

THE PENDULUM

Making Energy Visible



*Learn how to raise your energy
for transformation & healing
of your life & body.*

SHEILA HOLLINGSHEAD

ENERGY

IS THE BOTTOM LINE

IN HEALING YOUR LIFE & BODY

The pendulum is a powerful tool to use for TRANSFORMATION and HEALING because it makes your energy visible. Although your mind can deceive you, your energy doesn't lie.

It is your negative thoughts about what is happening in your life that are the energy blocks causing problems, pain, and illness. With the pendulum you can locate, identify, and release the energy blocks involved.

RELEASING RAISED YOUR ENERGY.

With this book you can align each energy about your life and body to the highest positive energy to bring harmony and healing into your life.

PROBLEMS CAN RESOLVE

PAIN CAN DISAPPEAR

RECOVERY CAN BE QUICKER & EASIER

Happiness and health are meant for you.

You deserve it!

IT IS **YOUR** ENERGY
THAT MOVES THE PENDULUM

The circling movement
of the pendulum is used in this
book to show if your energy is

NEGATIVE or POSITIVE

and if what you do to
raise your energy
does raise it

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USING
THE PENDULUM

Learn to make the connection
between your thoughts
and your energy

INTRODUCTION TO PENDULUMS_____

The pendulum has a fascinating history of use as a dowsing tool since ancient Egyptian times. People who use pendulums are called dowsers, and most references to pendulums are in books about DOWSING. The accuracy of the pendulum depends on the beliefs of the person using it.

Pendulums can be used to locate a wide variety of things. The most common use is finding water for wells but it has also been used to find lost items, broken water pipes, mineral deposits, opal mines, the site for the largest oil well in the country, archeological sites, and buried treasure. It is even effectively used over a map.

The pendulum is also a precise 'measuring' device and is often used to determine accurate dosages and combinations, especially for making Homeopathic medicines, Bach's flower essences, and even pendulums for specific purposes.

And most important, the pendulum is used for healing in many ways by healers, chiropractors, therapists, and even doctors. Radionics, Polarity Therapy, and the Kahunas of Hawaii use pendulums. Carl Jung is said to have used one. And now you can use one too!

Pendulums can also be used in many ways for PERSONAL GUIDANCE. Many people use the pendulum daily to select the ripest fruit to buy, the best food to eat, the amount of vitamins to take, what to buy, what color to wear, where to go on vacation, and even what to do about a problem, pain, or illness.

In fact, some people can get addicted to the pendulum, fearing they cannot make a decision without it. The pendulum is a tool, and like any tool it is there to assist you. It is not the master.

There is nothing mystical about the pendulum. It is simply a tool that responds to your energy with either a negative or positive movement received in a variety of ways, some becoming very complex and difficult to interpret as discussed in my book ENERGY THERAPY.

This book is about my way of using the CIRCLING MOVEMENT of the pendulum to see your own energy being made visible. Being able to locate your negative energy assists you in knowing where you need to be more positive. If you can't be more positive, releasing is needed for transformation and/or healing to begin.

ENERGY

To use the pendulum, it is necessary to understand energy because it is your energy that moves the pendulum. The direction, height, and speed of the swing of your pendulum gives you information about how your energy is.

Energy is the life force within us. There is only one universal energy but like a battery it consists of two parts; POSITIVE energy and NEGATIVE energy. Each part of the energy also consists of vibrations from low to high. As you pick up the pendulum the movement you receive shows your energy at the moment.

With each positive thought, word, or action the pendulum will show positive energy with a clockwise movement. The more positive it is, the higher and faster the movement of the pendulum.

With each negative thought, word, or action the pendulum will show negative energy with a counter-clockwise movement. The more negative it is, the lower and slower the movement until finally, the pendulum won't move at all!

To get movement it is necessary to raise your energy by either changing your thoughts or releasing, and that is what this book is about!

There are many ways to raise your energy. However, it is very important that what you do really does raise your energy. With the pendulum you can 'see' the affect of what you think, say, or do on your energy. Although your mind can deceive you, your energy doesn't lie!

If all else fails to raise your energy, releasing will automatically raise it. Various other ways to raise your energy are presented in this book.

The change in energy is most readily experienced with the release of pain. When you tell the pain in a specific part of your body to leave and it does, you will realize the power of your thoughts to affect your energy & your body.

Your thoughts are very powerful. They determine what you say and do, and also how you feel. Positive thoughts make you feel better and negative thoughts make you feel worse.

Learn to pay attention to how you feel. If you don't like how you feel, change your thoughts. If you don't know what to do, use your pendulum to help to figure out what will raise your energy. The higher the positive energy, the better it is for your life and your body. Enjoy your journey!

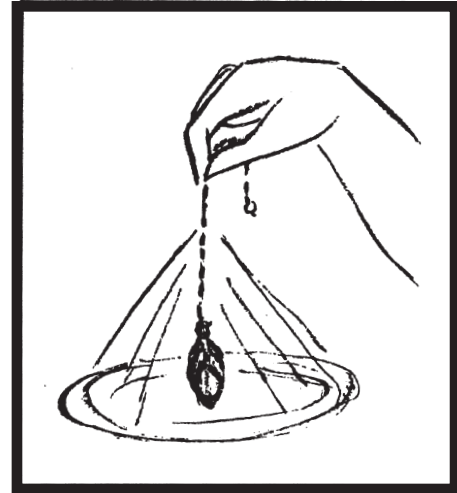
SELECTING A PENDULUM_____

Anything can be used as a pendulum. The only requirement is that it needs to be able to swing freely while dangled from your hand. However, some things may work better for you than others. The more movement you are able to get, the better the pendulum is for you to use.

If you don't have a pendulum, you can use a pendant or ring hung on a chain. You can even use a nut, fishing sinker, or a paperclip hanging on a string, or even a needle on some thread. You can use anything that will move. Three to four inches is the best length for easy movement. The longer the length, the harder it is to move.

The pendulum may work best held by your right hand and should start to move immediately. Do not try to hold your hand still as that restricts movement. If it is 'shaky', it means it is not compatible with your energy. Try a variety of things until you find the one that moves the BEST for you. Any movement will allow you to successfully use the pendulum.

If you can't get any movement with anything, try thinking positive thoughts about being able to move it or do a GENERAL RELEASE on page 17.



It is **YOUR** energy
that moves your pendulum

GETTING MOVEMENT_____

To learn to use the pendulum, dangle it slightly above the clockwise signal on the opposite page. Focus on the direction of the line and have your pendulum trace it around the circle repeatedly. You can either tell it to do this or allow it to do it, whichever works best for you.

Remember that it is your energy that moves the pendulum! The more EMPHATIC you are in telling it to follow the direction of the circle, the more movement you should be able to get. However, it does not matter how much movement you get. Any amount of movement will allow you to successfully use the pendulum.

Practice both of these basic movements regularly until you can get each direction INSTANTLY on demand.

Then, while going in one direction say 'switch directions' and keep saying it until your pendulum changes direction. The faster it changes, the more in tune you are with your energy.

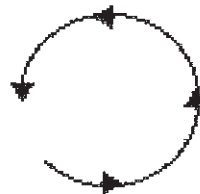
If you still can't get any movement, try again another day when you are really feeling good! That higher energy should help you to move the pendulum more easily. Know that you CAN do it!

_____USE YOUR PENDULUM

THINK MOVEMENT!

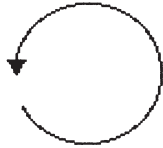


CLOCKWISE



COUNTER-CLOCKWISE

COUNTER-CLOCKWISE CIRCLING_____



NEGATIVE ENERGY

The counter-clockwise circling swing of the pendulum to the LEFT is the expression of negative energy.

The higher the swing, the LESS negative it is. The lower and slower the swing, the MORE negative it is. No movement shows the MOST NEGATIVE ENERGY and is called BLOCKED ENERGY or an ENERGY BLOCK.

Learning how to unblock your energy is necessary to get movement so you can use the pendulum. See pages 16 and 17.

EACH negative thought, word, or action, lowers your energy and brings on or INCREASES negativity such as fear, anger, rage, failure, problems, crisis, depression, pain, illness, etc.

Do not blame yourself when you receive a negative energy response. Instead, let it show you WHERE YOU NEED TO RAISE YOUR ENERGY.

_____CLOCKWISE CIRCLING



POSITIVE ENERGY

The clockwise circling swing of the pendulum to the RIGHT is the expression of positive energy

The higher and faster the swing, the MORE positive it is. A full-out clockwise swing shows no negativity involved at all, called being CLEAR.

The lower and slower the clockwise swing, the LESS positive it is. When the pendulum comes to a stop you have encountered BLOCKED ENERGY. See previous page.

Anything less than a full-out clockwise swing shows the need to be more positive. Each positive thought, word, or action raises your energy and increases harmony, success, happiness & health.

The pendulum can show where raising your energy is needed, and if what you do does raise it. The more positive you are, the higher the clockwise swing, and the healthier and happier you will be. Choose to be positive each moment.

HIGHER ENERGIES

Positive energy is divided into three levels. The first level is the clockwise circling movement and shows connection to SOUL energy.

However, there may come a time when the clockwise circling movement becomes a LOOPING CIRCULAR MOVEMENT which is the second level and expression of GUIDANCE energy, showing connection to angels and/or guides. It can be a low looping movement at first and become increasing higher as you become more positive.

The highest level of these looping movements is an over the top full-out swing going repeatedly up and over the hand. It is UNLIMITED energy and can be called The Source, Higher Power, God, or any other name other cultures or religions give to this highest positive energy of NO LIMITS.

There are also other possible pendulum movements called SEQUENTIAL MOVEMENTS. They are a combination of circling and straight line movements and are messages of guidance.

Do not be concerned if you do not receive any of these movements. To learn about them get my book Energy Therapy at PendulumHealing.com.

USING THE PENDULUM

Any time you begin to use the pendulum, the movement you receive shows YOUR ENERGY AT THE MOMENT. It is usually either a counter-clockwise swing showing negative energy, or a clock-wise swing showing positive energy.

It does not matter at this time which movement you receive or how much movement you get. Any movement allows you to use it.

The movement of your pendulum is determined by your energy, and your thoughts create your energy. Change your thoughts and the movement will change as your energy changes.

If you think a variety of things as you begin to use the pendulum, the movement of the pendulum can become erratic as your energy changes from thought to thought.

A common problem with using the pendulum is to wonder if you are doing it right or doubt the movement received, and then receive a different movement or it stops moving. The negativity or doubt causes your energy to drop lower and the new movement reflects this lower energy.

Using the pendulum teaches you to focus your thoughts to stabilize your energy.

PENDULUM WON'T MOVE_____

If you can't get your pendulum to move, or anytime your pendulum won't move, it does not mean that the pendulum is broken. Instead, it shows that your energy is blocked. There are a variety of ways to get movement. One or all of the following may be needed at various times.

