

CLASS FIVE: PENDULUMS

WHAT DOES A PENDULUM LOOK LIKE?



You don't choose the pendulum, the pendulum chooses you. When you buy your first pendulum or receive it as a gift, make sure to cleanse it using mists or smudging. Then leave it on your altar or in your space for 30 days before first use so it can infuse itself with your energy. It will take time to build a relationship with your pendulum but it will be worth it.

GRIGORIAKRITSOTELIS.COM



CLASS FIVE: PENDULUMS

HOW TO ATTUNE YOUR PENDULUM

Before you use your pendulum for the first time you have to attune it to your energy field so that you know how it is responding to your questions.

You have to assign your "yes", your "no", and your "maybe".

Get yourself into a comfortable position, where you have cleansed and blessed the space, you feel relaxed and ready to do this work.

Hold your pendulum in your dominant hand, make sure your hand is relaxed and stable.

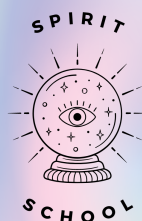
Then ask it to show you a "yes". Then to show you a "no". Then show you a "maybe" or a "need more information".

Then ask testing questions to verify, which you already know the answer to, to determine if the yes and nos have been assigned correctly.

The directions that will present themselves are usually, back and forth, side to side, in a circle (clockwise or anticlockwise), diagonal, and also staying still.

You only have to attune your pendulum once.

GRIGORIAKRITSOTELIS.COM



CLASS FIVE: PENDULUMS

HOW TO USE YOUR PENDULUM

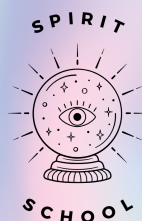
Step One: Make yourself and your space ready: cleanse, bless and prepare your space for this work. If you don't have the energy to offer, do not engage in pendulum work. Use mists, incense and smudging materials to cleanse your space. You may even be called to light a candle and play some sound frequency.

Step Two: Make sure you're in a comfortable position: preferably sit upright with a flat surface to support your arm. Cleanse your pendulum to prepare it for this work.

Step Three: Pray: Pray upon the space, the pendulum and you. Offer a protection light around you and the pendulum so that you don't open portals that aren't of light. Assign where the messages will be coming from, you do this by calling upon them, example; "I call upon my Higher Self", or "I call upon my angels", or "I call upon my spirit guides", whichever energy you wish to communicate with.

"I call upon my higher self to answer these questions and connect with me today. I seek only truthful answers, which are aligned with the highest and greatest good for everyone involved. I am protected by love and light."

GRIGORIAKRITSOTELIS.COM



CLASS FIVE: PENDULUMS

HOW TO USE YOUR PENDULUM

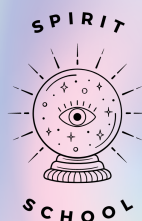
Step Four: Ask it if it wants to play: the pendulum won't always want to play. And that could be for a number of reasons, but the first question you should always ask is if it wants to play. If it says yes, proceed. If it says no, put it away and revisit it another time.

Step Five: Ask your question: speak with conviction, either aloud or in your minds eye. Be as specific as possible, but only ask questions that can have a yes or no answer.

Step Six: Wait for your response: be patient. Sometimes I will repeat the question 3 times to give the pendulum time to shift swinging directions if required. Once a swing has been established, this is your answer. If it swings in the maybe or needs more information position, rephrase the question and try again. When the pendulum swings with a heavy force, the answer is a hard yes or no, if it swings lightly, the answer is a soft yes or no.

Step Seven: Reset before the next question. You can do this by asking the pendulum to be still or by touching it to stop swinging.

GRIGORIAKRITSOTELIS.COM



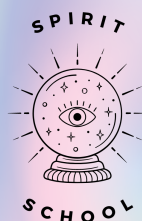
CLASS FIVE: PENDULUMS

HOW TO USE YOUR PENDULUM

Step Eight: Once you have asked all your questions, say thank you to spirit and cleanse your pendulum.

Step Nine: Pendulums like to be adorned, so place it on your altar or in a beautiful pouch. Think of your pendulums as your boujie cousin who like affluent things.

GRIGORIAKRITSOTELIS.COM



CLASS FIVE: PENDULUMS

HOW TO USE YOUR BODY AS A PENDULUM

Just like your pendulum, you can use your body as a pendulum. Your body will naturally offer a physiological response to a yes/no question. It may be different to the directions of your pendulum. So you must attune your body so you know its yes/no responses.

Possible variations;

Leaning forward

Leaning back

Shaking

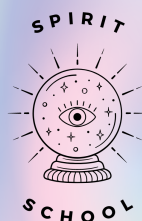
ringing in ear

Tingling on a certain side of the body

Yawning

Butterflies in your belly

GRIGORIAKRITSOTELIS.COM

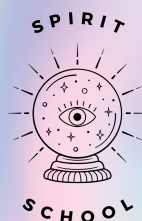


CLASS FIVE: PENDULUMS

STRENGTHEN YOUR RELATIONSHIP WITH YOUR PENDULUM

1. Relax, let it be fun, go in with childlike curious energy.
2. Be open, neutral and definitely do not try to predict answers.
3. Be clear in the way you phrase your questions.
4. Be patient, be present.
5. To get a stronger response, say "respond louder please" or "be more clear".
6. Use anchoring items (from your altar) to help strengthen your energy field.

GRIGORIAKRITSOTELIS.COM



CLASS FIVE: PENDULUMS

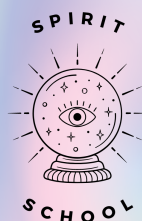
USE YOUR PENDULUM TO CHECK WHETHER YOUR CHAKRAS ARE OPEN OR BLOCKED

Scan/hover over each of your chakras to "check-in" with each chakra. Attune, but for me a circle rotation is open, and side to side or shaking is blocked.

Once you're aware, you can work on opening that chakra.

You can check-in with your chakras daily.

GRIGORIAKRITSOTELIS.COM



CLASS NOTES

GRIGORIAKRITSOTELIS.COM

