



Instructions for Pendulum Use

1. **Breathe:** Do not pick up the pendulum for any kind of use unless your own energy is calm and clear. Your energy has been programmed into the pendulum and so the pendulum will respond to how you are feeling. If you are upset, angry, depressed, sad, etc then the energy of the pendulum will be affected and you may not rely on the answers that you receive. To clear your energy, sit in quiet, close your eyes and take in three deep breaths, filling your lungs completely and then pushing the air fully out every single time. If this does not calm and clear your energy, please do not pick up your pendulum.
2. **Clear:** Here, this is not the same thing as cleansing your pendulum. This means that you need to cut the etheric energetic cords that are attached to your pendulum. Even if you buy this new, other people have touched it and left their energy imprint on it. So, ask the pendulum to show you “yes” and “no”. And then call in the protective deity of your choice. My preference is Archangel Michael. Set the intention that they remove any and all energetic cords from the pendulum and clear it completely. Then, ask them to show you a “yes” answer on the pendulum when it is cleared.
3. **Cleanse:** Depending upon the stone at the end of the pendulum, you can cleanse your new pendulum in several ways: allow it to sit overnight in the moonlight, run under very cold water, use a Reiki Ball if you are attuned to Reiki or envision a beam of universal white light entering through the top of your head and blow that white light into the pendulum. Just because you have cut the cords, does not mean that the pendulum is ready to go. It has been cleared by your protective deity, but it has not been cleansed so that you can program it.
4. **Program/Attune:** Once your pendulum is clear and cleansed, you need to attune it to your energy. Ask the pendulum to show you “yes” and “no” and then call upon your spiritual team to assist. Again, I prefer to bring in Archangel Michael. Close your eyes and envision that your energy is being sent into the stone or crystal at the end of the pendulum. Set your intention that the pendulum will move only with your energy as asked or instructed, and that it will only be assisted by your spiritual team.
5. **Usage:** Once you have cleared, cleansed and programmed your pendulum, it is now ready for use. You can go back a step and also add in your intention that the pendulum only have a specific use. For example, *I intend that my pendulum may only communicate with Archangel Michael. Or: I intend that this pendulum be attuned to my chakras and be used solely for purposes related to my own chakras.* It is important to set your intention, program it into your pendulum. Here is my intention that I state out loud prior to using the pendulum to communicate in any way:
I call upon the power of Archangel Michael and my divine spiritual team to assist in this session with my pendulum. I ask that all of the information that is revealed be for the best and highest for all involved with this session. I ask that the answers be clear, concise and I further request assistance for anything that is unclear. I ask this with the best and highest intentions for all. It is so, and so it is. Amen.



When you have set your intention, ask for the pendulum to show you “yes” and “no” so that you will know. Then, ask three test questions. If the answers are correct, you are ready to proceed. If any of the answers come up incorrect, go back to Step Three, reset your intention, take in your three deep breaths and start again with three new test questions.

For starters, begin by asking questions that can only be answered with “yes” or “no.” This should be the case, even if you are using a pendulum chart. You have to allow yourself a bit of practice time to become fully attuned to using the pendulum.

6. **Ending the session: Please do not just put the pendulum away once you are done asking questions.** Your pendulum has picked up some energetic cords to situations, people, places, etc—especially if you have used it to communicate with spirit—and those cords must be cleared. If they are not, then your pendulum session is still active and other energies could come through, even if you are not using the pendulum.

To end the session: First, thank spirit and your spiritual team for their assistance. It is always important to thank them for coming through for you. Next, call in the same protection deity that you used to originally clear the pendulum (again, I would bring in Michael, the Archangel of Protection). Now, you must set another intention:

Thank you spirit for your wisdom and guidance. I now intend that this pendulum session be completed. I ask all of those in spirit to step back. I call upon the power of Archangel Michael to cut all etheric energetic cords from this pendulum, myself, this area, this room. I send white light to both ends of these cords and intend that they cannot be regenerated in their current form. Archangel Michael, please show me a “yes” on the pendulum when it and all energies have been cleared. Thank you.

After you receive your sign, then you can conclude: *This pendulum has been cleared. I am in gratitude for all I have received. It is so, and so it is. Amen.*

7. Please cleanse your pendulum after each session, as it is important to keep it as clear as possible. You should follow these steps every single time that you use the pendulum in order to keep the information you receive as precise and correct as possible. Once cleansed and cleared, please store your pendulum away from other crystals and stones. The pendulum can and will pick up their energies. It is very much like a sponge after the first time you have cleansed, cleared and programmed it.