1. Do NOT let your mind wander. Stay focused on what you are doing.
2. Change your thoughts. Be positive about your ability to get the pendulum to move.
3. Imagine your energy going down your arm, through your hand, into your fingers, and then moving the pendulum.
4. Do the GENERAL RELEASE on opposite page.

Pay attention to your thoughts while using the pendulum. Positive thoughts increase movement. Negative thoughts lower movement, change direction of movement, or even stop movement.

If you still can't get your pendulum to move no matter what you do, wait for a day when you feel really good. That high energy should help you.

_____TO GET MOVEMENT

A GENERAL RELEASE can be used to get your pendulum to move if nothing else works: It is a statement of intent that you want whatever is CAUSING your energy to be blocked to leave you NOW. The more EMPHASIS used in saying it, the quicker it will work to get movement. It doesn't matter how much your pendulum moves. Any movement will allow you to use it.

Repeat the following statements one at a time until your pendulum moves. Say:

"I WANT WHATEVER IS CAUSING ME
PROBLEMS TO LEAVE ME NOW!"

"IF ANYTHING KARMIC IS CAUSING ME
PROBLEMS I WANT IT TO LEAVE ME NOW!"

Omit the karmic part if you don't want to do it but it can be the most effective part. You can either repeat the statements out loud or in your mind, but BE DEMANDING and really want it ALL to leave you NOW.

You may have to yell it at the top of your lungs. Do whatever it takes to get movement. Be positive about being able to do it. It is essential that you learn how to change your energy.

GETTING MORE MOVEMENT_____

It is important to remember that it is what you think or say that determines the movement of your pendulum, moment by moment.

To see how what you think or say affects your energy, hold your pendulum slightly above the dot in the center of the circles on the opposite page. Now, tell the pendulum to move to the first circle either clockwise or counter-clockwise.

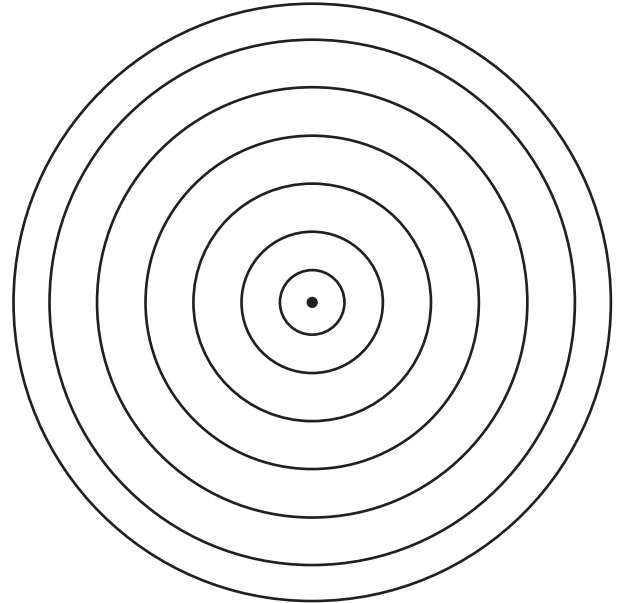
Once you have movement, tell the pendulum to swing higher to the next circle. Now demand that it swing even higher to the next circle, etc.

See how high you can get it to go. Raise your voice louder and demand it to go even higher. Keep saying HIGHER louder and with MORE EMPHASIS each time, and watch the response of the pendulum. With enough emphasis and encouragement, your pendulum could even go to a higher circle than shown.

Now, tell it to go LOWER, even lower, and finally to STOP. Keep telling it to stop until it does so as quickly as you say it.

Practice until you can get your highest circling movement on demand. Make sure you learn how to get movement in both directions.

_____MOVE IN EACH DIRECTION



MAKING ENERGY VISIBLE_____

Once you are able to get your pendulum to move, it is time to experiment with it.

To see the variation of energy of different things, hold the pendulum above a variety of things, one at a time, to see the energy for each. Check plants, animals, body parts, others, etc.

Take your time with each one and stay focused on it. Do not let your mind wander or doubt that you can do it.

Watch the response of the pendulum. Remember that a clockwise movement is positive energy and a counter-clockwise movement is negative energy. The height and speed of each will tell you how positive or how negative it is. See if the response is different for each one you do. If different, how different?

Now say the name of someone you love and watch the response. Then say the name of someone you don't like. Finally, say the name of something you hate and watch the response.

The movement of the pendulum can raise or lower, change direction, or even stop, depending on how you feel about what you are asking. Do not be alarmed by any negative response received.

_____IDENTIFYING ENERGIES

It is important to understand that there are TWO possible energies that can be received when you are asking to see the energy for anyone or anything, either YOUR energy about it or the energy of WHO or WHAT you are asking about. It is your INTENT that determines which one it is.

Your intent DIRECTS your energy which is why it is so important to be specific about what you want to know, and STAY FOCUSED on it until you receive a STABLE response from your pendulum. Do NOT let your mind wander.

For example, if you want to see the energy of a specific plant, in your mind or out loud, ask:

“WHAT IS THE ENERGY OF THIS PLANT?”

To see how YOU feel about the plant, ask:

“WHAT IS MY ENERGY FOR THIS PLANT?”

Because they are two different things, you should receive different responses for each.

If you doubt the response and ask again, doubt can lower your energy and you could then receive a different response for each from that lower energy. TRUST the first response received.

WHY USE THE PENDULUM_____

When things aren't the way you want them, with the pendulum you can ask to see the energy for anything or anyone. The movement received with your pendulum will show YOUR ENERGY about how you really feel, or what you believe to be true, about who or what you are asking.

It is important to remember that the pendulum shows your energy at the moment. Your energy can change moment to moment depending on your thoughts. Positive thoughts, words, or actions raise your energy, and negative thoughts, words, or actions lower your energy.

It is also very important to remember that the energy you are expressing at any time is the energy that goes out to manifest either a positive or negative outcome, depending on your thoughts.

Being able to find out how you really feel about anyone or anything is very important information to have. It is the first step to awareness and necessary for insight into how to bring change into your life in a positive way. The higher your energy, the better it is for you.

Problems can resolve, pain can disappear, and recovery from illness can be quicker and easier.

_____SOURCE OF ENERGY

One of the main problems with using the pendulum is one of control. Many feel that because it is possible to control the movements of the pendulum, you are ALWAYS controlling the movements, and the pendulum is just telling you what you want to know. And that can be true.

However, there are times when you can't consciously control the movement of the pendulum and that can be a big surprise.

What IS always controlling the movements of your pendulum is your energy but your energy can come from different places within you, some beyond your conscious awareness.

The movements of your pendulum show what you BELIEVE to be true, but that may or may not be true. What you believe determines where that energy is coming from.

A counter-clockwise movement is negative energy and shows connection to your Lower Self. A clockwise movement is positive energy and shows connection to your Higher Self. A looping clockwise movement shows connection to your guide or God. Being able to determine the source of your energy is the great gift of the pendulum.

ASKING QUESTIONS

Many people begin using the pendulum by asking questions and use the clockwise movement as a YES response and the counter-clockwise movement as a NO response. The set of responses come when you are centered on positive energy.

However, it is important to realize that it is possible to receive the opposite movements from negative energy. A counter-clockwise movement is then YES and a clockwise movement is NO.

To see which movements for you to use,

Ask, “SHOW ME MY YES”.

Your NO would then be the opposite movement. Check each time you ask a question to be sure.

To ask a question it is necessary to ask a VERY SPECIFIC QUESTION that can be answered with a YES or NO. Stay focused on repeating the exact words of the question you are asking. Do NOT let your mind wander.

There are other movements that are commonly used for receiving a YES and NO answer. You will find then explained in my book ENERGY THERAPY or on my website at PendulumHealing.com

RECEIVING ANSWERS

Once you receive a YES or NO response to a question, rather than consider it to be THE ANSWER, it is really showing the

ENERGY YOU ARE EXPRESSING

about the question being asked. It is important to realize that it is also what you are manifesting. The height and speed of the pendulum shows how positive or negative you are about it.

For example a very high clockwise movement could be ABSOLUTELY YES, a lower clockwise movement can be MAYBE! The lower the movement, the less sure you are about it.

A high counter-clockwise movement could be NOT SURE or even MAYBE NOT, depending on the context. A lower counter-clockwise movement can be a NO. If the pendulum won't move, it means you have encountered BLOCKED energy, showing you have a lot of negativity about the question. To unblock you energy see page 16 & 17.

There are many movements that are used for YES/NO questions. See my ENERGY THERAPY book or website for other ways of receiving YES and NO responses. PendulumHealing.com

*“We need to watch our thoughts
and be careful of what we think.*

*If we are careful of what we think,
we will be careful of what we say.*

*If we are careful of what we say,
we will be careful of what we do.”*

Maya Angelou

2

YOUR LIFE

Alignment of positive
thought, word, and action
brings harmony

*“PROBLEMS CANNOT BE SOLVED
BY THE LEVEL OF THINKING
THAT CREATED THEM.”*

Albert Einstein

ABOUT YOUR LIFE

It is necessary to understand that the way you view your world depends on your energy. So the kind of energy you express each moment is critical for the quality of your life. The more positive you are, the better your life will be!

Anything in your life that you consider to be a problem, even just an irritation, is because of negative energy. The more negative you are, the more difficult your life becomes.

It is easy to place the blame for your own problems outside of yourself, thinking they are caused by someone else, or even something such as not enough money, the way the world is, etc.

However, it can be very hard to try to change others or the world. The only thing you can easily change is your own energy. Since it is your energy that manifests what happens, that is where you need to start.

In this chapter you will learn how to see your energy to discover the location of negativity. Then it is up to you to set your INTENT to be positive, and do whatever it takes to raise your energy so you always express positive energy.

Positive energy brings harmony to your life.

ABOUT THOUGHTS

It is as important to understand that it is your thoughts that create. They create everything in your life including your happiness and your health. The reason thoughts are so powerful is because you have so many throughout the day.

Thoughts seem like harmless little things that flit through your consciousness, some more strongly than others. They seem uncontrollable, and they are just there and then gone and forgotten. The astounding thing to realize is that it is these thoughts that are busily creating your life as it is EACH MOMENT.

ENERGY FOLLOWS THOUGHT. As you think, that energy expands out from you to the far reaches of the universe like the ripples from a rock thrown into a pond.

This FOCUSED ENERGY is the prime mover of your universe. As you think, you create. Positive thoughts are positive energy that creates in a positive way, negative thoughts are negative energy that creates in a negative way.

The question is, what are you creating in your life? If you don't like what you have created, it is easily changed. Just change the way you think!

Becoming conscious of your thoughts, and therefore of what you are creating, is the first step in healing your life and your body.

