, you are thinking about your ques�on, not what ques�on to ask next, for example. If you are asking a ques�on about something specific, such as “How effec�ve 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 ques�on. This is necessary for concentra�on, which is especially important for a specific request.

**What is your aten�on during the request, about that you will receive an answer.**

Also, in the last ques�on, you should understand for yourself WHAT you mean by the word “effec�vely” (what file do you have behind this word).   
**What is your file - this is how you will receive an answer.**

**Working with diagrams requires crea�ng a diagram "file" in your head. Before asking a ques�on 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 communica�ng 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 confirma�on of the presence of the Higher Self in touch.**

**6. You can not enter the informa�on channel. At the ini�al stage of working with the pendulum, you can only ask ques�ons related to your health and well-being: mental, energy and physical.**

**7. Do not allow doubt, fear and impa�ence (irrita�on). These vibra�ons will keep your consciousness in the lower astral plane. You can rise from there by realizing this and doing prac�ce.**

**8. It is beter 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 ac�ve dark forces (low vibra�ons) accumulated by mankind are manifested.**

**This safety technique is really relevant to you un�l 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 prepara�ons and many restric�ons. You yourself will feel this moment. But un�l this happens, these**   
**recommenda�ons will protect you from unnecessary experiments.**

**But you will s�ll 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, prac�ce 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 ques�on 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 energe�cally polluted? (D1) You can measure separately each room, kitchen.

4. My aten�on 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 �mes should I read a prayer (have a file of which prayer) for pendulum se�ngs? (D2, maybe D3)   
8. How many km per day is good for me to walk? (D 2)   
9. How many �mes a day should I do the Light Shower to beter 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 �me should I go to bed according to my biological   
rhythm? (D.20 dial)   
17. What �me should I take my last meal so as not to   
overload your body? (D.20 dial).

**I remind you that you must UNDERSTAND your ques�on**.

Come up with your own ques�ons.

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