Your thoughts also create how you feel. Negative thoughts make you feel worse and positive thoughts make you feel better. The idea of changing your thoughts to change how you feel is not new, but it may be new to you.

The problem is that it can seem impossible to change your thoughts when you are deep in depression, crisis, pain or illness. You feel terrible so your thoughts are about how terrible you feel.

Change comes when you refuse to live that way any longer. Once you decide you want to live your life differently, you automatically begin to change as you set the INTENT for change to occur.

You can change instantly by simply changing your thoughts to something positive. If you can't change your thoughts, or don't know what to think, THE ADVANTAGE OF USING YOUR PENDULUM is that you can "see" your energy for each thought, allowing you to determine which positive thought will raise your energy the most. The higher your energy, the better you will feel.

POSITIVE ENERGY

Positive thoughts create positive energy and are the expression of your Higher Self. It is the connection to your soul, guide and God. The higher the positive energy, the more your aura expands and so does your awareness, increasing choices.

Positive energy is CREATIVE energy and creates all that is good in your life and body. It is the source of intuition, insight, inspiration, creativity, empowerment, happiness & healing.

It strengthens your immune system, lowers your heart rate, attracts good to you, manifests a positive outcome, and is the energy of Divine Order. It is experienced as positive emotions such as trust, joy, love, forgiveness, gratitude, etc.

Trust is the gateway to your soul. The more trusting you are, the higher your positive energy. The highest positive energy is UNLIMITED. No limits. Anything you want to do, you can do. Learning to trust in the divine unfolding brings harmony into your life and healing to your body.

It is your energy that manifests so the kind of energy you are expressing each moment is very important. Let kindness & compassion guide each thought, word & action. CHOOSE to be positive!

NEGATIVE ENERGY

Negative thoughts create negative energy and are the expression of your Lower Self, showing separation from your Higher Self.

Negative energy is DESTRUCTIVE energy and changes the biochemistry of your body. It weakens your immune system, raises your heart rate, attracts negativity, manifests a negative outcome, and is experienced as negative emotions such as fear, anger, guilt, blame, resentment, etc.

With negative energy you can increasingly experience worry, tension, fatigue, irritation, depression, conflict, problems, abuse, and finally crisis. Crisis is a demand to change NOW.

Each negative thought lowers your energy. The longer the negativity, the lower your energy, limiting your awareness and decreasing choices until you no longer believe you have any choice. Blocked energy is the lowest negative energy, and severely affects your life and finally your body.

Negativity in your body is first felt as soreness, pimples, and even injuries. The longer or more intense the negativity, the more dense your energy becomes until your body is no longer able to function properly and pain or illness develop.

YOUR ENERGY

Each time you pick up your pendulum and it begins to move, it is responding to YOUR ENERGY at that moment. Nothing else can move your pendulum but your own energy, however your energy can come from many different vibrations within you.

Not only can the pendulum show whether your energy is negative energy or positive energy by the direction of circling of the pendulum, you can also tell exactly how negative or positive you are by the height and speed of the movement.

Energy consists of many different vibrations from low to high like a ladder. YOUR GOAL is to move up that ladder step by step to express the highest positive energy at any time.

As you continue in this book and discover negative energy in your life or your body, do not blame yourself for the negativity. Instead, consider it as an opportunity for growth and that you are being shown where to raise your energy.

Find your energy on the opposite page and turn to the page indicated to learn more about that energy. Be aware that your energy can change up or down depending on your thoughts.

FINDING YOUR ENERGY

Any time you want to see your energy, ask:

“WHAT IS MY ENERGY?”

Continue to ask “WHAT IS MY ENERGY” as long as it takes to receive a stable response from your pendulum.

Keep your thoughts focused on being able to receive an answer. Do not think anything negative about your ability to use the pendulum.

Put a check in the box that approximately reflects the movement you receive.

- NO MOVEMENT - blocked energy. (pg. 36)
- COUNTER-CLOCKWISE movement. (pg. 37)
 - Low movement - very negative.
 - Mid movement - quite negative.
 - High movement - slightly negative.
- CLOCKWISE movement. (pg. 38)
 - Low movement - not very positive.
 - Mid movement - quite positive.
 - High movement - very positive.
 - Looping movement - highest positive.

NO MOVEMENT_____

If your pendulum won't move, it shows that your energy is blocked which is the LOWEST negative energy.

As you encounter blocked energy, do not blame yourself for your energy being blocked. That will lower your energy even further making it even more difficult to get your pendulum to move.

Blocked energy is the result of being too negative for too long about someone or something. It is necessary to get your energy unblocked as quickly as possible because blocked energy is very destructive to your life and to your body.

Blocked energy can INCREASE any problems in your life and bring on or make more severe any pain or illness in your body.

Learning to unblock your energy is the MOST important thing you can learn to do for a healthier and happier life. See pages 16 and 17 for directions to unblock your energy.

As you work on unblocking your energy, it does not matter how much movement you get with the pendulum. Even a slight movement will allow you to use it. Being more positive and releasing will help you to get more movement.

_COUNTER-CLOCKWISE MOVEMENT

If you receive a counter-clockwise circling movement of the pendulum, you are expressing negative energy. The HIGHER the movement, the LESS negative it is. The LOWER the movement, the MORE negative it is.

Do not blame yourself for your energy being negative at any time. That will lower your energy even further making it more difficult to change your energy to positive energy.

It is important to remember that it is your negative thoughts about what is happening in your life or body that create negative energy.

The LONGER you are negative about someone or something, or the more intense the negativity, the lower the movement of the pendulum and the more negative the outcome in your life and body.

The SOONER you can recognize that you are being negative, the easier it is for you to change your energy. There is a positive side to anything negative. Find it and your energy will change.

The GOAL is to raise your energy to express positive energy, a clockwise movement, at all times. If nothing else works, releasing will raise your energy. Then, set the INTENT to be positive.

CLOCKWISE MOVEMENT_____

If you receive a clockwise movement of the pendulum, it shows that you are expressing positive energy, and connection with your soul.

The LOWER the clockwise movement the LESS positive it is. The HIGHER the clockwise movement, the MORE positive it is. If it turns into a LOOPING clockwise movement it is expressing connection to the Higher Energies, the vibration of your Guide or God. See page 14.

If your energy is less than a full-out clockwise swing, it is necessary to raise your energy by being even more positive or using any of the various techniques in this chapter to raise your energy.

The more positive you are able to be, the higher and more stable your energy becomes. It is then easier to be positive at each encounter. The higher your positive energy, the healthier and happier you will be. The GOAL is to choose to be positive moment by moment.

It is important to remember that any negative thought, word, or action LOWERS your positive energy. It can also change your energy to a counter-clockwise movement showing negative energy, or can even stop movement showing blocked energy.

_____ABOUT YOUR ENERGY

Now that you know how to see your energy, be aware that your energy can go higher or lower moment by moment, thought by thought.

It is your negative thoughts that LOWER your energy, and positive thoughts RAISE your energy. The more positive you are, the higher your energy. The quality of your life and health depends on your energy.

It is advisable to check your energy regularly to see how your energy is. Become aware of how you feel when your energy is positive compared to when it is negative, and especially when your energy is blocked.

Make the connection between
HOW YOU FEEL,

WHAT YOUR ENERGY IS, and

WHAT YOUR THOUGHTS ARE ABOUT.

Once you make the connection of how your thoughts affect your energy, you can more easily choose to be positive moment to moment!

If you don't know what to think, use your pendulum to see your energy for your thoughts, and then find the highest energy thoughts to focus on to create the life you want to have.

ABOUT PROBLEMS_____

Any problem in your life is the expression of negative energy. The longer the negativity is continued, or the more intense the negativity, the lower your energy drops and the more serious the problem becomes. It can eventually bring on crisis, depression, abuse, pain, injury, mental illness, physical illness, or even death.

The further ahead you look, the more difficult a problem can seem to be. The sooner you can deal with a problem in a positive way, the easier it is to resolve. There are certainly many ways to deal with a problem. It is important to remember that you do have a choice, and how you deal with it determines the outcome.

A POSITIVE response or action creates positive energy and manifests a positive outcome. The more positive you are, the easier and quicker it manifests, the better the outcome, and the better you will feel. It is your soul's path!

ANEGATIVE response or action creates negative energy and manifests a negative outcome. The more negative you are, the worse it all becomes, mentally and physically. It is separation from your soul's path.

CHOICES

It is important to realize that as you encounter a problem you have various choices about what to do about it.

1. You can continue to be negative about it until you end up in crisis and/or illness.
2. You can put the necessary changes into your life so you no longer have to deal with it.
3. You can change your thoughts about it until you no longer consider it to be a problem.

However, if you change your life and don't change your thoughts, it may not help. The amazing thing is that if you can change your thoughts, your life may change for the better in ways you may never have considered possible.

WHAT YOU THINK ABOUT
YOU BRING ABOUT

DEALING WITH PROBLEMS _____

When you realize you are being negative, the easiest thing to do is to change your focus to something positive about it. Focus on the solution, not the problem. What you focus on continues.

It is important when you are dealing with a problem, not to look ahead but to stay in the moment. The further ahead you look, the more difficult the problem can seem, and can overwhelm you so you can't do anything.

With problems it is also important to set priorities. What is important and what isn't? Do what you need to do or can do TODAY, and tomorrow will be taken care of. Also, whose problem is it? If it is someone else's problem, it only becomes your problem if you let it be.

The more difficult a problem is, or the more problems you have, the more necessary it is to work at raising your energy regularly so that you are always expressing positive energy.

Set your INTENT to be positive. Choose the easiest problem to work on first so that success is assured, then the rest becomes easier. Use your pendulum to locate and release negativity. Check your energy regularly to see how you are doing.

_____WHAT TO DO

As you encounter what you consider to be a problem, ask to see your energy about it. Anything less than a full out clockwise swing shows negativity involved.

Remember that ALL energy consists of two parts, negative energy and positive energy. Therefore, the possibility for the positive is inherent in anything you perceive to be negative.

To find the BEST thing for you to do about any problem, with your pendulum ask to see the energy for each of the possible choices available to you. The higher the clockwise response, the better it is for you, and shows what you really want to do, That is the best choice to follow

It is important to remember that a clockwise swing is your soul's path and a counter-clockwise swing separates you from your soul's path.

If you can't find anything positive about your problem, raising your energy is needed. In this chapter you can experience a variety of ways to raise your energy Find what works best for you at any time so you can be more positive.

Remember, it is all just energy and your energy is the easiest thing for you to change.

RAISING YOUR ENERGY_____

When you find yourself irritated, distressed, or don't know what to do, there are many ways to raise your energy to help you to feel better. The higher your positive energy, the better you feel.

Doing what you love to do will usually raise your energy. THE ADVANTAGE OF USING THE PENDULUM is that you can see if what you do really does raise your energy, and by how much.

Doing some things will raise your energy and some things won't. In fact, what worked before may not work now. Check your energy BEFORE and again AFTER what you do to see which it is.

What you think about while you are doing something to raise your energy is also very important. Positive thoughts will increase the effectiveness of what you are doing, as shown by an increase of the swing of your pendulum.

Any negative thoughts will decrease the effectiveness of what you do, as shown by a decrease in the swing of your pendulum.

On the following pages are various ways to raise your energy. If nothing else works to raise your energy, releasing will AUTOMATICALLY raise it. Find what works best for you.

_____WAYS TO RAISE YOUR ENERGY

Learning to successfully raise your energy is essential for a happier and healthier life. You can use the following list to find what to do at any time to raise your energy.

Repeat each of the following, one at a time, and watch the response of your pendulum. The one showing the HIGHEST clockwise response is what you really want to do, or what will work best. Turn to the page indicated.

1. CHANGE YOUR THOUGHTS (Page 46)
2. MAKE A DECISION (Page 47)
3. SET A POSITIVE INTENT (Page 49)
4. USE AN AFFIRMATION (Page 50)
5. SAY A PRAYER (Page 51)
6. ASK A GUIDE FOR HELP (Page 51)
7. TAKE 3 DEEP BREATHS (Page 52)
8. DO SOMETHING RELAXING (Page 53)
9. USE VISUALIZATION (Page 54)
10. DO A RELEASE (Page 55 - 57)
 - A. General Release (Page 58)
 - B. Pain Release (Pages 83, 90, 91)

CHANGING YOUR THOUGHTS_____

When you become aware of a problem with someone or something, the first thing to do is to try to find a way to change your thoughts about it so you can raise your energy and no longer think of it as a problem.

YOUR PENDULUM CAN SHOW YOU the energy for each possible thought. While holding your pendulum watch the response to a specific thought. Now, think a different thought. Is it a higher or lower movement? The higher the clockwise movement, the better it is for you.

The thought eliciting the highest positive response will show you the best thought to concentrate on. If you can continue to think that way, nothing else is needed. Stay focused on it.

If changing your thoughts isn't enough to raise your energy, and it often isn't, it is necessary to try something else as shown on the previous page. Find what works best for you at any time. Remember that negativity comes from your Lower Self and blocks connection to your Higher Self, your soul's path.

The goal is to align your thoughts with what you say and do for harmony in your life.

_____MAKING DECISIONS

The longer you worry about a problem, the more confused you can get. When you have various CHOICES that you can do about something or someone, it is helpful to make a list.

Select a problem and put the various possible choices into the following list. To see your energy, read a statement and watch the response of your pendulum. Do each separately and each should show a different level or direction of movement.

1. _____
2. _____
3. _____
4. _____
5. _____

Be sure to remember that a counter-clockwise movement is a negative response and comes from your Lower Self. A clockwise movement is a positive response and comes from your Higher Self. Highest positive is best choice to be.

Make the COMMITMENT to always follow your Higher Self if you can. If you can't, raising your energy is needed until you can.

PROBLEM ENERGY_____

Insert the name of a problem you are dealing with (someone or something) into the statement below. Check the movement received. While holding your pendulum, ASK:

“WHAT IS MY ENERGY FOR_____?”

- No movement from your pendulum shows BLOCKED energy, check the square.
- A counter-clockwise movement shows NEGATIVE energy, check the square.
- A clockwise movement shows POSITIVE energy, check the square.

If your energy is BLOCKED it is very important to get it unblocked immediately. See page 16.

If you are on NEGATIVE energy, work on raising your energy until your pendulum responds with clockwise positive movement. Page 58 & 59.

If your energy is POSITIVE, anything less than a full-out clockwise movement shows raising your energy is still needed. The higher the positive energy, the faster and better any problem will resolve and the better you will feel.

_____INTENT

It is your INTENT that directs your energy for what happens in your life and in your body. If you can't change your thoughts about a problem, try to change your intent from I CAN'T DO IT to I CAN DO IT and that will change your energy.

You don't have to know HOW to solve a problem, you just have to WANT to. The desire to be more positive sets the intent and therefore the energy for that to happen.

Then you have to work at it. Each time you find yourself thinking, saying, or doing something negative, try to find something positive about it. I assure you, it is there.

It is important to understand that being positive isn't always saying YES. NO can be positive when YES is negative for you. If you don't know which it is, YOUR PENDULUM can show whether it is positive or negative for you with the direction and height of the movement.

Since it is your energy that manifests, it is important to always be expressing positive energy. Check your energy regularly to see how you are. Read THE POWER OF INTENTION by Dr. Wayne Dyer. Available from amazon.com.

AFFIRMATIONS

An affirmation is a POSITIVE statement of intent. It should be short and simple, easy to remember, and easy to repeat.

It is very important that it only deal with ONE subject at a time. A complicated affirmation dealing with many things can cause your energy to become very erratic and unstable.

As you state an affirmation, you move to that energy and everything that kept you from being on that energy will surface. Any negativity that you encounter is just showing you where you need to raise your energy.

Therefore it is best to release first to get rid of the negativity and then use the affirmation to keep you on that positive energy. Repeat the affirmation regularly. You can't say it too often. Each time you say it, you bring yourself back to that positive energy.

It is also possible to use an affirmation to replace any negative thoughts as they arise. LET YOUR PENDULUM HELP to determine the best affirmation to use for a specific purpose at any time. Repeat each possibility to see the energy for each and use the highest positive energy one.

GUIDES/PRAYER

To receive assistance at any time, you can ask for help from God, Goddess, Divine Mother, Jesus, Buddha, Lord Ganesha, Angels, Spirit Guides, Protective Spirits, Financial Guide, Abundance Guide, or even anyone who has passed over.

If you don't have a guide but want one, all you have to do is ask for one. Be sure to ask for the highest and best guide.

If you don't know who to ask for, you can USE YOUR PENDULUM to determine the best guide in general or for a specific purpose. Repeat each possibility and go with the one that gives you the highest clockwise response.

Prayers can also be very effective in raising your energy. However, there are many kinds of prayers, some higher energy than others. Some prayers are pleading, some blaming, and some expressing gratitude. GRATITUDE each day is powerful positive energy!

You can USE YOUR PENDULUM to see the energy for any prayer, or after repeating any prayer to see how much it raises your energy.

Read Dr. Larry Dossey's books about using prayer such as PRAYER IS GOOD MEDICINE.

BREATHING

CALMING THE BREATH CALMS THE MIND

If you are unable to change your thoughts, or when distressed, fearful, angry, or can't sleep, the easiest way to raise your energy is to do DEEP BREATHING. It gets more oxygen into your system and assists in relaxing.

To see if it can change your energy, ask to see your energy and then do the following:

1. Take a deep breath as you slowly count to 3.
2. Then hold your breath for the count of 3.
3. Slowly exhale your breath to the count of 3.
4. Repeat three times!

Now check your energy again to see if it is higher than it was before doing this breathing exercise. If YES, do you feel any different? If so, how? Pay attention to how you feel at all times.

To increase the effectiveness of deep breathing, you can add IN WITH THE GOOD on inhale and OUT WITH THE BAD on exhale. Check your energy to see if that works better.

Read HOW TO CALM DOWN: Three Deep Breaths to Peace of Mind by Miller & Bryan.

RELAXATION

There are probably as many different ways to relax as there are people. It is interesting that what is relaxing for one person may be stressful for another. Make sure that what you do to relax really does help to refresh and rejuvenate you, rather than causing you more stress.

Stress is a killer and the more stressed you are, the more difficult your life becomes. The sooner you become aware that you are feeling stressed, the easier it is to do something about it.

Doing anything you love to do will raise your energy. However, use your pendulum to see your energy BEFORE you do something and again AFTER to see if what you did really raised your energy, and by how much.

If you don't know what to do, you can USE YOUR PENDULUM to find the BEST thing for you to do at any time. One at a time, repeat a variety of things that you could do such as yoga, meditate, read, garden, exercise, take a nap, get a hobby, play a sport, etc. The higher the clockwise response, the better it is for you to do.

Read THE RELAXATION RESPONSE or TIMELESS HEALING by Dr. Herbert Benson.

VISUALIZATION

Visualization is the use of INNER SEEING to bring about what you want to have happen. You see it in your mind's eye first and then bring it into the physical world. The more clearly you picture it, the more effective it is.

What you are doing is clearly setting the intent for how you want it to be. Read CREATIVE VISUALIZATION by Shakti Gawain and IMAGERY IN HEALING by Jeanne Achterberg.

Visualization is a deliberate process used to increase your ability to accomplish something. Many, including athletes, use visualization to achieve peak performance.

For example, my favorite story is true. A concert pianist was incarcerated in China for many years during the cultural revolution, Needless to say, he had no piano. However, when released from prison he played better than ever. When asked how that could be, he said that he practiced every day, in his mind!

You can imagine money coming to you, how you want to be, how you want your body to be, how you want your life to be, etc. Keep the image in your mind so it will begin to manifest.

RELEASING

There may come a time when none of the previous techniques will raise your energy.

When that happens, it is necessary to find and release the exact energy blocks keeping you on a lower energy, causing problems in your life and/or pain and illness in your body.

Releasing is a deliberate process of LETTING GO. As you let go of the negativity involved, it AUTO-MATICALLY raises your energy. There are two releases used in this book: a GENERAL RELEASE and EXTENDED GENERAL RELEASE.

You can use a General Release when you don't have your pendulum handy or don't know what is causing you to be irritated, distressed, fearful, angry, in pain, or sick. You can also use it as the first release when you discover any lower energy.

An Extended General Release is used to identify who or what you want to release. The more specific you are in identifying who or what to release, the more effective the release can be.

It is always best to do a GENERAL release first and then if more releases are needed to raise your energy, use the EXTENDED release. Let each following release get more specific.

DOING A RELEASE_____

To do a successful release it is necessary to learn what it takes to raise your energy, and be able to determine if you completed the release.

Seldom is a release accomplished by just repeating the statement of release only once. It is usually necessary to repeat the statement several or even many times. The more difficult the release is for you to say, the more times it may need to be repeated before being finished.

The statement of release can be said either silently or out loud. It is not necessary to be in a meditative or even in a relaxed state for releasing to work. However, it is important to focus your thoughts on what you are saying or thinking, and not let your mind wander.

Often just 'asking' or even 'wanting' whatever is causing you problems to leave isn't enough to change the energy. The more EMPHATIC you are in saying the statement, the faster the energy will change. Learn to take charge of your energy.

The more releases you do, the more you let go of, and the easier it all becomes. With successful releasing, problems in your life can resolve, pain can disappear, and your body can begin to heal.

_____PROBLEMS WITH RELEASING

When releasing it is important to understand that it is not always easy to do. It is possible not to be able to say the words and this is because of the low negativity involved. If you encounter this, work on releasing one word at a time.

As you do a release you can experience it in a variety of ways. Usually you don't feel anything during a release, however you may sigh, catch your breath, let out a deep breath, or even yawn.

It is also possible to feel as though a hurricane is roaring through you. You may 'see' visions, 'hear' things from the past, or 'feel' what you felt before as you connect to that low energy.

Although rare, it is even possible that the feelings you encounter can overwhelm you and result in pain, crying, or even getting sick such as vomiting or diarrhea as you touch into that very low negative energy.

The MOST important thing to remember is that those feelings and symptoms are the result of being ON that particular negative energy. Be sure to KEEP MAKING THE STATEMENT OF RELEASE and your energy will gradually change, and those reactions will disappear.

GENERAL RELEASE _____

A General Release is a statement of intent that you want whatever is CAUSING your problems to leave you now. The more EMPHATIC you say it, the quicker the release works.

Especially emphasize NOW. Be VERY demanding. You may have to YELL it into the universe. Learn to take control of your own energy.

This release can also be used any time you feel distressed even if you don't have your pendulum, or when your pendulum won't move.

Ask to see your energy first so you know how you are. Repeat one or both statements as many times as necessary until you feel finished. SAY:

"I WANT WHATEVER IS CAUSING
ME PROBLEMS TO LEAVE ME NOW!"

"IF ANYTHING KARMIC IS CAUSING ME
PROBLEMS, I WANT IT ALL TO LEAVE ME NOW!"

Again check your energy. See if it is at a higher level. If NO change, repeat the release with MORE EMPHASIS and demand that it all leave NOW. Learning how to raise your energy is essential for transformation. (See pages 16-17, 55-57.)

_____ EXTENDED GENERAL RELEASE

The following is a variation on a general release and can be used when you realize you are being negative about someone or something. It can be done with or without using the pendulum.

Insert anything you are having a problem with, a person, a negative thought, an emotion, or what you are having problems doing, into the following statements and say with EMPHASIS:

"I WANT WHATEVER IS CAUSING MY PROBLEMS
WITH _____ ? _____ TO LEAVE ME NOW."

"IF ANYTHING KARMIC IS CAUSING MY
PROBLEMS WITH _____ ? _____
I DEMAND IT ALL TO LEAVE ME NOW"

Repeat the statements as many times as it takes for you to feel finished. After releasing, do you feel better about what you released, lighter, or less anxious? If YES, it was successful.

If you are using the pendulum, make sure you check your energy BEFORE and AFTER releasing to know if your release was successful. If you didn't change your energy, yell the release! The more emphatic you are, the faster it will change.

PERSONAL PROBLEMS

List the names below of WHO .or WHAT you are having, or have had, the most problems with. To see your energy for each, one at a time, add the name into the following and ask:

“WHAT IS MY ENERGY FOR _____?”

Mark the box showing the movement you receive. Blocked is no movement, Negative is a counter-clockwise circling and Positive is clockwise.

- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive
- _____ Blocked Negative Positive

ALIGNING YOUR ENERGY

The goal is to align all of the energies on the opposite page to positive energy. Anything less than a full-out clockwise swing for each still shows a need to raise your energy.

Blocked energy, showing no movement of your pendulum, is the most destructive energy and is the most important one to always work on first at any time. If many are blocked, it doesn't matter which one you select. See pages 16-17 to unblock.

If all are on either a negative or positive energy, the lowest movement of either can direct you to the one to work on first. Find what will raise your energy. Raising one energy can affect various other energies and your energy in general.

- COUNTER-CLOCKWISE movement. (pg. 37)
 - Low movement - very negative.
 - Mid movement - quite negative.
 - High movement - slightly negative.
- CLOCKWISE movement. (pg. 38)
 - Low movement - not very positive.
 - Mid movement - quite positive.
 - High movement - very positive.
 - Looping movement - highest positive.

OTHERS/GENERAL_____

The following are the basic general categories involving WHO your negativity can be about. Ask to see your energy for each and mark the box showing the movement received.

“WHAT IS MY ENERGY FOR_____?”

OTHERS.....Blocked Negative Positive

FAMILY.....Blocked Negative Positive

FRIENDS.....Blocked Negative Positive

PETS.....Blocked Negative Positive

GUIDES.....Blocked Negative Positive

GOD.....Blocked Negative Positive

The one on Blocked or the lowest energy should be released first. Work on releasing each of the general categories first before getting more specific with each category. Check regularly and keep all areas unblocked at all times.

Memorize this list and use it to direct you to who to release at any time. The goal is to align all on the highest positive energy.

_____RELEASING OTHERS

To release, insert the general category on the lowest energy from the opposite page into the following statements and say with EMPHASIS:

“I WANT WHATEVER IS CAUSING PROBLEMS WITH [MY]_____? _____TO LEAVE ME NOW.”

“IF ANYTHING KARMIC IS CAUSING PROBLEMS WITH [MY]_____? _____ I DEMAND IT TO LEAVE ME NOW.”

After releasing, check your energy again to see if you raised your energy by moving from blocked to negative, from negative to positive, or just increasing the height of the movement received.

Mark the new position if it has changed. If it didn't change, be much more emphatic as you say the release again. You may also try other ways to raise your energy. See pages 49-54.

If further releasing is needed, each category has many parts. Repeat each possibility in that category. OTHERS could include politicians, priests, men, women, etc. FAMILY could be spouse, mother, father, child, aunt, etc. Include those who have left or died. See Energy Therapy book.

SOMETHING/GENERAL_____

Following are the basic general categories involving WHAT your negativity can be about. Ask to see your energy for each, one at a time. Mark the box showing the movement received.

“WHAT IS MY ENERGY FOR_____?”

EMOTIONS..... Blocked Negative Positive

FINANCES..... Blocked Negative Positive

WORKING..... Blocked Negative Positive

HEALTH Blocked Negative Positive

RELIGION..... Blocked Negative Positive

RELATIONSHIPS... Blocked Negative Positive

The one on Blocked or the lowest energy should be released first. Work on releasing each of the general categories first before getting more specific with each category. Check regularly and keep all areas unblocked at all times.

Memorize this list and use it to direct you to the one on the lowest energy at any time. The goal is to align all on the highest positive energy.

_____RELEASING SOMETHING

To release, insert the general category on the lowest energy from the opposite page into the following statements and say with EMPHASIS:

“I WANT WHATEVER IS CAUSING PROBLEMS WITH _____? _____ TO LEAVE ME NOW”

“IF ANYTHING KARMIC IS CAUSING MY PROBLEMS WITH _____? _____ I DEMAND IT ALL TO LEAVE ME NOW.”

After releasing, check your energy again to see if you raised your energy by moving from blocked to negative, from negative to positive, or increasing the height of the movement.

Mark the new position if it is changed. If it didn't change, be much more EMPHATIC as you say the release again. You may also try other ways to raise your energy. See pages 49-54.

Once you have released each general category, to continue to raise an energy, repeat each possibility in that category. For example: FINANCES could be about money, spending, earning, saving, bills, abundance, acceptance, etc. See ENERGY THERAPY book for all specifics.

ABOUT EMOTIONS

The most astounding thing to come to realize is that HOW YOU THINK determines HOW YOU FEEL, and how you feel shows the EMOTION involved.

Remember that each emotion has a positive and negative side to it. For example: FEAR can keep you from being hit by a car, or it can cripple you from living a good life!

It is usually the karmic part of emotions that have the most powerful influence on you, pulling you to that emotion on each encounter.

Karmic energy is past life energy. You weren't able to deal with certain things in past lives and are here to learn to deal with them now. Throughout life, you either move through these karmic emotions as they occur, or become firmly attached to them. Releasing makes it all easier.

There are also other emotions along with those listed on the opposite page such as greed, jealousy, gratitude, compassion, etc. Add yours.

Release negative emotions as you encounter them and get each on a positive energy as soon as possible. Be sure to check your emotions regularly and keep each emotion unblocked at all times.

EMOTIONS

Find the energy for each of the following. Mark the box showing the movement received. Release the lowest energy. (pg. 65) Keep each unblocked. Your goal is to align all on positive energy.

- EMOTIONS Blocked Negative Positive
FEAR Blocked Negative Positive
ANGER Blocked Negative Positive
GUILT Blocked Negative Positive
BLAME..... Blocked Negative Positive
RESENTMENT Blocked Negative Positive
HATE Blocked Negative Positive
RAGE Blocked Negative Positive
TERROR Blocked Negative Positive
TRUST Blocked Negative Positive
FORGIVENESS Blocked Negative Positive
LOVE Blocked Negative Positive
JOY Blocked Negative Positive
UNLIMITED Blocked Negative Positive
Add _____ Blocked Negative Positive

WHEN NOTHING WORKS_____

When something seems to be going wrong in your life, it means you aren't doing something right! If you can learn to pay attention at this level and figure out what isn't right, or use the pendulum to help you determine the best thing to do, you won't have to go to crisis.

The Chinese character for CRISIS is composed of two symbols: DANGER and OPPORTUNITY. If you can find the opportunity within what is happening, that is what you will experience. In fact, that is what is meant for you.

It is important to remember that when everything seems to be falling apart, it really is falling together! Learn to trust in the unfolding.

However, the longer you are distressed, the less able you are to think or do anything positive, including using the pendulum.

In a very dark time in my life, I could see no hope for anything. A friend gave me a book and in it I read the passage on the opposite page. I copied it and carried that piece of paper with me constantly. I didn't realize it then but it not only set my intent for recovery but also became the basis of my philosophy for living a good life.

“There is a divine plan at the back of all things, and it embraces each and every life. Our life is simply a spiritual education, and suffering caused by our past actions is a part of this. God has never deserted us, and whatever happens is for the ultimate spiritual evolution of the individual and of mankind.

The worst experiences are sometimes means of bringing to pass unseen good, and the hardest sufferings have always a positive and constructive purpose behind them. And, like everything else in the material world, suffering cannot endure permanently. Sooner or later, it must come to an end, as night ends when dawn lightens the morning sky.”

YOGA AND THE BIBLE *by Joseph Leeming*

DEALING WITH CRISIS

The longer you are negative about a problem and/or the more intense the negativity, the more serious the problem becomes until it develops into crisis. Excessive negativity can extrapolate to all parts of your life when you decide not only are you not able to do anything right now, but you never did anything right in the past either.

This kind of crisis can take you down to severe depression, a psychotic break, or even suicide. Or it can lead to violent behavior that can end in destruction or death. It just depends on which very low negative energy you are on. (Page 67)

The problem with crisis is that you are often so distressed that you are on too low of a negative vibration to even consider doing anything positive about your problem.

What usually happens is that the distress becomes so unbearable you finally reach the point where you refuse to live that way any longer, or the necessary change is forced upon you.

The problem with either way is that you may think that what the change has brought isn't at all what you wanted to happen, causing further distress.

EXPECTATIONS of how things should be, how you should be, or how others should be, are usually the cause of problems that lead to crisis.

It is important to understand that the only thing constant in life is change. It is the resistance to change that causes pain, both mental and physical.

Change is always meant to be for the best. If you accept the premise that Divine Order is always unfolding, then where you are is just right for where you are going. Release expectations and welcome change into your life.

The way to avoid crisis is to notice the negativity building up and do something positive about it before it reaches crisis.

In the middle of crisis, if you don't know what to do, it is effective to ask for it to unfold in a way that is best for ALL concerned. You don't have to know how that is, you only have to trust that what then unfolds IS the best for everyone.

When dealing with the aftermath of a crisis, understand that all you have is what IS. It is from that point that you need to choose to be positive about what you think, say, or do.

SUMMARY

You experience life from the energy you are on. From a negative vibration, you view it in a negative way. From a positive vibration you view it in a positive way, moment by moment.

If you don't like your life as it is, you need to change. You can either change your thoughts, change your life, or find and release what is needed to raise your energy until you can change.

No attempt has been made to tell you how to be positive, or what you should do to raise your energy. That is for you to determine, and your pendulum can help you to make better choices by showing your energy for each possibility. Then make the COMMITMENT to be positive moment by moment, to stay connected to your Higher Self.

It is your thoughts that manifest. What you put out is what you get back, multiplied. If you put out positive energy, that is what you get back, even more of. If you put out negativity, that is what you get back, only more so.

If you can't change your energy, and continue to be negative, it brings on pain and even illness. The location of pain or illness in your body can show the negative thoughts involved.

3

YOUR BODY

It is your negative thoughts about
what is happening in your life
that cause pain and illness
in your body

*“You are today
where your thoughts have brought you;
you will be tomorrow
where your thoughts take you.”*

James Allen

YOUR BODY

The most important thing to understand about your body is that it is your thoughts, words, and actions that determine the condition of your body.

Each negative thought lowers the energy in a specific part of the body, and each part of the body is affected by a different group of negative thoughts. The location of pain or illness can direct you to the negative thoughts involved.

Any negativity, past, present, or karmic, keeps your energy lowered until either transformed or released.

Pain is the voice of your body telling you when you have been too negative for too long about someone or something. The side of the body involved can tell you which it is.

It is with the release of pain that the power of releasing is experienced. When you do the release and the pain is gone you KNOW something has really happened to your body.

It is also important to understand that your body knows how to heal itself if allowed to do so. Healing takes place with positive energy. The higher your positive energy, the easier it is for your body to heal and the better your life will be.

FEELING BETTER

It is important to remember that ANY negativity lowers your energy and increases any problems, pain, and illness.

To feel better it is essential to work at being positive about your problems, your illness, and your recovery. Focus all of your energy on doing everything that will make you feel better to stay on positive healing energy.

Especially work on getting rid of pain. The more severe the pain, the more important it is to release it. If you can get rid of the pain, no matter how many releases it takes, you will at least feel better. It will also help your body function better.

Set a positive INTENT of how you want to be and then make the commitment to be positive about all that comes your way. When you find yourself falling to doubt or fear, that is the time to do a release about what you are thinking.

Releasing is the most important thing you can do to get better, especially to get rid of any karmic energies involved. If you are in need of assistance, releasing will help the treatment be more successful. A relapse shows that changing your thoughts and/or releasing is again needed.

Affirmations can be used after releasing to stay on positive energy. Use your pendulum to find the best affirmation to use. Tell your body what you want it to do or how you want it to be.

You can even use your pendulum to determine what you need to do to get better. The higher the positive energy for any of your choices, the better your body can heal. However, healing does not always mean curing, but you can always feel better one day at a time.

Avoid negative people, discussing problems, listening to negative TV, reading negative novels, etc. Check your energy daily to make sure you are always expressing the highest positive energy.

Continue to work on releasing. It doesn't cost anything but time and when you are sick you usually have a lot of that. Put it to good use.

Let illness be your guide to changing what is no longer working for you. Now is your time to do it your way! Focus on what you can do, not what you can't do. What you focus on, continues.

Make the commitment to follow the path of your Higher Self to happiness and health. Choose to be positive moment by moment. You CAN do it!

HIGHER SELF/LOWER SELF_____

In metaphysics the LOWER SELF is the name given to negative energy. Each negative thought lowers your energy, causing problems, pain, illness and separation from your soul's path.

The HIGHER SELF is the name given to positive energy. Each positive thought raises your energy and brings harmony, health and connection to your soul. The high looping circling movement shows connection to your Guides or God.

Many who are on a very high position in the Higher Self can still have a hard time staying clear or grounded and wonder why. Often it is just a negative karmic energy, especially an emotion, that keeps pulling them off.

Those who are on a very low position on the Lower Self may also discover that it is a karmic energy pulling them to that vibration at each encounter, keeping them on negative energy. That is why it is so important to add KARMIC to what you are releasing. Your goal is having both on the highest positive energy. Check each regularly.

HIGHER SELF Blocked Negative Positive

LOWER SELF Blocked Negative Positive

_____TRANSFORMATION

It is the problems in your life that create pain and illness in your body. As you discover the negative thoughts involved with problems or pain in any part of your body, DO NOT BLAME YOURSELF for having those thoughts. That will further lower your energy, increasing problems, pain and illness.

Instead, examine the thoughts presented and see how they relate to your life. It may take a variation of what is shown to make sense to you. AWARENESS brings INSIGHT into how to deal with the problem in a more positive way. TRANSFORMATION occurs when you no longer consider it a problem and it becomes a blessing!

Transformation means to change. If insight didn't help you to change your thoughts, with your pendulum you can see the energy for each possibility you could do about the problem. Go with the highest positive response.

If you can't do that either, RELEASING the negative thoughts involved is necessary. Let your body be your guide to what needs to be released. Then make the commitment to stay positive, moment by moment!

ABOUT YOUR BODY

Pain and illness are the result of continued negativity about the problems in your life.

Each negative thought about someone or something lowers your energy in a specific part of your body. Each part of your body is affected by a different group of negative thoughts.

The longer a specific negativity is continued, the lower that energy drops until pain becomes evident. If that same negativity is still continued, your energy falls even lower and becomes increasingly more dense until your body is not able to function properly and illness develops.

It is also important to understand that once you are experiencing pain and/or illness, ANY negativity will lower your energy even further, making your pain and/or illness even worse.

The more severe the pain or illness, the more necessary it is to change your energy NOW. A life-threatening illness is a change now or die message from your body.

The sooner you can become aware of being negative and change your negative thoughts to positive ones, pain won't have to develop to get your attention.

It is important to remember that your thoughts DETERMINE your energy each moment.

Negative thoughts take you to negative energy, lowering your energy level and making you feel worse. Positive thoughts take you to positive energy, raising your energy level and making you feel better. It is your choice moment by moment how you want to feel.

Your body knows how to heal itself and does so regularly, and it is your immune system that keeps your body healthy. However, negativity reduces the immune system's ability to function.

For your body to function properly it is necessary to be on positive energy. The higher your positive energy, the easier it is to recover. Your energy becomes less dense, your immune system functions better, and healing begins.

Success in being healed depends on your degree of commitment. Total commitment brings total success. Any doubt lowers your energy and therefore impedes your body from doing what it is meant to do, which is to heal itself.

Let your pendulum help you to make the highest and best choices for your recovery.

ABOUT PAIN

Pain is the body's way of getting your attention, telling you that you are being too negative about someone or something. The longer the negativity is continued the lower the energy, and the more severe the pain becomes.

The location of pain in a specific area of your body can direct you to the negative thoughts involved. Once you know the thoughts that are causing the pain, you will know what you need to change to be more positive! Use your pendulum to see the energy for each possibility and go with the one on the highest movement

Unfortunately, by the time you experience pain your energy may be too low for changing your thoughts to be sufficient to raise your energy high enough to get rid of the pain, and releasing is usually needed.

As you first feel pain is the best time to release it. The sooner you do it, the easier it is to completely get rid of the pain.

It is with the release of pain that the power of your thoughts and words are experienced. When you do a pain release and the pain is gone, you know something has really happened!

RELEASING PAIN

Learning to release pain is an important step in learning to heal yourself. It will also give you a great sense of control in your life: You will no longer feel like a victim and helpless in the face of pain. Instead, it can become your teacher.

Releasing can reduce or even eliminate pain. The release of pain in one part of the body can also eliminate pain in another area, or even allow you to suddenly feel pain in another area.

If you have pain in two separate parts of your body, it usually means there is a relationship between the two and combining the thoughts of both parts can direct you to a very specific energy that is causing you problems.

In dealing with severe pain, if you need pain medicine for relief, take it as you first begin to feel the pain. If you wait until the pain is intense, it will require a much higher dose to get relief. Try to reduce or eliminate the use of drugs as soon as possible because of the side effects.

If you can't get rid of your pain, you may need assistance to help such as a chiropractor or pain therapy. Continue to release to help any treatment to be more effective.

PAIN RELEASE _____

If you have a pain in a part of the body that you can touch with your finger, press around the area until you find a sore spot. Keep touching that exact spot while you say the following releases. Really want the pain to leave and say:

“I DEMAND THAT WHATEVER IS CAUSING
THIS PAIN TO LEAVE ME NOW!”

“IF ANYTHING KARMIC IS CAUSING THIS PAIN I
DEMAND IT TO LEAVE ME NOW!”

Be emphatic and demand ALL of the pain to leave you NOW. Keep repeating both statements until you feel finished. Do not move your finger unless all of the pain is gone. If the pain is gone, congratulations, you just healed yourself?

If the pain is gone in that spot but you still feel pain, move your finger around the same area to find another sore spot and repeat both releases. Continue releasing until all the sore spots are gone. Know that you CAN do it!

If there isn't any change in the level of pain or if the pain is only slightly reduced, it is necessary to either get more emphatic or get more specific.

_____SPECIFIC PAIN RELEASE

If the previous release didn't get rid of the pain, you need to get more specific and identify the part of the body you want to release.

If you know the area of your body involved, use that in your release, such as left arm, heart, arteries, stomach, right eye, etc. The more specific you are, the more effective it can be.

Insert what you want to release into the following statements and say:

“I DEMAND THAT WHATEVER IS CAUSING THE
PAIN IN MY ___?___ TO LEAVE ME NOW!”

“IF ANYTHING KARMIC IS CAUSING THE PAIN IN
MY___?___ I DEMAND IT TO LEAVE ME NOW!”

If that gets rid of the pain, nothing else is needed. However, if you still can't get rid of the pain, you need to be even more specific and release the negative thoughts involved. (103-107)

If the pain is from a disease, do the release on page 91. You may also need professional assistance on page 89. If the pain remains or returns, more specific releases may be needing to be released. See ENERGY THERAPY book.

WHEN YOU ARE SICK_____

By the time you are sick, it shows that you are on a very low negative energy from continued negativity about the problems in your life. Illness is a demand from your body to change how you think. The more severe the illness, the more necessary it is to make the needed changes NOW.

It is important to understand that healing takes place with positive energy. The higher your positive energy, the better you will feel.

Remember that positive thoughts will create positive energy, making you feel better. Continued negative thoughts will lower your already negative energy, making you feel worse.

Your body knows how to heal itself and does so regularly, and it is your immune system that keeps your body healthy. However, negativity weakens or even closes down your immune system.

Negativity also causes your energy to become dense. The lower your negative energy, the more dense your energy becomes, making various parts of your body not able to function properly.

To get better, it is necessary to be on positive energy to increase the functioning of your immune system and get your body less dense so it can heal.

In the blank line below write the name of the disease or illness you have now or have had in the past. Ask to see your energy for each below. Mark the box showing the movement you receive. Release lowest energies. Align all to highest positive energy. Check your energy daily.

- _____ Blocked Negative Positive
- IMMUNE SYSTEM. Blocked Negative Positive
- PAIN..... Blocked Negative Positive
- STRESS..... Blocked Negative Positive
- EXERCISE..... Blocked Negative Positive
- DIET..... Blocked Negative Positive
- VITAMINS..... Blocked Negative Positive
- THERAPY..... Blocked Negative Positive
- MEDICINE..... Blocked Negative Positive
- DOCTORS..... Blocked Negative Positive
- SURGERY..... Blocked Negative Positive
- HOSPITALS..... Blocked Negative Positive
- RECOVERY..... Blocked Negative Positive

DEALING WITH ILLNESS

The lower your negative energy, the more serious the illness, and the more releasing may be needed to raise your energy enough for healing to begin. Assistance may also be needed.

There are many healing methods available to you and it is important you do what YOU believe will help you, no matter what others tell you. Check the energy for it. Also keep releasing so any treatment you receive can be successful.

It may be that surgery is necessary to repair any physical damage that has developed. If surgery is needed, make sure to focus on it being successful rather than all of the problems that could happen. Consider any problems that come up as an indication of what needs to be released.

Your attitude determines how well you recover. It is very important that you do not blame yourself for being sick, or for not getting better fast enough, because that will impede healing. Stay positive about recovering.

Any time you have pain, let that be what you focus on getting rid of each day. If you can reduce or eliminate pain, the better you will feel and your body will be able to heal faster. Page 84-85.

ASSISTANCE

Ask to see your energy for each and mark the box showing the movement involved. The BEST ONE for you to go to should be on positive energy. The higher the movement, the better it is for you. If none are on positive energy, release the desired area involved such as Doctor, Healer, etc.

DOCTOR.....Blocked Negative Positive

SPECIALIST.....Blocked Negative Positive

NATUROPATH.....Blocked Negative Positive

OSTEOPATH.....Blocked Negative Positive

CHIROPRACTOR...Blocked Negative Positive

HEALER.....Blocked Negative Positive

DENTIST.....Blocked Negative Positive

OPTOMETRIST.....Blocked Negative Positive

THERAPIST.....Blocked Negative Positive

Once an area is selected, to find the exact person to see in that category, repeat each possibility and the one on the highest energy is the one to consider going to. Compatible energy is very important when choosing anyone to work on you.

FEELING SICK RELEASE_____

Any time you feel sick and you don't know what is wrong, that is the time to do a release, especially to get rid of any karmic energies involved. You can do this release anywhere and anytime, with or without the pendulum. Say:

“I DEMAND THAT WHATEVER IS CAUSING
ME TO BE SICK TO LEAVE ME NOW!”

“IF ANYTHING KARMIC
IS CAUSING ME TO BE SICK
I DEMAND IT ALL TO LEAVE ME NOW!”

Be emphatic and demand that ALL of whatever is causing you to feel sick to leave NOW. Keep repeating both statements until you feel finished.

After releasing, if you are feeling better, you can use an affirmation to keep your energy high. Let the highest positive movement of the pendulum determine the best one to use. Page 50.

If you use the pendulum to release, always check your body energy BEFORE and AFTER releasing to see how successful your releasing was.

Remember to focus on feeling better rather than being sick. What you focus on, continues.

_____DISEASE RELEASE

If you are ill with a disease, insert the name of the disease into the following and say:

“I DEMAND THAT WHATEVER IS CAUSING
MY PROBLEMS WITH_____ ? _____
TO LEAVE ME NOW!”

“IF ANYTHING KARMIC
IS CAUSING MY PROBLEMS WITH_____ ? _____
I DEMAND IT ALL TO LEAVE ME NOW!”

Make sure to check your energy BEFORE and again AFTER releasing. If no increase in movement, BE MORE DEMANDING and do the release again. Even a small increase in movement is helpful. However, the goal is to be on positive energy at all times. The higher your energy the better you will feel, so check it regularly.

If you don't know the name of your disease, use the area of your body involved such as heart, arteries, stomach, bowels, brain, etc: The more specific the release, the more effective it is.

To continue to raise your energy, if you know the location in your body, release the negative thoughts involved. See pages 103 - 107.

BALANCE YOUR ENERGY_____

It is your negative thoughts about someone or something in your life that lowers the energy of each part of your body. The goal is to bring all of those energies into balance on positive energy to bring harmony and healing to your life & body.

It is important to be aware that your energy is determined by your thoughts. The more positive you are, the more stable your energy becomes. The higher your positive energy, the healthier and happier you will be.

The more negative you are, the more unbalanced your energy becomes. EACH negative thought lowers your energy in a specific part of your body. This lowered energy can also lower the energy in other parts of your body, the side of your body involved, and your body energy.

The first thing to do each time you begin to use the pendulum to work on yourself is to ask to see the energy of your BODY so you will be able to determine any energy that is lower. See page 95.

The next step is to check your energy for the right side and the left side of your body. The side on the lowest energy will tell you whether the negativity is about yourself or others. Page 101.

The energy of your BODY is made up of the combined energy of each AREA of your body; HEAD, CHEST, ABDOMEN, and BACK.

Each AREA of your body is made up of the combined energy of each part of your body in that area. For example: the energy of your BACK is made up of the combined energies of the SHOULDERS, SPINE, SPINAL CORD, KIDNEYS, and LOWER BACK.

Each AREA of the body also includes the energy of the right side and left side of the body. For example, the shoulders include the energy of the right and left shoulder. The energy of one shoulder would reflect the negative thoughts about YOURSELF. The other shoulder would reflect your negative thoughts about OTHERS.

The LOWEST energy is always the energy to work on first, to bring it into alignment with higher energies. It does not matter how low your highest energy is, that is the energy to align to.

The ultimate goal is to align all energies to the highest positive energy called UNLIMITED. It is the energy of no limits, God, Divine Order, instant manifestation, and NO negativity.

BODY ENERGY

The energy for your body may or may not be the same as your energy in general. To see the energy of YOUR BODY it is necessary to ask specifically to see it as shown on the next page.

When you ask to see your body energy, DO NOT BLAME YOURSELF if you receive a counter-clockwise movement with the pendulum, showing negative energy.

Instead, consider it as an opportunity for growth and that you are being shown where you need to raise your energy. It is important to remember that

POSITIVE ENERGY IS HEALING ENERGY.

Raising your energy is the best thing you can do to feel better or prevent getting sick. If you are already in pain or sick, the location of negative energy, pain, or illness can direct you to the negative thoughts involved and you can either change your thoughts, or release which will automatically raise your energy.

The goal is to be expressing positive energy each time you ask to see your BODY energy. Check your energy regularly to see how you are.

FINDING YOUR BODY ENERGY

To see the energy of your body, ask:

“WHAT IS THE ENERGY OF MY BODY?”

Continue to ask “WHAT IS THE ENERGY OF MY BODY” as long as it takes to receive a stable response from your pendulum. Keep your thoughts focused on being able to receive an answer. Do not think about the condition of your body.

Put a check in the box that approximately reflects the circling movement you receive.

- NO MOVEMENT - blocked energy. (pg. 16-17)
- COUNTER-CLOCKWISE movement. (pg. 12)
 - Low movement - very negative.
 - Mid movement - quite negative.
 - High movement - slightly negative.
- CLOCKWISE movement. (pg. 13)
 - Low movement - not very positive.
 - Mid movement - quite positive.
 - High movement - very positive.
 - Looping movement - highest positive.
 - Vertical movement - UNLIMITED.

LOCATING NEGATIVE ENERGY_____

If your body energy is anything less than a full-out clockwise swing, and it usually is if you are sick, negativity is involved. Finding the location of the negative energy is needed.

There are various ways to locate the negative energy in your body. Pain or illness are the most obvious indicators of negativity. The more severe the pain or illness, the lower the negative energy. In fact, the energy involved is often **BLOCKED ENERGY**, showing no movement of the pendulum.

Blocked energy is very destructive energy and your goal should be to unblock it any time you find it. Learning how to unblock your energy is the **MOST** important thing you can learn to do to help you to feel better and to heal. See page 16 & 17.

If your body energy is on negative energy, the higher you can get your negative energy, the easier it will be to raise your energy until you can finally make the move to positive energy. The higher your positive energy, the better you will feel and the quicker you will heal.

The goal is to express positive energy each time you ask to see your body energy. Be sure to check your energy regularly to see how you are.

EACH negative thought lowers your energy in a specific part of your body. The easiest way to see your energy for any part of the body is to simply state the name of the part you want to see and watch the response of the pendulum.

For example: to see the energy for your eyes you can say **SHOW ME THE ENERGY FOR MY EYES**, or you can just say **MY EYES** and watch the response of the pendulum. Do what works best.

However, it is important to understand that the energy for anything on the right side of the body can be different than the same part on the left side of the body. Therefore, the next thing to do would be to ask to see the energy for your **RIGHT EYE** and then ask to see the energy for your **LEFT EYE**. The goal is to balance the energy of both parts to the same level of positive energy.

You can also **TOUCH** the exact spot of any pain in your body to see the energy involved. To get more specific about any part of your body you can't touch, get an anatomy book. To find the exact location of negative energy use your pendulum over the picture of the part you want to know about. The next step is to raise the energy.

ALIGNING BODY ENERGY_____

To see your energy for each, one at a time, add the name into the following statement and ask:

“WHAT IS MY ENERGY FOR MY_____?”

Mark the box showing the movement you receive. Blocked is no movement, Negative is counter-clockwise circling, Positive is clockwise circling.

BODY..... Blocked Negative Positive

RIGHT SIDE..... Blocked Negative Positive

LEFT SIDE..... Blocked Negative Positive

HEAD..... Blocked Negative Positive

CHEST..... Blocked Negative Positive

ABDOMEN..... Blocked Negative Positive

BACK..... Blocked Negative Positive

The one on the lowest energy is what needs to be released first on the next page. If many or all are BLOCKED release each area separately.

It is important to get them all on POSITIVE energy for healing to begin. The ultimate goal is alignment of all AREAS of the body to the HIGHEST positive energy at all times.

_____BODY/THOUGHTS RELEASE

The following is a general release that can be used to release any AREA of the body, any PART of the body, or any THOUGHTS involved, It can be done with or without using the pendulum.

When releasing an area of the body or body part use MY in the release. When you release a thought, determine the wording with the highest positive response from your pendulum.

Insert what you want to release into the following statements and say with EMPHASIS:

“I WANT WHATEVER IS CAUSING PROBLEMS WITH [MY]_____?_____ TO LEAVE ME NOW”

“IF ANYTHING KARMIC IS CAUSING PROBLEMS WITH [MY]_____?_____ I DEMAND IT ALL TO LEAVE ME NOW.”

Repeat the statements as many times as it takes for you to feel finished. After releasing, can you feel any difference? Lighter, less pain?

If you are using the pendulum, make sure you check your energy BEFORE and again AFTER releasing to know if your release was successful. If you didn't change your energy, YELL the release!

YOURSELF/OTHERS_____

Each side of the body is affected by a different group of negative thoughts and the side of the body experiencing pain, or on the lowest energy, will show whether those negative thoughts are about YOURSELF or OTHERS.

FOR A WOMAN: Negative thoughts about YOURSELF and what you are having problems with are located on the LEFT side. Problems with OTHERS you are having problems with are located on your RIGHT side.

FOR A MAN: Negative thoughts about YOURSELF and what you are having problems with are located on the RIGHT side. Problems with OTHERS you are having problems with are located on your LEFT side.

Some people can have all of their pain or even injuries on one side of their body. This shows a very low negative energy possibly caused by a powerful karmic energy pulling them to that energy on each encounter. Being able to locate, identify and release that exact negative energy is the great gift of the pendulum.

_____LEFT SIDE/RIGHT SIDE

Ask to see the energy for each side of your body, one at a time. Mark the boxes below.

“WHAT IS THE ENERGY OF MY LEFT SIDE?”

Blocked Negative Positive

“WHAT IS THE ENERGY OF MY RIGHT SIDE?”

Blocked Negative Positive

The side of the body on the lowest energy will show if your problem is about YOURSELF or OTHERS. Do a release for the side on the lowest energy at any time. See page 99.

Recheck your energy for both sides to see if further releasing is needed for alignment. Any releasing can also affect BOTH sides of the body.

If you discover your lowest energy is with YOURSELF it can be about what you think of yourself, your body, or your life such as Relationship, Finances, Work, Health, Religion, Emotion. Check each for lowest energy. Pg 64-65

If you discover your lowest energy is with OTHERS, it can be Others, Family, Friend, Pet, Guide, God. See pages 62-63. To get specific, repeat each in the category on the lowest energy.

HEAD ENERGY_____

Find the energy for each of the following, one at a time. Mark the box showing the movement you receive. The goal is to align all on positive energy. If all positive, align to highest positive energy shown by the height of movement. Ask:

“WHAT IS THE ENERGY OF MY _____ ?”

HEAD..... Blocked Negative Positive

CROWN..... Blocked Negative Positive

BRAIN..... Blocked Negative Positive

BRAINSTEM..... Blocked Negative Positive

FACE..... Blocked Negative Positive

FOREHEAD..... Blocked Negative Positive

EYES..... Blocked Negative Positive

EARS..... Blocked Negative Positive

NOSE..... Blocked Negative Positive

MOUTH..... Blocked Negative Positive

THROAT..... Blocked Negative Positive

NECK/Front..... Blocked Negative Positive

NECK/ Back..... Blocked Negative Positive

_____NEGATIVE THOUGHTS/HEAD

The following negative thoughts lower the energy in each part of the head and also affect the head. The thoughts involved can be either about yourself or others. The side of the body experiencing pain or illness can tell which it is, or you can ask to see the energy for each side:

Left side Right side

HEAD/MAIN ENERGY: Not doing things right.

BACK OF HEAD: Not doing things right in the past.

CROWN/top of head: Not forgiving or forgiven.

BRAIN: How I think or don't think.

BRAINSTEM: How I feel or don't feel.

FACE: What I am facing or not facing.

FOREHEAD: What I know or don't know.

EYES: What I see or don't see.

EARS: What I hear or don't hear.

NOSE: Overextended or overextending.

MOUTH: What I eat or don't eat

THROAT: What I say or don't say.

FRONT OF NECK: Ahead or not ahead.

BACK OF NECK: In the past.

CHEST ENERGY_____

Find the energy for each of the following, one at a time. Mark the box showing the movement you receive: The goal is to align all on positive energy. If all positive, align to highest positive energy shown by height of movement. Ask:

“WHAT IS THE ENERGY OF MY _____?”

CHEST..... Blocked Negative Positive

RIBS..... Blocked Negative Positive

LUNGS..... Blocked Negative Positive

BREASTS..... Blocked Negative Positive

HEART..... Blocked Negative Positive

STOMACH..... Blocked Negative Positive

GALL BLADDER... Blocked Negative Positive

PANCREAS..... Blocked Negative Positive

LIVER..... Blocked Negative Positive

ARMS..... Blocked Negative Positive

HANDS..... Blocked Negative Positive

_____NEGATIVE THOUGHTS/CHEST

The following negative thoughts lower the energy in each part of the chest and also affect the chest, The thoughts involved can be either about yourself or others. The side of the body experiencing pain or illness can tell which it is, or you can ask to see the energy for each side:

Left side Right side

CHEST/ MAIN ENERGY: Not trusting or trusting.

RIBS: How I am, have been, how I am not, etc.

LUNGS: Life, death, Living, dying, not dying, etc.

BREASTS: Nurture, nurturing, being nurtured, etc.

HEART: Not doing what I want to do.

STOMACH: Doing what I don't want to do.

GALL BLADDER: Useless, used, using, not useful.

PANCREAS: Not worthy, worthless, not worthwhile.

LIVER: Needed, not needed, needing, needy.

RIGHT ARM: Giving, not giving.

LEFT ARM: Receiving or not receiving.

HANDS: Letting go or not letting go.

ABDOMEN & BACK ENERGY_____

Find the energy for each of the following, one at a time. Mark the box showing the movement you receive. The goal is to align all on positive energy. If all positive, align to highest positive energy shown by height of movement. Ask:

“WHAT IS THE ENERGY OF MY _____?”

ABDOMEN Blocked Negative Positive

BOWELS Blocked Negative Positive

SEX ORGANS..... Blocked Negative Positive

HIPS..... Blocked Negative Positive

LEGS..... Blocked Negative Positive

KNEES..... Blocked Negative Positive

FEET Blocked Negative Positive

BACK..... Blocked Negative Positive

SHOULDERS Blocked Negative Positive

SPINE..... Blocked Negative Positive

SPINAL CORD..... Blocked Negative Positive

KIDNEYS Blocked Negative Positive

LOWER BACK Blocked Negative Positive

_NEG. THOUGHTS/ABDOMEN & BACK

The following negative thoughts lower the energy in each part of the abdomen and back, and can also affect the abdomen and/or back. The thoughts involved can be either about yourself or others. The side of the body experiencing pain or illness can tell which it is, or you can ask to see the energy for each side:

Left side Right side

ABDOMEN/IN GENERAL: Responsibility.

BOWELS: Blocked, blocking, not blocked, blocks.

REPRODUCTIVE ORGANS: Sex, Orgasm, Aids, etc.

HIPS: No support, support, supporting, supportive.

LEGS: Not moving forward or moving forward.

KNEES: Change, not changing, changes, changed.

FEET: Stuck or not stuck.

BACK:

SHOULDERS: Overburdened, being a burden, etc.

SPINE: What I believe or don't believe, beliefs, etc.

SPINAL CORD: Control, controlled, controlling, etc.

KIDNEYS: Waste, wasting, wasted, not wasted, etc.

LOWER BACK: Fail, failure, failing, not failing or not succeeding, no success, success, successful.

CONCLUSION

This book has been about using GENERAL RELEASES to raise your energy. However, it is important to understand that the same process can be used to assist others and even pets to raise THEIR energy.

When working with someone, have them do the release as you have done. However, if you want to do it FOR someone or a pet, it is important to state their name, see them in your mind, and do the general release as shown below. Insert their name in the blank space and say:

“ _____?, I DEMAND THAT WHATEVER
IS CAUSING YOU PROBLEMS TO LEAVE YOU
NOW. IF ANYTHING KARMIC IS CAUSING
YOU PROBLEMS, I DEMAND THAT IT ALL
LEAVE YOU NOW!!!”

Make sure you check their energy BEFORE and again AFTER releasing to see if it raised their energy. Raising someone's energy can help them view life from a higher level but it is still their choke if they stay there. For others to remain there they need to make the commitment to be more positive and you can't do for them.

SUMMARY

Everyone is different. Their beliefs, religion, culture, environment and energy makes everyone unique. What works for one person may not work for another. Your goal is finding what works best for you> The higher the clockwise movement of the pendulum, the better it is for you.

It is the same with your THOUGHTS. For example, a pain in the shoulder is listed as being OVERBURDENED or being a BURDEN. For one person it could be being burdened with debt. For another it could be about being a burden to someone, or someone being a burden, etc.

It can get very complicated. However, you know yourself best and you know what is bothering you now or has been a problem in the past. Again, the pendulum can guide you to exactly what it is by repeating anything you think of as you hold the pendulum and watch the response you receive for each. The lowest energy is always what you should release first.

For a more precise use of the pendulum, and a guide to identifying the EXACT thought that is the block, order my book ENERGY THERAPY from my website PendulumHealing.com

For more complete information
about other pendulum movements,
a complete guide to the specific thoughts
affecting each part of the body,
specific releasing for higher energy,
healing others and your pets,
and a suggested reading list,
read my main book:

ENERGY THERAPY Healing Your Life & Body

My books and free downloads on my website
www.PendulumHealing.com

THE PENDULUM: Making Energy Visible
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This book is condensed from
ENERGY THERAPY

Also by Sheila Hollingshead

ENERGY THERAPY: Healing Your Life & Body
Workbook for the Pendulum. Complete guide to locating, identifying, and releasing the energy blocks causing problems in your life and pain or illness in your body. Includes the negative thoughts affecting each part of the body and releases needed to initiate healing.....\$35

FEELING BETTER: Let Your Body Be Your Guide
Discover the negative thoughts causing problems in your life and pain and illness in your body\$14

PENDULUMS
Each pendulum is made with two natural stones on sterling silver chain, and is fine-tuned to be very responsive for reading energy.....\$10 to \$75

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